

Issue 7 - Autumn 2008

Ozone

FOR JUNIOR ORIENTEERS

Inside this Issue:
Junior World Champs
Junior Inter Regional Champs
Lagganlia Summer Training Camp

More People, More Places, More Podiums (MP3)

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Junior Inter Regional Championships

By Alex Lines (South East Junior Squad) M14

As well as being some of the most hotly contested team competitions of the summer, the annual Junior Inter Regional Championships (JIRC) are also a social highlight for many of Britain's top orienteering juniors.

This year's event took place in late June and was centred on Richmond in North Yorkshire. The format is an individual race on the Saturday and a relay on the Sunday. A complete team comprises two runners in each of the six classes M/W14, M/W16 and M/W18.

After the event, the long drive home for the SE Junior Squad (SEJS) gave ample time for 13 year old Alexander Lines to reflect on his first JIRC. He reports from the back seats of the SE Junior Minibus...

'Sometimes when I'm wading up to my knees in a bog, I envy my friends who run cross-country or even just track events. The JIRC however changed all that – this was my best weekend of orienteering ever!

Beforehand I was nervous about being asked to run up a class and the longer distances that would involve. However, time off school on the Friday for 'An Approved Sporting Fixture' was almost too good to be true.

The SEJS minibus left Brighton at 1pm and we travelled around the M25 picking up squad members at each junction. The most excited people on the bus were the W14/16's and they kept us amused on the long trip north. The first stop was at IKEA in Nottingham for tea. Somewhere between 'Kitchens' and 'Beds', Nick Jarvis (SO) and I managed to get lost for a short while – not a great start to a weekend of orienteering! However, one bonus was that I did manage to buy a pillow for 39p since I realised that I'd forgotten mine!

The overnight stop was on the floor of a scout hut. My own scout hut in Hove was an old garage, so this modern brick-built hall with kitchen and shower all seemed a bit too luxurious. It was an easy night's sleep with just the beeping of an alarm system to alert us whenever anybody went off to the loo.



Alex Lines



Scotlands Alasdair McLeod overhauls Thomas Beasant to win the relay by just two seconds

Day 1 – Individual Races at Feldom Ranges

The first day's competition was run on Feldom Ranges, just outside Richmond. The terrain was fast open moorland with the odd patch of woodland. I ran early, took it carefully, and was able to get round OK. The area was pretty much deserted save for a herd of 80 cattle that would stampede across the area at will. It was a little bit disconcerting, but it didn't seem to affect anyone's race. The general feeling was that the courses were not too technical, and tended to suit the faster runners. I did have a real sense of achievement though on completing my run without any major mistakes. There was a good atmosphere at the run-in with commentary by Chris Poole.

The winner on Day 1 was the North West squad, just a few points ahead of Scotland.

Winners on Day 1 – Individual Races

- M14 Thomas Louth (EAOA)
- W14 Zoe Harding (NWOA)
- M16 Jamie Stevenson (SOA)
- W16 Aine McCann (NIOA)
- M18 Kristian Jones (WAO)
- W18 Charlotte Watson (NWOA)

Top 3 Regions after Day 1

- 1st NWOA
- 2nd SOA
- 3rd YHOA

Just before the last finishers, Nick and I made it our number one priority to run back to the club minibus and jump in, lock all the doors, and pretend to be asleep. Our victims were un-amused W14/16s standing out in the wind and cold for some minutes. This had of course been planned at length before our races to get the girls back for six hours of non-stop laughing and shrieking in the minibus the day before.

Once we'd eventually got everyone back in the bus we headed to Richmond's swimming pool. The organiser's had booked three sessions for the exclusive use of the regional squads and it proved very popular with the pool full of orienteers for several hours.

The event centre and overnight accommodation was provided by Richmond Lower School. The grounds were great, with loads of space for games of football, frisbee and cricket. Out of a gate at the bottom of the grounds was a footpath that followed the river and we had a walk to the castle that overlooks the town. However, I think the main attraction of the town for most people was the Pizza shop.

