



Issue 20 - W

FOR JUNIOR ORIENTEERS

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www.britishorienteering.org.uk/page/ozone

British Schools Score Championships

Photos by Rob Lines

The British Schools Score Championships (BSSC) were held at Beaulieu Estate in the New Forest, Hampshire. Over 300 children from across the UK took part in the event and had fun finding as many orienteering controls as they could over the set time that was allowed.

One school even travelled across the sea from Jersey. Their teacher Jon Hales explains, "We decided to bring a small team over to BSSC and we were really impressed with the courses as they had some nice controls and were a good challenge. Although each of our boys did make a little mistake here and there, they finished the day wanting to do more orienteering in the UK which is all I could have asked for."

St Andrews School from Halstead, Essex won gold in both the boys' and girls' teams and pupils Olivia Baldwin, Joshua Buist, Georgia Gower and Jonathan Quinn also won individual medals. Many of the pupils from St Andrews attend their local Community O project which is supported by Essex Stragglers Orienteering Society (SOS) and two SOS coaches, Julie Laver and Nancy Powell-Davies.

Julie explains, "The PE teacher at St Andrews Primary school is very enthusiastic and she had started bringing some of her pupils to our events. The teacher was not an orienteer and did not know how to improve the skills of her obviously keen pupils, so we stepped in to help. We now have approximately 25 year 4 - 7 pupils from the primary school and adjacent secondary school attend the club night."

What sort of coaching sessions have you been running each week?

We spent the first few weeks concentrating on score style running to prepare for the British Schools Score Championships in addition to some skills games and practice runs each week.

The week before half term we put on a course around the school site and invited parents to join in. Seven parents attended who after some reservation thoroughly enjoyed the experience and indeed were more competitive than some of the children!

The pupils were extremely successful in the BSSC. What do you put this down to?

The kids enthusiasm, guidance of the teacher, good parental support, experience built up over a year with support given before and after runs at events, topped off by the practice given in the last couple of club meetings before the Championships.

Are any of the children taking part in local SOS events?

There are a regular group who come along to our local SOS events and some who are prepared to

travel further afield to take part in the School League events. A number have now joined the club as local junior members. We're now trying to persuade the parents that orienteering is not a spectator sport and they should join in to!

What do you enjoy most about coaching orienteering?

The kids' enthusiasm and helping more people to enjoy our sport.

The Upper Secondary Boys category was won by Torquay Boys Grammar School.

Teacher Steve Perrelle explains how they teach orienteering at their school. "As a school we have two weekly training nights throughout the spring, summer and autumn: one for the year 7's being introduced into the sport and another for the older established runners. Fortunately we have the use of school mini buses so we can head out to more challenging areas to try and keep it interesting. In winter with the dark evenings we keep things going with a single weekly meeting with a break either side of Christmas. We have tried 'Urban O', circuit training sessions and some night orienteering is also planned.

From its foundation the school club was supported by Devon Orienteering Club so nearly all our pupils end up joining and running for the Devon team. There is a very strong team spirit strengthened by the social side of trips away to the JK, British Champs, Yvette Baker and British Schools Championships. You don't need to encourage the children to run their best as it's second nature to them. However the school club has only been in existence for three years so we still have a long way to go and hopefully we will improve our performances even further.

When the children are asked what they like about orienteering, one of our pupils James said, "The challenge. It's up to you to look after yourself and normally at school you can't do anything adventurous by yourself!"

Another pupil Oli enjoys, "The trips away; heading over to Northern Ireland for the JK last year was great."

Thanks to all involved in organising such a great Championships. Full results and photos can be found at www.bsoa.org

Results

The Primary Girls and Boys categories were won by St Andrews Primary, Halstead, Essex.

The Middle Prep Girls and Boys categories were won by Barnardiston Hall Prep School.

The Lower Secondary Girls category was won by King Henry VIII Senior School.

The Lower Secondary Boys category was won by Torquay Boys Grammar School.

The Upper Secondary Girls category was won by Kenilworth School.

The Upper Secondary Boys category was won by Torquay Boys Grammar School.





