

British Juniors Shine in the Sun

by Fran Stone

There are many multi-day orienteering events taking place in Europe, particularly during the summer months.

I thought it would be good to highlight the efforts of some of our younger competitors who have run in smaller competitions whilst on holiday with their families. These events give them the opportunity to widen their experience of our sport in different situations, and in some cases, encourage the development of international friendships.

Two of these competitions were the Briançonnaise Tour in Rhone-Alpes, France and the NW Cup, in North West Piedmont, Italy. This was a combined French and Italian week which took place at the end of August 2015. Both competitions were in fact individual events that were held on three consecutive days, thus giving six events in one week, but without the anxiety of having to perform well every day in order to appear on the results.

The three French events took place, from the Tuesday to the Thursday, in the Nevache valley and in Monetier, just beneath the ski resort of Montgenevre. The terrain was tough on the two long distance days, whilst there was a little respite on day two with the middle event being held on the Col de l'Echelle. Switching to Italy on the Friday, the first two events were 'shortened' long distance races. The race arena was at the biathlon stadium of the Turin winter Olympics and the mountain backdrop of Mont Chaberton and the Cesana Torinese was stunning. The two long distance events were held on the area of San Sicario, with runnable mature pine forests criss-crossed by ski slopes. (Also used for WMOC 2013 - Ed.)

The final day, on Sunday, was a sprint in the Olympic village of Sestriere, at 2000m above sea level.

The courses were very enjoyable, in very good weather. I will let our juniors tell you about it.

Saskia Warren, NN, ran in W16 and wrote,



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Saskia Warren NN

Battling it out on W12 was Caitlin Irving, WCOC, who had also skied over the same area. She told me,

'This was my first time orienteering abroad and after this experience I would most definitely go back. The terrain in Italy was extremely good and I really enjoyed it. In France I made friends with a French girl orienteer and we are still in contact today. In all of the races I think I ran very well as I made none or just very small mistakes.'

'I really enjoyed the North West Cup especially because of the atmosphere and the music. I had fun on my courses because on both days you got all the uphill out of the way at the start and then on the second half of the course you could bomb it downhill towards the finish. Then at the finish you got a nice bottle of water to drink. This was especially good because the weather was pretty hot. Also at the start there was a drinks station, which I haven't seen before, so that was very much appreciated, especially because some walks to the start were quite long. The starts were good too because, unlike the UK, you got to look at a sample map which actually had the start triangle on it. Also you had a little run up before you actually got to the start kite this meant that you had time to plan the route to your first control.'

I'm pretty proud of my results. However I made irritating mistakes on the first control of the sprint race and on the first day, these knocked me down and took a toll on my overall times for these two days. Day two was my best day I made one route choice error on control #3 but apart from that I'm happy with my performance.'



© Alan Irving

Caitlin Irving WCOC

ORIENTEERING MAPS ○ MOUNTAIN MARATHON ○ MBO MAPS ○ EVENT BANNERS ○ EVENT FLYERS

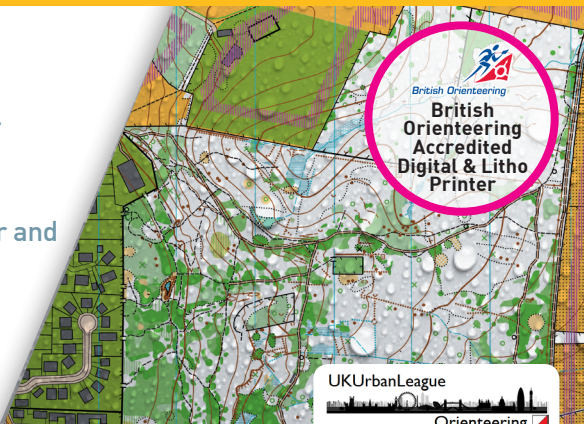
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Adam Conway GO

Adam Conway, GO ran up in his races, trying out M14. Adam also made friends with some French boys and was invited to race with them in France at the end of October, in the French national clubs championship (His team won the Mini relay! FS). He wrote about his experiences at Briançon and in the NW Cup in Sestriere.

'I ran in the M14 class. I enjoyed the variety of areas including day two, which was a middle distance race. The event took place in a valley, with undulating terrain at the bottom and steep, rocky sides.

