

SINS

No. 289

March 2015



South West
Orienteering
Association Newsletter

CONTENTS

Chairman, Christine Vince at the DEVON Christmas event.

Editorial	Fixtures
Chairman's Chat	Fixtures map
Colour Coded Awards	Orienteering Comments
Past history	Results
Teams for World Schools	Galoppen
Reports	

EDITORIAL

We are coming up to a very busy time of the year as far as orienteering goes – with JK, the British Championships (long and relay), the Triple Gloucester and the Middle and Sprint British Championships taking place in the next couple of months. I hope that you all enjoy your visits to the forests. As well as all these events 13 of our juniors are heading to Turkey on the 16th April for the World Schools Championships – we wish them all successful orienteering. The SW is the region with the largest number of juniors representing England. It is a great credit to all those working with the juniors and making such progress with them and augers well for the future of the sport.

Thank you to all contributors to SINS. All your efforts are very much appreciated. Please keep them coming. I would especially like some reports on the Southern Champs, the British Night Champs, JK, the British Long and Relay Champs and the World Schools Champs.. Anyone who goes is welcome to do a report, it need not be very long, a paragraph will be equally welcome to a page description. Please let me have copy, by email or snail mail by Tuesday April 28th. Many thanks.

Susan Hateley Editor

CHAIRMAN'S CHAT

This edition of SINS is due for issue at Fonthill, where hopefully we will all be enjoying the Spring sunshine at the CompassSport Cup and Trophy round. I have always enjoyed running in this competition – everyone comes to support their club and we have a great time. Good luck to all of us.

The National Coaching Conference took place in Swindon at the end of January. There were nearly 60 delegates (more than we planned for) who much enjoyed the presentation on Sprint Orienteering given by Kristian Jones, one of our rising Elites – he kept us all on our toes, planning route choices after a 10-second glimpse of a map! There were several other linked presentations, plus outdoor exercises – many thanks to those presenters. Thanks also to NWO who managed the venue and provided excellent catering for us. 18 from SWOA attended (apart from the NWO team of helpers).

Helpers at the British Championships (18th and 19th April 2015) – can you help? It takes a lot of people to man these events, and Bristol OK cannot do it alone. If you are intending to enter the British Champs, then please think about helping (you will get something more than just a warm feeling!). Contacts are: Howard Thomas (volunteer coordinator) or Katy Dyer (BOC Long day organiser).

Helpers at the World Orienteering Championships (WOC 2015 – first week in August). If you *really* want to have some fun – come and help at WOC. Go to the website (woc2015.org) and look at the Volunteer Information page; they've got some really good jobs going still, doing all kinds of stuff.

Finally, the committee is sad to say goodbye to Peter Brett, who is standing down as an elected member. He is still doing much environmental work for BOF and his expertise will continue to be available to us. Thank you, Peter.

Christine Vince Chairman

SECRETARY' CHAT

It is the turn on the South West to host the British Orienteering Championships this year and BOK is organising the Long Distance race and the Relays. We must be in the Forest of Dean, which has some of the best orienteering areas in the south. As organiser of the Long Distance race I am used to seeing the forest at all times of the year. It is always beautiful and in winter the trees and undergrowth have a majestic charm of their own. We are in New Beechenhurst on Saturday 18 April for the classic race, with a bit of Brierley for the elites, and Cannop Ponds on Sunday 19 April for the Relay. Our convenient Assembly and car parking is at Speech House Hotel field near Coleford.

We would love to see you all there. If you decide to come and feel you would like to volunteer some help I would be delighted to hear from you. There are jobs inside and sitting down if your legs prefer that. There are jobs helping on the Starts and at Download. There are isolated jobs for example at a forest drink point and there are always the road crossings.

In return you will be refunded £10 from your entry fee after the event. Enter as normal on Fabian4 with your preferred run time or open time. Then contact us to say which days you can help and if you like any job preferences:

Howard Thomas hthomas234@btinternet.com

Katy Dyer family.dyer@blueyonder.co.uk

We look forward to seeing you in April.

Katy Dyer Secretary

COLOUR CODED AWARDS

Congratulations to all the following who have qualified for the following badges:

String Course (Purple)	Ella May	Rush/RHOK
Louise Halsey RHOK	Isabelle Halsey	RHOK
White	Ella May	Rush/RHOK

Anne Donnell BOK

PAST HISTORY

Has any club in SWOA got an archivist who is interested in Certificates/Mugs or Trophies issued by their club in the last 38 years – I might have something! Please contact me at BOK events or by my phone/address on the back of SINS – Colour Coded Badge Scheme.

Anne Donnell

TEAMS FOR WORLD SCHOOLS

The following are heading to Turkey to represent England at the World Schools Championships.

