



For the first time in its history the JK moved away from mainland Britain to Northern Ireland. A brave decision to take and a big task for an Association with a limited volunteer pool, however few would disagree that the weekend was a huge success. With great terrain, an enthusiastic team of volunteers and great weather, most competitors will have returned home with a very positive experience of Belfast and County Down.

JK

FESTIVAL OF ORIENTEERING

Credit: Simon Eirington

Co-ordinator
Harold
White did a
fantastic job



As coordinator, Harold White can take credit for such a successful event. Harold says, "We were very pleased with the way the JK weekend went. The small but dedicated

organising team had in the previous three years put a lot of thought into providing top quality events and the accompanying facilities to make it a true festival. With the complexities and requirements of the JK format and we as newcomers to putting on the event, we faced many challenges along the way, but in the end we achieved what we set out to do judging by the very favourable feedback. I think it is a major step forward for Northern Ireland Orienteering and has improved the skill levels and confidence of the Officials involved."

The event had a truly international feel with a higher than normal percentage of non-UK competitors. This can be attributed to the marketing of the event abroad which was only possible with the support from Northern Ireland Tourism. The organisers were successful with a number of grant applications which whilst ring fenced, greatly enhanced the event. These totalled in excess of £45,000.

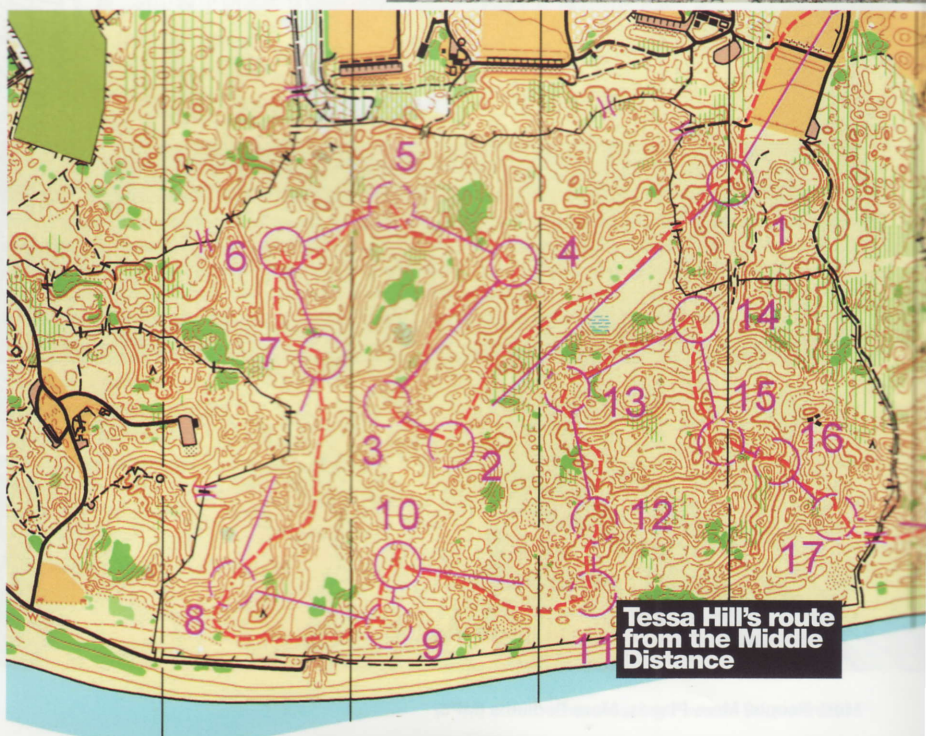
The event commenced with the Sprint race around the beautiful parkland of Stranmillis University College and the halls of residence of neighbouring Queen's Elm Village. For the remaining days of competition, competitors headed to the countryside of County Down with Day 2 and the Relay on the complex coastal dunes of Tyrella and Day 3 on the rugged slopes of Slieve Croobe.