The sprint race at Sestriere was my sixth consecutive day of racing. As a typical ski resort, the high altitude hit some people hard. However, I wasn't exhausted after all the long distance races and I enjoyed the sprint. I liked the general atmosphere and the beautiful scenery.'

Out of the six races, Saskia managed two 2nd places, two 3rd and a 4th; Caitlin had three 1st, one 2nd and a 3rd place; whilst Adam improved as the week went on, with one 1st, one 2nd, two 4th and a 5th place.

In all there were seven juniors running for British clubs and two British juniors running for an Italian club.

Lastly I must mention that parents were heavily involved in making these successes happen, so our thanks to them, and also congratulations to many of them who also appeared high in the results.

The full results can be found on the two websites

<http://3joursdubrianconnais2013.jimdo.com>

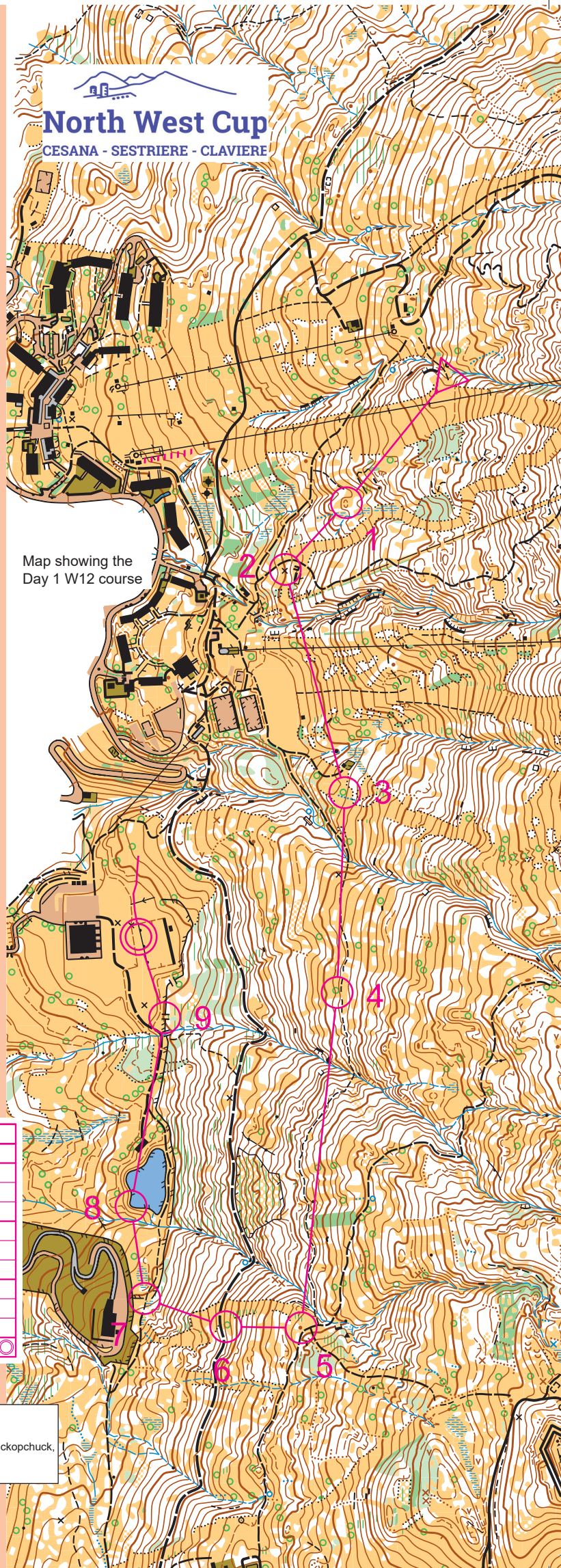
& www.northwestcup2015.it



Alastair Thomas WCOG

W12 day 1	3.0 km		
▷		↗	↘
1 61	○		○
2 38	×		
3 31	△		
4 32	△		
5 33	•		○
6 34	△		
7 35	▨		┌
8 36	▨		└
9 37	+		
○	160 m		○

Sansicario - Pariol
 Scale 1:10000, 5m
 Mappers = O. Kapralov, V. Prockopchuck,
 O. Mikhaylov, S. Usenko
 FISO Reg. number 0869



Map showing the Day 1 W12 course

My girlfriend won't talk to me just because I didn't open the door when we were on a date! I panicked and just swam to the surface.

Eating pasta by myself makes me cannelloni!