



Issue 21 -

FOR JUNIOR ORIENTEERS



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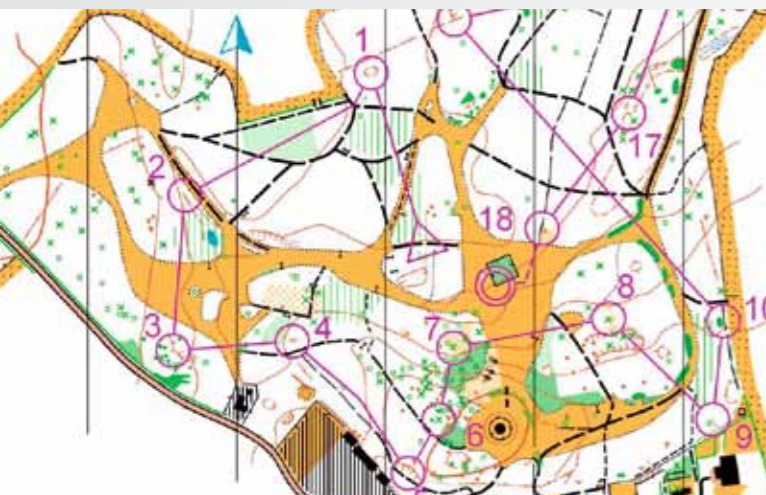
www.britishorienteering.org.uk/page/ozone

Cover Photo: Joel Thetford at a PFO Training Day. Credit: Dan Vernon

Yvette Baker Trophy

Photos by
Mark Slater

Humberside & Lincolnshire Orienteers (HALO) organised the 2011 Yvette Baker Trophy Final at Mausoleum Woods, Lincolnshire on Sunday 4th December 2011.



LOC were the 2011 Yvette Baker Champions

The Yvette Baker Trophy is Britain's premier Junior Inter-Club competition and the following clubs qualified for the Final:

SEOA - SO
NWOA - LOC & WCOC
EAOA - HH & SUFFOC
WMOA - OD & HOC
NEOA - CLOK
YHOA - SYO
EMOA - NOC
SWOA - DEVON
WOA - DEE & POW
SCOA - SN

HALO's team of 30+ volunteers, led by Organiser Brian Slater, Planner Dean Field and Controller Charlie Adams (SYO) put on a compact event in the very runnable woods and grassy open spaces of Mausoleum Woods and there was even a maze in the assembly area for those who needed to warm up or try and stay warm!

The weather was not too wet and not too cold (for December) so there was plenty of cheering and encouragement for the runners as they came past the tents from the last control to the finish.

The Lakeland Orienteering Club (LOC) runners enjoyed excellent high

placings in all categories to win the event ahead of Octavian Droobers (OD). In total, around 38 LOC juniors took part in the event, which was well ahead of the next biggest team. Team coach Jo Cleary said, "it was a great event and even though the area was very runnable, the lack of close contours did give some of the juniors problems with knowing their whereabouts."

Octavian Droobers (OD) were disappointed not to be taking the trophy back home which they have won for several years in succession. However they should be proud that they pushed LOC all the way to the finish and the teams were only separated by 7 points.

Congratulations also to the Happy Herts (HH) team who finished in third place. Helen Errington from HH says, "this success has been made possible through many years' of a sustained programme of local events and to the many coaches who have worked so hard to build a junior squad with strength in depth. We are really proud of the team."

The overall standings were LOC (885 points), OD (878 points) and HH (845 points). DEE and Devon had 844 points each, and were placed 4th & 5th respectively when the 10th

placed runners scores were used. 6th were SYO, 7th SO, 8th WCOC, 9th CLOK, 10th SUFFOC and 11th NOC.

Thank you to HALO for putting on this excellent event. The instantly updating team scores on a computer screen were really helpful for keeping the suspense going until the last moment and all the participants had a great day.

Organiser, Brian Slater concludes, "Thanks to all who helped to make the Yvette Baker Trophy a memorable day. That includes all of the young people who made the pilgrimage to Lincolnshire. There was good humour, good behaviour and strong and serious competition."