School Senior Boys: James Dean, Sam Peat, Sean Rowe, Oliver O'Brien and Harry Jamieson
Torquay Boys Grammar and Devon

School Junior Boys: Harry Fox , Ben Stevens. James Condon , Matt Birdsall and Sam Kneath
Torquay Boys Grammar and Devon

Select Junior Boys: Zac Hudd BOK

Select Senior Girls: Cecilie Andersen BOK

Select Junior Girls: Lucy Tonge BOK

REPORTS

LAGGANLIA 2014

I know other people are also writing about Lagganlia so to make mine different I'm going to talk about how Lagganlia affected my runs at the JHI's (Junior Home Internationals).

The first technique I learnt that I used was bearing off and taking bearings from my attack points. I usually just take the bearing and run in that direction not really thinking of attack points. But at the JHI's I used the new technique. I took another bearing when I got to my attack point and got a more accurate one so I hit the control bang on! I also learnt on the first day to not get distracted by any one. This was taught to me by my England team mate Mikey who followed me whistling God Save the Queen!!

Day 2 was at Roseisle and here I learnt how to simplify. This helped me gain time as I was not looking at my map constantly checking off every hill I saw only the ones in my way!

On Wednesday we had the sprint races. That evening we watched video clips of us hesitating at the controls and some very funny ones of people falling over and missing the punch! The camera was taped to the tree so we had no idea we were being filmed! This taught us all about control flow and how we must always know which direction we are going out of the control in. I always thought it was really hard but actually when you know how to do it properly it's not as hard as it seems!

On the Thursday I learnt to jump over streams not in them!! I also learnt how to always be one step ahead of yourself in your navigation. For this exercise I was paired with Grace Malloy and as she's faster than me I had to be two steps ahead. This helped me to know what to do next. We also had the peg race this day. As soon as we started everyone learnt something. To look where you're going! They lined us up in the wrong direction! We all darted off then all turned around and ran the other way! We did some terrain running practise after. The route took us through some marsh. I now know where to stand when you're being filmed running through marsh! Not in the pond looking bit!! When we got back to Lagganlia we did some hill training. We had to run up and down a mini hill. We were told that you were meant to lean forward when you ran down hill. I didn't like it so I put my hands out to the side to brace myself. This is how I got my jazzlands award at the end of Lagganlia!

I had an amazing time at Lagganlia and learnt lots more than I have said. I met so many new friends and now I'm really excited for the forthcoming season! I would definitely recommend that you aim for Lagganlia. It was an amazing experience and I'm already hoping I get to go to another event and run for England and I get into the next training camp!

Lucy Tonge BOK

LAGGANLIA TRIP 2014

My trip to Lagganlia was funded by the BOK committee and the SWOA committee, so thank you very much for the most amazing trip orienteering I have had so far. I made some great friends, which I'm sure I will become closer to as we continue orienteering together.

I learnt some different techniques to orienteering that I haven't thought of before. For instance, day two at Roseisle was my favourite day at the sandunes; I haven't had many experiences orienteering on sandunes so this was a challenge. We did lots of exercises in the morning and focused on contours and simplification. I learnt to pick out the index contours and use the big features to get a picture of the shape of the land (really helpful when there are hundreds of lumpy things on the map!). I also learnt to use the blank spaces on the map to my advantage. You never really think about how obvious a flat space of land is, in the centre of pits, depressions, knolls, hills, re-entrants, spurs and more.

One of the many things I enjoyed about Lagganlia was the fact that every day was worth it. We got up early and crammed everything that was possible into a day, running techniques, compass techniques, orienteering techniques, and how to put them all together. As well as all of that, we managed to have fun, which is always important. Every day we did a relay of some sort, so if I have learnt anything it is how many different types of relays there are!

Thank you to all the coaches at Lagganlia who made it special for us.

By Millie Stagg BOK

STOCKHOLM REPORT 2014

Travelling to Stockholm to train and race was a fantastic opportunity for me during the summer holidays. All year I had spent long hours running and orienteering and it really felt like my efforts had paid off when I got selected for this trip.

Orienteering is a far bigger sport in Sweden. The local clubs host several training sessions a week which are attended by a couple of hundred participants. People from all ages train, but what I particularly noticed was the high attendance by people in their late teens. In Britain I sometimes feel isolated from people my age at local events I know others feel this way and I understand that some people lose interest in the sport because of this. The fact that I was competing against my contemporaries meant that I felt very motivated to train as hard as possible during the 2 weeks. We covered over 200km and visited a few hundred control sites.

The completion and training areas were incomparable to British terrain. The navigational challenge was extremely demanding which made it all the more rewarding if you got it right. You had to be constantly in

contact with the map and considering your next step. This meant that even once you had got tired after a few hours training, you were never bored by the challenge.

Stockholm itself is a beautiful city. The trip relied fully on public transport and so you felt very integrated in to the culture and vibe of the capital. During the trip I got the opportunity to swim in various lakes, walk round the city and play football. We never felt like we were sitting around waiting for something to do.

