



# SOCK - Spring 2014

The Magazine of Southampton Orienteering Club



## The relay start at the JK

Credit - Wendy Carlyle

Route choice: using all the information and skills available to you to optimise your performance between two given points. Or, making the right choice so that you don't end up chest-deep in mud! See the back page for more.

**Orienteering - the thought sport!**

**Editorial****Pete Davis**

Welcome to another bumper edition of your club newsletter. There is so much going on right now and that shows in the mix of articles. At the club prize giving Kieran rightly was awarded the Outstanding Contribution to the Club for his work on the permanent orienteering courses. The whole permanent course experience is now hugely better after all his hard work.

Our juniors have produced another good Junior SOCK under the guidance of junior editor, Jenny Dickin. And there are great articles produced by our seniors too! Thanks to everyone who contributed.

And talking of contribution, the club thrives on its volunteers. Every event, every decision, every communication; they all come from the hard work and dedication of our volunteers. Every so often a need arises for people to take on significant roles in the club. At the AGM Nick reminded us that our club officer roles do not also need to be committee members. This means that you could volunteer to take on a role such as Fixtures Secretary or Membership Secretary without needing to also sit on the committee. Go on, you know you want to!

Enjoy the read!

**Permanent Orienteering Courses****Kieran Devine (POCman)**

It has taken almost two years but finally we have four permanent orienteering courses in the SOC region. These are at Queen Elizabeth Country Park near Horndean, Staunton Country Park near Havant, Royal Victoria Country Park at Nettleley Abbey and Itchen Valley Country Park near Eastleigh. All POCs are the same format;



At each site there are three courses: a simple beginners course along paths similar to a Yellow course (these are also suitable for off-road buggies / pushchairs), a course for those who may have tried Orienteering before - maybe at a Saturday series event - with controls just off paths and possibility of taking short cuts off road similar to an Orange course, and finally a technically more difficult course with controls off track and which can be navigated to along a simple compass bearing - similar to a Light Green course. The easy course is usually around

2 km and should be walked in 30 - 40 minutes, the moderate course is around 2.5 km and should take 40 - 50 minutes gentle walking, while the harder course is around 3.5 km and can be walked in less than an hour. At QECP the 'hard' course really is that, 7.5 km equivalent to a Blue course - it is very challenging and physical.

At each site's visitors centre they sell the leaflets for £1, all you need extra is a pen or pencil.

On one side of the leaflet is map of the park, showing all the controls for all courses, all recently resurveyed or updated with same scale and quality of map as the club would use for its regular orienteering events. On the reverse side is a general introduction to the map, orienteering and how to complete the courses, plus a list of which controls should be visited (in the correct order) to



complete a course. There is also a table showing control number, control description, and a space for the control letter to be filled in by the competitor.

In the parks the controls are generally on posts (which should be in the centre of the circle on the map and should also match the control description). There is a red and white 10 cm square 'O' sign with the control number on one side and a letter on the other side. For example control #14 might be H. The competitor navigates around the course controls in the order shown on the leaflet and fills in the letters.

Once completed there are QR codes on the leaflet which can lead the competitor to a SOC site which will allow them to download a certificate to prove they have finished the course.

The competitor can progress through the three courses as they increase their orienteering experience and confidence. Each course can also be done in reverse. Also all controls can be visited in any order as fast as possible as a kind of 'score' event. This gives possibility of up to 7 potential courses at each POC site. 28 courses over the 4 sites.



The plan is to update the courses every 18 - 24 months, so potential competitors don't think "I've done that now". It will also allow the club to keep the maps updated. Already the 'hard' course at QECP has had to have a map reprint and will be re planned in the summer once the Forestry Commission have cleared up the severe 'wind blow' damage caused by the winter storms.

For schools the POCs offer an alternative sport which can be as simple as possible but allows children to learn about maps, navigation, and just being out in the countryside. For beginners at Orienteering they offer the chance to improve and practice Orienteering skills without the added pressure of a competitive event. And for experienced Orienteers they offer varied places for training runs and for honing navigational skills.

When planning the POCs I also tried to put controls and courses all around the parks taking competitors / visitors to parts of the parks that they may not normally visit on a park walk. Apart from QECP which has stunning views, the other three sites all have historical significance which are often overlooked on a walk but will be visited by going around the courses. Maybe after orienteering around a course at a POC you will be tempted to find out more about all these important sites.

Please try the POCs and any feedback / comments will be gratefully received.

## JK Report

Mary Nixon

The 2014 JK was hosted by the WOA, with help from BOK and LEI, in South Wales. Having been to all the areas apart from Swansea University we knew it would be a challenging weekend, with lots of contours, open hillsides and the high possibility of getting very wet. How true this proved to be!

After a difficult journey down to Swansea, involving a long wait to pay our toll at the Severn Bridge, and terrible traffic jams after leaving the M4 on the eastern side of Swansea, we finally arrived at the huge car park. David had to rush off as we were running a little tight with our schedule.

However the organisation at the event was first class. I was surprised at how much of the map was the gardens and grounds of the campus, having expected more buildings which is my preference. Seeing the friendly faces of Simon, Kevin, Lisa and the Morans helped calm me down after arriving at the Start minus my SI dibber. Luckily I had allowed plenty of time!

After a couple of controls amongst the buildings we then had to ensure we were able to get around the big uncrossable fence. Luckily I had been warned about this by a friend! I was not

happy to get my feet wet and muddy getting into control 3.

Control 4 to 5 was a nightmare. I noticed the red line between 4 and 5 went across the semi open yellow so off I ran, omitting to see a path all the way just above this. I veered off and ended up on the next path across.

