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Training with GB Juniors

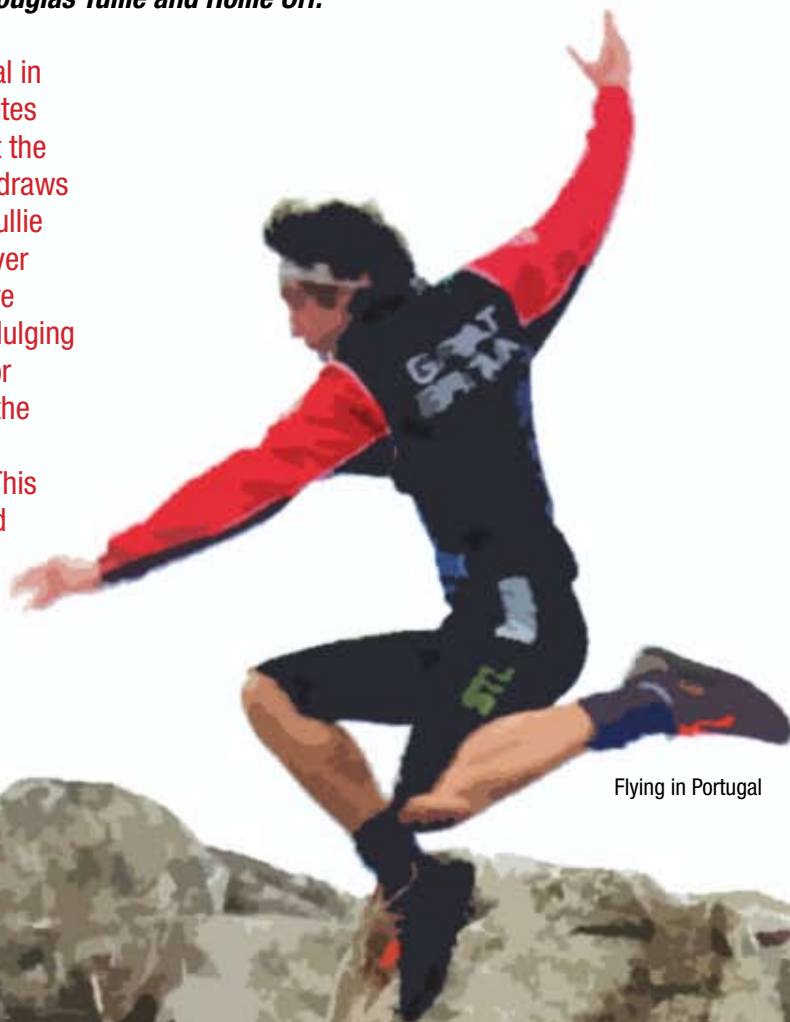
Young Volunteer Awards

Top Tips from Britain's Best!

Training with the GB Juniors

By Hector Haines. Co-written by Douglas Tullie and Hollie Orr.

The sprint is on. It's the final interval in a session that has seen many athletes whimper and break. Many have cut the session down and retired. The line draws nearer. Soon, 'wild child' Douglas Tullie will finish the session. But he is never truly finished – there is always more training to do; Looking at maps, indulging in terrain visualisation; Stretching or working on his flexibility – for him the training never truly finishes. He is a 24hour athlete. Always on the 'O'. This dedication to orienteering is echoed throughout the Great Britain Junior Potential Squad by all the other athletes. Their ethic is fantastically focused – and their goals are clear.



Flying in Portugal



Many things set the athletes of the GB Junior Potential Squad apart from others. Most notably they have knowledge. Knowledge passed on from their coaches, physiotherapists, mentors, etc. They know and understand what it takes to race against the best in the world and they train accordingly. Typically, the athletes plan out their year with one focus in mind – JWOC. Then, the year is broken down again to accommodate another peak in their performance that is planned to coincide with the main selection races for the year. After these things have been thought out and planned the athlete breaks down their year again and decides on their periods of training. Generally, a loose format is adopted by all the athletes and this can be described as:

TTT Phase (September – October)

