

# SINS

No. 286

September 2014



South West  
Orienteering  
Association Newsletter

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## EDITORIAL

A very big thank you to everyone who sent in reports from you various holiday events. It is great to have the articles to see how you enjoyed the various events. Please send me write ups of other events.

After a summer of inactivity, it is good to see such a full fixtures list. Events pile into every weekend. With fuel prices reducing, it is to be hoped that more people will feel able to travel to other parts of the region to take part in the galoppen series and the events like the Dorset Delight.

Those who receive hard copies will have taken part in the Caddihoe Chase and seen the VHI competitors running for their countries. The Forest of Dean is very handy to three of the four countries competing.

Changes to the committee of SWOA will have been sorted out at the AGM, and the back page of the next SINS should reflect these changes. As an organisation SWOA is always dependent on volunteers to keep it going. Events need people to give up their time to organise, plan and control events – volunteers are the backbone of your enjoyment. New mappers and surveyors are needed to produce new maps and to update older ones. BOK are running such a course in October. Why not learn a new skill and help your club to produce a new map?

A volunteer is needed to coordinate the SWOA Badge scheme. Someone who will take the badge board to some galoppens and level three events in the region, and to send out to the badges to those who qualify for the award. Anne Donnell has been the coordinator for many years and as she is no longer able to go to events organised by clubs other than BOK, she feels that it is only fair on the juniors to hand the baton on to someone else.

After a lovely June and July, let us hope that the autumn months will bring sunny weekends so that you all may run through sunlight dry forests!

Susan Hateley Editor

## SECRETARY'S CHAT

This week end I am off to Bath for 2 days of urban orienteering courtesy of BOK Blast. This time last year I was organising Day 1 (around the University of the West of England and next door housing estate) It was surprisingly stressful and hard work.

Organising in an urban environment, whether it is a university area or a town does require permission from just about everybody you can think of. This is when you learn that humans are very territorial and may not always take kindly to you hanging a kite on their front gate and even less on the back gate. I learnt that housing developments may be owned by several landlords as well as including private houses. Driveways and turning areas are fiercely protected from intruders and sections of pavement can be the source of considerable neighbourhood conflict. Finding a house owner who gets on with their neighbour was always a bonus. But in the end there were enough people who thought the idea of runners in the street was really good. They were amazed at how quickly it all happened on the day.

The university area was not too complicated but the liaison work was hard going. There seemed to be no end to the different departments who all needed to have their say. Regretfully I observed that departments seemed to operate in isolation. If anyone reading this works at the university, perhaps they could explain why internal university communications are not always very efficient. One area of conflict was the ongoing building works and then there were (unspecified) planned works and then the pop up building works and road closures which no one could explain. The planner nearly went bananas.

So I shall enjoy my weekend in Bath – still leading the First Aid team but no one is going to fall over are they?

The SWOA AGM is on September 13 at the Rising Sun in the Forest of Dean starting at 5pm. See the SWOA website and this magazine for more details. Please come and support us. SWOA will have a new chairman by the end of the AGM.

I look forward to orienteering in lots of places this new season but I have still not tackled the night event. I must try harder. I hope you all have a pleasant Autumn in the forest.

Katy Dyer. SWOA Secretary

## **SECOND APPEAL FOR COLOUR CODED AWARD SCHEME.**

**Once again I ask for somebody who goes to several of the SWOA events to take on the Colour Coded Award Scheme.**

**As I said before, it is a very undemanding job, but could be much more so if activated by somebody. Now that I only go to local events the Badge Board is not being seen around the region.**

**A REPLACEMENT IS BADLY NEEDED.**

**Anne Donnell.**

## **COLOUR CODED AWARDS**

There were no applications for awards this time.

To qualify you must be within the first 50% of all starters or within 1½ times the winner's time in the results on the same colour course, 3 times in any 2 years.

For WHITE courses you only need to complete the course 3 times.

STRING COURSE (PURPLE) is for any young person who does not already hold any other colour award, and who has completed 3 string courses.

To obtain a colour coded badge award please let me have the 3 dates on which you qualified (anywhere in Britain) and £1 for Juniors (20 & under) or £2 for Seniors (21 & over). These prices are subsidised by S.W.O.A. If applying by post please make cheques payable to S.W.O.A. and enclose a stamped addressed envelope. Send to me at 34, Westfield House, Cote Lane, Westbury – on – Trym. Bristol BS9 3TJ. .

Sorry no E-mail.

Anne Donnell BOK

**BOK & SWOA BASIC MAPPING & SURVEYING COURSE**  
**Saturday 11th October 2014**  
**AVON RIDING CENTRE KINGS WESTON ROAD**  
**BRISTOL BS10 7QT**

**A one-day course designed to improve the knowledge and skills of newcomers to surveying and OCAD map drawing.**

**Timing:** 0930 to 1630.

**Target Audience:** Anyone interested in learning the basics of surveying, and OCAD drawing. Ideally will have attempted one or two OCAD maps, but still be feeling their way around the program, although complete novices welcomed. Aim is to increase the numbers of orienteers in the south-west willing to create or update maps. Experienced mappers will have separate interests.

**Facilitators:** Dudley Budden and Trevor Crowe

**Topics Covered:** The contents of the course will be determined by the perceived needs of those attending, but are likely to include:

**Base maps** – finding them and using them.

**Surveying** – techniques for improving efficiency and accuracy

**Drawing** – Use of OCAD. Tips for improving efficiency, and legibility.

**Creating final map** – Layout, titles, printing The aim is for the whole day to be as interactive as possible. Although not essential, it would be ideal if registrants could bring a copy of OCAD on a laptop. It may be possible to supply a limited number of laptops to those without appropriate technology.

**Cost: £7.** Max registrants 16. Cost will cover meeting venue, hot drinks and biscuits. Please bring own lunch.

**Registration** Contact the organizer:

**Chris Johnson Home – 0117 9701561,**

**Mobile - 07850 214456**

**e-mail: Please use BOK Ask-Me contact e-mail:**

<http://www.bristolorienteering.org.uk/user/184/contact>

## REPORTS

### TORQUAY BOYS GRAMMAR SCHOOL “LADS ON TOUR”

*From Devon Orienteer*

After many years of travelling this country it was time for our first foreign “venture” and where better to go in May than Montenegro and the “Adriatic Open “. Being the nervous type it made sense to keep the numbers small with just eight junior runners and to get some help in the form of Tom Lillicrap and Ben Chesters. Their expertise was needed!!

“Karst” is a new experience to most and the practice day led by our two intrepid volunteers was needed. Interpretation of numerous black lines where rock cliff touched boulder touched another cliff left the head spinning and one word came more and more to the fore ..... Simplification.

Before that we had the sprint race around the old capital city of Cetinje. Now we are not ones to cheat but having been staying there for 48 hours already we had a good idea of the general layout which certainly helped. After a swim in the morning on the beach at Budva we returned and headed into the “quarantine area “ : another new experience for many.

It was a fun race and In James’s words.

