

Ozone

Issue 13 - Spring 2010

FOR JUNIOR ORIENTEERS



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New GB Talent Squad
Running Training for Juniors
2010 Competitions
Jonathan Crickmore

More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/ozone

National Talent Squad

Congratulations to all the athletes that have been selected to be part of the Great Britain Talent Squad.

| Men | Women |
|---------------------------|-------------------------|
| Jack Benham (SWOA) | Lucy Butt (SWOA) |
| Duncan Birtwistle (YHOA) | Anwen Darlington (WOA) |
| Peter Bray (SCOA) | Florence Haines (YHOA) |
| Alan Cherry (SOA) | Joanne Halliday (WMOA) |
| Jonathan Crickmore (SEOA) | Rebecca Harding (SEOA) |
| Tom Fellbaum (NWOA) | Alice Leake (YHOA) |
| William Gardner (WMOA) | Abigail Longhurst (SOA) |
| Chris Smithard (NWOA) | Aine McCann (NIOA) |
| Jamie Stevenson (SOA) | Jessica Orr (SOA) |
| James Taylor (EMOA) | Joanna Shepherd (SOA) |
| | Victoria Stevens (YHOA) |
| | Charlotte Watson (NWOA) |



Tom Fellbaum



Rebecca Harding

At a recent squad meeting Ozone caught up with some of the athletes:

Anwen Darlington (ERYRI)

What age did you start orienteering? I did my first course on my own when I was 8 but I did a lot of string courses with my mum and dad before that!

Where is your favourite place to orienteer? The areas around Halden are fantastic, I think Norway is great! I also like most sand dune areas, such as Broughton Burrows and Formby, nice and fast but also really technical and tough.

What has been your best orienteering experience? I love going on tours as they have a really great atmosphere. You get to visit some really good areas and get some quality training. The Halden and Welshy tours to Orebro are probably the best ones. Then I really enjoyed O-Ringen 2008 - my first O-Ringen and the biggest event I have competed in; great atmosphere, lots of fun and really enjoyable racing but still with a competitive side.

What's your secret to performing well in big competitions? Have a plan for the whole race and stick to it. It can be really easy in a big race just to leg it off at the start, but if I decide on exactly what I'm going to do at each stage of the race then it tends to work. I also have certain songs I like to listen to so I calm down a little bit. A nice chat on the way to the start usually helps too.

Florence Haines (AIRE)

What age did you start orienteering? I can't remember exactly, probably about 9 or 10.

Where is your favourite place to orienteer? Somewhere technical and hilly like Sweden!

What has been your best orienteering experience? My best orienteering experience was at the World Schools 2009 where I won both the middle and long. Also EYOC 2009 in Serbia was a great experience.

What's your secret to performing well in big competitions? I don't really have a secret, but believing mentally on the day and good family support always helps!

Rebecca Harding (HH)

What age did you start orienteering? The first time on my own was at the Scottish 6 days in 2001.

Where is your favourite place to orienteer? Ashridge, as I can run from my house and just get into really nice visible terrain.

What has been your best orienteering experience? The EYOC relays in Serbia. We had such a great team spirit and it really helped me prepare and feel good about my race.

What's your secret to performing well in big competitions? I'm not sure I've found it yet, but definitely a good warm up jog with someone to get rid of any of those worrying pre-race thoughts.

Alice Leake (EUOC)

What age did you start orienteering? 8

Where is your favourite place to orienteer? Scandinavia, especially Lunsen near Uppsala. I really enjoy the fast and technical forests.

What has been your best orienteering experience? I enjoy pretty much every race so it's really hard to pick just one! I love night orienteering though and ultra sprints, so either of those and I'll have a huge smile on my face :)

What's your secret to performing well in big competitions? Focus on the navigation and let the running take care of itself.

Joanna Shepherd (INVOC)

What age did you start orienteering? 10

Where is your favourite place to orienteer? Loch Vaa

What has been your best orienteering experience? Taking part in the Junior Tiomila during British Orienteering's Halden 2009 tour where I gained 19 places on the second leg and our girls' team went on to take bronze in the overall race.

What's your secret to performing well in big competitions? I try to use the pressure of the race to make me concentrate more and push harder.

Charlotte Watson (WCOC)

What age did you start orienteering? I went to the odd event with my family from when I was about 3 but I really got into orienteering at primary school when I was about 9.

Where is your favourite place to orienteer? Where I live in the lakes, one of my favourite areas is probably Graythwaite. Outside the Lake District; I love running in Scandinavian terrain and I really liked the terrain at the French 5 days in 2008.

What has been your best orienteering experience? There are two memorable experiences that stand out. The Venla in 2009 - This was the first time I'd been to such a big orienteering competition. I was running first leg in the Venla and running with 1000 other people was awesome.