The other participants on the tour I had only really known from the results tables. Over the two weeks we became good friends and, even though everyone is pretty spread out over the country, I look forward to seeing them at big events.

I am extremely grateful for all the funding for my trip. It was one of the most memorable and rewarding things I have ever participated in and has continued to motivate me to push hard at doing the best I possibility can within the sport.

Grey Grierson DEVON

JHI (JUNIOR HOME INTERNATIONAL)

In August I travelled to Scotland to compete in the annual Junior Home International, a competition between England, Wales, Northern Ireland, and Scotland. The weekend consisted of a long distance classic race on the Saturday, and a relay competition on nearby Ardnaskie.

I ran well over the first part of the course, over the rough and technical moorland terrain. I was lying comfortably in second place, but as the course entered the steep forest for the final loop I made a crucial mistake, losing two places, dropping into fourth, where I stayed for the rest of the race. I was disappointed in my fourth position as I knew that I could have easily obtained a podium place.

The Sunday's race was on Ardnaskie. Could the England team hold their overnight lead?

The England team performed well though couldn't match Scotland's strength in depth and unfortunately lost the lead. However I personally gained a lot of experience and thoroughly enjoyed the event. Thank you to SWOA for subsidising my trip. The opportunity to compete against the top juniors in the country is a vital experience to my development as a junior orienteer.

Zac Hudd BOK

INTERLAND

Interland 2014 was a great experience, traveling to France with the rest of the England team.

The event was held in northern France, in an area, although slow going because of undergrowth in places, fairly technical. It was covered in bomb craters left over from world war two and spoil heaps from mining in more recent times. This made for good courses.

There was a middle distance race on the Saturday in an area similar to the main race on the Sunday. With a night sprint in the evening. I took these races at a relaxed pace wishing to save myself for the Sundays race. I ran well in the main Interland competition but was disappointed with my second place, 18 seconds behind Alistair Thomas who was also in the England team, as I made a 1 minute mistake on a straightforward control early on.

Thank you again to SWOA for facilitating this with their subsidies.

Zac Hudd BOK

BOK/SWOA FIRST AID REFRESHER COURSE

Sunday 25 January 2015

A BOK/SWOA First Aid refresher course was held on Sunday 25 January 2015 at my house starting in the late afternoon after the BOK/ASO Tyntesfield orienteering event. This was a good time as it meant we could run/volunteer at Tyntesfield and make it back to my house in time for the 3.30pm start. The aim of the courses was to refresh the first aid skills of ten members of the BOK First Aid team, which includes Gary and Ellen from NGOC our neighbouring club. Most of us had last qualified with a 2 day outdoor First Aid course in August 2013 so we are half way through the 3 year licence period. Our tutor was Ron Thomas from Frenchay First Aid. Ron is not only an experienced teacher and paramedic but he is also a member of a local cave/cliff rescue team.

Ten of us gathered in my sitting room and Ron quickly established a good rapport with the group. Even before the official start we were discussing a casualty we had dealt with at Tyntesfield. Over the three hour period we revised the subjects of resuscitation, chest compressions and rescue breaths and how best to put someone in the recovery position. Ron was keen to remind us of the dangers of vomit!

We spent some time discussing and practising CPR (chest compressions and rescue breaths) for a casualty whose heart has appeared to stop. It is very hard work and the person doing it needs to be changed every few minutes if possible. Ron reminded us that you keep going till medical help arrives and tells you to stop. He advised on the use of face masks to aid the process of rescue breaths. With our estimate that in a forest/mountain situation you could be doing CPR for at least two hours, this is a serious undertaking and organisers may well have to send out more helpers to the scene till help arrives. Ron also demonstrated the use of a defibrillator and we discussed the use of the machine together with CPR in a forest situation. He warned us that these heart casualties are not likely to recover.

To help illustrate ways to support casualties with broken bones, guard against hypothermia and so on, we opened one of the two BOK rescue rucksacks and used the foam mat and warm clothing. Ron was especially pleased that we have Blizzard thermal body bags which provide top to toe casualty protection from cold and wind. Warmth for the casualty is of the highest priority. Thanks to BOK funds we have one in each rescue rucksack (as well as a bivvy tent). Ron was mindful of the seriousness of the quick rate at which orienteers (and especially juniors) with their thin running clothing, can develop hypothermia. Any person who is hypothermic should be taken to hospital for checking and careful warming up.

We discussed strains and sprains which are amongst the most common injuries our team has to deal with. RICE is really all we as First Aiders can do – advise Rest, provide Ice or cold pack, use a crepe bandage for Compression (wet if possible) and Elevate the limb on a chair. Ron suggests 10 minutes maximum with a cool pack and then use a compression bandage till the person can get home.

