

Issue 28 - Spring

FOR JUNIOR ORIENTEERS



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More People, More Places, More

www.britishorienteering.org.uk/page

Pictured: Calum McLeod at the JHIs. Credit: Wendy Carlyle

BRITISH SCHOOLS CHAMPIONSHIPS

By Judith Holt - Matlock Community O Club

"That is brilliant!!! I'm really pleased they did so well. I bet the boys are thrilled with their success. Becky has been fantastic in school and I know that the other children in the class she has worked with have thoroughly enjoyed learning the skills. What a lovely way to start the week. Thank you so much."

Tracy, Head Teacher, Tansley Primary School
18th November 2013



The team with the coaches

That was the response the morning after the team of Year 5 Boys gained second place in the 2013 British Schools Orienteering Championships at Shipley Park in Derbyshire.

Earlier in the year the group of volunteers running the Matlock Club Night realised that our parent club, Derwent Valley Orienteers, were hosting the British Schools Orienteering Championships. The venue, Shipley Park is only 15 miles from Matlock so we thought it could be a great opportunity for local schools to prepare and send a team.

We had our regular Wednesday evening club nights as a starting point but the participants came from different schools. We had to get enough participants from the same school so the club put together an offer of;

- taster sessions in school
- follow-up coaching in school to learn the basic skills
- club night sessions to practice the skills outside the school grounds
- signposting to practice events to use the skills in competition.

Just one school managed to put all the ingredients together to get a medal winning team. It involved a whole network of people to get 5 boys from non-orienteeing families prepared to compete successfully at a major event.

So who were they?

Becky, the team coach, inspired and motivated all the children involved. She was a local multi-sports coach who had completed her Orienteering Coach Qualification through helping to run the Club Night. She offered local primary schools some curriculum time orienteeing so every child in a class could be introduced to the basics of the sport and on Club Nights she led the fun warm-up games.

Tracey, the head teacher of Tansley School said YES when we offered taster sessions to the school, made sure the leaflets we dropped off were taken home, and organised and re-organised curriculum time orienteeing sessions to suit the fickle weather. She organised a parent in charge for the day of the competition and completed the entry forms so that the group could go.

Kev and Dave, two of the Dads, were willing to come along to a sports club which asked more than just dropping off the children or standing on the sidelines. Kev said, "I take my boys to swimming and football but bringing them to O club gives them something different, they enjoy a sport which

uses their brain and it gives them an opportunity to be independent."

Viv the Club Night organiser kept on sending out the emails every week reminding us of the dates and venues for club nights and practice events.

John mapped the Tansley fete field so we could offer a practice event as part of the school offer.

Most importantly the boys themselves. Two of the team were year 4 running up. The British Schools Orienteering Championships was the biggest sporting event they had ever been to. They found it well organised and friendly but the most notable memory was going splat in the mud at the end!

Tracey also commented, 'The orienteeing sessions we had in school were fantastic. They were based around small games such as small cones exercises, football orienteeing and other activities planned around the map of our school grounds. The children looked forward to orienteeing sessions, were fully active in the sport and several of them enjoyed it so much they even got involved in the local orienteeing club as a result.

The team we entered into the British Schools Orienteering Championships were a true credit to themselves and the school. It has inspired them and other children in their class to keep active and try new sports as they have seen that if they try hard they can be successful.'

We hope to develop many more successful school/club links this year.



Orienteeing at school with the coaches

GET ME TO THE START....

WE WOULD LIKE TO HEAR FROM CHILDREN, PARENTS AND CLUBS WITH SUGGESTIONS ON HOW THEY ENCOURAGE AND MOTIVATE CHILDREN (ESPECIALLY PRE-SCHOOL CHILDREN) TO GET TO THE START, PARTICULAR IN MORE INACCESSIBLE AREAS WHERE THE START MAY BE A LONG WAY FROM THE CAR PARK. DO YOU HAVE ANY IDEAS OR SUGGESTIONS TO SHARE WITH US WHEN A REMOTE START IS UNAVOIDABLE? WE WOULD LOVE TO HEAR FROM YOU. PLEASE EMAIL: info@britishorienteering.org.uk

The Ward Junior Home International 2013

ENGLAND TEAM MANAGER'S REPORT BY JEFF BUTT / PHOTOS BY WENDY CARLYLE

This year the Ward Junior Home International was hosted at Pencelli, Brecon by the Welsh Junior Orienteering Squad and South Wales Orienteering Club. Mark Saunders organised an excellent weekend that was enjoyed by all.

Julie Emmerson and Aidan Smith acted as team captains for England and notably it was Aidan's sixth appearance at the Junior Home International.