OD were the runners up

Results

1st - Lakeland Orienteering Club - 885 points		
Jonathon Crabbe	Orange(M)	100
Andrew Brockbank	Yellow(M)	100
Daisy Fletcher-Cooney	Yellow(W)	100
Noah Howlett	Yellow(M)	99
Stewart Allison	Orange(M)	98
Natalie Beadle	Green(W)	97
Kirsten Bell	Light Green(W)	97
Carl Edmonds	Green(M)	97
Ben Hewson	Orange(M)	97
Sam Yates	Yellow(M)	97
2nd - Octavian Droobers - 878 points		
Julie Emmerson	Green(W)	100
William Gardner	Green(M)	99
Patrick Roddy	Orange(M)	99
Aimee Morse	Light Green(W)	99
Ella-Rose McCartney	Orange(W)	98
Harrison McCartney	Light Green(M)	97
Rachel Emmerson	Green(W)	96
Rachel Johnson	Orange(W)	95
Emma Kettley	Green(W)	95
John Leyden	Yellow(M)	95

The Mausoleum towering majestically to the South of assembly

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



The full results and photos can be found at www.halo-orienteering.org.uk
There is also a video available of the event at www.orienteeringtv.co.uk

Key Junior Events in 2012

There is an exciting programme of domestic and international events for juniors to compete in throughout 2012.

The main season begins in the Midlands over the 10th – 11th March with the first Future Champions Cup (FCC) races at the HOC Urban Race at Malvern and the Midland Championships at Foxley and Garnstone. The next FCC race is two weeks later at the British Middle Distance Championships and then the JK in Scotland plays host to three FCC races.

The FCC then heads to the British Championships in the Lake District on the 5th of May and then for the second time, the season has been extended right through to the Autumn, with two of the days of the Croeso 6-Days and the Southern Championships in Epping being designated FCC races. The FCC Final is to be held in conjunction with the UK Cup final in Hameldon on the 7th October.

The other main junior competitions are the Junior Inter Regional Championships in June, Peter Palmer

Relays in September, British Schools Score Championships in October, British Schools Orienteering Championships in November and the Yvette Baker Trophy in December.

Junior Selection

All athletes wishing to be considered for selection for the European Youth Orienteering Championships, Junior World Orienteering Championships, Talent Development Coaching Camp* or Elite Development Coaching Camp need to complete and submit an Athlete Nomination Form now available on the Performance section of the website.* Additionally, Regional Squad Coordinators will be asked to complete an 'Athlete Performance Assessment' which assesses athletes' Competencies, for each athlete they think should be considered for the Talent Development Coaching Camp. These assessments need to be completed and returned to the National Talent Manager by Friday 27th April.

Athlete Support Grants

The British Orienteering Athlete Support Fund makes grants each year to assist orienteers in activities designed to improve their performance. Grants for 2012 have been awarded to Lucy Butt, Jonathan Crickmore, Thomas Fellbaum, Richard Robinson and Charlotte Watson.

Application forms for 2013 will be issued at the British Orienteering Elite Performance Squad/Elite Development Squad weekend at Sheffield in November. Prior to the application deadline of the 18th January, applicants and their coaches will be expected to plan and cost appropriate activities.



The pinnacle of a junior orienteers career is being part of the the Junior World Championships Team

Junior Selection Races

24th March – British Sprint Distance Championships
25th March – British Middle Distance Championships
6th – 8th April – JK Festival of Orienteering
5th May – British Long Distance Championships
2nd – 5th June – Scottish Long Distance Championships and WOC Selection Races (Elite Development Coaching Camp ONLY)

For full details on selection for camps and competitions, please see the Season Specific Selection Policy on the Performance section of the website.