Finally I realised what I'd done, but lost over 30 seconds here. This didn't help me concentrate and again I veered off at 7, where I could see a control which was on a statue very clearly, despite needing a clearing edge! Once we were back amongst the buildings I was fine and was able to concentrate and build up my speed. I was reasonably happy with 7th place, but know if I'd done number 3 properly I could have been third!

Days 2 and 3 were at both based at the quarry at Merthyr. The car parking teams did a wonderful job, especially now knowing they lost the equivalent of 700 spaces shortly before the event, with no alternatives. I had asked for late starts every day, which in a way back-fired on us. I started after 1.30pm both days. As I have never pace counted before I knew that distance judgement would be critical, so asked David for a quick lesson just before going to the Start!

I decided I would go very carefully, especially uphill, and try to keep in contact with the map. At least I had a short path going out of the Start and three cairns going up the hillside which enabled me to find the first 2 controls easily. I was not so accurate going to number 3, despite having a member of LOK on the same course who was going correctly. When I arrived at the wrong control I veered off to the right as this was where he'd gone, and found it straight away! 5 to 6 was the tricky leg, being about a kilometre long. I set my compass and set off. It was very pleasing to spot David Lee of NGOC ahead of me as I knew he was on the same course! I kept him on my line, along with a couple of other runners who seemed to be heading towards the same control. Spot on. I was very pleased.

Number 8 to 9 was an easy leg. Up the hill, which was grazed grass, therefore bright yellow on the map, spot the pylon base and I could see two controls on wet ponds. So follow my compass or go right. You guessed it, I went right, to the wrong control. Another 30 seconds lost! It must have spurred me on as the next 3 legs were my best splits of the whole course! Another deviation going to 13, but I ended up on a path and knew I had to go right. I had a final miss at the first control after the road crossing before staggering in to the Finish. I couldn't believe it when my print out said I was third! My best ever run at the JK, even better than when I won the W60S. I know with the 4 mistakes I made I could have been leading!

Day 3 was something else. I was feeling the pressure, for the first time ever, knowing it was mine to succeed in. We decided to go up to the Arena with our bags so we had warm clothes to put on after our runs. We were actually parked right up just below our start so were able to sit in the car until we needed to leave. A good job, as by 1.15pm we were in the middle of



Mike Goldthorpe at the JK  
Credit: Wendy Carlyle

a hail storm with thunder and lightning all around! Cagoules were compulsory, but there was no way I would have gone out without one, I even wore a woolly hat.

The first 2 controls were inside the quarry and presented quite a challenge. There was a big scramble to get out at the far end. I used accurate compass until 5 which seemed to be further than I was expecting. Then it all went pear shaped. I tried hard to keep on my bearing, but must have veered off to my left. I went about the right distance, but no sign of my control, only 242. I was on a cropped grassy area, but didn't consider I could be where I actually was as it was too far away. (David had control 242, so I was able to work out afterwards what I had done). Eventually I worked out what had happened and was able to head north and finally find the control. However I lost nearly 10 minutes to my rivals here. Now it was a matter of picking up the controls as I ran off the hill. My legs found the slog up to the area beside the wood hard work.

As I expected I finished a long way down, but managed to get 5th place overall. Initially I was very disappointed, but as David said to me afterwards, if I had been offered 5th place at the JK beforehand I would have been very happy. It was only because I had done so well on the previous day I was upset. I managed a Championship standard on Day 2, as well as Day 1, so with the one I'd got at the Southern Champs have got a Championship badge for the first time in 15 years! Life in the old legs yet.

Day 4 was the Relays on Pwll Du. I had not been looking forward to this as I knew it was VERY technical and I had found it difficult the previous times I'd been there. It was also a beautiful sunny day. There had been a lot of

talk about map scales on the orienteering social media sites, but we had been told the map would be fine. The map was incredible. It was so clear and easy to interpret. Really impressive. In fact when I finished I wished I'd had a longer run. The legs were all short, across complex contours but easy to navigate. A really great course.

All in all a very enjoyable weekend. We stayed at a convenient hotel with Richard Brightman from Wimborne, so he and David were able to discuss course. Thanks to Simon, we had a lovely SOC meal at the Castle Inn on Saturday evening, where we were able to discuss the previous races.

Roll on 2015 when we all move up to the Lake District. I'm especially looking for to the Urban Race which is at Lancaster University, which had lots of buildings and very little open land!



Ray Massey at the relay start

Credit - Wendy Carlyle

## Scotland, end-to-end, part 1

Norman Wilson

By the time you read this article I will still be somewhere in Scotland (probably) on an orienteering endurance event that I came across last October and have been planning since then. I am walking the Scottish National Trail. Devised by outdoors writer and broadcaster Cameron McNeish, the Scottish National Trail is a challenging, 864 kilometre-long unofficial

long distance walking route running the length of Scotland from Kirk Yetholm in the south to Cape Wrath, the northmost point of the mainland. You can see the route and more information at <http://www.walkhighlands.co.uk/scottish-national-trail.shtml>.

The challenge for me is a combination of mountain marathons, urban and trail orienteering in their broadest sense. I just happen to be the only person I know doing this at the moment so I might just win?

However all my planning nearly came to nought when on the morning I was due to travel up my flight was cancelled due to fog and that was when I was sat on the plane on the runway! All my connections from Newcastle fell by the wayside and getting to the start was never going to be easy. Fortunately the 'interweb' was handy and I ended up on an intercity train to Berwick with most of Edinburgh and Aberdeen universities which meant standing room only. Then a bus to Kelso then a lift by the hotel owner who came to take me the last 6 or 7 miles.

