



Issue 18

FOR JUNIOR ORIENTEERS

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[www.britishorienteering.org.uk/ozone](http://www.britishorienteering.org.uk/ozone)

Cover Photo: Matt Halliday at the British Middle Championships. Photo by Rob Lines



# British Sprint & Middle Distance Championships

Report by Edward Lines M14 (SO) / Photos by Rob Lines

This year's British Sprint Championships were held in Brighton and it was the first time that the elite and age class competitions were combined. As a result, the number of competitors was higher than in previous years with more than 850 runners enjoying a sunny weekend on the south coast.

Last year's M12 winner Edward Lines writes about his experience of this year's competition.

I really enjoyed the Sprint heats and the Brighton University section was my favourite part of the day. It was a brand new map and even though I live in Hove, it was a part of Brighton I had not been to before. It's a new campus and many of the buildings had interesting features that made them really good for orienteering.

On some of the courses there was a major decision to be made almost immediately after the start. This caught out a lot of runners who had to run back after going past a stairwell leading down to the first control.

My favourite part was running up the spiral staircase and it was quite exciting trying not to crash into runners coming down in the opposite direction!



Halfway around the courses was a railway bridge and a tunnel crossing which took competitors back into the Sussex University campus. It felt like a long climb up to the assembly field and this involved negotiating lots of staircases and passageways. The hot weather didn't help. When I finally finished my legs were dead, but luckily there were at least a couple of hours to recover before the finals!

The weather was so warm that I think it made everyone very relaxed in between races. In fact some of the top elite runners were so relaxed that you could see them playing frisbee two or three minutes before call-up.

The planner was Southdowns' Jonathan Crickmore (M18) who may well be the youngest planner of any previous British Championship. He said that he had really enjoyed the role, but that he had worked on the courses pretty much every day since Christmas. Everything seemed to run smoothly and Jonathan got a lot of good feedback with people saying they liked the courses. The Corbie family ran the String Course and also did a good job, even though they had only just joined SO a month before. I know Dan Corbie from school and club night, so I was able to help out a bit with other juniors from the club.

At 2pm the Elite finals started and everyone watched them set off from Assembly. The winners were Murray Strain (INT) and Hollie Orr (EUOC). Peter Hodgkinson and Julia Blomquist were the top M/W20 finishers.

In the younger junior finals there were wins for brothers and sisters in two southern clubs. TVOC's David and Fiona Bunn were the winners of M10 and W12, and BOK's Rachel, Chloe and Adam Potter won W10, W14 and M16. James Ackland (INT) was the winner of M12 by more than a minute, with Alexander Chepelin (GRAMP) taking the M14 title. Sarah Jones (BARRO) won W16 by almost 90 seconds. The M/W18's ran in the Elite classes and the fastest finishers in the Men's classes were Peter Bray and Thomas Louth who finished joint 6th in the B class with a time of 14:02. Zoe Harding (SROC) achieved the success of being the only 18 year old to make it through to an Elite final and finished 15th overall.

Perhaps because it's unusual to have two major events so close to where you live, by the time we got home on the Saturday evening, I had completely forgotten that there was another whole day of competition!

The hot weather continued on Sunday with lots of spectators enjoying the sunshine as the Elite athletes were announced each time they set off from Assembly. Worth Lodge is just to the South East of Crawley and is a relatively flat wooded area crossed by rides and paths. The area was very fast for running and the 2.8km, M14 course was won in 18 minutes by Harrison McCartney.

One of the best bits of the day for me was being able to meet some of the Elite athletes. The winner of W20, Mairead Roche from SYO gave me some tips about having definite attack points and focussing on orienteering carefully to avoid making errors. She said that she planned ahead at least one or two controls so that she knew which way she was going to leave each control. At Worth she had been able to run most legs direct, so it was a case of careful navigation rather than too many route choices.

The overall British Middle Champion Claire Ward from Edinburgh told me that she trained by running to work and back every day. (I tend to run to school most days but that's normally because I'm late!) Claire said that she had felt relaxed going into the race but about half way round she started to realise that she was having a good run and then really had to force herself to keep concentrating so that she wouldn't make any mistakes.

It was another successful day in the junior classes for TVOC's Bunn family with David winning M10 and Fiona winning W12. It was also second gold medals of the weekend for W10 Rachel Potter (BOK) and M12 James Ackland (INT). Harrison McCartney and Aimee Morse made it a clean sweep of M/W14 for OD, with Aiden Smith and Katherine Hall doing the same for SYO at M/W16. Peter Bray (SN) and Florence Haines (AIRE) were the fastest on the M/W18 courses with Mairead Roche (SYO) and Peter Hodgkinson (NOC) fastest on M/W20.