One really useful bit of advice concerned what the First Aider should take and do when attending the casualty in the forest. Yes, take the rescue ruck sack with its First Aid kit, but also you should have a grab bag with waterproofs and fleece. So give the rescue rucksack to the runner (who is with you) and you as First Aider can take the lighter bag. Thus you arrive more fresh than exhausted at the casualty. Once you have assessed the situation and given First Aid, you should write down for the runner (if no phone or radio connection) details of the casualty and situation ie name, age, symptoms, location and immediate surrounding area. We have old waterproof maps and a pencil in the rescue rucksack for this job.

We ran over our allocated three hours a bit, but it was a good and timely reminder of First Aid in the great outdoors. We are very grateful to Ron for all his hard work and excellent tuition. He was even able to demonstrate the use of wound closure strips on one of us who had been injured during the Tyntesfield event; another brownie point for the BOK First Aid kit. It was then fun to follow up the concentrated hours of instruction with a meal of baked potatoes and some keen discussion about the orienteering world.

Some additional useful points from Ron's session:

For a steady sugar input use glucose sweets.

Duct tape can be used for many fastening and support jobs.

Telephoning 112 (rather than 999) will search for any mobile phone provider. Turn in 90 degree sections to try for a signal.

Have scissors in the rescue rucksack.

Plastic pocket facemask for CPR can be turned and used on juniors.

Upper limb casualty can probably walk out but a lower limb casualty will most likely need a professional carry.

Epi pen use for anaphylactic shock should be followed by a hospital visit.

After moving a casualty, always check airway, breathing and circulation again.

Katy Dyer BOK

Leader BOK First Aid squad

ORIENTEERING- PHYSICAL EDUCATION ASSESSMENT

Starting the year right this year I was lucky enough to run an intensive 2 day Orienteering GCSE assessment. Here is how it happened. Secondary school students can opt to do a Physical Education component of their exams for their last year of secondary school, year 11 in today's language, that is 16 years old. (If you ever need to know what schools year groups are now just add 5 to the number, so Year 4 becomes 9 year olds and so on). P.E Qualification requires 4 disciplines within the subject, this is a difficult subject to qualify in as you can imagine, often pupils will be really keen on football or running for example, but that still leaves them 3 more sports to choose. This is where Orienteering comes in. Heads of P.E have a tough job varying the sports on offer that hook kids into doing well across the board, which of course puts pressure on the departments, as Schools are increasingly pressured to produce good results as much as anything else in today's education system. My colleague at Glenmoor and Winton Academies organises Orienteering as part of Year 8 studies, on the school site and was aware of my coaching work, he called me into arrange how to supplement the existing teaching with a 2 day assessment.

59 sports are given as the choices by Edexcel, an examination board. Most schools specialise on the subjects suited to their area. Definition of the qualification is quoted here:- "Edexcel's GCSEs in Physical Education: encourage students to be inspired, moved and changed by following a broad, coherent, satisfying and worthwhile course of study and to develop an awareness and appreciation of their own and others' cultures in relation to physical education. Encourage creativity and decision-making skills to enable students to plan effectively for performances and to respond to changing situations. Prepare students to make informed decisions about further learning opportunities and career choices. Enable students to become increasingly physically competent through being actively engaged in a range of physical activities, and to become increasingly effective in their performance in different types of physical activity and roles such as player/participant, leader and official. Enable students to develop their ability to engage independently and successfully in different types of physical activity, and to develop and maintain their involvement in physical activity as part of a healthy, active lifestyle."

After working out the logistics of when, where, how and the numbers I wrote up a 2 day plan with a full days teaching, then a second day practice competition and an assessed competition finale. Using the school site and the convenient Slades Farm/ Talbot Woods area next door, my aim was to prepare the students for a solo competition in which they could clearly demonstrate independent decision making linked with performance. Unlike some of the other sports, the electronic Sport- Ident system provides exact evidence of the total time taken and split times on the course which allows a watertight assessment of the group. Below are the topics that were taught and the session plan for day 1, we used the Permanent Orienteering Course (P.O.C.) that I opened at Slades Farm in November 2013 for some of this training and as with many of the Wessex clubs POCs they are sited within Forest, Park and Urban terrains which demonstrate the 3 types of

map we use to navigate with. The course standard was an Orange level, which included Talbot woods as well as the Park in a Butterfly loop of 3.3 Km.

Skills covered included:

Map reading, 3 types of terrain Urban, Forest and Parkland Permanent Orienteering Course legend- colours and symbols. Orientating map to terrain.

Using line features as handrails. Route choices.

Thumb compass use and cardinal points. Thumbing map.

Clothing and Equipment- safety in the outdoors.

Measuring map distances and pacing, distance estimation.

.Sense of scales estimating distance. Fine Orienteering

Whole school buildings and fields were used for a star activity. .