I am writing this on day 7 of 35 and am now heading due north towards Loch Lomond and beyond to the Cairngorms eventually ending up at Cape Wrath after negotiating the west coast of Scotland.

My control points up to now have been b&b's but in the coming days will be more flexible with wild camping on the agenda - walk as far as I can until a nice place to set up a tent happens by or I fall over.

I have to admit that the urban parts (between Edinburgh and Glasgow following the Union and Forth canals - bit like a string course) aren't as interesting as the more rural and isolated parts (Pentland Hills, St Cuthberts Way) even though I have been following well set out long distance trails. However the coming weeks will see an ever increasing reliance on my map reading skills; I can hear some of you now saying we'll never see him again if he's relying on them!

I've probably walked over 180K from the start at Kirk Yetholm but the terrain gets a bit more challenging from here on in and the daily mileage is scheduled to go down.

The weather has been a real mixed bag - hill fog, drizzle, heavy rain and a bit of sun as I walked beside the River Tweed. The forecast for the coming days isn't too good either but I'm sure the sun will shine on me again before the end (probably).



## The Harvesters – a potted history

Robin Smith

This is the British equivalent of Tio Mila (Sweden) and Jukola (Finland), The UK race was initiated by the now-defunct Combined Harvesters club, hence the name. Trophies are appropriately, models of combined harvesters.

I believe CH was formed c.1970 from ex-pupils of Eggars Grammar School, Alton (EGSO), and Godalming Grammar School (GGS). It was not a geographic club, its far flung members getting together for foreign tours and to organise the occasional UK event. Quite a few still orienteer.

Jukola attracts over 1000 teams, so the start of the first leg is a cavalry charge. The forest soon fills with huge trails of orienteers, all hoping that the person in the front is navigating.

The first Harvester Trophy event was in 1978 in Ecclesall Wood, Sheffield. 84 teams started, 59 successfully finished. There was only one course (teams had 7 members), no concessions to age, ability or sex. The start, as now, was at midnight.

The 'sleeping arrangements' were that all clubs were allocated a small area inside a large marquee with the intention that there would be five competitors of the team sleeping. The sixth would be running and the seventh preparing/waiting. The incoming runner after handing over would then wake the next in line. In reality there was so much coming and going and talking, there was no chance of sleep!

Winners SLOW came home in 7.30.10, ten minutes clear of second place AIRE.

SOC finished 26th in a time of 9.24.49.

Team SOC consisted of 1. D Witt, 2. L Velecky, 3. R Massey, 4. K Jones, 5. A Velecky 6. N Grundy 7. J Phillips.

I was the first leg of the HH team that finished 14th (8.29.25)

Why 'Combined Harvester' as the club name? No one seems to know.

JSOCK

edited by Jenny Dickin

The Summer Series – so far

Michael Ellis

### An M14 view of the Summer Series

**West Walk** - a new location for me and a lovely warm and sunny day. A pleasant woodland run, no major crises but with a tempting adventure playground at the start. I was the only Ellis family member to man up and run! I liked West Walk, but to my disappointment, almost all the map was light green, which led to interesting route choices following cold and winding rivers.

**Telegraph Woods** - another warm and sunny day and this time the Ellis family attended in numbers. It must have been a popular event as by the time we arrived all the light green maps had gone. I was tempted by an all controls map, how can you get lost with an all controls map? Never again, thinking I had it sorted, I set out manfully from the start, but found the map confusing and tricky to follow. The moral of Telegraph Woods..never be lured by an all controls map!

**Peartree Green** - Stoke Park Woods, my nemesis location has shifted to Peartree Green, what a result! The downside, the urban event and road crossing means I have to be accompanied by a responsible adult, but in the end I made do with Mum. I like an urban event, (all the alleys and roads provide interesting route choices) and shot off from the start pausing only to let my responsible adult catch up.

**Staunton Country Park** - just a little bit muddy and wet. Another woodland run with multiple distractions, free range pigs, sculptures, and I've heard there's a bouldering wall in there somewhere. A good run, I felt it was fast, but everyone else was fast too! To add to my miseries I was beaten by Kevin on the mud splattering coverage!

**Fleming Park** - All the long grass here meant that I had wet feet from the start. The urban area was OK but all the alleys were very square and precise, meaning that while there were

many routes to choose, there was not much difference in length. On the way from 11 to 12 I tried to navigate my responsible adult (Mum, again!), in French 'tournez a droite' but she was a bit rusty. Maybe we should just concentrate on running!

**Next stop - Queen Elizabeth Country Park....very hilly!**

Ed's note: Michael has coped with his responsible adult extremely well and is currently 9<sup>th</sup> in the Summer Series League!

## South Central Junior Squad

Jenny Dickin



The South Central Junior Squad is a great opportunity for all juniors in the region to get some fantastic coaching on a variety of terrains and improve their skills.

We usually train once a month, with a set of courses focusing on specific techniques in the morning which we can take at our own speed, talk through with a coach, be shadowed on or challenge each other in a race scenario. Then, in the afternoon, we move onto a more race based, fun activity such as a relay or game of Vampire.

The squad is extremely beneficial for both fitness and technical skill, as well as being great fun and a good social environment. We also get some great opportunities to go on training trips to places such as the Gower and the Lake District and compete in events including the Junior Inter Regional Championships.

We are currently very keen to get some new and younger club members involved in the squad so if you would be interested in trying out some training sessions please contact Craig Blackford at [craig.blackford@btinternet.com](mailto:craig.blackford@btinternet.com).

If you'd like more information either contact Craig or feel free to catch me at an event. Usually juniors are expected to be able to run at least an orange course to be able to join.

