



Issue 16

FOR JUNIOR ORIENTEERS

Cover Photo: Orville Dick competing at BSOC. Credit: Rob Lines

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More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/ozone

Junior European Cup

Report by Sarah Hague
Photos by Crawford
and Rona Lindsay

The Junior European Cup (JEC), an international competition for M/W18 and M/W20 athletes took place this year in Scotland around the Perth area. Because the competition was on home terrain, Great Britain fielded the maximum team allowed which consisted of 24 athletes. Most had competed for Team GBR previously this year so were confident of success. However for the few who were making their debut, being selected to run for Team GBR offered them the opportunity to experience international competition.



Jamie Stevenson and Jonathan Crickmore gave very strong performances

Sprint Race

Proceedings kicked off with the Sprint races which were held in the grounds of St. Andrews on a cold but clear Friday afternoon. The Sprint race was all over in 2 hours and Team GBR delivered some superb results with honours going to Kris Jones who ran a very controlled race and led from the first radio control. Kris was ecstatic to gain revenge over the Dane, Rasmus Thrane-Hansen who won the Gold medal ahead of Kris at the Junior World Championships in July. This takes Kris's tally up to three medals in Sprint races over the last two years, confirming that he has become GBR's most medalled junior athlete to date.

Further honours went to Jamie Stevenson and Jonny Crickmore who won a Silver medal and came 4th respectively in the Under 18 Men's class. Jamie Stevenson said of his race, "I had a good run with a steady start, which I guessed would be tricky. After that I was able to stretch out. I am very pleased with my result." Charlotte Watson who came 5th in the Under 18 Women's class was pleased, but had a minor wobble when it started getting more technical. In total, Team GBR delivered one Gold, one Silver, two Podiums and a further two Top 10 finishes.

Relay Race

A change to the usual format saw the Relay taking place on the Saturday in the forests of Faskally, near Pitlochry, which had some testing steep hills that were mixed in with flat fast running. Unfortunately, Team GBR's previous days good fortune was not carried forward especially as any minor mistakes were costly as several of the athletes can testify. However there were a number of strong individual performances (Charlotte Watson - 5th on first leg, Hazel Wright - 7th on third leg, Peter Hodgkinson - 7th on first leg and Duncan Birtwistle - 6th on second leg).

Long Race

On Sunday, the sand dunes of Tentsmuir were used as the competition area for the Long race which meant that the racing was fast and if the athletes executed their basic techniques well, they were rewarded with good results. Team GBR delivered a solid set of performances and achieved some great results with four podiums and one further Top 10 position. Jamie Stevenson, 5th in the Under 18 Men's class was really satisfied with his individual performance and said he was now looking forward to putting in a hard winters training. Jonny Crickmore, 6th in the Under 18 Men's class, was pleased with what he said was "a perfect race." Kris Jones who followed up his Gold medal in the Sprint with 6th place in the Under 20 Men's class said, "it was a good run and it felt like I was running fast." Charlotte Watson, who was Team GBR's best performer with 4th place in the Under 18 Women's class said "she pushed hard all the way and was really pleased with her race." Finally, Julia Blomquist finished in the Top 10 with 8th place in the Under 20 Women's class.



Kirsten Maxwell in action



Kris Jones continued his fantastic form to win the Gold Medal



The Great Britain Junior European Champs Team

SPRINT RACE RESULTS

Under 18 Men

1.	Eskil Kinneberg	NOR	12:55
2.	Jamie Stevenson	GBR	13:05
4.	Jonny Crickmore	GBR	13:13
14.	Thomas Fellbaum	GBR	14:04
17.	Duncan Birtwistle	GBR	14:14
23.	Michael Beasant	GBR	14:46
24.	Peter Bray	GBR	14:51

Under 18 Women

1.	Franziska Dorig	SUI	13:04
5.	Charlotte Watson	GBR	13:36
9.	Sophie Kirk	GBR	13:55
16.	Kirstin Maxwell	GBR	14:10
20.	Rona Lindsay	GBR	14:20
23.	Joanna Shepherd	GBR	14:31
26.	Lucy Butt	GBR	14:34

