



Pictured: Finn Lydon competing at the British Orienteering Championships. Credit: Rob Lines

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



# JK Festival of Orienteering

PHOTOS BY ROB LINES

Ozone magazine caught up with some of the Junior Champions from JK 2013 to see what they thought of the event and their fantastic performances.

**Jim Bailey (BOK)** was the overall M10 Champion. He said, "It was amazing winning at the JK. On the first day, the sprint at Reading University, I was very disappointed because I messed up and got disqualified. I had punched the wrong control, mistaking no. 77 for no. 37, however at least I learnt to read the control descriptions and check the numbers for the following days!

The second day had stunning views of the local village Hambleden, in which I was staying. The leaves were red and it looked like a wonderland. I would love to go there again. As this was the first day of the individual M10A competition I was really wanting to do well, but was worried that I would repeat my mistake from the sprint and mis-punch again. I had to be confident though and tried my hardest. This really paid-off and I achieved an amazing result. When I finished my run I knew that I had a good time because I had beaten Oliver Tonge (a fellow BOK member who had won the M10 sprint the day before). I had also beaten many of the strong competition from Sweden. But I still had a long wait to find out if I would beat Joe Hudd (also a fellow BOK member and British Champion the previous year), as he had a very late start. My mum made me leave before Joe had finished his race, so I still didn't know if I had won! Then I had what felt like many hours to wait before the Results were put online. Finally the results

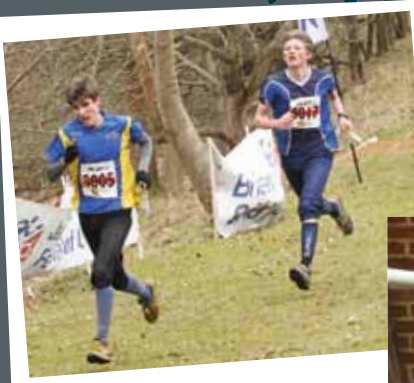
came in, scrolling down the page I found out I had won! Yippy!

On the third day I was raging with stamina trying to get the JK title for M10A. I was really going to try, and I had an early start. On my run I found the first control really quickly which made me more confident. Then I just kept finding them fast. On one of the legs I got held up by a massive fallen tree and I had to go round it. I got worried because this held me up by about 20 seconds but I soon realised that everyone else would also have to

winner, Oliver as sprint winner and Joe as British Champion. We had a great start with Joe coming back on the first leg in third place. I was on the second leg - scared that I might mess it up for the team and mis-punch. However, I had a really good run and handed over to Oliver on the final leg in first place. Oliver extended the lead and he came in first to win the relay title! Then we also saw that the M12 BOK team had won with Zac Hudd, Ben Shardlow and Eddie Narbutt.

It was my best orienteering experience so far, with lots of great wins for me and my friends. I cannot wait until JK2014."

**Lachlan Chavasse (DEE)** was the overall M14 Champion, he said, "We had a look at the areas at squad and I continued this at home. It was the

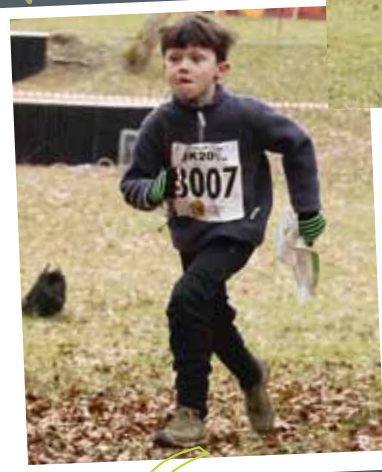


first time I had an in depth look at an event and area beforehand and I think it really paid off and helped me keep focussed. I had a clean run on the first day but made a 2 minute mistake due to confusing vegetation on the second but I kept focussed and did not let it get to me for the rest of my run."

**Fiona Bunn (TVOC)** had great results in the W14 races to become the overall champion and said, "The JK 2013 was being organised by my region this year so the areas were local for me. I have been to Hambledon before and it really played to my strengths; fast, runnable and hilly terrain that was still quite challenging technically, especially the long legs. I made one mistake when I ran down a parallel ridge in the rhododendrons to the one I should have taken, and ended up having to run all the way back up the hill as the bushes were impenetrable, but apart from that my run was good. At Cold Ash, I also had a good run but went off bearing to one control and lost time in

hesitation. I'm really pleased to win the JK. It was well organised and fun and I really enjoyed the event, even control collecting!"