## Squad Trip to Wales

Jenny Dickin

Earlier this year, the South Central Junior Squad was invited to join the West Midland Junior Squad for a few days of sand dune training on the Gower. On Tuesday morning we piled into the car and set off for Wales. We headed straight for the first training area, grabbed some lunch on the beach and then headed straight out onto the dunes.



We started off by taking a map and plotting the unmarked fence on our way to the start. This was a great way of getting used to the area and the map and focused us on looking at the contour detail from the very start which set us up well for the rest of the afternoon. In the first half of the session we had two courses: Hills and Holes. These were two short courses where the controls were all situated either on a hill or in a hole. The format of this exercise was that we ran each course twice. The first time we ran at normal pace and then took the same course at a walk, concentrating on getting the navigation as accurate as possible. For the second course we took the first time through at a normal pace and then repeated it at a full race pace to see how fast we could go when we knew where all the controls were. The point of this exercise was to get the balance between speed and navigation. On sand dunes it is vital to know exactly where you are, so often taking it slower is a much better option, a point they were trying to enforce

here. For the second part of the afternoon we focused on simplification with several different exercises including a course on a map that had been simplified for us (the less significant features had been removed) to force us to focus purely on the main features on each leg.

We spent the first evening in the accommodation playing table tennis and cards with the West Midland squad before we were called back into the dining hall for the evening's task. We were divided into groups of four based on when our birthdays fall. Considering this completely random method, it was quite impressive that I ended up in an all SCJS team with Fiona and David Bunn and Alex Bett. Our first task was reflecting back on the afternoons training and what we still wanted to work on. We then used this to each plan a course on the next day's training area before choosing one per team. We chose to use David's course focusing on simplification over longer legs. In our teams we then had to assign ourselves the roles of team leader, organiser, planner and coach and create a number of maps complete with the course, control descriptions and coaching points. We also had to plan how we would put out the controls and ensure they were correctly located.

The next morning Alex and I headed out to set out our half of the controls before checking some of David and Fiona's more complex ones. Once happy with our control locations we went out on the other teams courses. There was a wide range of courses supplied from attack points to compass bearings, although the accuracy of some controls was just as varied... This was a really good area with some very technical contour detail which made it very enjoyable as well. In the afternoon, we crossed the dunes (via some contour detail exercises) to the 'Dune Olympics' - a series of races and competitions going up and down a huge sand dune in the area. We started with a straight forward relay up and down the dune which was a lot harder than it sounds! We then had to come up with a creative but effective method of getting up and down as a group. Both of our attempts were quite creative but subsequently ended with the four of us face down in a pile of sand.

We headed back for showers and an early dinner before the competition continued. The evening brought with it the night relay around the grounds of the accommodation, made even more interesting by the arrival of some quite heavy rain. David Bunn had a great start, bringing us in 3rd before handing over to me. Despite a spot of hesitation thanks to the scale, I also had a good run and pulled us up to 2nd. Alex had a brilliant run, finishing in the lead with Fiona only lengthening this lead! We were obviously very pleased with such a great result and headed to bed looking forward to the final race the next day.



The rush to be the first to punch at the control!

On our final day we all walked from the accommodation to the last area for a course to put into practice all the skills we'd been developing over the weekend. There were two courses set out, each with juniors setting off every two minutes based on an order the coaches decided based on your expected speed. Despite a solid start I made several stupid mistakes due to the pressure of having people chasing me down and completely messed up the final control before struggling to relocate. Whilst this meant I didn't provide our team with many points for my run, the others clearly did a lot better than me and we managed to win the overall team competition for the 3 days! We were thrilled to win and certainly enjoyed the fact that the SCJS team won the WMJS training competition!

I'd like to thank Sue Bett and Lawrence Townley from SCOA for driving us down and their coaching work and the WMJS coaches for organising and running the training as well as inviting us - hopefully we'll be invited back again next year!

## The Urban Debate

Ed

In the last SOCK we enjoyed a great article from Ray Massey about his reluctant experience of urban orienteering. Unfortunately I published the draft article even though Ray had provided an update. So, by way of an apology Ray's finished article is published in full below.

Anyway it gave me a chance to put it alongside a related article from David Nixon.

I must say that urban orienteering seems to generate more "noise" than classic. So, whatever your view, we probably have to accept that it is now a mainstream element of our sport.

## Urban Events – Yes or No

Ray Massey

The day before last year's November Classic I did something that I don't usually do: I ran in an urban event. It was the first Salisbury City Race, and it was a very good event - or at least people tell me it was a good event. As I say, I don't usually do urban events, so I don't have anything to compare it with. Why did I run? I'll tell you later. Why don't I do urban events? I'll tell you now.



I have two main reasons - one personal, one social. The personal reason is that I think they are dangerous, certainly more dangerous than your usual cross country orienteering, or they are for me anyway. How often do you fall over whilst orienteering? (Choose one of the following: never, seldom, frequently, always.) Well for me the answer is at least very frequently, often between 1 and 5 times in a run. If I'm running in the countryside, then with a bit of luck I can aim for a soft spot (of the ground, not me), avoid any large parts of trees, roll with the flow, and no lasting harm is done. Sure, I may wind myself, and collect a few cuts and bruises, I may take a minute or two to recover, I may run or more likely walk more slowly for the next few minutes; but as I say, no lasting harm.

We do seem to have charmed lives when orienteering. The frequency of serious injuries does seem to be remarkably low. I remember one instance many years ago: I was moving quite quickly through semi-open heath and fell heavily. I came to an abrupt halt on my hands and knees. Just an inch or two below me was a broken and jagged tree stump. Now that was a lucky escape.