England retained the individual trophy by a small margin on Saturday morning and convincingly won both relays on Sunday with the girl's team finishing in the top three positions. The winning margin was reduced by six points from last year's record score.

DAY 1 INDIVIDUAL

The race took place on Mynydd Llangynidr; a hilly, runnable open area in the Brecon Beacons. The area was typical Welsh mountain moorland. The first two athletes from each country count in this part of the competition with points being allocated from 8 to the winner down to 1 for the eighth placed athlete.

The results were:

England: 75
Scotland: 69
Wales: 39
Ireland: 33

DAY 2 RELAY

The Relays took place on Clydach Terrace; an open area but with complex contours formed by old mine workings. All eight English teams performed superbly on the day with the men's teams finishing first, second, fourth and sixth with the women finishing first, second, third and fifth. The first two teams from each country count towards the team results with points decreasing from 16 to 2 in increments of 2

The results were:

England: 60
Scotland: 44
Ireland: 20
Wales: 18

The Overall title therefore went to England:

England: 135
Scotland: 113
Wales: 57
Ireland: 53

I would like to thank Mark Saunders who co-ordinated the whole weekend and to the Welsh Junior Squad and South Wales Orienteering Club for hosting the weekend.

Mark added, "I would also like to thank the O Foundation who provided some generous financial assistance which enabled us to include a very enjoyable Ceilidh on the Saturday night. Much fun was had at the social. A meal was provided by the parents of the Welsh Junior Squad followed by a prize giving and making of friendships across the nations.



Junior Inter-Regional Championships 2013

REPORT BY SCOTTISH TEAM MANAGER MAUREEN BROWN
PHOTOS BY STEPHEN KIMBERLEY

A big congratulations to the Scottish junior team who retained the trophies won last year in East Anglia. The JIRCs is an annual competition between all the Regions of Britain. This year's competition was held in South-West England and organised by Wimborne Orienteers with help from Wessex OC. The Scots met up in the Edinburgh area on Friday evening in order to make the early morning flight to Southampton where we had arranged to pick up two minibuses to transport us around. It was well worth all the effort as Scotland dominated throughout the weekend and convincingly won all the trophies: – Individual, Relays, Boys, Girls and Overall. A great result!

INDIVIDUAL EVENT GORE HEATH, DORSET

This is an area with lots of paths, but with some tough running in between and lots of contoured terrain. There were several podium places for the Scottish Team. We had a clean sweep of the prizes in W14 with a win for Emma Wilson, Grace Molloy in 2nd place and Lindsay Robertson in 3rd. There were also class wins for Sasha Chepin (M16) and Chris Galloway (M18). In addition, Jenny Ricketts was 2nd in W16 and Finlay Todd was 3rd in M14. As first two in each age class count for points, and with good back-up from our other runners, Scotland comfortably won the Individual Trophy.

INDIVIDUAL SCORES:

1st Scotland 239
2nd North-West 215
3rd Yorkshire 188

Sasha Chepin was also awarded the Compassport Trophy for the best Individual performance.

RELAY EVENT HAMPTON RIDGE, HAMPSHIRE

After spending the night at Parkstone Grammar School in Poole, where we were all well fed and the juniors had a chance to socialise with their friends from the other Regions, the teams descended on the New Forest venue of Hampton Ridge for the Relay competition. Each Region is allowed to enter up to 4 teams each of girls and boys, each team consisting of a 16 who runs first leg, followed by a 14, with an 18 running the final leg. Two boys and two girls teams count for each Region and Scotland entered the full complement of 8 teams.

The Relays are always a very noisy, very exciting competition and this year's was no exception, with over 200 juniors taking part and cheering loudly for their teams. As usual, some time was spent before the start face-painting with the team colours.

The boys started first to a deafening roar. Most of the area was not visible to the spectators as it was behind a patch of woodland, so once the M16's had started, there was no way of knowing how they were getting on until they appeared at the last control. The area itself, however, was mainly open and made for fast and furious running. First back was Sasha Chepin who handed over to Finlay Todd, with the other Scottish M16's not far behind. Finlay ran the entire course without being overtaken, seeing no other M14's on the way, and handed over to Chris Galloway on the final leg. Chris also ran his course alone and brought his team home in first place. Teams

from the North-West and South-West appeared a few minutes later, but the second SOA boys' team of Matthew Galloway, Rowan White and Josh Dudley finished in 4th place to ensure that Scotland won the Men's Relay competition and the Men's Trophy.