The competition produced two new names on the coveted JK individual trophies. Hector Haines produced an outstanding performance in the Long race on Slieve Croobe to take the overall victory away from Matt Crane, who had won the Sprint race and also had the fastest time in the Middle race. However it was the women's competition which provided the most excitement with a 'couldn't get any closer' competition in the Sprint race and for the overall JK title. In the Sprint there was a tie between Pippa Archer and Sarah Rollins, but it was Tessa Hill who was the star of the weekend, who's consistent performances gave her overall victory.



Credit: Brian Ward

Hector Haines was the overall men's Champion



Tessa Hill's route from the Middle Distance



Matt Crane in action

Credit: Simon Errin Ion

Matt Crane won the M21E Sprint Race:
"Obviously I'm pretty disappointed to come so close to winning, but it was a great run by Hector in the classic, and it was fun being part of an exciting end to the individual competition. I was really pleased with my performances though, especially in the Sprint where I only had one split more than 3 seconds down on

the fastest (it was 7 seconds!). I thought it was a great course, perfectly suited to my style of orienteering! The Middle was great orienteering too - it was really tricky and although I didn't quite master the terrain, I managed to make fewer and smaller mistakes than most. I was delighted to take another win. I thought the classic was a bit easy and too short, but I was pleased to run another good race. Unfortunately it just wasn't quite enough."

Pippa Archer and Sarah Rollins were joint winners of the W21E Sprint in a time of 13.49:

Pippa Archer comments,

"I was really well-prepared for the JK Sprint this year. Although there was no previous map, I read the competition details very carefully, and had done some research with Google Maps, so had a good idea of the shape of the course and the challenges that we would face. However, this didn't stop me falling into the same trap as Sarah on the first control! After this I focussed 100% on reading the map, planning my routes, and navigating smoothly through every control. I had a chance to plan my routes for the second half of the course during the spectator run-through, and was able to increase my speed a little through the longer legs, but the difficulty of the course meant that there was never a chance to 'just run hard'! I used the last long leg (20-21) to plan the last few controls and I think this helped me to sneak onto the top of the podium with Sarah. A really nice surprise for both of us after our mistake on number 1!"

Sarah adds,

"I was really excited about this race as I love the JK and the weather was great and it looked like it was going to be a fantastic weekend. I tried to simplify on the way to number 1 and immediately fell into the trap set by the planner as can be seen on my route. After that, although I felt unsettled, I started to work hard both mentally and physically. I lost time again to number 9 where I missed the short cut but from there on, I think I start to pull it back. I didn't feel great physically during the race but I think this is because I was working hard and it was quite hot and humid. When they announced that we would have to wait for download to find out who had won, I couldn't have been more pleased to hear that it was a joint 1st! Definitely the best outcome!"

"If you'd have told me before the JK weekend that I was going to win, I probably wouldn't have believed you. My racing and performances over the past few years have been disappointing. Nevertheless, after my result on Day 1, where I finished 2nd, I was confident that the overall prize was within my capabilities."

Hector Haines

The JK ended with the Relay, starting from a wonderful arena set up on the firing range at Tyrella West. The atmosphere was buzzing and very noisy as mass starts took off over the bumps of the firing range and runners came through the spectator control and down the run-in. The 13 Relay classes were won by 9 different clubs.