I remember a somewhat similar fall at a Wednesday Army event, probably at Butterwood near junction 5 of the M3. This time I wasn't so lucky: a broken sapling pierced my lower arm as I fell. However the Army had provided medical cover in the large and friendly form of 'Lofty' Ballard, a jovial and much liked SOC member. So 'Lofty' bandaged me, and we thought that was the end of it. Later, whilst in The Winchester Wetherspoons, taking our 'fluid replacement' as Robert Jackson calls it, David Bonser solicitously asked me if I was enjoying my beer. And yes I was, particularly so, it being a very fine winter porter (I can still remember its dark colour). 'Only', continued David, 'you appear to be losing more out of your arm than you're drinking'. This was true: the bandage had become sodden, was leaking fast and about to fall off. David & I very hurriedly finished our drink, left the others to mop up the mess, and David kindly drove me to the hospital. Only a few stitches were needed, but I still have the scar.



Now, think about similar situations in an urban event. Where is the soft spot to aim for to cushion your fall? There often isn't one. Think about slippery and hard unforgiving pavements; possibly edged by a low brick wall with sharp concrete capping. A wall just waiting to scar you heavily as you fall against it. No, it doesn't bear thinking about. Almost any fall in an urban area is going to be at least painful and quite possibly a lot worse. Gloves are obviously a sensible precaution, though all they will do is lessen those painful grazes as you try to protect yourself. No, you must be prepared for the worst: a fall when running fast in a hard brick and concrete environment is going to hurt and hurt a lot.

As I get older, so my leg lift gets lower, my feet just clear the ground. A running style made for tripping. Kevin Bracher recently told me of a front cover picture of *Compass Sport* showing a couple of veterans competing, and descending a long flight of low steps outside a church. He said it looked like an accident waiting to happen.

Now for the social reason. Well it's quite obvious really: urban events often take place in towns full of people. These people are probably completely unaware of any orienteering event taking place, and are happily wandering about unhurriedly. 'Why are there all these mad folks in pyjamas running around everywhere?', 'Why do they have to push and barge through the crowds like they do? They are nothing better than hooligans.' Those could so easily be their perfectly rational comments on what they see. What gives us the right to disturb their peaceful progress? I realize that organizers will do their best to ensure that we behave in a courteous manner whilst competing; but when it's a competition and the adrenalin is flowing, can we really be sure we always behave sensibly, and without affecting or offending others.

In a forest environment I think the situation is somewhat different. For a start there are far fewer people to offend; secondly we aren't constrained to be on the same routes as other users. After all, the essence of orienteering is passage through the forest, not along the paths. Further, many of the other forest users are doing something just as strange as orienteering. Think about it: they could be mountain bikers or horse riders, or family walkers with or without noisy children and uncontrolled dogs. In my book, many of the forest users I meet are more likely to affect others than orienteers are.

So, why did I compete in the Salisbury City race, after all I've said? It's quite simple - it was the UK League that made me do it. I'd noticed that because I'd run in many of the major events last year, I was actually doing quite well in the league. Moreover, one of my arch rivals, my very good friend Richard Brightman of Wimborne was doing equally well. Richard is a keen urban competitor, and the last two events in the 2013 league were the Salisbury City Race and our November Classic. Richard would run in both events. If I only ran in the Classic, Richard would beat me in the league. But if I ran in both events I stood a fair chance of beating him.

Such is life, even in my 70ies I am very fortunate to be still competitive, so I ran through the crowds of Salisbury in my pyjamas, and I didn't fall over or damage myself, and I enjoyed the event. Not as much as running through the forests though. I also have to admit that I did slightly inconvenience a crowd of shoppers at one point, and I did feel somewhat self-conscious throughout.

What about the results do you ask? In the league the winner gets 50 points, second gets 49 points, and so on. In Salisbury Richard got 46 and I got 45 points; and at the Classic Richard got 38 points and I got 41 points. In the league Richard and I were 9th and 8th with 307 & 303 points respectively, it was that close. If I had not run at Salisbury I would have been 16th with 262 points.

I'll tell you something that really surprised me: at Salisbury I met a very old ex-SOC friend - Keith Jones, now a BOK man - who has exactly the same birthday as me, so we too have always been rivals. He won the Salisbury Race quite comfortably. I asked him if he was

running in the Classic the next day. ‘No, no’ he said, ‘I don’t do cross country events any more - I don’t like getting dirty!’ It takes all sorts.

## Urban orienteering

David Nixon

Yes, it’s different. The areas are different, the planning needs to be different, the maps and symbols look different, but you still need to be able to read maps carefully, plan ahead with routes, make the best route choices and run quickly.

There are two main types of urban races. Sprint races, as at the JK and BOC, often held in university campuses, where there is less traffic. Last year’s major races were at Reading and Loughborough Universities, this year’s at Swansea and Keele. At last year’s WOC Sprint in Finland the qualifier was in a holiday village at the edge of a small town with the Final around the town centre starting and finishing in the baseball stadium. The stands wouldn’t have been passed by HSE in the UK - the wooden structures shook as we stood for the National Anthem, but the crowd was a new stadium attendance record!



The majority of events have longer courses (usually 6, with under 16’s being confined to traffic free areas). They are often part of a League, such as Nopesport nationally or SEOUL in the south of England.

Route choice is critical. It may simply be which way to go round a building on a campus, but a well planned course will have many such options. You can’t just take a rough bearing, head in the right direction and hope

to relocate. You need to know exactly where you are, as it is very easy to miss a turning. You need to orientate your map so you avoid pitfalls such as going from 18 to 16 instead of 19 as Mary did at Kendall recently! Your route choices will also be influenced by the control site location; it is often best to plan your route back from the control.

