



Issue 2 - Summer 2007

FOR JUNIOR ORIENTEERS



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JK2007

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FCC

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JK Festival of Orienteering

The Benham's are a keen orienteering family and members of Sarum Orienteering club. Below we follow Emily, Jack and Lucy through their weekend at the JK.

Lucy Benham

Emily Benham



Day One – JK Sprint Race with Emily.

The South West Junior Squad and the Welsh Junior Squad were given the task or co-ordinating the JK sprint race at the University of the West of England at the Frenchay campus. My dad was asked to lead a team of people to manage the starts, so naturally I was roped in!

I've often thought that if you have a late start at a big event, when you stand on the start line the start official, who tells you to punch and which side the maps are on, always sounds bored and robotic as if they have been saying the same spiel for years. I was given the job of telling the starters to remember to punch the start and pick up one map.....as if people would take more! But I said what I was told to say not wanting to make a mess of the event. I did the first hour of starts and the last hour. The hour in between I was preparing to race and then racing. Stood on the start line, I couldn't help but laugh as being told to pick up one map sounded rather ridiculous!

The race was my 3rd sprint event, so I am still learning the techniques required to have a successful run. I never seem to be able to judge my speed correctly and try to push myself to run too fast, so I make mistakes. Friday proved no exception! I ran the women's open course which was 2.5km. The first half of the course passed without much incident other than misreading the map and having to double back. The long leg caused me the most trouble, where reading the map on the run, planning ahead and sprinting proved to be an unwise combination at that time. I misread the map and ran down a dead end, expecting an underpass (which was above me) and some stairs beyond it. They were both there, just not where I thought! Returning along the alley, up some stairs and along the path at the top cost me 50secs plus, a mistake that causes you to drop tens of places in a

sprint race. Still the rest of the course went well, although the final uphill run in was a killer!!

So now to the most important part; what did I learn and how can I improve in the future? Running down dead ends is not wise; it costs you time and energy, and more importantly, places. It's always worth in sprint races, looking well ahead, not only will this improve your running style and posture but you may also see problems ahead before you meet them and become stuck. The most important thing on the map is the thick black lines and buildings. If you see a route with a thick line in the way, you won't be able to cross it, and you are likely to lose time here. Avoid complex building areas where possible as the chances of you getting confused are high. To improve, as my grandfather always says.....practice, practice, practice.

Day Two – JK Individual Races with Jack.

JK Day two was about to begin and unfortunately I had a late start but as my parents had an early start I had plenty of time to calm my nerves. Every single second I couldn't stop thinking about the course. I didn't know how to stop being nervous so I got my ipod out of the car and started to listen to "don't stop me now" by Queen and "monster" by the Automatic. I decided to go up to the finish and I saw the first finisher coming in and realised it was Harry Butt who is in my club. I watched him sprint in to the finish and as I was about to turn away I saw that Harry's sister Lucy was also rushing from the forest into the finish. As I wandered back to the club tent I saw Harry and Lucy come back to our tent discussing their courses and split times into the finish. When it was my time to start I got a lift with one of my club members to the start, I was still quite nervous, but I controlled it. I went to warm up and got ready for my run.

As the beeps went 5, 4, 3, 2, 1, I got ready to run to my map, then the long beep went and I sprinted off, had a look at the map and raced an elite



Jack Benham

towards my first control - as you would expect he beat me to it but I tried my best! On my second control I found I had to jump over a river and into the brambles and up a bank with loads of brushings, it did hurt but I still carried on racing against the time. (I stopped racing the elite as he ran away from me!)

As the time went by, I suddenly had the tune "don't stop me now" by Queen in my head, so I smiled and I ran even faster. Soon afterwards I found myself at the finish control. I was so tired from the hills that I

thought I couldn't run any more but I found one extra boost of energy, that I used to sprint into the finish. I collapsed onto the floor, I was so pleased that I had reached the finish. I was pleased with my time as I was within 6 minutes of Jonathon Crickmore who was the leader and I was currently in 3rd place.

I now had a tense thirty minutes wait for the rest of the runners to come in. I went for a 10 minute warm down so I would have a good run on Day 3 of the JK. When I was on my warm down I was thinking it would be great if I could stay in 3rd place, and luckily I did.

Day Four – JK Relays with Lucy.

All of us know that orienteering in the rain is not quite the same as orienteering in the sunshine... so lucky for us, all the JK days were good and sunny! Caerwent, a disused army camp between Chepstow and Newport (Gwent), made a perfect setting for a good relay day. The fast undulating open grassland with thick bramble, large banks partly surrounding redundant ammunition bunkers, disused buildings and detailed woodland, was the fantastic venue.

