



Issue Autumn 2012

FOR JUNIOR OR



Pictured: Lucy Butt competing at the Junior World Orienteering Championships. Credit: Tomas Drencak

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JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS

REPORT BY JACKIE NEWTON. PHOTOS BY JACKIE NEWTON & TOMAS DRENAK

THE JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS (JWOC) TOOK PLACE IN JULY IN KOSICE, SLOVAKIA. THE FIRST EVENT WAS THE SPRINT RACE THAT TOOK PLACE AROUND THE CENTRE OF THE CITY. THE BRITISH ATHLETES FOUND THE COURSE TO BE TECHNICALLY SIMPLE BUT VERY FAST, WITH THE MAIN CHALLENGE THE HEAT, WHICH HIT A HIGH OF 34 DEGREES! JAMIE STEVENSON WAS THE HIGHEST FINISHER IN 25TH PLACE WITH CHARLOTTE WATSON THE BEST OF THE GIRLS IN 39TH PLACE.

The next day saw the team tackle the Long course 70km south west of Kosice in variable weather conditions. The early starters were, once again, challenged by the heat that peaked at 31 degrees and the later starters by torrential rain and thunder storms that affected visibility and conditions under foot in the forest. The highest position of the day was achieved by Lucy Butt who was mixing with athletes that she had previously thought were in a different class. She showed herself and her rivals that she also belongs in that class. Lucy finished over the line in 6th and then later dropped down to 7th, only missing the podium by 6 seconds.

Lucy said, "My goal was to finish in the top 30, my dream was top 20 but I made top 10! I did make a few mistakes but I'm not complaining! When I finished I had no idea what position I was in. I sort of heard it over the PA

the youngest member of the team, Aidan Smith who finished 4th in the B final.

In the A final Duncan Birtwistle got off to a flying start, achieving the 9th fastest time of the day to the first control. By the end of the day his overall position was a very credible 38th. Rona Lindsay was the next to finish and reported an enjoyable and clean run. Rona had a great JWOC. She achieved top 60 in the Sprint and the Long (57th and 53rd respectively) and a superb 29th place in the Middle. Jonny Crickmore showed good improvement on last year's JWOC results and he finished 39th in the Middle. He has another year's eligibility in this competition and is looking forward to improving further still in 2013.

Charlotte Watson also ran a superb race to finish 9th. Charlotte summed up her week by saying "I hadn't been pleased with my week as I felt like I had panicked each day so last night I went through the things that I was scared of and sorted out what I could and couldn't control. My mistakes earlier in the week had been made because I was trying too hard to make it happen. I decided that today, if it was technical, I would run slower and not be tempted to run too fast. I focused on orienteering. It wasn't an amazing run but I didn't make



Aidan Smith performed strongly at his first JWOC



(L-R) - Zoe Harding, Jamie Stevenson, Charlotte Watson, Tom Fellbaum, Lucy Butt, Duncan Birtwistle, Rona Lindsay, Aidan Smith, Katrin Harding, Jonny Crickmore, Florence Haines, Peter Bray.



Charlotte Watson ran superbly and finished 9th in the Middle Race

system but couldn't hear whether it was 6th, 16th or 60th! Florence told me it was 6th and it was like 'deja vu' from a couple of years ago at EYOC when she met me across the line to say I had finished 3rd!"

In the men's race Jamie Stevenson was, once again, the first finisher for Great Britain finishing one place higher than he did in the Sprint (24th). Jonny Crickmore took 25th spot but was disappointed not to have a completely clear run.

The Middle race took place at Herlany, 30km North East of Kosice, where the atmosphere was electric at the finish area in the centre of this small, picturesque town. There were mixed fortunes for the British athletes with six qualifying for the A final and two missing out by the skin of their teeth.

The finals took place at Izra, 36km South East of Kosice. The B finalists were first off and the aim for all of the athletes was to run a 'clean' race with technical accuracy and finish with fresh legs for the following day's relays. All six came across the line with a smile of satisfaction for achieving that aim. A special mention should go to

All eyes then turned to the coaching zone, where the athletes passed approximately 4 minutes before the finish. Jamie Stevenson came through neck and neck with the Swedish athlete, Martin Regborn and the two of them were running hard. A few minutes later Jamie could be seen sprinting for the line with plenty of daylight between himself and the Swede.

