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More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk
More People, More Places, More Podiums (MP3)

Prize winners will be entered into the National Sports Club and the Foundation for Sports & Arts of the Year Award Competition which is run by the CCPR.

- Previous national prize winners have been CLOK.
- 2nd prizes: £200 for the next two best placed clubs in both categories.
- Prizes of £6000, £3000 and £1000.
- 1st Prize: £300 for the clubs judged to be 'Club of the Year'.

Closing date for applications: 15th January 2010.

Prizes
- 1st Prize: £500 for the clubs judged to be ‘Club of the Year’. ‘University Club of the Year’.
- 2nd prizes: £200 for the next two best placed clubs in both categories.
- Prize winners will be entered into the National Sports Club of the Year Award Competition which is run by the CCPR in conjunction with the Foundation for Sports & Arts.
- Prizes of £6000, £3000 and £1000.
- Previous national prize winners have been CLOK, DVO, OD, and WCH.

Silva Award
Nominations for the Silva Award for Services to Orienteering 2010 are now being accepted. In 1983 SILVA (Sweden) AB decided to mark the fiftieth anniversary of the first Silva compass by establishing an annual award within each IOF member Federation. The awards were to enable Federations to honour those who have contributed in a special way to the development of orienteering.

With the assistance of SILVA (UK) Ltd this was interpreted within the UK as being a person or persons who have made a very significant contribution to orienteering over a period of years, with an emphasis on ‘field’ activities rather than committee work. Indeed, nominees may not be active or retiring members of the British Orienteering Board, nor part or full-time employees of the Federation.

All members can nominate someone they believe has made a significant contribution to orienteering through ‘field’ activities. The nomination deadline is Friday 5th February 2010. The Board will make the final decision on the successful recipient. The award will be presented at the AGM on the 3rd April 2010.

BSOA Services Awards
Do you know someone who deserves to be recognised for all the work they have done in developing or supporting Schools Orienteering? If so, why not nominate them for a BSOA award? The next closing date is the 31st January 2010 and full details can be found at www.bsoa.org.

I would like to draw your attention to the Awards that are featured on this page. Please consider nominating a fellow club member for one of the British Orienteering Awards. We are reliant on you, our members, telling us about the achievements of your clubs volunteers and we would like to be able to acknowledge their hard work. Details on all the Awards and past recipients can be found on the website at Volunteer Support and Training > Volunteer Awards.

Congratulations to all the recipients of the Services to Orienteering Awards. Further information about the awards and a list of recipients can be found on the Volunteer Award pages of the website.

If you have any feedback or reports for future editions please email marketing@britishorienteering.org.uk.

Caroline Povey
Marketing Manager
The National Office has just completed a three day audit from a specialist company. This is required by UK Sport and Sport England to ensure that British Orienteering is an organisation that is fulfilling its purpose in managing government funding. The audit was extensive in looking at a vast range of documents including all agendas, meeting papers and minutes for the last two years for all General Meetings, Board, Committee and Group Meetings. It took National Office staff almost a week to prepare for the visit which took place on the last day of March and involved a visit in addition to the three days of the visit during which staff responded to questions and requests. At the end of the visit was the audit report, although the primary auditor still has to speak with the Examiner, Chairman of British Orienteering before the audit report will be finalised. My reason in mentioning this visit is that as members you should be aware that we are audited and that our governance, procedures, financial records and our resource systems etc. are checked as being fit for purpose. Something that should provide you with a degree of confidence in your governing body. Once we have the final report the Board will be considering it and I will let you know the significant findings.

In the last edition of Focus I made a comment about “... a minority of very vocal people with some strong (views)....” And several people have commented to us that this was not being dismissive of people that project strong views – far from it, we need more people giving us their views. I was however being open in reflecting that we do have a problem giving us their views. I was however being held to account on Saturday 3rd April 2010 at North Devon Leisure Centre, 7 Brethren Bank, Devon, EX31 2AF starting at 5:00pm.

Proposals for submission to the AGM must be received in writing at the National Office at least 50 clear days before the meeting that is, by Thursday 11th February 2010, signed by two voting members of British Orienteering as proposer and seconder. A supporting statement may accompany the proposal, as may a statement from the current Officers of the British Orienteering Federation.

Nominations of candidates for election to the Board must be received in writing at the National Office at least 50 clear days before the meeting that is, by Thursday 11th February 2010. Nominations can be made on paper signed by two voting members of the British Orienteering Federation as proposer and seconder by email supported by emails from two voting members of the Federation as proposer and seconder of the nomination. If email is used, the Secretary will send requests for confirmation to the candidate, proposer and seconder to their email addresses as known to British Orienteering, and will only accept the nomination if email confirmation is received from all three people within 7 days. Nominations may be accompanied by a pen portrait of up to 150 words for each candidate proposed for election; any such pen portraits must be received at the National Office at least 40 clear days before the meeting that is, by Sunday 21st February 2010.

The posts for election at the AGM are for Directors to sit on the Board of the British Orienteering Federation. 3 Directors will be elected; if the number of nominations is equal to or fewer than the number required e.g. 3, then the nominated candidates will be deemed elected. If insufficient nominations are received, the Board may co-opt someone to fill the vacancy, and their term of office will be until the next Annual General Meeting.

Mike Hamilton
Chief Executive

In accordance with Article 19 of the British Orienteering Federation’s Articles of Association, notice is hereby given that the 29th Annual General Meeting of the British Orienteering Federation will be held on 3rd April 2010 at North Devon Leisure Centre, 7 Brethren Bank, Barnstaple, Devon, EX31 2AF starting at 5:00pm.

We have recently announced the appointment of Helen Errington and Dave Paul as the Events Manager in a split role. We see this role as key to working with you as members and event volunteers to enhance the enjoyment and satisfaction you gain from participating in and staging orienteering events. Further information about the role can be found on page 6.

We also welcome Peter Brett who has agreed to act as the British Orienteering Environmental Officer. Peter is a member of Devon OC, a former mapper and mapping adviser as well as currently being a Grade 1 Controller.

In brief the role is to act as an expert resource for British Orienteering and its clubs, ensuring that as far as possible orienteering in the UK adopts best practice in environmental matters and maintains positive relationships with national agencies, thereby maximising land access for orienteering. British Orienteering is extremely fortunate in having a person with Peter’s experience, knowledge and credibility to help orienteering maintain and build upon its environmental credentials.

Sad to say, at the end of November, we also said goodbye to Vicky Thornton as Coaching Manager. Vicky has been in this role since October 2005 and has made a big impact on the coaching programme and on the coaches that have been trained and supported. From a National Office perspective, Vicky has likened the office up considerably and been a valuable member of the team. We will always be grateful that we do not have the finances to maintain the role however coaching is probably as strongly supported now as it has ever been with Delak Allison as the full time Director of Coaching.

Finally I would like to congratulate all the medallists from the World Masters in Australia.

ANNUAL GENERAL MEETING

Website Update

We have been making lots of updates to the website over the past few months to assist Club Officials with their workload. In addition to the reports offered to Club Presidents, Secretaries we have now made Club Membership lists available to Club Membership Secretaries and Club Return Reports available to Club Treasurers. This will enable these Club Officials to download up to date information at any time. If you are a Club Treasurer or a Club Membership Secretary and do not have access to these reports, please contact the National Office.

From January, all Clubs will be asked to upload their event results into the British Orienteering website. We would like all Clubs to identify a Results Secretary who would be given access rights to enable the uploading of results. Please contact the National Office if you are interested in taking on this role.

Mike Hamilton
Company Secretary
23rd November 2009

Orienteering Focus - Winter 2009/10

• IOF UPDATE

• The Presidents’ Conference, a non-decision making meeting of all Federation Presidents/Chairs was held alongside the World Championships in Hungary in August. British Orienteering was represented by Chair Brian Porteous (Senior IOF Vice President) and David May (Foot-O Commission representative).

• IOF Council confirmed that it had appointed Finland as organiser of the 2013 WOC and Slovakia as the organiser of JWOC 2012.

• At its recent meeting in Lausanne, the IOF Council awarded the World Orienteering Championships 2015 to Germany. The event will be held in Bad Harzburg, Lower Saxony. The Sprint Final will be staged in the historic town of Goslar, which has UNESCO world heritage status.

• GPS devices: IOF Sports Director, Björn Persson, said that one of the basic values of the sport is that map and compass are the only navigational aids. Therefore, using any other navigational aids is not allowed, nor is the carrying of devices that are capable of giving navigational information during the race.

– Currently, many navigational aids such as wrist-watches with GPS and altimeter functions, and other GPS-based hand-held or car based devices exist. These devices are capable of informing about distance, direction, position and altitude.

– The development continues and is not restricted to wrist-watches. Certain types of devices, e.g., GPS watches, are capable of providing navigational information, while others, such as silent GPS loggers, do not give navigational information. Software and internet downloads and analyse tracks exist for both types of devices.

– Björn Persson concluded his presentation by saying that it is already possible to use technology that meets the demands for post-race information, yet still preserves the basic values of orienteering. Hence, as a consequence, the carrying of unauthorised equipment must be forbidden.
New Event Managers

Helen Errington

As a job share I think this enhances fatherhood, I’m now looking forward to working with and enhancing the British Orienteering office staff.

Dave Peel

Having retired from the challenges of being the GB Orienteering Team Coach, and survived the first fatherhood, I’m now looking forward to the new challenges that the Events Manager position presents. As a job share I think this enhances fatherhood, I’m now looking forward to working with and enhancing the British Orienteering office staff.

As a M40 I have been involved for over 20 years running my first British Championships, rather unsuccessfully I might add, in Grinton Forest in 1976. My orienteering fortunes developed from there and I progressed up the talent pathway, eventually competing for Great Britain at four World Championships. From the natural progression for me was into coaching and I enjoyed six demanding years as the GB Coach, culminating in the teams relay Gold in 2008. Alongside this I run Peel Land Survey mapping business and turn my hand to planning and organising. I established the existing British Sprint champs format, founded the UK Cup and organised the first series of standard MTOB events.