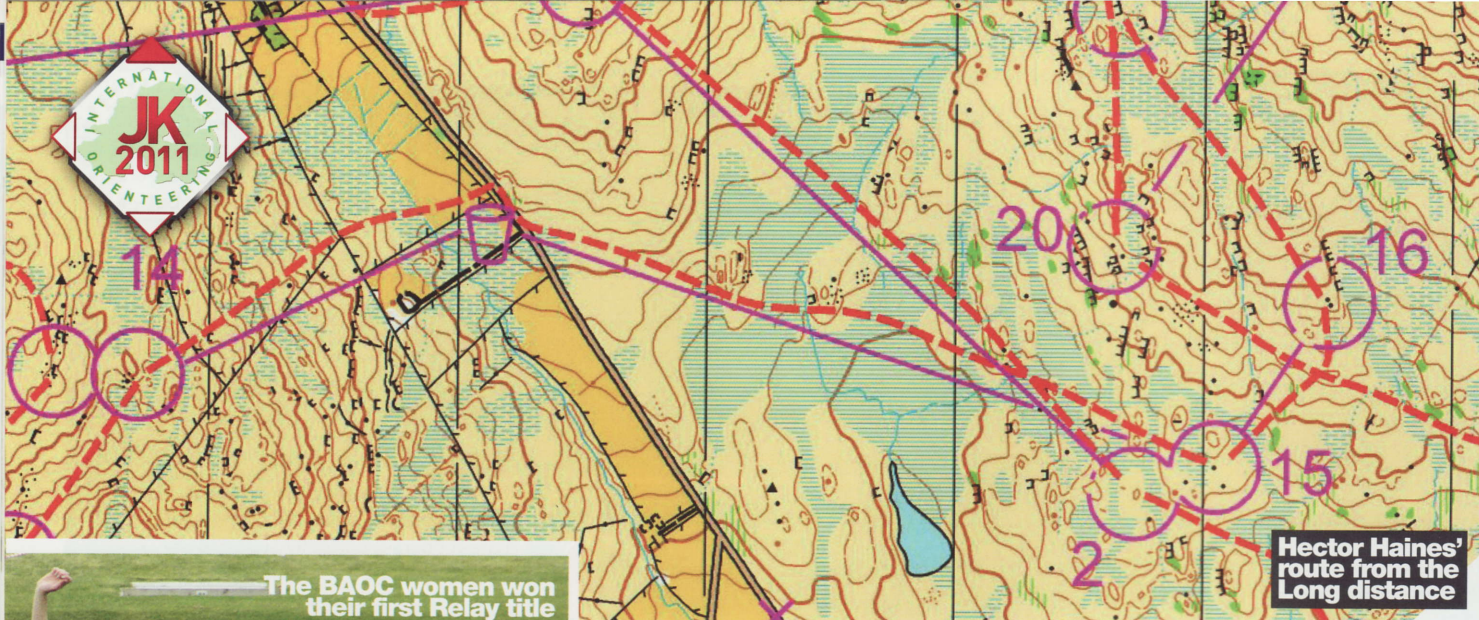
The Women's Trophy soon turned into a battle between BAOC and SYO. They were together at the end of the first lap, although down in 9th and 10th, but pulled up to 1st and 2nd after two laps, just 17 seconds apart. Rachel Elder went out with Sarah Rollins in her sights, but it was Sarah who pulled clear to give the British Army their first ever JK Trophy win alongside team mates Julia Blomquist and Becky Hoare.

The Men's Premier race provided similar excitement, with SHUOC and Interlopers also just 17 seconds apart after two laps. This time it was the chasing Murray Strain (INT) who overtook John Rocke after they both had trouble early on. Murray timed his run perfectly to leave both men's and women's winning Trophy teams on the run-in together with INT (Anthony Squire/Oleg Chepelin/Murray Strain) victorious. David Brickhill-Jones pulled SYO up from 7th to finish 3rd.

After all the hard work that the Northern Ireland Orienteering Association had put in to a fantastic weekend it was great to see the local juniors from Lagan Valley Orienteers take the M/W40- title.



JK Sprint map with Sarah and Pippa's routes



Hector Haines' route from the Long distance

The BAOC women won their first Relay title

Credit: Brian Ward



Hector Haines won the Men's Overall JK Title:

"If you'd have told me before the JK weekend that I was going to win, I probably wouldn't have believed you. My racing and performances over the past few years have been disappointing. Nevertheless, after my result on Day 1, where I finished 2nd, I was confident that the overall prize was within my capabilities. My Day 2 race itself is fairly unremarkable. What won me the race was my preparation, my race strategy and a cool head.