Out of the two days I enjoyed the Sprints the most. It was good to see lots of people come to the event and having Assembly on a playing field meant that you could play football and frisbee between the races!

## Graham Gristwood on recovering from injury, preparing for races, and playing on his XBOX.

It's 3pm on Sunday 10 April 2011. The temperature is 24.5C and the sunshine beating down on Mid-Sussex has felt relentless. With his IPOD Touch set to record mode, Edward Lines (M14) sets off across the assembly field to track down Graham Gristwood, the winner of this year's British Middle Distance Championships. Graham Gristwood is spotted and he's weighed down by an enormous trophy!

**Hello Graham! Did you approach today's race positive that you could win it?**

Normally I would come in to it thinking that I had a really good chance of winning, but I had a bad injury over New Year and hurt my foot pretty badly. It's not been ideal preparation for it, but I was still quite confident that I could get in the top three if I had a good race today.

**Didn't you have a spike in your foot from running in sand dunes?**

That's right. I was down in Spain in January at a training camp and a sharp root went through the bottom of my shoe and 2cm into my foot.

**How does that affect you?... Is it really depressing to be an elite athlete and have that happen?**

To have two months with no running is the longest break that I've had since starting to train when I was about 16 or 17.

**How did you get over it?**

For about two months I was in the gym once or twice a day doing either weight training, circuit training or on the spinning bike. Then I went out to Portugal and did some road biking as well. It was pretty hard to motivate myself at times, but you always have to think about coming back for these British Championship races.

**Are there any positives in having a two month break? Did you come back mentally refreshed?**

Absolutely. I think in many ways it was a really good thing. I'm one of those people who doesn't do a lot or orienteering for about half the year. When I come back into it in the spring then I'm really hungry to do as much orienteering as I can. It meant that my winter break was just that little bit longer. If you are running twice a day it's really hard on the legs so to do some cycling for a while has been really good to let them recover.

**How did you prepare for today's race?**

I've had a fairly easy week without too much training and I've been looking at old maps of the area. I grew up here so I'm familiar with the type of terrain. I've been here before, but not for 5 or 6 years, so I kind of knew what to expect. I've been thinking about the different types of challenges that I was going to face today. I had a good breakfast, a good warm-up and just tried to be confident as I stood on the start line.

**When you look at an old map, what do you actually do with it?**

Well, the first thing that I did was to work out where the start and finish were going to be. I had a look at the final details to see if there was going to be a spectator control, or anything special like running across fields - all the kinds of things that might make a difference, however small. I then looked at the course length, the number of controls and the climb and tried to get an idea of what the planner might do. I planned a course myself - really just to look at the different challenges that could come up. I wanted to know if this is an area which is going to have some big route choices, or an area where you are just going to have to run straight. There are no significant hills here, so it meant that I didn't have to be afraid of just running up the hills - because they're never going to be that long.

**Do you have any tips for an M/W14?**

Don't worry if it goes wrong, just enjoy it and take as many opportunities as you can. If the junior squad is going away make sure you go along too. Just go on all the trips you can and visit all the parts of the country that you can. If you just enjoy it for the next two or three years then you'll be at an age where you can really start thinking about becoming good at it. Hey, what would you rather be doing on a beautiful sunny day than having a nice little run around the forest?

**Haven't you got an XBOX!?**

Well, if you have a nice run, then playing on the XBOX in the evening is a good way to relax. Yes, I have got an XBOX.

**What's your favourite game?**

I've been playing a lot of Fallout New Vegas recently. That's really good. I tend to play a lot of FIFA 11 with the other guys in Sheffield. We have evening FIFA parties - that's pretty popular!

**Thanks Graham.**

Edward Lines Interviews  
Graham Gristwood Graham  
at the Middle Champs





# The JK took place this year in Northern Ireland over Easter weekend.

Ozone magazine caught up with the winning juniors to see what they thought of the JK and their excellent results. *Photos by Rob Lines.*

## Peter Bray won the 18E Sprint Race:

"My JK Sprint race felt really good. I started slowly, getting used to the map and making sure that I was on the right side of the features, keeping my navigation in control. By number 4 my speed had picked up and from there, each control flowed nicely into the next. I was pushing hard and made a few silly errors of overshooting junctions but no real big mistakes; I really enjoyed it and I am really happy with my performance."