Navigate through different types of terrain, Urban- Bournemouth University, Forest-Talbot Woods and Parkland-Slades Farm.

Day 2.

Slades Farm park area and P.O.C. used for star loops of 3 controls, and use of the S.I electronic kit. Rough Orienteering.

Competition details. 3.3 KM line courses. The students competed on one of 4 versions of same course- starting out in different directions, N.S.E.W. on individual challenges.

The map and area had been used for a Club Night, the students results were comparing with those of experienced Orienteers to provide additional evidence of the learning outcomes.

Results. After the teaching and the competition preparation came the exciting part for me- would the students take on all the learning and really race each other whilst navigating at speed?! Happily they did, with 5 of them completing the whole 3.3.Kilometre course of 22 control points with 100% accuracy. I tabulated the overall results which showed the efforts made by this group. The exacting nature of the sport requires correct sequential order of controls, there were some small errors, by some students who managed nearly everything but failed at just a couple of controls. It was hugely rewarding work and I provided the school and group with an exit strategy. It would be really good to see these Youths coming to compete in some of our local events- giving the regular club members some challengers!

Jason Falconer

WSX

FIXTURES

March 2015

21st Level D **NGOC League 2** Mallards Pike West, Cinderford

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

Dogs to be kept under strict control at all times.

Organiser: Gill Stott, apg.stott@btinternet.com, 01291 689471

22nd Level C Wessex Galoppen and Yvette Baker Qualifier Rushmore Estate, Shaftesbury, [ST978173](#)

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

25th Level D **BAOC Military League South Individual Championships** Copehill Down

28th Level D WIM **Dorset Schools and Informal** StoneBarrow Hill, Charmouth, Charmouth, Dorset, [SY383933](#)

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

Dogs must be under control and on a short lead at all times as grazing livestock on area.

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

29th Level D **Quantock Orienteers Forest League 5** Crowcombe Heathfield, Taunton, [ST127343](#)

Entry times: 11.00 - 13.00. Dogs allowed.

Organiser: Chris Philip, 01823 252938

29th Level C **Kerno Forest League 7** Hustyn Woods, Wadebridge, [SW984690](#)

Entry times: 10.30-15.30. No dogs allowed.

Organiser: Ivor Marshall, ivor.gill@btopenworld.com, 01208 813228

April 2015

11th Level D **NGOC League 3** Danby Lodge, Blakeney

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

Dogs to be kept under control at all times.

Organiser: Stephen Robinson, stephen_robinson@ntlworld.com, 01594 841743

12th Level C **Sarum SCOA League event** Hamptworth, Salisbury

Organiser: Pat Hart

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

12th Level D **Quantock Orienteers Forest League 6** Copley Wood and Combe Hill, Chard, [ST505327](#)

Entry times: 11.00 - 13.00.

Organiser: Jeff Pakes, 01823 321900

13th Level D WIM **WIM/WSX Monthly Evening event** Potterne Park, Verwood, Verwood

Entry times: 6.00pm - 6.45pm courses close 7.45pm. No dogs allowed.

Organiser: Andrew French, karen.e.french@virgin.net, 01202 814958

18th Level A BOK British Long Distance Orienteering Championships (UKOL)

New Beechenhurst, Forest of Dean, [SO620121](#)

Dogs allowed.

Organiser: Katy Dyer, 01179 684173

19th Level A BOK British Relay Orienteering Championships

Cannop Ponds, Forest of Dean, [SO620121](#)

Dogs allowed.

Organiser: Howard Thomas, 01666 510655

25th Level C **Kerno Forest League 8** Hardhead Downs, Bodmin, [SX161712](#)

Entry times: 10.30-13.30. No dogs allowed.

Organiser: Annabel Pring, annabel@pringfamily.co.uk, 01208 873502

25th Level D Devon East of Exe Schools League. Escot Park, Ottery St. Mary SY080977

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

26th Level C NWO Galoppen Minchinhampton

Organiser: Rebecca Jackson

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

May

**2nd Level C NGOC Triple Gloucester
SW Middle Distance Championships. Knockalls Inclosure, Coleford**

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

**3rd Level C NGOC Triple Gloucester SEUOL
Gloucester City Centre**

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

**4th Level C NGOC Triple Gloucester
Headless Hill and Highmeadow**

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

10th Level D DEVON League. Fire Beacon and Core Hill, Sidmouth

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

16th Level D NGOC League. Cleeve Hill, Cheltenham. SO989275

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

16th Level C WIMSW Sprint Championships Wimborne Town SU010003

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

17th Level D KERNO League. Inny Foot, Callington SX371762

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

17th Level D BOK Club & ASO Championships. Silk Wood, Tetbury ST856897

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

28th Level D NGOC Summer Evening. Lydney

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

June

6th Level D WSX Poole Town Race

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

7th Level C WIM SEUOL Urban Event, Sherborne

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

7th Level D NGOC League Event. Ross on Wye

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

11th Level D NGOC Summer Evening. Robinswood Hill, Gloucester. SO833157

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

13th Level D KERNO Summer Series. Holywell Bay, Newquay

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

14th Level D NWOSW Relay Series. Lydford Park (TBC) Swindon SU100843

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

14th Level D DEVON League. Mutters Moor, Sidmouth.