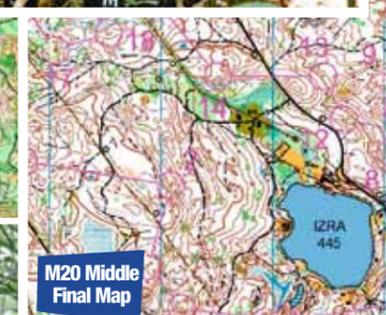
Jamie took approximately 10 seconds out of him after the last control. Jamie had a great JWOC and finished 19th in the Middle. His aim was top 12, top 35, top 40 for Sprint, Long and Middle respectively. He fell short on the Sprint but smashed his aims in the Long and the Middle. He said that he felt "a bit rusty" going into the Middle race but changed gear when Regborn went past him. "After he caught me and I started orienteering better, I was navigating in the circle and spiking the controls. He made a mistake at the last control and that's where I took advantage and ran away from him." When asked about his overall performances he said, "I am most happy with my Long performance. It was my best ever run at an International."

any big mistakes, only a few hesitations. I'm really pleased and I think it is my best run of the year."

The final event was the Relay and this took place at Jahodna, 15km North West of Kosice. In the women's event the running order for GBR1 was Lucy Butt, Florence Haines and Charlotte Watson. Lucy ran a solid race on the first leg and passed on to Florence in 18th place. Florence then ran a very determined race and in so doing pulled back 7 places. Charlotte Watson then wound it up even further to bring the team home in 9th place and 8th nation. The running order for GBR 2 was Katrin Harding, Rona Lindsay and Zoe Harding. Zoe had a particularly good run on the



W20 Long Final Map



M20 Middle Final Map



Katrin Harding competing in the Long Race



Jamie Stevenson had a superb JWOC



Zoe Harding out in the forest

anchor leg which gave her the 23rd fastest time on leg 3. GBR2 finished 30th overall.

The women's team said afterwards, "We're really happy with a solid finish to a tough week of racing. Everyone held it together and with a relatively young team, we're all looking forward to see what we can achieve in the future."

It was unfortunate that Jonny Crickmore had to withdraw from the Relay because of injury and so GBR1 fielded just two runners: Jamie Stevenson and Peter Bray. However, GBR2 stepped up to the mark and all three runners; Aidan Smith, Tom Fellbaum and Duncan Birtwistle ran great races. Once again Aidan, who still has potentially three more years of competing at JWOC, impressed by running a superb race and handing over to Tom in 16th position. Tom then ran a very strong race and made up one more place to put Duncan into 15th place. Duncan went on to run the 12th fastest time on 3rd leg and brought the team home in 13th place and 12th nation. The men's team concluded, "After all the highs and lows that JWOC brings we are very proud of our performances over the week."

LUCY BUTT

'My 2012 JWOC'

This year's JWOC was definitely the best experience I've ever had! I went out a few days early with some of the other girls to acclimatise and settle in to the accommodation, which was a large student hall that created a great atmosphere.

The first race was the Sprint and I think we were all quite frustrated as technically it was really pretty easy and didn't go into the small park area which would have provided some trickier orienteering.

The Long race was a lot harder with everyone in the GB team making mistakes. The courses were amazing and the vegetation and hills/depressions provided really good route choice.

In the Middle race the team had a mixture of emotions, but we were all happy for Charlotte for coming 9th in the A final. By this point in the week we were all exhausted from the previous four races but we were still looking forward to the Relays. The area was pretty fast and the gaffles weren't too different so there were packs throughout the race. The uphill finish run-in was my least favourite part of the whole week but once it was over I knew I'd finished the whole week and could relax!

On behalf of all the athletes, I'd like to say a huge thank you to the coaches who supported the team and the family and friends who came out to support us!

AIDAN SMITH

'My first JWOC'

As a bottom year M18 getting selected for JWOC was my goal. I knew the JWOC week would be tough and I went in with a goal of clean technical performances in all races, and no particular expectations for results, apart from hoping to qualify for the Middle A Final.