## Peter Hodkinson won the M20E Sprint Race:

"The race was split into two parts, the first half being complex, technical racing while the second half was straight forward and fast. Unfortunately the rain which fell during the junior start block made the paving in the first half of the course very slippery. I made some misses and hesitations in the first half and wasn't able to move quickly on the paving, so I came through the spectator control some time down on the leaders but feeling really fresh. The second half was mainly grass so I was able to run really hard and make up some time. I didn't feel like I deserved to win with a rather sloppy performance, but I was pleased nonetheless. The JK is my favourite of the domestic races and I'm looking forward to some top quality terrain in Scotland next year."

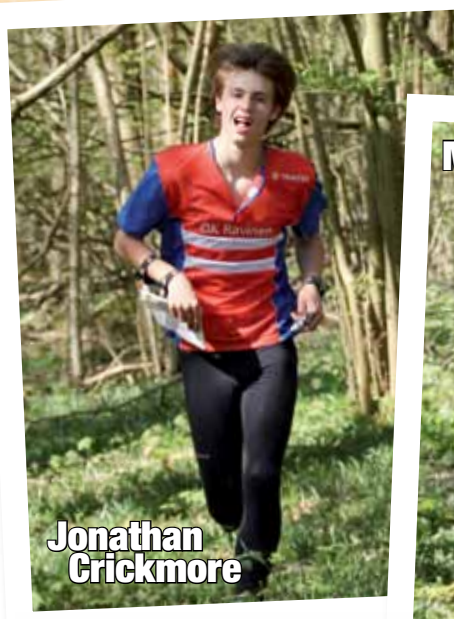
## Jonathan Crickmore won the Overall M18E Title:

"I knew before the JK I was running well, I just had to get the navigation right. Unfortunately in the Sprint and

the Middle I lost fairly large amounts of time in the first 10% of the course. Yet in these two races I managed to hold my nerve and finish the races fairly well. I finished 2nd in the Sprint and then surprisingly I won the Middle by a good time - evidently I wasn't the only one struggling with navigation! The Long race went much better. I really went off hard and had no technical problems until near the end where I started to get very tired and made two minutes of mistakes. Then after an incredible descent to the finish I came home in 2nd place. However, after my results were combined I still won overall, which was a great feeling after not being able to compete last year due to injury."

## Matt Halliday won the Overall M20E Title:

"I think both my Middle and Long distance race victories were down to preparation. I've had an injury-free winter's training which has come as a result of working hard on my strength and resilience, allowing me to increase my volume of training without causing myself problems. That base, combined with a return to orienteering racing with Varsity in the Czech Republic and the British Elites to get me back into a racing mindset seemed to stand me in good stead. On the day I felt relaxed and confident in my own preparation which allowed me to race with a clear head and to concentrate hard on the task in hand. On



Jonathan Crickmore

Mairead Roche



Saturday, I was solid with my technique and made only a few small errors whilst running hard, but holding back when I needed to. Sunday was a case of keeping myself moving on the hills whilst not being complacent with my technique. I did start to make some unnecessary mistakes towards the end of the course when I was beginning to tire, but did enough to hold on! I enjoyed hearing the announcement that I was in the lead as I ran down the hill towards the last couple of controls, always a boost but a little added pressure as well!"

## Charlotte Watson won the W18 Sprint Race and also became the Overall W18 Champion:

"Due to a bit of a disaster at the British Middle Championships a few weeks earlier, I was aware that if I was wanting to go to JWOC then I needed to perform at the JK. I decided to view this positively in that this extra bit of added pressure would make it more like JWOC and therefore good racing preparation. I was feeling confident as I knew I'd trained well physically and technically over the winter and had some

good results in the Swedish Sprint Champs the weekend before. I was looking forward to going to Northern Ireland and quite excited about running on a different type of terrain each day.

I knew for me to have a good race all I had to do was keep it as simple as possible by just focusing 100% on the orienteering. I had a very late start for the Sprint and I had heard that the first part was very technical with

lots to catch you out but in the second part you could run a bit more. It wasn't my best race but I was pleased that I managed to hold it together and had managed to keep focusing on what I was doing next and not letting mistakes from earlier in the race distract me.

