

SOCK

187 - Spring 2013



The magazine of Southampton Orienteering Club

Editorial

Pete Davis

Welcome to the Spring edition of SOCK, packed full of news, views and previews. This edition also sees a change of Junior Sock Editor with Jenny Dickin taking over from Tamsin Moran. I would like to thank Tamsin for all her efforts over the last few years. And thanks to Jenny for stepping up to the mark.

The club had a few mentions in the February edition of CompassSport with Jean Velecky featured in "Know Your Class Leader", Nick Bosbury's article on the outcome of the cancelled November Classic and SOCK featuring in the annual newsletter awards. For that I would like to thank all the contributors in 2012 for making SOCK such an interesting read.



While we are on the topic of publicity we have quite a few initiatives on the go now. We are working with SARUM on the early publicity for the November Classic Weekend and hope to continue to gain the mutual benefits that both clubs will get from promoting the weekend together. David Currie has been working into the wee hours to bring the underlying mechanics of the website up to date. As with all these IT initiatives it hasn't been without a few issues and, as we go to press, there are still a few to be sorted. Many thanks to David for all his hard work.

We are also starting to focus on our Facebook page - www.facebook.com/southamptonoc as this can be useful in spreading the word particularly to those new to orienteering as we can provide guidance on getting started and break down the jargon perhaps better than we can on the website. If you use Facebook please participate on the club page and help to raise its profile. Each of our events is created on Facebook so you can "join" an event and comment on it before and after.

And so to this edition of SOCK, naturally with quite an emphasis on the recent JK 2013 event. For those of you new to orienteering the JK is the Jan Kjellstrom Festival of Orienteering that takes place over the Easter weekend. Each year the event is hosted by a different region. This year was the turn of our region, South Central, so naturally a lot of SOC members were participating and helping with the organisation.

Jean's Presentation

Nick Bosbury

One of the best kept secrets was finally let out of the bag at the club event at Kings Garn Gutter in March, a secret known by all apart from one person, Jean Velecky. A number of members and friends from other orienteering clubs had made it known they thought it would be nice to mark Jean's elevation to W90 and her immense contribution to local orienteering.



It was decided to arrange for a collection, buy some suitable gifts and present them after the January event at Ashurst. Unfortunately it snowed and the event was cancelled. All the gifts were returned back to Gill Tomlinson (Gill arranged the collection and bought the gifts on our behalf) for storing until the next suitable event.

Kings Garn Gutter seemed the next appropriate venue, rain was a problem and given the Classic

outcome we starting to feel jinxed. Fortunately the rain abated and I had the pleasure of presenting Jean, who I have known for at least 30 years, with various gifts the largest of which was a garden seat.

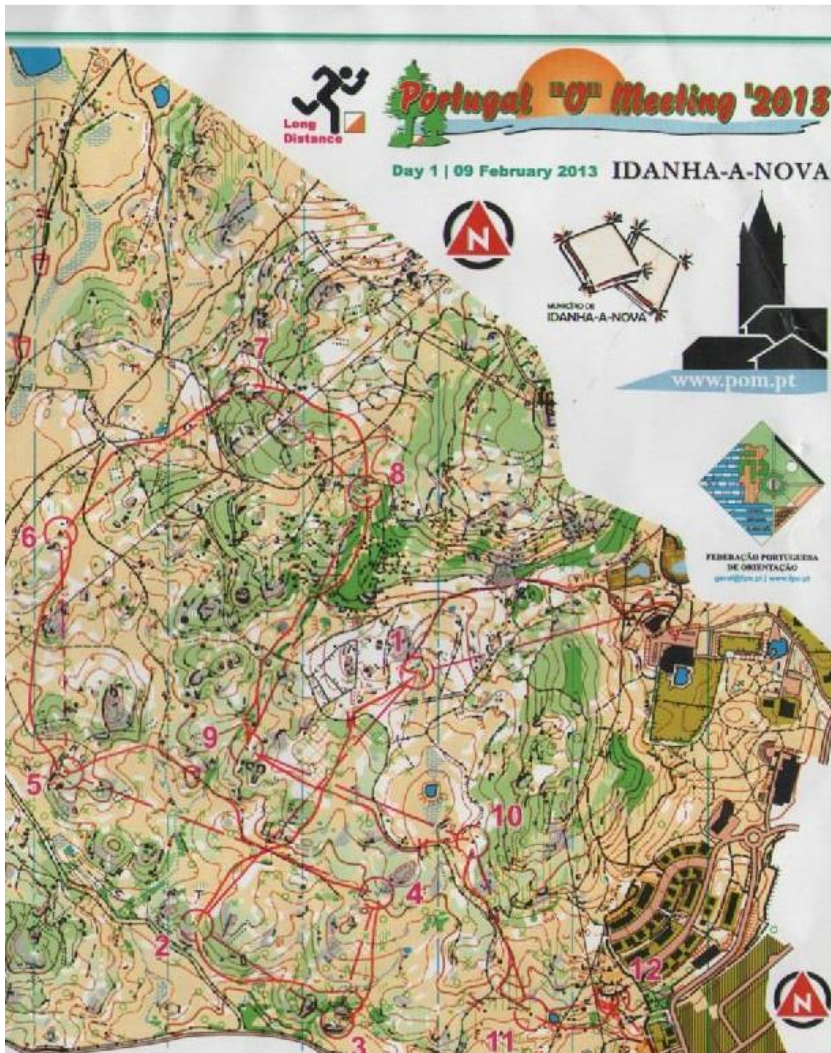
In an email sent to me after the presentation, Jean wished me to express her thanks to all those who contributed. The seat is to have a place on her patio and I hope it will be a reminder of all the friends Jean has within SOC and our neighbouring clubs.



POM 2013

Kieran Devine

Many members of SOC know that I travel a lot for work and occasionally in the winter go to Portugal. A few suggested I should try orienteering while I was over there, and where better to start than their flagship event "The POM 2013". Their equivalent of the JK it attracts competitors from all Europe including National teams, and even people from the Americas, for 4 days of quality orienteering. This year it was based at the town of Idanha a Nova, around 2.5 hours NE of Lisbon. I have never really thought of Portuguese people as being particularly sporty (apart from the odd football team, a bit of rugby and a hint of athletics) so I was really surprised how popular and organised 'Orientacao' is in the country. The event centre was a fairly unprepossessing place a bit like Derbyshire with low hills - very agricultural, and plenty of rocky (sandstone) outcrops, and old cork oak trees. I missed the training days but entered the Long and Middle distance races on days 1 and 2. Some jokers from SLAXTY (Slow and Saxons) suggested I should not look at the sample map at registration, but should wait until I got to the start. How right they were!