Prize-giving for day 1 took place in the school hall and included awards for the three people that had attended all of the six JIRC since they were M/W14's at Cannock Chase in 2003. Alasdair McLeod, Robbie Unsworth and Matthew Wallace each received a 'Six and Out!' commemorative T-Shirt.

Day 2 – Relay Races at Warcop

After dragging ourselves out of bed for an early breakfast, we headed west to the North Pennines and Warcop army training area. The terrain was a mix of runnable open moor and fields, and variable woodland areas, some quite rough under foot.

As we made our way to assembly I started to feel under pressure. The relay order was M/W16, 14, and then 18. This meant that I was in a mass start with people three years older than me. I didn't want to completely lose the main pack, or it could all go very wrong for the team that also included Nick Jarvis running M14 and Charles McMillan M18. As I stepped into the start area, I went and stood at the back of the crowd of M16s. There was no way I wanted to be at the front and do the serious map reading in the first 100m. As the air-horn sounded there was a mad rush forward and the race was under way. By the second control I realised that the majority of people were ahead of me and I could see the leading runners were now miles ahead. However, I wasn't completely on my own so I didn't despair.

As I ran through the spectator control, I found I was really struggling with the rough under foot combination of ditches and brashings. The rest of my team were cheering me on, and I had to do everything I could to avoid tripping over in this difficult part of the course. After handing over to Nick for the second relay leg I had to acknowledge that this hadn't been my fastest race, but at least I had a smooth run and had not come in last.

It was then time to join the team at the spectator control and cheer on the rest of the SEJS. The junior men's race was being led by Thomas Beasant (NWOA) and an exciting finish saw Alasdair McLeod (SOA) come through for a sprint finish to win by just two seconds. The lead in the junior women's race changed hands several times. Charlotte Ward (YHOA) had an excellent first leg, then Lucy Butt (SWOA) was first to the changeover at the end of the second leg. Charlotte Watson probably had the best run of the day - more than two and a half minutes quicker than the rest of the field to bring victory to the North West by a sizeable margin.

Winners on Day 2 - Relays

Junior Men

- 1st SOA
Jamie Stevenson, Craig Thomson, Alasdair McLeod
- 2nd NWOA
Matthew Vokes, Christopher Owens, Thomas Beasant
- 3rd WOA
Ben Mitchell, Ciaran Allen, Kristian Jones

Junior Women

- 1st NWOA
Katrin Harding, Zoe Harding, Charlotte Watson
- 2nd YHOA
Charlotte Ward, Florence Haines, Alice Leake
- 3rd SOA
Joanna Shepherd, Katrina McLeod, Jessica Orr

Overall Results

Top 3 Regions after Day 2

- 1st NWOA
- 2nd SOA
- 3rd YHOA

After finishing my own race I discovered that our final runner was injured. I was disappointed for Charles, but it had still been fun. Oh well, that's orienteering! The races were over but the fun was not. After the prize giving, Nick and I decided to run back to the Minibus for a bit more banter with the girls. We locked all the doors, pretended to be asleep again and waited.

My first experience of the JIRC was exciting and well worth going. I would definitely recommend it to any other junior orienteers who gets the chance. As a fan of orienteering videos on YouTube, it was great to see the Northern Ireland Squad JIRC 2008 video which captures all of the atmosphere and excitement – just type 'JIRC 2008' at the YouTube website.

I will never forget the experience of my first JIRC; not just the orienteering, but all the fun in between.



Charlotte Watson brought home NWOA in 1st place

The overall winning North West Squad



Junior World Champs

by Matt Halliday



The Junior World Orienteering Championships were held in Gothenburg this year, and with the tough Scandinavian terrain typical of the Gothenburg area, the Nordic nations were looking to dominate the top positions. A 12 strong team of British athletes were present at the championships, and although there were some very experienced members to the team, it was a young one, with only three athletes unable to compete next year.