**Alexander Chepelin (GRAMP)** was the overall M16 JK Champion and said, "I was very happy with my performance. I really enjoyed the areas, particularly the third day as it was not what I was expecting. The sprint area was fast but tricky. I enjoyed the way the planner made everyone check their control descriptions rather than hoping for the best. Hambleden on day 2 was a great area, fast terrain and good detail in places. Also fairly hilly which I wasn't expecting when I first heard that the JK was this far south. The third day really surprised me, as the



terrain was so varied and rather than just being a running race, my course required good route choice and control flow. I also had a good time being non-competitive in the relay on first leg in Men's Open. I wasn't depending on a good result so I just really enjoyed the experience, running with the top elites. Plus it was good having another run in Hambleden's fast terrain."

**Jennifer Ricketts (MAROC)** W16 said, "Having never won a medal in a sprint race before, I was determined to prove myself. Before the race I had done a lot of map geeking, so I knew what to expect when I picked up the map. My plan was to go fast from the beginning which resulted in a small route choice error to no. 6. Thankfully, the rest of the race was clean.

On Day 2, at Hambledon, I was looking forward to seeing how I would get on in the longer race. After many long hill runs over the winter I was ready for the short but sharp inclines. I really enjoyed how fast I could run with so little underfoot to slow me down and I made just a few minor errors through the race.

At the beginning of the course at Cold Ash I made a few small mistakes and a fairly major mistake to no. 6. After that I tried to clear my head and focus - I ran hard for the last part recovering the lost ground before the finish."

**Adam Potter (BOK)** won the M18E Sprint Race, he said, "I was confident going into the race knowing that I had already had some successful sprint performances earlier in the year in Portugal, however I was still anxious as it was the first of three selection races for JWOC. I started slowly and cautiously just trying to get into the race but soon realised it was going to be a quick race. After a few small misses at the start I knew I needed to put in a good second half. I succeeded by finding the perfect speed at which I was able to sustain navigation and I was happy to take my first JK win by 2 seconds from Chris Galloway."

**Julie Emmerson (OD)** won the overall W18E title and said, "The 3 individual JK races were the JWOC

selection races so they were what I had been focusing on all winter. Training had gone well except for a cold in the week running up to the event and standing on the start line on Friday I felt great. I knew the Sprint wouldn't be very technical but I still lost a few seconds here and there. I caught some time back on route choices and won by just a second. I enjoy sprints but that was just a warm up for the forest races! I was really looking forward to the middle distance race at Hambleden after racing there a couple of years ago and I knew the runnable open forest would suit me well. I was in control all the way round which meant I could push hard. Other than one little 30 second mistake everything went just as planned and I thought I'd done enough to win. However I wasn't the only one that found it easy and I had to settle for second.

After this I didn't think I could win overall because I was so sure my best performance would come at Hambleden, and it had, I really couldn't have done much more yet I was 2 and a half minutes down. Going into the long distance race with this in my mind really didn't help. I put too much pressure on myself and as a result I made small mistakes in the control circles to nearly half of the controls, adding up to about 3 minutes. This was frustrating but everything else went really well and one thing I was particularly pleased with was my speed on longer legs due to minimal map contact. I was fortunate that everyone else also made mistakes and my winning margin was enough to take the overall title."

**Lucy Butt (SARUM)** was the overall W20E Champion and said, "It was an awesome weekend for me, four tough races in a row was challenging but getting a top two position in all of them made it memorable :)"





# WORLD SCHOOLS CHAMPIONSHIPS

More than 600 competitors and their coaches took part in the ISF World Schools Championship in Orienteering in the Algarve region of Portugal from the 14th to 21st April 2013. The Championship consists of three races, the long distance, the middle distance and the friendship team event, plus a day of model events.

BY MEL ELKINGTON  
PHOTOS BY BSOA/ISF

The British Isles were represented by 5 teams from Scotland and 8 teams from England. Apart from a strong entry from the European countries, three other continents were represented. Oceania by teams from New Zealand, Asia by a full complement of eight teams from China and Africa was represented for the very first time by a boys' M2 school team from Mozambique. Unfortunately for Scotland, the M1 School failed to provide three runners at the start, resulting in their M1 Select team becoming non-competitive in the team competition.