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

A large number of clubs have training activities. Please see the appropriate website for details

THE EYES HAVE IT

Following banter with a number of teachers, headmasters, etc., about the spelling of my name, I make the following point:

The persistent mis-spelling of my name PEIRCE is foreign to me. It is in the wrong vein and is weighing on my mind.

Being educated with “i” before “e”, except after “c” is neither correct nor acceptable.

I am the heir of my name and will always spell it as herein.

Others may wish to spell it in either way. That is their option.

Orienteering is the height of our leisure activity. It gives me a mental seizure seeing me listed as someone else.

My friends Keith, Neil and Ciera from Leicester all concur.

Note that the spelling of **orienteering** is the exception.

Ian Peirce, Chandlers Ford, Eastleigh(SARUM)

ORIENTEERING

With apologies to Bob Newhart

[Bob Newhart was all the rage in the late 1950's and early 60's with his comic sketches. One of his most famous was a telephone conversation supposedly with Sir Walter Raleigh a Devon sailor who was a contemporary of Sir Francis Drake. He brought back tobacco and potatoes from the Americas.]

Telephone rings

Yeh?... Who is it, Frank?... Sir Walter Raleigh?... Yeh?... Yeh, put him on, will you!

Hey, Harry... you wanna pick up the extension?... yeh! It's nutty Walter again!

Hi, Walter baby, how are you, guy? How's everything going?..

Oh, things are fine here, Walt!...

Did we get the what?..

Oh!, the boat load of turkeys, yeh! They arrived fine Walt, as a matter of fact they're still here, they're wonderin' all over London...

Well, y'see, that's an American holiday, Walt!!!...

What you got for us this time, Walt, you got another winner for us? You're in Sweden now Walt, is that right?

O.r.i.e.n.teering.. er, what's Orienteering, Walt?...

It's a kind of running sport, huh?..

And thousands of Scandinavians do it?!!..

Let me get this straight Walt, thousands of those sauna loving, snow rolling, birch thwacking Scandinavians do it and you thought we might enjoy it too? This may come as a kind of a surprise to you Walt but come Autumn in England, we don't get much snow. Oh you don't need snow huh?...

Oh! What kind of sport is it then... some special kind of sport?..

Not exactly?...

Oh, there are lots of different variations of the sport, like, what are some of these variations, Walt?...

Are you saying 'nighto', Walt?...

What's nighto?..

You take orienteering... and you put a torch on your head. Ha! Ha!... and you run through a forest and probably fall over? Ha! Ha! Ha!...

Yeh, I imagine you would, Walt! Hey, Alcohol seems to do it pretty well over here!

It has other variation though, huh?..

You can urbanise it!... or sprint it!... ha ha ha... Don't tell me, Walt, don't tell me. Ha! Ha! Ha! You can sit on a bike and do it right? Ha! Ha! Ha!..

Oh! You can... That's what Walt, MTBO?
 Then what do you do, Walt? Ha! Ha! Ha!...
 You run round the forest reading a map! Ha! Ha!..
 Then what do you do, Walt?...
 Ha! Ha! Ha! You wear Lycra all over huh! Ha! Ha! Ha!...
 You know, Walt... it seems you can visit places in Soho and have the same thing going for you!
 You see, Walt... we've been a little worried about you, y'know, ever since you put your cape down over that mud.
 Y'see, Walt... I think you're gonna have rather a tough time selling people on wearing Lycra, a torch on their head and running through a forest.
 It's going very big over there, is it?.
 What's the matter, Walt?...
 You spilt your what?...
 Your coff-ee?
 What's coff-ee, Walt?...
 That's a drink you make out of beans, huh? Ha! Ha! Ha!...
 That's going over very big there, too, is it?...
 A lot of people have a cup of coffee before their orienteering huh?..
 Walt!, why don't you send us a boatload of those beans, too!
 If you can talk people into putting on Lycra and running through a forest, they've gotta go for those beans, Walt! Right?
 Listen, Walt... don't call us... we'll call you!...
 G'bye!

Lady Lycra

WSX

WHY ORIENTEERING?

I was relaxing and watching how my competitors were doing at an urban event. A lady asked me what it was all about. She looked fit and it turned out that she enjoyed running. I went into full sales mode, expounding the virtues of the sport. I think I was winning her over to give it a try. Then a senior orienteer came through a gate. He was on his course, gasping for breath, foaming from the mouth and dribbling from his chin. He stopped, glanced around looking puzzled and lost. Then set off again puffing and wheezing. The lady then just looked at me and simply said: "No, not for me".
 She will never know what she is missing.