The week kicked off with an exciting opening competition in the shape of the sprint race. With a mix of urban and forested terrain, it proved tricky for even the best in the world, with some of the big names losing time. A very young and obviously talented Danish girl took the girls title,

while the men's went to Stephan Kodeda of the Czech Republic. The British highlight of the day was a 42nd place from Rhodri Buffet, although he was disappointed as at almost the halfway point he was in 5th position. In the evening was the opening ceremony, and I'm sure many of the athletes would tell you that the free access to Liseberg theme park was probably the highlight. Apart from all the usual formalities, the ceremony also included a Swedish rock band, containing a previous JWOC champion, Håkan Peterson, who beat Thierry Giorgieu in 1998.

Two days later was the middle qualification and after a rest day, all the British athletes were looking to improve on their previous day's performance and qualify for the A final. This was perhaps the tensest morning, as everyone knew they were capable of securing a place in the final with a solid run. The end of the day showed a mixed bag of feelings, with three disappointed boys but a record for the girls, with five into the A final after a disqualification allowed Julia Blomquist into 20th place. This set the team up for some good overall results in the middle final, and even before the A finalists came through, Victoria Stevens had got the Brits cheering with a winning run in the B final, along with a 6th place from Ralph Street. This meant that, after a disqualification in the women's A final, that all 6 girls finished in the top 60 runners, the best coming from Alice Butt in 37th. In the boys Hector Haines was the top finisher in 27th after a solid performance. Winner in the women's class was Venla Niemi of Finland, and in the men's Johan Runesson of Sweden.

So there were mixed feelings in the GB camp after the middle races, but a rest day and picnic/swim/sunbathe with the team support group (which came to be called the Tullidays plus one with the Tullie family, Halliday family and Simon Errington making up that all important part of the British line up!) meant that everyone was ready and determined to face what we knew would be the hardest challenge of the week, the long distance. Partille, the long distance area, lived up to our expectations with some technical and immensely physical terrain really testing the mental and physical strength of everyone in the field. The men's race was an incredibly close event, with the top five finishers all within 18 seconds and just 6 seconds between 2nd and 5th. Johan Runesson once again took the gold, repeating Olav Lundanes' feat of last year. A great performance by Hector Haines put him in 16th place, one of the highest ever placings of a British male in the long distance race, and Julia Blomquist led the way for the girls in 41st.

Hopes were high for the British relay teams and there was a very positive outlook from all the runners. However, the 1st leg did not go as planned, with Rhodri Buffet beating in Doug Tullie from the 1st team, and the girls teams down in 24th and 34th. On the middle leg, Ralph Street ran well for the 2nd team, keeping them up in contention and finishing with a group containing the Czech, Danish and Russian 1st teams. Alice Butt ran well to bring the girls 1st team up into 21st place. The last leg saw Matthew Halliday hold on to finish 9th nation, Hector Haines pulling to less than 3 minutes behind. Hollie Orr finished well for the girls 1st team bringing them in to finish as the 10th nation. Winning both relays were Sweden, completing a hat-trick of gold medals for Johan Runesson. So after another tough race, all that was left for the team was to wind down and enjoy the banquet. The week of JWOC had been a fantastic experience for all of the team, with individual successes and disappointments. However, with a team that contained two athletes with three more years, three athletes with two more years and three athletes with another year, as well as many athletes pushing close to being in the team, the prospects are looking good for Italy 2009, where the squad travelled to in August to train in next year's terrain.



matt in action



International School Sport Federation Orienteering Championships 2009

The next championships in 2009 will take place in Madrid, Spain. The event will take place from the 14th – 20th April 2009. For Scotland and Ireland Team selection please check with your own School Association or contact your Orienteering Association. If you would like to try for a place in the England team the selection criteria is below:

General

1. A maximum of 8 teams will be selected: School and Select teams in each of 4 categories: Older Boys, Older Girls, Younger Boys and Younger Girls. There are a maximum of 5 places in each team.
2. For the Older categories, students must have been born in 1992 or 1993, i.e. be M/W16s at the time of the qualifying events. For the Younger categories, students must be born in 1994 or 1995, i.e. be M/W14s at the time of the qualifying events.
3. Selection will be based on two events: the British Schools Orienteering Championships (BSOC), and a Special Qualification Event (SQE), to be held the day before the BSOC.
4. Whilst the BSOC will be run in school years (as usual), the Day 1 Special Qualification Event will be run in the appropriate classes, i.e. M16, W16, M14 and W14. Students participating must be the correct age for that category. In particular, students must not run up (M/W12s are not eligible to compete).
5. The BSOA is affiliated to the International School Sport Federation through the English body for schools' sport, the National Council for School Sport. Regrettably, selection for the English Select teams must be restricted to children with English nationality.