“Although it was just a sprint race and a short one at that of only 1.8 KM I was still a bit nervous as I waited for them to try and pronounce my name at the call up. However once on the line it all fell into place and upon picking up my map saw that it was exactly like any other race with an obvious safe option to take to my first control which I took. One difference though was you had to watch out for cars coming at all directions as they do in Montenegro. From then onwards it was simple with just a couple of small route choice errors and I was pleased to complete in a time of just over 8 minutes and being placed 2<sup>nd</sup> overall.

James Condon M14

The second race was a middle distance event up in the mountains and it would be fair to say that the nerves I had about the navigation aspect were being felt by all.

“It seems that our success the previous day had been noticed by the locals who kept coming up to me at the start saying things like “Hugo Boss “ and “my friend Hugo”. From the start my first control was deceptively easy with a track heading nicely towards it - a slight diversion away and down into the pit and there it was. Simple and perhaps this was not going to be so bad after all. A straight bearing to the second which I also nailed and my confidence levels were rising. The third didn’t look too bad heading away up and over another track to where the pit should be..... but where is it ? Perhaps a bit further on but no. According to the map there should be a largish depression to my left but its not there and where am I. All I can see are trees and rocks with nothing obvious. After a few minutes of headless chicken it became clear that I would need to head back to something I recognised and start again but even that was not as easy as it sounds. Recognising P’nut was not what I was thinking of but fortunately he was just arriving at one of his controls so was able to help. Ouch.... nowhere near where I thought I was.” Hugo Twigger M14

The third day was back up in the mountains again this time in the rockier area!!!! Fortunately for them the younger ones only had a short excursion into the edge of this.

“Sitting in second place overall just behind James and quite a way ahead of the person in third I should have been relaxed.... but I wasn’t. Fortunately from the start I had a couple of straightforward controls in what could be described as alpine meadows running through long grass and wild flowers. My third was up through the trees to an open mountainside with the control on the West side of a large crag before heading down to try and find my fourth by a boulder, one of many, back in the trees. Some small errors but nothing major and it was great to eventually see the final control and the run in. Also nice to see that I had the fastest time and had gained back my time over James who had also had a good run.” Matt

Birdsall M14

Montenegro is a lovely country to visit, especially away from the tourist beach area. The countryside is fantastic with brilliant views, the people really friendly and everything is cheap. Yes , the hotel was interesting e.g yes it did have an indoor swimming pool but it was empty and there were TV’s in every room but none of them worked!! but that didn’t matter in the slightest. In the same way the Orienteering had its moments but when the sun is shining and you are in the mountains who cares

For the record we came away with a lot of medals.

M65	Tom Lillicrap	1 <sup>st</sup> place
M35	Ben Chesters	1 <sup>st</sup> place
M16	Harry Jamieson	2 <sup>nd</sup> Place
	Tom Snow	3 <sup>rd</sup> Place
M14	Matt Birdsall	1 <sup>st</sup> Place
	James Condon	2 <sup>nd</sup> place

Steve Perrell DEVON

## FIVE DAYS OF ITALIAN ORIENTEERING

*From Wessex Extra*

A year or so back, Julie Astin mentioned that she wanted to compete in the 5 Days of Italy, driving her campervan down to the events. She didn't want to drive all the way on her own, so I "volunteered" to go with her. I have not been to a 5 days in Italy before, so thought it would be a good opportunity. We took two days to get down to Riva del Garda, where we stayed for a couple of days and then drove up to Asiago in a campsite for a week. We knew that the weather in the mountains was not too good at that time of year, but we did not expect so much rain – it rained every day and we had a couple of spectacular thunder storms with deafening lightning. But we were lucky in that it didn't rain while we were orienteering (someone must have been looking after that for us!).

**Day 1** was in Turcio, Asiago, 2.0km, 50m climb and 10 controls. The event was quite near where we were staying, so we could walk to it. It was a 20 minute walk to the start and a steep uphill to the start kite. It took me a few minutes to locate the start kite as it was not very visible. So, got to the start kite and did a compass bearing to the first control; but I couldn't find it. I was not the only one sweeping around for it as the ground was very rocky and lots of large ditches. However, eventually found it but took me 13.24 to the first control! Not a good start. But once I had got my head around the map it was sort of o.k. I was quite slow as the undergrowth made it difficult to run. But there were quite a lot of paths and tracks around so I ran on the paths as much as possible. Quite a few children running around, with adults shadowing them; one young boy was very frustrated and crying as he couldn't work out where he had to go. I know the feeling! Quite tired when I finished the course, and waited for Julie to finish.

**Day 2**, was in Levico, an urban event, 1.5k, 20m climb, and was my best run. The course was mainly linear, so we walked to the other end of the town for the Start. It was very hot and humid, and we were pleased that water was available at the start. I do enjoy urban events; I can run faster in urban events than in forests. Leg 1 took 2 minutes (getting to know the area), 2, 3, 4, 5 and 6 were good, just over a minute for two of them. 7 was quick, 33 seconds, but coming out of 7 I must have had my map the wrong way up because I ran to the wrong place and dithered about, before realising what I had done. So a quick sprint to 8 but that was 9.19 instead of 3 minutes at the most! The rest of the course was simple and quick, coming in on a total time of 24.06. Should have been 18 minutes or so. Drat!!

With every course which I ran I had one control which took me a long time; why do I do this? Each course I tell myself that I MUST concentrate and not run around like a headless chicken. But I still do it!

Julie's article will show you how much better at orienteering she is than me, although she has had knee surgery she was very accurate with all her controls and so did very well.

After the orienteering events, we went back to Riva del Garda for some R and R, Julie has lots of friends in Riva so we met up with them while we were there. We swam in the lake early in the morning, before other people came to swim, and we also went to Lago de Ledro up in the hills for a few days, again swimming in the lake. The scenery around Riva and Ledro is spectacular and we were lucky to have clear skies during the daytime.

We had two long days driving back to Calais, stopping at camp sites on the way, but we missed our boat as we were in the non-EU queue which took for ever to get through, so we had to wait for the next ferry, but it was only an hour. Then a drive back from Dover to home. Thanks to Julie for a fantastic three weeks – and I hope we are still friends!!

Kay Sayer      WSX

## 5 DAYS OF ITALY –

*From Wessex Extra*

### DAY 3 – Disaster!

Driving up to the “Altopiano di Asiago” on the Saturday before the main events started, we passed through the small town of Lavarone and it was here that we returned a few days later for Day 3 and 4 of the competition.

Having parked, rather tentatively, in a rain-soaked field (I had fears of my campervan getting stuck in the mud!) we had a long walk to the start up to the nearby village of Chiesa (meaning ‘church’)

At the Start, I discarded the plastic bag in which the maps were placed (I have enough trouble folding the map efficiently without the extra thickness of a plastic bag!) and set off on my course. But first I had to actually get to the Start Triangle which at these events always seemed to be placed not only out of sight (a good thing) but at some considerable distance from the start box (a bad thing – especially when it’s a steep climb to get there!) I found this a bit off-putting, particularly as it wasn’t even taped, and I actually had to ask someone where the triangle was, as it wasn’t obvious.

Anyway, I finally set off towards my first control, fairly clear on my route choice to what seemed an obvious knoll, via a well-marked path.....