For the middle race the youngsters had to deal with a sandy area with very indistinct contour features and some vague vegetation, whilst for the long race they faced a very tough, open area with thick low lying vegetation and many hills. Because of this, the organisers offered two different model events, with the teams changing over halfway through the morning so that they could sample both terrain types.

The middle event gave many of the participants their first taste of a pre-race

quarantine period and due to the large size of the field, some of the later starters had a wait of two hours or more. The length of the courses also had to be compromised because of the small area that was available for the competition, and this meant that the competitors had to keep contact with the map for the entire course if they were going to be successful. Although the courses were short, the terrain was strength sapping for the runners, especially the finish area in soft beach sand.

**EMMA WILSON**, 2nd in W2 Select, commented, "The race was technical and I liked how it ended on the beach. I was very pleased with my run, I made a few mistakes but nothing too bad. I came back in first place and stayed there until near the end of the day. While I waited for the final results I was very nervous, there was a chance that I could have won! I finished 2nd (only 25 seconds down on the winner) which I am still extremely pleased about. It was fun standing on the podium. I really enjoyed my week in Portugal as I had never experienced anything like it before."

Whilst Julie Emmerson, 4th in W1 Select said, "After the model event I wasn't feeling very

confident about the race as some of the vegetation was mapped oddly, the small paths were easy to miss and the contours, being 2.5m, were fairly vague in places. Sure enough most of the race came down to accurate compass bearings and track following (as long as the tracks went the right way). I made small mistakes to controls 1 and 6; in both situations I was close to the control, but was not sure exactly where I was as the areas were vague and the control features were not obvious. It was tough running in the heat and the last couple of controls were particularly hard on the beach."

The following day, was the cultural day and this involved a visit to Treviza a small town on the coast, which had an interesting old town. During the afternoon the delegations prepared for the cultural evening with exhibitions of traditional cuisine, drinks and displays of national dancing, singing and music.

After a total of eight podium places from the Scottish and English teams in the middle race, we eagerly awaited the long distance event. This was to be tough, with much climbing and the area was covered with low-lying bushes that were very thorny and difficult to cross. Those who succeeded managed to pick good routes through the hills and avoided the thicker areas of scrub. A fantastic total of twelve podium places were won, with the two younger select age groups gaining a total of seven podium places.

Athletes who excelled in gaining podium places in both races were Abi Mason from Banchory Academy, Emma Wilson SCO, Clare Stansfield SCO, Julie Emmerson ENG and Sasha Chapelin SCO.

**ABI MASON**, 2nd in W2 School in both races, was one of the Scottish stars on the long race. She said, "The long distance was definitely one of the toughest races I've ever run! The dark green area was a fight to run through leaving everyone with thorns stuck in their legs. The course was quite technically difficult with a few long legs."

**PIPPA DAKIN**, 5th in W2 Select said, "I found the course physically challenging, as there was a lot of climb and thick gorse throughout the whole area - it was impossible to avoid! Getting to the finish was tough as there was 25m climb in 100m to my last control. I did manage to keep running, although it was a real struggle after a physically challenging course in temperatures of over 20 degrees. On reflection it was a great race (and week) and was a fantastic experience."

**AIDAN RIGBY**, 3rd in M2 Select said, "I was really looking forward to the long race and felt prepared for the enormous amount of climb. #1 - The leg was short but I was determined not to go wrong. I managed to find it neatly and this helped me to settle in. #2 - Despite a neat first control I went a bit too fast because the feature looked simple enough to find. Unfortunately, I missed it by a very small amount and spent 1 minute walking round on top of the crag. #11-12 - By this time I was exhausted but I made sure I ran these hard and navigated accurately. #16 - It was a nasty last control uphill but you had to grit your teeth and bear it. It was made easier by a large crowd cheering me on from the spectator area."

After two days of glorious orienteering, it was difficult to imagine another race that would be better. However, the championship always has a surprise on the final day and this is the Friendship Team Event. Teams are comprised of three runners from different nations and, using results from the previous two competitions, the ISF Technical Commission aim to create roughly equal teams, but with mixed ages, sexes and nationalities. The team lists are always published the night before, giving the competitors time to find their team mates.