I have experienced orienteering throughout the world and feel British events are good but not at the forefront of standards, formats and disciplines. I share Helen’s aim to make event organisation less demanding, but my main desire is to see the standards of our events advanced. This challenge is not limited to the technical side but many other aspects from the structure, competition formats all the way down to the social atmosphere. I want our events to be the pinnacle of sporting excellence and provide a quality experience for all, for participants at all levels, offer enjoyment, support and pride in our sport.

Events Manager Appointment

The appointment of an Events Manager is a significant step for British Orienteering as it is the first time we have been in a position to focus a staff member on events work and competitions. The role is seen as a vital part of achieving our vision to increase participation and most importantly the level of enjoyment and satisfaction that participants in orienteering experience.

The areas of responsibility, within the job description, have been divided between Dave Peel and Helen Errington according to their particular strengths. Dave has vast experience and understanding of major events held both in the UK and overseas whilst Helen has considerable practical knowledge and experience of working and coordinating events at all levels. Both have acknowledged that they will only be able to achieve these tasks by working closely together.

HE Development Update

Brigit Jenner

Wow, what an amazing response I have had from the orienteering world! The past two months I have been inundated with emails, phone calls and some letters from people requesting my advice or help with a university club. If I have not replied to you it is because of the sheer volume of interest but don’t fret you have not been forgotten, you will hear from me.

From starting this role, my first aim was to build a good contacts list with universities and see what already exists within the university sector. In two months I have managed to contact a vast variety of University clubs and I have talked to a lot of different people. My initial goal is to collate my work in and around the London area. In accordance with this back in early September I was approached by the University of Surrey in Guildford to set up a club.

This has been my first project trialling ideas and scoping a working model for universities. We have made vast progress and will be holding an event on the campus in February. This will be a good gauge for us to test whether the University is suitable for a club and how many people on the campus would be interested. The campus has ideal facilities and perfect time with the local clubs already which I hopefully see that this project is a success.

The first stage of my plan is to create new clubs and assist existing clubs in that this will take the best part of a year or longer. I have started well with the beginning of a creation project already. Once we have a good number of clubs established and more students are taking part I would then like to try and run some inter-university leagues, but only on a very localised level to begin with. For example, one across London would be ideal. Then if this is successful we can create a nationwide league with a proper structure.

To provide a point of contact for members, officials, committee/groups and staff the following will initially be used as a framework:

Dave Peel

(dave.peel@britishorienteering.org.uk)

Helen Errington

(helen.errington@britishorienteering.org.uk)

Committee & group chairs and members

Event Officials

Mike Forrest (BBOC from 2011)
Mike Forrest for 2010

Office staff especially Marketing Manager

Coaching Dept regarding training

Roles and responsibilities:

- Lead Person
- Event Organiser
- Developing long term events strategy including hosting international events
- Working with and supporting Events Committee and various groups
- Developing the profile of major events including sponsorship
- Co-ordinating and supporting staging of Major Events
- Being a point of contact for event organisers to provide guidance on best practice
- Working with Coaching Dept to provide framework and accreditation for event officials

To provide a point of contact for members, officials, committee/groups and staff the following will initially be used as a framework:

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Mike Forrest (BBOC from 2011)
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Office staff especially Marketing Manager

Coaching Dept regarding training

New Coaching Awards

Since the launch of the awards (approximately 15 months ago for Teaching Orienteering courses and approximately 12 months ago for UKCC Level 1), the following have been trained:

- Teaching Orienteering Part 1, 180 courses and 1875 attendees.
- Teaching Orienteering Part 2, 21 courses and 187 attendees.
- There have been 27 UKCC Level 1 courses resulting in 144 qualified coaches, a success level of 85%.
- In addition, 60 Teaching Orienteering Course Tutors, 24 UKCC Coach Educators and 26 UKCC Assessors have been accredited.

Resources

To support the development of the coaching workforce a number of resources have been produced. The club activity guide, UKCC Level 1 activity guides, the strength and conditioning DVD and the recently launched UKCC Coaching DVD are all welcome additions to assist coaches in their development.

Currently in the pipeline are the UKCC Level 2 coaching cards and handbook and the first major resource to support Assessors; this is being filmed and edited by Carol McNeil.

Member's Coaching Day

Saturday 15th May 2010

Why not enjoy a weekend in the Lake District National Park by attending the Member’s Coaching Day followed by the Regional event at Pike O’Blisco at the head of the Langdale Valley the next day.

The Coaching Day will be held at Dale Park Woods, on the west side of the Grasmere map, providing top quality Lake District terrain at the best time of the year.

The day is open to individual members (orange standard upwards) and groups. Clubs, groups, squads, school, university etc may attend with their own British Orienteering licenced coach minimum ‘A’ level or UKCC Level 2. Experienced coaches will also be on hand to offer coaching tips and training will be available for individuals.

The planner is Carol McNeil Level 5 Coach and exercises and maps will be provided; alternatively Group Lead Coaches will be able to obtain a copy of the COAD file showing all control locations to enable them to plan their own exercises for their group.

Group applications should come from the licenced British Orienteering coach attending with the group. Individuals can reserve a place using the application form on the British Orienteering website.

Orienteering website > Volunteers Support & Training > Coaches

British Orienteering Coaching Conference 2010

Friday 5th to Sunday 7th February 2010

The Conference is open to all British Orienteering members but would be of particular interest to coaches. The 2010 conference will have a number of parallel streams with a major focus on coaching being to support those coaches working with participation and talent clubs in delivering weekly sessions. It is hoped that all Clubs involved in the 2008, 2009 and 2010 programmes will be represented.

The Conference will take place at just off the campus of the Annual National Sports Centre, just north of the M54 near to Telford in the west Midlands.

It will comprise presentations, workshops and informal outdoor practical sessions.

Application forms can be found on the British Orienteering website > Volunteers Support & Training > Coaches

More People, More Places, More Podiums (MP3)
The first thing to state is that I had more nerves on the morning of this event than any other orienteering event I have ever planned or organised. I suspect this is because I see this event as having outstanding potential in so many ways; for longer distance urban orienteering of the highest quality, for raising the profile of our sport (if we can't of London what hope have we elsewhere?), based around the same venue. Given all rarity in the UK, an annual orienteering event like this, the sense of relief and/or achievement when it was all over was enormous! This listening to finishers comparing their routes and discovering options that they had missed during the race or complaining that they had suffered from brain overload. The realisation that most people seemed to really enjoy the event and the challenges that we set certainly made my day.

Despite the fact that the 15,000 map for last year's event filled an A3 sized sheet we were able to add an extension to Ollie O'Brien's map westwards towards Fleet Street and the backwaters of the Inner and Middle Temple. A different assembly area close to St Pauls Cathedral meant that we were able to take most competitors into completely different terrain than last year's.

Most of the City of London is surprisingly quiet at the weekend and retains much of its old street structure of narrow streets and alleysways. There are relatively few shops and only one significant residential area, the multi-level Barbican complex. So from the planner's viewpoint there is plenty of scope for setting legs with route choice and detailed navigation, an essential part of urban orienteering (whatever the distance) and I tried to work that into as many legs as possible. Sometimes the difference in distance between the choices was small but I felt that the more decisions competitors had to make, the more the pressure would build.

I received about the challenges of the course it seems like this strategy paid off. Often the problem seemed to be that runners stopped reading the control descriptions in the latter part of the courses, leading to a misjudgement of the best way to approach the control site.

I consciously set out to increase the winning times on the longer courses by about 25% to give a 50 minute winning time for both Men's and Women's Open classes, with similar increases down the age classes. This was for several reasons, partly to give the event a distinct characteristic as one of the longest urban events, partly to make sure that people felt like they had got value for money and partly just because from 35% or so last year - which emphasises the point that in urban races the planner needs to focus on the optimum running distance rather than straight line route when checking distances for winning times.

One unfortunate challenge of urban orienteering is the potential for last minute building works. On the Tuesday evening before the event the Controller and I found two completely unexpected sets of works with corresponding blocked passageways and one completely inaccessible control site. As a result we were making changes to the map and courses at midnight on Tuesday, with the maps due to be printed at 9am on Wednesday. One unfortunate consequence was that I failed to cut the lines leading into one control, which caused problems for some people. The downside of the area being so quiet at weekends is that it is the obvious time for road closures to enable the installation or removal of heavy items of equipment and this one was no exception. The problem is that the link between a road closure announcement and what actually happens on the ground can be rather tenuous; thus we had one planned closure where nothing happened on the ground at all, another where there was a crane present which blocked off more than we expected and a third, which wasn't on our list at all, where a crane blocked the road between controls 1 and 2 on the longer courses and was encountered by a lot of runners. At least having ‘long’ courses means that the impact of unexpected blockages is reduced.

Overall the number of competitors was up from last year by 25% to over 500, which we felt was especially good bearing in mind that we clashed with the Junior Inter-Regional Championships, which inevitably had an impact on numbers. Perhaps helped by the glorious weather just about everyone seemed to have a really good time this year and we look forward to welcoming you all in September 2010. SLOW is already lining up an extension south of the Thames and a new assembly area so once again we aim provide a very different race!
Creating a Sustainable Future for Your Club

By Sean Cronin (DFOK)

Orienteers are often good at maths, therefore are well aware that however great a club is, if more members leave the club than join the club, then the club’s long-term future is unsustainable. This described the position of Dartford Orienteering Club (DFOK) and so during the summer, we inflated a publicity drive to get more newcomers to our events, and put on four extra local events called the Bexley Series.

1) SCHOOLS SPORTS PARTNERSHIPS ARE A GREAT PUBLICITY CHANNEL

The club has good contacts with the local Schools Sports Partnership (SSP). This organisation aims to promote sport to young people via schools, but it doesn’t have to take place in school. DFOK have supported both the SSP and the schools in Bexley by mapping school sites and open public park areas which are suitable for beginners and schools to use. The support offered by the club to the schools has led to a rise in the profile of orienteering.

Publicity for the Bexley series was done by the SSP staff through three main methods:

A • newsletter was sent to every school in the Bexley area, and PE Coordinators at both secondary and primary schools.
B • a meeting of PE Coordinators in Bexley the event was promoted and flyers were handed out.
C • the SSP targeted schools that had showed an interest in orienteering, as the Bexley series would provide a natural progression for their pupils from ‘classroom’ to community event.