The set up of the event was familiar from EYOCs, but the standard of competition and atmosphere were on a completely different level. I was pleased to run clean in the Sprint and I enjoyed the Long race which was my first time in Karst terrain, despite a disappointing technical performance. I was quite down after the Middle qualifier, as qualification would have been possible without mistakes, but I had a great run under no pressure to come 4th in the B Final. Jonny's injury meant I was running first leg on the only complete Relay team, which was the most pressure I've ever felt under in a race, but I kept a cool head and ran well to come in one and a half minutes down at the back of the pack.

JWOC was a great experience and the team really pulled together through the ups and downs. The coaches were great too, and made it really easy as an athlete. It was a really good motivator to go away and train hard to improve on performances in Czech next year.

JUNIOR INTER REGIONAL CHAMPIONSHIPS

Report by Mark Purkis (SEJS) // Photos by Wendy Carlyle

The Junior Inter Regional Championships (JIRCs) is an annual competition in which the twelve regions of the United Kingdom compete against each other in an individual and a relay event. The top two runners from each region in the individual event and the top two boys and girls relay teams count towards a total score to determine the Regional Champions. The age groups are M/W14, M/W16 and M/W18.

This year's competition was hosted by East Anglia Junior Squad (EAJS) in the large mixed forest of the Sandringham Estate. The Estate boasts large areas of intricate contour detail and vast swathes of indistinguishable rhododendrons in mixed run-able woodland. However during the final two weeks before the event the ferns grew from ankle height right up to 6ft high, causing severe complications! The courses were all



Report author Mark Purkis in action



runners. An exciting spectator control shortly before the end on all the courses created a superb atmosphere with all squad members cheering on their runners as they powered on to finish the race.

planned for straight line routes being the best choice however in most cases (due to the ferns) the fastest route was unfortunately on the path.

Heavy overnight rain had left the ground saturated and the ferns hanging low under the weight of the water. As the individual competition progressed, elephant tracks formed through the ferns handing over an advantage to the later

THE RELAY was on the same area and the format remains the same from year to year: a mass start for the M/W16 followed by M/W14 and finished off by the M/W18.

Thanks to excellent planning and organisation by EAOA the relay ran very well, with an excellent change-over/ finish leg as well as a spectator

control for added enjoyment of fellow runners. The only thing that couldn't be controlled –the rain- came down hard and fast for about 45mins during the relay causing all the face paint expertly applied to run off! The M/W16 and M/W18 courses were gaffled as always to prevent strategic following and to split up the pack.

The race ensued with the leading teams swapping positions constantly. An amazing run by Harrison McCartney completing his run 9 minutes faster than any other M14 gave the WMOA team the advantage to forge ahead and win overall. The girls relay was hotly contested with the top 4 teams finishing within 26 seconds after all three legs!

The final prize giving occurred and the squads began to disperse. With goodbyes and farewells said, the juniors eagerly anticipated the multiday and training camps where the different squads would meet up again! An excellent weekend of orienteering was enjoyed by all the competitors and everyone looks forward to an equally memorable JIRCS 2013 hosted by SWOA.

THE BEST RUNNERS ON EACH COURSE AND OVERALL STANDINGS AFTER THE INDIVIDUAL DAY WERE AS FOLLOWS WITH THE TOP THREE REGIONS BEING SOA (240 POINTS), NWOA (203 POINTS) AND YHOA (190 POINTS):

