

Ozone

Issue 6 - Summer 2008

More People, More Places, More Podiums (MP3)

FOR JUNIOR ORIENTEERS



Photo by Robert Lines

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www.britishorienteering.org.uk/ozone

JK Festival of Orienteering

Report by Doug Tullie ~ Photos by Digisport

With Easter upon us early this year the JK was brought right to the front of the 2008 racing calendar. Unfortunately it did not come alone and orienteers from Britain and abroad not only had to contend with the navigational challenges of their courses but also some horrible British weather. Raincoats, Gloves and Wellies were definitely the order of the day at the JK 2008!

Sprint Event

After last years success the traditional three day event was again extended to include a Sprint race on Friday. The venue was the University of Surrey in Guildford, and with its complex arrangement of building, stairs and passageways provided a tough test of a competitors ability to navigate at high speed. While sometimes seen as 'easy' orienteering this Sprint was in fact the opposite, with courses demanding the orienteer's full attention or vital seconds could be lost at every turn. 'I got confused' and 'ran the wrong way' were common phrases that could be heard around the assembly field after the race! On course 9 (M/W 10) Louise Adams of SYO proved that an error free run was the key to success finishing ahead of all but one of the boys, William Louth, who stormed round in an impressive 7.01. Further up the age classes some other juniors who grasped the concept of orienteering at high speed well were Patrick Ryan, Jonathon Crickmore and Kirsty Coombs, all achieving clear age group victories.

For the Junior Elites (M/W 18/20) they not only got the chance to cheer their favourite Senior athletes through the spectator control but actually compete against them! This was a great opportunity for Great Britain's top juniors to test themselves against the best Sprint orienteers in the World. The boys getting the chance to line up against GB sprint experts Scott Fraser and Graham Gristwood and Swiss flyer Daniel Hubmann, while the girls were rubbing shoulders with top sprinters Sarah Rollins and Helen Bridle.

In the men's race Gold medal winner was the Welsh speed merchant Kristian Jones who had a great run to finish in the mix with the senior athletes and beat a few familiar faces! Hollie Orr showed her experience by coping with the pressure to finish in 18th position and 3rd W20. Hollie commented 'I knew that this was the first race of the season and winter training had gone well so I hoped to show my form with a good performance. Although the result was good I was not altogether happy with my race. I went off a bit too fast and lost a minute on the first control.....The race helped highlight my lack of sprint experience and showed many things I need to work on, but all in all I really enjoyed it and it was great fun!'

Middle Event

After Friday's speedy warm up to the weekend, the JK moved to the scene of the 2005 World Cup Middle race, Leith Hill, and gave competitors a chance to follow in the footsteps of the King of Middle distance Thierry Geourgiou!

Leith Hill is an area of woodland that has sections of very complex contour detail, meaning orienteers needed to be able to run fast but also know when to change pace and not get caught out in the tricky parts of the area.

As with the Sprint, M/W 18-20E had the chance to race against the seniors. The boys had to compete with the likes of JWOC Gold medallist Olav Lundanes and top elite competitor Jon Duncan, while the girls had to contend with Mhairi Mackenzie and Elise Egseth, both across from Norway and looking to go back with the top prize. Top British juniors on the day were Douglas Tullie and Hazel Wright overall finishing 10th and 12th on the course and proved that over the shorter distance it is possible to mix it with the Seniors! However it was the Scandinavian pair of Erik Sagvolden and Beata Falk who took Gold and pushed Douglas and Hazel into 2nd position. Possibly some names to look out for at JWOC 2008 in Sweden this July!

John Rocke, continued his close battle with fellow Junior Squad member Rhodri Buffet to finish fourth, showing that good preparation pays off, "I had read Thierry Gueorgiou's analysis of his world cup race on Leith Hill before the race. Thierry put a lot of emphasis on getting your head up and looking for thickets (or green stains as he called them) so that you could ignore most detail on the map. This helped for a lot of the controls in intricate areas with thickets, unfortunately not all controls had thickets nearby!"

In the younger age classes other interesting battles were emerging that would set up an interesting finale the following day. On M16 Duncan Birtwistle, Jonathon Crickmore and Jamie Stevenson filled the top three spots, after mistakes from each on the course meant

that there was little to separate them at the finish. On M12A the competition was even closer with Alexander Chepelin, Tim Morgan and Nicholas Jarvis all finishing within 30seconds of each other and only Sprint champ Patrick Ryan able to edge slightly ahead to finish 1st. Charlotte Watson's result on W16 was another that caught the eye, she flew round the course at a pace of 6.9m/km, a speed comparable to that of the top athletes on W21E!