2) LOCAL AUTHORITIES ARE ON OUR SIDE

Several local authorities in Kent deliver free newspapers to everyone in their borough. Since many aim to increase participation in sport, articles promoting orienteering have a good chance of being published. Lewisham Life published a short article promoting a local event in Greenwich, which resulted in a good number of newcomers at the event.

3) COMMUNITY NEWSPAPERS WERE MORE LIKELY TO PUBLISH ARTICLES THAN LOCAL NEWSPAPERS

Local commercial newspapers in Kent seemed reluctant to publish articles on minority sports. Perhaps this is not surprising as our local papers actually cover a big population and space is restricted by the large number of adverts. One local paper did include a Bexley series article on their website. It had a low profile but it is a relationship worth nurturing as media consumption trends demonstrate a movement away from print and towards the internet.

However community newspapers such as parish magazines were completely different. The majority published our articles, often long versions with pictures. These newsletters typically have a readership of 1000-10,000 and it’s possible to email the same article to many at once, making it a free, low effort option. The Chelsfield Village Voice shows a great example of an article that generated a lot of interest at the Lullingstone Park local event: http://www.chelsfieldevents.co.uk/cv/news/VillageVoiceMar09.pdf. Community newspapers are however rare in urban areas and the quality and coverage is patchy elsewhere.

WHAT DID WE LEARN?

7) INTERNET ADVERTISING – ADVERTISING THAT SPREADS

A free and easy method of advertising is to post events details on various websites. The most effective seem to be runnersworld.co.uk and anywhereyougo.com. These adverts tend to stay live while the content is re-used by other sites and magazines. For example the Runners World event lists were sent to many running club websites, and the anywhereyougo.com events are used in the Telegraph group magazines and websites.

8) ONLINE PRINT PORTAL – EASY TO MAKE, PROFESSIONAL AND INEXPENSIVE

The British Orienteering online print portal can be used to easily make professional looking promotional postcards, flyers and posters. These were distributed by club members, the Schools Sports Partnership and given to newcomers at the events to remind them of subsequent events. There is also a flyer that promotes membership benefits. The professional look helps to give an impression of a well-organised, efficient sport, reassuring potential newcomers.

9) MARKETING MATERIALS CAN BE USED TO GENERATE HYPE

We also hope that the newcomers tell their friends, even if they were only going for the experience and not intending to take up the sport seriously. To help this, children were given stickers with “Orienteering – I did it” and key fobs – giving participants a reminder to talk about the events.

10) GETTING THE WHOLE CLUB INVOLVED IS A GREAT WAY TO FIND PUBLICITY CHANNELS.

The promotional postcards were also distributed to club members to give to friends, family, work, scouts etc. Many also responded with publicity channels that a single person couldn’t identify, such as a website aimed at young professionals in the Docklands area of London, which resulted in many newcomers at the Greenwich Park event.

On their own, each publicity channel gave disappointing results, but trying many different approaches at the same time gave excellent results. 88 newcomers attended the Bexley series of four events, and we ran out of the 60 dibbers at Greenwich and Lullingstone. A survey of some of the Bexley Series newcomers based on how they found out about the events gave the following results:

<table>
<thead>
<tr>
<th>Publicity channel</th>
<th>Percent response</th>
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<tbody>
<tr>
<td>Schools publicity</td>
<td>27%</td>
</tr>
<tr>
<td>Scouts and sea cadets</td>
<td>17%</td>
</tr>
<tr>
<td>Newspaper advertising</td>
<td>15%</td>
</tr>
<tr>
<td>Roadside banner</td>
<td>15%</td>
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<tr>
<td>From a friend</td>
<td>12%</td>
</tr>
<tr>
<td>Runners World posting</td>
<td>7%</td>
</tr>
<tr>
<td>Recommended by DFOK</td>
<td>2%</td>
</tr>
<tr>
<td>DFOK website</td>
<td>2%</td>
</tr>
<tr>
<td>Email to running club</td>
<td>2%</td>
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Conclusion – what worked?

On their own, each publicity channel gave disappointing results, but trying many different approaches at the same time gave excellent results. 88 newcomers attended the Bexley series of four events, and we ran out of the 60 dibbers at Greenwich and Lullingstone. A survey of some of the Bexley Series newcomers based on how they found out about the events gave the following results:

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Community and control newspapers were particularly effective at other DFOK local events, but not available for the Bexley series.

What about your club?

A quick survey of club websites that listed their committees in four English regions revealed that 45% did not list a Publicity Officer. This did not surprise the committee. But it was a surprise that experience is that it helps to have someone to drive publicity forward within a club. The job doesn’t require a vast amount of orienteering experience but it would suit a new member not on the committee, or maybe 2 or 3 people to work as a small team. Another option is for an experienced committee member to take on the job temporarily in order to generate projects and knowledge for a new member to use the following year.

How can clubs support their Publicity Officers? Many publicity channels require some money to be successful. Why not set a publicity budget? The Pier Club spent £200 per year for a small club and £1000 for a large club. This budget could be funded by many clubs without affecting club fees. Our experience is that much of this money returns via higher event incomes and membership fees. Another way to help is to confirm all event dates well in advance as several of the publicity channels require advanced notice to be effective (e.g. many community newspapers are only published every 2 months). It is also useful to complete as much information as possible about the event on the fixtures list and make the event name meaningful and appealing to newcomers.

All the newcomers created a great atmosphere, but what about our membership? For 50 new members in Bexley, 17 newcomers and 3 experienced orienteers joining from elsewhere. This is not much compared with the number of newcomers at each event, but a big increase on the 4 new members that joined us in 2008 (joining a number of experienced orienteers who joined from CROC). Our Imagine Membership (10) members have been so far, so we can maintain this progress next year it will ensure steady manageable growth and the club’s long term future.

DFOK would also like to acknowledge the support of Sport England providing funds from their small grants programme for the Bexley Series.

Further information about publicity materials, event paraphernalia and generating PR can be found in the “Increasing Participation” section of the British Orienteering website.
Orienteering Focus - Winter 2009/10

Below are details on the 2009 projects so far:

**LAKELAND ORIENTEERING CLUB (LOC)**

LOC have an established club night running from Ghyllside Primary School in Kendal. Their club night runs from 6:30pm – 8pm on a Wednesday night. Ghyllside Primary School offers a sports hall, mapped grounds and a community room with T.V., kitchen facilities, data projection unit and screen and seating area all for £15.

The club have been using the facility since June and have a regular attendance of club members. LOC have recently met with the South Lakes SSP and have been advised to run some after school taster sessions at Ghyllside. The SSP have said working with kids at a local level has the greatest chance of successfully promoting the club to children and parents.

**SOUTH YORKSHIRE ORIENTEERS (SYO)**

SYO have built on the success of their original club night and have now a great weekly base at Sheffield Hallam University on Wednesday nights from 6:30pm – 8pm. The club night has a head coach (Graham Byrom) and an assistant coach (John Riddell) who organise the weekly activity sessions. SYO have also been selected as a ‘Talent Club’ which Graham is primarily responsible for and is currently running the ‘Participation’ aspect of the club night. The club has worked extremely hard in publicising the club night and have regularly had over 20 people attend.

There is a great mix between both beginners and sitter and at the SYO club night and Colin Best and Jill Corney (Community Coaches) continue to run taster sessions for local primary schools to provide a stepping stone for children and teenagers into the sport. They are also supported by the ‘Club and Coach’ scheme that allows them to work with the SSP and schools that have already sampled orienteering and are keen to get involved with extra curricular activities. SYO have had 21 new members in total since the beginning of September with 9 people becoming members as a direct result of the community coaching programme.

**PENDLE FOREST ORIENTEERING CLUB (PFO)**

PFO are three weeks into their new club night at Pendle Park Junior School in Accrington. Their club night runs from 6.30pm - 8.15pm every Tuesday, Cath Wilson (PBCD) is the lead coach and has both an artistic and orienteering coaching background to bring to the club night.

The Hyndburn and Ribble Valley SSP have very been supportive in publicising the club night through their primary schools. Some PFO club members have also been distributing flyers to the local schools with the aim of attracting families through their children.

In addition to the support from the SSP, RDO Hamish Wilts is delivering taster sessions in the local primary and secondary schools to drive new tasters to the club. The club night now attracts over 25 people and is growing in popularity.

**SOUTH EAST LANCASHIRE ORIENTEERING CLUB (SELOC)**

SELOC now have a thriving weekly club night running from Eagley Junior School, Bolton on Mondays from 6:30pm – 8pm. Cath Wilson is also the lead coach for this club night and has great support from the SELOC club members in getting it established. They have now had 17 newcomers arrive and the different indoor and outdoor activities and social element of the night has proved very popular with both regular orienteers and beginners alike.

**WEST CUMBERLAND ORIENTEERING CLUB (WCOC)**

WCOC have followed on from their very successful Ori8 series in 2008 with an even more popular circuit running at Stainburn School, Workington. The club night takes place on Tuesday nights from 7pm – 9pm and is currently running for 10 weeks from the 6th October. The club intend to run another 10 week block after Christmas up until the Easter term.

WCOC have had over 40 participants on some nights that include a mix of experienced children and adult members and also some beginners. The club have two experienced orienteers running circuit/physical training for the first hour of the evening and then four coaches to run the second hour concentrating on technical training. All the feedback is positive as attendees are having fun as well as developing their skills and fitness levels.

**WEST MIDLANDS SATELLITE PROJECTS**

The West Midlands Orienteering Association (EMOA) was granted funding by the Sport England Community Investment Fund (CIF) in 2009 to develop satellite clubs in Derbyshire and Nottinghamshire. The funding bid and proposal was developed by RDO Pauline Driscoll and is an example of several satellite projects being developed outside the ‘Participation Projects’. The clubs have been supported in establishing strong links with the SSP’s and Local Authority Sports Development staff.