Under 20 Men

1.	Kris Jones	GBR	13:00
9.	Ralph Street	GBR	14:28
13.	Peter Hodgkinson	GBR	14:35
20.	Matthew Halliday	GBR	15:08
23.	David Abrams	GBR	15:32
dsq.	Alasdair McLeod	GBR	mp

Under 20 Women

1.	Ida Bobach	DEN	13:00
11.	Julia Blomquist	GBR	14:34
12.	Hazel Wright	GBR	14:38
15.	Alice Leake	GBR	14:54
17.	Rebecca Harding	GBR	15:01
19.	Jessica Orr	GBR	15:07
25.	Alice Butt	GBR	16:41

RELAY RACE RESULTS

Men

1.	Austria 1	98.04
2.	Norway 1	98.38
3.	Switzerland 1	102.30
9.	GBR 1	105.52
10.	GBR 2	105.56
14.	GBR 3	111.48
Dsq.	GBR 4	mp

Women

1.	Denmark 1	94.90
2.	Russia 1	97.60
3.	Norway 3	100.20
11.	GBR 1	109.55
12.	GBR 2	111.05
14.	GBR 3	113.51
17.	GBR 4	120.55

LONG RACE RESULTS

Under 18 Men

1.	Marius Thrane Ødum	DEN	58:21
5.	Jamie Stevenson	GBR	01:02:21
6.	Jonny Crickmore	GBR	01:02:26
24.	Duncan Birtwistle	GBR	01:09:09
27.	Thomas Fellbaum	GBR	01:09:37
32.	Michael Beasant	GBR	01:12:13
36.	Peter Bray	GBR	01:28:38

Under 18 Women

1.	Franziska Dorig	SUI	54:26
4.	Charlotte Watson	GBR	54:51
11.	Kirstin Maxwell	GBR	57:20
19.	Joanna Shepherd	GBR	01:00:13
21.	Lucy Butt	GBR	01:00:30
28.	Sophie Kirk	GBR	01:02:45
33.	Rona Lindsay	GBR	01:08:30

Under 20 Men

1.	Lucas Basset	FRA	01:02:12
6.	Kris Jones	GBR	01:04:52
15.	Ralph Street	GBR	01:06:42
17.	Alasdair McLeod	GBR	01:08:23
18.	Peter Hodgkinson	GBR	01:09:17
19.	Matthew Halliday	GBR	01:10:21
22.	David Abrams	GBR	01:11:47

Under 20 Women

1.	Ida Bobach	DEN	56:05
8.	Julia Blomquist	GBR	01:01:58
11.	Rebecca Harding	GBR	01:04:28
16.	Hazel Wright	GBR	01:05:59
23.	Jessica Orr	GBR	01:10:56
25.	Alice Butt	GBR	01:14:25
26.	Alice Leake	GBR	01:14:54

In the overall standings Team GBR finished 4th behind, Norway, Switzerland, Denmark and Russia, two places ahead of the previous year.



Peter Palmer Relays

Report by Pauline Olivant. Photos by Rob Lines

This year's Peter Palmer Relays took place in the early hours of Sunday morning at Chetwynd Barracks, Chilwell, near Nottingham. Twenty five teams from across the country took part and travelled to the event ready for the Saturday evening entertainment that the Army Information Team had organized. This included field gun races and a climbing activity and was followed by a film showing of Spider Man II in the barrack's main briefing theatre.



The competitors were surprised and delighted to find the car parking, accommodation, start, changeover and finish all located inside a giant hanger. This certainly added to the atmosphere and gave the event a unique feel.

The competition area itself was largely urban, consisting of the barracks, surrounding army housing, areas of grassland and two small pieces of woodland. This made for some very fast racing, with the gaffled courses and route choices through the built up areas penalising any lapses in concentration.

First team home and winners of the Peter Palmer Trophy were South Yorkshire Orienteers (181:01 - Aidan Smith, Simon Bradbury, Adam Bradbury, Katherine Hall, Louise Adams and Zac Field). All the athletes had great runs to bring the team home to a jubilant victory.