It is very important to know the pictorial descriptions. A canopy, light grey on the map, could be a bike shed, an underpass, as on the Salisbury ring road, a building you can run through, such as Poole Shopping Centre or the Great Hall at Winchester. A statue or a monument could be any shape or size. We’ve had a komodo dragon (Sparsholt College), a helicopter (Shrivenham Army Camp, a large Hovis loaf (Shaftsbury) and even inside a sculpture at Bournemouth University!

It is very important to know the precise location of the control. Arrive at the wrong side of an uncrossable wall or fence and you could have a long detour. Sometimes you can’t see the control flag until you are only 2 or 3 metres away.

You need to be aware of the “uncrossable” symbols on the map. These are features you MUST NOT cross even if it looks crossable by height or a hedge has gaps in it. The out of bounds colours of olive (settlement/private lawns etc) and black or red hatching are the same as forest O, but sometimes there may be pink shading indicating a building site - very common at the London City races - light blue is water you can cross, such as a paddling pool. Royal blue with a line round the edge is water you cannot enter.

Sometimes an area is marked Out of Bounds because permission has not been granted, making it vital you do not go there. This is a good reason for wearing race numbers.

As well as University campuses we have run in military premises such as HMS Sultan, Southwick House and RMA Sandhurst. Some of the best areas are old towns with narrow alleyways and courtyards - City of London, Lincoln, Kendal, Haworth, Edinburgh and Venice, except there all

the paths were flooded as well as the canals! However they can have large numbers of pedestrians and in Oxford and Cambridge crazy cyclists as well. On some maps busy streets can be marked in light brown to aid route choice. Modern housing estates often have a plethora of footpaths, going from one cul-de-sac to another. Goldsworth Park, Woking is a very good example. Two of the best areas last year were Bristol and Salisbury, with school grounds, modern housing, older buildings and parkland. Both were very well planned too.

Map scales are usually 1:4000 or 1:5000. A magnifier is useful to pick up the fine detail. I've been caught out in London and Cambridge by small "Do not Cross" gates. Courses are measured in a straight line, so the optimum route can be over 50% longer. On the men's elite course in Edinburgh a 30 metre leg took almost 2 minutes.

The regular urban orienteer does not wear a long sleeved O top or trousers. Running kit is the norm, although short sleeved tops and leggings are common too. I wear running shoes, but off road shoes are better where there is more parkland and it's damp. The JK at Livingstone was a case in point!

There is less chance of falling over, despite what happened to Mary at Poole, but don't spend too long reading the map on the run where there are pavement areas or speed bumps to trip over.

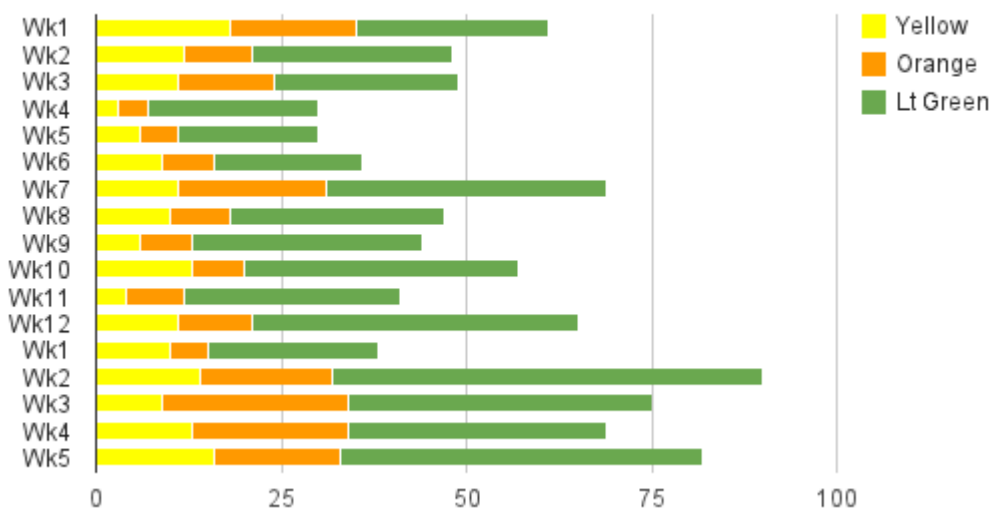
If you haven't tried it before give it a go. You don't get muddy! There are events this year at Wimborne, Bournemouth, Poole and Winchester, the latter is the day before the Classic on 1st November.

## The Summer Series

Ed

What on earth is going on?

**Summer Series Participation**



The chart shows the 12 events from last year's series then the five events so far this year. OK, five events does not a series make. But so far we have seen a 47% increase in participation. By course the increases are Yellow 31%; Orange 79%; Light Green 42%.

I have a sneaking suspicion that it is not a single initiative that has made the difference but a combination of format changes, publicity and chance. Some things that are different this year:

- Entry fee and card hire reduced, particularly for adults on Yellow and Orange
- More use of event specific posters
- "Orienteering Here Today" poster on the A-frame

- Better publicity aimed at experienced orienteers, making it clear that the series has a lot to offer at this level
- No clashes (so far) with other events. QECP will test that as it clashes with the Poole Urban race.
- Paid advertising on Facebook (up to £9 per event)
- Fast track-entry for BO members
- Whistles and skills passports for youngsters

We will survey newcomers to see what attracted them to their first event. If you have participated this year but didn't tend to last year I'd be interested to know what made the difference for you. Please let me know.