The West Midland satellite centres are associated with EMO and NOC and are all led by paid coaches. The first weekly club established was the Bluston Satellite, led by Dan Reay (Bluston and District Orienteers) Tuesdays 6.30pm and runs over 12 months old. Since then, there have been two more satellites developed in Mansfield, led by Catharina Hughes (West Nottingham). Tuesdays, 8.30pm and in Bassetlaw, led by Robert Parkinson (Bassetlaw District Orienteers, Wednesdays, 6.30-7.45pm). Each club night runs on a weekly basis in term time using a combination of both indoor and outdoor activities. All these clubs have attracted newcomers and beginners and are currently running a sustainable level in terms of finance, regular attendance and coaching support from their membership.

The second Derbyshire satellite is now being developed at Chesterfield and should be starting in the spring term.

**NOTICE BOARD**

The Thornleigh Salesian SSP has been really supportive and in particular the Partnership Development Manager (Melita Malher) who has publicised the club through the SSP and allowed SELOC to work with her School Sport Coordinators (SSCs) on an ‘Adventure Relay’ concept. The relay was added to their primary school cross country fixtures list and proved a successful combination of both orienteering and a cross country relay competition.

South Yorkshire Orienteers won the category of the ‘Club of the Year’ at the South Yorkshire Sports Awards. The awards recognised and just the performance achievements of the club also the clubs hard work behind the scenes to develop their fun and get more people involved.

The EMPOP project is a joint training day for all and official, the Under 14s Lead Coaches, Course Controllers, Controlers C2, Controller Master course, together with the 1st day of the UCWC bell caving course. The courses were staffed by members from across all clubs in the region, sharing the expertise and the effort of running the courses.

GROW participation projects have been taken place in Cambridgeshire, Berkshire, Northumberland, Leicestershire, Dorset and North east and South Yorkshire. Weekly sessions on school sites and in parks have been attracting new participants of all ages. Young Leaders from schools have been trained and helped at events.
On Wednesday and Thursday the qualifying job had been done. I’d oriented steady and carefully, and had managed to come first in my heat: looking at the results, it seemed as if there were several of us with similar speeds, and no-one who could outrun us. The final would be won by whichever of us had the most accurate run. I would be the second-to-last starter in the final.

I have come to view orienteering as a battle between competitor and planner, with the problems needing to be solved correctly as quickly as possible. Rivals rarely affect the run itself: better to orienteer as quickly and accurately as possible, and then see if others can match your time. On Friday evening and on Saturday morning I looked at various old maps, concentrating on the techniques which I would need: map-reading, with care in complex terrain, compass and pacing, planning ahead if possible, use of the control descriptions and ‘traffic-lighting’. I knew from the event details that there were only 11 controls. Probably there would be a long-route-leg choice, as there had been in the second qualifier. If there were any such legs, I decided that I’d give myself a few seconds to look at the options.

I used the warm-up map fully, practising map-reading, compass and pacing to each control. In the Pre-Start I drank plenty of water, stretched well, and then went through the Start procedure feeling calm, relaxed and focused.

Initially I was confused by the first leg. If the rock detail round number 1 was above me, then I should go up a spur, but my bearing was indicating a re-entrant. After another look, I spotted a water-course to the right of the control, and realised that the crags were, in fact, on the side of a valley, and that my bearing was correct. Once orienteering, my techniques to Control 1 were typical of the highly technical rock terrain where it was challenging and consisted of very visible spur-gulley terrain. The longer course all visited the highly technical rock terrain where it was possible to lose 10 or 20 points if you lost contact with the map, and who’s short course competitors were kept in the west and reported their disappointing at having nothing above TD4 to challenge them.

The second qualification race was held at Prosser’s Creek, close to the venue for Saturday’s finals, where an emphasis on route choice in spur-gulley terrain (many courses had a 2km long leg, literally sprinted with crags and boulders), presented a contrasting challenge for most runners. The day was marred for those M60 veterans in the first hour who were inadvertently given loose control description sheets which did not match the course on the map. This affected many runners significantly, and after a complaint, the organisers decided to void the course, meaning that qualification for these runners would depend on day 1 results only.

The times for the two qualification races were then used to determine which runners went into the A or B final (with the chosen time as the start order). There were high hopes for a number of British competitors who gained top start positions as a result.

The Finals took place at Gannel’s Labyrinth in the Blue Mountains on what proved to be the warmest and sunniest day of the entire event. The event programme described the terrain as having a “series of deep valleys with many impasseable cliffs. There are also numerous, boulders, narrow passages and other rock detail. There are a few tracks and fences and whilst the forest generally has good visibility and runability, areas near the cliffs can be very difficult to run or walk due to thicker vegetation and rocky ground.”

The next control was easy, and then we had a long leg. As I headed up away from 2, I had a chance to evaluate the options. The straight line had two steep descents, with the final attack across a rocky valley. An attack up the re-entrant from the north would be good, but seemed to involve a circuitous run along two valleys. I then saw that if I dropped down the north side of the first spur to the creek, then went over a 20-metre high col, I could have a straight run to the north of the “purple-line”, with less climb and no steep descents. Though there was little evidence of an elephant track on this route, I felt that I had made a good choice as I found it clear. In addition, I was able to look ahead briefly, and see that the long leg 4 - 5 was much more straightforward, with the best attack up the re-entrant from the north, and then there was just control picking through the rocky valleys before a final sprint.

3-4 was no problem via the saddle, and then I was turning towards home, and able to speed up on the easy run along the valley, I decided to cross the 15-metre high ridge rather than follow the creek, and again believe that this was good.

The control-picking went smoothly, (the rock features were clearer than the area which we had visited during the Model Event), and then I was able to run as hard as possible to the easy 10 and 11. I heard Penny shouting to me, encouraging me to keep going to the end. Very soon I knew that my accuracy had been enough.

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If so, I’m lucky to have been there .... a dream-run on challenging terrain, in my most important event of the year.

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Inside this Issue:
Junior European Cup
British Schools Championships
Junior Home Internationals
Junior Inter Regional Championships

More People, More Places, More Podiums (MP3)
Junior European Cup 2009

Following in the footsteps of athletes such as Heather Monro and Jamie Stevenson, twelve athletes, all of whom had competed previously for Great Britain, travelled to Dresden, Germany for the 2009 Junior European Cup (JEC). In 2000, the final stage of the World Cup Series was held in Dresden and so it was these ‘super stars’ that our twelve athletes turned to in order to understand how best to prepare for orienteering in the finest terrain Dresden has to offer.

Recommendations from Heather and Jamie included statements such as:

“It’s the kind of terrain that you need to be really physically up for and attack all the way; if you’re not, it will drain you and time will just slip away!”

“Always know how high / low on a slope you are and try and simplify it, so that you can just pick out the big rock features until you are inside the circle.”

“Read the control description when you are planning your route (when you are approaching the circle it is too late!). The reason for this is that the crags and one of these will probably determine the best way to approach the control.”

Armed with this information, each athlete set themselves their goals for the competition which comprised of a sprint, long and relay race. As a result, expectations for some outstanding results were high and the athletes didn’t disappoint.

Sprint Race

The sprint race was the first event of the JEC 2009 campaign and the area was situated on a steep stage on the outskirts of Bad Gottleuba and consisted of a park area as well as a neighbouring wooded area. The sprint race was all over in 2 hours and Team GB won a mixed set of results. However, the honours of the day went to Peter Hodkinson who grabbed the bronze medal in M18 by just 1 second and therefore achieved his sprint race victory at JWOC, who took the honours, as Heather Monro and Jamie Stevenson, following in the footsteps of athletes such as: Peter Hodkinson won the Bronze in the Sprint

Relay

The final race of JEC 2009 was the relay and the men’s and women’s races started at the same time. Emma Klingenberg (DEN) won the Swedish team home and won her 3rd gold medal of JEC 2009. Denmark also won the men’s race. The two GB teams fought a tough battle and finished 15th and 16th only 2:51 minutes and 3:24 minutes down respectively.

In the overall standings Team GBR finished 6th behind Switzerland, Norway, Czech Republic, Denmark and Romania. Next year the team will be setting their targets higher.

The steep slopes and rock labyrinths all around the village of Gommersdorf were used as the competition area for the long distance race. The competition area consisted of two large hills which had a lot of detailed rock areas and the forest was mostly pine and spruce, although there were some areas of beach and oak. This meant that visibility was good, although at times the controllability was slow due to the uneven and rocky ground. These conditions didn’t distract Team GB who delivered a solid set of performances and achieved some great results. Most notably was that of Alice Butt who finished in an impressive 6th place in W20 and as a result achieved her first ever international podium place as a junior. The gold in M18 was won by Pavel Kubat (CZE). In the M20 it was Matthias Kyburz (SUI) fresh from his sprint race victory at JWOC, who took the honours, with team mate Fiona Kirk (SUI) also securing the gold by an impressive 59 second margin. Emma Klingenberg (DEN) took the honours in W20 and Eskil Kinneberg (NOR) won M20 respectively. Anastasia Tikhonova (CZE) continued their good form from the day before by claiming their second gold medals of the championships winning W20 Long Race and as a result achieved her 5th gold medal of JEC 2009 and her 3rd gold medal of JEC 2009. Denmark also won the men’s race. The two GB teams fought a tough battle and finished 15th and 16th only 2:51 minutes and 3:24 minutes down respectively.

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The Junior Inter-Regional Championships (JIRCs) is a competition between the 12 Regions of Britain. It rotates around the regions, and has never been held in Northern Ireland before. The organising team from Lagan Valley, led by Greg McCann, put in a huge amount of work to make sure that all went smoothly.

The start of Day 1. Night in the Moune Mountains

The next day saw the relay on the south end of the course. It was usually in reverse order, it was 50/50 as to whether the boys’ and girls’ competitions, and the overall Individual Championship. The Boy’s Trophy for the best individual performance (rated by the team managers) went to M18 champion Duncan Birtwhistle of HKO.

Scotland have won the Individual Trophy several times in the past, but have never won the Relays, and for the past 10 years have been runners up in the overall competition to either NWOA or HKO.

