

NI ORIENTEERING

PERFORMANCE

FOCUS



ISSUE 1

MAY

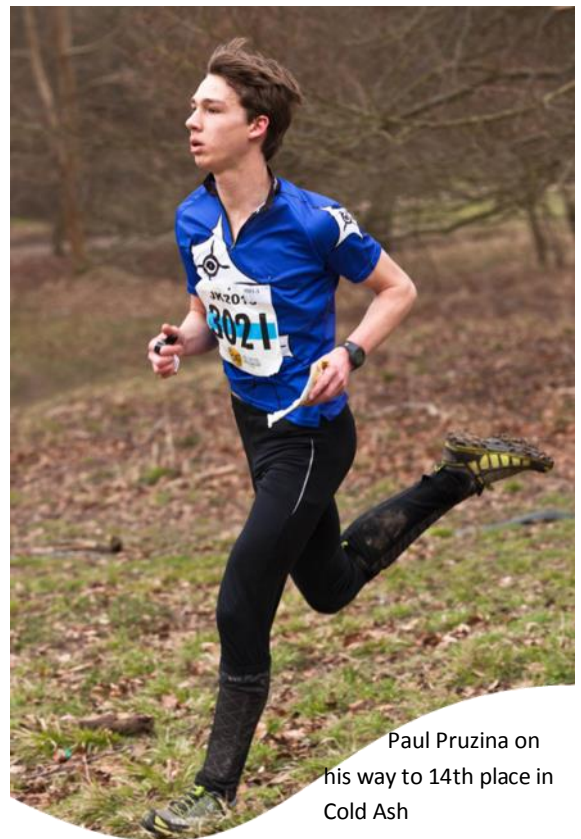
2013

SPRING NEWS

Where better to start than talking about the JK. Over the Easter weekend orienteers from all over Northern Ireland made the annual trip across to the JK to compete against the UK's best orienteers. Notable performances came from Noel Bogle winning the M75 class and former NWOC athlete James Logue winning a very competitive M45 (his 7th consecutive JK victory) There will be more about James later in the newsletter. Our juniors also had some great races with NWOC's Thomas Meehan taking 8th spot in M18L and LVO's Andrew Elwood (M12) and Paul Pruzina (M16) both performing very well throughout the weekend.

During the last weekend in April Ireland's best orienteers made their way to the North West to compete for selection for the World Championships this summer in Finland. NI's girls were out in force with Susan Lambe, Rosalind Hussey and Olivia Baxter all putting in solid performances.

Away from orienteering, there have been orienteers spotted running over the mountains in Newcastle AC's annual Hill and Dale series. Paul Pruzina is leading the over-all Junior standings and Allan Bogle is leading the Senior men's. These races are a great form of training and it would be great to see even more orienteers taking part.



Paul Pruzina on his way to 14th place in Cold Ash

Coaching and Talent Development Officer's Report



You may have noticed that this is a new look newsletter. As NI Orienteering has entered into a new funding cycle which is focused on improving performance I have decided to alternate between a *coaching newsletter* and a *performance newsletter*. Hopefully this new performance newsletter will help keep NI Orienteering's members more informed to what is happening in the world of top-flight orienteering (in the UK and further afield) and maybe will help inspire us to *up our game* and improve our own orienteering skills so that we can reach our full potential in the sport. In most other sports people know all about the sport's elite, by profiling top athletes and reporting on international competitions. Hopefully you will all soon have your own orienteering idols.

If you have any news stories or suggestions for what you would like to see included please do not hesitate to contact me.

ATHLETE

PROFILE:

James Logue



Many orienteers in Northern Ireland may not know James Logue, however if you look at the top of the results lists from the past several JKs you will see his name there— ahead of former World Champions and British Champions. Former Limavady Grammar School pupil James was a member of the Irish Orienteering squad throughout the 90s and today James is the best Veteran orienteer in the UK— winning this year's JK M45 class by nearly 10minutes. Please enjoy the following interview with James.



How WOCs have you been to? I've been to five WOCs , '91, '93, '95, '99 & '01. This was when it was biannual.

