

John Roche – Great Britain Selection – Orienteering
June 2007



Corby AC's John Roche faces the biggest challenge of his young career when he travels out to Australia on Friday to represent Great Britain in the World Junior Orienteering Championships.

The former Bishop Stopford pupil who is now studying medicine at Sheffield University forms part of a six man and

four woman squad that will be competing from July 7 – 14 in Dubbo, New South Wales, which is just over 400km north west of Sydney.

John will be competing in five races over six days starting with the sprint and followed by the classic long event the following day. He then has a day's rest before competing in the middle qualifying rounds with the final being held 24 hours later. His campaign ends when he teams up with the rest of the squad in the final day's relay.

The other members of the male squad are the Scottish pair of Douglas Tullie and Duncan Coombs, the Yorkshire duo of Joe Mercer and Hector Haines plus Iain Embrey of the West Midlands.

The 19-year-old started the year off when competing for Corby AC he lifted the Northants Junior Cross Country title at Wellingborough. However, since then and although he competes for the club regularly, running has played second fiddle as his main aim for the year was the trip to Australia.

John has been helped by the support given to him as a member of the World Class programme which is funded by UK Sport and Sport England. Derek Allison is the director of the WC programme and is supported by a team of coaches, team managers, doctors, physiotherapists and psychologists. Their aim is to produce medallists at the annual world championships by giving them support and advice on their technical and physical training to help them achieve their goals.

Roche said: 'It's been my aim for the last three years to make it to the Worlds as it's always been my main goal. During that time I knew that this year it was going to be in Australia which is an added bonus as it's rarely held outside of Europe which is the home of orienteering. I'm really looking forward to the trip and the chance to mix it with the best.'