.....but to this day, I’m still not sure what I actually did! All I know is that I somehow managed to be in the area where my 2<sup>nd</sup> control – and several others were located – about 200m from where I should have been, and on a totally different bearing to that which I should have taken. And what made it worse was that I kept on finding control 81 (I was looking for 42) and it was only on about the 3<sup>rd</sup> visit that it dawned on me that it was my 2<sup>nd</sup> control. Grrrr! Once I had realized this I fairly quickly managed to get my 1<sup>st</sup> control and then headed straight back (again!) to control 81. Total time for my first leg? – 20 mins!! The only explanation that I can think of is that when I looked at my map as I was getting to the point where I would have to take a bearing off the path to my control, I had a mental aberration and actually took a bearing to my second control.

Whatever the reason, it clearly cost me dearly and, compounded by another bad control at 3 (10m 47sec instead of 3-4 mins), I ended up taking over 65mins for a 2.5k course! Overall position: 25<sup>th</sup> out of 34.

### DAY 4 – Redemption!

Waking up to rain-sodden skies, Kay and I both had the same sentiment as we lay snugly in our beds that we didn’t fancy competing if the weather remained the same for the day’s event. It’s not that we’re wimps, you understand, it’s just that we knew what the terrain was like out there, and struggling across wet, mossy boulders and crags etc. was not our idea of fun. But we decided to drive across, back to Lavarone, and see what it was like when we arrived.

Fortunately, we didn’t have to park in the muddy field (there had been torrential rain and thunderstorms overnight) and we were directed to the car park right by the competition area, about 10mins from the Finish. We had a choice of how to get the Start: a 45-60 min walk up a mountain, or a 10 minute, €3 chair-lift ride. It was a no-brainer, as far as Kay and I were concerned!

It was still a bit nippy as we walked to the foot of the chair-lift, so Kay decided to take a jacket up with her. But as we gained height up the mountain the sun started to come out and by the time we arrived, it was gloriously hot and people were sitting outside the Rifugio supping a cold drink.

As the Finish was several hundred metres or so below us, we knew that, basically, our courses would take us downhill and, in fact, my first control was a glorious 450m downhill run along a track, in the sunshine, to a feature that could be seen from a long way off. No navigation required. A world apart from my first control at the previous event!! The rest of the course went pretty smoothly too as there were lots of paths or line features which made navigation pretty easy. The run-in from the last control was exactly the same as the previous event, alongside a small lake and including a small water-jump, which some of the

stronger/younger competitors actually leaped across, rather than tentatively step across as I did! The heat had really built up by now and I was really grateful for the bottle of water that was handed out after I had downloaded. I was pleased to see that I had completed the 3.8k course in a more reasonable time of 53m39secs and ended up in 12<sup>th</sup> position.

#### DAY 5 – The Final Day

Campomulo was the venue for the final event, just a 20 minute drive up the valley from our campsite and which, in the winter, is a fantastic area for cross-country skiing apparently.

Again, it had rained overnight, but the morning was quite bright and became hotter as we waited for our start times. The commentator kept on referring to how technically and physically demanding the terrain was, so we were a bit trepidous as we made our way to the start. But on the way there we were accompanied by a small group of alpine cows, complete with bells round their necks – which made me a bit more relaxed.

Looking at the map in the start lane, I could see why the commentator made those comments – LOTS of black crags and boulders and mostly steep slopes. So when I set off for my first control, with memories of Day 3 in my mind – I was determined to take it very carefully and accurately. And because it was uphill all the way, I was also quite slow – but at least I got the control spot on and this gave me confidence for the rest of the course. I felt I was reading the features well so that even if I was not quite on my control, I managed to quickly relocate and find it without too much delay. Having said that, I did dither a bit on controls 8 and 9 which were both “foot of steep slope” because one steep slope/crag looked like every other! In fact, there were quite a few competitors milling around these two controls, so it wasn’t just me.

But the remaining two controls were straightforward, although I was somewhat distracted by two mature Italian competitors running along nearby and talking loudly to each other (so typically Italian!) and I actually muttered “Shut up!” under my breath. Hopefully they didn’t hear me!

So a fairly clean run in 49mins put me in 14<sup>th</sup> position, so I was quite happy with that.

Overall, Kay and I had a great time in Italy and as it was my first multi-day event abroad, I have now got the taste for it and need to start planning next year.....

Julie Astin    WSX

### LAKES 5 DAYS

Hello mother, hello father,  
Here I am at Camp Granada.  
Camp is very entertaining,  
And they say we'll have some fun if it stops raining!\*

Lakes 5 Day 1 was at Wet Sleddale – there’s a clue. Into the car park over some plastic matting - that’s ominous. We sat in the car recalling all those previous occasions of sitting in the car thinking “I don’t want to do this”. “Cagoules may be compulsory” – you bet they were. Long walk to the start in gentle drizzle, topped off with heavy rain and wind to get you in the mood. I Huddled behind a wall at the pre-start. My heroine of the day was standing, dripping wet, reading out the names with a smile on her face and a cheerfulness shared by the many officials we were meet during the week! Picked up the map – imagined an array of South Sea Islands separated by warm waters with the sun blazing down, but actually open moorland with many marshes peppered with small hills and no chance of getting a tan. Must stay in contact with the map at all costs. Half way through the course it appears that the planner has put all the flags so far in the right place and I’m actually enjoying this! Completed a clean run at the remote finish and paddled back to

assembly pleased with myself. After that the weather got better, my performance didn't but we were treated to a great variety of terrain and enjoyable technical challenges.

Day 2, the middle distance event took us to Simpson Ground with terrain perhaps a bit like day 1 but covered in trees. Grizedale Forest (day 3) continued the theme of contour detail with the addition of forest racks and rides. Day 4 in splendid weather saw a return to open hillside on Pike o' Blisco – a long steep walk-in to an area of crags of all shapes and sizes and where every contour squiggle seemed to be a re-entrant. The final day (Hampsfell) gave us a mix of open land with limestone pavement and steep woodland.

In addition Lakeland OC organised a most enjoyable rest day urban event in Ulverston. I can recommend the Fish and Chip shop between controls 9 and 10 on my course.

Ken Stimson, NWO

\* Allan Sherman 1964 (for those old enough to remember)

### **DAY 1 - SWINDALE –**

The deafening rain showers on our campervan overnight were a prelude to a very wet day at Swindale, more aptly named Wet Sleddale by the Ordnance Survey. As the heavy rain continued we decided to make an early exit from the camping field at Satterthwaite which was rapidly becoming a quagmire. The optimism created by a brief glimpse of brighter skies over Morecambe Bay was soon flushed away by the dark clouds which brushed low over Shap Fell. Amazingly the organiser had found some firm, level ground for parking just 2.6km from the start and finish. A solemn procession of orienteers tramped up the fell to the start. First sight of the map showed it was mostly covered by blue screen for marsh with the odd knoll emerging as a hilltop island. The start team pointed out the two bridges (one of which was missing) where we could safely cross the streams in spate.