Junior International Races

European Youth Orienteering Championships (EYOC),
 27th – 1st July, Bugeat: France
Junior World Orienteering Championships (JWOC),
 6th – 14th July, Korsch: Slovakia
Junior Home Internationals, 13th – 14th October, Dorking



Charlotte Watson

Lucy Butt



Jonny Crickmore

Great Britain's Talented Athletes



British Orienteering now have a Talent Pathway which supports athletes all the way from the point they are first identified as talented, and enter the Programme, up to delivering World Class success. The new Talent Pathway allows for the right type of support and knowledge to be delivered to athletes at the right stage in their development, with the flexibility to cater for early or late developers as well as those who enter orienteering through traditional family pathways or those that get involved at a later stage.

The Talent Development Squad is the entry point to the Talent Pathway and the first point where we formally identify athletes as being talented and having demonstrated the potential to become World Class. Any athletes who meet the age profile and performance standards will automatically gain selection to the Talent Development Squad. Those outside either the age profile or the performance standards can still be selected at the discretion of the selectors.

Talent Development Squad:

- Age Profile: 15-20 years of age
 - Performance Standards*: M/W17-20 <17.5%, M/W16 <15%
- *average percentage behind the winner in nominated selection races.

Jackie Newton has now been appointed as the National Talent Development Coach and will work with the Talented Athletes to ensure they meet their potential.

Congratulations to the following athletes who are in the 2012 Elite Development Squad and the Talent Development Squad.

2012 Elite Development Squad

FOCUS: Preparing to deliver medals at the 2015 World Championships in Scotland and beyond
STAGE: Training to Compete

Oleg Chapelin
 Alan Cherry
 Duncan Coombs
 Hector Haines
 Matthew Halliday
 Peter Hodgkinson
 Kristian Jones
 Alasdair McLeod
 John Roche
 Jamie Stevenson
 Ralph Street
 Douglas Tullie

Anne Edwards
 Rebecca Harding
 Mairead Roche
 Hollie Orr
 Catherine Taylor

2012 Talent Development Squad

FOCUS: Development of the required foundation of sport-specific skills and abilities to succeed as a performance athlete
STAGE: Training to Train

Jack Benham
 Peter Bray
 Duncan Birtwistle
 Jonny Crickmore
 Matthew Elkington NEW
 Thomas Fellbaum
 Zachary Field NEW
 Chris Galloway NEW
 William Gardner
 Aidan Smith
 Lewis Taylor NEW
 Oliver Williams NEW

Natalie Beadle NEW
 Lucy Butt
 Megan Carter-Davies NEW
 Zoe Harding
 Katherine Hall NEW
 Sarah Jones NEW
 Sophie Kirk
 Rona Lindsay
 Kirstin Maxwell
 Rhona McMillan NEW
 Joanna Shepherd
 Charlotte Watson



Who will be our future World Champions?
 Credit Soren Andersson

Future Champions Cup (FCC)

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

The 2012 FCC qualifying events (best 6 from 10 races) are:

10 March	HOC - Great Malvern (Urban)
11 March	HOC - Foxley, Midland Champs (Long)
25 March	EBOR - Strensall, British Middle Champs (Middle)
6 April	JK - Livingston (Sprint)
7 April	JK - Dunallastair (Middle)
8 April	JK - Craig a Barns (Long)
5 May	British Champs - Dalegarth (Long)
24 July	Croeso - Hafod (Middle)
26 July	Croeso - Llynedd Teifi (Long)
23 Sept	CHIG - Southern Champs Epping (Long)
7 October	FCC Final, PFO Hameldon (Long)

At any event where there is an elite course, those running the M/W18L or M/W20L will be eligible for 'lower' FCC points. Please include your actual age class when entering.

Scoring: Each age class will score separately, even though they are 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 point for each position (the top 50 in each class score). In addition, at races where there is a choice of running 18/20E or 18/20L the 18L & 20L class runners will score 1st-40, 2nd-36, 3rd-33, 4th-31, 5th-30 and then decreasing by 1 point (the top 34 score). M/W16's and below will not score. Each competitor will count their best 6 scores. If a race is cancelled or voided the following will apply: best 5 scores from 9 races (if 1 is lost) and then best 4 scores from 8 races.