PETER PALMER TROPHY

Photos by Rob Lines

This year the Peter Palmer Trophy was won by Lakeland OC. Ozone caught up with Team Manager Selwyn Wright to find out more about their success.

Lakeland OC have been working hard to develop Junior Talent within the club for several years now. Ulverston Victoria High School under Clare Evans guidance has long been the focus for Lakeland Juniors and we still have on average 8 coaches working with 50 children every Wednesday evening. However it is no longer the only string to our bow; Heather Burrows runs the Talent Squad on Thursday evenings and Carol McNeill's coaching team organises Saturday

morning terrain sessions. Add to that two more nights of running training (we're lucky to have several coaches 'double qualified' in 'O' and Athletics), beginners coaching in Kendal and our new 'Navnights' for families, and you can see why the club is beginning to nose its way into the reckoning for junior and indeed open age events!

After achieving second place in the Yvette Baker Trophy earlier in the year we were hoping for a good result at the Peter Palmers. The event was held on the MOD base at Stafford, with fairly straightforward sprint terrain – lots of controls, plenty of buildings and not a contour in sight.

Nevertheless we weren't quite prepared for Matt Penellum storming in to the first changeover with no one else in sight! Jack Wright maintained the momentum and handed over to Carrie Beadle with a slightly shortened lead and Carrie did well to drop only two places against strong opposition from Octavian Droobers (OD) and South Yorkshire Orienteers (SYO). Natalie Beadle managed to haul back some time on leg 4 and



Patrick Rigg finished leg 5 just a minute and a half behind SYO with OD, apparently in the clear four minutes ahead.

These positions remained to the first spectator control on the final leg with Will Gardner of OD still safely ahead. However, the next few minutes unfolded slowly and dramatically! First up it was Carl Edmonds racing into view, having caught and passed SYO's Aidan Smith.

Will Gardner then duly ran in to the finish with the rest of his teammates joining him up the run

in. We were settling back to await the next finisher when

rumours started to spread that OD had mis-punched, and so when it was Carl who sped into the finish arena there was complete pandemonium.



It's never pleasant to win on someone else's disqualification, and we did spend an uncomfortable hour while the OD appeal was considered; commiserations to OD.

Our younger Lakeland team were competing over the same course in the 'Joan George' trophy event for teams with a total age under 90 years. Sadly however we mis-punched ourselves on leg 2 but the team rallied strongly with all members (Angus Dobson, Katie Wright, Hannah Cleary-Hughes, James Allison and Will Rigg) producing strong and accurate running. With these two performances there's a bright future indeed for LOC juniors.

Here in Lakeland the message is the same from coach and athlete 'You put the effort in – you get the reward out'.



AIRE won the Joan George Trophy



Lakeland won the Peter Palmer Trophy

The winners of the Joan George Trophy were AIRE. Ozone caught up with their second leg runner Beth Woodley.

"The relay started at 4.45 am and Florence Haines was our first leg runner. I cheered in Florence at the spectator control and got ready for the hand-over when she came into the finish in 12th place after a good run. I was next leg runner and took the first couple of controls quite slowly as it took a while to get used to the urban terrain made up of army hangars and barracks. My course had two butterfly loops and I ended up getting to most parts of the map. I didn't make any big mistakes apart from approaching a control from the wrong direction as I got confused with the shape of a building. I ran into the finish and handed over to Scott Marshall.

Scott also had a good run and managed to bring the team up one position to 11th. The next runner was Lucy

Haines on an orange course who had a really fast run and maintained 11th place. Lucy handed over to Laura King who had a fantastic run and caught up over 15 minutes on the team in front of us, putting us in first place out of the teams competing for the Joan George trophy.

Joe Woodley was our last runner and brought the team back in 10th place overall and 1st in the Joan George trophy. Everyone in our team did really well and we were delighted to win the Joan George trophy for AIRE.