The event was to take place in the old town of Castro Marim, right on the border with Spain. The old town has two forts, a quaint centre and is surrounded by salt pans. Thirty three control points were planned and the competitors had to visit at least six control points, plus three compulsory ones that had to be punched at the same time with their team mates. The towns people looked on as their town was taken over by runners charging in all directions.

**JESS HALLIDAY**, Scottish coach described the chaos, 'Half an hour before the start, the teams are given their maps - essentially a score course, however

holding hands and the commentator was announcing that we were the second placed team."

**CLARE STANSFIELD**, one of the top Scottish performers, had this to say about her experience in Portugal, "I thought that the whole week was a really great orienteering opportunity. It was good to see the different areas and how everything is mapped in other countries. It was also good to compete against juniors from other countries who were your age as it gave us a better understanding of what the international standards are. I really enjoyed the whole week and I still would have enjoyed it even if I had come last! But getting a bronze medal in the middle distance was a real bonus that I hadn't expected."

After such a memorable week, we had only the final team placings to be announced. One of the most memorable results was in M2 School, where the three medal winning teams came from three different continents, a 'first' in the history of the Championships. The final presentation is for the ISF Fairplay Trophy, which is always awarded at the end of an ISF event.

Each delegation, each Technical Commission member and each Organising Committee member had to vote for one delegation. An overwhelming majority voted for Spain, for their work in adopting the team from Mozambique by supporting them in their bid to compete in Portugal, arranging hosts for them in Spain and in helping with their training both in Europe and at home in Mozambique.

The England team would like to thank their sponsors; BSOA, Buff, the O Foundation and their clubs/regions and schools for helping make this possible.

there are 3 controls that the whole team must visit and punch within 20 seconds of each other. This takes some serious planning to get the ideal route sorted! The coaches got to join in with this event, starting just 10 minutes behind the juniors, also in mixed teams'.

The British representatives had a very good day, with team members in the first three teams home, Sarah Jones, ENG 1st, Lindsay Robertson, SCO 2nd and Michael Hallett, Ulverston Victoria High School 3rd.

**LINDSAY ROBERTSON** said, 'The friendship team event had a great atmosphere and at each of the common controls people were standing yelling out encouragement for their teammates, we had no idea how we'd done until we were sprinting down the run in



## School Championships

**Saturday 12th October 2013**  
British Schools Score Championships 2013 will be held on Druridge Bay Country Park, nr Morpeth.

This is being run by Northern and Tyneside Orienteers (NATO) and will be part of the October Odyssey.

**Sunday 17th November 2013**  
British Schools Orienteering Championships 2013 will be held on Shipley Park, Ilkeston, Derbyshire. This event is being run by Derwent Valley Orienteers (DVO).

More information will be emailed out when available to all BSOA members and to those schools registered with British Orienteering.

[www.bsoa.org](http://www.bsoa.org)

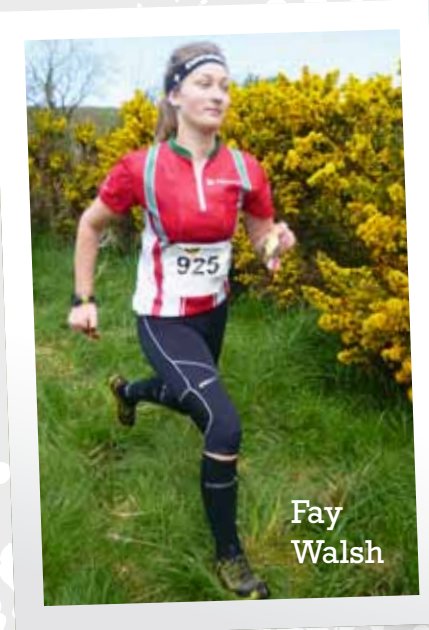


# British Middle Championships

“The British Middle Championships were held on Stanton Moor near Matlock. After the sprint the day before, I really wanted to have a good run. The start was in the assembly field so I made sure I went up early to watch people starting. I’m glad I did because lots of people were sprinting to the edge of the field then stopping at the gate to work out where they were. I watched competitors run in and out of the spectator control which was really useful as it was hidden between two huge thickets of rhododendron. The terrain was a mixture of open heathery moorland and complicated mining detail and the heather meant it was hard to run fast. There was a small warm up area which had some very steep cliffs but luckily there weren’t any that steep on the course!