I really enjoy the atmosphere of the relays, it brings clubs together and creates a strong team spirit and it's enjoyable to cheer other teams on from within my own club (Sarum). However, the pressure of not letting your team down, especially if you know it has potential, tends to make me nervous as I see myself as the weaker runner in the team.

Julia Blomquist, Lucy Butt and I made up one of the W48- teams. Julia ran first and hoped to finish with a top place; with a course length of 3.5km we expected her back in approximately 25 minutes. Lucy wanted to be prepared and entered the waiting pen 10 minutes after Julia had started, Julia came back in 2nd with a time of 24:18, closely followed by Chloe Haines, of AIREstyle (our main competitor) who would change over to Florence Haines, a friend and

competitor of Lucy. Lucy ran off for the middle leg and I prepared myself for another fast run.

I soon entered the waiting pen and then watched for Lucy going through the spectator control. As I waited for the change over, I heard announced on the PA system that the gap between Lucy and Florence was only 2 seconds. This now meant I had direct competition against Victoria Stevens (who is normally a competitor of my older sister and was 2nd overall on the W18L the previous day). I knew I didn't stand a chance but the best thing I could do was get my course right, keep running and stay focused, and that is what I did. In the end we came second to AIREstyle. We were all really pleased.

I hadn't ever orienteered on a place like Caerwent before and it was so different from other places in the Forest of Dean where I often orienteer. The disused railway (and train!) was an interesting feature to run over and I certainly had not done so before. Overall, the whole weekend was fantastic and really fun.



British Orienteering Championships, 2007.

By Katrin Harding, SROC

Both the individual and relay events at the British Champs were held in South Wales, on an area of open hillside and old mining works called Pwll Du. The map showed rough fell that covered all of the area, with many spots of highly detailed contours. There was a sparse network of very complex paths, with ditches, marshes, ruined walls, slag heaps and ponds making up the only other features... apart from the contours. For all the people on TD5 courses, so everyone except the M/W14-, there was very little path running, making it hard work as people tried to battle their way through tussocky grass, bilberry bushes and heather for most of their run, making the area physically tough and technically difficult.



The assembly area was in a fenced field basically on the competition area. When we arrived, there were lots of club tents, banners and people, all enjoying the sunshine. This was really great as you could see people on parts of the area from the comfort of the club tent! The individual day was very hot and sunny. This made it quite hard to run, as all the area was open and there was no shade to be had anywhere. The non-existent breeze didn't help much either!

Despite the heat, once you got going, past the initial "Oh dear, why did I think I could do this, I can't run to save my life" stage (well, I don't know if this was the case for everyone, but it certainly was for me), it became quite enjoyable. It was a bit of a challenge to pick up a lot of the map detail on the run, especially if you were trying to read it while going over some rough tussocks. I had to make the decision whether to slow right down and get a closer look at the map, or continue running and hope that I got to the right place. Speeds were fairly fast, despite the rough terrain, with the winning elites running at around 6 minutes per kilometre.

The day of the relays dawned (not quite so) bright and early, with some fairly high winds and occasional rain showers. The mini relays kick-started the day, with the M/W12-'s racing about the fell. As some of the same area was used on the Individual day, there were quite a lot of elephant tracks around the fell that made the already fast terrain even quicker.

Standing at the northern side of the assembly area, you could see the competitors coming in a steady stream down from the hillside and towards the spectator control. The loudspeaker system was a great help as, with so many people on the sixteen different relay categories, it made realising who was who and where your team was easy!

In our relay team, running in the W14 category, Zoe Harding came back from first leg five minutes down on the leader, Jenny Evans running for NOC. When our second leg, Kira Browne, came back in first place, I was definitely feeling the pressure not to muck it all up! Not to fear however, when I was running into the finish it was to hear that we were still in the lead, and our club, SROC, had won one of its first relays for a while. Just after finishing, however, I heard that the Junior Ad Hoc team, of Matthew Nash, Ben Selby and Christopher Nash had also won their relay by a very close three seconds.

It was really great to be taking part in a different form of orienteering, and I would definitely recommend it to anyone who hasn't tried it. One of the great things about the British Champs, is that there are people at the event of all different ages, from all over the country, and it is a great chance to meet up with old friends or make new ones.



