



Issue 27 - Autumn/Winter 2013

FOR JUNIOR ORIENTEERS

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# JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS 2013

By Jackie Newton

The region around Hradec Králové in the Czech Republic was the venue for JWOC 2013 and offered the athletes a variety of terrains. The programme was unusual this year as it started with the long event; the middle qualifiers and finals were held on days 2 and 3 and then, after a rest day the athletes took on the sprint and the relay. The long distance event was held on a fairly hilly area and offered several route choices. The middle events were held in adjacent areas of the same, very detailed and stony forest. The sprint, held in the old town centre of Hradec Králové, was also considered to be highly technical as the castle, in the centre of the town offered many steps, nooks and crannies to negotiate. The relay, although on a flat area, challenged the athletes to decide between thick, green forest or long routes on the paths.

The British JWOC campaign started well with the long event. Peter Bray and Charlotte Watson, the team captains, led their teams home. Peter finished in 17th place and described his run as "amazing". Before going into the run he had said he would be happy with a top 30 position. Afterwards he said, "I am very happy. It was a solid, clean run but I went out to hit everything rather than to run my guts out. I concentrated on getting everything spot on." As he came through the spectator control his smile told everyone that he was thoroughly enjoying himself. "I was smiling because I knew I was having a good run." Peter also added that he was immensely proud of the team with three top twenty positions and all the athletes finishing in the top 100 in the long.

In the middle race Lucy Butt was the top finisher in 19th place. Charlotte Watson was two places back in 21st and Zoe Harding was 36th. Jonny Crickmore's game plan was to take risks with an 'all or nothing approach'. This resulted with some good parts to the race but mistakes also cost him dearly and he finished 31st.

In the sprint race Charlotte Watson finished top for the British girls in 21st place with Julie Emmerson and Tamsin Moran 87th and 118th respectively.

Jonathan Crickmore finished just outside the podium positions in 7th place, missing 6th by just four seconds! Will Gardner had a good run and also claimed the fastest time of the day to the first radio control. He finished 25th. Chris Galloway finished a credible 55th on his first JWOC. Peter Bray, who was one of the late starters and affected by the wet conditions finished 71st with Aidan Smith 81st and Adam Potter 101st.

After a long but exciting week at JWOC 2013, the British juniors were disappointed not to finish higher up the score board in the relay but there were good performances to celebrate at the end of the day. The girls A team finished in 20th with the B team in 25th and in the boys the A Team finished in 12th and the B Team in 16th.

Lucy Butt had a great result in the middle

Credit: JWOC2013



Peter Bray & Will Gardner in the relay



Credit: JWOC2013

## JULIE EMMERSON ON JWOC

This year was my first JWOC and I was delighted to be selected as a first year W18. It was a great experience and a huge step up from EYOC which I did the year before.

The first race was the long distance. It was a very tough race physically and mentally. There were lots of challenging route choice legs and there was a huge amount of climb; the girls 7.1km course had 470m. I definitely underestimated the climb during my preparations and I really struggled towards the end of the course. I took flatter routes where possible but on lots of legs there was no avoiding the climb. Technically I had a very good race and I'm really pleased with 50th place in my first JWOC race.

The following day was the middle distance qualifier. The rocky slopes provided a technical challenge and I made lots of mistakes in the first half of the race, finishing 30th in my heat to make the B final. The middle distance was not a focus for me as both the terrain and discipline suited me the least so this was the race I had put the least preparation in for. I decided not to run the final and rest for the sprint which I had been focusing on more and thought I had a much better chance in.

The sprint took place in the old town centre of Hradec Kralove and was much more technical than recent JWOC sprint races which suited the British team really well. I made a big mistake on one control while I was trying to plan ahead for the next tricky section of the course which ruined my otherwise good race. This was really frustrating as I had high expectations for the sprint.

The final race was the relay. I ran the first leg in the GBR 2nd team which was really exciting. I had run the first leg in the EYOC relay the year before which had prepared me for this and the terrain suited me well so I was confident before the start. I stayed calm and I think I found the right balance of running my own race and using other people and I had a solid run to come back in 21st place out of about 45 teams. There were a couple of controls where I lost time going straight through the green when it would have been much quicker to go round the paths but otherwise I had a good run.

