



Issue 8 - Winter 20

FOR JUNIOR ORIENTEERS

Photo by Rob Lines

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www.britishorienteering.org.uk/ozone

British Schools Orienteering Championships

Photos by Rob Lines

The British Schools Orienteering Championships took place on the 15th/16th November at Hawley and Hornley near Camberley. Over 1000 children made the journey to enjoy a weekend packed full of fun and orienteering. The weather held for most of the day and everybody was in great spirits.

World Champion Graham Gristwood attended the event and the competitors had the opportunity to be photographed with his Gold Medal and have their map signed by the superstar! GB Squad member Sarah Rollins and British Orienteering Director Ed Nicholas were also on hand to distribute the prizes and congratulate the competitors.

Congratulations to all the children that took part, especially those from the winning teams:

	Primary	Middle-Preparatory	Small Secondary	Large Secondary
1st	Burford School	Barnardiston Hall Prep	Clayesmore School	Ulverston Victoria High School
2nd	King Henry VIII Junior School	King's College	Chetwynde School	King Henry VIII School
3rd	Fleetville Junior School	St Andrew's School, Pangbourne	Biggar High School	Lancaster Girls Grammar School

A special thank you to Bryce Gibson, Alain Wilkes and Phil Beale along with BKO and SN club members. Many thanks to the events sponsors Capespan, PGL, Buff, Ultrasport, EMIT, Wilfs and SCOA.

Full results can be found at www.bsoa.org



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Barnardiston Hall Prep School won their school category at BSOC and many of the pupils won individual prizes. Below some of the pupils share their thoughts on the event:

"We go orienteering most Sundays before the British Schools Orienteering Championships. Sometimes, I don't want to get out of bed, especially if it's raining but when I get on the bus with all my friends, we have fun. I like going to all the different places we visit each week. Sometimes, we go to parks, other times we go to forests. I like orienteering because I like cross-country running, but I like orienteering more because the map-reading part makes it more interesting. When we come home on the bus, we often have snacks and a sing-song. I enjoyed the British Schools Orienteering Championships because I won the G6 race and it gave me a very special feeling. Here is what some of my friends have to say".

Scarlet Simmons Year 6

"I like orienteering because I like to see my progress in the Schools' League"

Phoebe Howe age 11

".....because I like doing well and winning a medal. I also like running"

Gabriella Jones age 10

"I enjoyed BSOC because I got to be with my friends and the experience sleeping on the floor of a school gym with lots of other schools"

Jack Gilbey age 10

"I enjoy orienteering because I love running in woods and following a map. I do it because my Godfather represented England. His name is Chris Hirst"

Kit Phillips age 11

"I enjoy orienteering because you need skills and you don't just run around a course; you need a map and you have to run in all weather"

Gregory age 11

"I enjoy orienteering because I like going out to places with my friends and running together"

Rachael age 12

"I enjoyed the British Schools because I love going up and down hills. Also, the new dibbers were so cool! Even though it was wet and it rained, it was still so much fun"

Matilda Selby age 11



EYOC

OCTOBER 9-12, 2008

REPORT BY GARETH CANDY
PHOTOS COURTESY OF EYOC

M/W18	
Matthew Halliday	Julia Blomquist
Peter Hodgkinson	Alice Butt
Kristian Jones	Mairead Rocke
Ralph Street	Hazel Wright
Reserve: Alisdair McLeod	Reserve: Alice Leake

M/W16	
Duncan Birtwistle	Kirsty Coombs
Jonathon Crickmore	Sophie Kirk
Tom Fellbaum	Abigail Longhurst
Jamie Stevenson	Charlotte Watson
Reserve: Peter Bray	Reserve: Aine McCann

M/W 20 Junior Match	
Hector Haines	Anne Edwards
Dave Schorah	Hollie Orr
Doug Tullie	Catherine Taylor
Reserve: Mikey Hopkins	Reserve: Victoria Stevens

Great Britain sent a full team to EYOC with our M/W 16s competing there for the first time. We also sent a team of M/W 20s to the associated Junior Match.