Second overall and winners of the Joan George Trophy for the leading Handicap team were Octavian Droobers (186:57 - Matthew Elington, Harrison McCartney, Hamish Rogers, Rachel Emmerson, Julie Emmerson and William Gardner).



SV0 receive the winners trophy

In third place were SARUM (192:06 - Thomas Butt, Lucy Butt, Harry Butt, Sophie Davies, Lisa White and Jack Benham). SARUM were also the first small club team home and therefore won the Norwich Trophy.

Many thanks to the British Army Orienteering Club for hosting an event to be remembered.

Full results can be found at
www.cix.co.uk/~neper/ppr2010/index.htm

Rona Lindsay competing in the Sprint Race

Alice Butt competing in the Long Race

British Schools Orienteering Championships 2010

Report by Pauline Olivant
Photos by Rob Lines

The event went south this year to Wormley Wood, Broxbourne next door to Paradise Wildlife Park, hence the logo! The weekend also included training events and an additional selection race for those wishing to qualify for the International Schools Orienteering Championships in Italy next year. The event received over 700 entries, from over 100 different schools who came from as far afield as Scotland and Devon.



The large car park area accommodated registration, traders and prize giving with the competition in the adjacent wood. The big Buff arch added to the atmosphere and provided a real focal point.

The individual winning times on each course couldn't have been closer and in most cases the competitors were only separated out by a few seconds. Two of those who did win by a larger margin were Jonathan Crickmore from

Hurstpierpoint College and Katrin Harding from Lancaster Girls Grammar School who won by over 7 and 8 minutes respectively.

The age class team winners saw some new schools on the podium this year with 11 different schools picking up the 18 trophies.

The whole school team prizes were again strongly contested. Ascot Heath Primary School won the Primary category, which is an amazing achievement for a school that is new to the sport. The school only started orienteering this year at the Bracknell orienteering competition,

but they won both their local school partnership competition and county final and with encouragement from BKO decided to enter the Championships.

Barnardiston Hall Prep School retained their Middle/Prep trophy and Clayesmore Senior won the Small Secondary School category. With three 1st places and a total score of 31 the Large Secondary School team prize was won by Lancaster Girls Grammar with Hillsroad Sixth Form College winning the Tertiary.



Ascot Heath School won the Primary School Category



Thanks to Happy Herts Orienteering club who with the help of the other clubs in the South East made this event possible. Thanks also to Buff who generously donated prizes.
Full results and photographs can be found at www.bsoa.org

SELECTIONS FOR THE ISF WORLD SCHOOLS CHAMPIONSHIPS 2011

PRIMIERO/TRENTINO, ITALY

Congratulations to the following schools and athletes that have been selected to represent their country at the ISF World Schools Championships.

ENGLAND

School Teams

Junior Girls - Kenilworth School and Sport College
Junior Boys - Ulverston Victoria High School

Select Teams

Junior Girls

Katrina Hemmingway, Cockermouth School
Katherine Hall, Tapton School
Becky Young, Latymer Upper School
Sarah Jones, St Bernard Catholic High School
Natalie Beadle, Cartmel Priory School

Reserve: Kirsten Bell, Ulverston Victoria High School

Junior Boys

Dane Blomquist, Tomlinscote Sixth Form College
Harry Butt, The Burgate School
Joe Woodley, Guiseley School
Tim Morgan, King Edward VI Southampton
Hamish Rogers, Kenilworth School and Sport College

Reserve: Alistair Thornton, Tytherington High School

Please note reserves are non-travelling.
Coaches Select: Josh Jenner, Pauline Olivant.

SCOTLAND

School Teams

Junior Girls - Banchory Academy
Junior Boys - Aboyne Academy

Junior Girls

Evelyn Mason
Megan Getliff
Kirsten Brown
Jennifer Ricketts

Junior Boys

Brad Arthur
Iain Johnson
Oliver Ford-Bryant
Alistair Walker
Iain Campbell

Coach - Kate Robertson

Coach - Dermid Arthur

Select Teams

Junior Girls

Jessica Stuart, Aboyne
Cara McMurtrie, Aboyne
Bronwyn Matthews, Aboyne
Maddy Tonner, Biggar

Junior Boys

Callum White, Charlestown
Alexander Chepelin, Banchory
Mathew Galloway, Bourghmuir
Luke Foss, Biggar

Coach - Jackie Riley
Head of Delegation - Blair Young

Coach - Terry O'Brien

British Schools Score Championships

- Full results can be found at www.bsoa.org

The British School Score Championships (BSSC) were held on the 9th October in Lancashire. Organiser Maureen Ashton tells Ozone about the event.