## CHARLOTTE WATSON ON JWOC

When deciding on my aim with my coach for this JWOC in October 2012 we decided a medal was realistic. However I also started at university this year which didn't always fit in with training. I kept getting colds and never really felt as though I was able to train very consistently so by the time I got to JWOC I decided as long as I had races I was happy with and had done my best, I would happy with whatever position I got. Going into JWOC I was unsure about how I was going to perform but experience from previous JWOC's meant I knew this was normal and it was the same for everyone else as well. I'd been out to Czech for training twice before JWOC so felt well prepared for the terrains.

The program for this year's JWOC was different to the previous. Rather than the sprint first, it was the long race first. This suited me well and I was really looking forward to the long race as I'd never had one I was satisfied with. As this was my last JWOC I really wanted to make this a good one. The terrain was extremely fast and physical, not very technical and route choice was a very deciding factor. Although the terrain didn't really play to my strengths I decided that this meant it was all the more important to make use of the strengths that I did have in this terrain. I knew my fitness was probably one of my weaker aspects but there's nothing you can do about that on the day. From my training sessions in similar terrain, I knew what my physical capacity was and how fast I could go without making mistakes. I felt well prepared and relaxed before the start. I had a really good race and was very happy with my run.

Next was the middle qualifier and despite having a very scrappy run I somehow ended up second in my heat so went into the final the next day with a good starting position. In the final I didn't run the race that I wanted. I made two large mistakes in the beginning but then ran well. I couldn't help but feel disappointed with myself. My main focus had been on the middle, long and the relay so I hadn't really done any preparation for the sprint but I tried my best and finished with my best ever sprint position so I was pleased. The final race was the relay. I was running first leg for the first team but I had a disaster.

I have to say out of all my JWOC's this was the best. The courses were really good and every race was televised with gps tracking so it was really good to experience this before going onto senior level. The team was really good and it was a really fun week. While I didn't get everything I wanted from my races I was really pleased with my long race :)

Charlotte Watson competing at JWOC



Aidan, Chris, Adam, Jonny, Peter & Will



# Cairngorm & Stockholm

BY HANNAH CLEARY-HUGHES

## Camp Comparison

2013 TALENT DEVELOPMENT CAMP

This year I was one of the lucky athletes selected to attend both the Talent Development Camp run by British Orienteering in the Cairngorms and the Stockholm Tour run by the Junior Regional Squads (JROS) in Sweden. I found both of these camps very different but incredibly beneficial in their divergence.

I found that the Cairngorm camp was more running based than the Stockholm tour, with many different training techniques being shared by the numerous professional coaches. The week had a clear aim and we were targeting the idea of a periodised year 'in a week' and the different training you should be doing and at what time. We were also lucky enough to be joined by Kris Jones and Ralph Street – who had both been to WOC this year – to share their insights with us on what it's like at the top end of our sport.

The first day was labelled as the 'base' phase, for which we had an easy 6km morning run before breakfast, before circuits and drills sessions later on in the day. The next day we focused on more specific training for orienteering as we moved into the 'specific' phase and (surprise, surprise) we had a lovely morning run again, before progressing to a threshold run prior to a course centred around the idea of 'plan, direction, picture', the core mantra from British Orienteering for elite and aspiring athletes alike.

Tuesday we progressed into the 'pre-competition' phase and worked on key orienteering skills that needed practising, such as fine navigation and compass work. The afternoon saw us trying out some O 400s; a new idea introduced to us by Allan Bogle and Jackie Newton as an alternative way to train technically and physically at once, which was really enjoyable at the same time! The middle of the week saw us finally advance to the 'competition phase' and starting to work on racing techniques in both long and middle distance practises.

Thursday was more of the same, continuing on from the competition phase and doing some relay training in pairs, whilst Friday was a physical part-rest day before the Scottish 6 Days, as we all became cartographers for the morning by mapping part of the Badaguis centre before having to use our own maps in an ultra sprint race planned by the coaches. I can definitely say that we all learnt a great deal from the coaches at Cairngorm, and I am certainly more knowledgeable about the structure of an annual training programme which will help me no end when planning my training from now on. The coaches who attended were all incredibly well read up on what we were doing and why. They taught us many things in the classroom and out and I feel like I now understand the course I should be taking if I want to continue to do well and to work my way into and up the talent pathway.