EYOC Relay 2009 in Serbia - I was running first leg and after a really bad run the day before I managed to focus on the orienteering. It was a really fun race and I managed to comeback in a good position. I also enjoyed the whole Serbian experience of going to a country I'd never really heard of before and where no one spoke barely any English.

What's your secret to performing well in big competitions? Before a big competition I take an old map of the area if I have one or if not a map with similar terrain and plan a course on it. I take this on a run and go through each leg in my head saying exactly how I'd do each leg and visualising it. I also find on race day I do best when I focus completely on getting the orienteering right and enjoying the race, rather than thinking about the result and other competitors.

Duncan Birtwistle (CLARO)

What age did you start orienteering? I began orienteering from a young age doing string courses. My parents already orienteered.

Where is your favourite place to orienteer? I enjoy orienteering in the Lakes especially on fast open moors. Scandinavia is also really good as the complex terrain keeps things interesting.

What has been your best orienteering experience? My best orienteering experience was O-ringen Salen 2007. It was my first time orienteering in Scandinavia and against really good international competition that I fared well against. I got better and more confident throughout the week and had one of my most perfect runs there.

What's your secret to performing well in big competitions? To do well in big competitions you have to be strong both physically and technically - it is rare to do well relying on one strength.

Peter Bray (SN)

What age did you start orienteering? As soon as I could walk to be honest. I started 'real' courses around the age of 6/7.

Where is your favourite place to orienteer? I love orienteering in technical areas, but I especially like French areas, mainly because it's a bit warmer. However I do like my local army areas such as Mychett.

What has been your best orienteering experience? I really enjoyed my trips to Serbia for EYOC and to Scandinavia but my favourite event to date has been the French Champs in 2008 as they managed to pack such great areas into just a week. My favorite day was run on the coastline at Ile Grande and three quarters of the map was under water at high tide so it was pretty exciting.

What's your secret to performing well in big competitions? I just like to keep myself nice and relaxed through the whole of the pre-race and my warm-up and then I try to switch on once I step into the second box. I like to keep my attitude nice and light.

Jonathan Crickmore (SO)

What age did you start orienteering? I never really started at a certain age, my parents have been doing it since I was born so I just got brought up into the sport.

Where is your favourite place to orienteer? Forested sand dunes are great as there is not much to stop you running full speed and they also offer technical navigation. I also like the typical South East forest with open vague woodland where you can just run hard and straight for a large percentage of the course.

What has been your best orienteering experience? EYOC 2008 - it was my first time competing for GB and I didn't feel too much pressure. Then after a good run, I found out I was winning and that was a great feeling. I did end up dropping to 5th place but I was still extremely happy with my performance.

What's your secret to performing well in big competitions? I am still not entirely sure. I always feel nervous and tired at the start and exhausted during my warm up, but as soon as I get the map everything changes and instinct takes over. I just become solely focused on the race and all the other distractions just disappear.

Tom Fellbaum (MDOC)

What age did you start orienteering? 10 years old.

Where is your favourite place to orienteer? I love Sweden for its diverse terrain, beautiful forests, interesting people and varied weather.

What has been your best orienteering experience? Running first leg in the European Youth Championships Relay, 2008, in Switzerland. We came 5th overall!

What's your secret to performing well in big competitions? Just be relaxed, treat it as usual and enjoy catching up with friends. Then, about half an hour before my start I focus on the vital techniques, which I have spoken about with my coach prior to the race. I also find that I will do well if I enjoy the course and feel in control.

William Gardner (OD)

What age did you start orienteering? 8/9

Where is your favourite place to orienteer? In Britain, probably Culbin because of it's varying between intricate and fast flowing sections and then Sweden and Norway because I love the terrain out there.

What has been your best orienteering experience? French 6 days 2008

What's your secret to performing well in big competitions? Don't get distracted by the size of the event, because it's just another race.

James Taylor (NOC)

What age did you start orienteering? 13

Where is your favourite place to orienteer? Abroad I would have to say Uppsala and in the UK most probably either the New Forest or somewhere like Culbin.

What has been your best orienteering experience? The Swiss 'O' Week in Zermatt was a great experience but my favourite orienteering experience has to be the week I spent in Trondheim. Getting to train with the Swiss national team was amazing and warming up alongside the likes of Hubmann, Guergiou and Wingstedt at the district champs was really surreal.

What's your secret to performing well in big competitions? A great performance depends on a positive mentality. You can't control anything other than your own race, so why worry about things like the weather and other competitors.



Jack Benham



Florence Haines



Peter Bray



Aine McCann

Key Junior Events in 2010

There is an exciting programme of domestic and international events for juniors to compete in throughout 2010.