On Sunday the weather continued to be a pain, as competitors were greeted by snow showers that kept the majority of the spectators inside their tents or huddled in cars. However it failed to dampen the spirit of the orienteers, or commentary team who seemed pretty cheerful inside their van and kept everyone amused and up to date on the days action.

Long Event

Ashdown Forest was the venue for the long event, an area made up mainly of lovely open forest with sections of rough open, with a track network that allowed for some good route choice options. For the M/W20E the finale of the individual races consisted 12.0km for the boys and 8.0km for the girls, both with winning times of around the hour mark and providing a tough physical challenge on a technically



Erik Sagvolden
M20E winner

Beata Falk >>

easy area. Unfortunately from a British perspective both classes were won by foreign athletes, with the Scandinavian pair Erik Sagvolden and Beata Falk clinching the titles, both building on their previous days lead. Douglas Tullie finished a close second on M20E, after two solid runs brought him within 90s of Gold, and John Rocke overcame a 35s deficit to edge fellow Junior Squad member Rhodri Buffet into 4th place. In the girls class the fight for Gold was not so close with Beata proving too strong for her rivals, winning by an impressive 7 minutes overall. Hanna Haugen Nordbrøden, from the Norwegian club Halden took silver while Hollie Orr came back, after a poor run by her standards in the middle race, to clinch bronze. In both classes it was impressive to see such close competition throughout the field and some younger juniors showing the 20's that all will be to play for later in the season.

In M/W 16 there were clear victories for Duncan Batiste (CLARO) and Charlotte Watson (WCOC), while by contrast W14A went down to the wire with Florence Haines just holding onto the lead, Zoe Harding finishing just 12s behind to take Silver.

A highlight for me was at the prize giving, where the podium was extended to 6 for the younger junior classes with all receiving some sort of memento.

Relay Events

After three tough races, competitors were required to put in one final effort, the only difference would be that it was a team effort that was required as Monday was Relay day!

Octavian Droobers proved themselves to be a super junior club by clinching both the Mini Relay (M/W12-) and the Junior Relay (M/W40-). In the Mini Relay it was the OD sharks who were incredible, the team of Alistair Gardner, Penny Oliver and Julie Emmerson finished clear of SOC Supersaints in second and MDOC Incredibles in third. In the Junior Relay the OD Hurricanes simply blew the competition away, an excellent team effort from Matthew Elkington, Harrison McCartney and William Gardner was enough to claim Gold ahead of GRAMPKids in second and SYO17 completed the podium. SYO should get their thinking caps on for a better team name next year.)

Once again, despite some horrendous March weather, the JK was an excellent event, with challenging junior courses creating a great weekend of racing. Many thanks to the organisers and volunteers who made it happen.



British Championships Junior Round Up

Report by Hector Haines
Photos by Chris & Simon Branford

For those of you reading this article that didn't make the trip to the North of Scotland for the 2008 British Championships, I hope this will serve as a good replacement. For those that did, let it be a fond reminder of the immense fun and excitement that unfolded on the 18th and 19th of April. In any case I would advise both parties to find themselves comfy seats – with arm rests and foot stools, no less – and also to enjoy a cool beverage, as the action unfolds.

This year, with the Championships being in Culbin Forest, near Inverness many made the journey northwards a few days early and enjoyed the weather and the local sights. The morning of the race though, all was not well as up and down the Moray Firth as there were reports coming in about strangely clad persons, often in 'tracksters'. At the Nairn Caravan site, people had been diagnosed with acute 'Lycra Syndrome', which has symptoms including severe headaches and dizziness. The syndrome was long thought by experts to have disappeared shortly after the garishly patterned lycra fashion.

So, the much anticipated Championships began. Many found the courses challenging, but some were able to compete well, fulfil their potential and walk away with

the Gold medals around their necks. Alexander Chepelin, winner of the M12, said that his race was very good and that his next big aim is the O-ringen this year. Thomas Louth, M14 winner was very pleased to come away with the title saying, 'It has been good to win here today and beat my rivals! Winning feels great!'

Jenny Thornton had this to say after her winning run on the W20E, 'I was really happy with my race today, I just focused on my own orienteering and never really thought about the result. Being an underdog didn't really affect me.' When asked about her aim's and if she plans on trying for the JWOC team she smiles, 'Yes perhaps... I have my A-levels to focus on too though. JWOC is definitely a big long term aim of mine.'

