



► **FOREWARD-**  
DECEMBER &  
JANUARY NEWS ..... 1



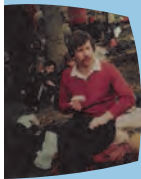
ISSUE 2



FEB



2012



► **COACH PROFILE-**  
ANTHONY MCGONIGLE  
INTERVIEW..... 2



► **COACHING CORNER-**  
NUTRITION FOR  
PERFORMANCE  
ATHLETES ..... 3

# NI Orienteering: COACHING *focus*

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

## December & January NEWS



December started with a very well supported Autumn Trophy on a new map of Donard Forest in County Down. Over 80 competitors took part in the event, with NWOC's Allan Bogle winning the Long course, closely followed by Jack Millar and LVO's junior star Áine McCann winning the ladies race.

The festive period saw LVO's final WENT of the year (followed by mince pies) and NWOC's annual Xmas Score in Ballykelly. Both of which enjoyed a good turn out.

December and January saw the first 2 O-Days with over 20 orienteers testing themselves in a series of exercises de-

signed to test their running and orienteering abilities in Coleraine (University of Ulster) and in Stranmillis College.

In the New Year LVO continued with their Autumn Trophy in Carnfunnock and FERMO started their 2012 Frostbite series in Crossmurrin supported by a number of coaching sessions for new-comers. Northern Ireland's best junior orienteers got together at the end of January in Gortatole for their first training weekend of the year. The exercises planned by Simon Reeves on Crossmurrin tested both their technical and physical abilities to the limit, however they all managed to get up the next day to compete in the 2nd Forstbite in Navar.



### Coaching and Talent Development Officer's Report

Traditionally winter has been a quiet time for orienteering however I have been impressed by the amount of activity that now takes place in Northern Ireland over this period. In the past few months I have had the pleasure of taking part in night events, sprint events, a military event, an Autumn Trophy, a Frost Bite, a Spring Cup, a Pre-O and I organized two O-Days. With all these opportunities to compete and train, Northern Ireland's orienteers have a better chance when it comes to competing against Britain's and Ireland's top orienteers in national competitions such as the JK and the Irish Champs. I have seen a really professional attitude amongst our top performers and our active coaches and this fills me with hope for the future of our sport. However for our athletes to reach their full potential it is not enough to rely solely on the events that our clubs are arranging to form the basis of their training. To succeed in sport athletes need to take control of their own destiny and follow a structured training programme that will give them the greatest chance of reaching their goals. For more information on training/ coaching please do not hesitate in contacting me: [coaching@niorienteering.org.uk](mailto:coaching@niorienteering.org.uk)



# Anthony McGonigle INTERVIEW

**Coaching Focus:** When and how did you first get involved with orienteering?

*I started orienteering when I joined the sixth form at L.G.S. in 1970. I played rugby at the school but then went orienteering with Noel Bogle in the summer term of 1971. I remember some of my first competitions at Tardree, Carnearney, Cam Forest and Springwell. The events had names like the March Hare" and we used features like track end or lookout tower on photocopies of O.S. maps. I think that they were often score events and competitors would run around in packs. In the summer of 1972, Fred Corscadden and myself surveyed part of Loughermore Forest one afternoon. We drew the map up that evening and printed the maps on a Banda Machine (Spirit Duplicator) the next day. At the event that evening no one completed the course. The winner was the person who found the most markers before it got dark. I remember that we used a point feature which was an old post in the middle of a patch of pretty dense forest.*

**Coaching Focus:** Many pupils from Limavady Grammar School have gone on to represent Ireland and Britain (James Logue, Steven Linton, Joanne Mein and Allan Bogle to name a few). What do you put this success down to? Did LGS have a structured training programme?

*I started teaching in LGS in September 1977. I played and coached rugby for a few years but also helped Noel with orienteering. For many years we trained at 7.30am in the morning and finished with a swim at 8.30 am in the small pool close to the school. For twenty five years we held Thursday evening training in the school hall, sports hall, corridors or stairs, depending upon what was available. Often we would have 50 participants from 8 years to 65 years. The adults would organise lots of little map activities indoors and we would always include some physical training and races. Many of these games and activities initiated by Primary School Teachers like Lindy McConnell are now used in the BOF Coaching Packs. Also we would organise training sessions during the summer holidays. We would take a group of twenty or thirty to the Mournes, Fermanagh or the Wicklow mountains and spend four or five days orienteering in different forests.*

*During the term there would be training weekends at Learmount Hostel. Often with more than 50 participants of all ages and abilities. We would start with a run early in the morning and finish with a night event about 11.00 pm. At some stage the younger participants would get a bit of a fright during the night event. During the day the group would participate in many short training exercises. All these were designed to reinforce some basic map reading skills and techniques. I think that these were the foundations for producing some very good orienteers.*

**Coaching Focus:** Each year you used to take a mini-bus full of pupils to the JK and the British School's Championships. Out of all of these trips are there any which stand out?