### Stockholm Camp

Stockholm was a contrast from the British Orienteering camp, with the accommodation being at the OK Ravinen Klubbhust, which is the club we

would all be running for. Our means of travelling around was Stockholm's fantastic public transport system and we used this to get out to the beautiful Swedish terrain every day. Almost as soon as the last group of us arrived at 7pm, we went out as a group to warm up in the area around the club hut with a couple of clock relays in the diminishing light. The first full day we went out into the area surrounding the club hut again, except we were on the opposite side of the lake on some contour only maps to get into the terrain and mapping style. As Swedes have a habit of subjective mapping and half of the stuff on the ground is branded as insignificant – it proves tricky when trying to relocate!

The Stockholm Camp



Credit: Rebecca Harding

The Cairngorm Camp



That evening we went out to take part in the regional Melkes Minne junior relays in which two people run two legs each in a team, which was an enjoyable mix of urban and forest sprint and helped us get to know some of the members of the club we were now part of. Thursday took us to an area later to be used for the club middle distance champs so we took care when out there to make sure we fully understood the ground-to-map relationship. Club training in the evening meant we were mostly partnered with local club members in another relay type exercise of varying leg difficulties.

The following day, we chose from a variety of courses, from control picks to long legs and then a mixture of the two. We then had an exciting afternoon in the old part of the city doing some urban sprint training with a few legs over the sea to islands holding parliamentary buildings and public

gardens. As it was Saturday, we had a long distance event to compete in, in which we all ran H/D 18E which was a daunting experience for me as I hadn't competed at that level previously, (although it was fine as soon as I started because I realised that the course should be treated no differently to normal).

On Sunday, we were lucky enough to be able to hire mountain bikes and take part in an MTBO training exercise that everyone enjoyed immensely. A line exercise followed with aspects of relocation and we swapped bikes for blank maps as the other half of the group cycled back to the bicycle hire stand in the city.

The succeeding day, we ventured into 'Paradise' for the morning for some very careful map reading and difficult terrain. The girls went back to the club hut just after lunch before heading off to a session

in the gym with an ex-Olympic heavyweights coach to learn about how and why lifting heavy weights is important for runners, as some of us didn't understand quite why it would help (but it does, a lot). On the second Tuesday we went to a beautiful area for a slopes exercise that traversed a hill from north to south. I found this quite tricky but I thankfully had Roger Thetford shadowing me who gave me plenty of good advice and helped boost my confidence when I wasn't sure if I was doing it right.

afternoon and one of the legs had an option of running around or swimming straight across between two jetties, and the route choice was about 50/50! On the second Thursday we had more club training in the evening which consisted, this time, of 0 intervals, hill reps and a threshold run which we found quite challenging and tiring. In the morning we had another contour only map of a wonderful area, which I thought was easier to read as I usually read the ground shape more than anything when

spent the evening packing and enjoying the last sauna sessions of the tour, and learning about the advantages of being members of OK Ravinen.

On Sunday morning we had our final race on the gorgeous Swedish terrain. This was the long distance half of the weekend on the same area as Saturday's race, which had a lot of us striving for good results so as to leave the tour on a high!

I'd also like to thank my financial sponsors: the John

All in all, both of the camps I attended this year have been highly valuable in aiding my passage into a more serious training schedule and have helped highlight what I need to work on as well as what I have been successful in improving over the last year. I would like to thank all of the coaches who helped on the two tours, for giving up weeks of their time to help us get better, sharing their infectious enthusiasm for the sport and quenching our thirst for noticeable improvement and opportunities to perform.

That evening we took part in the Ravinen middle distance championships on the same area as we had trained on previously which helped me a lot as I knew what to expect of the area. Cat Taylor joined us the next day and showed us how it was done in the forest sprint courses that took the majority of the girls an hour and a half, (not a very sprint-like time!). We had a fun ultra sprint next to the lake that

orienteering. On the last day before the weekend's races we paired up and ran a short sprint relay comprising of 3 courses which we all had to complete.

On Saturday we took the two and a half hour journey to Södertälje country for the regional middle distance race that many of us enjoyed for its shorter distances and tough navigation that kept us all on our toes. That night we

Taylor Foundation, the North-West Orienteering Association, Lakeland Orienteering Club, Cumbria Schools and the North-West Junior Orienteering Squad. I would recommend either or both of these tours to aspiring and ambitious juniors as the coaching is excellent and they were both experiences that I would readily relive if I could.