RESULTS:

W20E (12) 7.4 km 185 m 25 C

- 1 Jenny Thornton CLOK 1:02:12
- 2 Hollie Orr EUOC 1:02:58
- 3 Anne Edwards TVOC 1:04:14
- 4 Victoria Stevens AIRE 1:04:37
- 5 Emily Benham SARUM 1:05:09
- 6 Joanna Halliday OD 1:05:58

M20E (20) 11.3 km 270 m 30 C

- 1 Hector Haines EUOC 1:08:04
- 2 Doug Tullie EUOC 1:09:53
- 3 Rhodri Buffett SWOC 1:10:59
- 4 Chris Smithard DEE 1:11:59
- 5 Dave Schorah SHUOC 1:12:42
- 6 Michael Noblett WCOC 1:18:11



BOC Relay



Hector Haines

The following interview is with Alice Butt, winner of the W18:

Alice, great run today! How do you think it went?

"Yes, I think it was good. I made a few small mistakes though and was hesitant in parts."

Yes, I know what you mean. Would you attribute your success today to anything?

"Well...no. I did have porridge for breakfast though."

Oh really? With honey too?

"Yes."

I see. Do you always have porridge before a big race?

"No, sometimes I eat Weetabix, I'm not fussy or superstitious."

Great, well thank you very much Alice.

As you can see, some intriguing responses from some of the Champions. Interestingly, Hector Haines, winner of the M20E, also had porridge for breakfast, and someone was heard to exclaim, "It was the porridge what dunnit!" Quite.

The relays started bright and early. Here is a brief resumé of the days junior results. On the M/W12 relay a really close battle for the top spots developed with only two seconds between 1st place OD and 2nd place locals MOR. OD have previously won this class but this year MOR came from nowhere to take the silver medals. In the M18, NOC were victorious over DEE, reversing the results from last year. NOC also continued their form from last year in the W18, taking the title for the second year in a row. SROC, relative newcomers to the M14, won by a margin of almost 3 minutes and in the W14 MAROC won by over 6 minutes! Fantastic results all round.

Which concludes this years round up of the British Championships – one of this years' premier domestic events which was thoroughly enjoyed by all. With well planned courses and smooth organisation it was certainly an event to enjoy and remember.

Further information is available at www.boc2008.co.uk

ISF World Schools Orienteering Championships 21-27 April 2008 - by Pauline Olivant

Over 90 British athletes competed in the Championships that were held in Edinburgh. In the School team categories there were three teams from Ulverston Victoria High School and one from Nottingham Boys High School representing England. Biggar High School, Aboyne Academy, St Thomas Aquinas Secondary School and Firrhill High were representing Scotland. The remaining athletes were in the select teams and came from schools all over England, Scotland, Wales and Ireland.

The opening ceremony took place on Tuesday and was held in the Scottish Parliament building. The first race taking place on Wednesday was the long event. The highlights were gold medals for Jonathon Crickmore and Charlotte Watson (junior selects) and bronze medals for Finlay Lagan (junior school), Julia Blomquist and Kristian Jones (senior select). Podium places for the top six places were also achieved by Joab Matthews, Alice Leake, Katrin Harding, Kate Farley, Peter Hodgkinson and Lucy Butt. Although non competitive an award was also presented to Aine McCann for the fastest time of the day on junior select.

Thursday was set aside as a cultural day, and a chance to mix on an informal basis with juniors from the other nations. Some of the England team took advantage of this to challenge the New Zealand team to a ten pin bowling match.

Friday saw the middle race with Jonathan, Charlotte and Kristian winning gold medals. Silver medals were won by Julia Blomquist and Thomas Louth (junior select) and bronze medals were won by Zoe Harding (junior select), Peter Hodgkinson and Finlay Lagan. Although outside the medals, Kate, Alice and Lucy once more had a podium place and were joined this time by Jack Wright from Ulverston and Jack Benham and Graham Hemingway from the select teams.

The cultural evening followed and we all had a chance to sample food and

entertainment from the other countries. The Friendship relay the next day then gave everyone the opportunity to compete in a team with athletes from another country. Thomas Louth brought his team home to win first place. This was followed by the traditional kit swapping and it was then difficult to see who belonged to which team!

The final event was the team competition and everyone was delighted when the English junior select team of Charlotte & Rosie Watson, Katrin & Zoe Harding and Lucy Butt won the gold medal pulling back 1min 1sec from the Latvians after the long race. Ulverston Victoria senior girls, the junior school team from Aboyne Academy and the other English select teams all won silver medals. Ulverston junior boys and Nottingham High team finished 5th overall.