The Relays were held in Belfast Country Park, Belfast on Sunday morning in even more sun, warm weather. Up to 4 teams of 3 boys and girls, can compete for each Region with 2 teams to count. Teams consist of a 16, 14 and 18 who run in that order. The scoring is 72 points for a win, 69 for 2nd and so on, so the Relay competition is worth twice as many points as the Individual.

JUNIOR INTER-REGIONAL CHAMPIONSHIPS
Written from a Scottish perspective, by Team Manager Maureen Brown - Photos by Rob Lines

Most teams travelled by air but the Scots travelled from Tron to Larne by ferry. We took two minibuses and arrived at the accommodation near Newcastle, County Down, on Friday at midnight. The accommodation was in an army barracks and after lengthy security checks it was after Turn 2 before we were in bed. Breakfast was at 7am, but amazingly none of the juniors were up on time to eat in a horse mess hall alongside the soldiers and cadets.

The weather on Saturday was fantastic, wall to wall blue skies and glorious warm sunshine. The Individual assembly area was in the Moune Mountains’ beauty spot of Silent Valley Reserve. The event was on Slieve Gullion, a rocky hillside with lots of tricky controls sites, and when the first finishers returned it was clear that this was going to be a great competition.

230 juniors took part, and although as expected, the largest regions of North West, Yorkshire & Humberside and Scotland did well, so did the smaller Regions. Representing South West, Lucy Butt and Jack Benham were first in the W/M14 classes, and Narnail Lawrence (East Midlands) was 1st in W14. However, with two to count in each class, this competition requires strength in depth and in recent years it has been the largest Regions of North-West, Yorkshire & Humberside and Scotland which have been at the top.

For the North-West, Chris Nash won M14 and Charlotte Watson (running up a class) was first in W16. For Yorkshire, Duncan Birtwhistle won M18, with Florence Hawkes and Alison Smith (M14) runners up in W/M16 respectively. Scotland had no winners, but Eilidh Mason was 2nd in W14 and there were several 3rd and 4th places. So when the results were announced at the evening’s prize giving (as usual in reverse order), it was 50/50 as to whether the boys’ and girls’ competitions, and the overall Individual Championship. The Boy’s Trophy for the best individual performance (rated by the team managers) went to M18 champion Duncan Birtwhistle of HKO.

Individual Results:

Regional

Boys
Girls
Total
1st Scotland 116 106 222
2nd Yorkshire 114 116 230
3rd North West 113 112 225
So after 10 years of coming 2nd in this competition, Scotland took the overall JIRCs Trophy for only the 2nd time since 1991!

After Greg presented the prizes in the warm sunshine, much shouting and cheering, most of the teams left in buses to the airports to catch their flights home. The winning Scottish team had several hours until their ferry and went out for well deserved tax cymru.

Thanks very much to the SOA organizers, in particular Greg McCann, for such an enjoyable weekend, great competitions and venues, excellent accommodation facilities (real beds!), organised transport, and of course the fantastic weather.

Full results at: www.northernieventing.org.uk/j/wo

The Boy’s Relay was a close competition

Ward Junior Home Internationals - A Welsh perspective by Kris Jones

This year’s JHIs took place in Anglesey on Newborough Warren. As always it was the highlight of the year for the Welsh team who went there with the goal of beating Ireland to win the Judith Wingham Trophy and hopefully take some points off the bigger nations as well. This year’s competition promised to be a hard fought battle as Ireland had been getting closer and closer for a number of years, but after a successful tour to Norway we were confident that we could do well on home turf.

The weekend kicked off with the Individual race on the north part of Newborough. It provided runners with the challenge of fast running and tough navigation and at the end of the day the points were close.

Scotland and England as expected were well clear, tied on 72 points, and Wales had just edged Ireland into 3rd in a very close race. Every team managed a podium place which meant that all of the teams had something to cheer about in the prize giving that evening.

Outstanding runs of the day went to the English M14 boys who managed a clean sweep of the podium places and to Kirsten Maxwell who was third place on W18 after being called up to the Scottish squad as a reserve. Scotland certainly have one to watch for the future with Alexander Cheplin taking 4th on the M14, despite only being an M12.

The next day we saw the relay on the south end of Newborough and it was sure to be a tough fought contest with every place counting. First through the finishing funnel came Jonathan Orchard from England. The English team were widely expected to win, having two individual winners (on first and second leg). However just 30 seconds after, Fikayo Lagan of Scotland came through to show that it was not going to be an easy ride. The English team had come second to the Scots in the Women’s relay at the WOA Championships last weekend, so the English certainly had something to prove. They did, with a storming finish brought in by Matt Crowther who added 10 points over the last leg to rescue the situation and take over the lead, closely followed by Scotland’s Alex Butler and England’s Chris Brandon.

In the women’s relay the English teams managed a similarly impressive feat taking 1st and 2nd places, three minutes ahead of Scotland. Ireland managed to edge Wales in the women’s relay but it was not enough for them to take the Judith Wingham Trophy. The final standings were England 1st, Scotland 2nd, Wales 3rd (and winners of the Judith Wingham Trophy), Ireland 4th, with less than 10 points behind. The weekend was excellent with close competition and the usual excellent hospitality.

The small Welsh Club of Llyn did an amazing job of organising the competition with most club members involved in some way or another. Bringing on new...
Despite all the rain during the previous couple of weeks, the sun shone for a lot of this year’s British Schools Championships, held at Druridge Bay in the North East. Although the event was very far north this year, they received nearly 800 entries from 97 different schools from all over the country, with strong teams also attending from Scotland.

The large assembly area accommodated the finish and registration areas, together with a large marquee that housed not only the prize giving but also other activities to keep the children entertained whilst waiting for all the competitors to finish. It included team challenges and face painting, with several large cats appearing on the podiums later in the day!

The individual winners of each course couldn’t have been closer, in most cases they were only separated out by a few seconds. Two of those who did win by a larger margin were Abigail Mason from Banchory Primary School and Zoe Harding from Lancaster Girls Grammar who won by over 3 and 4 minutes respectively.

The age class team winners saw some new schools on the podium but Ulverston Victoria High School dominated the boy’s age categories. However they were denied a clean sweep by the Year 13 team from Torquay Boys Grammar. The girl’s age class team honours were much more shared and Banchory Academy was rewarded for their attendance with a win in year 9.

The whole team prizes were again strongly contested, with King Henry VIII Prep School winning the Primary category, Barnardiston Hall Prep School winning the Middle Prep category, Newcastle School for Boys winning the Small Secondary category and with their strong showing in the team prizes, the Large Secondary school category was won by Ulverston Victoria High School. Barrow Sixth Form College won the Tertiary category.

Our thoughts must also go to the teams from the Cockermouth areas that were so badly affected by the floods and unable to attend. Thanks to Nato Orienteering club with the help of CLOK and NV for making this event possible and to the event sponsors PE Office Supplies and Buff.

British Schools Orienteering Championships
By Pauline Olivant - Photos by Ray Barnes

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**Peter Hodkinson**

**Age:** 18  
**Club:** NOC

**Age started orienteering?** All my life, but the first time I ran a course on my own I was 5, the day before my 6th birthday!

**Do your parents orienteer?**  
They used to, but now they have other interests.

**Why/where did you start orienteering?**  
When my mum carried me around her courses as a baby. My two older brothers (Chris and David) got into it before I was born and dragged the family along.

**What do you enjoy about orienteering?**  
The rush you get when you run into a proper bit of forest and really leg it. But the best feeling is always when you have a really solid performance and get the result you deserve for it. However, orienteering would be nothing without all the amazing people I’ve met and places I’ve been with them.

**Do you have a coach?**  
Not at the moment, but I get advice about physical, technical and mental training from lots of different people who all effectively coach me.

**Where is your favourite place to orienteer?**  
The Italian Dolomites, Trondheim and Speyside are some of my favourite. I don’t really like open areas because I find them boring and don’t concentrate hard enough.

**What is your best result?**  
3rd in the sprint at the Junior European Cup in October. This was the best personal performance I have achieved in a race. The run was very clean technically and despite not feeling all that fast I won the bronze!

**What advice would you give to people wanting to get into the GB Squad?**  
Love what you do! If you don’t enjoy training, find someone to do it with. You will only win races if you navigate well, so you should always race as fast as you can orienteer, not as fast as you can run! If you train hard, then you can race easier.

**What do you enjoy doing outside of orienteering?**  
Eating, being with friends and having a laugh. Preferably at the same time! I also love having a go at any sport: Athletics, X Country, Fell Racing, Cycling, Badminton...just not Swimming! Not a good idea since I sink pretty quick! Driving is great too. And listening to Scott Mills - he’s awesome!

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**Octavian Droobers Win Peter Palmer Relays**

The Peter Palmer Junior Team Relays, were staged this year at Sutton Park, Birmingham. Thirty three teams from across the country, stayed overnight on Saturday at the Leisure Centre, to be ready for the start of the relay race early on Sunday morning, one hour before dawn.

Congratulations to Octavian Droobers (OD) who won the Peter Palmer Relay Trophy for the first time. Club captain Andy Emmerson congratulated team members Robert Gardner, William Gardner, Sophie Kirk, Ben Ross, Julie Emmerson, Aimee Morse and Matthew Halliday on winning such a prestigious race, a marvellous achievement to add to the juniors list of successes.

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The successful OD Team: Julie Emmerson, Sophie Kirk (back), Aimee Morse (front), Robert Gardner, Matt Halliday, Will Gardner and Ben Ross. Photo credit: Rob Lines

Will Garner of OD competes wearing a head torch. Photo credit: Rob Lines

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Norman Walsh began making footwear when he left school at the age of 14 back in 1945. He served his apprenticeship working for Foster’s Footwear of Bolton (which later became Reebok), where he became a master craftsman. His skills were recognised early by Mr Foster and he became responsible for making the shoes of their customers who performed at the British Olympics in 1948.

His name became known around the world by many top professional athletes and in 1961 he founded Norman Walsh Footwear occupying part of his father’s shoe repair shop. It is estimated that Norman’s family have been involved in footwear since the late 1800s. As word spread that Norman was now self employed his customers started to visit his factory based on St Helens Road in Bolton. You would often see visitors such as Cricketers; Tony Greg & Allan Border, Mountaineer; Chris Bonnington and even wrestlers; Big Daddy & Giant Haystacks to name but a few.