With a shortage of W16's in Scotland this year, W14's Abi Mason, Clare Stansfield and Kathryn Barr have all been "running up" in this year's SOLs in order to ensure that we had full teams in the JHI's and JIRCs. Well done to them for doing well in the Individual, but now they had to go off in the Women's mass start in the

Relay competition, head to head with W16's from the other Regions. They did not disappoint, however, and the run-in was a sea of blue and white as all came back in contention, with Jenny Ricketts seconds behind the leader from South-West in 2nd place. Jenny handed over to Emma Wilson, with Grace Molloy and Lindsay Robertson setting off not far behind, and Roanne

Credit: Maureen Brown
WINNERS - BOYS RELAY TEAM

Lilley just a few minutes down, with teams from North-West and Yorkshire also in the mix. The Scottish W14's then showed just why they were at the top of the Individual results, coming back in the leading pack and handing over to the W18's with all to play for. Briony Kincaid, Evie Mason and Karen Maxwell set off in the lead with GB Talent Squad member Megan Carter-Davies of Wales, and Frances Brown following a few minutes behind.

Around 40 minutes later, Megan appeared at the final control, closely followed by Frances, who after a storming run had caught up 4 minutes on the leaders, bringing team SOA 4 into 2nd place, just 9 seconds down on the Welsh team. Briony arrived next to bring SOA 1 home in 3rd place. So the SOA girls

teams finished in 2nd, 3rd, 5th and 6th, ensuring that Scotland won the Relay Trophy and the Women's Trophy.

RELAY SCORES:

1st Scotland 270
2nd North-West 246
3rd South-West 216

OVERALL SCORES:

1st Scotland 509
2nd North-West 461
3rd South-West 404

Thanks very much to the members of Wimborne Orienteers and Wessex OC and other members of South-West clubs for a very well-organised weekend.

TEAM SCOTLAND

Full results are on the Wimborne Orienteers website at www.wimborne-orienteers.org.uk

BRITISH SCHOOLS SCORE CHAMPIONSHIPS

2 Gold, 1 Silver and 4 Bronze Medals for Bassetlaw Juniors

BY WILL PARKINSON (YEAR 13 TUXFORD ACADEMY) / PHOTOS BY RAY BARNES

Six schools from Bassetlaw made the long journey to Northumberland for the 2013 British Schools Score Orienteering Championships (BSSC), that were held at Druridge Bay Country Park, near Amble. Everyone had 45 minutes to visit as many controls as possible. They were awarded 10 points for every control they visited but lost 5 points for every minute they took over their allotted 45 minutes.



Tuxford Academy (on right) 3rd Senior Boys Team

At the prize giving Seb Price and Angus McCallion, from Worksop College Prep School, who ran as a pair, were awarded the Gold medal for winning the Year 5 Boys race.

Individual bronze medals were also won by George Carley (Year 8 Boys - Elizabethan Academy), Elle Severn and Emma Robinson (Year 5 Girls - Bracken Lane Primary) and Eleanor Cooley (Year 9 Girls - Worksop College).

In the school team competition Worksop College Prep School Boys won Gold in the Middle/Prep Section while their girls team did well finishing 2nd. Tuxford Academy completed an excellent day when their Senior Boys won Bronze medals in the Boys Upper Secondary team section.

The course made good use of the coastal dunes, lake and country park. As the afternoon progressed the results kept being updated as competitors finished.

Eventually, we were able to celebrate a number of good results from Bassetlaw's juniors.

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Being in the Talent Squad

After having been in the Welsh squad for years, I had a really successful 2011 when I was 1st year W16. I had made my debut at EYOC and in November I was invited to my first Talent Development Squad weekend in Derbyshire. Following on from the Cairngorm camp in the summer, there was a lot of emphasis on lifestyle including nutrition, rest and recovery and other training such as core and glute strength. We even had a 'Ready, Steady, Cook!' activity where Dave Rollins led a live and interactive kitchen producing healthy, tasty, quick meals on a student budget such as Thai green curry and also yoghurt muffins! Chopping onions next to Jamie Stevenson was pretty inspirational.

Since then, I have attended many of these weekends across the UK including the Lake District, Surrey and Cannock Chase with different themes for each weekend. We normally have a camp at the beginning of each new phase of training: general preparation, specific preparation, pre competition and competition and this sets us up for our next block of training and reminds us what we need to focus on. There is good quality training on offer, planned by past and present top GB athletes and coaches, alongside some indoor sessions based on theory.