As I was cheering Joe in at the finish, a lady who was watching teams finish asked which club I was from. I told her that we were from AIRE and enquired which team she was supporting. She replied that she was Marlene Palmer, the widow of Peter Palmer. She said how lovely it was to see so many juniors enjoying orienteering and that Peter would have been pleased. Marlene presented our trophy to us, along with a box of chocolates and a water bottle each."

KENILWORTH SCHOOL WIN TWO SPORTS AWARD

Congratulations to the World Schools Gold medal winners from Kenilworth School and Sports College who have been awarded two Junior Team of the Year Awards.

Team members Tamsin Alcock, Elizabeth Davies, Julie Emmerson, Rachel Emmerson and Francesca Slade were presented with awards at the Coventry, Solihull and Warwickshire Sports awards and the Warwick District Sport awards.



Future Championships Cup

This year's Future Champions Cup (FCC) series culminated in the final race at Pickering Forest with some areas of low visibility and intricate contour detail.

The University trophy was again retained by Edinburgh University (Alice Leake, Jessica Orr, Joanna Shepherd) and Nottinghamshire Orienteering Club members (Peter Hodgkinson, James Taylor, Jenny Evans, Samuel Horsewill) won the club competition.

	1st	2nd	3rd
W18	Florence Haines (HALO)	Charlotte Watson (WCOC)	Zoe Harding (SROC)
W20	Charlotte Ward (AIRE)	Joanna Shepherd (INVOC)	Louise Markstedt (EBOR)
M18	Peter Bray (SN)	Jonathan Crickmore (SO)	Chris Young (HH)
M20	Robert Gardner (OD and SHUOC)	Jonathan Malley (EBOR)	Peter Hodgkinson (NOC)

Full results can be found at www.britisshorienteering.org.uk/page/fcc

W20 Winner Charlotte Ward Credit: Brian Ward



Peter Bray won M20E Credit :Brian Ward

Northern Exposure for British Schools'

Report by Blair Young and photos by Ray Barnes

The British Schools' Orienteering Championships (BSOC) crossed North of the Border for the first time in 14 years when almost 650 pupils from 72 schools arrived at Beecraigs Country Park, Linlithgow.



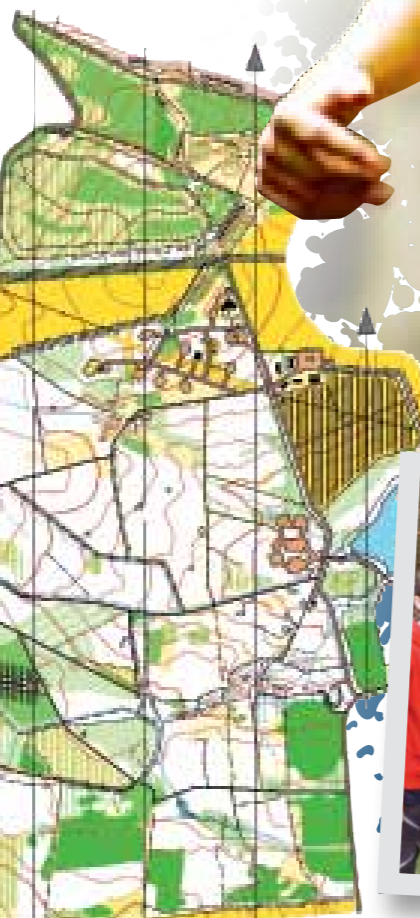
This year saw probably the greatest geographical spread of any recent BSOC attracting schools from just down the hill at Lowport Primary, to Torquay on the South coast, to Fortrose which is north of Inverness, from Oban in the west and from East Anglia.

Beecraigs was chosen for the event because of its central position, good infrastructure but most of all because of the mix of terrain which would provide a challenge at all levels. Courses started in the mature woodland before passing through the central open area before returning to mixed forest as they looped around to the finish by the Lochan.

The organisers were also able to keep all the main facilities within close proximity

and were presented with the opportunity of a spectator leg through the compulsory road crossing that kept those in the Assembly area amused.