It proved to be a very successful weekend with our youngest athletes adapting very quickly to international competition. In the first race (M16) Jonny Crickmore finished on the podium in equal 5th place with Duncan Birtwistle only seven seconds behind in 7th place, our top female performers were Charlotte Watson (26th) and Abi Longhurst (27th) in W16.

In the relay both the M16 (5th) and M18 (6th) teams finished on the podium. Jonny Crickmore impressed with the fastest leg time of the day for M16, our W18 team finished in 10th and our W16 team finished in 16th. The Junior Match teams competed in the Senior Elite class at the Swiss Relay Championships and our M20 team narrowly missed out on 3rd place in the Swiss Championships and 1st place in the Junior Match in a sprint finish with Norway.

The weekend finished on the best possible note as Kris Jones won the gold medal in the M18 Sprint race. Jamie Stevenson also impressed in M16 with 7th place along with Mairead Rocke (=21st) and Julia Blomquist (23rd) in W18.



Kris Jones

Congratulations to Kris Jones on winning Gold in the EYOC Sprint Race. We caught up with Kris to see how it feels to win a Gold Medal.

How does it feel to be a European Youth Champion?

Feels pretty good but strange as I wasn't expecting anything even in the top 10 after my long result.

How did you feel before the race, how did you get in to the right frame of mind and focus for such a great performance?

I felt quite relaxed. We had a long time in quarantine so I just sat there listening to music and reading the most motivational book ever (Ultra Marathon Man by Dean Karnazes. I then had a good long warm up with Jamie so I felt pretty good.

How did you feel during the race, did you know that you were having a great run?

It felt good especially on the last few controls where I was trying to reel in the Finnish guy who started in front of me, but I had no idea how good it was as I had heard nothing on the commentary going through the spectator control.

Were you happy with your preparation for EYOC? Did you do any special preparation for EYOC and if so what was it?

Physically I felt good and I had done a lot of geeking on swiss maps so I hoped I was as well prepared as I could have been.

You have had some great sprint race results this year, is there anything different you need to do to be good at sprint races as opposed to the long, middle or relay?

I think sprint racing puts a lot of emphasis on quick decision making and good route execution more than the long route choice legs you may get in a long or relay. You could have the best route but if you ran it poorly and took a while to see the route then you might have been better off sticking to a worse route but making the decision quickly.

Have you always been so fast? What have you done to develop such blistering speed?

Speed is something I've had to work on quite hard, I wasn't the smallest child, which I get the mick taken out of me for



Kris in action

now, but slowly I've got faster bit by bit and I hope to continue to improve my fitness and speed. I think having other people around to motivate me to improve has helped a lot, first to beat some of the other Welsh juniors at local events and then on from there really.

What are your dreams in orienteering, in twenty years time what would you like to have achieved?

I want to take it as far as I can, wherever that may be. I don't want to look back and think I could have taken it further if I had tried harder.

What are your goals for 2009? What do you want to improve and how are you going to do it?

My goals for 2009 focus around JWOC in Italy, where the sprint and relay are my main aims, but I'd also like to continue racing cross country and track races and see what I can do with those.



Kris on the podium

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NEW

WHAT'S IT ALL ABOUT?

Future Champions Cup Races 2009

Competition is open to M & W 18s and M & W 20s who are British Orienteering National or Local members.

QUALIFYING RACES - BEST 3 SCORES TO COUNT FROM 7 RACES

Date	Event	Classes * Include your actual age class when entering.	
		18's	20's
Sat 21st Feb	JOK Chasing sprint	M/W18	M/W20
Sun 22nd Feb	Southern Championships (HH)	M/W 18E	M/W20E
Sat 28th Feb	British Orienteering Champs (SC)	UK Cup/FCC race (elite course)*	
Fri 10th Apr	JK Sprint (NE)	M/W 18E	M/W20E
Sat 11th Apr	JK Middle (NE)	M/W 18E	M/W20E
Sun 12th Apr	JK Long (NE)	M/W 18E	M/W20E
Sun 19th Apr	Northern Championship (LOC)	M/W 18E	M/W20E

At any event where there is an elite course those running the M/W18L or 20L will be eligible for 'lower' FCC points. At all of these events the 18E and 20E classes will run the same course. At the JOK chasing sprint, the BOC UK Cup/FCC race, the JK Sprint and JK Middle races, the 18E and 20E course will be the same as the 21E course.