South Ribble's winning relay teams

International School Sport Federation Orienteering Championships 2008



2006 England Team

The next championships in 2008 will take place in Edinburgh from the 20th – 27th April. If you would like to try for a place in the England team keep reading for the selection criteria. For selection to the Scottish or Northern Ireland teams please contact the relevant association.

General

1. A maximum of 8 teams will be selected: School and Select teams in each of the 4 categories: Older Boys, Older Girls, Younger Boys and Younger Girls. There are a maximum of 5 places in each team.
2. For the Older categories, students must have been born in 1991 or 1992, i.e. be M/W16s at the time of the qualifying events. For the Younger categories, students must be born in 1993 or 1994, i.e. be M/W14s at the time of the qualifying events.
3. Selection will be based on two events: the British Schools Orienteering Championships (BSOC), and a Special Qualification Event (SQE), to be held the day before the BSOC.
4. Whilst the BSOC will be run in school years (as usual), the Day 1 Special Qualification Event will be run in the appropriate classes, i.e. M16, W16, M14, W14. Students participating must be the correct age for that category. In particular, students must not run up (M/W12s are not eligible to compete).

All schools wishing to be considered for School team selection and individuals for Select teams must compete in both qualifying events. If a pupil is unable to compete in one or both, the selectors (admin) must receive a written explanation by Friday 16th November, otherwise the individual concerned cannot be considered. If any reason for non-competing occurs during the weekend the selectors (admin) must be informed before Wednesday 21st November.

Owing to International School Sports Federation rules, all school teams and select team members will be from schools situated in England or Wales. If students from a Welsh school are selected, their selection will have to be verified by the National Council for School Sport before it can be confirmed. (Scottish and Northern Irish teams are the responsibility of Scottish and Irish Associations).

School teams

1. All schools must be BSOA members on the final closing date for entries to BSOC/SQE and at the time of the International Championships.
2. Selection for school teams will be based on the BSOC/SQE events.

3. For a school to be considered for selection, it must compete in both events.
4. Once a school is selected for a 'School' place, the selection of its team members will be at the discretion of the school concerned.

Select teams

1. A Select team can only be selected if a school team is selected for the International Championships in the same category.
2. All team members must be from schools which are BSOA member schools on the closing date for BSOC / SQE, and at the time of the International Championships.
3. Selection for select teams will be based on the two qualifying races. Other form may be considered, but will only be used where selectors feel unable to make a decision based on the qualifying races. If so, only the Aire National event on the 15th September and the Regional event on the 4th November in the New Forest will be used.
4. Priority for selection will be given to students from schools that enter a complete team or teams (age class or whole school) at the BSOC. These teams need not be in the category in which the individual themselves, who is trying for selection is competing. The selectors reserve the right to see proof that any team member has completed three local events prior to BSOC at the required level. Priority means that a minimum of three places in each select team is guaranteed to schools with teams and that in the case where selectors are unable to differentiate between students based solely on the two selection races, they will look at whether the students are from schools with teams before looking at all known form.

Please note that this is not a British Orienteering team, and funding is the responsibility of the schools or the individual teams' members, although many have been able to obtain help to meet the costs in the past. All areas for the competition weekend are now out of bounds, except during your individual runs.

The selectors are Pauline Olivand (Admin), Ben Chesters and Carol Farrington. The team will be announced on the BSOA web site on Tuesday 27th November.

Future Champions Cup

The weekend of the 21/22 April saw the FCC Final come to the West Midlands. The Final consists of a middle race on the Saturday followed by a long race on Sunday. Juniors from all extremes of the country came to compete at Cannock Chase and Bentley Woods.

The middle race tested navigational skills to a maximum with many short tricky legs in complex areas of the woods, where small errors can be costly with winning times just below 28 minutes. The race commentary was good for spectators and competitors alike and gave the day a good atmosphere. With the 20s and 18s combined, there was little separating the fields and it was all to play for going into the long race.

Bentley Woods proved to be a physical and technical challenge whilst also being a beautifully runnable forest and we were blessed with sunny weather. The spectator control, visible from the finish area, along with commentary proved exciting, giving an idea of how each athlete was performing. There was also a leader board at the finish, showing combined race times for the overall results. It was after the spectator control, with 1-2km to go, that it became really tough to keep focussed on navigation as most people were starting to get very tired having run about 7km (girls) or 10km (boys) with final distances being 8.1km and 12.1km respectively. The races saw two impressive wins from Rebecca Roberts and Duncan Coombes, who both won the combined weekend title in their final year as juniors.