The ISF Special Rules for Competition state:

- School Teams (only pupils from one school, pupils of foreign nationality may compete, provided that they are regularly attending this school)
 - Selected Teams (all participants must have the nationality of the country they represent)
6. All schools wishing to be considered for School team selection and individuals for Select teams must compete in both qualifying events. If a pupil is unable to compete in one or both, the selectors (admin) must receive a written explanation by Friday 14th November, otherwise the individual concerned cannot be considered. If a competitor becomes unable to compete for a genuine reason during the weekend, the selectors must be informed before Wednesday 19th November.

School Teams

1. All schools must be BSOA members on the final closing date for entries to BSOC/SQE and at the time of the International School Sports Federation Schools Championship.
2. Selection for school teams will be based on the BSOC/SQE events, due to the fact that all pupils are competing on the same course in the SQE, performance in this will take priority over BSOC for selection.
3. School teams wishing to be considered for selection must compete in both events.
4. Once a school is selected for a 'School' place, the selection of its team members will be at the discretion of the school concerned.

Select Teams

1. A Select team can only be selected if a school team is selected for the ISF World Schools Championships.
2. All team members must be from schools which are BSOA member schools on the closing date for BSOC / SQE, and at the time of the ISF World Schools Championships.
3. Selection for select teams will be based on the 2 qualifying races, due to the fact that all pupils are competing on the same course in the SQE, performance in this will take priority over BSOC for selection. Other form may be considered, but will only be used where selectors feel unable to make a decision based on the qualifying races. If so, only the Aire regional event on 14th September and the Regional event on 2nd November in the New Forest will be used.
4. Priority for selection will be given to students from schools that enter a complete team or teams (age class or whole school) at the BSOC. These teams need not be in the category in which the individual is trying for selection. Priority means that 3 places in each selected team will be given to competitors whose school has entered at least one age group team in the BSOC. (This need not be the same age group, or gender as the competitor seeking selection). In cases where the selectors are unable to differentiate between competitors using this criterion, then the results from the Aire regional event (14th Sept 2008) and the November Classic (2nd November 2008) will be consulted. The selectors reserve the right to ask to see proof that any team member has completed the necessary 3 local events at the appropriate level prior to BSOC.

Please note that this is not a British Orienteering team and funding is the responsibility of the schools or the individual team members. Many have been able to obtain help to meet the costs in the past.

All areas for the competition weekend are now out of bounds, except during the SQE & BSOC.

The selectors are Pauline Olivant (Admin) Ben Chesters and Carol Farrington. The team will be announced on the BSOA web site on Tuesday 25th November.

School Championships

British Schools Score Championships
Saturday 11th October
Sherwood Pines, Nottinghamshire.

British School Orienteering Championships
(Training Day and Selection for ISF World Schools)
Saturday 15th November
Frith Hill, Frimley, Surrey.

British School Orienteering Championships
Sunday 16th November
Hawley and Hornley, Nr Farnborough, Hampshire

Entry Forms: Please visit www.bsoa.org

LAGGANLIA 2008

by Zoe Harding and Tamsin Moran

You may have heard people chatting about lagganlia, and thought, 'what's that?' It almost sounds Scandinavian, but Lagganlia is the venue of the first British Orienteering junior training camp, a Scottish outdoor centre just south of Aviemore. You stay for a week learning new skills and refining your technique. Places on this tour mainly go to second year M/W14's but some go to first year M/W16's who may have missed out the previous year. Twenty four juniors from all around the UK are selected based on regional squad nominations and performances at specified selection races earlier in the year such as the JK & BOC.