Scoring: Each age class will score separately, even though competing on the same course. Scoring for each race will be 1st-60, 2nd-55, 3rd-51, 4th-48, 5th-46, 6th-45, and then decreasing by 1 for each position. (The top 50 in each class score.) In addition, at races where there is a choice of running 18 or 20E or 18 or 20L the 18L & 20L class runners will score 1st-40, 2nd-36, 3rd-33, 4th-31, 5th-30 and then decreasing by 1. (The top 34 score.) M/W16's and below will not score.

Each competitor will count their 3 best scores. If a race is cancelled or voided the following will apply: best 3 scores from 6 races (if 1 is lost), best 2 from 5 races (if 2 of the 7 are lost).

The Final – The best 15 qualifiers from each of the four classes: M & W 18 and M & W 20 will be eligible to compete in the Final.

Athletes who wish to compete in the 2009 FCC Final must enter in advance as for any pre-entry event. The start list will be compiled according to the guidelines with any non-competitive runners starting before the FCC Finalists on either or both days. The start times on Sat May 2nd will not be before 12 noon.

Sat 2nd May	FCC Final Middle Race (NGOC)
Sun 3rd May	FCC Final Long Race (BOK)

For information contact Pauline Oliviant
Tel: 01159 872083
Email: pauline@britishorienteering.org.uk

Service to Schools Orienteering Awards

BY PETER BYLETT / PHOTOS BY RAY BARNES

The purpose of this award is to acknowledge the tremendous contribution that volunteers make to the development of schools' orienteering within the UK. The award is a joint BSOA/British Orienteering initiative.



Graham Gristwood presented Mrs Batten with her Award at BSOC

THE BSOA CERTIFICATE FOR SERVICE TO SCHOOLS ORIENTEERING

Mrs Jo Batten – Nominated by the Senior and Junior Heads of King Henry VIII School
Mrs Batten supports Jane Halliday with the organisation of orienteering within the school and at weekends and has done so for the last 8 years. Duties include driving mini buses, organising entries and encouraging the “less sporty” pupils to get involved thereby gaining in self confidence.

THE BSOA TROPHY FOR OUTSTANDING SERVICE TO SCHOOLS ORIENTEERING

Joanna Foster – Nominated by Bristol Orienteering Klub (BOK)
Jo has been actively involved in the administration of Avon Schools Orienteering (ASO) and coach for the Bristol Grammar School orienteering team for over 10 years. She is currently the Secretary of Avon Schools Orienteering and helps at orienteering events for schools in the area. In her role as team coach for Bristol Grammar School she co-ordinates the school entry to events, takes pupils to events and actively encourages them to organise and run at least one ASO league event per year.

Piers Angliss – Nominated by Bristol Orienteering Klub (BOK)
Piers has also been actively involved in orienteering for schools for over 10 years. Throughout this period



Tom Gray is prestned with his award by Graham Gristwood at BSOC

Gill Brown – Nominated by the ex Head of Ulverston Victoria High School
The school has had much success in orienteering over the years. This has included many team and individual podium places at the British Schools Orienteering Championships and the World Schools Orienteering Championships in which the school has represented England at every event held since 1997. This would not have been possible without the support of a team of parents assisting Clare Evans to run the school orienteering club. Gill is one of that team and has focused her efforts on the training of the younger students.