Day 1 dawned with clear blue sky and a temperature of 18°C, water was taken on before the start which was being filmed for TV by a dangerously low flying radio-controlled helicopter thing. I picked up my map and almost put it back! The detail was astonishing. After a slow start getting used to the terrain as it related to the map - it was all there in what I thought was the right place - off I set. The course was a good tough TD 5 which I mostly enjoyed apart from one really dodgy control near the finish. A distinct rock surrounded by other (presumably non - distinct) rocks. The terrain was very fast and dry with few paths. I found the walls good attack points but it was still hard to identify which ones had been mapped as ruined. I got around fairly safely, pleased I had done it. Chatting to friends from other SE UK clubs close to the finish I got a little sunburnt. A glorious day out. *But I*

was worried about the after run snack bars speciality. Instead I visited the astonishingly beautiful town of Monsanto close to the Spanish border where the Day 3 and 4 events were to be based. Even more big rocks and steep hillsides.



By contrast, Day 2, which was based in the same town, was grey and foggy. The hill we had run around the day before had disappeared and it was 4 degrees C! Gloves and hats were required (except by the Scandinavians who were basking in the warm weather!!) This was a Middle distance race using the same map, but with shorter legs, short sharp climbs and lots of controls

in between big rocks. Some UK competitors got badly caught out. I went round carefully and enjoyed my run. Again not troubling the leader board. Unfortunately it wasn't the weather to sit around by the finish looking for stars (I did see Simone Niggli finish on Day 1 but missed a photo - she goes too fast).

This was my first experience of Orienteering overseas (apart from Wales) but I can thoroughly recommend it and understand why some people go every year. It was very well organised, much cheaper than UK level A events, and reasonably easy to get to. Accommodation is a bit simple, like most Portuguese food, and can be a touch chilly in the winter, but I would definitely go again.

Cutting Corners

Peter Stewart

All of us face route choice problems every time we run. It can be obvious that a particular track is a good way to go, but not so clear to choose at what point we should leave or join the track. In this article I present some thoughts that can help us to get close to the mathematical optimum.

The seeds of this article started several years ago. On two consecutive legs, I was passed by someone running faster on a good track. Then I passed her on the final run-in to the control, because I cut the corner, whilst she ran to a point where the control was 90 degrees from the track. So other things being equal, and they rarely are, this raises the question: "What is the best strategy?" I'm trying not to get too mathematical here, I'll leave that to one of the several mathematicians in the club. Having said that, I do believe that what is presented is mathematically optimal.

Before I get into the detail I don't want to give the wrong impression about how important this is. We will see that getting this right can save a few seconds. It is still essential to get the basics right. Obviously having a good attack point, so that you know where you are, is a key to success. It is also important to look out for 'rabbit' tracks that go in the right direction, to make the going easier in some types of vegetation.

To simplify the different terrains and the speed of different runners, we can consider our relative speed on different terrains. So, taking my top speed on a good track as 100%, how fast can I run in different terrains? Here is one opinion, you might have a different opinion about your speed on the terrains, the point is that we will all have different speeds in different terrains and we should each be aware of how much difference the terrain makes on our speed. This table also shows the optimal angle to leave / join a good track, for a particular speed ratio the so-called Critical Angle. You can decide which terrain corresponds to which speed ratio for you.

Terrain	% speed (Track =100%)	Angle Off from Track
Fast Grass	97%	15
Forest Easy Run	87%	30
Forest Slow Run	71%	45
Forest Walk	50%	60
Fight	26%	75

There is an important analogy with refraction: light travels at a different speed through different materials (faster in air than in water for example). Look up refraction and Snell's Law if you want to get into the detail. As a result of the change in speed, a ray of light will bend to travel a shorter distance in the material where it has a slower speed. Indeed refraction is more than an analogy: Snell's Law applies to more than just light and it is exactly the right technique to analyse the problem of what angle to join or leave a track. The scenario of joining / leaving a track is what the physicists call the Critical Angle. Note that in analysis of refraction angles are measured from the 'normal', perpendicular to the 'good track', whereas I think of the angle between the track and my route choice. The other thing to remember is that Refractive Index is inversely proportional to speed. With these in mind it would be possible to calculate an optimal route, as long as you know your speed in the terrain.

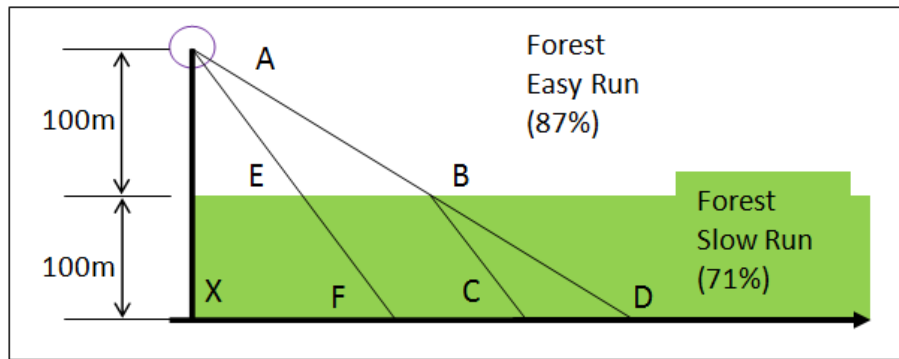
Here is an interesting run from RouteGadget (Kings Garn Gutter, Blue, 12th Place):

The runner has deflected to the right when he reached the slower vegetation, just like a ray of light refracting on entering a slower medium. By taking this line through the slower vegetation, he spends less time in the slow vegetation and so gets from 13 to 14 faster.

You might ask: "Does it really make that much difference?" The following analysis is to show that it does make a difference. Out on a run you don't need to know how much time you are saving, you just need to know how to get close to optimal, which I will cover later.

Simplifying the above scenario as shown below, we can calculate distances, and based on estimated speed, we can calculate the time for each route:





This shows four route choices from A to D. A-D meets the track at the bottom at 30° . B-C and A-F meet the track at 45° . From the table above speeds of 87% and 71% are used for the fast and slow forest and 100% is used for the good track.

For the sake of comparison A-X-D is assumed to be all on a track, even though this option didn't exist in the scenario above.

These calculations are based on a running speed of 6 min. per km on a good track, if you run at a different speed you can adjust it in proportion.

Leg	Seconds	Calculation
A-B	82.8	$200\text{m}/87\%$
B-D	101.4	$200\text{m}/71\%$
B-C	35.9	$100\text{m} \times (1/\sqrt{2})/71\%$
C-D	36.9	$100\text{m} \times (\sqrt{3}-1/\sqrt{2})/100\%$
A-E	58.5	$100\text{m} \times \sqrt{2}/87\%$
E-F	71.7	$100\text{m} \times \sqrt{2}/71\%$
F-D	52.7	$200\text{m} \times (\sqrt{3}-1)/100\%$
A-X	72.0	$200\text{m}/100\%$
X-D	124.7	$200\text{m} \times \sqrt{3}/100\%$

So the four different routes give these times, showing that A-B-C-D is the fastest option, beating the others by Difference shown:

Route	Time (s)	Difference (s)
A-B-C-D	155.5	Best Route
A-B-D	184.2	28.7
A-E-F-D	182.9	27.4
A-X-D	196.7	41.2

The route A-B-C-D was chosen because the angle to the track is optimal in each terrain. The only way to beat this time is to change the assumed speeds. If you make the corresponding change in angles, then you will still have the best theoretical route.