## The Power of Nature

Kieran Devine



Some of you may remember when we had our last SCOA league event at QECP that the longer courses visiting the southern part of the Forest had been badly hit in the winter storms. So much so that some areas were impassable, and I had to add path runs around the worst parts. In the last two months the Forestry Commission have been in and cleared almost all the fallen trees as can be seen in the accompanying photographs.

Tim Spellar from QECP tells me that they have logged around 3000 Tonnes of timber. At 30 Tonnes per lorry load that's 100 lorry loads now ready for carting away! It was always

one of my favourite areas of QECP - magnificent tall pines with moss underfoot and a tranquility lacking in the beech forests in the northern area.

However there is a positive side to nature's aggression. The result of the 'windblow' and subsequent felling has been to open up some lovely views southwards. The view through to the hills actually shows the windmill on the hill top above the Butser settlement and the Solent beyond. Probably the first time this view has been seen for almost 50 years when these conifers were planted in the 1960's. The area will not be replanted as it is actually a designated important protected archaeological site containing the remains of both Saxon stone hut circles and a very good Mediaeval field system. There is also a site of a Roman farmstead.



Now that the clearing operation has finished and the rootstocks sort of put back flat I can redo the Permanent Orienteering course 'Hard / Blue' course ready for a re-launch in the autumn.

## 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
Thu 29/05/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Sat 31/05/14	<a href="#">British Long Championships (UKOL)</a>	Level A		NEOA	Thrunton and Callaly	Newcastle	
Sun 01/06/14	<a href="#">British Relay Championships</a>	Level A		NEOA	Cragg Estate and Chesterhope Common	Newcastle	
Thu 05/06/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Sat 07/06/14	<a href="#">Summer Series 6</a>	Level D	<a href="#">SOC</a>	SCOA	<a href="#">Queen Elizabeth Country Park</a>	Portsmouth	<a href="#">SU718185</a>
Sat 07/06/14	<a href="#">Poole Town Race</a>	Level C	<a href="#">WSX</a>	SWOA	<a href="#">Poole Town</a>	Poole	<a href="#">SZ011905</a>
Sun 08/06/14	<a href="#">SAX Tunbridge Wells Urban</a>	Level B	<a href="#">SAX</a>	SEOA	<a href="#">TUNBRIDGE WELLS</a>	Tunbridge Wells	<a href="#">TQ586398</a>
Sun 08/06/14	<a href="#">TVOC Colour-Coded &amp; SCOA League Event</a>	Level C	<a href="#">TVOC</a>	SCOA	<a href="#">Hughenden and Downley</a>	High Wycombe	<a href="#">SU847957</a>
Mon 09/06/14	<a href="#">WIM/WSX Monthly Evening event - Summer series</a>	Level D	<a href="#">WIM</a>	SWOA	<a href="#">Avon Heath Country Park</a>	Ringwood	<a href="#">SU123033</a>
Thu 12/06/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Sat 14/06/14	<a href="#">Basing Wood - Come and Try It Event</a>	Level D	<a href="#">BADO</a>	SCOA	<a href="#">Basing Wood</a>	Basingstoke	<a href="#">SU649550</a>
Thu 19/06/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Sat 21/06/14	<a href="#">South of England Urban League</a>	Level C	<a href="#">WIM</a>	SWOA	<a href="#">Wimborne</a>	Wimborne	<a href="#">SU011004</a>
Sat 21/06/14	<a href="#">Summer Series 7</a>	Level D	<a href="#">SOC</a>	SCOA	<a href="#">West Wood</a>	Netley	<a href="#">SU445094</a>
Sun 22/06/14	<a href="#">Hardy Relay</a>	Level D	<a href="#">WSX</a>	SWOA	<a href="#">Holton Lee</a>	Poole	<a href="#">961914</a>
Sun 22/06/14	<a href="#">SO Park O 1&amp;2 Sprint</a>	Level D	<a href="#">SO</a>	SEOA	Preston Park	Brighton	
Wed 25/06/14	<a href="#">SO Evening 1 Trail Challenge</a>	Level D	<a href="#">SO</a>	SEOA	Devils Dyke, Poynings	tbc	
Thu 26/06/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Sat 28/06/14	<a href="#">Dorset Coast Path Relay</a>	Level D	<a href="#">WSX</a>	SWOA	Along Dorset Coast Path	Lyme Regis	
Sat 28/06/14	<a href="#">SO Park O 3</a>	Level D	<a href="#">SO</a>	SEOA	Hove Park	Brighton	
Wed 02/07/14	<a href="#">MLS Summer Series</a>	Level D	<a href="#">BAOC</a>	SCOA	Long Valley South	Long Valley South	
Thu 03/07/14	<a href="#">SO Park O 4</a>	Level D	<a href="#">SO</a>	SEOA	Withdean Park	Brighton	
Thu 03/07/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Sat 05/07/14	<a href="#">Summer Series 8</a>	Level D	<a href="#">SOC</a>	SCOA	<a href="#">Shawford Down</a>	Winchester	<a href="#">SU471247</a>
Sun 06/07/14	<a href="#">Yvette Baker Trophy Final</a>	Level B	<a href="#">SO</a>	SEOA	<a href="#">Capite Wood, Ashington, West Sussex</a>	Ashington (adjacent A24), approx 10 miles south of Horsham	<a href="#">TQ184173</a>
Sun 06/07/14	<a href="#">SO level C event (event 3 of SO club champs series)</a>	Level C	<a href="#">SO</a>	SEOA	<a href="#">Capite Wood, Ashington, (just off A24, south of Horsham)</a>	Ashington (adjacent A24), south of Horsham	<a href="#">TQ184173</a>
Sun 06/07/14	<a href="#">South West Sprint Championships</a>	Level C	<a href="#">WSX</a>	SWOA	<a href="#">Bournemouth University/Slades Farm</a>	Bournemouth	<a href="#">SZ074938</a>
Mon 07/07/14	<a href="#">Club Night</a>	Level D	<a href="#">WSX</a>	SWOA	<a href="#">Slades Farm</a>	Bournemouth	<a href="#">SZ074946</a>
Tue 08/07/14	<a href="#">SO Evening 2</a>	Level D	<a href="#">SO</a>	SEOA	Blacklands Farm	Sharpthorne	