Norman’s company has continued to grow specialising in the Orienteering and Fell Running markets. Norman Walsh still make all their PB Range of footwear at the new factory in Park Hill Street, Bolton and are the last British owned sports brand still manufacturing footwear here in the UK today. Although it is not possible for Norman Walsh to make all the range here in Bolton we work closely with other approved manufacturers who work to our exacting specifications and standards.

Norman’s latest developments are a range of trail running shoes and boots. The range has been developed over the last 18 months and encompasses the latest technology along with expertise gained over the last 50 years as a specialised footwear company.

For further information please contact Norman Walsh Footwear on 01204 370374 or view our website www.walshsports.co.uk

For your chance to win either a pair of Spirit Peak valued at £70.00 RRP or a pair of the Enforcer boots valued at £85.00 RRP answer the following question:

In what year did Norman Walsh found Norman Walsh Footwear?

Answer:

Which pair of shoes would you like to be entered to win:

Spirit Peak
Enforcer Boots

Name:
Address:
Postcode:
Tel:
Email:

Return to: Caroline Povey, British Orienteering, 8a Standcliffe House, Whiteside Road, Darley Dale, Matlock, DE4 2HJ
Or email your answer to: caroline@britishorienteering.org.uk
Closing Date: 31st January

More People, More Places, More Podiums (MP3)
The World Class Athlete Development (LTAD) model of a performance orienteer is based on a 12-year period from learner in the sport to becoming an experienced World Orienteering Championship performer. A key focus for the World Class Programme is to understand the crucial role that Clubs and Regions play in the Talent Identification and Talent Development (TID) process. Consequently, for the new system to be effective, the main aim when working with Clubs and Regions is to provide support and resources to assist them in the TID process. In particular, the World-Class team have started to engage with and provide development and educational opportunities for coaches who work with athletes at the Club and Regional level. There is evidence that talent emerges with the right experience. From this we can infer that with orienteering there is not only the need for the systematic development of fundamental technical and physical movement skills, such as the ability to balance and jump over obstacles. Additionally, effective TID processes also highlight the need for athletes to possess fundamental attitudes and mental skills. Within orienteering this can include having a ‘can-do’ attitude, commitment and persistence. What is more, acquiring these fundaments appears to be pre-requisites for the development of more sport-specific skills and continued progress through the transitions associated with achieving excellence.

To make the most of the resources that we have available the World Class Programme is engaging with partners to deliver greater quality of service to athletes and to accelerate their development towards being Potential Performers. The initial focus of these efforts will be on setting up two Centres of Excellence, with centres based in Edinburgh and the other in Sheffield. In these two locations we will be able to provide a full range of athlete services including regular contact with expert orienteering coaches. Key partnerships will be with the University of Edinburgh and Sheffield Hallam University who are able to provide sports science, sports medicine, sports psychology, nutrition and strength and conditioning support. As well as providing services through two Centres of Excellence the World Class Programme is focusing on educating athletes and coaches about all areas of athlete development both through its programme of domestic camps and by working directly with coaches at club and regional level. Towards this end the World Class Management Team held two ‘Planning and Running’ weekends in October. The aim of these weekends was to:

- develop the knowledge of all athletes around the ‘Physical Excellence’ of an orienteer. There were experts on hand for some of the sessions (e.g. Steve Vernon, world Class County (running) and Kim Baxter (functional core Sprints)). It was a different approach to previous camps but proved to be greatly beneficial to the athletes involved. Comments included:

  “Thanks very much for the weekend, I thoroughly enjoyed it and feel like I gained lots from it. Really had having such a specific focus for the weekend as it gave me focus in what we were doing. I think it made me think more about what we were doing and how I could adjust my training to be more beneficial.”

  “I think the idea of having just one focus for the weekend was really good, as it meant there was more time to think about the physical aspect, rather than just trying to get as much stuff into the weekend as possible. I feel like I have retained a lot more of the information this way.”

  “It certainly got me thinking about how best to make next season count, and a good reminder of the importance of just cruising along in the same old groove. In particular it was good to have some special running and strength and conditioning coaching over the weekend!”

- There was only a limited number of athletes and coaches who were able to attend the Planning and Running weekends, however there was some basic information on Running for Orienteering which was covered on the weekends which would be useful for anybody wanting to improve their performance. Steve Vernon has written a summary of ‘How to Improve your Running’ that can be found on the following page.

- The Long Term Athlete Development (LTAD) model of a performance orienteer is based on a 12-year period from learner in the sport to becoming an experienced World Orienteering Championship performer. From this it can be seen that the Clubs and Regions are laying the foundations technically, physically and mentally for their athletes to enjoy long term success in orienteering. There are too many examples of current good practice to discuss them all, so below are a few of those examples:
As an orienteer, you’ll be making very slow progress through the woods, but if you run fast the race will be over before you’ve even started. The key is to find the right balance between speed and accuracy.

Aerobic runs are great for recovery runs after events or hard training sessions and also for the build up of training in early season. Different intensities of aerobic running should be used but you should always be comfortable and able to talk to someone along side you. Medium intensity aerobic runs should form the basis of your training for much of the year. Try to vary your training as much as possible including a long hilly run each day and a flat run on the weekends.

Anaerobic Threshold runs are also known as ‘tempo’ runs. They are often described as comfortable hard running and are done at a low to moderate intensity. The maximal pace a well conditioned runner can run for 60secs. These runs can range from slow and easy ‘recovery’ runs, to runs approaching higher intensities but below anaerobic threshold (the point in which the run is no longer aerobic and lactic acid starts to occur...that burning feeling!).

At the start and finish were laid out on the west side of the river in the same location, with a long corridor channeling athletes in and out. There was also a run through, so the crowd would see the athletes three times on their passage through the course. The corridor was packed at least five deep with spectators and as you can through they banged the hoarding creating a wall of sound.

I had a near perfect race. I perhaps missed the best route choice in the second half of the course, but lost little time. My legs just couldn’t have gone any faster...so I was delighted with my result of 11th place, 1.11 minutes down on Simone (who did take the overall title away from Marianne who came 3rd).

GG makes these comments, “I had been disappointed in my performances in the World Cup Final Sprint in the past, and I knew that a clean race would get me a really good result.”

The World Championship and World Games. 2009 Sprint gold medallist Andrey Khramov had to settle for bronze with 16 seconds to a fantastic 3rd of Marianne Andersen who was the top 6 men, 5 of them were Swiss - whatever they are doing, they are doing it right...

Personally, the World Cup Final was a very important day for me. My 11th place and the good feelings that I associate with that result were what I needed after a difficult World Champs. I needed to know whether I wanted to carry on racing at international level. As it happens, I am looking forward to standing on the start line in Trondheim 2010, ready to race.

Best Senior Imporver Rhodri Buffet, a first year senior, was awarded this trophy for his outstanding performance this season, especially at the WOC sprint races, which gained him a place in the GB WOC Team.

Junior Orienteer of the Year Anne Edwards was awarded this trophy for her fantastic 13th place in the long and middle distance at the World Championships.

Best Junior Imporver Hollie Orr was awarded this trophy for her results this year at the Junior World Championships. She secured 14th in the middle and 24th in the long.
INTRODUCTION TO TRAIL O

Trail O is a version of orienteering, adapted for those with physical (mobility) disadvantages, in which there is no need for classification by the degree or type of disability, by age or by gender. Indeed, a special "open to all" that provided able-bodied people observe one simple rule, they too can compete on equal terms with no advantage.

How can orienteering, a running sport, be adapted to allow people in wheelchairs to participate? Trail O completely eliminates the element of speed over the ground, but makes the map-interpretation element much harder. Depending on the level of difficulty, up to five control markers are hung at each site and only one will correspond exactly with the control description and control circle position. Indeed, in the elite class only, one possible answer is 'None of the controls corresponds'. Sites are chosen so that they may be seen from a wheelchair-navigable path or area, but not be a quite a distance into the forest or non-navigable terrain. The only special equipment needed is a compass. An escort can give the competitor physical help - pushing a chair, holding and orientating the map and compass, even marking the control card with the decision according to the competitor's instructions. However, it is an important rule that escorts must not help in the decision-making process; they can give as much physical help as may be necessary, but must not offer advice or opinions to the competitor. For serious competitions, escorts are 'swapped' so they do not know the actual rules they are helping.

So who is the winner if time does not matter?
The primary ranking is on how many of the total numbers of control sites are correctly identified. That is likely to leave several competitors with the same score, so there is a second element, based on time to identify one or two controls, which acts as a tie breaker.

But you just said speed did not matter!
Time over the ground does not matter, but at a ‘timed control’ the competitor is handed a ‘clean’ map with just one control course and one description on it. The time to make the decision is recorded, not the time taken to get from A to B. The competitor with the shorter decision time, ranks higher against competitors with an equal number of correct scores.

What’s all this about classes and levels of difficulty?...You said there was no classification by disability.
Different classes cater for different levels of experience - you can usually decide for yourself which one to enter. Degree of disability has nothing to do with the different classes.

Aren’t the able-bodied at an advantage because they can look all around a control site unlike anyone in a wheelchair? No, it is a rule that no-one must leave the place (Trail) to gain such an advantage. Provided the able-bodied (and the more adventurous wheelchair user) observe this rule, all competition equals.

Obviously, all the control markers must be hung so that they can be seen by anyone in a seated position on the trail.

Surely very few forests have tracks good enough for a wheelchair? On the contrary, you do not need smooth paths, and it can be much more fun for disabled participants if they do get ‘off the beaten track’ for a change. Even an ‘out and back’ single track, provided it has some good features visible from it, will do - though a loop is preferable. Extra ‘pushers’ can be stationed at steep sections; sometimes they use ropes and become ‘pullers’ instead.

Wouldn’t people in wheelchairs like to race between control sites? Only a small proportion of people in wheelchairs have full strength in their upper bodies permitting them to race, and yes, racing wheelchair O events do exist. However, the multi-choice form of Trail O described here has been developed as a means of allowing anyone - in an electric, self-propelled or pushed wheelchair, with a walking difficulty, on crutches, even on a bicycle (which some kinds of disability are best served by), or any able-bodied person, all to compete in the same event on the same terms.