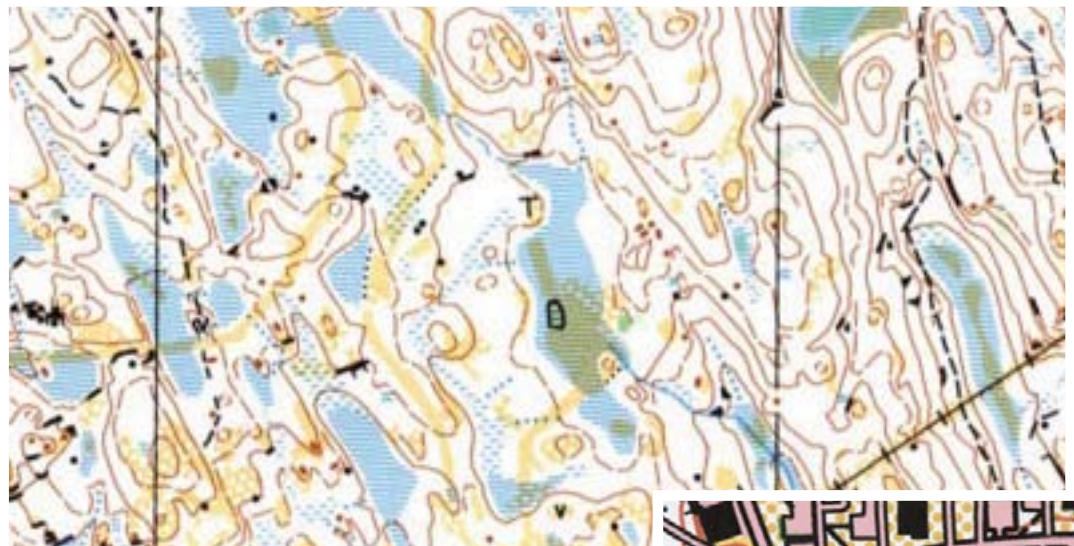
This is the phase where the athlete is “Training To Train”. In this phase the athlete builds up strength in their core muscles and works hard on their stability. This prepares them for the winter months of hardcore training that they plan to do and, if done correctly and to the right degree, will prevent injuries throughout the year. Also in these two months the athlete reflects upon their performance over the year and thinks about what is needed to improve next year with particular reference to their technique.

Strength Phase (October – December)

In this phase the athlete focuses themselves on building up their strength in specific muscle groups. The focus is not about putting on muscle but rather making the muscles more efficient at the specific job they will be used for. By the end of this phase the athlete should feel ‘in touch’ and in complete control of their bodies to the extent that they will be able to utilise every muscle in their body at a moment’s thought. This will increase running efficiency and economy and will help when the athlete starts to add on the miles in the next phase.

Endurance (December – March)

This is the phase where the athlete plans to get out for runs that are 25% longer than the expected winning time for a classic race in the year ahead. Typically, M20 boys will be looking at 100 – 120 minutes or more. The girls will be looking at 80+ minutes. The reason this phase is done in these



months is that endurance will last all the way through the racing season even when the athlete cuts down on the endurance work.

Speed Phase (February – March and continuing throughout the racing season)

The athlete adds in a fast session to his or her weeks training in addition to the intervals that he or she is already doing. Endurance is slowly petered out and the time and miles that are spent out on long runs are reduced but not completely stopped. This speed phase is crucial and gives the athlete the ability to give out short intense bursts of speed at maximum pace which are always useful in a typical orienteering race and especially in relay situations.



A section of the JWOC Sprint area 2008

So where do these athletes fit in their technique work?

The answer is of course; All the time. From September to August they constantly refine and tweak their technique after they have revised it post international season. Technique work is even written into the contract – that’s how important it is. But technique work isn’t just about running round an orienteering course – it’s about O’ Geeking; looking at old maps, reading orienteering blogs and web pages, gleaning new ideas and concepts from everything. Also, the athlete will analyse their technique after each race and technique session – it’s an analysis of seconds, and for some, every second counts.

The importance of the winter break should be highlighted here. For some it is a time to make merry and have fun but athletes in the British Junior Potential Squad realise this break is a prime opportunity for doing some really hardcore training. It is in this period that an athlete will purposefully go out for a long run in the horizontal sleet just for the sheer joy of the pain, and how good it feels afterwards. They know too that many of their contemporaries will not be able to face training in truly adverse weather conditions, so they get even more satisfaction from the run.

