

Coaches Conference 2023

Report GREAT BRITAIN

The British Orienteering Team has delivered top results during the last year, with several medals at the Sprint WOC in Denmark, and the World Cup Sprint victory in Czechia.

Tom Bray is the coach of the GB Development Squad since last summer and his focus is to keep people in elite orienteering by creating a performance path that supports athletes in their development:

L1 Clubs

L2 Regional Junior Squads: 14-20 years

L3 Talent Squad (3 regions: Scotland, North, South): 16-18 years

L4 Development Squad (20M, 13W): 19-23 years (in fact 17-26 years)

L5 Performance Squad

British orienteering faces the challenge of an ageing base (8500 members, most orienteers 55+) and less and less active volunteers.

However, the British running culture is a resource, as most athletes can train with their local running club. Parkrun and an extensive number of various races (track, road, cross country, fell) provides opportunities to work on the running and is a reason why British orienteers are physically strong. Edinburgh University offers an environment for training that many elite orienteers take advantage of.

Tom's goal is to motivate runners to continue with orienteering also after their junior years and want to see more runners in MW21E at the big national events: "If the tide rises, the level will be higher, and this leads to better results. Elite orienteering is a fun lifestyle."



Picture: Erik Simkovic