Although my preparation for the JK wasn't as extensive as my preparations for previous big internationals such as JWOC, I felt as though I had looked at enough old maps, planned enough courses and discussed the possible challenges well enough to be confident that my performances would be good.

From my preparations, my race strategy followed, but it wasn't something that was set in stone. I knew that the race would include a lot of climb, which suited me perfectly. I also knew that if the terrain was fast, then the winning times

would be shorter than expected.

Arriving at the event on Sunday morning immediately confirmed my thoughts. I had mused the day before that if the terrain was fast, then the winning time would be 75 minutes, even with

time, around a minute or so, in this loop. However, I kept a cool head, reassured myself that I was running well and carried on. I managed to hit the front in the 2nd half of the race, and didn't look back. Seeing my 3 minute, and then my 6 minute man, and being able to pass both, gave me a great boost. This, combined with my knowledge of the last km of the race (which could be determined from the assembly field), meant I was able to push hard and be clean in my navigation through the final section."

I was quite nervous about losing it all in the sand dunes.

Overall, Saturday's Middle distance race went well. I tried to find the big depressions to run in as it was easier to navigate and less tiring physically. I slowed down whenever I was going through the vaguer smaller sand dunes as I found these harder to pick out. I got a bit stuck in gorse going to 5 and I kept stopping early on 9 as I lost concentration and wasn't exactly sure where I was. Other than that, it was a good run. I ended up in 3rd place but only 20 seconds down on the leaders.

I attacked the Long race much more – pushing harder physically. I identified some of the trickier legs on the course early on and deliberately slowed down to get them right. I made a mistake of about one minute on control 6 but otherwise I was quite clean. I felt strong going up the hills. This meant I came in 2nd on the day and 1st overall. I couldn't quite believe this. I'd hoped for it while training this winter but never thought I would really manage it!"



The jubilant INT Relay team

Credit: Simon Errington

Tessa Hill won the Women's Overall JK Title:

"I was pleased with both my runs at the JK and very happy that they were good enough to win it. I

had decided to be careful on the Middle distance race so that I was in a good position to start the Long race. I thought that the faster open hillside of Slieve Croob would suit me as I had trained well all winter and fitness was going to play a key part, but

700m of climb. Standing in the assembly field before heading off to the start I was confident that my prediction would be correct. So then I knew what I had to do. Just run hard for 75 minutes! The feedback from earlier runners was that the terrain was quick and the navigation wasn't too taxing. This reaffirmed my strategy of attacking right from the start.

Having said all this, I wasn't able to get into a winning position straight away. I was within the top three going into the butterfly loop, but lost some

M21E OVERALL CHAMPION:

Pos	Name	Club	Day 2	Day 3	Total
1st	Hector Haines	EUOC	35:42 (2nd)	74:46 (1st)	110:28
2nd	Matthew Crane	BOK	34:38 (1st)	76:38 (2nd)	111:16
3rd	Anthony Squire	INT	36:52 (8th)	78:26 (4th)	115:18

W21E OVERALL CHAMPION:

Pos	Name	Club	Day 2	Day 3	Total
1st	Tessa Hill	HOC	35:48 (3rd)	57:56 (2nd)	93:44
2nd	Claire Ward	ESOC	40:09 (13th)	57:12 (1st)	97:21
3rd	Riina Kuuselo	OD	36:58 (6th)	61:01 (3rd)	97:59

MEN'S PREMIER RELAY:

1st	INT	Anthony Squire/Oleg Chepelin/Murray Strain
2nd	ShUOC	Dave Adams/Dave Schorah/John Rocke
3rd	SYO	Nick Barrable/Neil Northrop/David Brickhill-Jones

WOMEN'S PREMIER RELAY:

1st	BAOC	Becky Hoare/Julia Blomquist/Sarah Rollins
2nd	SYO	Jo Stevenson/Maread Rocke/Rachel Elder
3rd	ESOC	Helen Bridle/Rona Lindsay/Claire Ward

M21E SPRINT:

1st	Matthew Crane	BOK	13.29
2nd	Murray Strain	INT	13.57
3rd	John Rocke	SHUOC	14.06

W21E SPRINT:

1st	Sarah Rollins	BAOC	13.49
1st	Pippa Archer	CLOK	13.49
3rd	Rachael Elder	SYO	14.01

The JK took place this year in Northern Ireland over Easter weekend.