Clearly Snell's law is too complicated to be calculating on the run! If you can remember the size and shape of your school set-squares then they can guide you to choose an appropriate angle.

As mentioned earlier the speed table is based on easy to remember angles, rather than starting from the terrain. If you remember your school's set-squares, you probably had two, one with two corners of 45° and the other with one corner of 30° and one of 60° , the important angles in the table.

From the question: “Which ratio of sides best describes my relative speed?”, so you can estimate the optimal angle to cut off / join the track.

- For a 45° set square, taking the hypotenuse (long side) as 100%, the other two sides are each 71% of the long side. If my relative speed is about 71%, then 45° is the optimal angle.
- At the 30° corner of a set square, again taking the long hypotenuse as 100%, the side 30° from it is 87%. So if I can run at 87%, then 30° is the optimal cut-off angle.
- Finally at the 60° corner of a set square, again taking the hypotenuse as 100%, the side 60° from it is 50%. So if I can run at 50%, then 60° is the optimal cut-off angle.

The same consideration can be used to decide between a run-round and cutting a corner. Given a choice of two tracks at right angles, or a 45° direct run, we know that we need to achieve more than 71% (of the speed on the track) on the direct route. Otherwise the run-round will be faster.

With this technique it is also possible to reach some controls accurately without using a compass. For example an strategy of: from the attack point run 100m (counting paces) then go off at 45°. The 45° angle is easy to judge and as long as you don't need to go too far, can be judged without taking an exact bearing.

So in conclusion: don't neglect your attack points, they are essential. Remember to refract, when you change speed. Look out for rabbit tracks and think a little about your school set squares to decide which rabbit track to follow. Would anyone be interested in calibrating your speed in different terrains and trying to measure how effective this is?

Junior popSOCK

edited by Jenny Dickin

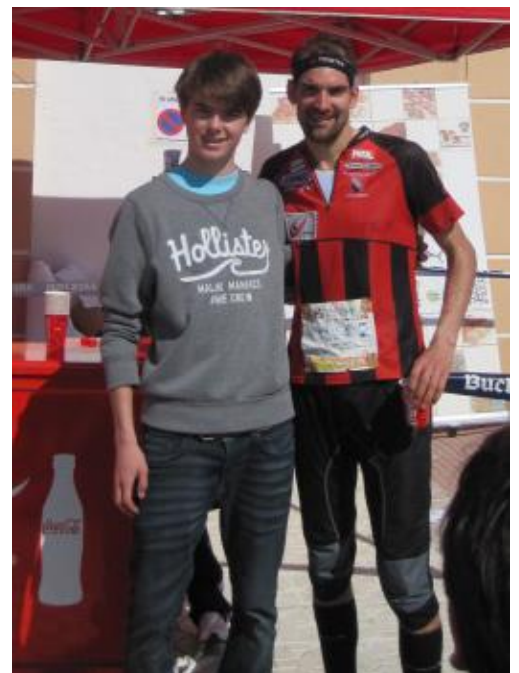
Andalucia O-Meeting

Tim Morgan

During the February half-term we headed out to the south coast of Spain as a family for the Andalucía O-Meeting. The event isn't as well known as the Portugal O-Meeting, but is just as good, with technical, fast terrain and of course some sun! Many of the top names of the sport decided to attend, and some even made it their base for the winter, including Team Finland, Kalevan Rasti, Minna Kauppi, Edgars Bertuks, Olav Lundanes, and the one and only Thierry Gueorgiou.

We flew to Malaga late on Tuesday evening and the next morning made our way down the coast the next day. Having past Gibraltar and with views of Morocco and the Atlas mountains, we stopped for lunch at the southernmost point of Spain; Tarifa. It felt hot, although the locals disagreed, wearing fleeces and hats. We then carried on down to Barbate, the centre for the events.

The first race was the prologue on Friday and so on Thursday we had a free day. Slightly irritated by the rain we went to Cadiz in the morning before returning to the forests of Barbate for some training in the afternoon. Whilst Mum and I were familiarising ourselves with the forested sand dunes, Dad and Jamie headed down to the beach. I was loving the contour detail, although Mum was taking slightly longer to adapt to the technical nature of the terrain. Midway through we caught sight of the man himself gliding through the forest. Seeing Gueorgiou was the highlight of the day, and quite inspirational.

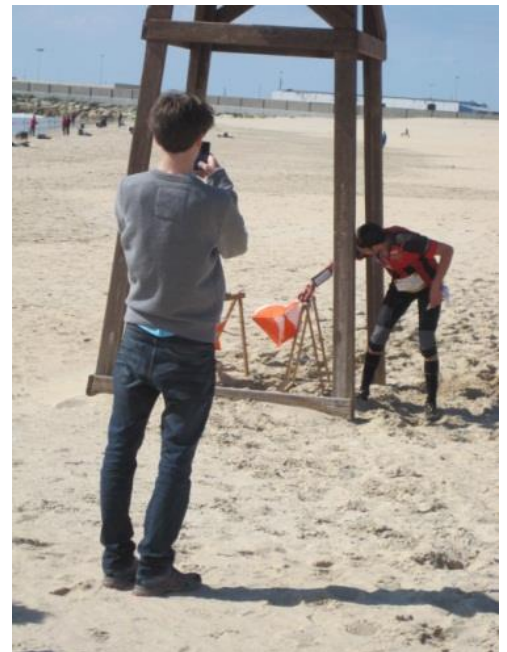


The prologue was in the afternoon of Friday. For us mere punters it was just one sprint length course in the lovely open forest sand dunes, but for the elites there were a few rounds, culminating in a final. For me the holiday was already incredible; being surrounded by the world's best orienteers is almost my idea of perfection (perfection would be being one of the world's best), however it stepped up another level when I discovered I would be warming up among Bertuks and Gueorgiou, although there was an element of worry inside me as Mum was lucky enough to start at the same time as the best orienteer there has ever been and I could just imagine her tripping him up and giving him a season ending injury, with the headline being "middle aged old-timer ruins world's best career". I was disappointed with my performance, having started well and fast I lost about a minute when I saw my control but didn't trust it as being mine and ran off. The next few controls were run in a typically post-mistake angry fassion, leading to yet more mistakes, before picking it up again in the last section. I knew I had tried to orienteer too fast and was irritated that I had wasted the opportunity in some of the best terrain I've experienced (think of Roseisle and then think two times faster). Mum had a good race to win, Dad was pleased to be first Brit (out of one) and Jamie did well to finish. We didn't stay to



watch the elites because it started to rain rather heavily, but of course Thierry won.

