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AUGUST



2012



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NI Orienteering: COACHING *focus*

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


JUNE & JULY NEWS

Even though we consider June and July as being summer months there has been little evidence of the sun across the province recently! When the UK's best veteran orienteers descended onto Newcastle in the middle of June for the VHIs they were greeted with torrential rain and swollen rivers. However this was not enough to dampen spirits as competitors enjoyed a full weekend of orienteering organised by LVO, including an urban race on a new map of Newcastle. Irish performance of the weekend went Marcus Pinker winning the M35 class by 4min on an unforgiving Meelmore mountain. Well done to everyone that took part and to LVO for staging such a good event.

The NI Junior Squad traveled to the Junior Inter Regional Championships at the end of June to compete against the best


junior orienteers that the UK has to offer. Jack Millar was the highest placed NI athlete during the weekend, taking 8th place in M18.

With the international season well and truly upon us some of our best orienteers have been overseas representing us in the World's most important orienteering competitions. At the start of July Jack Millar ran in the European Youth Champs in France, Áine McCann ran in the Junior World Champs in Slovakia and Rossalind Hussey and Ciara Largey have just returned from the World Champs in Switzerland.

Finally, with several 'holiday' events taking place all over Europe I am sure we can look forward to more tales of success from NI orienteers very soon. 



Coaching and Talent Development Officer's Report

June and July have been busy months for NI's orienteers with the finals of the NISOA Schools' League, the Junior Inter Regionals, the VHIs, the European Youth Champs, the Junior World Champs and the World Champs. It has been an interesting summer of orienteering so far with some 'surprise' performances in world orienteering that has got me thinking! Orienteers from countries which are not near the top of the IOF rankings have pulled off some amazing performances. In the Junior World Champs Emily Kemp from Canada took 3rd place in the Long distance race and Matt Ogden from New Zealand won the Middle distance (the first non-European to win Gold in a World Champs). If juniors from Canada and New Zealand can produce results like these when they come from countries similar to Ireland in terms of orienteering opportunities there is no reason why our top orienteers can not achieve these sort of results. Like New Zealand and Canada, Northern Ireland does not have high numbers of young orienteers fighting it out for the top positions and we don't have top quality technical orienteering maps around every corner. I would suggest that performances like these are the result of a lot of hard work on the part of the athletes and that to achieve these sort of results athletes must make the most out of every opportunity that they are provided with; good results do not just happen. 



Noel Bogle INTERVIEW

When and how did you first get introduced to orienteering?

In 1969 I was Leader of the Waterside Venture Scout Unit, and when the NI Field Commissioner sent us information about an "Orienteering Competition" to be held in Tardree Forest, we decided to enter even though we had only a vague idea of what orienteering was about. On the day we were given a photocopy of a black and white hand drawn map, and then had to copy down our course using map references on a blackboard. Control descriptions were very basic such as top of hill, end of firebreak, boulder (even though there were no boulders marked on the map). But we all completed the course, enjoyed it and looked forward to the next event- in a year's time!

When did you start introducing Orienteering to others?

In 1970 I introduced Orienteering into our outdoor programme and drew basic maps of

Cam Forest and Gortnamoyagh, and ran simple events for pupils of Limavady Grammar School (LGS) where I taught. In 1972 we formed the North West Orienteering Club with Fred Corscadden as our first Chairman, and were soon organising competitions for the NIOA which had been formed in 1970.


Our first big trip away to a competition was in 1976 when we took a bus load of pupils and scouts to the JK held in the Lake district. It was a bit of a shock; an open hillside, with no trees, detailed contours; a steep learning curve!

Could you hazard a guess of how many pupils you have introduced to orienteering over the years?

In the early days when NWOC went to an event we took a bus full of juniors and a few adults. Over the years I would guess close to 1000 LGS pupils have been introduced to Orienteering and although most just competed for a few years a lot did continue to orienteer throughout their time at school and some are still heavily involved in the sport today. Ex pupils such as Anthony McGonigle, Charles Reid and Ruth Blair have all been NWOC Chairperson and have played a crucial part in the club's development. NWOC has produced many top class orienteers over the years such as Steven Linton and James Logue, who have both represent Ireland on numerous occasions (and who both still compete to a high level in

their age categories); and Joanne Mein and Allan Bogle have both been members of the British Squad.

What is it about Orienteering that first captured your imagination and made you want to introduce it as an activity in LGS?

In Orienteering there are no spectators to help or hinder, you are on your own, all decisions (for better or worse) are made by yourself, you can't blame anyone else for your mistakes. The necessity of continuous decision making while running as fast as you can in order to complete a course successfully helps to increase your confidence and self-reliance. Uniquely all competitors, young and old, novice and expert, compete in the same venue and at the same time and making orienteering an ideal family sport. 