*Our keen runners needed to run on good maps and at bigger competitions. We started attending events throughout Ireland and Britain. We entered the Irish Champs, Provincial Champs, British Champs, Scottish Champs, J.K. and some of the 3-Day and 6-Day competitions. For quite a number of years we took*

*52 seater coaches to the events but over the years the numbers gradually reduced as the standard of events improved. Many of our members were selected to represent Ireland at Home Internationals and this involved many training weekends and a lot of travel. We also had a few trips on to the Continent and I still remember the trip to Fountainbleau near Paris. This was my first experience of driving a minibus on the Continent.*

**Coaching Focus:** You still orienteer regularly and are still heavily involved with the development of the sport, what is it that you enjoy so much about orienteering?

*After organising juniors for nearly 30 years I now enjoy the freedom of attending events with a few friends. I am still very competitive and will try my best to beat other runners on the day. As I haven't really trained for many years I like courses about six kilometres long and with as little climb as possible. Despite competing for nearly 40 years I find it difficult to get that perfect run. I always make one big mistake, after about two or three kilometres and straight after a bit of climb on the course. The brain is starved of oxygen for a short time and I often cannot believe the mistakes I make. However, if the error is not too great then I can still manage to beat some other members of the club and that is what keeps me coming back.*





# COACHING CORNER

NUTRITION FOR PERFORMANCE ATHLETES



During the first O-Day in Coleraine I talked about the (claimed) benefits that beetroot has on endurance athletes; and some of you may have tried a free Beet-It Shot. During the past few months I have invested in a juicing machine and have been doing a lot of research (and experimenting) into how fruit and vegetable juice can be used to replace many of the expensive isotonic and energy drinks that we tend to pile into us before any race. Not only have I found that equally effective drinks can be made in our own kitchen I have also found that it is a lot cheaper and a lot healthier to produce my own.

The *million dollar* question in sport is what should I consume before, during and after my event?



## BEFORE

Before any race or training it is important to be hydrated. This drink will provide your body with the essential minerals and sugars that your body will lose during exercise.

### HYDR-O

- 1/4 CUCUMBER
- 1 STICK OF CELERY
- 1/2 APPLE
- 1/4 BEETROOT (RAW)
- 1/2 LEMON
- 1L WATER

Hydro-boast will provide you with just the right mix of potassium and sodium to prevent aches and cramps allowing you to last the distance.

TIP- Use 100ml of shop bought beetroot juice to replace the beetroot.



## DURING

Do you start to feel tired half-way around the long course? Used this drink to boost your energy levels and to keep you focused on the map.

### LONG-O

- 1/4 PINEAPPLE
- 1 APPLE
- 1 PEAR
- 1/4 LEMON
- 20G HONEY
- 1 BANANA
- (ADDED USING A BLENDER)

This drink is full of natural sugars that will help top-up your reserves and fuel you to the end of your course.

TIP- Often large events allow athletes to leave drinks close to a spectator control. If you plan to do this it might be a good idea to add 250ml of water to make it easier to swallow quickly.



## AFTER

During a multi-day event you will want to recover as soon as possible so that you are ready to go the next day. Drink this within 30mins of finishing and aches of your race will become a distant memory.

### RE-O

- 1/4 PINEAPPLE
- 1 STICK OF CELERY
- 1 PEAR
- 1 LIME
- 150G BLUEBERRIES
- 1 BANANA
- 1/2 AVOCADO
- (ADDED USING A BLENDER)

The anti-oxidants in this drink will help eliminate any 'free radicals' that may have built-up during your race. And the protein found in the avocado will help replenish your muscles.

TIP- Make enough for a few days and store in the freezer. Remember to remove it the night before you want to drink it.



## JUICING MACHINES



You can buy a good juicer for around £50-£60 in most electrical shops.

If you want to add 'juiceless' fruits to your drinks (such as bananas) you will need a blender as well.