The first 4 controls were in the mining detail and then the course went out onto the open heather. For #1 I went on the path route as the undergrowth wasn’t very runnable, I was concentrating hard to make sure I didn’t lose contact with the map and make silly mistakes like in the sprints the previous day. I saw Jenny Ricketts, who is usually first in my age group early on in my course and this gave me confidence as I had started 3 minutes behind her. When I saw Jenny coming into #3 and out again I thought that’s extremely good control flow. I found out later that she had already discovered #4 while looking for #3!

During the course it was interesting as when I saw her we had taken different route choices to the controls. I lost time at #9 where I followed the wrong re-entrant from #8. I was really pleased with #10 to #11 as



Fay Walsh

I had good route choice and the control was where I thought it would be. The run in was unusual as there was a control half way along it just before an uphill run to the finish control.

Ozone caught up with W16 Champion Fay Walsh (POW) to hear all about the race.

Running into the finish I had no idea where I had come but I felt I had had a good run. When the loud speaker announced that I had taken the overall lead on W16 it was a really great feeling. Well done to Jenny and Louise in 2nd and 3rd and Hannah who missed out on a podium place by 5 seconds. The podium was very wobbly and I nearly fell off when trying to climb up! This was definitely the best race I have had this year with only a few mistakes.”

Two other Champions were Harriet Lawson (OD) who won W18 and Sarah Duckworth (DVO) who won W12.

Harriet said, “I loved the middle race as it demanded quick navigation over fast but tough heather; Stanton Moor is one of my favourite areas to run on! I’d been looking forward to the competition for a long time and was excited to perform in the shorter disciplines, which I feel are my strongest, against my rivals!”

Sarah said, “I really enjoyed the Middle Championships. There were different terrains with the moor and the wood at the start. The course was challenging and the lay out of the assembly area made it easy to get from one end to the other. However the uphill finish wasn’t great but it was a really nice surprise to win.”



Full results can be found at [www.britishmiddlechamps.org.uk](http://www.britishmiddlechamps.org.uk)

# British Sprint Championships

“My very first Orienteering Championships was the British Sprints last year at York University. I was lucky enough to come third and I really loved it. I decided it was one of my favourite types of orienteering because I like the mix of buildings and the high speed nature of these courses. I couldn’t wait for this year’s Sprint Champs.

The build-up to this year’s Sprint Champs wasn’t really much different to what I would normally do. My usual week keeps me fairly busy with judo, cycling and running twice a week. Of course I try to go to all of my club (LEI) orienteering events and at weekends East Midland League orienteering events if there is one. Now and again I go away for the weekend with the East Midlands Junior Orienteering Squad. I really love these weekends. I was glad of some sprint practice the week before the Champs at an

LEI summer league event around Oakham School. This got my brain used to thinking faster again and was good practice for the following week.

Soon enough it was the day of the sprints. I knew it was important to eat and drink healthily so I did. Because my club were putting on the event, my mum and dad had to help out so me and my sister travelled to a friend’s house and from there we made our way down to the event. It was important to keep my fluid levels up so I was constantly drinking. For my heats I started late morning. I knew that the other competitors were very fast so I couldn’t take any chances with not qualifying. I came first in my heat which put me in a good position for the final.

I was lucky to be last off in the final and no pressure of anyone chasing me down. My

friend Tim Harrison was just before me. He is very fast and if I could get close to him I was doing well. I was nervous but excited and had a lot of adrenaline rushing through me. I had to hit the ground running because I knew the others would. Everyone before me had gone and I kept telling myself to ‘run hard but run clever’ and to give it everything that I had. The course was intricate and hard but time went so fast. I wanted to keep going but I had finished and had to download. I had given it everything and I couldn’t have given it any more. When I got my splits sheet it said I had come first but I had to wait for everyone to download to see the final result. I had won! After that we were called up to the podium to collect our medals. It felt great but then it was time to go back home. It was a brilliant day and I am looking forward to doing next year’s Sprint Champs.”