Jackie Newton explains the aim of the British Orienteering Talent Development camp in the Cairngorms.

The aim of the week was to understand how an athlete can periodise their training and so we practised "A periodised week in a year".

The first day was dedicated to General Preparation and was led by Jackie Newton. We started the day with a run around Loch an Eilein and was followed by fast strides with some explanation and analysis of running technique. Later on that day the athletes took part in a circuit and technical drills session.

That evening the athletes got busy assessing their own strengths and weaknesses that, during a periodised year, would inform their training for the next phase that we sampled the next day.

The Specific Preparation phase included a technical training session with the theme of Plan, Direction, Picture and O-Intervals at Loch Vaa and was led by Kris Jones. This gave the athletes the opportunity to practice their technical skills and run anaerobically as well as aerobically.

The Tuesday and Wednesday was dedicated to Pre competition and included monitoring sessions of O 400s and cognitive tests, led by Allan Bogle and specific training exercises for middle, long and relay competitions led by Kris Jones.

The end of the week finished with ancillary work, led by Paul Murgatroyd, that addressed all of the other types of training needed in a programme and then a taper that included map geeking and a superb pasta party courtesy of our cooks, Phil and Angie.

We were blessed with superb weather whilst we were away and this helped us to get the best out of the training sessions along with the tireless efforts of a superb team. Special thanks goes to the staff who multi-tasked all week on coaching, injury management and control hanging: Paul Murgatroyd, Sarah Hague, Elizabeth Furness, Ed Nicholas, Allan Bogle, Ben Chesters, Heather Gardner, Phil Kirk, Angie Thirtle, Mark Saunders, Kris Jones and Ralph Street.



Hannah Cleary-Hughes competing at an orienteering event



# Yvette Baker Final

## ORIENTEERING GAMES & TIPS

MATCH THE PHOTO WITH THE ORIENTEERING SYMBOL.

This year's Yvette Baker final took place at Belton Park and was hosted by LOG. After taking a strong team of juniors to the qualifier back in May and beating LEI and NOC in a very close competition, we headed into the final not knowing what lay ahead as there were some other very strong teams entered.

BY AIMEE MORSE, OD

Photos by Rob Lines

We arrived at the event with a team of 31 juniors representing OD and all hoping to take back the title that we last held in 2010. The day promised to be a fine one, with temperatures rising to the mid-20s early in the morning and staying high for the whole day. With little shade in the assembly area it left many people hot and bothered before even starting their runs. Thankfully, due to a few errors we were left with some poles (from a club banner we didn't have) and a groundsheet (for a tent we didn't have) and managed to make a makeshift shelter from the sun, albeit for only a few people at a time. It was welcomed later on when we'd finished our runs!

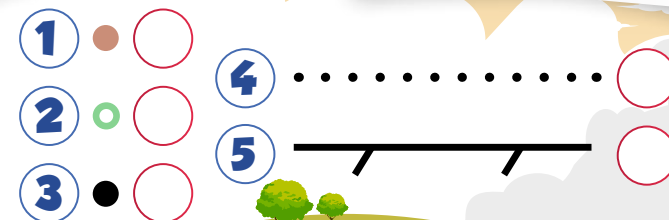
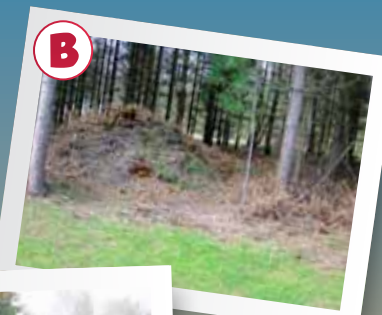
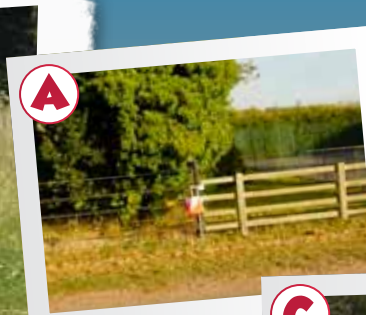
The competition of the 12 other teams paled in comparison at some points to the battle we faced against high temperatures. It was a relief to enter the forest at the top of the hill during the middle part of the courses as it provided some shade to run in. Although it looked like quite a large part of the course, it didn't feel that way as all too soon it was back out into the open and down the hill to the finish. The final open section left many exhausted by the finish line, if they weren't already from doing the rest of the course! As it turns out, 25C+ is balmy when you can sit and relax, but when out running, it makes things very tough!