So, you see how dedicated these individuals are to the sport and themselves. They have to be, for if they are to race against the best in the world they must train and think like the best, and, if they want to be the best they must train and think better than the best. Douglas Tullie is rather poignant on this, he says; “No drinking for me, just thinking.”



A view of the forest for the Middle distance in Gothenburg

British Orienteer Young Volunteer Award Scheme

The 'Young Volunteer Awards' have been developed by Participation Manager Steve Vernon as part of the "Increasing Participation Plan". The award scheme aims to offer an incentive for young people to get involved with volunteering within clubs. It is hoped that an increase in young volunteers will provide relief to the already strained volunteer sector within British Orienteering and encourage juniors to get involved with all aspects of the sport. The junior volunteers will also be able to develop vital skills that will help them in the future and be seen positively by higher education and potential employers.

An increase in volunteers should also impact on the amount of time available for clubs to implement plans for increasing participation within the sport. The award winners will be decided after the deadline at the end of January each year and then presented at the AGM. Both the winners and nominees will be recognised in the spring addition of Focus.

The committee to judge the nominations will consist of Hilary Palmer (Development Manager), Steven Vernon (Participation Manager), Caroline Povey (Marketing Manager) and a member of the Board of Directors.

We are looking to award each winner with a glass trophy and a cheque for £150. The Club will also receive a cheque for £50 to spend on junior development.

There will be two awards:

1. Outstanding Contribution at Club level
2. Outstanding Contribution at National Level

British Orienteering are looking for young people who have:

- Shown innovation or creativity in their volunteering
- Demonstrated leadership within their role as a volunteer.

- Volunteered with energy, commitment and enthusiasm.
- Demonstrated a willingness to develop their talents into new areas.

Additional Guidelines:

- Volunteers must be unpaid.
- Anyone can nominate a person for an award.
- The winner must be a member of British Orienteering.

Nomination forms can be found at www.britishorienteering.org.uk/downloads/developing.php.

For further information please contact Steve Vernon, Participation Manager.
E: steve@britishorienteering.org.uk.



Deeside Juniors Crowned Team of the Year



Deeside juniors have won Chester City Council's junior team of the year and were presented with the award at a ceremony held at Chester Town Hall. Deeside have put a lot of effort into developing their junior members and the work of the clubs volunteers and the dedication shown by the junior members is reaping rewards. The junior team's achievements include:

- National Junior Team Champions at the Yvette Baker Trophy (2006)
- National Relay Champions in M18 and M14 and 3rd place in M/W12
- 2 National Individual Champions
- 2 members in the England team and 1 member in the Welsh team
- 2 members in the GB junior team at the Junior European Cup
- 4 members selected for the GB junior summer training camps.

Mike Smithard
DEE

Pictured: The successful Deeside boys at the 2007 British Championships.

FUTURE CHAMPIONS CUP RACES 2008

The Future Champions Cup (FCC) competition is open to M & W 18s and M & W 20s who are British Orienteering National or Local members. The FCC consists of up to seven qualifying races and competitors count their best three scores. The top 15 qualifiers from each of the four classes (M & W 18 and M & W 20) will be eligible to compete in the final.

FCC Final (Pre Entry is required)

Saturday 3rd May – FCC Final Middle Race (EBOR)

Sunday 4th May - FCC Final Long Race (EBOR)

Scoring: Each age class will score separately, even if competing on the same course. Scoring for each race will be 1st-60, 2nd-55, 3rd-51, 4th-48, 5th-46, 6th-45, and then decreasing by 1 for each position. (The top 50 in each class score.) In addition, at races where there is a choice of running 20E or 18 or 20L (events marked *), the 18L & 20L class runners will score 1st-40, 2nd-36, 3rd-33, 4th-31, 5th-30 and then decreasing by 1. (The top 34 score.) M/W16's and below will not score.