Although the event is normally biannual it is moving to 'odd' years and it has now been confirmed that it will be in Spain in 2009.

Full results and photographs are available at www.wsc02008.org.uk



Team Gold

JWOC Preparation

By Gareth Candy, Junior Programme Manager

The wild wintry weather at the JK was a taste of things to come for the British Junior Squad who left for a training camp in Gothenburg directly from the JK relays. The Junior Squad, final year Start Squad athletes, Junior Coach Jason Inman, Junior Manager Gareth Candy and elite helpers Jenny Johnson and Graham Gristwood spent three days training in Gothenburg, preparing for the Junior World Championships, before heading down to Denmark to race at the Spring Cup.

Since all the athletes and coaches were a bit leg weary after a tough weekend of racing at the JK the training camp started off on Tuesday morning with a core stability and strength training session led by Senior Squad member, Graham Gristwood. Graham explained the importance of strength and stability training for injury prevention and improving running efficiency and then showed the squad his standard session. In the afternoon there was a technical session on the Jonsered North training adjacent to the Long Distance and Relay maps. The deep snow made it physically tough and technically challenging, a great start to a tough week.

Wednesday and Thursday were taken up with specific training sessions aimed at preparing for each of the four disciplines at JWOC with relay training at Getryggen, sprint training on the Gothenburg Oringen prologue map, middle distance training at Torslanda and long distance training at Öjersjö. There were also talks on training and preparation for JWOC and other major races, reviews of all the athlete's performances at JK and Graham gave a presentation on specific race preparation.

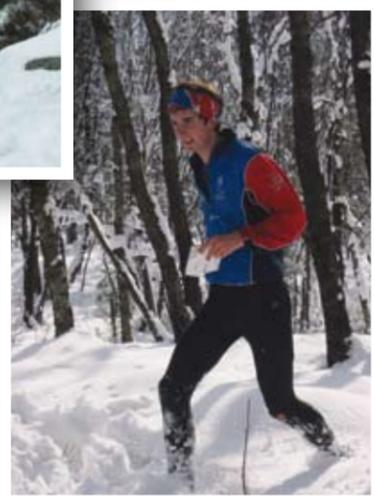
After being put through Graham's core stability session once more on Friday morning the squad cleaned up the hut and said goodbye to snowy Gothenburg and Graham who headed back home, while they headed off for (hopefully) sunny Denmark.

After a long drive broken by a short ferry trip the squad arrived at the Sankt Helene accommodation and moved into their A frame homes for the next two nights. Whilst everyone was tired from JK and tough weeks training the snow had disappeared as we headed south and arrived in Denmark and everybody was looking forward to the opportunity of putting their race plans and strategies into practice. Racing tired was also going to be good practice for the end of the very tough week of racing at JWOC itself.

At the individual race the squad showed how much progress they had made towards becoming consistent performing athletes, with almost everybody limiting their mistakes and having strong results. The highlights were Hollie Orr's 4th place in W20E, Alice Butt's 5th place in W18E, Doug Tullie's 6th place in M20E, Ralph Street's 8th place in M18E and Coach Inman's 2nd place and narrow defeat to the Czech Junior Coach in M40.

After pleasing results in the individual competition the results in the relay were even better. The strategy of all runners having solid consistent runs and letting the other teams make mistakes and drop away paid great dividends. Highlights were the M18 team winning (Ralph Street, David Abrams, Alasdair McLeod), W18 coming second (Hazel Wright, Mairead Roche, Alice Butt) and the M20 team coming 10th in the M21E relay (Rhodri Buffett, John Roche, Doug Tullie, Hector Haines).

Huge efforts were put in throughout the training camp by the Junior staff Jason Inman and Jenny Johnson, and particular credit has to go to them for getting the athletes focused and ready to perform at the Spring Cup after an incredibly tough week of racing and training. Many thanks as well to Graham Gristwood for his efforts and expert advice during the training camp in Gothenburg.

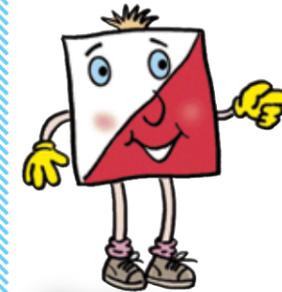


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FACTS and FUN!