Ian Peirce

SARUM

RESULTS

The Southern Championships

The Southern Championships were held at Shepleas and White Down, Surrey on the 8th February. The Interland event was held at the same time.

Southern Champions

M12A Joe Hudd	BOK	M16A Zac Hudd	BOK
M20E Kit Grierson	Devon	M21E Jamie Parkinson	Devon
M50L Clive Hallett	BOK	M55L Mark Sanders	BOK
M80 Mike Crockett	QO	W14A Meg Sommers	Devon
W18E Cecilie Andersen	BOK	W45L Tessa Stone	Devon
W50L Alice Bedwell	BOK	W55L Jackie Hallett	BOK
W65L Katy Dyer	BOK	W70L Claire Fletcher	BOK

2nd Place

M16A Eddie Narbutt BOK M18S Samuel Peat Devon
M20E Harry Butt Sarum W14A Rachel Potter BOK
W16A Lucy Tonge BOK W21L June Forrest BOK
W50L Jackie Butt Sarum

3rd Place

M14A Flurry Grierson Devon M16A Jonty Eaton Hart Devon
M18E Grey Grierson Devon M21V Simon Branford Sarum
M40L Brian Fletcher QO M55S David Hanstock BOK
M65L Mike Wimpenny Devon W12A Edith Stagg BOK
W16A Millie Stagg BOK

Interland Competition SW members representing England

M16 3^{ed} Zac Hudd BOK
M50 2nd Clive Hallett BOK
W20 3rd Chloe Potter BOK
W21 3rd Lucy Butt Sarum

BRITISH ORIENTEERING NIGHT CHAMPIONSHIPS

The British Night Championships were held at Middleton Park, Leeds on the 28th February. A few brave people from the SW travelled to Yorkshire and the following achieved top three placings:

Champions

M20L Adam Potter BOK W18L Cecilie Andersen BOK
W60L Alison Simmons BOK W70L Charlotte Thornton Sarum

Other Winners

M60S John Simmons BOK

2nd Place

M75L Arthur Boyt Kerno W40L Sally Callard WIM

3rd Place

M70S Richard Thornton Sarum W18L Chloe Potter BOK

GALOPPEN TABLES 2014/15

Listed are all those people who have 2,00 points in the main competitive courses. The score for the last three galoppens are included. Full lists can be seen on the SWOA website.

Ev'nt		WIM	NGOC	QO	Total	No	
BROWN							
1	Chesters (Ben) SARUM	M35	1000	0	1000	4952	6
2	Hallett (Clive) BOK	M50	0	969	983	3932	4
3	Newall (Phil) KERNO	M50	681	600	661	3408	6

4	Hallett (Michael) BOK	M18	0	802	810	3345	4
5	Daniel (Charles) BOK	M55	608	671	700	3275	5
6	Burley (Mark) BOK	M21	0	724	849	3127	4
7	Owen (Matthew) BOK	M45	0	750	653	2983	4
8	Hick (Robert) WSX	M55	587	529	0	2919	5
9	Rowe (Sean) DEVON	M18	0	696	0	2868	4
10	Welch (Colin) BOK	M55	602	566	437	2828	7
11	Grierson (Grey) DEVON	M18	0	940	835	2707	3
12	Saunders (Mark) BOK	M55	0	804	810	2481	3
13	Stimson (Doug) NWO	M21	651	756	0	2167	3
14	Cronin (Richard) NGOC	M21	0	725	0	2065	3
15	Reynolds (Andrew) DEVON	M45	0	0	672	2009	3
16	Parkinson (Jamie) DEVON	M21	0	1000	0	2000	2

Ev'nt		WIM		NGOC	QO	Total	No
BLUE							
1	Parkinson (Rob) DEVON	M55	0	720	1000	4929	6
2	Fletcher (Brian) QO	M40	864	0	916	4576	6
3	Hudd (Zac) BOK	M16	1000	857	960	3802	4
4	Simmons (John) BOK	M60	0	562	728	3757	5
5	Simmons (Alison) BOK	W60	0	685	822	3727	5
6	Butt (Jeff) SARUM	M50	733	569	0	3711	6
7	Andersen (Cecilie) BOK	W18	0	741	967	3683	4
8	Wimpenny (Mike) DEVON	M65	622	0	843	3655	5
9	Newall (Adele) KERNO	W50	496	584	605	3242	6
10	Chesters (John) DEVON	M60	578	0	628	3066	6
11	Mccall (Allan) NGOC	M45	622	350	0	2933	5
12	Hallett (Jackie) BOK	W55	0	563	788	2871	4
13	Saxtoft (Christian) BOK	M50	0	632	829	2814	4
14	Austerberry (Judith) NGOC	W40	765	0	0	2570	3
15	Potter (Chloe) BOK	W18	0	761	896	2488	3
16	Knipe (Matthew) QO	M50	452	339	511	2467	6
17	Modica (Spencer) QO	M45	0	0	806	2249	3
18	Stagg (Jane) BOK	W40	0	680	735	2209	3
19	Hockey (Nick) DEVON	M65	0	0	728	2140	3
20	Smith (Bryan) DEVON	M60	721	0	671	2140	3
21	Pakes (Jeff) QO	M40	717	540	777	2035	3