Ozone magazine caught up with the winning juniors to see what they thought of the JK and their excellent results. *Photos by Rob Lines.*



Jonathan Crickmore



Mairead Roche



Peter Bray

Peter Bray won the 18E Sprint Race:

"My JK Sprint race felt really good. I started slowly, getting used to the map and making sure that I was on the right side of the features, keeping my navigation in control. By number 4 my speed had picked up and from there, each control flowed nicely into the next. I was pushing hard and made a few silly errors of overshooting junctions but no real big mistakes; I really enjoyed it and I am really happy with my performance."

Peter Hodgkinson won the M20E Sprint Race:

"The race was split into two parts, the first half being complex, technical racing while the second half was straight forward and fast. Unfortunately the rain which fell during the junior start block made the paving in the first half of the course very slippery. I made some misses and hesitations in the first half and wasn't able to move quickly on the paving, so I came through the spectator control some time down on the leaders but feeling really fresh. The second half was mainly grass so I was able to run really hard and make up some time. I didn't feel like I deserved to win with a rather sloppy performance, but I was pleased nonetheless. The JK is my favourite of the domestic races and I'm looking forward to some top quality terrain in Scotland next year."

Jonathan Crickmore won the Overall M18E Title:

"I knew before the JK I was running well, I just had to get the navigation right. Unfortunately in the Sprint and

the Middle I lost fairly large amounts of time in the first 10% of the course. Yet in these two races I managed to hold my nerve and finish the races fairly well. I finished 2nd in the Sprint and then surprisingly I won the Middle by a good time - evidently I wasn't the only one struggling with navigation! The Long race went much better. I really went off hard and had no technical problems until near the end where I started to get very tired and made two minutes of mistakes. Then after an incredible descent to the finish I came home in 2nd place. However, after my results were combined I still won overall, which was a great feeling after not being able to compete last year due to injury."

Matt Halliday won the Overall M20E Title:

"I think both my Middle and Long distance race victories were down to preparation. I've had an injury-free winter's training which has come as a result of working hard on my strength and resilience, allowing me to increase my volume of training without causing myself problems. That base, combined with a return to orienteering racing with Varsity in the Czech Republic and the British Elites to get me back into a racing mindset seemed to stand me in good stead. On the day I felt relaxed and confident in my own preparation which allowed me to race with a clear head and to concentrate hard on the task in hand. On

Saturday, I was solid with my technique and made only a few small errors whilst running hard, but holding back when I needed to. Sunday was a case of keeping myself moving on the hills whilst not being complacent with my technique. I did start to make some unnecessary mistakes towards the end of the course when I was beginning to tire, but did enough to hold on! I enjoyed hearing the announcement that I was in the lead as I ran down the hill towards the last couple of controls, always a boost but a little added pressure as well!"

Charlotte Watson won the W18 Sprint Race and also became the Overall W18 Champion:

"Due to a bit of a disaster at the British Middle Championships a few weeks earlier, I was aware that if I was wanting to go to JWOC then I needed to perform at the JK. I decided to view this positively in that this extra bit of added pressure would make it more like JWOC and therefore good racing preparation. I was feeling confident as I knew I'd trained well physically and technically over the winter and had some

lots to catch you out but in the second part you could run a bit more. It wasn't my best race but I was pleased that I managed to hold it together and had managed to keep focusing on what I was doing next and not letting mistakes from earlier in the race distract me.

