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AUTUMN
NEWS 1



ISSUE 9



NOV



2013



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NI Orienteering: COACHING *focus*


PROVIDING OUR COACHES AND ATHLETES WITH NEWS,
TIPS, REVIEWS AND MUCH MORE...

Autumn NEWS

September and October have seen several important competitions take place, which included all 3 Home Internationals, Northern Ireland's premier event, the NI Champs, and the European Youth Champs (EYOC) in Portugal. So it has been a busy and successful few months for our orienteers.

All three clubs had a strong representation in the Home Internationals and there were some excellent results. Jack Millar won the Irish performer of the Senior Home International due to his great relay run and winning the M20 long race over a misty Carlingford. LVO hosted this year's NI Champs on the open hillside of Meelmore and Lukes Mountain— all NI Champions are mentioned on the back page however if I was to pick a stand-out result, that would be Paul Pruzina who ran up an age class from M16 to M18 and still managed to win by 6 minutes.

Two of our young orienteers, Paul Pruzina and Peter Meehan, ran in their first ever full international at the end of October, EYOC, in Portugal. Both boys gained valuable experience for the future competing against Europe's best junior orienteers. Paul's best position from the competition was a strong 53rd place in the Long and Peter's best results was 72nd in a very tightly packed Sprint. Well done boys!!


We are coming to the end of the Colour Series with the last event taking place in Tyrella on the 9th of November. At the top of the Brown things are very tight between Alan Elwood, Frazer Howe, Paul Pruzina and Peter Meehan and it will come down to the final race to decide the overall winner. Susan Lambe is the run away winner in the female standings with maximum points in four events. 



James Millar LVO
on way to win NIOC
Photo: PB

Coaching and Talent Development Officer's Report

With all of the summer and autumn internationals over for another year it is time to think about ways to improve our top orienteers' performances so that they are able to race against the World's best orienteers more competitively. To be extremely blunt I would say that one of our main problems is that we are not fast or fit enough to compete against these top athletes. Orienteers often think that they need to compete as much as possible in orienteering events to improve their results. I would suggest that athletes with the greatest potential would benefit massively from swapping a few orienteering races during the year to compete in other types of running events such as X-country or fell running. By standing on a start line with 100s of other runners there is no where to hide! Within half an hour you will be able to accurately assess your fitness levels and know what improvements could be made. Elite orienteers should easily be able to compete against the top runners in Northern Ireland especially when it comes to X-country and fell running.

In the Sprint at this year's WOC in Finland the first and second positions were filled by 2 orienteers that split their time between athletics and orienteering. Morten Bostrom from Finland took the gold medal and Scott Fraser took silver. Both these men compete internationally in both orienteering and athletics. Morten has broken 2hr20 for a marathon twice and regularly runs under 30mins for 10km. In 2012 Scott Fraser ran one of the fastest 10km times by a British athlete and is hoping to represent Scotland in next year's Commonwealth Games. 





ALLAN BOGLE

Allan has been working for NI Orienteering for 2 years as a Coaching and Talent Development Officer. He is responsible for improving coaching systems and improving the performances of our most talented 'foot' orienteers.

In April 2013 we entered into a new funding cycle with Sports NI, this investment in our sport will be focused on improving performance which means that Allan's role has taken a slightly new direction. NIO has very ambitious performance targets to hit by 2017 such as increasing the number of Northern Irish athletes representing Great Britain or Ireland at a World level. With the ultimate goal of an NI athlete medalling at a World Championships by 2017. "I will be working closely with British Orienteering and Irish Orienteering to improve our talent identification strategies and performance pathways which will in turn increase our chances of hitting these goals" (you can see all our performance targets on niorienteering.org.uk).



CONOR FADIAN

Conor Fadian has been appointed as the full time Northern Ireland Participation Officer and will work alongside Stephen Gilmore. Conor who recently became father to baby Sophia is originally from Achill Island in Co. Mayo and he graduates from Loughborough University in 2012, where he completed a Masters Degree in Sport Management.

Conor says, "My career highlight so far has been working for LOCOG as part of last summer's London Olympic Games. I have previously worked in sports development with the Loughborough Lightning Netball franchise in the UK and the GSS in Co. Monaghan. My key goal in working in NIO will be to increase participation in orienteering throughout Northern Ireland and encourage active volunteering within our organisation. It is a challenge I am looking forward to."