How can I learn more about Trail O, or help to promote it?
In the first instance, contact the Chairman of the Trail O committee (trailocommittee@britishorienteering.org.uk) and look out for the new Trail O orienteering page that will appear on the British Orienteering website in the spring. Have a go at JK2010 and BO2010.

PARK WORLD TOUR COMES TO SCOTLAND

BY MARK NIXON

I am very excited to have taken over from Scott Fraser as the director for the 2016 Park World Tour (PWT) races to be held in Perthshire. We have a newly young and dynamic committee, from clubs across Scotland, who are really keen to make this event a success.

The ethos of the Park World Tour is to bring international orienteering to the people, as for too many years we have hidden away in the forests out of the public eye. By hosting top international runners on fast and furious city centre courses, the PWT showcases the excitement and challenge of orienteering to people who would otherwise never experience this wonderful sport. Great Britain has only previously hosted one PWT - Kelvingrove Park, Glasgow in 1999 as a build up to the World Championships.

The Scottish Orienteering Association has built up a great working relationship with the Perth & Kinross council, and they are extremely keen to bring high-level orienteering events to the region on independent survey revealed that the Trail O 6-Days event generated £125,000 for the local economy in 2015.

The local club, TAY, have been working very hard to develop and promote orienteering over the past events all year, including the Junior Ryder Cup and the T in the Park Music Festival. We are very proud to be a part of the Perth O 600 celebrations.

The PWT is first and foremost an international sprint competition. There is a £5000 prize fund as a grabbag, and we will be flying in 30 of the top international orienteers. On Friday afternoon we head to the beautiful Scone Palace for the qualification races. This will decide the starting order for Saturday’s elite final. In addition, there are ‘timed controls’ available in both the men’s and women’s races through an open qualification race. We encourage as many people to come along and have a go at a training, because we lost these top runners really are!

We will also be using the opportunity to host in regional schools championship. The local club, TAY, have been working very hard to develop and promote orienteering over the past events all year, including the Junior Ryder Cup and the T in the Park Music Festival. We are very proud to be a part of the Perth O 600 celebrations.

As this is a venture by the SIOA, no specific club is in any event, but we will be looking for event volunteers to provide man-power in this usual way. Alternatively, we will provide some incentives. For further information, please contact us at info@trailorienteering.com.

This article has been adapted from the one by Don Bainbridge that was originally published in Challenge magazine in September 1990.

Scott Fraser competing in the Park World Tour (PWT)

Orienteering Focus - Winter 2009/10

Join us in Perthshire for some of the most exciting racing that Scotland has seen as some of the the World’s best orienteers compete for a £5,000 prize fund.

Friday 10 September: Scone Palace, Perth
PWT Sprint Qualification and public races with open qualification for the final available.

Saturday 11 September: Perth Town Centre
PWT Sprint final and public races, can you beat any of the world’s best?

Sunday 12 September: Dunkeld, Fife
Long distance public races alongside the Junior Home Internationals using some of Scotland’s best terrain.

Find out more and keep up to date at: www.scottish-orienteering.org/pwt2010

More People, More Places, More Podiums (MP3)
ORIENTEERING COMPETITIONS

Do you have opinions about what is good about the competitions held in orienteering or about how they could be improved? The Board are looking to get your feedback and opinions about current orienteering competitions, why you enter some and not others, how far you will travel, whether you like to compete against one another or against your friends or age group, do you like relays or is your preference for individual competitions? And would you like more inter-club competitions?

By December and January we will be conducting an online survey to gather your opinions on orienteering competitions. Please visit the website for further details.

Once this feedback has been gathered there will be opportunity to confirm that the current set of competitions is being run. We need to look at how to improve this and some options to change them. Your feedback is required. In December the Board will consider the report, any recommendations and a timescale for implementation that may be presented. Outcomes from the Board meeting will be circulated to committees/groups and to the associations, clubs and regions so that all are fully informed of the outcomes to the consultation.

In January 2011 any changes recommended by the Board will be planned and implemented.

Orienteering Events – More queries answered!

The implementation of the current 3 level events structure commenced in January 2009 after a long period of consultation including a club conference in August 2008. The recommendations were adopted by the Council of British Orienteering in January 2008. Since the implementation of the new structure there have been a number of queries raised, generally these queries have fallen into the following areas:

1. Purpose of each event level – how are they defined

Under the old 5 level events the events were recognised as falling into various categories, however there was no defined purpose to each level and many of the comments aimed at the new 3 tier structure also applied to the old structure. Ask 10 different participants what was the purpose of a C1, C2, C3, C4 or C5 event and you would get a considerable number of different answers! The responses included such things as: quality of event, quality of terrain, the number of participants, who’s it is, if it is a part of competition, will the results be in the rankings, is it on the day or pre-entry etc.

The Board appreciates that changes to the event structure have recently taken place but Board members have also heard a lot of discussion about these changes. The strong message coming through from some members and from some of the technical groups is that these needs to be thought about the competitions in orienteering before the events that stage these competitions can be defined.

So your views are wanted over the next few months. The first phase of consultation will be to members, new participants, clubs, associations and committees/groups. This phase will find out what people currently and what factors affect their choice of competitions and their results.

Later in 2010, the second phase of consultation will take place when some options and recommendations will be put forward for you to consider and respond to. In December the Board will consider the report, any recommendations and a timescale for implementation that may be presented. Outcomes from the Board meeting will be circulated to committees/groups and to the associations, clubs and regions so that all are fully informed of the outcomes to the consultation.

In January 2011 any changes recommended by the Board will be planned and implemented.

2. What happened to the old District (C4) events?

In the old structure this category contained a wide mix of events including regional league events, club events that formed a part of a regional league, ‘significant’ one-off events that were targeted at a wider participant base (and often coordinated by the Association). There were also some District (C4) events that were perceived as a similar standard to many Regional (C3) events, apart from age class entry. The District (C4) events that are coordinated by the Association should now be Regional Events. The District (C4) events that attracted a relatively small entry and were fairly low key should now be Local Events.

3. Display of results with age class

Club staging Regional events are being asked and encouraged to display the results with each participant’s age class shown alongside the participant name. There are few problems doing this if the British Orienteering member data is being used at an event as the age class will be within the data. The non-display of age class is a problem for one or two of the results systems currently being used although most results software does offer an option to display the age class.

In January 2010 the British Orienteering website results system will be made public and this will offer users the option to view results either by course or by age class. This should reduce the number of problems currently being experienced. Of course the system will rely on clubs importing their results into the system. (For those interested the format used for import is flexible and based on the Winsplit data file. It is also possible to use data from excel or word.)

Clubs will be encouraged to identify a Results Secretary to deal with the uploading of the results into the British Orienteering website. Please email details of your Club’s Results Secretary to info@britishorienteering.org.uk.

4. Number of courses being offered

A number of people have asked for additional courses to be offered at Regional events. One of the factors that the Events Restructure Working Group considered was the importance of making the staging of events as simple and easy as possible. In regard to reducing staging time. The Working group’s recommendation dealt with this by seeking to reduce the number of courses being offered at Regional level events. In the past, clubs staging Regional (C3) events were asked to plan a significant number of courses, many often for a small handful of data. Data from the last 8 years has been consolidated to demonstrate the small number of participants on some age class courses (recognising that courses are often combined into a ‘super’ course where possible). For instance there is a considerable amount of work in planning a very short technical difficulty 5 course and if 5 or less people wish to compete on such a course, is the course viable?

The recommendation from the Working Group to address this was that the colour coded course format should be used at Regional events. There were many reasons for doing this (a) it made the step from local events to regional events (b) it was already been done in some associations successfully and had reduced volunteer time, and (c) it had been shown to be a very effective way to organise courses. Interestingly there was no recommendation that age class display of results from these courses should be stopped. It is now becoming common practice to separate those people wishing to compete against a particular age class to a specific course, and to display the results allowing participants to compare their times with others in the same age class who entered the same course.

To return to a system that requires more courses to be planned will defeat one of the objectives of the re-structure – reduced volunteer time. Of course if a club feels that there will be sufficient participants for a particular course then the club should consider staging such a course. Clubs have been reminded that it is good practice to meet the needs of the majority of participants expected to enter an event.

5. How can we find Controllers for our Local and Regional events?

In brief the Controller is responsible for approving the planned courses, checking technical standards are met, and that the competition is fair, enjoyable and safe.

An event is normally ‘sponsored’ by a club and there is a responsibility on the club to do everything reasonable to ensure the technical standards are met and that the competition is fair, enjoyable and safe.

Safety is obviously important and in order to demonstrate that all reasonable precautions have been taken the organiser of the event has to ensure risk management is in place. The planner will normally check the courses (for risks such as cliffs, river/road crossing etc) and the organiser will deal with the ‘off course’ risk management (the car parking, getting from the car park to the start etc). It is a priority that the risk management is checked by another person, normally the Controller.

At a local event the organiser and planner may well be one person and therefore the risk management must be checked by another trained person. The ideal is that this should be a qualified Controller but if this proves difficult it is acceptable for risk management to be checked by a qualified coach since risk management training is within the coaching qualification.

Please note that all events must be registered in order for them to be covered by the British Orienteering Public Liability Insurance.