With running being my stronger side to orienteering, (my navigation is improving!) whenever we learn about new sessions like tempo runs, different hill reps and the pace each session should be, I've been quite eager to fit it all in and ended up going overboard and injuring myself by doing too much! From this I've learnt that recovery is important (meaning extra sleep and more rest days... hard life!) and it's taken me a while to convert into a more self-aware athlete. Kim Baxter, the squad's physio guru, has helped me through many injuries giving me stretches and strength exercises to do, and it's really useful to be able to email her anytime about whatever niggles I have. I think strength and conditioning is the hardest bit of training to get motivated for because it just incorporates getting on the floor and moving about



a bit in a specific way - it can get a bit boring really! I know my running form has improved though and having that core strength makes it feel like you have a helium balloon pulling you up as you run so you can glide across the undergrowth or tussocks and remain stable.

In terms of navigation, there's always a decent amount of technical training and sometimes we're encouraged to try out new methods such as PDP (Plan, Direction, Picture) which may sound like jibberish, apologies! I used this at EYOC 2013, but when discussing my sprint race with Paul Murgatroyd, we figured out that what I was missing is a full plan for every control. The next day, I almost had a great run! Paul isn't my personal coach (that would be Mark Saunders who has been invaluable) but all the support and advice that the coaches and peers that I have in the TDS, as well as tips from the Elite athletes, can be very beneficial. One of the best things about orienteering is how everybody is willing to share their learning and training unlike in many other sports where it can be over competitive and secretive.

Despite having to decline a lot of weekends with my 'normal friends' and juggle my school work about to fit it in and catch up from missed lessons, and deal with very long train journeys from the west Wales coast, being in the Talent Development Squad is really motivational. I'm glad I've had this opportunity which will hopefully lead on to greater successes in the future!

Megan Carter-Davies

Megan studying her map at EYOC



A DAY IN THE LIFE OF ELITE DEVELOPMENT SQUAD MEMBER

HECTOR HAINES

0830am: Two hours into my day I'm sat at my desk eating porridge. One training session down, I'm feeling good and really enjoying the hot, sweet oats that fill my stomach. At my desk, I've powered up my machine, with its WOC 2014 maps for desktop backgrounds. On the partitions around my desk I have hard copies of various important and significant maps pinned up. Then I get down to work. I like to view work as rest between my training. Sitting at a desk is pretty good recovery, but I do tend to get tight. Colleagues take breaks to make coffee - I take a break to stretch, or eat, or often both. After breakfast I brush my teeth while standing on one leg with my eyes closed. Lunchtime sees me planning my next big race, looking at flights, booking cars, accommodation and filling in my training diary.



Hector competing at WOC

8.5-9 hours sleep a night. Sleeping is another favourite part of my day.

Then I wake up and it starts all over again.

After the weekly grind, I always look forward to the weekend. More often than not this involves a training camp of some type, usually in Speyside and Moray. Training at the weekend consists of 2-3 orienteering sessions per day. I like to choose one session to run hard then focus technique on the others. Its physical, but actually quite relaxing.

Living this kind of lifestyle can be quite difficult - it requires massive dedication. Leaving the flat before 7am and not getting back until 8.30pm some days can be tough. Its not for everyone, but for me its a way of life, and my competitiveness helps me through.

You have to take the downs with the ups, but at the end of the day, the rewards are great. I've been on some fantastic training camps, visited loads of different countries and have made some great friends along the way. Finally, I am still learning and improving, which in itself is really motivating. Onwards and upwards!

Other days I would normally be out running - it takes me 10mins to get to Arthurs Seat, and less to Inverleith Park. But not today, because tonight is my Pentlands long run. 100+ minutes in the dark solitude of the Pentland hills, often in rain and wind, or worse - though this winter has been surprising kind so far. I'll take a map out with me if I'm on my own (usually a WOC relevant map), or I'll enjoy the company of friends. Some days it can be tough to drag myself out especially in winter. But I always remind myself of the end goal - the dream. So I go. I finish my Pentlands run, get in the car and head home. Usually there are some good leftovers to eat from the night before, and I finish these up, do a bit of stretching then head to bed. Despite the early mornings, I usually try to average around

Performance Squad (5 athletes) - is focused on preparing athletes to deliver medals and Top-10 performances over the next one to three World Orienteering Championships. The 2014 squad is:

- Men - Scott Fraser, Graham Gristwood and Murray Strain.
- Women - Tessa Hill and Claire Ward.

You can read about some of training camps that the athletes have attended so far this year in this edition of Focus magazine.

Representing your country is extremely exciting but it takes a lot of hard work and sacrifice to become an Elite orienteer. Ozone spoke to Elite Development Squad athlete Hector Haines and Talent Development Squad athlete Megan Carter-Davies to learn more about their experiences.

Jones, Harriet Lawson, Rhona McMillan, Tamsin Moran, Katie Reynolds.