Water and marsh, in many forms, seemed the best navigational aid, but running was very hard work. I made a couple of mistakes by losing contact with the map. I'm still not sure what happened on the way to 11 but I latched on to Steve Williams heading purposefully down a ridge, thinking he knew where he was! We both came to stop facing a sea of marsh merging with the clouds, as the rain renewed its onslaught and wind whipped around. Two breast like knolls peaking through the mire caught my roving eye and apparently matched two contour loops on my map a couple of hundred metres from where we should have been. Saved by the boobs and not too much time lost. This turned out to be one of my better runs of the week (15<sup>th</sup> in my class).

It was still raining when we stopped for very welcome hot showers at the leisure centre in Kendal – anxious about the conditions awaiting on our campsite....

Andy Stott NGOC

Looking at the map of Swindale at assembly, it looked rather like polar regions in spring with ice bergs, white and blue; so we were in for a very wet boggy time – and the rain was incessant.

The walk to the start was 3.4km with a shorter route of 2.8km but with a lot more climb (180m). As Charlotte and I were getting late, we opted for the shorter route. Phew! What a climb.

Just as I started, the weather closed in - horizontal rain, driven by a strong wind. First control no bother but second control we had to cross two marshes and a fast-flowing stream. From then on, like everyone else, I got wetter and wetter until I would not have been any wetter if I had fallen in one of the many streams.

Legs three to six were marsh after marsh; heading for control six, my navigation led me into a stone circle – not my control. Right! Re-navigate to my control. Whoops! 180 degree error, as I discovered 400m from the

stone circle control. After crossing a stream which shouldn't have been there, back I went, to number six, passing Charlotte on her way to seven.

Seven to the finish was relatively easy apart from the physical side of things; the marshes were getting boggy and boggy. Although the rain had abated in the middle of the course, it started again near the end and the biggest problem was the cold. It was very hard to generate any heat as running was slow or not at all.

The finish was a welcome sight but then we had a 1.8km walk back to assembly. I swear it seemed more like 3km! Download wasn't working so we went straight to our cars to change. Download later.

Changing was the usual nightmare with soaking wet gear, then trying to generate some body heat.

Looking back, I did enjoy the course apart from the weather. But hey-ho – that's The Lakes for you!

Well done, Border Liners.

Richard Thornton (Sarum)

## DAY 2: SIMPSON GROUND

Day 2 of the LD5 definitely did *not* look like it was going to be a pleasant trundle in the woods. The organiser's blurb warned of "large marshes, deep in places" and offered the slightly understated-sounding "some windblown ... fairly runnable". The fact that eye protection and arm cover were recommended made the "fairly runnable" bit look highly dubious. To back this up, Gill Stott had given dire warnings of the terrible man-eating areas of dark green, horrendous brushings and treacherous marshes in Simpson Ground. All in all, I was seriously questioning the likelihood of living long enough to complete the remaining three days of competition.

After Day 1's wet and windswept conditions the glorious warm sunshine on Day 2 belied the messy fate awaiting us. The walk-in from the event centre was seductively pleasant: a quiet lane through a secluded hamlet alongside a merry little stream, into sun-dappled mature deciduous woodland surrounding a picturesque reservoir. The courses were relatively short, too – only 2km and 10 controls on course 10 (W40S). Really, how bad could this be?

First impression on picking up the map was that it appeared to be covered in blue and green. Marshes and green screen abounded, interspersed with patches of white (after the foretellings of doom, I took these with a pinch of salt) and some microscopic dribbles of rough open. The only consolations were a couple of large ponds and a few tracks offering good potential for handrails and relocation features.

I set off to the first control along an inviting little path, but pretty much straightaway the line went right through an area of marsh with a couple of ominous-looking ponds mapped in the middle of it. It was a tough choice – across the marsh, or skirt around it through the suspiciously impenetrable-looking light green? At least the marsh made for good visibility, and it had the bonus of a nicely-defined angular edge giving a good attack point into the first control. Despite a relatively early start, a faint squelchy-looking trail of bent marsh grass showed that at least one previous competitor had crossed the marsh and survived, so I cautiously made my way across in reasonable confidence that I'd reach the safety of control 1 without drowning first.

Controls 2 to 4 were very representative of the general terrain in this area. Some nice runnable white – though with a bit of windblown and vegetation – interspersed with marshes and best-avoided, optimistically-mapped patches of light green. Using one of the large ponds and a linear marsh as handrails made for reasonably quick progress through this section of the course.

Things started to unravel in the complex contour detail around control 5: a north-facing re-entrant in a tricky little group of mounds and knolls, covered in green screen for good measure. The cluster of contours contained several re-entrants and a positive wealth of controls; not to mention a flock of bewildered-looking

souls wandering vaguely around and dejectedly checking a control numbers. I wasted a good few minutes checking out the south side of the knoll-group, thrashing through green screen and finding random “not yours, dear” controls before deciding to relocate off a ride twenty metres or so to the east. Back in and hey, straight round to the same (wrong) side of the feature to repeat the process almost exactly. (Why, I cannot explain.) After the third relocate-and-bounce-off-the-ride effort I finally got round to the north side of the feature and found my control nestled in a hollow between two boulders, like a small animal guarding its lair.

Luckily controls 6 and 7 were back to business as usual, staggering through possibly-bottomless (you won't know 'til you cross 'em!) marshes and the squint-inducing contour detail. Leg 8 was a bit of a treat in that it offered the possibility of using an actual, real *path* – this seemed so enthrallingly novel that I didn't even entertain the thought of taking the straight-line option across yet another marsh. Leg 9 was a short hop through a nice open stretch of forest to a knoll, but this pleasant gambolling-through-the-woods thing didn't last long. The course setter clearly wanted to make the final control memorable and placed it on the edge of a very boggy marsh with an unexpectedly deep stream running through it. Why there wasn't an event photographer located there I can't imagine – the number of stream dunkings and marsh faceplants would have made it totally worth their while. A final eyeballs-out sprint for the safety of the finish area rounded the experience off nicely.

All in all, it could've been a lot worse – well, I made it out alive for a start. But the unfamiliarity of orienteering in this kind of terrain made me very tentative and, despite only making one significant error, I was a good minute or two down on the leading times for most legs. Combined with the 7 minutes or so I lost on leg 5, I finished a slightly disappointing 7<sup>th</sup> in my class.

I consoled myself with an excellent currywurst from the German Sausage Seller's van (highly recommended, by the way) and a good long window-shopping session in Compass Sport. I think they thought I was a slightly off-piste shoplifter.

### DAY 3. GRIZZLY GRIZEDALE

We're all in gear now, especially after yesterdays middle distance on Simpson Ground. The event is up the road from our very basic Grizedale campsite with the over flowing Border Loos, and accessible by bike. Steve Williams, NGOC, cycled to every event from the same campsite, putting us all to shame. Cycling orienteers may be aware of the smug feeling you get, when making the final stretch over to assembly by bike, past all the waiting-to-park cars who hopefully have considerably more distance to walk than you. This feeling evaporates rapidly when it starts to rain.

We luxuriate in the not over flowing toilets at assembly then off to the start. The planner has cunningly placed a control less than 100m from the start on my course 7. That seemed to catch a few out. You know what it's like...not wanting to appear sluggish from the start triangle..rushing off then wondering where you've gone. I was so pleased with self for navigating to it that I hadn't properly understood the intricacies of the map to #2!