Saturday was the day of the long distance. The area was back down the coast to a bay which was incredibly windy, but had a pretty decent beach and sand dune. The terrain was rougher and the visibility was much lower but the contour detail was still in abundance. I knew I had to be more in control and so I wasn't as aggressive as the day before. The first controls came as expected, but then I made a large 2 minute mistake, when, having been distracted by a few roaming tramps, I lost contact and wandered off. I picked it up again afterwards and enjoyed every minute of it, although maybe not the run in along the beach against horribly strong wind. Much to my surprise, I won the day by four minutes, despite thinking the Scandinavians would go quicker. Mum was also pleased with her run over a challenging course. Dad managed to retain his position of 1st Brit. A walk along the beach followed, up to the top of the sand dune with the sun deciding to make an appearance.



The middle distance race was on the Sunday. The arena was about 100 metres walk down the beach from the accommodation, with the start being on the edge of Barbate meaning we headed out into the forest and then the final section was through the town before the run in on the beach. The terrain was more like the prologue; fast and open with technical sand dunes. Although it hadn't been cold the previous two days, we were pleased to get some sun as well as warmth on the last day that we were there for. I was feeling confident after my result in the long distance but wanted to make sure that I didn't make any mistakes. I spiked number 1 and managed to hold my run together, despite a few 10 second losses here and there. It was the kind of orienteering race I love: very fast and technical - it feels great when

you are on the edge both physically and technically. After a decent run, I was hopeful of another good result and I again won by four minutes, which meant I won my class overall.



Mum also ran well and won her class. This was also a World Ranking Event for the elites and it proved to be an exciting afternoon of spectating on the beach. No prizes for who won though: Thierry and Minna both ripped the opposition to shreds. Perhaps the highlight of an awesome holiday though, was managing to get a photo with my hero, Thierry Gueorgiou! I personally think he is the most successful athlete of all time across all sports, and if anything the ultimate sportsmen.

So I think we were all disappointed when we left; the sun, terrain and athletes means it is up there with one of the best holidays I've ever had. Looking back now after this ridiculously long winter it really was good to have a week of warm weather! It is however slightly irritating when you see continual blog posts from Edgars Bertuks, Minna Kauppi and other athletes who are still out there training having been in Barbate for two months. I definitely want to return, and would recommend that you do too! POM isn't the only winter break!

South Central Junior Squad Fundraising Event

Tamsin Moran

Each year the South Central Juniors plan and organise a Wednesday Army Military League event which this year was held in February half term on Long Valley South. Katherine Bett (SN) planned some excellent courses, which were well received.

JK 2013

Tamsin Moran

Seven juniors competed at this year's JK in the Chilterns. As well as helping out on various roles, the South Central Junior Squad held a cake sale on day 2 which raised over £300, so thank you to everyone who helped to make cakes and to all the orienteers who enjoyed them. All SOC juniors ran well over the course of the weekend, despite some long and particularly hilly courses. Tim Morgan was the highest placed SOC junior finishing both 2nd on the sprint, just 8 seconds behind 1st and 2nd overall (days 2 and 3 combined).

Other junior results were:

Sprint	
W14 Pippy Dickin	20th
W16 Jenny Dickin	29th
M16 Jamie Morgan	43rd
M18 Jamie Hicks	37th
M18 Nick Moran	47th
W20 Tamsin Moran	5th

Overall (days 2+3 combined)	
W14A Pippy Dickin	40th
W16A Jenny Dickin	34th
M16A Edward Hicks (day 2 only)	37th
M18E Jamie Hicks	31st
W20E Tamsin Moran	4th



Tim Morgan on the run-in at Cold Ash

The University of Reading provided some very fast courses around the campus buildings. Although it wasn't as technical as other sprint areas, there was a large amount of route choice on most courses and hesitations were punished.

Day 2 was held on Hambleton. The fastest runners posted very fast m/k times with the fastest M21 doing 4.8m/k; the area was fast, furious and surprisingly hilly. We were lucky to use the car parking field as only the week before it had been covered by snow.

Cold Ash was the host area for day 3. This provided more technical and physically challenging courses due to parts of the forest being particularly rough. My course had some longer legs, so the decision had to be made whether to just run straight on a compass bearing or use the paths as guidance.

The assembly area for the relay on day 4 was compact giving a good atmosphere for a big event. After 3 days of hard running it was tough to keep moving on the hills.

JK 2013

Ian Moran

Thanks to all those members of SOC who were able to help at this year's JK, which was held in the north of our region. Although our major task was in the download tent and results posting, we also had members helping on the start and car parking. The JK is a huge step up from one's normal orienteering event with more than 3000 competitors taking part over four days of competition, many travelling from far afield and quite a few from overseas. This all adds to the flavour. It is one of the few occasions when one can compete against your contemporaries from the other side of the country.

Everything went well on the whole and the level of expertise SOC was able to offer certainly made a sound contribution to the event. Tim Angel, who was in charge of car parking on day 3 at the event site, was expecting a quiet day, given that bussing was in place for most competitors, but when the man failed to turn up to open the alternative car park in Newbury, competitors were re-directed to the original event car park. Luckily the field had dried out sufficiently to allow cars to park as was the original plan. Tim and Geraldine had a very long day!

There has been much talk in recent days about the event format which is currently a sprint race followed by two classic races for all but the elites who have a middle distance race on day two and a relay on day 4. One suggestion is that all classes should have a middle distance on day 2 while another comment was to introduce an urban event, given the increasing popularity of this type of race. Personally, I like it how it is.

Another move this year was to have the same team performing the same function on each day to provide continuity, as opposed to one club managing a whole days competition with support from smaller clubs. SOC's main job was the download, while TVOC did the starts and BKO the enquiries. This format does work well, particularly from the competitors point of view as the experience and lessons learnt on day 1 can be put to good use on the following days, but it does put a strain on the helpers, many of whom end up on duty for the whole weekend. I do think the download operation worked very well with this continuity and the time it took to set up 13 PCs, two web cams, live O and the associated wiring each day between the finish line and download reduced significantly as the weekend progressed. A good topic for debate.

Katy Stubbs, the event co-ordinator and all the day organisers have asked me to pass on their thanks for the professionalism of the SOC team over the weekend.

Editor's note: I would like to extend a vote of thanks to Ian and Caroline for the incredible amount of work they put in as the club lead for the JK helper effort. As well as all the pre-event co-ordination, they were there each day from very early until everyone else had packed up and gone home.

Captains Report

Kevin Bracher

Compass Sport Cup

On February 17th SOC took part in the preliminary round of the Compass Sport Cup at the Agglestone event near Poole, hosted by Wessex.