Ev'nt		WIM		NGOC	QO	Total	No
GREEN							
1	Hext (Tony) QO	M65	733	788	920	4139	7
2	Hudd (Joe) BOK	M12	822	993	889	3704	4
3	Trayler (John) QO	M70	675	757	780	3600	6
4	Hasler (Chris) QO	M45	605	582	712	3372	6
5	Dennis (Rachel) BOK	W45	0	882	700	3291	4
6	Craddock (Roger) QO	M70	445	0	690	3002	5
7	Grierson (Dulcie) DEVON	W16	0	894	938	2825	3
8	Dyer (Mark) BOK	M65	0	894	951	2796	3

9	Stagg (Millie) BOK	W16	0	872	944	2750	3
10	Rossington (Richard) BOK	M50	502	563	651	2726	5
11	Stimson (Ken) NWO	M65	678	627	0	2725	4
12	Chesters (Ruth) DEVON	W65	551	0	588	2577	5
13	Potter (David) BOK	M50	0	801	906	2511	3
14	Dyer (Katy) BOK	W65	0	764	748	2231	3

Ev'nt		WIM		NGOC	QO	Total	No
SHORT GREEN							
1	Hambleton (Peter) SARUM	M70	994	1000	0	3863	4
2	Thornton (Charlotte) SARUM	W70	715	707	534	3758	7
3	Vigar (Bill) QO	M80	938	0	604	3128	4
4	Thornton (Richard) SARUM	M70	480	602	485	3091	7
5	Crockett (Mike) QO	M80	864	790	587	3064	4
6	Hasler (Thomas) QO	M14	561	619	453	2770	6
7	Hambleton (Joan) SARUM	W70	655	537	0	2610	4
8	Green (Jill) DEVON	W70	721	0	0	2257	3
9	Grierson (Flurry) DEVON	M14	0	0	1000	2000	2

Ev'nt		WIM		NGOC	QO	Total	No
LIGHT GREEN							
1	Somers (Meg) DEVON	W14	0	731	748	4067	5
2	Horsler (Sarah) WIM	W14	1000	695	591	3286	4
3	Walker (Dominic) DEVON	M16	0	0	0	2554	3
4	Grierson (Flurry) DEVON	M14	0	1000	0	2000	2
5	Stagg (Harry) BOK	M14	0	0	1000	1947	2
6	Cutler (Hazel) SARUM	W18	948	0	0	1608	2
7	Owen (Alice) BOK	W40	0	425	459	1458	3
8	Bailey (Jim) BOK	M12	0	461	0	1447	2
9	Cutler (Keith) SARUM	M50	928	0	0	1338	2
10	Potter (Rachel) BOK	W14	0	573	0	1054	2
11	Grierson (Peter) DEVON	M50	0	0	0	1000	1

Ev'nt		WIM		NGOC	QO	Total	No
ORANGE							
1	Shopland (Luke) QO	M14	0	956	829	4509	6
2	Whittingham (Darren) WIM	M12	865	1000	0	3335	4
3	Owen (Ruby) BOK	W12	0	562	731	2087	3
4	Horsler (Elizabeth) WIM	W12	1000	0	888	1888	2
5	Daniels (Jan) QO	W55	0	0	0	1667	3
6	Modica (Isabella) QO	W14	0	0	714	1527	2
7	Rossington (James) BOK	M14	0	637	0	1355	2
8	Ward (Rebecca) NGOC	W12	0	0	655	1253	2
9	Owen (Guy) BOK	M10	0	0	0	1043	2

Ev'nt		WIM	NGOC	QO	Total	No	
YELLOW							
1	Thompson (Ira) BOK	M12	0	945	0	1945	2
2	Stagg (Edith) BOK	W12	0	849	0	1849	2
3	Stagg (Bryony) BOK	W12	0	1000	0	1836	2
4	Owen (Guy) BOK	M10	0	825	752	1577	2
5	Coatham (Thomas) WIM	M10	1000	0	0	1000	1
6	Horsler (Elizabeth) WIM	W12	0	0	0	1000	1
7	Stephenson (Owen) DEVON	M14	0	0	0	1000	1
8	Perry (Tom) DEVON	M12	0	0	1000	1000	1



Resuscitation at BOK 1st Aid Refresher course.

Photo courtesy Katy Dyer

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