The Final: The best 15 qualifiers from each of the four classes: M/W18 and M/W20 will be eligible to compete in the Final. Athletes who wish to compete in the 2012 FCC Final must enter in advance as for any pre-entry event. The start list will be compiled according to the guidelines with any non-competitive runners starting before the FCC Finalists.

Charlotte Ward won W20 in 2011
 Credit: Brian Ward



Peter Bray won M18E in 2011
 Credit: Brian Ward

www.britishorienteering.org.uk/page/fcc

Teacher Training

In order to deliver a high quality orienteering programme within your school British Orienteering recommends that teachers obtain training on how to deliver orienteering in a progressive way that meets the requirements of the appropriate National Curriculum.

British Orienteering have developed an orienteering teacher training pathway aimed at teaching orienteering in schools and outdoor education centres. It is for people who need to know the basics of Orienteering instruction but do not wish to proceed to being assessed after that training.

This pathway consists of three courses:

Teaching Orienteering Part 1:

- The training is aimed at teachers, youth sector workers and people working in schools and outdoor centres.
- The training delivers the knowledge, understanding and practical ability to teach the basic skills of orienteering.
- Anyone over the age of 16 may attend the course however the Orienteering Young Leader Award suitable for 14 – 19 year olds may better meet young people's needs.
- Attending Teaching Orienteering Part 1 is a prerequisite for anybody wishing to deliver the Orienteering Young Leader Award or attend the British Orienteering Teaching Orienteering Part 2 training.

Teaching Orienteering Part 2:

- The training delivers the knowledge, understanding and practical ability to teach some of the advanced skills of orienteering.
- People wishing to deliver GCSE syllabuses for candidates from England, Wales and Northern Ireland should attend Teaching Orienteering Part 2. Candidates from Scotland will be shown the appropriate activities to meet their own curriculum requirements.

Teachers taking part in a Teaching Orienteering Course

Young Leader Award:

- This award is designed for 14-19 year olds.
- The course they undertake will enable them to coach the basic skills of the sport, provide fun activities on a safe enclosed site and enable them to assist as volunteers at school or local events.

Details of courses can be found at

www.britishorienteering.org.uk/page/coaching_courses

Schools can organise their own courses with support from British Orienteering. For further information please email: schools@britishorienteering.org.uk

School children taking part in the British Schools Orienteering Championships

CONTROL MARKERS FOR SCHOOLS Now Available

BSOA have three new types of control markers available that are made from lightweight polypropylene which is both durable and flexible and can be marked using a permanent marker pen.

10cm x 10cm triangular control marker that can be stored flat when not in use. £1.90 each (minimum order of 10)



Flat 10cm square control marker with 8 holes for securing horizontally, vertically or flat on the ground. £9.00 for 10



Flat 5cm square control marker for use during indoor exercises and activities or permanent courses. £9.00 for 20

Further information can be found at www.bsoa.org

The Annual General Meeting of the British Schools Orienteering Association

Saturday 9th June 2012
1.00pm to 3.30pm

The Broughton, Sandbach Road, Rode Heath Stoke-On-Trent ST7 3RU.

Everyone with an interest in School's Orienteering is welcome to attend.

Please email the BSOA secretary before the 28th May 2012 if you are planning to attend the AGM, so that refreshments can be arranged.

Melanie Elkington
BSOA Secretary, Email: secretary@bsoa.org



Orienteering Games & Tips

millie map asks, How can I improve my running technique?

Charlie Compass says,

There are a number of things shown in the diagram below that you can do to improve your running technique:



Shoulders

Square, level and relaxed. Avoid rounding and swinging back and forth.

Arms

Elbows approx at right angles and forearms roughly parallel to the ground. Arms swing freely back and forth. Avoid both circular and straight line motions.

Hands

Relaxed fist, thumb on forefinger (Imagine holding a bag of crisps.)

Legs

Should be relaxed and feel natural.