The Middle was my favourite race as it was really technical. I knew that it was going to be very technical with lots of controls so I made sure that I ran at a speed I could navigate and stopped when I needed. This seemed to work and apart from a few slight wobbles I had a relatively clean race. I was looking forward to the Long race as it was similar to my home terrain. I was feeling quite tired before the start but I told myself to just get on with it and I could collapse in a heap at the finish. I had an ok race but made a few silly mistakes.

I was really pleased with my weekend as I feel I managed to race consistently over three races and felt more on the right track for JWOC. I really enjoyed the weekend and winning was an added bonus!"

## Mairead Roche won the W20 Sprint Race and also became the Overall W20 Champion:

"My JK started well with the Sprint race. I followed through my plan of focusing on my entry and exits from controls and pushing harder when I could. I felt I dealt with the initial first trickier section decisively and enjoyed the later section of the course when we went into the parkland. The Middle race was the highlight of my weekend. I was perhaps too hesitant on the first two controls but quickly settled down into the map after this. I didn't make too many significant mistakes apart from running past control 13 and losing about twenty seconds.

I was however disappointed with my performance in the Long race. I was focusing too much on running at the cost of my navigational discipline and this cost me lots of time at control seven. It was a frustrating experience and I was surprised to still have won the W20 class overall. Thankfully I managed to end the weekend on a high running second leg in the SYO women's team. Winning the JK feels great as I've achieved one of my goals for the season and it has highlighted some new things to work on before JWOC in Poland. Thanks to Northern Ireland Orienteering for a great set of races."



Peter Hodkinson



Charlotte Watson



Peter Bray

## Results

### Relays (M48-)

1st	SYO	Zac Field/Michael Adams/Aidan Smith
2nd	BOK	Adam Potter/Michael Hallett/Ben Maliphant
3rd	OD	Matthew Elkington/Stephen Elkington/William Gardner

### Relays (W48-)

1st	SYO	Cari Littler/Louise Adams/Katherine Hall
2nd	LOC	Carrie Beadle/Hannah Cleary-Hughes/Natalie Beadle
3rd	HH	Miranda Leaf/Maria Pereverzina/Becky Young

### Relays (M/W40-)

1st	LVO	Frazer Howe/Eoghan Knight/Paul Pruzina
2nd	FVO	Daniel Stansfield/Jessica Mather/Clare Stansfield
3rd	DEVON	Ed Gow-Smith/James Dean/Jake Belston

### Relays (Mini)

1st	DVO	Joe Uprichard/Sarah Duckworth/Louis Forshaw-Perrin
2nd	AIRE	Lucy Haines/Eve Conway/Laura King
3rd	BOK	Zac Hudd/Rachel Potter/Joe Hudd

### M18E Sprint

1st	Peter Bray	SN
2nd	Jonathan Crickmore	SO
3rd	Ciaran Allen	ERYRI

### W18E Sprint

1st	Charlotte Watson	WCOC
2nd	Florence Haines	AIRE
3rd	Zoe Harding	SROC

### M20E Sprint

1st	Peter Hodkinson	NOC
2nd	Robert Gardner	SHUOC
3rd	Matthew Halliday	OD

### W20E Sprint

1st	Mairead Roche	SYO
2nd	Rebecca Harding	EUOC
3rd	Julia Blomquist	SN

### M18E Overall

1st	Jonathan Crickmore	SO
2nd	Peter Bray	SN
3rd	Ciaran Allen	ERYRI

### W18E Overall

1st	Charlotte Watson	WCOC
2nd	Florence Haines	AIRE
3rd	Lucy Butt	SARUM

### M20E Overall

1st	Matthew Halliday	OD
2nd	Alan Cherry	INT
3rd	Jamie Stevenson	EUOC

### W20E Overall

1st	Mairead Roche	SYO
2nd	Rebecca Harding	EUOC
3rd	Jo Shepherd	EUOC



# British Long & Relay Championships

Photos by Robert Lines



M18 Relay Champs - SROC



M14 Relay Champs - LOC

The 2011 British Long Championships took place in Wharnccliffe Woods, Sheffield with the Relays the following day at Tankersley. Ozone magazine caught up with the Junior Elite Champions to see what they thought of their races.



Mini Relay Champions

## Jonathan Crickmore won the M18E Race:

"I knew this would be a long tough race and I was a bit shaky from an injury earlier in the week. I set off fairly steady and after one error early on, I managed to regain control of the race. I just ran comfortably, I kept pushing on and spiking controls - not running an amazing race but a clean one and at a constant strong pace, which turned out to be enough to take the victory.