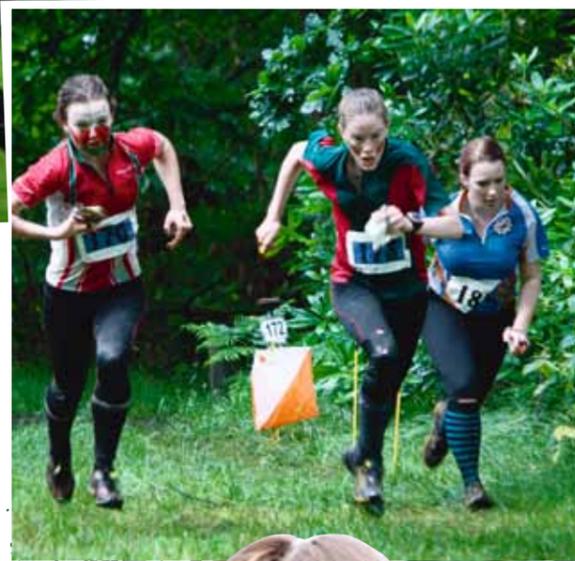
Position	1	2	3
M14	Aidan Rigby (NEOA)	Harrison McCartney (WMOA)	William Louth (EAOA)
W14	Clare Stansfield (SOA)	Fiona Bunn (SCOA)	Abigail Mason (SOA)
M16	Sasha Chepelin (SOA)	Joe Woodley (YHOA)	William Rigg (NWOA)
W16	Julie Emmerson (WMOA)	Sarah Jones (NWOA)	Jennifer Ricketts (SOA)
M18	Aidan Smith (YHOA)	Dane Blomquist (SCOA)	Ben Beresford (EMOA)
W18	Lucy Butt (SWOA)	Florence Haines (YHOA)	Katy Reynolds (WOA)

THE BEST RELAY TEAMS WERE AS FOLLOWS WITH THE TOP THREE REGIONS BEING SOA (258 POINTS), NWOA (225 POINTS) AND YHOA (192 POINTS):

Position	Junior men
1	Ali Gardner, Harrison McCartney, Matthew Elkington (WMOA)
2	Angus Dobson, Matthew Fellbaum, Oliver Williams (NWOA)
3	Matthew Galloway, Ross McMurtie, Joshua Dudley (SOA)
Position	Junior Women
1	Katie Blackford, Fiona Bunn, Tamsin Moran (SCOA)
2	Sarah Jones, Laura Hindle, Zoe Harding (NWOA)
3	Briony Kincaid, Abigail Mason, Katrina McLeod (SOA)



Scotland were the overall Champions



OVERALL REGIONAL RANKINGS:

Region	Individual		Relay		Total
	M	W	M	W	
SOA	113	127	129	129	498
NWOA	97	106	111	114	428
YHOA	88	102	93	99	382
SWOA	82	79	93	87	341
WMOA	77	85	84	84	330
SCOA	57	90	51	114	312
EMOA	77	67	87	72	303
WOA	74	77	69	78	298
SEOA	74	66	93	0	233
EAOA	60	24	36	45	165
NEOA	52	42	21	33	148
NIOA	46	11	30	0	87

European Youth Orienteering Championships 2012

Report By Jackie Newton

The European Youth Orienteering Championships (EYOC) took place in the Limousin region of France. The Sprint distance race took place in the old town of Meymec, Correzeand and good organisation meant that only residents of the town were permitted inside the town on race day. The finish Arena, located in the 'Place des Porrots' saw 331 athletes cross the finish line with France, Poland, Russia and Belgium winning the first gold medals of these Championships.



Back row left to right: Chris Smithard, Ciaran Allen, Joe Woodley, Chris Galloway, Dane Blomquist, Sasha Chepelin, William Rigg, Jackie Newton
Front row left to right: Elizabeth Furness, Katie Reynolds, Rozy Shephard, Sarah Jones, Julie Emmerson, Natalie Beadle

The British team posted some positive results. In the W16 Julie Emmerson finished 12th and said "I was expecting to be in the top 15. I used Google Earth and Street View to look around the whole town and I had done some short and fast training and so enjoyed the fast running today. I made a mistake towards the finish and lost 30 seconds but it was great fun!"

Two M16s came tantalisingly close to the top 20 with Joe Woodley finishing 21st and Will Rigg 24th. Joe had his first experience of the GPS "TracTrac" and said that he enjoyed it. "I thought it was nice that people would be watching me. I was very relaxed about it and actually forgot about it once I started."

Katie Reynolds made sure that the speed work she has done over the last two years paid off and said, "It was a fast course but with some tricky parts. I had a few blips that cost me a bit of time but it was nothing too major."