Feedback on orienteering competitions is always welcome and should be directed to competitions@britishorienteering.org.uk

Level Local (L1) Regional (L2) National (L1)

Purpose

To provide opportunity to all participants to take part in orienteering at a venue near to them and at relative low cost

To provide opportunity to those participants who are seeking more challenging courses and competition available across the UK

To provide opportunity for participants that are seeking the highest challenges and competition available across the UK

Authority over the event

Organised by Club Fixtures Secretaries

Organised by Association Fixtures Secretary

British Orienteering approved by Major Events Group and registered nationally through Fixtures Group

Target market

Club members and a few orienteers from adjacent clubs

Experienced orienters in the region prepared to travel for larger events

‘ Orienters prepared to travel to race against the best in their age class

Venue

Any suitable area of land, sometimes including small area, local parks, etc

Land offering technical challenge and able to keep participants satisfied

Land offering high levels of technical challenge and to support a full range courses

Courses

Small number of courses, as good as the terrain permits, often designed to require minimal volunteer effort compared to higher level events

Range of courses appropriate to type of event and the expected participants, to the prescribed standards; quality assured

Full range of courses; to the prescribed standards; quality assured

Quality of surrounding infrastructure (i.e. facilities, accommodation, etc)

Good to the prescribed minimum standards

Excellent; to the prescribed standards including arena; quality assured

Officials

Ideal for novice officials with an experienced mentor

Experienced officials

Very experienced officials

Controller – to be reviewed in June 2010

Grade 2 Controller preferably external to the host club, otherwise an experienced Grade 3 Controller external to host club and known by the regional association

Grade 1 Controller

Entry

Entry on the day and by pre-entry on a date as decided by the organising club.

Entry by course or by age class to nominated courses

Pre-entry to competition courses by age class

Results

Results displayed by course with age class against name

Results displayed by course with age class against entry number

Pre-entry to competition courses by age class

Results displayed by age class

Results displayed by age class

The 3 tier event structure can be profiled as shown in the table:

More People, More Places, More Podiums (MP3)

Orienteering Focus – Winter 2009/10

Clubs

Clubs will be encouraged to identify a Results Secretary to deal with the uploading of the results into the British Orienteering website. Please email details of your Club’s Results Secretary to info@britishorienteering.org.uk.

The implementation of the current 3 level events structure commenced in January 2009 after a long period of consultation including a club conference in October 2008. The recommendations were adopted by the Council of British Orienteering in January 2008.

Due to the implementation of the current 3 level events structure the opportunity to confirm that the current set of the website for further details.

The Board are looking to get your feedback and opinions about current orienteering competitions, why you enter some and not others, how far you will travel, whether you like to compete against everyone on a course or against your friends or age group, do you like relays or is your preference for individual competitions? And would you like more inter-club competition?
C) There is now some free access, through the OS 'OpenSpace®' provides access to OS OUR DATA' campaign and some as a result of political lobbying earlier in 2009 a number of things have changed! Some of
photogrammetric plot (PG plot) lie outside payments are made on such maps. Maps based on a PG plot can therefore be freely
used on paper or a website without the need much rumour in the press, the licence fee from any other organisation! There is
British Orienteering. That includes showing on websites. map data free of charge for use in web based applications.
the internet in any form. The way around this is as follows; the map is advertised on to obtain a map need to request a copy
the understanding that no further copies will be made and that the copy will be the situation of downloading POC maps. Of also be accommodated within the system. • Home Learning:	Delivering
delivered against the following framework:

RECOGNITION OF MApS
The purpose of the Map Registration Scheme is to:
• Enable the quality of orienteering maps to be monitored and intervention made necessary this provides an assurance that members expect with orienteering maps.
• For the benefit of British Orienteering with information regarding the OS Licence
• Provide a mechanism to accredit and regulate map makers.

All maps to be used for orienteering events are required to be registered. To register a map you need to download the “Map Registration Form” from British Orienteering website, complete and return it to the National Office.
As maps are updated they should be registered under the same name in the map register, this is currently by informing the National Office of the update. Maps that have not been updated after 5 years will be made ‘inactive’ in the
register and will no longer be visible in the British Orienteering web database of maps.
For National events, a copy of the draft map file will need to be submitted to the National Office 12 months before the event date; for Regional events the copy of the file is required 9 months before the event (check requirements are yet to be confirmed in the update of Appendix H: Mapping). This will allow Map Group to make an initial assessment of the map and provide sufficient time to respond if there is any issue in relation to quality of the mapping. Once the event has taken place a copy of the map file and 2 copies of the printed map will be required to be sent to the National Office for map assessment purposes and for archiving.

CLUBS ENGAGING A MAPPER
Clubs are currently engaging a mapper to produce a map in a variety of ways from the almost non-existent and informal chat to the formal contract. Clubs are advised that the standard formal agreement with a mapper to produce a map even if that map is low key. The agreement should include who will own the map, who owns the graphics on the map, what timescale is in place, what scale the map is to be surveyed at and that the map will be delivered against a particular set of standards.
If anyone has a good example of such an agreement the National Office is currently looking for and an agreement that can be made available to clubs as an example of good practice.

TRAINING OF NEW MAPPERS AND CLUBS (PROFESSIONAL DEVELOPMENT)
Orienteering has a well established culture of voluntary and a high quality volunteer workforce that is currently growing older. There is a challenge to encourage people to get into orienteering and support them in developing the knowledge and skills necessary to succeed. In this context many younger people are beginning to gain satisfaction in helping others to enjoy the sport and also realising the value of such knowledge and skills in making them more attractive to future employers. Currently there are ad hoc mapping courses organised by experienced mappers but there is no prescribed and agreed syllabus for courses. The development of a syllabus is the first step in producing the training and resources required to support the training of mappers. There will also need to be workshops organised to provide ongoing CPD for mappers to help them stay up to date with their knowledge and practices.
Over 2010 the training programme for a variety of volunteer roles will be developed and rolled out. The training of mappers will be reviewed and, where feasible, delivered against the following framework:
• Induction: What outcomes the training has to offer, is it appropriate, does it meet their needs?
• Skills learning: Deliberate and testing knowledge at the confidence of the person.
• Performance: When appropriate, use of workshops to investigate issues and deal with the matters of mapping in a group environment.
• Mentoring: Working with an experienced person to gain the necessary skills required to map in a supportive environment.
• Evaluation: During the various learning and practicing situations to recognise competence when it is demonstrated
and ultimately to enable the person to map on their own go.
Assessment: As ‘for’ of orienteering or two or their maps using the Map Assessment Scheme Accreditation: as an approved British Orienteering Mapper
This framework will enable volunteers to develop their mapping skills within a club environment through working with an experienced mapper. The framework will also reduce costs of training, and make access to training easier for a diverse range of participants.

Once mappers are trained there will be a rolling programme to ensure that good practice is recognised and disseminated and that up to date practices are adopted.
A database of mappers will be established at the National Office from the map registration database that includes people that have had maps registered in the last 10 years. This will enable Map Group and the National Office to contact them on back up/archiving of orienteering maps.
From January 2010 British Orienteering will offer, at no cost to clubs or mappers, a secure facility to archive Contrac
tes/ the situation of downloading POC maps. Of also be accommodated within the system. • Home Learning:	Delivering
delivered against the following framework:

RECOGNITION OF MApS
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BRITISH ORIENTEERING CHAMPIONSHIPS 2010

West Midlands Orienteering Association are looking forward to hosting the 2010 British Orienteering Elite Long Distance Championships, the British Orienteering Long Distance Championships, and the British Orienteering Relay Championships on Cannock Chase on the 1st/2nd May 2010.

The first time the British Championships were held in Cannock Chase was in 1977, thirty years ago to the day. However, the Chase is known for its quality and variety, providing a great test of orienteering ability. The Sunday event incorporates all of the facilities, including the car park. It is an ideal event to test your skills on.

Many of you know Cannock Chase. The area being used for the championships is typical: Forestry Commission plantations, some very mature and part of a conservation area, and some with younger trees and therefore less runnable. There is also the heathland and deciduous woodland. There are quarried areas, providing plenty of detail, parts of which have never or rarely been used before. The very use part of the same area as the individual and relay championships is embargoed until the day of the event.

The area has previously been used for this event in 2003 to great acclaim. A new assembly area will give access to the south part of the area; usually visited by the longer courses. The area is now embargoed until the day of the event.

In addition to the Championships, the event is a UK Cup, FFC qualifier and junior selection race.

BRITISH MIDDLE DISTANCE ELITE AND AGE CLASS CHAMPIONSHIPS

Lakeland Orienteering Club are delighted to invite you to run on Havethorpe Heights; one of the prime areas of Lake District terrain at the best time of the year.

The area is a mixture of mature beech and coniferous forest, with a variety of forest ride and jeep tracks. There is also a very good house of Astley Hall and we will be using this with a tight network of vehicle tracks and all-terrain vehicles and this has resulted in some very complex areas on the map. You will be familiar with the expertly navigated to highly detailed sand dune terrain. Overlay this with a fine and you have competition and you will have to use your navigation skills to stay in contact. The military use of the Burrows is long-standing and it is possible that your course may pass by the remains of concrete mock-ups of tank landing craft used in the preparation for D-day in 1944.

The relay event is also on Braithwaite Burrows, with the opportunity in sight of the impressive Flaggole Dove, said to be the largest in the country. This is a bialdove, on the move at a significant rate. The map has already had to be revised twice to represent the advancing sand front. Whilst spectating, you will be in the direct line of advance, but safe enough for the duration of the event!

So come down to the South West for JK 2010 and experience three different competition terrains across the diameter of Devon. But we have a further and unique inducement. After your perfect day, each day you will need to restock your energy levels and reward yourself. What better than with a Devon cream tea!

British Middle Distance Elite and Age Class Championships Weekend in Lancashire and Cumbria.
17th/18th April 2010

British Orienteering Championships Weekend in Lancashire and Cumbria.
17th/18th April 2010

Don’t Miss Out!

DON’T MISS OUT!

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**SPIRIT LITE**

Super lightweight off road racing shoe incorporating the all new Walsh Pyra-grip sole unit that makes this a very comfortable winner.

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**SPIRIT PEAK**

Lightweight trail running shoe offering high levels of comfort and performance over longer distance, incorporating the all new Walsh Pyra-grip sole unit.

- Breathable
- Comfortable
- Motion control

**SPIRIT REACT**

High performance and durable. Ideal for use in all off road conditions for multi-activity sports over long periods, incorporating the all new Walsh Pyra-grip sole unit.

- Waterproof/Breathable
- Protection/Support
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**ENFORCER**

Ultra lightweight boot that is ideal for hill walking, trail running and most adventure sports incorporating the all new Walsh Pyra-grip sole unit.

- Waterproof/Breathable
- Ankle Protection/Support
- High levels of comfort

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