Having said this, the area (being quite similar in some ways to a typical OD area) and the temperatures must have done something for all of us as a club, as we put in some impressive performances to take back the title by 2 points, with DEVON coming a very close 2nd! It seemed like forever that we were waiting for the results, partly down to the heat and partly because it was such a close competition near the top of the results.

With 31 runners we also had enough people to make a second team, which finished 11th.



Aimee Morse in action



### TEAM RESULTS:

POS.	CLUB	SCORE
1	OD	881
2	DEVON	879
3	BOK	870
4	LOC	857
5	LEI	842
6	POW	826
7	HH	819
8	DEVON 2	814
9	WCH	797
10	NOC	796
11	OD 2	794
12	SOS	788
13	CLOK	772
14	DEVON 3	762
15	HALO	746
16	LOC 2	743
17	LEI 2	736
18	SO (8 TO COUNT)	681

### Millie Map asks...

What should I be doing over the winter months to prepare for the 2014 season?

### Charlie Control says,

Autumn is a great time to look back on your summer training and results and the factors that influenced them. Look at what went right as well as what didn't go so well and assess your strengths and weaknesses. That will help you to plan your training for the winter. Through the winter, the objective of your physical training should be to build your aerobic capacity and your strength so that you have a strong foundation for the start of the competition period next year.





## MAKE SURE YOU WARM UP!



There are some orienteers who think that warming up is putting their shoes on! However, there are many reasons why you should spend some time preparing for your training session or run.

**What can a warm up do? Depending on the activity you choose for your warm up it can:**

- Increase muscle blood flow, take oxygen to your muscles and increase the oxygen uptake
- Increase muscle, tendon and ligament elasticity and so reduce the risk of injury
- Increase body temperature and prepare you physically
- Switch on the mind and prepare you psychologically
- Accelerate respiratory system and help your breathing
- Raise your heart rate and so activate your cardiovascular system
- Increase supply of synovial fluid and so increase range of movement

Bending down to tie your laces won't do any of the above but a general warm up (slow and steady running) followed by a dynamic warm up (quick and extended movements of the muscles that you will use to run) will!

Try talking to your club coach about warm ups to aid joint mobilisation, core and gluteus muscle activation and running drills that are appropriate to your age and fitness levels.

By incorporating a warm up into your training session, you should feel that you get into your running much more easily and quickly and, you never know, it could prevent an injury!



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### JUNIOR PROFILE:

## Adam Potter

**Age:** 18

**Club:** Bristol Orienteering Klub

**Age started orienteering?**

12 but I didn't go to an event outside of Bristol until I was 14.



**Where is your favourite place to orienteer?**

Fast forested areas with complex contour or rock details. I quite like the coastal maps in Portugal and unlike most people I'm not a massive fan of Scandinavian or Lake District terrain as it doesn't really suit my technique.

**What kind of training do you do?**

The generic; intervals, threshold, long runs, strength & conditioning and I use lots of small races for orienteering training.

**What is your best result?**

Probably winning the JK sprint this year and coming second in the middle, or 16th in the B final at JWOC in completely alien terrain to me.

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

Just be patient. If you're motivated it will come, don't run too fast for your orienteering technique at selection races as I guarantee from experience that it doesn't work.

**What do you enjoy doing outside of orienteering?**

Running, cycling and travelling.

**Do your parents orienteer?**

Yes (probably more than me)

**Why/where did you start orienteering?**

Well my parents went orienteering before I was born, and my dad took me along to a few events when I was 12, which I didn't really enjoy much. But once I got into it and started making friends and experiencing big events and success, I got into the sport.

**What do you enjoy about orienteering?**

Variation. No two courses are ever the same, no two maps are ever the same, meaning that it is always different.

**Do you have a coach?**

Yes. Neil Miller is my athletics coach and I get a lot of orienteering support from Mark Saunders.

**If so, how has this helped you?**

Neil has helped me to work on my running style, periodise my training and become less susceptible to injuries. Mark has helped me with my orienteering technique for many years and provides me with transport to races and training opportunities.