Grizedale became quite grizzly soon after that. Windblown threw itself across my line of sight. Diffuse vegetation boundaries and at times, intricate contour detail slowed me down to, well erm walking speed.. There was good route choice but wo betide anybody who thought they could go straight! My most arduous leg looked innocent enough, until I met the blasted windblown again. I knew where I wanted to go but just couldn't get there. Eventually, after climbing onto on fallen tree, then hopping across to the other, I made landfall and the control popped up.

Only 4.5k but I'd been out some time, with only minor navigational corrections (for me). How to be quicker? 1) look more carefully at the windblown areas and avoid 2) adopt gait of a gazelle.

Gill Stott      NGOC

Another fine day of orienteering in the Lakes and what proved to be my best result from the four races I completed. I didn't complete the last one owing to a collision with a young Swiss runner which broke my

glasses. Running with a monocle is not to be recommended(!), and once this disappeared into the undergrowth shortly afterwards I was forced to retire. Note to self - carry a spare pair in future. Anyway, returning to Day 3 which was held in a challenging wooded and hilly area, the Planner had carefully positioned the 19 controls on the 5.8 Km M55L course such that virtually no advantage could be taken of the major paths that criss-crossed the area. The quite dense woodland around many controls required very careful attention to the contours in order to prevent loss of time. My running on a bearing was pretty accurate on this occasion and I was able to pick up the features leading into the controls nearly every time without faltering. A number of areas very clearly marked on the map as 'windblown' impeded progress and favoured the runner able to leap over tree trunks. Quick decisions were needed here to select the optimum route towards the control and the average speed of just over 10mins/Km by the course winner perhaps reflected the general difficulties encountered. The

270m of climb added to the challenge, although with limited visibility, this climb seemed to be more easily absorbed within the course than on more open terrain. As ever, my limiting factor was speed and while this is not so critical where obstacles generally reduce even the quickest runners, on the more open legs, I lost time. Still I finished 15<sup>th</sup> out of some 60 who entered, and more importantly, only 4 minutes behind my brother-in-law, Bob Cherry of AYROC, my long running target at 5/6 days events! Overall it was a cracking day – great course, short walk to the start, car park with a view, adjacent assembly area and good weather. Roll on the next one.

Mark White SARUM

### LAKES REST DAY

8:30 am local weather forecast: "Last night's rain has now cleared and the sun is out..." Not in Grizedale. Best stay sat in the car for a bit. 9:30 comes and I don't need a weather forecast to see the rain is still torrential. 10am – wahoo, It's stopped! Wait a minute... I'm sure the river was 3 foot lower when I woke up... Should we move the tents? Other people now surface and there and many minutes are spent sucking through teeth and deciding nothing. A few minutes later and PANIC – the water's running down the campsite at a higher level than it is in the river! Cue a record breaking attempt for most number of tents dismantled in the shortest possible time. Then on to save the tents and belongings of people who'd already left for the day – before it was too late. And so began the rest day.

So, with the morning's excitement over it was time to move on to the official rest day activity – an urban race around Ulverston – a town full of references to Stan Laurel, and of children armed with water pistols. The town itself was fairly typical urban terrain with an intricate town centre and more generic estates to the south. Maybe the courses would have been more interesting if they used the town centre a bit more, but it still made for a nice run. All courses finished with a rather vicious climb up Hoad Hill, giving stunning views across Morecambe Bay. Having run 11km by the end, the oversized pie for dinner was hard earned.

Richard Cronin NGOC

### DAY 4 BLEA TARN

The weather made Day 4 one of those days when you feel inspired and privileged to be in The Lakes. Driving from Keswick gave wonderful views of the Helvellyn range, Helm Crag and Grasmere and the views in Great Langdale from Assembly were breathtakingly spectacular.

Most courses that day were on Pike O'Blisco involving a really long slog up from the Langdale valley. I was more fortunate in that some of the shorter courses were planned around Blea Tarn, a lovely high valley that leads into Little Langdale. There was a steep climb to get there but once at the top we had a view over the whole area used for the courses and had the fun of trying to work out where the first controls were and why people had chosen the routes they had.

My course (12; M70S) was 2.6k with 115m climb. The first leg involved crossing a boggy area and some elected to avoid this but I found it firm enough to run straight across and into the wood to the control. The next two controls were in open country and the legs were made for runners and it felt good to be able to move quickly over the ground. Leg four was mostly open, if a bit boggy, with the control in a small wooded

area. Leg 5 was in woodland and climbed a steep hill to a rock between two tops; hard work but straightforward. The next leg looked easy enough and I took a rough bearing to guide me towards a right angled track junction. Over time the sharp angle shown on the map had been modified on the ground by walkers taking a short cut and I got led off ending up running at 90° to my route. Fortunately I realised before too much damage was done and reversed my error, climbed a short steep rise to a gate and back into the open to get the control placed by a tree (marked as a thicket). The next 4 controls (crag, boulder, re-entrant, stream) were on a boggy hillside with large bracken patches. The small re-entrant between two low hill tops (control 9) was surrounded by bracken and I was surprised that there were no obvious elephant tracks in, so I made my own. Talking to others afterwards it seemed that most people found different ways of attacking this control which probably accounted for the lack of a motorway in.

From control 10 (stream bend) the course led back into the woodland housing control 5 and I elected to take the same route in, using control 5 as a lead into control 11. Again, it was interesting how many other route choices were made. From 10 it was back into the open – if you can call head high bracken open – and I beat a route on a diagonal climb towards control 11, meeting a track beaten down by others who had elected to go along a track and then climb straight up to the target group of trees. After 200m contouring to a boulder it was straight downhill to the last control and a sprint along the track to the finish. This was a bit devious in that the control was placed just over the brow of a small hill and hidden behind those who had already finished and were sitting, standing, chatting and generally getting in the way, as orienteers do. Still, having finished I joined them. It was a good thing that I did sprint to the finish as the results showed that I won the course that day by one second. A close run thing, as someone (not Arthur Wellesley) once said.

Peter Hambleton

Sarum Orienteers

#### **DAY 4, PIKE O'BLISCO**

This area was in a stunning location high on Wrynose Fell, close to the summit of Pike O'Blisco. The open terrain made for excellent running, though with a lot of complex rock and contour features navigation was not straightforward.

We had largely been lucky with the weather during the week and our day on the high fells was warm and sunny. Driving through Langdale on our way the hills looked stunning and the crags were drenched in morning sun. The event car park, which was just past the National Trust campsite, was soon being gatecrashed by hill-walkers keen to avoid the battle for parking spots near the Old Dungeon Ghyll – some of them were even trying to pay for parking.

The high fell area necessitated a long walk to the red, blue and green starts: 2km and 400m of ascent, firstly up the narrow road towards Blea Tarn and then following a footpath alongside a gill up onto the open fell. This made for a great warm-up and offered excellent opportunities to admire the surrounding fells, but made it very difficult to return to the car and retrieve any forgotten items of kit ...