What is your best memory from all the WOCs you have attended? What is your best result? My first WOC in Czechoslovakia was very memorable because it was all new and exciting, it felt like such a big event to be part of. USA '93 was probably the best actual event, tremendous forests and its where my best result was, 18th in the relay, I was first leg and my job was to not mess up so we could still compete on the other legs.

What was your biggest disappointment? My biggest disappointment was in Scotland in '99, I got ill with a chest infection about two weeks before and just couldn't run properly even though that was the year I was at my fittest.

What did you use to prepare for WOC? Did you do/ change anything in the months leading up to WOC? Your favourite (technical) training method? I used to focus on the two areas where my orienteering is weakest, compass and reading the map on the run. I'd take myself off to forests as much as possible and practise running straight on the compass and reading the map.

Did you run any non-orienteering races in preparation? I've always done lots of fell running since about 1990 so staying fit for those races kept my fitness up for orienteering.

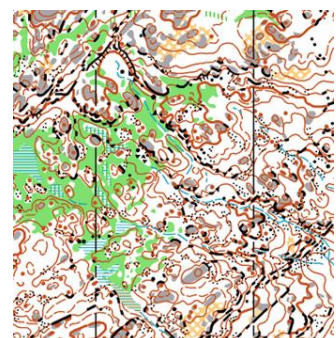
Out of all the countries you have orienteered in, which has your favourite terrain? And why? My favourite terrain for a WOC was in the USA, fantastic forests with great detail but still runnable, if anyone ever gets the chance to run in Harriman State Park, NY, do it, you'll not regret it but you may be out a while. I enjoy Sweden and Norway for orienteering but I never do well there, think it's that compass problem again.

What advice would you give any young orienteer that hopes to compete at an international level? If you're ambitious then you need to work on your fitness, go out and race, fell, cross-country, trail,

even road (yuk). Racing is the best training you'll get and once you're running well the navigation becomes easier as you can be more careful. You also need to get over to more races in England & Scotland, don't just leave it till the Jk, it's important to realise you can race well against the people at the top of your age group.

In NI we often make the excuse that we don't have enough good terrain to train on. What would you say to this? There is excellent terrain in NI and very good variety in a small area. From a competition point of view there is no excuse. However, there is a problem with access to the countryside, this makes training more difficult, pounding tarmac or laps of a local park aren't the most stimulating activities. Where I live in England I can run on hundreds of miles of public footpaths (fields, moors, woods) from within 1 minute of my front door, being able to do this makes training much more enjoyable.

While growing up I vividly remember watching James run the first leg in a relay which started on an open mountainside (maybe in a SHI). Before the runners had even reached the start flag James had a 20m lead on the rest of the pack. It was occasions like this that inspired me to train to become an international orienteer.



Map sample from WOC '93

2013



MAJOR COMPETITIONS



NORDIC TOUR

1st-8th June

Norway, Sweden & Finland

The first round of World Cups is a great opportunity to see who the *in form* athletes are and can be used to help predict who is going to be fighting for the medal positions in WOC. With WOC taking place in Finland this year the Nordic Tour World Cup series of races is going to be even more interesting this year as it takes place on similar terrain. During the first round of World Cups last year both Simone Niggli and Olav Lundanes won more than one race each and then went on to win the long distance in Switzerland (WOC). I would not be surprised if history repeated itself this year!!

JWOC is when the World's best Junior orienteers show us what they are made of. This year's JWOC will take place in Czech Republic— a country where 'home advantage' traditionally is very useful. I predict that a Czech male will get at least one medal in every discipline. In the female class I think things are a lot more open, however by looking at last year's results it would seem that Nordic nations will dominate again, in particular Swedish athletes who won 5 out of 9 possible individual medals in 2012. British athletes to watch out for are Charlotte Watson and Lucy Butt who both achieved top 10 results last year. Northern Irish athletes Áine McCann and Jack Millar travelled to Czech Rep. during Easter on a training camp and will be looking put their experience into practise this summer.