SCHOOLS ORIENTEERING

Northern Ireland Schools Orienteering Association (NISOA) recently held their Primary and Post Primary Championships Orienteering at Parkanaur and Gortin Forest. Orienteering, which combines outdoor adventure and fun involves using a map to navigate round a course and find control points that are marked on the ground by a red and white flag. The sport provides a healthy mix of physical activity and mental decision making. The NISOA events are aimed at pupils who have been just introduced to orienteering through their school and the courses will be set at a level that will allow success for all pupils who have grasped the basic skills.

The NISOA Primary School Orienteering Championships were held at Parkanaur on 14th June and saw some great individual performances from all the schools taking part.


David Tennant from Milburn Primary School won the Boys' course with a very impressive time of 17.03 but Alastair Black from Cullycapple Primary School (18.48) and Jake Peacock from Milburn (19.08) were hard on his heels. The Girls' competition was won by Rebecca McKenna from Riverdale Primary School in the very good time of 22.33 with Caitlin McAleese (24.35) and Veronique Curry (27.47) both of Cullycapple Primary School.

The NISOA Post Primary School Orienteering Championship was a hard fought competition between The Royal School Dungannon and St Brigid's College Derry. The M12 class was won by Cameron Mullan of RSD with a spectacular time of 12.29, over 5 minutes clear of St Brigid's Ethan McCloskey (17.45) and Martin Breslin (18.44). St Brigid's had a clean sweep in the M14 class with the first 3 places going to Oran Ferry (16.34), Georgie Hamilton (16.51) and Gerard O'Hagan (17.11). The Royal School Dungannon girls fought back in the W14 class with Rebecca Boyd taking first place in 18.52 closely followed by Tiffany McDonald (19.36) and Morgan Jenkins (20.32). When the team scores were calculated St Brigid's emerged the Champions by a mere 3 points.

The Royal School Dungannon did not leave empty handed as they won the NISOA Post Primary League for 2012 which was run over a series of 3 competitions this year. An impressive 915 points over the 3 competitions put them in clear first position well ahead of the runners up St Brigid's College with 503 points. Carrick College were in third place with 409 points.



Pupils from Milburn Primary School

All schools should be congratulated for their efforts in these new competitions and we look forward to seeing them at the start of the new season in September 2012. 

COACHING CORNER

SPRINT ORIENTEERING- TIPS FROM THE TOP

My tip for success in sprint orienteering is the same as in all distances - let the orienteering dictate the running speed, not the other way around. If you need to slow down or even stop to read the map or decide a route choice, then DO IT!



**GRAHAM
GRISTWOOD**



**SCOTT
FRASER**

Take the time to read the map. Investing a few seconds before leaving a control could save you from throwing away valuable time. Also the *stop-start* motion of sprint orienteering is different from pure running, so training needs to be suited towards this to improve acceleration out off the controls. Having a good control flow during the course can help this. But remember, there is no point accelerating well out of a control if you are running in the wrong direction so make sure you know how you are going to exit the control in advance.



**SARAH
ROLLINS**

► You have to make a decision between simplicity and distance. There is a balance- too complicated a route will slow you down as you navigate but the simpler longer route may just be too long!

► Specifically look for tricks by the planner (un-crossable walls, dead ends etc).

► Check your control descriptions at the start for patterns (eg 'all inside corners'- so you don't have to keep looking at your description list) Also double controls (spectator/finish) or unusual descriptions.



**NICOLAS
SIMONIN**

One of my biggest tips for sprint is good flow. Seeing as seconds are so vital for sprint orienteering it is important to have your route planned ahead when punching the control. I like to have at least two legs planned ahead (not always possible). This way when I punch the control I know exactly where I am going and don't waste seconds planning my route while on that leg.

TIPS FROM THE TOP CONTINUED...

- It is absolutely essential that you know all the time where you have to go. Never ever run without a plan, not even one metre!
- It is good to plan the whole leg before you run, there can be some traps like walls or fences you cannot cross that decide route choices.
- The sprint is not won to the first control, it can only be lost! Take it easy at the start.
- When approaching the control, try to find out what way you have to leave it. As soon as you see the control it's time to start preparing the next one, do not "rest" without reading the map, it's lost time!