Jo Halliday



Results:

FCC Champions:

- | | |
|-----|----------------|
| 1st | Duncan Coombes |
| 2nd | Joe Mercer |
| 3rd | John Rocke |

- | | |
|-----|-----------------|
| 1st | Rebecca Roberts |
| 2nd | Anne Edwards |
| 3rd | Hollie Orr |

Age Class Results:

M18: 1st Hector Haines; 2nd Ralph Street; 3rd Alasdair McLeod
 W18: 1st Anne Edwards; 2nd Hazel Wright; 3rd Hollie Orr
 M20: 1st Duncan Coombes; 2nd Joe Mercer; 3rd John Rocke
 W20: 1st Rebecca Roberts; 2nd Tessa Hill; 3rd Jessica Halliday

Club Shield:

1st: AIRE 2nd: OD 3rd: DEE

University Shield Results:

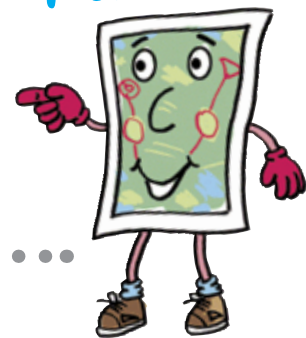
1st Edinburgh University 2nd Sheffield University

Where's Jamie?

Jamie Stevenson wasn't officially at JK07, but was he hiding in the crowd?
Can you find him?

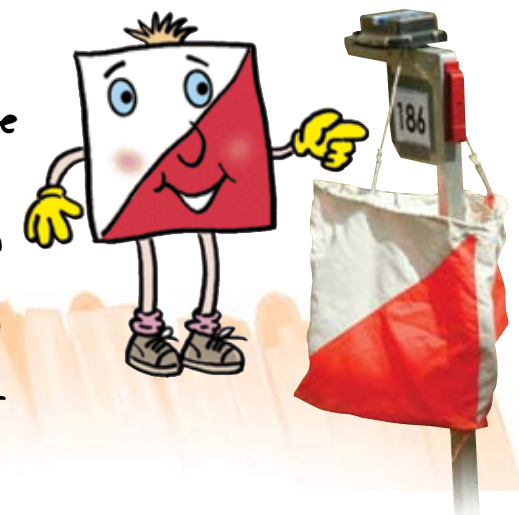


millie map Asks...
How do I know when I am at the correct control?



Clive Control Says...
By checking your control description sheet

Whenever you reach a control you always need to check that the code on your control description sheet matches the code on the control and also that the control is on the correct feature. You will then know for sure that you have punched correctly.



News

British Schools Orienteering Championships – Dorset - 17th/18th November 2007 (Organised by SARUM and WIM and assisted by WSX)

On Saturday two events are being organised in the Wareham Forest area. The first is a training event at Cold Harbour for the majority of school children in preparation for the Sunday event. Courses from White to Green will be on offer. The second is a selection race at Gore Heath (now embargoed) to choose the teams for the World Schools in 2008 – the two age groups are M/W14 and M/W16.

On Sunday the main Championships is being held at Bovington. The event area is Crane's Moor which is a new area. It promises to be a fantastic weekend of Orienteering in the stunning Dorset Countryside. Further information can be found at www.bsoa.org.uk

*Chris Branford
Coordinator British Schools Orienteering
Championships 2007*

Junior Profile: **Anne Edwards** **Age 17**

Club: TVOC

Age started orienteering:

Well, if you don't count string courses (up to age about 10!) then at about 11

Do your parents orienteer?

Yes

Why/Where did you start orienteering?

Because my parents did it; at first I hated it, but I enjoyed it as soon as I moved up from yellow to orange, because of the technical challenge.

What do you enjoy about orienteering?

Pretty much everything – the fact that it's exercise, the navigation, and the international competition atmosphere, but most of all the people, and going on tour with everyone.

Do you have a coach?

Yes

If so, how has this helped you?

It's really useful to have someone with more experience to discuss training with, and also to talk about mental preparation before races.

Where is your favourite place to orienteer?

Slovakia, where the World Schools was last year, is lovely and runnable and really pretty.

What kind of training do you do?

Something most days, including cycling, intervals, long(ish!) runs, hill reps, and orienteering races. But I always have at least one rest day each week.

What is your best result?

2nd at the Spring Cup, and winning the D18 relay with Emily Benham and Hollie Orr.



What advice would you give to people wanting to get into the GB Squad? It is possible! Plan your training, have easier days before big competitions, and find out how you best approach competitions mentally.

What do you enjoy doing outside of orienteering? Reading, sleeping, baking, and talking to friends.