I then ran a brilliant race in the Relays which was one of the best races I have ever done. There was a strong field on the first leg and some technical navigation, but I managed to keep clean and come in only 25 seconds down on the leader."

## Alan Cherry won the M20E Race:

"My plan for the race was to start steady and get the navigation right. I wanted to increase the pace on longer legs and towards the middle/end of the course. Navigation was mostly clean around the first half and I felt good physically.

lucky and just saw the flag! I was very satisfied with my run and when I saw my final position I was delighted!"

## Julia Blomquist (BAOC) won the W20E Title:

"I'm glad to have finally won BOC as it's been six long years since I last had the British title. Unfortunately exams stole my two closest rivals, so they were unable to take part, however I still went out there and gave it my all.

At the road crossing I increased the pace and also met another runner. Despite the speed, mistakes were pretty small and being together on path runs forced out a fast pace. The most technical and physical section (Wharnccliffe) came towards the end of the course and being pretty tired from some blitzing path runs the mistakes started, but nothing over 30 seconds. I almost blew it on one of the last controls, but thankfully I was

After some thorough geeking in the weeks leading up to BOC, I was very excited on the start line. After an appalling JK I had a lot to prove to myself but knew I would be strong in this type of terrain. As soon as I picked up my map I immediately thought 'simple route choices'. I took a track route straight to the control and the beginning of my race started well. I didn't make any massive mistakes but lots of small ones here and there which was costing me valuable time

## Results

M18E (Length 10.3km, 250m climb, 30 controls)		
1st	Jonathan Crickmore (SO)	77:40
2nd	Peter Bray (SN)	81:59
3rd	Chris Young (HH)	82:51
M20E (Length 10.3km, 250m climb, 30 controls)		
1st	Alan Cherry (INT)	67:22
2nd	Jamie Stevenson (FVO)	70:04
3rd	Peter Hodgkinson (NOC)	72:04
W18E (Length 7.2km, 210m climb, 22 controls)		
1st	Florence Haines (AIRE)	58:45
2nd	Zoe Harding (SROC)	61:57
3rd	Charlotte Watson (WCOC)	62:08
W20E (Length 7.2km, 210m climb, 22 controls)		
1st	Julia Blomquist (BAOC)	59:15
2nd	Alice Leake (EUOC)	63:40
3rd	Jessica Orr (CLYDE)	65:06

throughout the race. I would have been much more satisfied with a sub 55 time and couldn't help but feel disappointed with myself. Still lots to improve on but a Gold medal and some cool prizes was a good end to my last junior spring season and of course it brought a smile to my face!"

## Florence Haines won the W18E title:

"My race at the British was pretty good. I had a small mistake at number 1 but I tried hard not to let it affect the rest of my run and concentrated hard. After the road crossing I gained more confidence and pushed it harder, especially on the long leg to number

13. I managed to get a really good balance between speed and navigation even if I did slow down a bit too much on the far side - it was better to be safe than sorry!"

When I was running down the run in, hearing the commentator announcing that I had won felt amazing and I was so glad that my hard work had paid off. I even got some pretty cool prizes! Thanks very much to the organisers, planners, controllers and everyone involved in the making of the event, it was fantastic!"



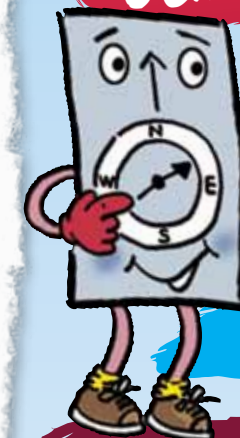
Jonathan Crickmore was the M18E Champion



W18 Relay Champs - Happy Herts

M14 Relays		
1st	LOC (Andrew Brockbank, James Allison, Adam Bartlett)	56:00
2nd	SO (Edward Lines, Jack Leitch, Alistair Masson)	64:11
3rd	OD (Stephen Elkington, Tom Ross, Harrison McCartney)	66:08
M18 Relays		
1st	SROC (Christopher Nash, Matthew Nash, John Ockenden)	79:49
2nd	MDOC (Alistair Thornton, Alex McCann, John Dempsey)	86:49
3rd	LOC (Matthew Penellum, Jack Wright, Carl Edmonds)	89:09
W14 Relays		
1st	MAROC (Abigail Mason, Megan Ricketts, Jennifer Ricketts)	61:46
2nd	LOC (Kirsten Bell, Lois Jefferson, Hannah Cleary-Hughes)	74:01
3rd	SYO (Yasmin Field, Pippa Dakin, Louise)	88:25
W18 Relays		
1st	HH (Becky Young, Maria Pereverzina, Bryony Harding)	87:02
2nd	OD (Julie Emmerson, Helen Elkington, Rachel Emmerson)	101:05
3rd	LOC (Katie Wright, Carrie Beadle, Natalie Beadle)	103:56

## Orienteering Games & Tips



## Charlie Compass asks,

Why is it important to review your performances after an event or at the end of the season?