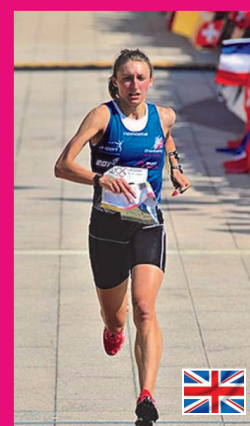
**MATTHIAS
MULLER**



**NICK
BARRABLE**

- Make sure you have warmed up well and done a good number of strides to get your legs fully woken up and prepared to start running fast. This will also get your heart beat going.
- Use the first control to get into the map/scale/mapping style/etc.
- Always keep one control ahead - i.e. you should have already looked at the next leg and made a considered decision on the route choice before you punch the control. If you haven't, you are running too fast. You will have to stop to plan and this is not good for your flow and you will lose time. Making split decisions on routes could be very costly.
- Finally, races are won / lost by seconds so make sure you fight all the way to finish line.

Something that's made a difference to me recently is knowing my way out from the control well before I get into the circle. You quite often run past the way you want to take so seeing that and knowing what you are looking for makes control flow much quicker.



**TESSA
HILL**


Graham Gristwood	Highest World Ranking– 7 Best WOC Results– 4th 2011 Sprint (1st 2008 Relay)
Scott Fraser	Highest World Ranking– 18 Best WOC Results– 4th 2012 Sprint
Sarah Rollins	Highest World Ranking– 27 Best WOC Results– 9th 2003 Sprint
Nicolas Simonin	Highest World Ranking– 86 Best WOC Results– 27th 2012 Sprint
Matthias Muller	Highest World Ranking– 2 Best WOC Results– 1st 2010 Sprint
Nick Barrable	Highest World Ranking– 67 Best WOC Results– 21st 2003 Sprint
Tessa Hill	Highest World Ranking– 30 Best WOC Results– 11th 2012 Sprint

RDO UP-DATE:

HELEN BAXTER



The WEE series has the last 5 events to run in August with a grand finale on a new map at Stormont. What other regional seat of government can boast an O map! The additional August bonus is the sponsorship by BUFF. Why not come along and coach a few newcomers before your run. Wednesday evenings in September will then change to

WESTs (Wednesday Evening Skills Training) and we are looking for volunteer coaches to run these evenings. We can help with ideas and planning with mentoring thrown in. If you have an idea for skills coaching you'd like to try let me know; if you're not sure how to start/continue coaching get in touch. We need your support if this is going to work. 




THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR

ARDO UP-DATE:

MARK HUDSON



In June we saw the last of the NISOA races and in July I ran an adventure running course for Coleraine Borough Council at Somerset Forest— over 15 kids attended the sessions and the kids progressed through from cones exercises to competing in a sprint competition on the final day of the course. We have also seen the first MTBO of the season at Garvagh Forest on the 19 Jul with Billy Reed (LVO) leading the riders home in a time of 55min 33 sec with Paul McArthur (LVO) closely behind in 57mins and 59 sec. First local rider home was Bobby Smyth (NWOC) in a time of 65mins 27 sec. Full results can be found on the NWOC web site

The second of two mountain bike orienteering events in the NIOA racing calendar will take place on Thurs 16 Aug at Springwell Forest - Coleraine with the same mixture of forest roads, single track and a bit of route choice thrown in to keep the riders interested. All you need to compete in a MTBO event is a bike and cycling helmet and a map board is always useful if you haven't already developed the skill of reading a map whilst it's stuck between your teeth!! 



ONE FOR YOUR DIARY...

AUGUST

WEDNESDAYS	WEE	LVO	See LVO website for details
THURSDAYS	TEE	NWOC	See NWOC website for details
18th-19th Aug	Irish Squad Sprint w/e	IRE	Contact Susan Lambe for details

SEPTEMBER

Sat 1st Sept	Colour Series 6	FERMO	Gortalughany
Sat 8th Sept	Autumn Trophy 1	LVO	Donard Park
Sun 16th Sept	O-Day 1	NWOC	Roe Valley Country Park
Wed 19th Sept	NISOA 1	NISOA	Lakeland Forum, Enniskillen
22nd-23rd Sept	Senior Home Inter.	SCOT	Pitlochry



NI Orienteering

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JULY TRAINING

By Frazer Howe

Throughout July there have been a series of 4 weekly training sessions. Over these four weeks I have improved my map reading skills and my fitness. Each exercise was planned to work on specific orienteering skills such as compass bearing, fine navigation and distance judgement. I learnt that it is important to keep practising these skills in training so that they become a lot easier to use when competing. At the end of each of the days there was a timed race in which we could use the skills we had been practising. It was good to be able to compare my times with the other runners.

I started orienteering 2 years ago at one of the WEEs. I enjoyed it so much that I decided to continue to come to other orienteering events. In the Colour Series I began on the Orange course and then soon progressed to Green (with some blues and browns thrown in). This year I have decided to stick to Blue as it means I can compete against other M16s such as Peter Meehan and Paul Pruzina. To be able to keep orienteering during the summer holidays has been important to me as it has given me a chance continue improving. I am looking forward to the next colour races. 