"Although Pendle Forest Orienteers (PFO) is only a small club, its members rose to the occasion in October when PFO hosted the BSSC in Witton Park, Blackburn. Nearly 500 competitors ranging in age from 9-18 found the courses sufficiently challenging and had a great time competing for their schools.

Witton Park has a flat open section flanked on one side with a strip of woodland and on the other by a steep hillside with a complex semi wooded open area. The younger orienteers found the valley bottom had enough to offer in their 45 minutes, while only a handful of the older competitors managed to cover the whole area in the 60 minutes allowed.

PFO coach, Cath Wilson, had been working in local Primary Schools in the Summer term and her hard work paid off for Leonah Ellis from Haslingden Primary School, the winning girl in Year 6. Having never orienteered outside of the school grounds before, it made a truly fantastic result.

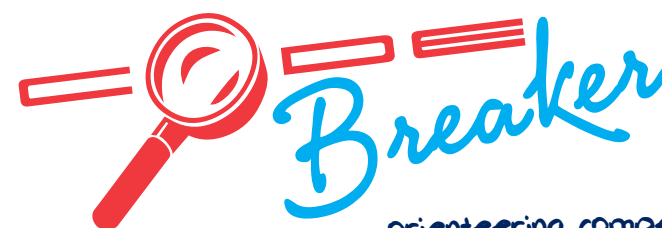
Local competitor and PFO junior Jamie Hoyle ran the event on behalf of his school, Bacup and Rawtenstall Grammar School. Jamie only started orienteering when he began at the school, just over a year ago but he is now a regular member of the PFO weekly Club Night, along with his mum Debra and younger brother Ben.

Jamie says, "On arrival, I collected my race-bib from Mr. Gray and assembled at the start area, nervously anticipating the 45 minutes ahead. After being guided through the start lane along with the other competitors, I was off on a journey that would take me through ravines, mud, water and fields, all as quickly as I possibly could, whilst being battered by strong winds!

Despite a navigational error which resulted in a 5 minute time penalty, I came 10th out of 37 in Year 8 boys and thoroughly enjoyed myself. At the end of the course, I received 'A Taste of Lancashire' from the race officials in the form of traditional farmhouse biscuits and then went to make use of Witton Park's new adventure playground with the rest of my team. All-in-all, it was a great day out and I had a brilliant time."



Maureen Ashton presented Haslingden Primary School with their certificates. Credit: Steve Bateson



Orienteering Games & Tips

Use your knowledge of orienteering competitions taking place next year to crack the code below. The answer can be found on page 8

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
							24			13				17		X				X	X	X		X	X

H										K															
22	24	14								11	13														

9	2									22	24	14													

14	1	2	22	14	25					23	17	25													

O																									
17	25	9	14	6	22	14	14	25	9	6	4														

5	17	18	26	14	22	9	22	9	17	6															



Ireland won the Judith Wingham Trophy



England won the overall JHI Title

Junior Home Internationals

This year's Ward Junior Home Internationals (JHIs) were organised at the same time as the Park World Tour in Perth. Unlike normal, the Relays were held early on Saturday morning, so the teams were able to go into Perth to watch the final of the Park World Tour. Many of the juniors taking part in the JHIs will be hoping that one day they may compete in this prestigious event as future GBR stars.

The JHI Relay proved to be an exciting race, as on the first 2 legs the leaders kept changing and interest mounted as to what the final positions would be. In the end, England won with a combined score of 54 to Scotland's 50. Ireland followed, just 8 points ahead of Wales.

With such close scores in the Relays, all the teams were looking forward to the individual races the following day to see if they could clinch the title. It was England who took up the challenge, with individual wins in 4 of the 6 classes. This consolidated their lead achieving 81 points to Scotland's 69. Congratulations to the England juniors for winning this year's event and taking home the winning trophy.