Tom Gray - Nominated by Pendle Forest Orienteering Club
For the last 15 years Tom has devoted many hours of his own time to the introduction and development of orienteering within the Baccup and Rawthenstall Grammar School. The school competes regularly at North West Schools events and at many mainstream orienteering events including the Easter JK event for the last 5 years. Pupils do not just compete



John Lewis presented Jo and Piers with their award at the Leigh Wood Event

he has held the posts of Secretary, League Scorer and Webmaster for Avon Schools Orienteering. He recently relinquished the post of Secretary but continues to be league scorer and webmaster. Piers uses his I.T. expertise by assisting with electronic punching preparation, data input and collation of results. After each ASO league event he collates the scores for schools and individuals and puts them on the web. The BOK committee felt that both Jo and Piers had had a major impact on the continuation of the ASO schools league in the Bristol area over the years.



Graham Gristwood presents Gill Brown with her Award at BSOC

but are encouraged to plan and organise some of the PFO events. He also encourages parents to compete at events and some are now coaches. Tom has contributed hugely to the development of Schools orienteering in the North West.

Jackie Hallett - Nominated by the Avon Schools Orienteering (ASO) committee
For 15 years Jackie worked tirelessly to promote orienteering within the Royal High School, Bath. She encourages pupils to not only compete at ASO events but also other mainstream orienteering events.

As a Bristol Orienteering Club coach she puts on training events for juniors and travels away to events such as the Peter Palmer relays. Juniors benefit not just from her experience as an international athlete but her sense of fun makes training sessions a great success. Jackie has recently moved to Kingswood School and we are sure that they will benefit from her orienteering knowledge and enthusiasm.



Jackie Hallett is presented with her award by Graham Gristwood at BSOC

Want to nominate someone?

Any individual, school, club or region can nominate a person for the awards. Full details are on www.bsos.org – Advice for teachers – Appreciation Awards. The next closing date is the 31st January 2009

Thank you from the BSOA

We would like to thank all the officials, volunteers, teachers, team leaders, parents and students for making the recent British Schools Score Championships (BSSC), the World Schools Trials and British Schools Orienteering Championships (BSOC) such wonderful events. The pictures on the BSOA website speak for themselves.

BSOA Membership Renewals

Schools and Colleges membership renewals will be mailed early in 2009. Please renew promptly to ensure that you continue to receive your copy of “Focus”.

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

Squad Search

Julia Blomquist
Alice Butt
Anne Edwards
Hector Haines
Matthew Halliday
Peter Hodgkinson
Kris Jones
Hollie Orr
Mairead Rocke
Ralph Street
Hazel Wright

Junior Programmes

On the 8th of September the selections for the 2009 Junior and Start Squads were announced and there has been plenty of action since with the European Youth Orienteering Championships (EYOC) and a Lake District training camps for both the Junior Squad and Start Squad.

Junior Squad 2008/9

Hector Haines (AIRE)	Julia Blomquist (BAOC)
Matthew Halliday (OD)	Alice Butt (SARUM)
Peter Hodgkinson (NOC)	Anne Edwards (TVOC)
Kris Jones (SBOC)	Hollie Orr (CLYDE)
Ralph Street (SLOW)	Mairead Rocke (LEI)
Hazel Wright (MAROC)	

Start Squad 2008/09

James Taylor (NOC)	Rebecca Harding (HH)
Stuart Thompson (FVO)	Alice Leake (EBOR)
Duncan Birtwistle (CLARO)	Kirsty Coombs (MAROC)
Tom Fellbaum (MDOC)	Sophie Kirk (OD)
Jamie Stevenson (FVO)	Abigail Longhurst (FVO)
Peter Bray (SN)	Jenny Evans (NOC)
Jonathon Crickmore (SO)	Alice Fellbaum (MDOC)
Finlay Langan (MAROC)	Katrin Harding (SROC)
Ciaran Allen (ERYRI)	Aine McCann (LVO)
Jack Benham (SARUM)	Charlotte Watson (WCOC)
Thomas Louth (WAOC)	Lucy Butt (SARUM)
Chris Owens (DEE)	Zoe Harding (SROC)
Chris Young (HH)	Lucy Thraves (SO)

The Start Squad training camp was held at the Hawkshead Youth Hostel on the infamous OMM weekend. Luckily the squads training activities were unaffected by the heavy downpours which led to the cancellation of the Mountain Marathon. Having all the different age athletes training together as one group for the weekend was a great success with the younger athletes learning a lot from the older athletes and in many cases vice versa.