The main season begins in Wales with two Future Champions Cup (FCC) races over the 6th/7th March at the Welsh Championships weekend in North Wales. The season then really hots up with three consecutive weekends of FCC races: the Midland Championships on the 21st March; the Forth Valley Orienteers Long Distance race on the 28th March; and then the JK from the 2nd-5th April in Devon.

The main part of the domestic season then winds up with the British Championships. The Middle Distance and Sprint Distance are being held in the north-west on the 17-18th April and then the Long Distance Championships take place on Cannock Chase on the 1st May. This event will also be the final FCC race of the year.

The other main junior competitions for the year include the JIRCs being held in June, the Peter Palmer Relays and the Yvette Baker Trophy Final in December.

Junior Selection Races

27th-28th March - FVO Middle Distance and Long Distance Race

2nd-4th April - JK Festival of Orienteering

17th April - British Middle Distance Championships

1st May - British Long Distance Championships

For full details on selection for camps and competitions please see the 2010 Season Specific Selection Policy in the British Teams section of the website.

Junior International Races

European Youth Orienteering Championships (EYOC) 1st - 4th July, Spain

Junior World Orienteering Championships (JWOC) 1st - 11th July, Denmark

Junior Home International, September, Scotland

Junior European Cup (JEC) 23rd - 26th September, Scotland



Running Training Tips for Junior Athletes

By Steve Vernon

It is often asked 'what running sessions are suitable for 14 - 18 year old junior athletes?'

There isn't one answer to this question as it all depends on physical maturity and training age. By training age we mean how long an individual has been training for and at what level.

Below is a selection of hill and interval running sessions that can be used to prepare for 4km - 8km of running. Each example can be tailored to the individual athlete based on their physical age and training age.

A minimum of 10 minutes of jogging should be completed before every session to warm-up. As well as jogging to warm-up, some simple drills and strides should be completed. Following the interval section of

the training session, which should last for no more than 40 minutes, the athlete should jog for a minimum of 10 minutes before finishing off by stretching the key muscles that have been used.

As an athlete, you can consult with a coach or another senior athlete to advise you, but please remember not to attempt these types of sessions back to back. You will need to complete an easy session in the day/s in between intense hill and interval running sessions. An easy day could include 30 - 60 minutes of easy aerobic running. Additionally, please note that interval sessions like the ones detailed should only be attempted after a 2 month aerobic base (easy/steady running) has been completed.

Hill Sessions

4 - 6 x 2 minute hills with an easy jog back down to recover.

8 - 10 x 1 minute hills with an easy jog back down to recover.

10 minute tempo run (80% maximum heart rate) followed by a 3 minute easy jog recovery, then 8 x 30 second hill sprints with a jog down recovery.

Interval Sessions (Terrain/Off Road)

3 - 5 x 5 minutes intervals at race pace with a 2 minute jog recovery.

4 - 8 x 3 minute intervals at race pace with a 90 second jog recovery.

8 - 12 x 1 minute intervals at faster than race pace with a 60 second jog recovery.

Interval Sessions (Track)

4 - 6 x 1km at race pace with a 2 minute jog recovery.

5 - 8 x 800m at race pace with a 90 second jog recovery.

8 - 12 x 400m at faster than race pace with a 60 second jog recovery.

Spot the Difference



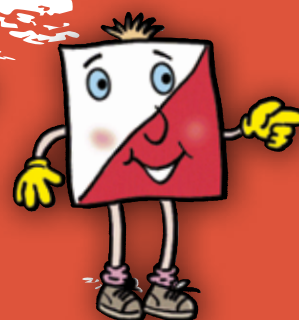
Can you spot the eleven differences between the two maps? The answer can be found on page 6



Orienteering Games & Tips



Spot the Difference answers



Charlie Control asks, Why should I study old maps?

millie map says,

Because thinking is an important skill in orienteering, by studying old maps and working out the best strategy for each leg you can improve your thinking skills and become a better orienteer. Try doing this first with a coach, parent or more experienced orienteer so they can give you some tips!



Morph and Chas at the Edinburgh City Race



Photos by Rachel Scott

A YOUNG PERSONS GUIDE TO CHILD WELFARE

YOU HAVE RIGHTS – SPORT SHOULD BE FUN.

You should feel safe and enjoy your sport. You can't do that if you feel unhappy – if someone is bullying or abusing you.

My Club Welfare Officer is:

Their contact number is:

KEEPING SAFE:

- Avoid being alone or with just one other person
- Avoid travelling in someone else's car by yourself; travel with a friend or someone you can trust.
- Avoid going to other people's homes by yourself
- Carry a mobile phone, phone card or change.