The Middle was my favourite race as it was really technical. I knew that it was going to be very technical with lots of controls so I made sure that I ran at a speed I could navigate and stopped when I needed. This seemed to work and apart from a few slight wobbles I had a relatively clean race. I was looking forward to the Long race as it was similar to my home terrain. I was feeling quite tired before the start but I told myself to just get on with it and I could collapse in a heap at the finish. I had an ok race but made a few silly mistakes.

I was really pleased with my weekend as I feel I managed to race consistently over three races and felt more on the right track for JWOC. I really enjoyed the weekend and winning was an added bonus!"

Mairead Roche won the W20 Sprint Race and also became the Overall W20 Champion:

"My JK started well with the Sprint race. I followed through my plan of focusing on my entry and exits from controls and pushing harder when I could. I felt I dealt with the initial first trickier section decisively and enjoyed the later section of the course when we went into the parkland. The Middle race was the highlight of my weekend. I was perhaps too hesitant on the first two controls but quickly settled down into the map after this. I didn't make too many significant mistakes apart from running past control 13 and losing about twenty seconds.

I was however disappointed with my performance in the Long race. I was focusing too much on running at the cost of my navigational discipline and this cost me lots of time at control seven. It was a frustrating experience and I was surprised to still have won the W20 class overall. Thankfully I managed to end the weekend on a high running second leg in the SYO women's team. Winning the JK feels great as I've achieved one of my goals for the season and it has highlighted some new things to work on before JWOC in Poland. Thanks to Northern Ireland Orienteering for a great set of races."

Peter Hodkinson

Charlotte Watson

Matt Halliday

good results in the Swedish Sprint Champs the weekend before. I was looking forward to going to Northern Ireland and quite excited about running on a different type of terrain each day.

I knew for me to have a good race all I had to do was keep it as simple as possible by just focusing 100% on the orienteering. I had a very late start for the Sprint and I had heard that the first part was very technical with

Results

Relays (M48-)

1st	SYO	Zac Field/Michael Adams/Aidan Smith
2nd	BOK	Adam Potter/Michael Hallett/Ben Maliphant
3rd	OD	Matthew Elkington/Stephen Elkington/William Gardner

Relays (W48-)

1st	SYO	Cari Littler/Louise Adams/Katherine Hall
2nd	LOC	Carrie Beadle/Hannah Cleary-Hughes/Natalie Beadle
3rd	HH	Miranda Leaf/Maria Pereverzina/Becky Young

Relays (M/W40-)

1st	LVO	Frazer Howe/Eoghan Knight/Paul Pruzina
2nd	FVO	Daniel Stansfield/Jessica Mather/Clare Stansfield
3rd	DEVON	Ed Gow-Smith/James Dean/Jake Belston

Relays (Mini)

1st	DVO	Joe Uprichard/Sarah Duckworth/Louis Forshaw-Perring
2nd	AIRE	Lucy Haines/Eve Conway/Laura King
3rd	BOK	Zac Hudd/Rachel Potter/Joe Hudd

M18E Sprint

1st	Peter Bray	SN
2nd	Jonathan Crickmore	SO
3rd	Ciaran Allen	ERYRI

W18E Sprint

1st	Charlotte Watson	WCOC
2nd	Florence Haines	AIRE
3rd	Zoe Harding	SROC

M20E Sprint

1st	Peter Hodkinson	NOC
2nd	Robert Gardner	SHUOC
3rd	Matthew Halliday	OD

W20E Sprint

1st	Mairead Roche	SYO
2nd	Rebecca Harding	EUOC
3rd	Julia Blomquist	SN

M18E Overall

1st	Jonathan Crickmore	SO
2nd	Peter Bray	SN
3rd	Ciaran Allen	ERYRI

W18E Overall

1st	Charlotte Watson	WCOC
2nd	Florence Haines	AIRE
3rd	Lucy Butt	SARUM

M20E Overall

1st	Matthew Halliday	OD
2nd	Alan Cherry	INT
3rd	Jamie Stevenson	EUOC

W20E Overall

1st	Mairead Roche	SYO
2nd	Rebecca Harding	EUOC
3rd	Jo Shepherd	EUOC