The training weekend included a mix of practical and theoretical sessions and was aimed at improving the athlete's knowledge in a range of the key areas of elite athlete development. This included leg planning, physical training and intervals, understanding your brain, performance analysis, core stability, race preparation and technical skills.

Gareth Candy
Junior Programmes Manager

Susan asks,
What skills do
you need to be a
great orienteer?



millie map says,
To be a great orienteer you
need to be a great navigator
and a great runner. If you
want to improve your running
why not join your local athletics
club or incorporate intervals
into your training programme.



British Schools Score Championships

PHOTOS BY DAVID OLIVANT AND RAY BARNES

Over 500 school orienteers from as far away as Devon and Durham, Lancashire and Essex took part in the British Schools' Score Championships at Sherwood Pines Forest Park on Saturday 11th October. The event was organised by Nottinghamshire Orienteering Club on behalf of the British Schools Orienteering Association and full results and photos can be found at www.bsoa.org

Individual Winners

	1st Girl	1st Boy
Year 5	Louise Adams	Euan Tebbutt
Year 6	Sarah Bedford	Harrison McCartney
Year 7	Penny Oliver	Michael Adams
Year 8	Rachel Emmerson	Hamish Rogers
Year 9	Jessica Appleton	Zac Field
Year 10 & 11	Elizabeth Parkinson	Duncan Taylor
Year 12 & 13	Alice Leake	Alex Roberts



The boys teams are Torquay Boys Grammar School, Nottingham High School and Bacup and Rawtenstall Grammar School

Team Winners

	Girls	Boys
Primary Schools	Oakridge Primary School	Burford School
Middle/Prep Schools	Bramcote Lorne School	Bramcote Lorne School
Lower Secondary Schools	Kenilworth School	Kenilworth School
Upper Secondary Schools	King Henry VIII School	Nottingham High School



Medal winning teams in the Upper Secondary Classes Years 10 to 13 Left to right the girls teams are Fallibroome High School, King Henry VIII School and Bemrose Community School

JUNIOR PROFILE:

Kristian Jones

Age: 17

Club: Swansea Bay Orienteering Club

Age started orienteering? 12

Do your parents orienteer?
My dad does

Why/where did you start orienteering?
I got taken along to summer leagues by my dad.

What do you enjoy about orienteering?
The range of different experiences you can get and the places you can see. Every time you go out it is different.

Do you have a coach?
Yes, Mark Saunders.

If so, how has this helped you?
He gives me a lot of encouragement and support and also gets me out doing long runs up big hills!

Where is your favourite place to orienteer?
There are so many. In Britain, any open or really fast areas, sand dunes in particular. Culbin was my favourite of last year. Also city/sprint orienteering. Abroad my favourite areas are some of the areas around Halden and also some of the places in Italy.

What kind of training do you do?
I train twice a week with Swansea Harriers in Track sessions and I try to get in 1 or 2 orienteering sessions each week and do a long run and a faster run on weekends when I'm not at events.

What is your best result?
Gold in the Sprint at the European Youth Championships, 1st in the middle event at the World Schools Championships, 1st in JHIs twice (2007, 2005) and 1st in JIRCs 2008.



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

Know your strengths and improve your weaknesses. Map geek for big competitions. Also know that if you miss out on selection one year that it doesn't make a difference. You can still go out the next year and prove the selectors wrong.

What do you enjoy doing outside of orienteering?

Cross country, fell races, I'm a running kind of guy. Also just relaxing, the times where you can just sit back and do nothing for hours.


Orienteering Great Britain