Once the athletes were home and dry there was just one more race to go. The event wasn't over until the coaches had run! Chris Smithard and Elizabeth Furness lined up for the mass start and the athletes were delighted to cheer Chris home in first place! The atmosphere at this event was tremendous with lively celebrations enjoyed by athletes, spectators and the local school children who were very excited to watch the athletes' race along the streets outside their school.

It was an early start for the Long Distance Race the following day with Will off first at 0908hrs and Dane Blomquist, with a point to prove after mis-punching on the previous day, last to leave the start area. This time it was the turn of Chris Galloway and Rozy Shephard to wear the "TracTrac" systems but neither were distracted by it.

The earlier starters enjoyed cooler temperatures but half way through the start blocks the clouds were thinning and temperatures were rising with high humidity. Great Britain were thrilled to have two athletes in the top 10, with Julie Emmerson and Dane Blomqvist both achieving 7th position.

Julie crossed the line in 4th place after starting in the middle block. "I knew I would go down from 4th as there were some strong athletes starting after me but for a long time I was 6th. It seemed too good to be true but the longer I stayed there the more I hoped I would keep this podium position. I was gutted to be knocked down to 7th but am very pleased with my performances at my first EYOC and on my British debut".

Julie went on to say that she felt she had prepared for the Long distance race better than she had for the sprint distance race. "My coach, Riina Kuuselo, prepared maps of this area and planned courses. I ran with them; looked at Route Gadget for other peoples courses; saw that the planners liked long legs; took the paths off and familiarised myself with the area. Looking at the vegetation at the model event helped too. It was quite physical out there today though. The hills were hard and there was a lot of rough running."

The Relay took place at Lac de Vassiviere and the course for all age groups could be described as 'a course of two halves'. The first half was quite straight forward, a long run past a spectator point and then a technical loop that could be described as 'tres difficile'!

The M16 team went into the race with high hopes. Dane Blomquist finished the first leg in third position and handed onto a determined Joe Woodley who ran hard all the way to hand over in first place. Sasha Chepelin ran neck and neck with the 3rd leg Polish athlete and they came through the spectator point together. However, the second half of the course got the better of Sasha and he was disappointed to bring the team home in 7th.

In the W16 team Julie Emmerson should be singled out for a superb performance. Julie went out on the first leg and rather than going with a very fast pace that was set by the Polish athlete, Angelika Mackejewska (winner of both the Sprint and Long distance races), she ran her own steady race and came into the finish in a group of 4 and passed onto Natalie Beadle, our second leg runner, in 3rd place. Sarah Jones brought the team home in 10th.

Unfortunately we weren't able to finish a team in the W18 as Rosie Watson had to withdraw from the competition because of injury. The M18 result also didn't count due to a mis-punch on the last leg.

Full results can be found on the European Youth Orienteering Championships website www.eyoc2012.fr



Katie Wright swings through the ropes course on the rest day at the Lagganlia Outdoor Adventure

The whole tour group after the fun relays on Friday afternoon

Kin Craig Training Camp

Report by Hannah Cleary-Hughes
Photos by Ellie Stone

Twenty four M/W16s travelled up to the Cairngorms in Scotland to take part in the Kin Craig summer training camp which promised a week of improving technical ability, fitness and fun.

Sunday was very busy with training in the morning at the wooded marshes and steep knolls of Alvie followed by a time-trial on the track through the woods near Laganlia Outdoor Centre. The girls were started at minute intervals for a 2km run, whilst the boys were at 1 1/2 minutes for 3km. In the evening we then took part in a night o' event which was really fun and a new experience for a few of the athletes.

Monday's training was at Balavil where we focused on slope exercises and staying on our line whilst going diagonally up or down the hill. We then did a Middle distance race in the afternoon which was won by Harry Butt and Fay Walsh.

Tuesday was my favourite training day, as we took off on a 1 1/2 hour bus journey to Roseisle, a contour strewn area very much like Culbin with many sandy hills and depressions that were interesting to navigate off. I thought this was the best area because of the complex contours and the fun races we did after lunch. In the morning, we were focusing on simplification and attack points and then in the afternoon we did an odds and

evens Relay and a 'light green' race. I found the 'light green' race quite difficult, and I think that if the map had been from the Lake District, the 'light green-slow run' would have been marked as 'dark green-impenetrable'!