## COMPETITION TIME

### Design your own delicious drink

Send your recipe for a healthy drink to: [coaching@niorienteering.org.uk](mailto:coaching@niorienteering.org.uk)

To be in with a chance of winning a free entry into O-Day 3.

All drinks will be judged by an independent panel (Helen, Mark & Allan).

Results released on Coaching NIOA- FACEBOOK



**PLEASE NOTE: these recipes are not based on any 'hard' scientific proof. Always use well washed, fresh ingredients and test them out during training.**

## RDO UP-DATE:

### HELEN BAXTER



LVO runs Wednesday evening night navigation training every year called the WENT series. 2011 saw 6 events attended by over 20 stalwarts. They were run as score events allowing controls to be visited at random but with 3 levels of difficulty in how you visited the controls. The most keen/fittest opted to take all the controls in numerical order, the next level was to take odd and even controls in any order and finally the easiest level – just find any that you can in 45 minutes.



The general feeling is that the ‘eye-fryer’ head torches are definitely better than the weak glimmer of the Petzel and worth the money! The last event before Christmas had a quiz element where you had to remember the festive pictures at each control – harder than it sounds when you get to number 15. This was followed by mulled wine and mince pies and additional games for those who didn’t fancy Belvoir park in the dark.



## ARDO UP-DATE:

### MARK HUDSON

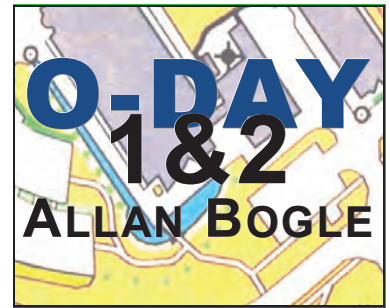


This month will see the NI Orienteering in association with the University of Ulster Sports Services, establish orienteering as part of the Sport 4 U programme to encourage and enable greater participation in sport and recreation activities on Coleraine campus.

Orienteering will form part of that programme which is designed to encourage students and staff, regardless of their age/ability, to take part in sport and to enjoy the social and physical benefits that can be gained from

regular involvement in sports activity. The programme will start on Thurs 2nd February and conclude on 23rd February with the participants taking part in 4 coaching sessions.

Also in February we will welcome Coleraine and District Boys Brigade to the Coleraine campus when the university will host their regional championships. I will be going out to all NISOA members with a team of coaches from Northern Regional College who have just recently completed their Young Leader Award to get the primary and secondary schools ready for the NISOA league fixtures and NI Championships in the coming months.



The idea behind O-Days are to give our top orienteers an opportunity to test themselves over a series of running and orienteering exercises in the hope of highlighting weaknesses (and strengths) which can then be worked on in training.

O-Day 1 in Coleraine (University of Ulster) started with a relatively simple cones exercise planned by Des Fletcher. Athletes ran 3 different courses. Sounds pretty straight forward! But throw in SportIdent timing and everyone watching you and it turns into a high pressure mental workout.

To allow athletes to see some sort of progression throughout the O-Days each one has a 1000m long course (yellowish standard) with 7 controls. These are run at high speed. For some athletes these have shown areas in their running which need some attention and many have started to introduce intervals into their weekly training. Athletes had a bit of a surprise when they turned up to the 2nd O-Day in Stranmillis when they were faced with the dreaded ‘Bleep Test’. The Bleep Test is used to estimate over all fitness levels and scores can be compared against other athletes of similar ages.

Both O-Days finished with a timed sprint race. Jonathon McCloy has proved to be the man to beat by winning both races so far. In Coleraine he was over a minute ahead of the rest of the field and in Stranmillis he nearly beat Patrick Higgins. In the girls’ race Áine McCann won convincingly in Coleraine and Olivia Baxter’s interval training paid off by winning in Stranmillis.

## ONE FOR YOUR DIARY...

### FEBRUARY

Sat 11th FEB	Spring Cup 2	LVO	Parkanaur
Sat 11th FEB	NI Night Champs	LVO	Parkanaur
Sun 26th FEB	Score Event	NI Juniors	Belvoir Park
Sun 26th	Score Event	FERMO	Necarne

### MARCH

Sat 3rd MAR	Colour Series 1	NWOC	Drum Manor
Sat 24th MAR	British Sprint Champs	EBOR	York
Sun 25th MAR	British Middle Champs	EBOR	Strensall
Sat 31st MAR	Spring Cup 3	LVO	Craigavon Lakes



NI Orienteering

coaching@niorienteering.org.uk

[www.niorienteering.org.uk](http://www.niorienteering.org.uk)