SOC came a creditable second behind Bristol and ahead of both Devon and North Wiltshire O.C. Both Bristol and Devon benefited from much larger teams than SOC were able to put out. We were short of competitors in several classes especially juniors where both Bristol and Devon had a big advantage. On the Brown course our lack of M21's was eased by several people running up a class to make up the numbers. Without this we would not have had the full number of 25 scorers due to the lack of numbers in other classes.



Olwen Rowlands & Lisa James at the Compass Sport Cup

Unfortunately only BOK go through to the Final later this year in the Forest of Dean. I would like to thank all those who ran for SOC on the day. You did the club proud one and all.

Jan Kjellström Festival

Individual Days

In the Sprint Race at Reading University on the Friday Tim Morgan took 2nd place on M16 and Jane Morgan took 3rd place on W50.

The combined results for the Individual races at Hambledon (Sat) and Cold Ash (Sun).

Jane Morgan in 3rd place in W50L

Tim Morgan in 2nd Place in M16L.

Lisa James took 1st place in W45S

Jean Velecky 1st place in W85 (running up a class).

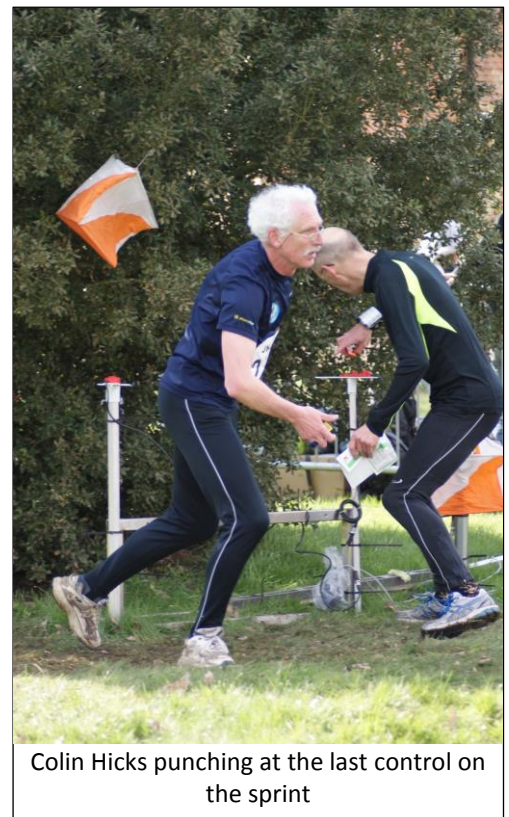
Congratulations to them all.

Relays

SOC put together 11 relay teams for the JK on Monday 1st of April despite having helped run the download tent on all three previous days of the festival and fulfilling the same download duties again on the relay day. Four long days of helping and early starts did not put us off.

Usually the Club Tent is the focus for that particular team spirit generated by relay events. This was less so this year as many of us were busy helping until just before our turn to run. A quick stop off at the tent to change and prepare before heading off to the holding pen and a handover from a team mate was all some of us managed. Despite this you could still pick out the shouts of encouragement and cheers from our tent as team mates came into view and made the run towards the hand over or the run in.

On the day we had some excellent runs from our teams with credit to several of our juniors who stepped up to the mark and did well running as part of senior teams. We also had some members who did well running as part of a relay team for the first time. Often this can be



Colin Hicks punching at the last control on the sprint

quite daunting as you head out on your run and realise that you are not just running for yourself but also your team mates.

The best performance this year was from our Senior Women +120. Tamsin Moran, Caroline Moran and Jane Morgan came home in first place.



Senior Women (W120) Relay Winners JK 2013. From left, Tamsin Moran, Jane Morgan and Caroline Moran

See below for all SOC top ten placings over the JK weekend.

SOC also did a great job over the four days on download and a big thanks must go to Ian and Caroline Moran for managing the download team.

British Championships Relays 5th May

SOC have 6 teams entered in the Relays. I will be filling in the team members shortly.

JK 2013 – SOC Results (top 10s)

Day 1 Sprint

M16 2nd - Tim Morgan Just 8 seconds behind the winner.

M35 - 9th David Currie

M55 - 3rd Philip Eeles

W20E - 5th Tamsin Moran

W35 - 3rd Christine Currie

W50 - 3rd Jane Morgan

Day 2 - Individual Part 1

M16A - 1st Tim Morgan

M21S - 4th Andrew Nash (M35), 8th Chris Williamson

M21V - 1st Tom Bray

M35L - 10th David Currie

M45S - 8th Simon Bevan

M60L - 10th Robin Smith

W20E - 5th Tamsin Moran

W35L - 3rd Christine Currie

W45S - 1st Lisa James

W50L - 3rd Jane Morgan

W65S - 1st Gill Thomlinson

W85 - 1st Jean Velecky (W90)

Day 3 - Individual Combined

M16A - 2nd Tim Morgan

M21S - 3rd Andrew Nash (M35), 5th Chris Williamson

M21V - 1st Tom Bray

M35L - 8th David Currie

M45S - 6th Simon Bevan

W20E - 4th Tamsin Moran

W21S - 7th Olwen Rowlands

W35L - 3rd Christine Currie

W45S - 1st Lisa James

W50L - 3rd Jane Morgan

W65S - 3rd Gillian Thomlinson (1st on Day 1)

W85 - 1st Jean Velecky (W90)

Day 4 - Relay

Men's Short - 10th Worn Socks

Andrew Nash, Chris Williamson, David Currie

Women's Short - 9th Short Socks

Christine Currie, Jenny Dickin, Olwen Rowlands

Senior Women - 1st Les Socks

Tamsin Moran, Caroline Moran, Jane Morgan



David Currie running for home



Jane Morgan crossing the relay finishing line in 1st place!

JK 2003 (yes 2003)

Robin Smith

Was also held in the Chilterns, with Day 1 on Hambleden, Day 2 at Star Posts, and the relays back on Hambleden. Friday was a training event on Ashley Hill, near Maidenhead/Marlow.

I cannot recollect the type of punching used, SI and Emit were both available at the time. I think the Scottish 6 days in 1997 was the first major event to go electronic (SI).

I only have the M50L results from 2003 and some comparisons are interesting. Easter that year was late, mid-April, and the weather was sunny and dry.

M50L

2003: 9.4k (300m) 143 finishers won in 55.16 at 5.9m/km 17 controls

2013: 9.4k (390m) 119 finishers won in 52.03 at 5.5m/km 19 controls

In 2003 I took 68.36 at 7.3m/km. This year in M60 I took 62.48 at 7.6m/km with the course being 1km shorter, but with 20 controls.

20th in 2003, 10th in 2013. And who knows in 2023!

My M50 course, like other long classes in that race, had a 2.0km+ leg on the second part (there was a map exchange). This feature of competitions has disappeared except for the World Championship 'Classic' distance. It was designed for 'route choice' rather than 'accurate navigation'.

Quite a few of the top M50s in 2003 were again there in 2013, but others have sadly passed on.