STEPHEN GILMORE

Stephen Gilmore is a member of LVO and relishes being a part of an organisation that is developing. He says, "I love working on projects—dreaming of crazy ideas and seeing some of them come into fruition. Recently watching international police officers sprinting around Belfast city centre was the fulfilment of a 7 year vision."



Stephen and other WPFPG volunteers pictured beside Mary Peters

Other ventures have included organising the first Irish Sprint Champs in an urban area and organising the 2011 JK Sprint race. I am now delighted to be adding an orienteering development role in Northern Ireland to my portfolio."  (taken from BOF Focus)

Below is a short report from the Queens University Halloween event around Elm's Halls.




Halloween Orienteering Event

On a cold and wet Wednesday night in October, the last thing the majority of us would want to do is venture outside to run a predetermined course in the fastest time possible, it sounds too much like work. Yet, this is what precisely what orienteering is all about! To think of it in such basic terms is to miss the point.

On Wednesday 30th October, Queen's Orienteering ran a taster event around Elms Village that on the surface varied little from your standard course, albeit in a more urban environment. Provided with a map, instructions and three 'lives' each, the event's victims were let loose. There was however, a spooky twist. Waiting at certain points around the course were some crazed individuals, clad in horrific garb hell bent on stealing these poor runners' 'lives'. Armed with just party poppers, they instilled fear into the heart of their victims and let few survive.

The aim of the event was to prove just how enjoyable orienteering can be, and with fluctuating membership figures the club has struggled in the past to maintain an active life. However, events such as these prove how much craic one can find when keeping an open mind. The close knit nature of QUB's club and those associated made for a fun atmosphere and the event proved a success. With the focus more on the fun Halloween theme than competing it added a new layer to orienteering; clearly this sport is to be enjoyed like any other.

With the crack of party poppers and horrified screams ringing throughout the village, few who took part in the event will forget it, and hopefully convince them to come back, or even recruit more to the cause. 

By Liam Cassidy



COACHING

CORNER

Maintaining direction

There are two main possibilities for maintaining direction through unknown terrain. One is to intensively read the map, where reading at least three main features allows you to gain an understanding of the terrain (through spatial awareness). The other possibility is to use the compass as an aid in order to maintain the correct direction quickly and safely. Through reading the map, understanding the terrain and by making use of clear "highways" you can maintain your direction through the forest even without a compass. It is recommended to train without a compass every now and then as it can improve the ability to maintain direction accurately.

Reasons for directional mistakes

To run in the correct direction over a large marsh that has no clear reference points can be difficult. It doesn't work if you neglect being accurate with the compass.

Here are some examples of directional mistakes:

- In terrain with poor runability where the runner needs to avoid obstructions all the time, such as branches, trees, bushes and large boulders, it is easy to always run in the same direction, for example to the right. Therefore the runners need to learn to run in a zig-zag route – alternating between the right and left when avoiding obstructions in the terrain in order to minimise the risk of losing direction.
- On slopes, especially if the runner runs diagonally up, it can be difficult to keep the direction and the risk is that the runner will find they are too low.
- If the runner has missed a control there is a risk that they come into the control from the wrong direction. This, in combination with being distracted by the mistake, can lead to a high risk of directional mistake.
- When the runner runs around hill formations or marshes. In this situation it is easy to hop off this route too early or too late and therefore have the wrong direction.

Fine compass bearings

This kind of compass bearing requires directional accuracy and you should look at the compass often and aim towards a feature/object. Fine compass bearings are often used when a runner is going into a control. Therefore when training fine compass bearings you shouldn't set legs that are longer than 200m.

Rough compass bearings

The principle is actually the same as for fine compass bearings. However, you do not need to be as accurate and can run longer sections without looking at the compass. Rough compass bearings are used when running to a catching feature, for example a road, a large marsh or a clear ridge, and

when it is not as crucial to come out in exactly the right place.

Physical compass technique

It is important to teach real compass technique, i.e. how the runner should hold the compass in relation to their body.

- The compass should be held directly in front of the body, and not to the side. The compass in front of the navel!
- The compass should be held flat. Think of pancakes!