On **Wednesday** the exercises were based on coping with distractions and not being put off by people talking to you. Sadly, I twisted my knee on the first exercise but did manage to get out on to the ropes course that had been planned for the afternoon. We worked in teams to try and get round the ropes course without spilling a bucket full of water, this was great fun but much harder than it sounds!

That evening, we were able to experience the delights of Trail O', a type of orienteering where you're not allowed to run or leave the track. It's basically a normal orienteering map with



Lois Jefferson and Hannah Cleary-Hughes punch the finish after the Classic race at Loch Vaa



John Dempsey starts in the B final of the Sprint at Faskally

controls on, and you must navigate around the paths until you reach a viewpoint for the control site, which will have anything between 3 and 6 Kites. By reading your control description, you must then identify which flag is the actual flag and then you write this onto a scorecard. I found this very enjoyable and I liked how even people who are injured or disabled can still participate! I'll definitely be giving this a go at the JK next year!

Thursday was the 'Sprint qualifier and final' day at Faskally, but my knee was still swollen and sore. Alice Rigby won the A final and Lisa White won the girls' B final with the fastest time of the day! Tam Wilson took the 'gold' for the boys in the A final.

The Long race on Friday at Loch Vaa was fun and I managed to recover

overnight to be able to run and come 3rd out of the girls. Andrew Barr won the boys' and Beth Hanson won the girls'. In the afternoon we took part in fun relays at Avielochan, which was very easy running, especially compared to the morning's race when everyone had found the terrain hard going. The Relay was great as it enabled us to run and have fun without it being a competition. My team came 2nd overall after managing to carry three balloons around the course and without either of them being popped. I was lucky enough to have Fay Walsh and Michael Adams in my team and we ran two legs each. All the other teams had at least one coach so I think we had a pretty good run!

Friday evening was the ominous 'Couples Night' and we were all seated opposite our 'date' for the evening. However, it wasn't as bad as most of us thought it would be, and the coaches seemed to have taken into account who had been getting on with who so we were all suitably paired. I think it's fair to say that it was great fun and we all had an awesome time!

Overall the whole week was really fun and I really enjoyed getting to know all the new people. I found all the different exercises and training really helpful and the coaches were all really good fun and amazing at encouraging everyone. I would like to thank Tony Carlyle and Nev Myers for organising the week and I'm pretty sure everyone will agree that it was fabulous! Thank you as well to those who sent me grants to help me get there, without your help it wouldn't have been possible.

The three girls from I.O.C; Hannah Cleary-Hughes, Katie Wright & Lois Jefferson

TALENT DEVELOPMENT TRAINING CAMP, BADAGUISH

Jackie Newton, National Talent Development Coach

The Talent Development Training Camp took place in July in Badaguish, near Aviemore. Twenty seven athletes were selected for the camp that aimed to identify training methods and ideas that can be implemented into the athletes training programmes as they move towards 2013.

The week began with a classroom session on "Championship Characteristics". The athletes were asked to consider the attributes a talented athlete needs to possess, develop and utilise in order to fulfil his or her potential. This set the scene for the training sessions and workshops scheduled for the rest of the week.

The athletes worked in three groups for most of the week and rotated around a carousel of activities. The first half of the week consisted of sessions to develop mental strategy, plan balanced physical training sessions and focus on selected

skills in technical sessions on Balavil. On the Wednesday the whole group went together to enjoy technical orienteering sessions at Findhorn and Roseisle and to practise some of the physical, technical and mental skills that had been explored in the group sessions.

The second half of the week saw the athletes back in their groups on another carousel where strength and conditioning, running technique and coping with distractions in the forest were the focus sessions. Added to the mix in all of this was a team relay and team presentation that brought everything from the week together. Each team researched a 'role model' orienteer and their strategies for before, during and after competition. The final presentations were both informative and entertaining and concluded the week's activities well.