Wales and Ireland were also having their own battle for the Judith Wingham trophy, but after strong individual performances, Ireland won with a combined score of 61 to Wales 45.

Thanks to all the Scottish helpers who ensured the juniors had a great weekend.



Charlie Compass asks
Should I draw my route on my map after I have run?

Millie Map says,
Always, as it will help you to identify the skills you have used well and those which need further improvement.

Future Champions Cup 2011

The FCC competition is open to M/W18s and M/W20s who are British Orienteering National or Local members.

Qualifying Races

(best 6 scores to count from 11 races)

12th March	JOK - Shotover (Forest Sprint)
13th March	Southern Champs - Hambleden (Long)
26th March	NATO Sprint - Leazes Park (Sprint)
27th March	Northern Champs - Ray Demesne (Long)
10th April	British Middle - Worthlodge Forest, Crawley (Middle)
22nd April	JK - Stranmillis University College (Sprint)
23rd April	JK - Tyrella South (Middle)
24th April	JK - Slieve Croob (Long)
14th May	BEOC - Wharncliffe and Greno Wood, Sheffield (Long)
1st August	Day 2 - Scottish 6 Days, Ardnaskie
2nd August	Day 3 - Scottish 6 Days, Creag Mhic
9th October	FCC Final, Pickering Forest

At any event where there is an elite course, those running the M/W18L or M/W20L will be eligible for 'lower' FCC points.

Please include your actual age class when entering.

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 point for each position (the top 50 in each class score). In addition, at races where there is a choice of running 18/20E or 18/20L the 18L & 20L class runners will score 1st-40, 2nd-36, 3rd-33, 4th-31, 5th-30 and then decreasing by 1 point (the top 34 score). M/W16's and below will not score.

Each competitor will count their best 6 scores. If a race is cancelled or voided the following will apply: best 6 scores from 10 races (if 1 is lost) and then best 5 scores from 9 races.

The Final: The best 15 qualifiers from each of the four classes (M/W18 and M/W20) will be eligible to compete in the Final.

Athletes who wish to compete in the 2011 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.

Pauline Olivand, Junior Competitions

Age: 16

Club: ESOC

Age started orienteering?
8

Do your parents orienteer? Yes

Why/where did you start orienteering?

There was an event in Princes Street Gardens in Edinburgh and we went along to that, we liked it, joined the local club and came back for more!

What do you enjoy about orienteering?

I couldn't imagine my life without it; I love the challenge of finding the controls and I find it so much more interesting than just running - the feeling you get when you achieve your goals is amazing. I have met so many great people and enjoyed lots of opportunities to travel to new places.

Do you have a coach?

Yes.

If so, how has this helped you?

Having a coach has really helped me to get my training organised. Knowing that there is someone going to call you up about not training is a good incentive! It is also good to have someone who you can talk over your runs with.

Where is your favourite place to orienteer?

I love really technical areas, where you have to think the whole time. There aren't many areas like this, but I like sand dune areas like Barry Buddon and Braughton Burrows. I also love the Speyside forests like Anagach.

What kind of training do you do?

I go out training most days. During the week I do things like hill reps and intervals. During the winter there are fortnightly club nights which focus on strength and conditioning and in the summer we have informal technique training. There is also a series of night orienteering events run by EUOC which I go to. At the weekend there is usually an orienteering event on, and if not I go out for a long run.



Credit: Crawford Lindsay

What is your best result?

The run I am most proud of is my run at the JK Sprint this year. It was my first gold medal and I had wanted to win it for two years! I was also really pleased to come second at the British Championships.

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

Don't let a bad run get you down; learn from your mistakes, pick yourself up and keep trying. You have to believe in yourself to get anywhere, I've not always been very good at this myself but you just have to keep at it. Also, never be afraid to ask for advice from coaches or older athletes.

What do you enjoy doing outside of orienteering?

I play the cello and I am in several orchestras in and out of school. At weekends when I'm not travelling to events, I go out with my friends and just chill.