## millie map says,

Reviewing and evaluating your performances are all part of an ongoing and continual learning process.

By reviewing your strengths and weaknesses, you can establish which areas of your performance you need to work on and develop a suitable training programme.

Further information about "Reflection and Evaluation of Performance" can be found on page 9 of Focus.



Match the

## Contours

Which of the contour shapes on the left match the profile shapes on the right? Write your answers here and check them on the back page.

A



A =

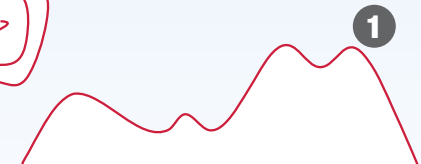
B =

C =

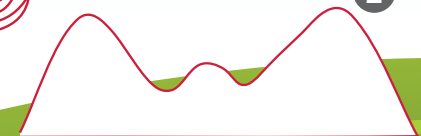
B



C



1



2



3





JUNIOR PROFILE:

# William Gardner



Yvette Baker Trophy

## Planner



Association	Date	Club	Venue
EAOA	23/10/11	WAOC	Rowney Warren, Shefford
EMOA	TBC	TBC	TBC
NEOA	13/11/11	NATO	Wallington, Morpeth
NWOA	9/10/11	BL	Caldbeck Fells, Penrith
SCOA	20/11/11	BADO	Pamber Forest, Tadley
SEOA	2/10/11	SO	Charlton Forest, Chichester
SWOA	13/11/11	DEVON	Hone Moor, Ashburton
WOA	20/11/11	POW	Ffridd Mathrafal, Welshpool
WMOA	12/11/11	HOC	Lickey Hills, Rednal, Birmingham
YHOA	13/11/11	EBOR	Ashdale, Helmsley
YBT Final 2011			
YHOA	4/12/11	HALO	Mausoleum Woods, Caistor

### British School Score Orienteering Championships (BSSC)

**Saturday 8th October:**  
Beaulieu Estate, New Forest, Hampshire.

General Enquiries to Colin Hicks.  
Email: colinhicks@chartwork.org.uk

Entries to David and Christine Currie.  
Email: bsscentries@southampton-orienteers.org.uk

**Sunday 9th October:**  
WSX Orienteering Club will have a level B event at Bisterne Close in the New Forest.

### British Schools Orienteering Championships (BSOC)

**Saturday 19th November:**  
Training Day - Lanark Moor Country Park, Lanark

**Sunday 20th November:**  
Championships - Beecraigs Country Park, Linlithgow  
Email: BSOC2011@biggar.s-lanark.sch.uk

Further information for both events can be found at [www.bsoa.org](http://www.bsoa.org)



William Gardner in action

**Age:** 18

**Club:** OD/OK Ravinen

**Age started orienteering?** 8

**Do your parents orienteer?** Yes

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

My Dad started taking me along to events when I was able to do a string course, but I only started to orienteer on my own at around age 8.

**What do you enjoy about orienteering?**

I enjoy it mainly because it is a lot more challenging and exciting than normal running or cross-country, and because of the different terrains and places that I've been able to compete at.

**Do you have a coach?**

Yes, the South West Junior Squad coach Jeff Butt is my coach.

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

Thanks to having a coach, I have had the opportunity to do a VO2 max test at Bath University and go on a couple of extra training camps. I have also been able to change my training to do more effective sessions.

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

Probably areas like Haverthwaite and Graythwaite in the Lakes, but I enjoy areas like Culbin or Penhale Sands as well.

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

At the moment long and tempo runs, intervals, hills and a bit of core.

**What is your best result?**

Probably 3rd at the British Middle this year. I ran pretty well and my orienteering wasn't too bad either.

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

Just to train hard and to work at your orienteering skills, because that's what counts.

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

I have quite a busy life outside orienteering. I play the trumpet, guitar and piano, and I play in my county's concert band. I have also done the occasional triathlon.

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