Head

Chin up and eyes focused to a point approx 25m away. (Imagine a string pulling upwards.)

Torso

Straight back and chest up—need room to breathe efficiently. Limit forwards or backwards lean and slouching as these are inefficient.

Hips

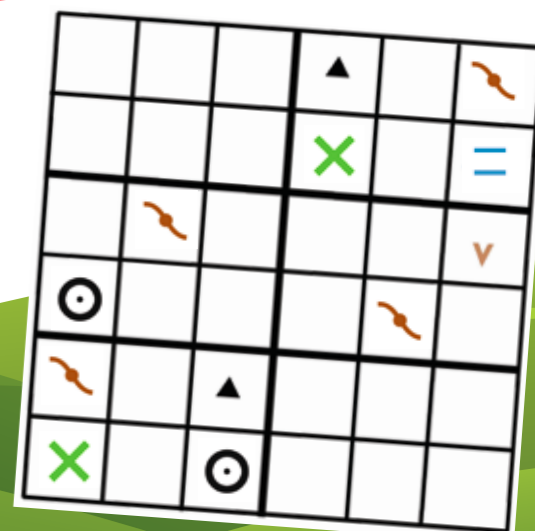
Keep them facing forwards. Avoid sideways movement.

Feet

These should point straight ahead and land directly under the hips.



Orienteering Sudoku



Services to Schools Orienteering Award



The British Schools Orienteering Association and British Orienteering have jointly introduced an award to recognise services to schools orienteering.

It has long been realised that there are many people who devote numerous hours for the benefit of schools orienteering. Until recently they have only had limited recognition. These awards have been introduced to acknowledge the contribution they make.

Recognition will be on two levels; 'Services to Schools Orienteering' and 'Outstanding Services to Schools Orienteering'.

There is no restriction on who can be nominated. Nominees could be a teacher, a parent, a club member, or anyone who has helped with this work.

Nominations can be made by anyone, and should include a statement as to why they should be considered.

Nominations are considered every 6 months (in February and August). Please email nominations to the BSOA Awards Secretary before the end of January or July. A committee of representatives from both BSOA and British Orienteering will make the decision as to who receives the award and at what level.

Please consider if there is anyone you feel is worthy of an award and make a nomination.

Dave Brown
BSOA President and Awards Secretary
awards@bsoa.org

Age: 19

Club: EUOC and FVO

Age started orienteering?
11 or 12

Do your parents orienteer?

No, my dad's a hill runner but he used to go every so often to local events.



Jamie in action at JWOC



Where is your favourite place to orienteer?

Sand dunes seem to work for me somehow, Culbin in particular.

What kind of training do you do?

At the Edinburgh Centre of Excellence I do a range of different training types, a lot of which is periodised with the focus changing throughout the year. Right now I'm in the gym 3 mornings a week to build strength and agility and I try to get in 2 long runs, 2 interval or threshold sessions and as much orienteering and steady pace mileage in as possible.

What is your best result?

I was 7th in the EYOC 2008 Switzerland, just a few seconds off the podium at my first international competition.

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

I'd say it's important to set yourself some goals for the season and look for consistently solid orienteering rather than going out for gold. It can also help to see what others your age who are in the squad are doing differently and see if you can learn from them.

What do you enjoy doing outside of orienteering?

Apart from orienteering and running, a lot of my time at the moment is being spent on Uni work and longing for the holidays again.

Why/where did you start orienteering?

My first taste of orienteering was at an FVO local event at Plean Park. I enjoyed it and was asked to come to the Jamie Stevenson Trophy to run for the club where without knowing who my name sake was, I won the yellow course. After that I started going along to ScotJOS Training which is where it really began I guess.

What do you enjoy about orienteering?

I used to, and still do a lot of cross country and hill running, however orienteering has always had that little bit of extra attraction, that desire to be in control of where you're going and not leaving it up to the person in front or a line of tapes.

Do you have a coach?

Jason Inman has coached me from a young age and has been a real driving force in my gradual (and sometimes challenging!) transition from runner to orienteer.