- Women 16 - Hannah Cleary Hughes, Helen Ockenden, Jennifer Ricketts and Alice Rigby.

Elite Development Squad (21 athletes) - is focused on preparing athletes to deliver Top-20 performances at the World Orienteering Championships in two to five years time. The 2014 squad is:

- Men - Peter Bray, Jonathan Crickmore, William Gardner, Hector Haines, Peter Hodgkinson, Kristian Jones, Alasdair McLeod, Mark Nixon, David Schorah, Christopher Smithard, Matthew Speake, Ralph Street and Douglas Tullie.
- Women - Lucy Butt, Anne Edwards, Rebecca Harding, Zoe Harding, Hollie Orr, Helen Palmer, Catherine Taylor and Charlotte Watson

Talent Development Squad (33 athletes) - is the entry point for athletes on to British Orienteering's Talent and Performance Pathway and athletes are expected to confirm that they possess the required foundation of sport-specific skills and then progress to in-depth specialisation. The 2014 squad is:

- Men 17-20 - Ciaran Allen, Dane Blomquist, Matthew Elkington, Christopher Galloway, Ben Maliphant, Alex McCann, Adam Potter, William Rigg, Aidan Smith, Oliver Williams and Joe Woodley.
- Men 16 - Andrew Barr, Alexander Chepelin, Matthew Galloway, Alistair Masson, Harrison McCartney, Tim Morgan, Daniel Stansfield, Thomas Wilson and Callum White.
- Women 17-20 - Natalie Beadle, Megan Carter-Davies, Julie Emmerson, Florence Haines, Sarah

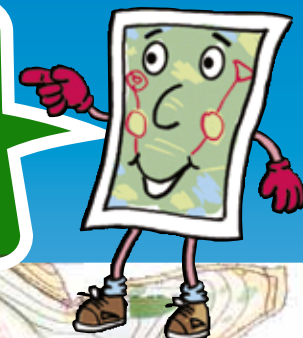
WANT TO ORIENTEER FOR GREAT BRITAIN?

Orienteering is a great sport to take part in whether at school, with your family or with your club. Lots of orienteers love taking part in the sport for fun but some people will have the talent and aspiration to represent Great Britain. British Orienteering runs a nationally managed programme to develop our rising stars with the aim of producing future World Champions. The Programme has three squads that athletes move through as they develop.

ORIENTEERING GAMES & TIPS

Millie Map asks...

How do I use my compass to check that my map is the right way round?



Charlie Control says,

Just make sure that the red end of the compass needle is pointing the same way as the North line of your map.



WORDSEARCH

A	E	H	S	Z	G	V	M	N	L
S	W	C	T	R	K	P	I	A	O
O	Q	O	D	R	I	F	W	R	P
B	R	M	Y	N	O	J	L	I	L
F	U	P	Y	K	V	N	O	W	E
T	R	A	T	S	L	M	R	K	Y
J	H	S	I	N	I	F	T	G	E
J	M	S	V	C	R	X	N	T	S
R	Q	Z	N	E	C	Z	O	Y	A
O	Z	D	U	G	F	H	C	V	D

Find the 6 words located in the grid and cross them off the list below:

Start
Control
Finish
Map
Compass
North

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.
- Avoid making friends online with strangers.

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



JUNIOR PROFILE:

Callum White



Age: 18

Club: INVOC

**Age started
orienteering?**

10 to 11

**Do your parents
orienteer?**

A little bit, now and again. They started at the same time.

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

I started orienteering as an activity during the school holidays near Gairloch. I enjoyed it so they sent me on to the local club, INVOC, and it started from there, looking for pictures of animals in the woods.

**What do you enjoy
about orienteering?**

The combination of the physical and mental challenge. I also like travelling to and seeing new places that you would not normally see.

**Do you have a
coach?**

Yes, Elizabeth Furness

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

Elizabeth keeps a check on what I am doing and ensures that my training is right for me. She also gives me ideas for training sessions and competition goals.

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

Roseisle. I like the forested sand dunes and Culbin (my second favourite) is just a bit too common.

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

Physical sessions that I do are mainly on road. My favourite session is short hill reps on a steep hill. Technical sessions have helped my navigation skills develop in particularly my compass work.

**What is your best
result?**

EYOC relay 6th place with Andrew Barr and Daniel Stansfield (below)



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

Train hard but adjusting your training around the bigger competitions is key. Get a coach to help you if you do not have one already and look at the races that you will need to go to in order to be selected.

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

I enjoy doing other sports like badminton. I like reading, board games and making a mess attempting to cook.