We enjoyed the walk up and arrived in plenty of time for our late-ish starts. I had brought a bum-bag with some food, drink and a spare top, in fact everything I thought I might need ... except, as it turned out, my compass! There was no chance of going back to the car to get it and then make it back up the hill in time for my start, so I would just have to try and do the best I could relying on terrain features. My course (M45S) was 4.7km with 205m of height gain and 12 controls, so I thought I might be in for a long day out on the hill! Hopefully the heavily-featured and contoured hillside would help me out.

Controls 1 and 2 were quite straightforward: short legs leading to a crag and then a re-entrant in a detailed area of knolls and small tarns. However, as the legs started to get longer the absence of my compass started to take its toll. Control 3 was a spur after a moderately long descent in an area of fewer mapped features: I ended up on slightly the wrong line and overshot the control circle, then had to relocate on a stream to track my way back up the hillside. Legs 4 and 5 were also longer, in a marshy area with a lot of crag detail to the south of the Pike. Many of the control sites were boulders or knolls, but as there were so many of these it was hard to maintain accuracy without having a precise direction of travel to rely on. It was quite difficult to relocate in this area as the predominant features were indistinct marsh, small knolls and outcrops. Overall I found this section of the course quite difficult to navigate without being able to use compass bearings, and predictably enough I lost a lot of time here.

Leg 8 took the course past the eastern flanks of the Pike and back towards the northern slopes facing Langdale, and by this point I was starting to get more of a feel for relying on map features alone. I made reasonable time through the second half of the course but it couldn't make up for the time I'd lost on 3-6. Overall I felt pretty daft for forgetting my compass but pleased that I'd managed to complete the course, and tried to look on it as a valuable training exercise! At least the glorious weather meant that I could enjoy the beautiful views of the Langdale fells and seek consolation in the ice-cream van back at the car park!

Allan McColl NGOC

### **DAY 5- HAMPSFELL AND EGGERSLACK**

Hampsfell and Eggerslack Woods sit above Grange-over-Sands at the southmost extent of the Lake district. Both woods and fell are home to large expanses of limestone pavement, some living up to their name by appearing flat with sharp curb-like edges and others mossed and sculpturally worn, broken in places to looser rock. This was day 5 for the Lakes 5 2014. The finale. The graceful bow-out of the week. Had they saved the best until last?

NGOC were in the last start block and I seemed to be truly bringing up the rear. Heavy rain was forecast and apprehensive glances and calculations were confirmed by a downpour that left many late starters huddled under trees, whilst drips counted up the minutes to their start time. For the less fortunate the rain swept across the hilltop as they navigated the slopes, making glasses mist up, maps flop and stick to themselves and the limestone become wet and slippery.

The adverse weather was short-lived and by the time I was on the hill, it was fast, (relatively) dry underfoot and in places advantageously tracked up. Whilst many courses descended into Eggerslack Woods earlier on, my course had 9 controls on the hill before the big pace change into the wood. The hill had many rocky features, but the uncrossable walls and overall contour shape made it easy to be at least roughly in the right area. The open landscape revealed grey layers mixed with summer grass, bracken, and some scattered wind-formed trees.

The wood however, was much more dense and complex. It seemed many detours were taken in the wooded area, some because it was harder to tell what was mapped as limestone pavement and what was rocky ground, and others mistook paths and crags for similar features. The woods seemed to hold a damp otherworldly atmosphere, full of mossy boulders and lichen covered branches, with controls tucked behind small crags or slight re-entrants. Reading a feature crowded map in low light and loose footing made for a marked change in the race pace. Opting to take paths in some cases and making sure map contact was carefully kept seemed like a sensible option.

After the wood was another blast on the hill top, passing by an unusual cube-like tower from which some hill walkers bemusedly followed my progress. The final part of my run was down through a rough, undergrowth heavy hillside (that I could have avoided, if I'd read my map) and into a small and less interesting piece of woodland to finish. Other courses finished in a northern area with plenty of undergrowth that obscured some features and caused some frustrating lost minutes.

Overall, whilst Hampsfell and Eggerslack didn't have the natural drama of Pike O Blisco or the neat speed and accuracy of Simpson Ground, it combined two very distinct, but related terrains in an event that had all the twists and changes of a great race.

Joe Gidley NGOC

This was my first Lakes 5 Days event, and even then I only managed day 3 onwards, although I wasn't too disappointed when I heard about the soaking everyone got on day 1! I am too inexperienced and awkward moving over rough ground to be competitive on this kind of territory, but still like to get value for money by doing W50L. I'm normally one of those people who tries to compete as well as I can every time I go out, but had a bit of an out-of-character lapse on day 4, when one of the controls had been sited next to a small cliff that looked geologically quite interesting. I know the runner who passed me at this point wondered what I was doing peering at structures in the layers of the rock for clues as to its origin (pyroclastic), rather than orientating my map and compass and running off at speed...

Luckily for me, on day 5, there was a huge pile of limestone rubble next to the start, so I could get my rock fix early on, allowing me to concentrate on my course. I knew I had a lot of climb (260m on W50L). The area around the start looked quite flat, but I had seen a copy of an old map of Eggerslack Woods, so was under no misapprehension as to what I would be letting myself in for. Drama was added to the wait for the start with an unscheduled roll of thunder...

Stretch, focus, start. Running across the open to a control on a small hill, line up along a nearby fence and in. No mistakes but too much hesitation for an easy control, I never have a good split on number 1. Then straight into the vertical rocky dark mossy woods of Eggerslack, clambering up a small crag, a sign of what was to come. Just stop myself flying over a low root on the way into number 2. Number 3 was right at the bottom of the woods, number 4 at the top, number 5 at the bottom, number 6 at the top... now I realised where they got that 260m climb from! On the haul up to number 6 the heavens opened, but luckily I was still in the shelter of the trees. Maybe I was slow finding number 6 deliberately, as it had stopped raining by the time I emerged into the open en-route to number 7.

The open ground couldn't have been more different, great visibility, lots of limestone pavements and rock features, yet I managed to resist the temptation to look more closely at the rocks and kept 'running'. Too short a time was spent in this delightful terrain, before the course brought us back down an ankle challenging slope and into more woods, which were relatively featureless apart from the elephant tracks. Rummage around to number 12, elephant track to number 13, elephant track to 14, and uphill elephant track to finish. In the end these last 4 legs were voided, which did have me thinking it was a shame we didn't just have a few more controls out on the lovely fellside, ending at the open finish with many of the other courses. Overall, I enjoy events where there is a switch of terrain, pace and tactics, and this fit that bill with an interesting mix of woodland and open country. I'll look forward to sampling more Lakeland orienteering at JK2015!

Carolyn Dent Sarum

## FIXTURES

### September 2014

20th **BOK Saturday Winter Series** Greyfield Wood, Bath, [ST639584](#)

Entry times: 1200 - 1300. Dogs allowed. Organiser: Jenn Hudd, 01761479189

21st **NWO Four Colour (YOGB)** Fyfield, Marlborough, [SU135710](#)

Organiser: Tim Gilbert, [timgilbert81@gmail.com](mailto:timgilbert81@gmail.com)

*or contact the club secretary, see inside back page*

24th **BAOC Military League South** West Woods, Marlborough

Organiser: Paul Dorritt, 01666 508812

27th **Kerno Forest League 1** Trelissick, Truro, [SW835397](#)

Entry times: 10.30-13.30. No dogs allowed.