COMPASS TRAINING EXERCISES

Slingshot

Find an area on the map where there are two parallel line features. Mark out controls with control kites. The runners should walk on a rough compass bearing between



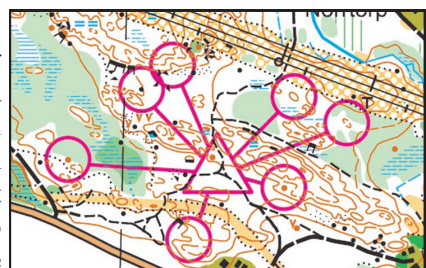
the line features and see how close they come to the control. The start point can be unmarked, or alternatively marked with tape.

Compass course

Set a course where the aim is a mixture of fine compass bearings and rough compass bearings. Point out to the runners that they should vary their tempo, i.e. have a slower tempo for fine compass bearings and a faster tempo with rough bearings.


Compass stars

Start from a clear star point. Spread out a number of control points in the terrain in the shape of a star. Set the difficulty level so that it is appropriate



for those that will participate. On the way to the control the runner uses a fine compass bearing and on the way back to the start point they should use a rough compass bearing.

!!TIP!!

The compass stars exercise is the perfect opportunity to shadow a number of the runners and see how their compass technique is going. 

This article has been taken from Teaching Orienteering Orienteering Technique– Advanced Levels
Copyright 2006, SISU Idrottsböcker Swedish title: Orienteringsteknik - att lära ut på orange till svart nivå

BLAST FROM THE PAST:

taken from NIOA Newsletter September/ October 1979

IT HAPPENS

Orienteering's the name of the Game.
It won't bring you fortune, may not bring you fame.
But striding along through those forests of trees
No-one to harass you, only you to please.

It the forest and up to the Start.
Your Map and yourself now never, should part.
Race to the master map, down on your knees.
Copying red circles 'neath overhanging trees.

Up on your feet now ready to run.
Is this just the beginning of the fun?
Now number 1, where on earth can it be?
Don't panic, look at your map and you'll see.

Straight up ahead, there's a red and white control.
It gives you the energy to run and not stroll.
You find that those Markers whenever found.
Increase your speed by a leap and a bound.

Now deep in the forest not a soul to be seen.
You wonder can you be in the middle of this green?
This is enjoyment? Must be a joke.
The person who persuaded you, you'd dearly love to choke.

Suddenly you realise the Map was upside down.
A grin now replaces the scowl and the frown.
Flying along and the end is in sight.
Only one more at the edge of the fight.

Race to the Finish had in your Map.
You got all the markers and so get a clap.
You say you enjoyed it, hear people cheer.
Yes, you decided—I want to ORIENTEER!

ANON



M10— Luke Collins LVO

W12— Ellen Smith LVO

M12— Andrew Elwood LVO

W14— Rachel Collins LVO

M14— Eoghan Knight LVO

W16— Jill Stephens LVO

M16— James Millar LVO

W20— Eibhlin Largey FERMO

M18— Paul Pruzina LVO

W21E— Susan Lambe LVO

M21E— Allan Bogle NWOC

W45— Heather Cairns LVO

M40— Declan McGrellis LVO

W50— Pauline O'Hara LVO

M45— Billy Reed LVO

W55— Anne Murray LVO

M50— Greg McCann LVO

W60— Teresa Finlay FERMO

M55— Philip Stuart LVO

M60— Raymond Finlay FERMO

M65— Wilber Hollinger LVO

M70— Richard McCourt LVO

M75— Noel Bogle NWOC



ONE FOR YOUR DIARY...

NOVEMBER

Sat 9th Nov	NICS 8	LVO	Ballykinlar
Sat 16th Nov	NW Event	NWOC	TBC
Sat 23rd Nov	Autumn Trophy	LVO	Parkanaur
Sat 30th Nov	Coaching/ Training	NWOC	Garvagh

WEDNESDAYS	WENT	LVO	Check website
THURSDAYS	Running Training	NWOC	Portglenone

DECEMBER

Sat 7th Dec	Autumn Trophy	LVO	Barnett's Park
Sat 14th Dec	Coaching	NIOA	Hillsborough
Sat 15th Dec	Coaching	NIOA	Hillsborough
Sun 29th Dec	Frost Bite	FERMO	Florencecourt

Run of the month



Simone Niggli retires from international orienteering in style by winning the final race of the World Cup series in Switzerland.



NI Orienteering

coaching@niorienteering.org.uk

www.niorienteering.org.uk