Back to 2013 - 'mp'

Those dreaded letters given to hot, often bloodied, oxygen starved finishers by the download team. The equipment (emit), rather than the user, gets the blame.

I bought my v3 emit card in January 2004. At a rough count it has served me well for 400ish events, mostly mid-week army events. I usually just touch it on top of the unit (so direction/placement of the control is not an issue) and give a quick browse of the display (to confirm punching) as I head to the next control. I obviously failed to do either of those things on Monday and had my first ever 'mp'. Unfortunately it was my 3rd relay leg that broke the news to me (or was it me breaking the news to him?), who downloaded my card. Sorry!

SOC Results from SCOA Middle Championships

Robin Smith

Congratulations to Tim Morgan on becoming the M16 SCOA Middle Championship Winner at Oxshott on 7th April. Other podiums for SOC members:

2nd Jamie Hicks M18

3rd Chris Williamson M21

3rd Jane Morgan W50

3rd Mary Nixon W60

Tuesday Night Runs

Ian Moran

For many years now, possibly over thirty, Southampton Orienteering Club members and assorted friends, have met up at a venue in the New Forest during British Summer Time for a run, mainly over terrain. We meet on Tuesday evenings at 18.30hrs and run for about an hour before retiring to a local hostelry for a pint. Each month we run from a different place for about one hour. Should there be sufficient demand from 23rd April, we might try to run two separate groups to cater for different paces.

In April, we are meeting outside the Royal Oak at Fritham GR SU232142 and in May, we will meet at the Canadian Memorial GR SU240093.

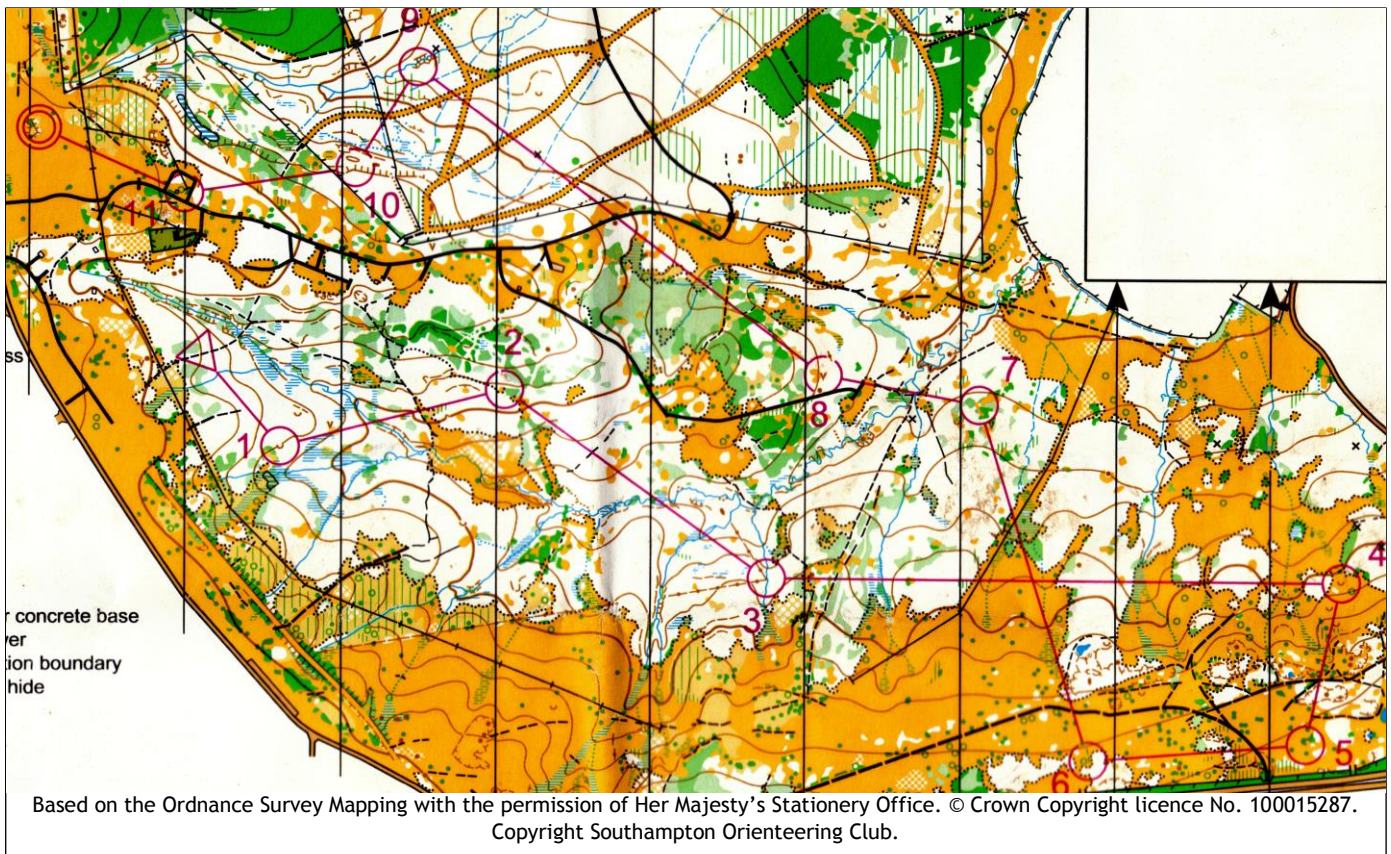
Should you require any further information, contact either Ian Moran or David Currie.

Kings Garn Gutter

Pete Davis

Wednesday 30th January

It seemed like a good opportunity to taste the magic of those Wednesday afternoon Army events that fellow club members speak so highly of. Some of the courses from the cancelled November Classic were being offered so I decided on taking a day's holiday to take part. On arrival at the event I was surprised how many cars were there - a good turnout for a weekday with, as it transpired, more than 190 competitors.



The sun was shining, a fresh wind was blowing and it was very wet underfoot. As this was my first run for a few weeks I decided that a run out on the Green was in order. Heading out from the start I took it very easy into control 1 using compass and pacing and getting a feel for the contours. 2 looks tricky with no obvious attack point. I ran east to hit the large open area and then climbed slightly uphill. A spot of luck as the control was visible on my approach from 100m away. My pace wasn't good though, still carrying a lot of excess "Christmas weight"! Run on a rough bearing to 3 hoping that the earth bank will gather me into the control - it did - but the marshes were cold and sapping the strength from my legs. At this stage I was lying in 11th place but I was starting to warm up both physically and in terms of appreciating the fine detail of the map. I really enjoyed the leg into 4, the navigation looked quite simple - run east and pick off the distinctive open areas and small copses on the way in. Second fastest split on that leg pulled me up to 3rd place. Turn to run south towards 5 with its big catching feature on the far side of the control this was an opportunity to plan ahead.