If you are being bullied or abused
IT IS NOT YOUR FAULT.

HOW DO YOU KNOW IF SOMETHING IS WRONG?

Something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, hits, kicks or punches you
- Touches you or does anything that makes you feel uncomfortable
- Makes suggestive remarks or tries to make you do things you don't want to
- Damages or steals your belongings
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed.

If something is wrong:

- Be firm and tell the person to stop - attract attention by making a noise, use your whistle.
- Get away from the situation quickly, go to a public place to find help or call the police (999)
- Tell someone you know you can trust, e.g. a parent or friend as soon as possible, so they can help you
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened



Call your Club Welfare Officer or use the 24 hr free telephone help lines:
Childline 0800 1111 NSPCC 0808 800 5000

Rachel Scott of Grampian Orienteers managed to catch Morph and Chas in action at the Edinburgh City Race. The TV stars attracted a lot of attention from passers by and later told Ozone magazine that they had really enjoyed their day out.



Future Champions Cup (FCC) Races 2010

Competition is open to M/W18s and M/W20s who are British Orienteering National or Local members.

For this year the 18's and 20's Future Champions will be decided on a series of races, with the best 5 scores to count from 9 races.

| Date | Event | Classes | |
|----------|-----------------------|--------------------------------|--------|
| 06/03/10 | Middle Distance (WOA) | M (Brown) W (Blue) | |
| 07/03/10 | Welsh Champs (WOA) | M (Short Brown) W (Short Blue) | |
| 21/03/10 | Midland Champs (EM) | M/W18E | M/W20E |
| 28/03/10 | The Trossachs (FVO) | M (Brown) W (Blue) | |
| 02/04/10 | JK Day 1 (SW) | M/W18E | M/W20E |
| 03/04/10 | JK Day 2 (SW) | M/W18E | M/W20E |
| 04/04/10 | JK Day 3 (SW) | M/W18E | M/W20E |
| 17/04/10 | BEMC (NW) | M/W18E | M/W20E |
| 01/05/10 | BEOC (WCH) | M/W18E | M/W20E |

At any event where there is an elite course, those running the M/W18L or 20L will be eligible for 'lower' FCC points. At all of these events the 18E and 20E classes will run the same course. Please include your actual age class when entering.

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

Each competitor will count their 5 best scores. If a race is cancelled or voided the following will apply: best 4 scores from 7 or 8 races (if 1 or 2 is lost).

Prize giving will take place during the British Championships weekend.

For information contact Pauline Olivant
(pauline@britishorienteering.org.uk)



Jonathan in action

Age: 18

Club: Southdowns Orienteers and OK Ravinen

Age started orienteering?

I have orienteered my whole life as my parents started orienteering before I was born. I have no definitive memory of taking part on my first course.

Do your parents orienteer? Yes.

Why/where did you start orienteering?

I started because I was brought along to events by my parents. I really started to do it a lot aged about 7-8 when I was taking part in my clubs local weekly galoppen.

What do you enjoy about orienteering?

I like the way that you have to think as well as run. This means you don't feel the aching caused by the running so you nearly always feel good when orienteering.

Do you have a coach?

I don't have a single personal coach but I have a few people who help me out with different aspects of the sport.

If so, how has this helped you?

They have all helped me, whether it is some help me with my running training or tips on how to improve the technical side of my orienteering.

Where is your favourite place to orienteer?

I enjoy the typical south east forest. They are not the most technical of areas but generally have good runnability and it just feels nice to be able to run fast on most of the course. I also enjoy forested sand dunes as these are also generally very runnable and give a hard technical challenge.

What kind of training do you do?

Most of my training is running based and this varies from intervals to long runs, which I usually do with some people from my school. I also do some strength training in the gym once a week. I normally only get to orienteer at the weekend when there is generally a local event being held.

What is your best result?

In terms of International results, in 2008 and 2009 I secured a 5th place at the European Youth Orienteering Championships. The first one in the long race and the second in the sprint race. In 2008 I also had the fastest time on the last leg of the relay. I was also happy with my 4th place in the long at the FCC final in M20, as only being an M16 it felt like a great performance to be so high up.

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

Really plan ahead for the specific races, so when you are at those races you know what to expect out on the course and that you have the right fitness to cope with the terrain. For general training, make sure you get into a regime and have a plan of what to do. Also finding other people to go for runs with always helps you push yourself and gives you the motivation to go out and train.

What do you enjoy doing outside of orienteering?

Linked with orienteering, I run for an athletics club and do cross country and track meets. These are good fun as there is a group of people my age and even though I am a lot slower than them on the short races it is still good fun. I also like to play cricket in the summer as it is generally after all the selection races and it is a nice break from all the orienteering.