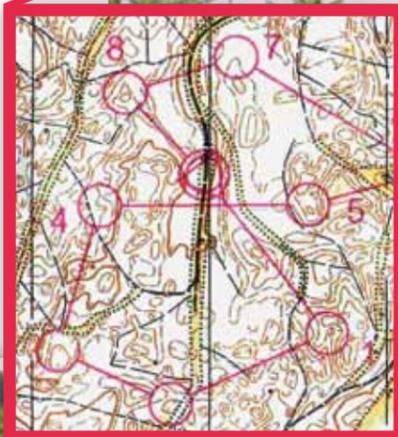
During the week we trained on some lovely areas around Speyside which provide some of the best orienteering terrain. With intricate contour detail and very few line features, it was quite a challenge. The coaches were great and we did exercises that really taught us the new techniques and how to use them. So as well as familiar exercises such as attack points and control picks, we did lots of new things like simplification, controlets, relocation and found our track/terrain ratio.

Tamsin continues, "For our first exercise we were split into three groups of eight across the three parts of Inshriach (beside the Lagganlia Centre) and my group started in the middle area. We began by doing a star exercise, once round the centre and in the woods, both using pacing and compass bearings. We then did a 100m run counting our paces so that we knew we had it right. We then did a 1.2km timed run along a path and then repeated this over terrain. The aim of the exercise was to find out how much faster we are on paths than over terrain.

In the afternoon we moved to Inshriach south where the ground was plastered in contours and it was tricky to relocate if you got lost. The coaches tested us with a line exercise and an attack point exercise which I personally found quite challenging.

The next morning we were challenged with a set of exercises

in the northern area of Inshriach. I found this area easier than all the places so far because I had begun to get used to the terrain, contours and lack of paths. In the afternoon we had a mass start gaffled race on Strathmashie, in which everyone ran a different course. The course lengths varied from 2.6km to 2.8km. Jack Benham won the boys race while in the girls race, Lucy Butt and Florence Haines



were only metres apart on the line. After the race in baking heat all anyone wanted to do was have a water fight in the river!

On the following days we did more training on map memory, controlets (picking out big features on the way to controls), attack points, traffic lighting, control picks (using the last control as an attack point), relocation and aiming off.

At the end of the week we had the tour championships. This included a middle and long distance race. The middle distance race was



Zoe Harding



held on Achlean, with a number of tricky legs. Jack Benham was the boy's winner, while Lucy Butt again won the girls. The long race was held the following morning on Inshriach north. The race winners were Rona Lindsay and Ciaran Allen.

On the last afternoon, on Inshriach south, we had a final fun relay where as well as the juniors taking part, the coaches put two teams in as well! The first team back was one of the coaching teams (but they had put the controls out!) and the second team back was my team which included myself, Tom Louth and Ben Maliphant, who had a very fast run on last leg.

Zoe adds, "In the evenings we had sessions where we looked at race analysis and route gadget, learning how we could coach ourselves. There were talks on nutrition, ankle strengthening and we learnt how important it is to warm up and about dynamic stretching.

Although it may sound like it was orienteering go-go-go, we had time to do our own thing. There was football, table tennis and lots of room to relax. The food was really good and

training gave us a great excuse to eat lots of cake.

We also had a rest afternoon so we went to Loch Morlich and had a swim. Then we went to Badaguish for a barbecue and the annual Lagganlia vs. Badaguish football match. Badaguish is the equivalent tour for first year M/W16's held at the same time about ten miles away, many of whom had been at Lagganlia last year.

Before I went I only knew a few of the others attending, but everyone was really nice and we all got along really well. I gained so much from the week, both in orienteering experience and lots of great friends. I had an amazing time and would love to go to Badaguish next year.

Tamsin concludes, "I would like to thank all the coaches who taught us new skills and gave up their time to run the course, as well as the other people who came to cook excellent food for us. It was a great opportunity to make new friends and I'm looking forward to seeing everyone again at events in the future. Lagganlia was amazing!"

Coaching at Lagganlia by Keith Marsden

The British Orienteering training camp at Lagganlia Outdoor Education Centre is aimed at top year M/W14's. It is the first step on the ladder of coaching organised by British Orienteering for aspiring Juniors and is held in an area of the country offering a wide variety of easily accessible terrains.