Full details of how to enter the events correctly for your age and the event rules and guidelines can be found at www.pgopage.btinternet.co.uk



Pictured: last years winners



Qualification Races

Date	Event	Classes	
		18's	20's
9th March	National Event (Sarum)	M/W18L	M/W20L
21st March	JK Sprint (SE)	M/W 18- 20E *	
22nd March	JK Middle (SE)	M/W 18- 20E *	
23rd March	JK Long (SE)	M/W 18-20E	
5th April	British Middle Champs (OD)	M/W 20	
6th April	British Sprint Champs (OD)	M/W 20	
19th April	**British Orienteering Champs (SOA)	M/W18L	M/W 20E

**National membership is required to enter the British Orienteering Championships.

For further information contact Pauline Olivant
Tel: 01159 872083 or Email: pauline@britishorienteering.org.uk



The British Schools Orienteering Association (BSOA) provides advice and assistance to schools interested in developing orienteering within their school.

Membership Benefits

Members of BSOA are entitled to the following benefits and services:

- Discounted orienteering resources including Starter Packs;
- A network of regional contacts for help and advice on all aspects of orienteering both within and outside the National Curriculum;
- Opportunities to link with local clubs for maps, access to orienteering terrain, coaching support etc.;
- Discount on Orienteering Young Leader Award Tutor Packs;
- Four copies of Focus magazine a year
- Reduced entry fees for the British Schools Orienteering Championships and British Schools Score Championships;
- Fixture lists of events nationwide;
- Information on teacher training for British Orienteering qualifications;
- Coaching opportunities for promising pupils of all ages;
- BSOA member schools are automatically members of British Orienteering.

BSOA Membership Renewals

School, Colleges and Outdoor Education Centres whose membership are due will have received their membership renewal form by the time this edition of Focus is despatched. If you have joined since 1st September 2007 then your membership covers the period until 31st December 2008.

BSOA Resource Offers

Make your BSOA membership pay for itself by ordering discounted orienteering resources. We have offers on:

- Starter Packs
- Compasses (Clip on and SILVA Field 7)
- Orienteering in the National Curriculum
Key stage 1 - 3 book

BSOA AGM

The BSOA will be holding its AGM on Saturday 17th May 2008. The venue has still to be finalised but it is likely to be in Staffordshire. Full details will be sent to all members with the final arrangements and agenda. The details will also be published on the BSOA website.

BSOA Committee

The BSOA is always keen to hear from potential new committee members. If you have an interest in promoting the sport within schools, encouraging stronger links between schools and clubs and have ideas as to how schools/junior orienteering should develop in the future then we would be keen to hear from you. For further information and to discuss what is involved please contact:

Peter Bylett, Chairman.

Tel: 01562 631 561

Email: peter@bylett.com

Chris Sutcliffe, Secretary.