*For further information contact the club secretary, see inside back page*

27th **NGOC League** Minchinhampton Common, Stroud, [SO858012](#)

Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.

Dogs to be kept under control at all times.

Organiser: Neil Cameron, [nmcameron@tesco.net](mailto:nmcameron@tesco.net), 01684 294791

28th **Dorset Schools and Informal** Gore Heath, Wareham Forest, Wareham, Dorset, [SY921909](#)

Entry times: 10.30am - 12.00midday starts - courses close 1.00pm. Dogs on short lead at all times.

Organiser: Karen French, [karen.e.french@virgin.net](mailto:karen.e.french@virgin.net), 01202 814958

### October

4th **Dartmoor Double Day 1 - Long Score** Dartmoor West, Plymouth, [SX591735](#)

Dogs on lead - sheep on area. Pre-enter via Fabian4 by 28th September  
Enquiries: Rosie Wych, [rwych@hotmail.co.uk](mailto:rwych@hotmail.co.uk), 01823 451942

5th **Dartmoor Double Day 2 - Long-O** Princetown, Exeter, [SX589734](#)

Pre-enter via Fabian4 by 28th September

Enquiries: Rosie Wych, [rwych@hotmail.co.uk](mailto:rwych@hotmail.co.uk), 01823 451942

5th **Sarum Galoppen & SCOA League + Dorset Schools** Everleigh, Bulford, [SU197547](#)

Entry times: Registration: 9.30-12.00; Start: 10-12.30;

Dogs welcome but on leads, both in the CP area & on courses.

Organiser: Chris Huthwaite, [huthwaite.chris@gmail.com](mailto:huthwaite.chris@gmail.com)

*or contact the club secretary, see inside back page*

5th **BOK Local & ASO League** Headless Hill, Forest of Dean, [SO546136](#)

Entry times: 1030 - 1230.

*For further information contact the club secretary, see inside back page*

6th **Wessex Club Night & Night League** Kings Park/Littledown, Bournemouth, [123927](#)

Entry times: 6.30 to 7.30. Organiser: Julie Astin, [julie.astin@hotmail.co.uk](mailto:julie.astin@hotmail.co.uk), 01202 429756

11th **NGOC Training** Minchinhampton Common, Stroud, [SO858012](#)

Entry times: Starts from 12.30 - 14.00. Dogs: Dogs to be kept under control at all times.

*For further information contact the club secretary, see inside back page*

12th **Kerno Forest League 2** Hayle Towans, Hayle, [SW579413](#)

Entry times: 10.30-13.30. Dogs allowed.

*For further information contact the club secretary, see inside back page*

12th **Quantock Orienteers Forest League 1** Buckland Wood, Taunton, [ST182171](#)

Entry times: 11am-1pm. Dogs allowed.

Organiser: Roger Craddock 01823 323850

12th **WSX Dorset Delight** Bisterne Close, Burley, [233024](#)

Entry times: 10.30 to 12.30.

Organiser: Julie Astin, [julie.astin@hotmail.co.uk](mailto:julie.astin@hotmail.co.uk), 01202 429756

18th **WIM Dorset Schools and Informal**

Hyde and Gorley Commons, New Forest, Fordingbridge, [SU168125](#)

Entry times: 12.30 - 2.00pm starts - courses close 3.00pm.

Dogs on short lead at all times.

Organiser: Kirsty Staunton, [thestauntons@aol.com](mailto:thestauntons@aol.com), 01425 653629

18th **NGOC League 2** Parkend Walk, Lydney

Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.

Dogs to be kept under control at all times.

Organiser: Robert Teed, [robertteed@btinternet.com](mailto:robertteed@btinternet.com)

*or contact the club secretary, see inside back page*

19th **Devon Galoppen** Virtuous Lady, Plymouth, [SX684691](#)

Dogs on lead - sheep on area.

Organiser: Jill Green, [jill-green@blueyonder.co.uk](mailto:jill-green@blueyonder.co.uk), 01392 278512

25th **BOK Saturday Winter Series** Leigh Woods, Bristol, [ST550733](#)

Entry times: 1200 - 1300. Dogs allowed.

Organiser: Christian Saxtoft, 01275 814387

25th **Devon League and CATI** Killerton NT property, Exeter, [ST977002](#)

Entry times: 1pm until 3pm. Dogs under control at all times..

Organiser: Roger Green, roger-green@blueyonder.co.uk, 01392 278512

26th **NWO Four Colour (YOGB)** West Woods, Marlborough, [SU153663](#)

Organiser: Nina Stimson

*For further information contact the club secretary, see inside back page*

November

3rd **WIM/WSX Monthly Evening and Wessex Night League** Sherborne

Entry times: 6.30-7.00pm. No dogs allowed.

Organiser: Christopher Branford, candl.branford@btinternet.com, 012584 53716

8th **SARUM Dorset Schools & limited Colour coded**

Bulford Ridges + MTBO, Tidworth, [SU220463](#)

Entry times: TBD: MTBO - morning; Foot O - from lunch time.

Dogs in Car Park area only, please.

Organiser: Charlotte Thornton, thorntoncev@gmail.com

*or contact the club secretary, see inside back page*

8th **BOK Western Night League** Stoke Park Estate, Bristol, [ST622765](#)

Entry times: Nightfall for one hour. Dogs allowed.

Organiser: Charles Daniel, 0117 584104

9th **Quantock Orienteers Forest League 2** Cockercombe, Bridgwater, ST186365

Entry times: 11am-1pm. Dogs allowed.

*For further information contact the club secretary, see inside back page*

10th **Wessex Night league** Salisbury City, [SU145302](#)

Entry times: TBA. No dogs allowed.

Organiser: Charlotte Thornton, thorntoncev@gmail.com, 01722 320872

15th **BOK Saturday Winter Series** Oldbury Court, Bristol, [ST634766](#)

Entry times: 1200 - 1300. Dogs allowed.

Organiser: Phil Warry

*For further information contact the club secretary, see inside back page*

15th **NGOC Training** Parkend Walk, Lydney

Entry times: Starts from 12.30 - 14.00.

Dogs to be kept under control at all times.

Organiser: Stephen Robinson, stephen\_robinson@ntlworld.com, 01594 841743

16th **Kerno Forest League 3** Mount Edgcumbe, Torpoint, [SX450525](#)

Entry times: 10,30-13,30. No dogs allowed.

*For further information contact the club secretary, see inside back page*

22nd **WIM Dorset Schools and Informal** Golden Cap estate, Bridport

Entry times: 12.30 - 2.00pm starts - courses close 3.30pm followed by Night event at dusk. Dogs: On short lead at all times.

Organiser: Mike Kite, mike.kite@hotmail.co.uk, 01308 422455

22nd **NGOC League 3** Woodchester, Stroud

Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.

Dogs to be kept under control at all times.