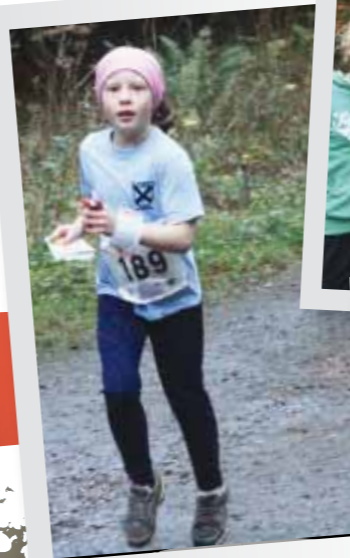
The complication for the planner is the unique need for four courses at; white, yellow, orange and light green standard,



Beecraigs map excerpt



Organisers Biggar High School won silver in the senior girls



all with significant numbers of competitors. Planner, John Biggar (Linoc) and Controller Lyndsey Knox (Roxburgh Rievers), spent many hours in the forest and at the computer screen before coming up with courses that provided the appropriate challenge for each age group.

Early in the process the decision was made to ere on the short side for the longer courses as it can become dark very quickly in Scotland at this time of the year, particularly if the weather turns nasty. We had to accept that this might result in winning times faster than those recommended in the guidelines but this was preferable to having less experienced competitors out on their courses for overly long finishing times.

Most titles were hotly contested and some decided by only a few seconds. Most notably the one second victory of Abigail Mason (Banchory) over Laura Hindle (Poynton) in the G8

race and the 16 seconds that covered the top three in the B12 category with Chris Galloway coming out on top.

At the prize giving Scottish Schools proved to be very successful, including organising School Biggar High, winning silver in the Senior Girls race, but awards returned to Schools throughout England and Scotland.

Winners of the Whole School Team results were:

Primary - Kingswood School
Middle Prep - Barnardiston Hall Prep School
Large Secondary - Banchory Academy.

Special thanks go to the Scottish Schools' Orienteering Association who in conjunction with Biggar High School, LINOC, TINTO and with the additional support of other Scottish Clubs organised a great weekend.

Full results and photos can be found at www.bsoa.org



British School Orienteering Championships 2012

Sunday 18th November
Delamere Forest, Cheshire
Hosted by Deeside Orienteers
For further information visit www.bsoa.org

Orienteering Games & Tips

millie map asks, Why is it good to have balanced diet?

Charlie Compass says,

The body needs a number of different nutrients to help it function properly, and no single food contains all the vitamins and minerals that we need to make our body and bones nice and strong. Therefore a mixture of foods must be eaten. High energy foods such as bread, rice and pasta, a moderate amount of meat and plenty of fruit and veg. All of us need a varied, balanced diet that is low in fat, salt and added sugar to give us the energy we need to enjoy our orienteering and also to help prevent diseases and illness.

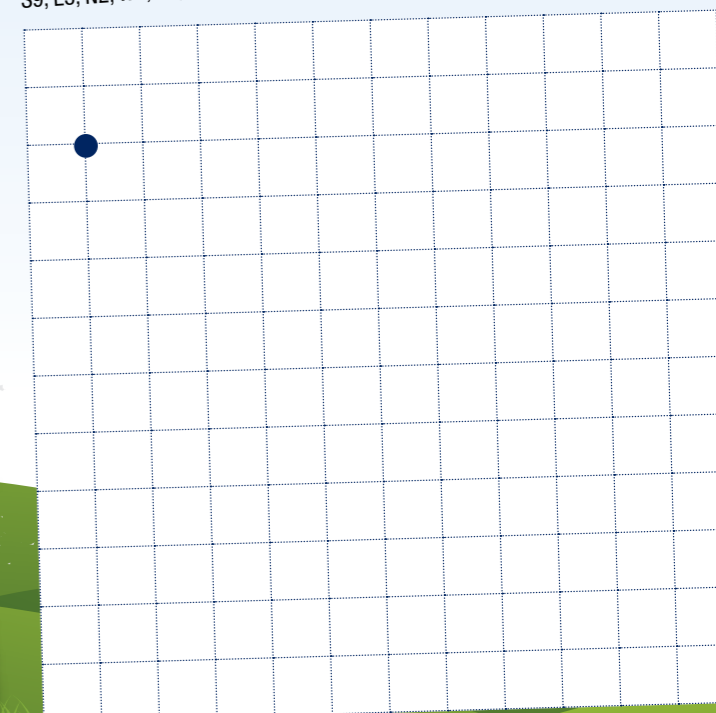
And don't forget that the human body is largely made up of water, so it is also important to drink lots of water as an essential part of our balanced diet. Generally we need 2-3 litres a day!