The key aim of the camp is to instil into attendees the need for good planning on each and every orienteering leg that they tackle. The course does this by teaching a wide variety of techniques and skills which the orienteer can use in the right place at the right time in order to enable them to satisfactorily complete a course.

Amongst the techniques and skills being taught and practised are:

- **Use of Compass** - Fine and rough compass work, ensuring that the junior can accurately follow a compass bearing. There is also the opportunity to try different types of compass; thumb or protractor.
- **Selection and use of Attack Points** - Ranging from simple path junctions to use of more complex contour attack points.
- **Aiming Off** - Appropriate use of aiming off techniques on a wide variety of line features such as re-entrants, terraces etc.
- **Traffic Lighting** - Ensuring good speed control through all phases of a leg.
- **Simplification** - Avoiding unnecessary map reading by identifying only those things necessary for accurate navigation.

And then bringing them all together in a race situation.

All the in-forest activities are reinforced by classroom sessions such as:

- **Race Analysis** - Through reporting and discussion and the use of tools such as Route Gadget
- **Race Preparation** - Knowing what to expect before the race
- **Injury Prevention** - Warm ups, stretching and strengthening key muscles and joints
- **Nutrition** - What to eat and when



Charlie Compass Says
Whenever you use a Compass Always Remember to:

- Hold the Compass Flat
- Let the Needle Settle
- Turn Yourself to Face the Direction of Travel



Juniors Volunteer at Nottinghamshire Youth Games



Katie with the winning team from Rushcliffe

NOC juniors completed the Young Leader Award (YLA) last October with the East Midlands junior squad. The YLA training involved learning various orienteering teaching skills and games and then putting it all into practice with some willing volunteers.

With our newfound skills, we were put to good use at the Nottinghamshire Youth Games helping the teachers and pupils get ready for their orienteering courses. I saw this as the perfect way to give something back to the club that supports me.

The youth games have been running since 1999, as a competition between the top primary schools in the districts of Nottinghamshire. Its main aim is to encourage fair play and to keep children involved in sports. Hopefully these games will unlock hidden talent and encourage a new generation of children to take part in orienteering.

This year Rushcliffe district won the orienteering element of the games, with enthusiasm being shown by all the children and by the families that came to watch. Whoever said orienteering couldn't be a spectator sport?

I would recommend other junior orienteers becoming Young Leaders as it is great fun and very rewarding. For further information ask your club coaches.

Katie Taylor (W18)

Junior Profile: Hector Haines

Age: 19

Club: EUOC, AIRE, GMOK

Age started orienteering?
11

Do your parents orienteer?

Yes, my father has orienteered for about 40 years, but the rest of the family started in 2001.

Why/where did you start orienteering?

My father got us into orienteering and my first major event was the British Orienteering Champs in 2001, at Newborough Warren.

What do you enjoy about orienteering?

The times when you're in perfect flow and in control of your race.

Do you have a coach?

Yes, my father has coached me all the way.

If so, how has this helped you?

My dad monitors my training and tells me when to ease off and not to do too much. This is a very important part of training.

Where is your favourite place to orienteer?

Tricky, as there are great areas in all parts of the world, but I think Scandinavia suits me most. Tough terrain and navigation – my strength in the terrain has always been a great asset of mine. Also, I think I am very mentally strong and Scandinavia has never overawed me.

What kind of training do you do?

It varies. In the winter I do lots of long runs, long intervals on a track and plenty of gym work, then in the spring my load drops off and I just keep the quality sessions. Summer is mostly multi day events.



What is your best result?

I suppose my silver medal for the EYOC relays is pretty special, but my best run internationally has been my 16th in the Long race at this years JWOC in Sweden, where I was five minutes off the gold after 10.2km.

What advice would you give to people wanting to get into the GB Squad?

Be focused. Remember, the pressure is on the best people to win so if you are of a good fitness and have a clean run you can often get in amongst the best and get noticed.

What do you enjoy doing outside of orienteering?

Fell racing, X-country and playing pool with Jack Wood.



Orienteering Great Britain