Was Bill Davidson tempting us with some simple legs and a lapse of concentration? Well 6 looked simple enough but best to keep in close touch with the features as they pass. Then head slightly west of north down the open and very marshy area toward 7. The marsh water was icy cold and the mud was trying to suck my shoes off my feet. As I reached the narrow section of the open area, under the pylon line, I decided enough of the marsh, let's get into the wood and enjoy the run. I hit 7 OK and was feeling confident. That was a mistake. Look at the leg to 8. Simple. Plan: run due west, cross the stream, hit the open area - can't miss it -

use the forest road junction as the attack point and drop into the pit. What could be easier than that? I should have known better. I stopped pacing, stopped thinking even and ended up turning south. I mean everything was wrong. I didn't know where I was and was forced to relocate - which I did back at 3!! By the time I reached 8 I was in 14th place having been the slowest competitor on that leg. What a plonker!

Still it was a great course and a great map and I was determined to make the best of a bad job. 8 to 9 offered an interesting route choice and I opted for the flatter, cross-country, potentially slower route which I think turned out to be the right choice and probably faster than the track/ride option. The running was so enjoyable, particularly in the inclosure. 10 was a bit of an uphill slog with tired legs and then easy navigation to 11 and the finish.

Thanks to Bill for the courses, Roger Pleasant for the fine map and Allan Farrington and the lads from 17 Port & Maritime for the event. Wednesday afternoon orienteering - nice!

Members on the Internet

Thanks to Colin Hicks for these two links to SOC members who have interesting pages on the Internet:

Please see this link to Philip Eeeles' blog - his report about Portugal is interesting, and good to report a club member's success: <http://philipeeles.wordpress.com/>

David Currie maintains a blog about orienteering and running which can be found here: <http://david.currie.name/>

Also potential member, Cheryl Booker, is a keen geocacher and she has created a cache on Southampton Common that can be sought using the permanent orienteering course map or an open source map linked from the cache page - which you can find at <http://coord.info/GC2MABX>. The cache page itself is definitely worth a look. Have we got any other geocachers out there?

Membership News

Peter Stewart

Membership currently stands at 171, divided between 163 British Orienteering members and 7 Associates.

We would like to extend a warm welcome to new members Mike Mills and Rachel Tuffin. Former associates Justin Simmonds and Helen Turner have also transferred their BOF membership to SOC from SO.

SCOA Bulletin

Terry Smith

2013 SCOA Championships

Middle Distance Championship at Oxshott Heath (near Esher) on Sunday 7th April

Sprint Championship at Wellington College on Sunday 12th May

Long Distance Championships in the New Forest on Sunday 3rd November (November Classic)

Gold, Silver and bronze medals will be awarded to the first three SCOA members in each class.

Financials

SCOA's only sources of income are club fees (£25 per club), event levies (currently 13.5p per competitors with juniors counting as 1/3rd) and surpluses from major events, for example this year's JK, which provide a significant but infrequent boost to the finances.

SCOA's major items of expenditure are payments to the English Orienteering Council - who use them to fund the cost of sending teams to the Junior, Senior and Veteran Home Internationals

and to the Interland, funding the Junior Squad and paying grants to subsidise the cost of attending First Aid courses, event officials' courses, Junior tours, and the like.

Over the past five years, our expenditure has risen markedly; the cost of the English Orienteering Council has more than doubled, and grant requests are also substantially greater. Whilst this year's accounts will look very healthy because of the expected surplus from the JK, the underlying position is of a deficit of around £2,500pa.

Ways of dealing with this deficit will be considered at the Annual General Meeting in June. However it looks likely that there will need to be a significant increase in the rate of levy charged, or material reductions in the provision of grants and the funding of the junior squad.

Annual General Meeting

SCOA's AGM will take place at the Friends Meeting House in Newbury on Thursday 6th June, followed by a quarterly business meeting. Members of SCOA-affiliated clubs are welcome to attend.

SCOA Committee Vacancies

As mentioned in previous bulletins SCOA has been without a Secretary or Treasurer since last June. Jerry Newcombe, who has been Treasurer for a number of years and who continues to act as interim Treasurer pending the appointment of a replacement, has agreed to continue as Treasurer for the time being. However SCOA remains without a Secretary. This is not a difficult or time-consuming role (see the attached job spec), and it does provide valuable insight into what is happening on the orienteering scene. Please think whether you could do this job. Just drop a line to chairman@scoa-orienteering.org.uk.

Summer Series 2013

Pete Davis

The Summer Series got off to a very un-summery start on 13th April at the Gregg School. Considering the weather the turnout was high with many newcomers braving the rain and really enjoying Kevin Bracher's great courses. This year we have two Summer Series, eight events in and around Southampton and four in and around Portsmouth.

The events all offer courses suitable for beginners of all ages and fitness levels. They provide the club with its best opportunity to promote the sport and to increase participation. Each event in the series also offers a course at Light Green level suitable for more experienced orienteers and, as the series progresses, for beginners who want to progress to more technically challenging courses. See the club website for more details as the series progresses: <http://www.southampton-orienteers.org.uk/events/summer-series>

Budding planners and organisers are needed to help run the events. If you are interested please contact Kevin Bracher.

Nopesport – Orienteering Forum

Robin Smith

It may not be for everyone but the Nopesport Orienteering Forum is always a lively place to debate issues and seek advice. Following the JK there has been much debate on the pros and cons of the EMIT timing system. These two comments in particular caught my eye:

“Allan Farrington of EMIT UK said at today's BAOC event that they will soon be offering battery-replacement. Rather than prising the card open (which can damage the LCD screen on V3 cards) they are developing a custom jig to drill in just the right places.”

“The figure of eight clasp (people also may refer to it as a ladderlock/triglide) from an old bra makes an excellent replacement for the standard plastic equivalent on a thumb compass/si or emit card/CD holder.”

You can join in the discussions at forum.nopesport.com.

Event Calendar

An extract from the British Orienteering Fixtures List showing Level A UK wide, Level B from our adjoining regions, all events from SCOA and events from our adjoining clubs. Check the British Orienteering website for updates.