www.jwoc2013.cz



29th June-6th July

Czech Republic



IOF
WORLD
ORIENTEERING
CHAMPIONSHIPS
VUOKATTI 6.-14.7.
FINLAND 2013

6th-14th July

Finland

WOC 2013 returns to Finland— WOC was last held in Finland in 2001 when the Sprint distance was first introduced to the World Champs schedule and when the World was fully introduced to the phenomenon that is Simone Niggli (nee Luder) when she won the first of her 20 Gold WOC medals. 12 years later and Simone is still a medal winning machine and you would be a fool not to back her for at least 1 Gold this year. However she will have to beat home grown star Minna Kauppi who won last year's Middle distance and was 2nd (behind Simone) in the Long. When WOC was last in Finland it was in the days that World orienteering was dominated by Nordic men. It wasn't until Jamie Stevenson won in Switzerland in 2003 that non-Nordic men started to feature significantly in the medal positions (Yuri Omeltchenko from Ukraine was the first and only non-Nordic male World Champion (1995) before Jamie). In the WOC Middle in 2005 no Nordic runners were in the top 3 for the first time and last year only 1 Nordic man won a medal (Olav Lundanes) I would be very surprised if this happened again this year. I fully expect Scandinavians to feature in the medal in all disciplines. Britain's best hopes lay with Scott Fraser and Murray Strain in the Sprint and Ireland will be keeping a close eye on Nick Simonin.

www.woc2013.fi

Originally this year's EYOC was supposed to be in Israel however it has now been switched to Portugal and will take place at the end off October. EYOC often offers our young orienteers their first taste of international competition and a great stepping stone to competing in JWOC. In recent years several NI orienteers have competed for Ireland in EYOC and have found it a great learning experience. Our juniors have the unique opportunity to decide at an early age which nation they would like to aim for and I hope in the future we will have juniors running on both the Irish team and British team in EYOC.

www.eyoc2013.fpo.pt



24th-27th October

Portugal

NI ORIENTEERING

LOCAL

INTEREST



LVO at the British Sprint Champs

A merry band of LVO travellers made the trip across the water this weekend to the British Sprint and Middle Distance Championships. Helen, Olivia, Philip and Susan flew over on Friday, meeting Declan, Wilbert and Andrea at Loughborough University for the Sprint Championships. Jack Millar was there, too, although running for SHUOC. We also bumped into Sean Knight, a student at Loughborough but not running. The first races were heats to determine which final we would reach. The target was to make the A Final, but that meant

coming in the first 6 in the heat! Wilbert, Philip, Declan and Helen managed to qualify. The more technical and challenging finals were run after lunch; only Wilbert managed a top 10 finish, coming a very creditable 5th, while the other hopefuls had to settle for top 20 placings. The races were run in sunshine on typical university campus terrain, which we all thought was top class. An excellent day, followed by a convivial dinner for most of us near our hotels in Derby. Sunday saw us on Stanton Moor for on another dry but cooler day. The terrain was a mix of very technical old rocky quarries and fast open moorland. Wilbert again did best, securing another 5th

place overall, while Helen, Declan and Philip managed top 20 places again. All in all, the weekend was excellent value; next year the events will be on 6/7 September in Keele University and Cannock Chase, so the dates should go into the diary now. **By Philip Baxter**



ONE FOR YOUR DIARY...

MAY

Sun 12th MAY	NICS 3	FERMO	Spring Grove
Sat 19th MAY	Spring Cup 3	NIOA	Hillsborough
Tues in MAY	TES Series	FERMO	FERMO Website
Weds in MAY	WEE Series	LVO	LVO Website
Thurs in MAY	TEE Series	NWOC	NWOC Website

JUNE

Sat 8th JUNE	NICS 4	NWOC	Downhill
Fri 21st JUNE	Urban Sprint	LVO	Newcastle
Sat 22nd JUNE	NICS 5	LVO	Donard Forest
Sun 23rd JUNE	LVO Club Score	LVO	Tollymore
Tues in JUNE	TES Series	FERMO	FERMO Website
Weds in JUNE	WEE Series	LVO	LVO Website
Thurs in JUNE	TEE Series	NWOC	NWOC Website

RUN OF THE MONTH



In Tiomila (the World's important relay) Thierry Gueorgiou started the final leg 3 minutes behind Halden SK's Olav Lundanes. Gueorgiou caught Lundanes by the half way point and then went on to win by 3 minutes.



NI Orienteering

coaching@niorienteering.org.uk

www.niorienteering.org.uk