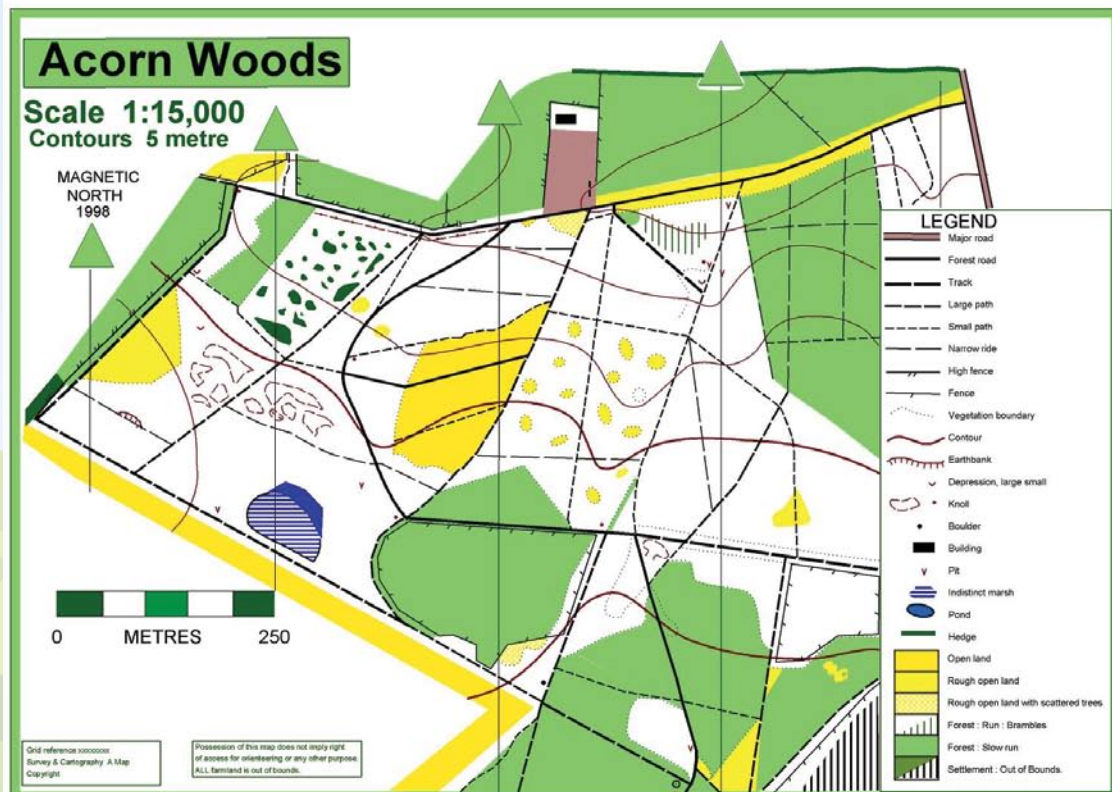
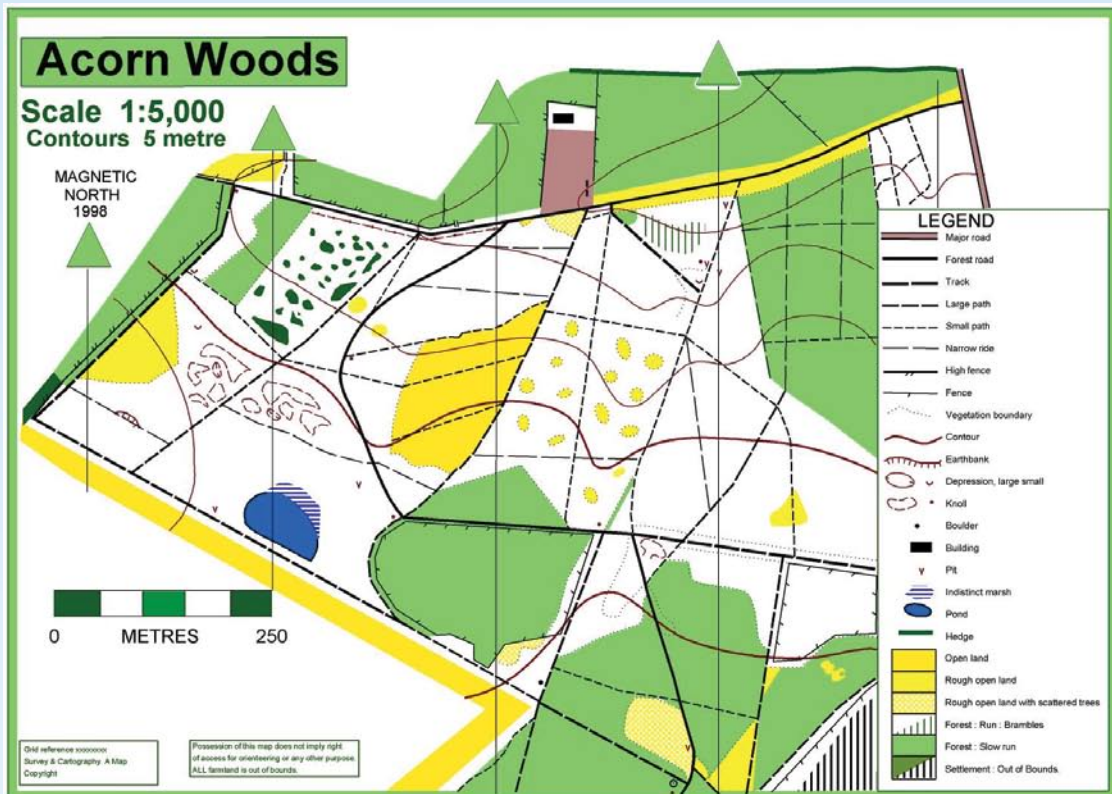
Email: christine.sutcliffe90@ntlworld.com

Further information about BSOA is available by emailing info@bsoa.org
www.bsoa.org



Challenge Sheet

Spot the difference - There are 10 differences in the 2 maps. Can you spot them?