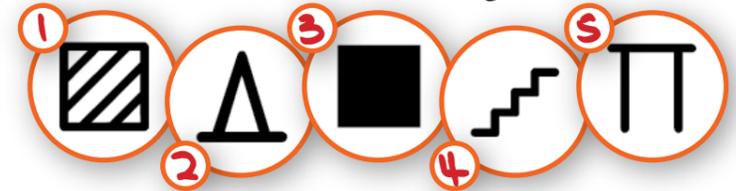
millie map says....

It is hard to find the controls in competitions when you are not sure what the control description symbols mean.



Clive Control asks...

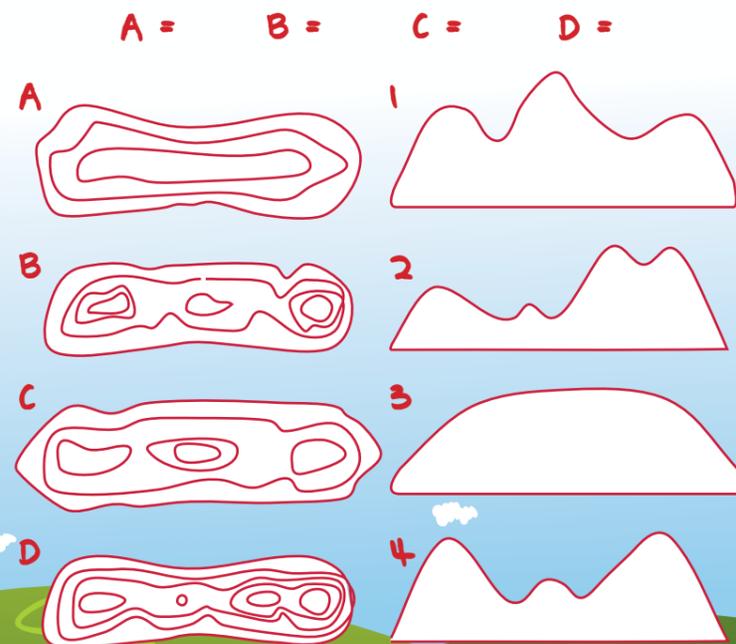
Would you know how to find me if I was located on one of the following control description symbols?...



See Answers Below

Contours

Which of the contour shapes on the left match the profile shapes on the right?



CONTOURS ANSWERS: 1. Paved Area - 2. Monument or Statue
 SYMBOLS ANSWERS: 1. Building - 4. Stairs - 5. Building Pass Through
 A = 3 - B = 4 - C = 1 - D = 2

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News

Orienteering on CBBC Sportsround

Orienteering featured as part of the "Superkids" challenge series on the CBBC programme Sportsround.

Presenters Lizzie and Aidan with the Superkids



The competitors are "Superkids" as they are excellent at the sport they compete at on a regular basis. Over the series Sportsround hopes to find out if boys or girls are better at sport by challenging the "Superkids" to compete against each other in a sport they have never tried. The score going into the orienteering challenge was 5-4 to the girls.

This week Georgia a sailor and Andrew a footballer competed against each other in an orienteering challenge in Whitworth Park, Darley Dale, Derbyshire. Hilary Palmer (NOC) coached the children taking part and planned the course.

Andrew won the challenge and levelled the score at 5-5. Both children really enjoyed orienteering and vowed to try it again.

To watch the orienteering challenge or to find out whether it was boys or girls who won the "Superkids" challenge series then visit www.bbc.co.uk/cbbc

Junior Profile: Hollie Orr

Age: 19

Club: Clyde, EUOC

Age started orienteering:
9

Do your parents orienteer?
Yes

Why/Where did you start orienteering?
Friends introduced my family into it.

What do you enjoy about orienteering?
I enjoy the physical and mental battles you encounter, and pushing your boundaries, but its all fun.

Do you have a coach?
Sarah Hague

Where is your favourite place to orienteer?

Not sure if I have a favourite but of course Scotland, Scandinavia and Australia are amazing. Each area poses its own challenge and that's what makes the sport fun. I am not a fan of brambles though!

What kind of training do you do?
Different running sessions including terrain and hill runs, intervals, circuits, weights and the all important technical training.

What advice would you give to people wanting to get into the GB Squad?
Listen to what people have to say, never stop learning and analyzing, train hard and enjoy it.



What is your best result?
36th, Middle, JWOC 2007

What do you enjoy doing outside of orienteering?
I like doing other sports (tennis, cycling, skiing), I also like to draw, paint, make stuff and generally hang out with friends.