Organiser: John Shea, johnhuntershea@gmail.com, 01242 254909

23rd **BOK Galoppen** Moseley Green, Forest of Dean, [SO631087](#)

Organiser: Christopher Kelsey, 01278 723246

29th **NGOC Western Night League** Painswick Beacon, Painswick, [SO989275](#)

Entry times: From 18.00 or when it gets dark.

Dogs to be kept under control at all times.

Organiser: Caroline Craig, caroline.craig4@gmail.com, 01242 528326

30th **NWO Four Colour (YOGB)** Cherhill, Calne, [SU047693](#)

Organiser: Christopher Young

*For further information contact the club secretary, see inside back page*

30th **Quantock Orienteers Forest League 3** Staple Hill, Taunton, ST245159

Entry times: 11am-1pm. Dogs allowed.

Organiser: Chris Hasler, 01823 338921

December

1st **Wessex Club Night & Night League** Poole

*For further information contact the club secretary, see inside back page*

6th **Devon League** Uphams Plantation, Woodbury Common, Exmouth, [SY042862](#)

Dogs must be under control at all times..

Organiser: Patrick Devine-Wright, patrick@devinewright.com

*or contact the club secretary, see inside back page*

6th **Devon/Cornwall night league** Uphams Plantation, Woodbury Common, Exmouth, [SY042862](#)

Entry times: 1800 - 1900. Dogs must be under control at all times.

Organiser: Tim Gent, 01395 276815

6th **NGOC Training** Woodchester, Stroud

Entry times: Starts from 12.30 - 14.00. Dogs to be kept under control at all times.

Organiser: Pat MacLeod, pat\_macleod@btinternet.com, 01594 528128

7th **Kerno Galoppen** Lanhydrock, Bodmin, [SX087641](#)

Entry times: 10.30-13.30. No dogs allowed.

*For further information contact the club secretary, see inside back page*

7th **BOK Local & ASO League** Blaise Castle, Bristol, [ST558787](#)

Entry times: 1030 - 1230. Dogs allowed.

*For further information contact the club secretary, see inside back page*

20th **NGOC League 4** Bixslade, Coleford

Entry times: Registration 11.30 - 13.00. Starts 11.30 - 13.30.

Dogs to be kept under control at all times.

Organiser: Alan Richards, alanthecaver@hotmail.com, 01249 713542

26th **WIM Canter** Ringwood North Forest, Ringwood, [SU121088](#)

Organiser: Christopher Branford, candl.branford@btinternet.com, 012584 53716

**RESULTS**  
**Lakes 5 Days**

1<sup>st</sup> Place

M12A Joe Hudd	BOK	M12B Ira Thompson	BOK
M14B Wilf Thompson	BOK	M20S Stuart Hanstock	BOK
M35S Craig Purchase	QO	M50L Clive Hallett	BOK
M65L Tom Lillicrap	DEVON	M65S Peter Morton	KERNO
M70S Peter Hambleton	SARUM	W10A Ruby Owen	BOK

2<sup>nd</sup> Place

M20L Ben Maliphant	BOK	M55L Mark Saunders	BOK
M55S Andy Creber	BOK	W35S Jo-Anne Purchase	QO

3<sup>rd</sup> Place

M35L Ben Chesters	SARUM	W18L Cecilia Andersen	BOK
W55L Ella Bowles	DEVON		

Other top 10 places

4<sup>th</sup> Place.

W16A Chloe Potter	BOK	W55L Jackie Hallett	BOK
W65L Sue Hands	WIM	W70S Joan Hambleton	SARUM

5<sup>th</sup> Place.

M20L Duncan Taylor	DEVON	W35L Caroline Gay	BOK
W40S Judith Austerberry	NGOC	W65L Katy Dyer	BOK
W65S Charlotte Thornton	SARUM		

6<sup>th</sup> Place.

M10A Guy Owen	BOK	M18L Harry Butt	SARUM
M35L Andrew McNally	WIM	W45S Rachel Dennis	BOK
W70L Clare Fletcher	BOK	W80 Barbara Warren	WIM

7<sup>th</sup> Place.

M60S Barry Olds	KERNO	W21S Charlotte Daniel	BOK
W35L Sally Callend	WIM	W70S Vikki Crawford	WIM

8<sup>th</sup> Place.

M14A Ben Stevens	DEVON	M65S Martin Cross	WIM
W45L Karen Crawford	BOK	W55L Alison Simmons	BOK
W55S Annabel Pring	KERNO	W65S Gillian Cross	WIM

9<sup>th</sup> Place.

M12A William Matthews	DEVON	M75L Bill Vigar	QO
W65S Christine King	BOK		

10<sup>th</sup> Place.

M55L Rob Parkinson	DEVON	M65S Roger Hargreaves	KERNO
M70S Richard Thornton	SARUM	W40S Jane Holcombe	BOK
W70S Freda Peirce	SARUM		

## WORLD UNIVERSITY ORIENTEERING CHAMPIONSHIPS

Lucy Butt (SARUM) represented Great Britain at the event which was held in the Czech Republic. She took part in the Mixed Sprint Relay, the Middle and Long Individual events and the Classic relay. Her results were very impressive.

Mixed Sprint relay	7 <sup>th</sup>
Long Event	31 <sup>st</sup>
Middle event	17 <sup>th</sup>
Classic Relay	12 <sup>th</sup>

## GALOPPEN 2014/15

Dates and venues (where known) for the coming season#

5 <sup>th</sup> October	SARUM	Everleigh, Bulford
19 <sup>th</sup> October	DEVON	Virtuous Lady, Dartmoor
23 <sup>rd</sup> November	BOK	Moseley Green, Forest of Dean
7 <sup>th</sup> December	KERNO	Lanhydrock, Bodmin

2015

11 <sup>th</sup> January	WIM	Moore Valley, Ringwood
18 <sup>th</sup> January	NGOC	Cranham, Cheltenham
1 <sup>st</sup> February	QO	Ranscombe, Quantocks
22 <sup>nd</sup> March	WESSEX	Not Known
26 <sup>th</sup> April	NWO	Marlborough (tbc)

## SWOA GALOPPEN SCORING SYSTEM

*Updated as of 20 March 2014*

1 Points are awarded only on the Brown, Blue, Green, Short Green, Light Green, Orange and Yellow courses at Galoppen events.

2 Only members of SWOA on the day of the event score points. Runs must be alone and unassisted for the competitor to score. Only a competitor's first run counts.

3 On each course the fastest SWOA competitor earns 1000 points. Other competitors are awarded points using this calculation: Points = 1000 x fastest time/competitor's time. Points are not transferable between courses.

4 The results of competitors who have not completed three or more events on the same colour course will not count in the calculation of the final scores for the series; points will be recalculated omitting those competitors' times.

5 The best five from nine events shall be used to calculate the score for the series. If for any reason there are a different number of events the number to count shall be: six from ten, five from eight, four from seven, four from six.

6 The competitor with the most points on a course will keep the perpetual trophy for a year. Other awards will be made at the discretion of the Scorer and SWOA and may vary from year to year. Trophies and awards can only be won by competitors who have scored points in at least three events in the series.

Joff Henley

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The views expressed in SINS are not necessarily those of the Editor or the South West Orienteering Association

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