Find the Hidden Elephant

Start at the dot and draw the elephant by using the compass directions e.g. N3 = North 3 squares.

Directions:

S9, E3, N2, W1, S1, W1, N3, E1, S1, E2, S3, E2, N3, E2, S3, E2, N8, W6, N1, W4



Services to Schools Orienteering Award

The British Schools Orienteering Association and British Orienteering have jointly introduced an award to recognise services to schools orienteering.



It has long been realised that there are many people who devote numerous hours for the benefit of schools orienteering. Until recently they have only had limited recognition. These awards have been introduced to acknowledge the contribution they make.

Recognition will be on two levels; 'Services to Schools Orienteering' and 'Outstanding Services to Schools Orienteering'.

There is no restriction on who can be nominated. Nominees could be a teacher, a parent, a club member, or anyone who has helped with this work.

Nominations can be made by anyone, and should include a statement as to why they should be considered.

Nominations are considered every 6 months (in February and August). Please email nominations to the BSOA Awards Secretary before the end of January or July. A committee of representatives from both BSOA and British Orienteering will make the decision as to who receives the award and at what level.

Please consider if there is anyone you feel is worthy of an award and make a nomination.

Dave Brown
BSOA President and Awards Secretary
awards@bsoa.org

Age: 19

Club: Octavia Droobers (OD)

Age started orienteering?
13

Do your parents orienteer?
Yes, they started orienteering shortly after I did.

Why/where did you start orienteering?

I started orienteering at my school in Year 8 because one of my friends did too. I'd just given up swimming competitively and was looking for something new to try.

What do you enjoy about orienteering?

I enjoy the extra challenge of navigation that you don't get from cross country running.

Do you have a coach?

Yes I do, Elizabeth Furness.

If so, how has this helped you?

My coach has helped me in so many ways: advice on which events to enter, when to train and when not to, race preparation and contacts with other coaches for help and advice on other specific issues.

Where is your favourite place to orienteer?

Anywhere abroad! I particular enjoyed competing in the spectator race along side WOC 2011. It was the hardest terrain I have ever run in but a really great training experience and watching the elites has given me great motivation for this years training! Getting as much experience in different terrain is essential for when you want to compete in things like EYOC, JWOC and WOC. Any race good or bad is good training!

What kind of training do you do?

Last years training was a big change because I was in my first year of university. It was a great opportunity to train with like minded people for the first time. I train 4 times a week with my cross country club which includes long runs, circuits, core,



Sophie Kirk competing for Great Britain at EYOC

paces and tempo runs. I also do my own interval sessions appropriate for the time of year.

What is your best result?

My best result in the UK has to be JK 2010 where I came 1st in the Long distance in W18E and 2nd overall. It was a really tough race over terrain I'd never competed in before and after a good Sprint result I put myself under a lot of pressure. But a few words from my coach and a clear head helped me perform well.

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

Do as much orienteering as you can! If you can't get to races do your training sessions with a map so you can run and read a map easily at the same time. When you do get to races in the winter don't just do what you would normally do in a competitive race! Choose techniques you are weak on and focus on those. If you haven't done much running training before, ask for advice from people in your club and try and get a coach (it doesn't have to be formal!). But make your own decisions ultimately and make sure you enjoy training.

What do you enjoy doing outside of orienteering?

I enjoy going to races with my university cross country team. Everybody supports each other and we all enjoy going for a well deserved meal afterwards! I'm also currently studying for my degree in Civil Engineering at Imperial College which I am really enjoying.



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