Date	Event (click for details)	Level	Club	Region	Venue/Map	Nearest Town	GridRef
Sat 20/04/13	British Sprint Championships	Level A	LEI	EMOA	Loughborough University	Loughborough	SK516187
Sat 20/04/13	SOG - spring 7 - Cissbury Ring,	Level D	SO	SEOA	Cissbury Ring	Worthing	
Sat 20/04/13	British Sprint Championships (Prologue)	Level A	LEI	EMOA	Loughborough University	Loughborough	SK516187
Sat 20/04/13	British Sprint Championships (UKOL7)	Level A	LEI	EMOA	Loughborough University	Loughborough	SK516187
Sun 21/04/13	British Middle Distance Championships (UKOL8)	Level A	DVO	EMOA	Stanton Moor	Matlock	SK244623
Wed 24/04/13	Military League South	Level D	BAOC	SCOA	Elstead Common	Farnham	
Sat 27/04/13	Southampton Summer Series	Level D	SOC	SCOA	Pear Tree Green, Southampton	Southampton	SU435112
Sat 27/04/13	SOG - spring 8 - The Hyde Estate, Handcross	Level D	SO	SEOA	The Hyde Estate	Crawley	
Sat 04/05/13	British Orienteering Championships (UKOL9)	Level A		SEOA	Winterfold	Guildford	
Sun 05/05/13	British Relay Championships	Level A		SEOA	tbc	South East	
Mon 06/05/13	BOC Weekend Urban Race	Level B	MV	SEOA	Dorking	Dorking	TQ168503
Sat 11/05/13	Southampton Summer Series	Level D	SOC	SCOA	Stoke Park Woods, Bishopstoke	Southampton	SU473196
Sat 11/05/13	SOG - spring 9 - Rewell Woods, Arundel	Level D	SO	SEOA	Rewell Woods	Arundel	
Sun 12/05/13	SE Sprint Championships	Level C	SN	SEOA	Wellington College	Sandhurst	SU827638
Sun 12/05/13	SARUM Galoppen & SCOA League	Level C	SARUM	SWOA	Hamptworth	Salisbury	
Mon 13/05/13	WIM/WSX Monthly Evening event Verwood	Level D	WIM	SWOA	Potterne Park, Verwood	Verwood	SU100975
Wed 15/05/13	Military league South	Level D	BAOC	SCOA	Bramshott Common	Liphook	
Sat 18/05/13	Dorset Sprint Championships - Bournemouth University	Level C	WIM	SWOA	Bournemouth University	Bournemouth	SZ073937
Sat 18/05/13	Portsmouth Summer Series	Level D	SOC	SCOA	Staunton Country Park	Havant	SU721087
Sat 18/05/13	SOG - spring 10 - Sheffield Forest, Danehill	Level D	SO	SEOA	Sheffield Forest	Ashdown Forest	
Sun 19/05/13	WSX Galoppen	Level C	WSX	SWOA	Blandford Forest	Childe Okeford	ST835079
Sun 19/05/13	BKO SCOA League Event and Yvette Baker Trophy Heat	Level C	BKO	SCOA	Bloom Wood	High Wycombe	SU860890
Sat 25/05/13	Scottish Championships - Individual	Level A	AYROC	SOA	Loch Doon	Dalmellington	
Sat 25/05/13	Springtime in Shropshire	Level B	HOC	WMOA	Croft Castle	Ludlow	SO450664
Sat 25/05/13	Southampton Summer Series	Level D	SOC	SCOA	Knightwood and Valley Park	Southampton	SU420202
Sat 25/05/13	SOG - spring 11 - Selhurst Park, Goodwood	Level D	SO	SEOA	Selhurst Park	Arundel	
Sun 26/05/13	Springtime in Shropshire	Level B	WRE	WMOA	Hopton	Ludlow	SO342751
Sun 26/05/13	Springtime in Shropshire Urban Event (UKOL10)	Level B	WRE	WMOA	Ludlow	Ludlow	SO510746
Mon 27/05/13	Springtime in Shropshire (UKOL11)	Level B	HOC	WMOA	Brown Clee Hill	Ludlow	SO615854
Sat 01/06/13	SO club handicap/AGM event, venue TBA	Level D	SO	SEOA	TBA		
Sat 01/06/13	Poole Town Race	Level C	WSX	SWOA	Town Centre	Poole	SZ013909

Date	Event (click for details)	Level	Club	Region	Venue/Map	Nearest Town	GridRef
Sat 01/06/13	Portsmouth Summer Series	Level D	SOC	SCOA	West Walk (Southern car park)	Wickham	SU596123
Sun 02/06/13	TVOC Regional Event	Level C	TVOC	SCOA	Coombe Hill	Wendover	
Sat 08/06/13	Nopesport and South of England Orienteering Urban Event	Level C	WIM	SWOA	Poundbury	Dorchester	SY681900
Sat 08/06/13	Southampton Summer Series	Level D	SOC	SCOA	Fleming Park	Southampton	SU442191
Sun 09/06/13	SO - level C - Oldhouse Warren, Crawley - (incl event 3 of SO champs)	Level C	SO	SEOA	Oldhouse Warren	Crawley	
Sat 22/06/13	Southampton Summer Series	Level D	SOC	SCOA	Itchen Valley Country Park	Southampton	SU462160
Sun 23/06/13	Northern Championships (UKOL13)	Level A	EPOC	YHOA	Castle Carr	Hebden Bridge	SE022307
Sun 23/06/13	WIM Furrow Hoppers Relay	Level D	WIM	SWOA	Clayesmore School, Iwerne Minster	Blandford Forum	ST865145
Sat 29/06/13	Portsmouth Summer Series	Level D	SOC	SCOA	West Walk (Northern Car Park)	Wickham	SU593135
Mon 01/07/13	WIM/WSX Monthly Evening event	Level D	WIM	SWOA	Sturminster Newton	Sturminster Newton	
Sat 06/07/13	Southampton Summer Series	Level D	SOC	SCOA	Hursley park	Southampton	SU422254
Sun 07/07/13	Yvette Baker Trophy Final	Level B	LOG	EMOA	Belton Park	Grantham	
Sun 07/07/13	Moonraker Relay	Level D	SARUM	SWOA		Salisbury	
Sat 13/07/13	Sarum Club Championships & Score event	Level D	SARUM	SWOA		Salisbury	
Sat 13/07/13	Portsmouth Summer Series	Level D	SOC	SCOA	Queen Elizabeth Country Park	Petersfield	SU716182
Sat 13/07/13	Swindon Urban Event	Level C	NWO	SWOA	West Swindon	Swindon	SU118844
Sun 14/07/13	Hardy Relay	Level D	WSX	SWOA	Poole Park/Baiter	Poole	SZ020903
Sat 20/07/13	Southampton Summer Series	Level D	SOC	SCOA	Royal Victoria Country Park	Southampton	SU458079
Sat 20/07/13	South of England Urban League	Level C	SN	SEOA	Goldsworth Park	Woking	
Tue 06/08/13	SLOW Park Race	Level C	SLOW	SEOA	Battersea Park	tbc	
Sat 17/08/13	Southampton Autumn Event	Level D	SOC	SCOA		Southampton	
Mon 26/08/13	TVOC Urban Event	Level C	TVOC	SCOA	Rutherford Appleton Laboratory	Harwell, Oxon	
Sat 07/09/13	Try O + limited Colour coded	Level D	SARUM	SWOA	tbc	tbc	



The November Classic Weekend

2nd & 3rd November 2013



Compete in the final two events of the 2013 UK Orienteering League and enjoy a fine weekend in one of England's most beautiful and historic areas.



www.novemberclassic.org