Speedwork on the beach

The success of the camp was the result of hard work and enthusiasm from a top class team of coaches and helpers as well as the positive attitude of the athletes. Special thanks should go to Ben Chesters, Paul Murgatroyd, Elizabeth Furness and Heather Gardner for their time in preparing the training sessions and their skill in presenting and coaching them; Hilary Quick for organising the areas and control

hanging around Aviemore; Jon Hollingsdale for mapping the coastal areas and both Jon and Paul Furness for hanging the controls there. We are hugely indebted to Phil Kirk and David Parr for putting together a perfect menu of meals that could not have fitted the bill better.

We look forward to seeing the impact the training camp has on the athletes involved as they progress their skills and fitness levels towards next season's competitions.

ORIENTEERING GAMES & TIPS

Millie Map asks, Why is it important to keep a training diary?



Charlie Compass says, A training diary is important as it allows you to reflect on your performances and look at what you did well and where you could have improved. It is important to sit down with your coach and reflect on your training and performances and plan your future development goals.

Orienteering Sudoku

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Ozone



JUNIOR PROFILE: **Alexander (Sasha) Chepelin**

BRITISH SCHOOLS SCORE ORIENTEERING CHAMPIONSHIPS

SATURDAY 13TH OCTOBER 2012

Kingsbury Water Park
Warwickshire

BRITISH SCHOOLS ORIENTEERING CHAMPIONSHIPS

SUNDAY 18TH NOVEMBER 2012

Delamere Forest, Cheshire

Further information about both events can be found at www.bsoa.org



YVETTE BAKER TROPHY 2012

The Yvette Baker Trophy is the premier Junior Inter-Club competition for English and Welsh clubs. It is named after Britain's first World Orienteering Champion, who won Gold in the Short Distance event in Scotland in 1999. It is aimed at club teams comprised of Junior orienteers of all standards. Please find below the dates for the rounds and the final for the Yvette Baker Trophy 2012. Please can clubs make sure that they notify the Organiser of the event they wish to attend, in advance, preferably 14 days beforehand.

Please note that this will be the last year the final is in December as it is moving to 7th July in 2013, so the rounds will be held in the first half of 2013.

Date	Club	Ass	Venue
07/10/2012	SOS	EAOA	Chalkney Wood, Earls Colne
21/10/2012	TVOG	SCOA	Kingswood, High Wycombe
21/10/2012	NN	NEOA	Hamsterley Forest, Bishop Auckland
21/10/2012	NOC	EMOA	Byrons Walk, Mansfield
21/10/2012	OD	WMOA	Oakley Wood, Warwick
21/10/2012	SROC	NWOA	Simpson Ground, Kendal
04/11/2012	POW	WOA	Hafod, Pontrhydygroes
11/11/2012	SO	SEOA	Worthlodge, Crawley
11/11/2012	EPOC	YHOA	Ogden Water, Halifax
25/11/2012	BOK	SWOA	Cannop Ponds, Forest of Dean
09/12/2012	SARUM	SWOA	Collingbourne Woods, Ludgershall

Age: 15

Club: GRAMP

Age started orienteering?

I've been orienteering from a very young age.

Do your parents orienteer?

My Dad does.

Why/where did you start orienteering?

I started orienteering in Aberdeenshire because of the influence from my Dad but I was never forced to go to events, I enjoyed them from the start.

What do you enjoy about orienteering?

I like the fact that it's not (normally) just a running race and it's also about using certain skills.

Do you have a coach?

I don't have a proper coach, however my brother Oleg helps me prepare for big races and congratulates me post-race.

If so, how has this helped you?

He helps me by telling me what sort of physical training to do before major events and re-assures me when my nerves step in.

Where is your favourite place to orienteer?

Rosieisle - but any forested sand dunes in general

What kind of training do you do?

I do everything from fast intervals to steady long hill runs. I use small events to train technically by analysing splits and route-choice after the event.

What is your best result?

I've come 2nd, 3rd and 6th at Oringen in the past. Most recently I won the JK Sprint which I was pleased about.

Alexander Chepelin competing at EYOC
Credit: EYOC



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

Now that the main season is over, prepare for next year by doing some quality running and polishing and sustaining your orienteering skills.

What do you enjoy doing outside of orienteering?

I enjoy doing some training that leaves me motivated for big races. Doing long hill runs always leaves me happy as well.