Full results can be found at [www.britishsprintchamps.org.uk](http://www.britishsprintchamps.org.uk)

# ORIENTEERING GAMES & TIPS

## ORIENTEERING WORD SEARCH

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

Can you find the JK Overall Champions listed below?

- ☐ Jonathan Crickmore
- ☐ Lachlan Chavasse
- ☐ Fiona Bunn
- ☐ Lucy Butt
- ☐ Jim Bailey
- ☐ Jennifer Ricketts
- ☐ Thomas Howell
- ☐ Aidan Smith
- ☐ Annick Meister
- ☐ Alexander Chepelin
- ☐ Julie Emmerson
- ☐ Rachel Duckworth

### Millie Map asks...

When I think back at my performances from the recent major events, what type of things should I reflect on in order to improve my performance next year?



### Charlie Compass says,

Look at the number of controls for each course that you ran and ask which ones went well and which ones didn’t. Break these down to whether you had a plan for each leg, what your direction along the leg was like and whether you were able to visualise the control you were looking for. Give yourself a mark if each of these were good, and a zero if they weren’t. From this information you may come up with a pattern i.e. you made a mistake when you didn’t have a plan, or you made a mistake when you didn’t use your compass. Reflecting in this way should help you to work out what you need to practice.





## BOC 2013

Ozone magazine caught up with Peter Bray who won M20E at the British Championships to find out what he thought about the event and his performance.



"I thought the event was great! Firstly, it was a brilliant area, one of my favourites in the south; I've run in that area a lot growing up in SN but it never ceases to put a smile on my face every time I return. So when I turned over the map and saw (from a glance) what looked like a good course that same smile was back.



My race was a tale of two halves really. I settled quickly into the long leg for number 1, my pace was quick, but my navigation, execution and flow felt scrappy through till about number 6. Unfortunately this was most of the technical section and so I felt like I was losing time quickly. I overshot number 6 quite badly which surprised me as it was a 1:15,000 map; this was the point I gave myself a breather, calmed my excitement a bit and pushed on.

The long leg across the map was a solid turning point. I decided the best route was to go as straight as possible (on tracks mainly) and I nailed it. From the splits it definitely looks like it paid off. From here on, I was consistent through the butterfly, giving myself a little bit extra of detail than normal to keep my attention up and stay accurate on the vague hills.

In the last few kilometres, I went for safe and fast. Round on a track as fast as possible followed by straight on a bearing to the finish field.

I was really happy with my race and pleasantly surprised to only be 40 seconds down on overall Champion Murray Strain, however they did have another 5km and I certainly was not pacing for that at the end of my race! I really liked the format of joining the 21, 20 and 18 courses - it's nice to be able to compare without having to do the extra distance.

Full details of all the winners can be found at  
**[www.boc2013.org.uk](http://www.boc2013.org.uk)**

**Age:** 17

**Club:** LOC

**Age started orienteering?**

10

**Do your parents orienteer?**

Yes - sometimes!

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

I started orienteering when my mum and dad took my sister to a Lancashire schools event and I wanted to run as well.

**What do you enjoy about orienteering?**

I enjoy travelling to different places and running in a variety of different terrains. As well as this I enjoy meeting up with friends.

**Do you have a coach?**

Not at the moment.

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

I train with Barrow Striders Athletic club three times a week to develop my running strength and attend North West Junior Squad and GB Talent squad weekends. I also do gym sessions to develop core stability and use local woods and parks to practice terrain running.



Sarah competing at BOC. Credit: Rob Lines

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

I enjoy Lakeland areas and sand dune areas.

**What is your best result?**

I achieved 2nd place in the Long race at the 2013 World Schools Orienteering Championships in Portugal and 2nd at the JK in 2012. I also won the British Championships as a W16 in 2011 and as a W18 in 2013. Sarah said about her recent win at BOC, "I was really pleased with my run. I knew I had kept a good steady pace and had a clean run, but I was bit worried that my route choice for the longer leg would have let me down, as I don't think I've ever done a leg that long before! It was nerve racking waiting for everyone to finish and I was delighted when I found out I had won."

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

Prepare well for the selection races by running events on similar terrain and practice using the navigation techniques which will be most useful for the terrain.

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

I enjoy cycling, listening to music and meeting with friends.



Natalie, Sarah and Katie receiving their British Championship Relay Medals