Answers can be found at
www.britishorienteering.org.uk/ozone

Ozone FACTS and FUN!



Sarah Asks..
Have you ever wondered how our GB stars got so good?



Claire Says..
Yes, thats why I asked them for their top tips!



"Go hard, or go home"

Jon Duncan

"Without goals all the hard work is meaningless. Make sure you set goals so that you have something to work for and achieve. Then afterwards you can evaluate how you have done and take pride in your hard work."

Sarah Rollins



"Believe in yourself, have fun, set realistic but inspiring goals and make a plan of how to achieve them."

Helen Bridle



"Make the most of your opportunities. You don't want to look back on missed chances when you are older."

Graham Gristwood

"The most important thing is to have fun - love every painful interval, every cool terrain you experience, every crazy country you visit and every race you run in. It's all fun!"

Mhairi Mackenzie



"Focus on what you do well, rather than beating yourself up over mistakes. Never give up on a race and always check your control codes!"

Oli Johnson

"You can train hard to get faster and you'll save a few seconds, but you can lose all this advantage with the slightest loss of concentration. That's why my best races are when I focus 100% on the navigation, rather than how fast I am running."

Pippa Whitehouse



"Never give up and keep the faith - it will come if you put in consistent hard work in."

Scott Fraser

"A quote by Herschel Walker which I was told when I was a junior has always stuck in my mind, "If you train hard, you'll not only be hard, you'll be hard to beat."

Rachael Elder



"Check your compass often, especially on the way out of each control. Take time to make a plan for each control: A clear, simple plan lets you run fast and confidently to your attackpoint."

Jamie Stevenson

"It's your performance that you can influence, not anyone else's, so just do it."

Helen Winskill



Ozone

News

British Orienteering Start Squad

The Start programme kicked off in 2008 with a long training weekend for the 14s, 15s and 16s based at the Forest of Dean from February 15-18. A full range of activities from technical orienteering training through to practical core stability and physical training advice was on offer. The 17s however will be joining the Junior Squad at their JWOC preparation camp in Gothenburg followed by the Spring Cup in March. They will certainly benefit from joining in with the Junior Squad and seeing what is required to make the next step towards becoming a World Class athlete.

Over the spring season, Juniors in these age classes will be competing to secure a place on one of the Start Tours in the Summer. Selection to these tours is open to all and not exclusive to Start programme athletes. The 14s and 15s selected will be in Scotland the week before the Croeso 6-days in Wales and the 16s and the 17s will be in Uppsala, in the two weeks before the Croeso 6-days.

Gareth Candy - Start Programme Manager



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Junior Profile:

Douglas Tullie

Age: 19

Club: EUOC, RR

Age started orienteering:
Six

Do your parents orienteer?

My Dad has orienteered since he was at school, my mum does as well but under protest!

Why/Where did you start orienteering?

My earliest memories are my Mum taking me and my brothers round the string courses at the 6 days.

What do you enjoy about orienteering?

I enjoy competing at a high level and also trying to improve and become a better orienteer. I also just enjoy running in beautiful areas of the countryside and abroad.

Do you have a coach?

Yes, Jason Inman.

If so, how has this helped you?

It has helped me organise and plan my physical training a lot better than I used to and also keep my training under control. It is good because Jason and I get on well so I find it easy to chat to him about things and I think this is important for a personal coach.

Where is your favourite place to orienteer?

In Britain definitely Speyside, areas like Docharn and Deishar, Loch Vaa and then Roseisle on the Moray coast are the best in Britain in my eyes. Competing in Scandinavia is great because the standard of competition is so high. After that anything new and challenging.



What kind of training do you do?

I do quite a variety of training. Running intervals (short and long), hill reps, long runs (+90mins), strength and conditioning work and then cross training like cycling and spinning.

What is your best result?

My best result has been at JWOC last year in Australia where I finished 16th in the Middle race. It wasn't a perfect run so it has inspired me to improve next year in Sweden.

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

As a Junior I think focus your training on speed and strength and conditioning to help prevent injuries. Also make the most of every orienteering opportunity to improve your technique. Ask older athletes for advice and help, they shouldn't bite!

What do you enjoy doing outside of orienteering?

Fell running, going out with mates and watching and playing most other sports really!