Date	Event (click for details)	Level	Club	Region	Venue/Map	Nearest Town	GridRef
Wed 09/07/14	<a href="#">MLS Summer Series</a>	Level D	<a href="#">BAOC</a>	SCOA	Andover area	Andover	
Thu 10/07/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Sat 12/07/14	<a href="#">Lydiard &amp; W. Swindon Urban</a>	Level C	<a href="#">NWO</a>	SWOA	<a href="#">Lydiard Park and W. Swindon</a>	Swindon	<a href="#">SU101845</a>
Sat 12/07/14	<a href="#">SO Park O 6</a>	Level D	<a href="#">SO</a>	SEOA	East Court	E Grinstead	
Sun 13/07/14	<a href="#">Furrow Hoppers Relay Event</a>	Level D	<a href="#">WIM</a>	SWOA	<a href="#">Port Regis School</a>	Shaftesbury	<a href="#">ST850240</a>
Tue 15/07/14	<a href="#">SO Evening 3</a>	Level D	<a href="#">SO</a>	SEOA	Lancing Ring	tbc	
Thu 17/07/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Sat 19/07/14	<a href="#">Summer Series 9</a>	Level D	<a href="#">SOC</a>	SCOA	<a href="#">Hursley Park</a>	Winchester	<a href="#">SU422250</a>
Thu 24/07/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Wed 30/07/14	<a href="#">MLS Summer Series</a>	Level D	<a href="#">BAOC</a>	SCOA	Black Park	Black Park	
Thu 31/07/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Thu 07/08/14	<a href="#">SOC Social</a>	Activity	<a href="#">SOC</a>	SCOA	<a href="#">The Waterloo Arms</a>	Southampton	
Sun 24/08/14	<a href="#">WIM Summer Series event and BBQ</a>	Level D	<a href="#">WIM</a>	SWOA	<a href="#">Canford and Merley Urban Area</a>	Wimborne	<a href="#">SZ032986</a>
Mon 25/08/14	<a href="#">TVOC Didcot Urban Event</a>	Level C	<a href="#">TVOC</a>	SCOA	<a href="#">Didcot Ladygrove</a>	Didcot	
Sat 30/08/14	<a href="#">SO Park O 7</a>	Level D	<a href="#">SO</a>	SEOA	Tilgate Park	Crawley	
Sun 31/08/14	<a href="#">BOK Blast Day 2: Bath City Orienteering</a>	Level B	<a href="#">BOK</a>	SWOA	<a href="#">Bath</a>	Bath	<a href="#">ST746648</a>
Sat 06/09/14	<a href="#">British Sprint Champs (UKOL)</a>	Level A	<a href="#">POTOC</a>	WMOA	Keele University	Newcastle-under-Lyme	
Sun 07/09/14	<a href="#">British Middle Champs (UKOL)</a>	Level A	<a href="#">WCH</a>	WMOA	Brereton Spurs	Rugeley	
Mon 08/09/14	<a href="#">WIM/WSX Monthly Evening event - Summer Series</a>	Level D	<a href="#">WIM</a>	SWOA	<a href="#">Potterne Park, Verwood</a>	Verwood	<a href="#">SU094075</a>
Sat 13/09/14	<a href="#">Caddihoe Chase, SW Championships, VHI Individual</a>	Level B	<a href="#">NGOC</a>	SWOA	Mallards Pike	Cinderford	
Sat 13/09/14	<a href="#">Autumn Event 1</a>	Level D	<a href="#">SOC</a>	SCOA	<a href="#">Lucas Castle, New Forest</a>	Southampton	<a href="#">SU239091</a>
Sat 13/09/14	<a href="#">SO Park O 8</a>	Level D	<a href="#">SO</a>	SEOA	HorshamPark	Horsham	
Sun 14/09/14	<a href="#">Caddihoe Chase, SW Championships, VHI Relays</a>	Level B	<a href="#">NGOC</a>	SWOA	Mallards Pike	Cinderford	
Sat 20/09/14	<a href="#">GO Guildford Urban Race</a>	Level B	<a href="#">GO</a>	SEOA	Guildford	Guildford	
Sun 21/09/14	<a href="#">London City Race</a>	Level B	<a href="#">SLOW</a>	SEOA	City of London	London	
Sat 27/09/14	<a href="#">SO SOG A1</a>	Level D	<a href="#">SO</a>	SEOA	KnowlandsWood	tbc	
Sun 28/09/14	<a href="#">LOK Regional SE League</a>	Level B	<a href="#">LOK</a>	SEOA	Holmbury	Dorking	
Sun 28/09/14	<a href="#">Gallopen and Dorset Schools</a>	Level C	<a href="#">WIM</a>	SWOA	<a href="#">Gore Heath, Wareham Forest</a>	Wareham, Dorset	<a href="#">SY921909</a>
Sun 05/10/14	<a href="#">SO level C, Rewell Woods, Arundel (incl event 4 of SO champs)</a>	Level B	<a href="#">SO</a>	SEOA	Rewell Woods	Adjacent the A27 to west of Arundel	
Sun 05/10/14	<a href="#">SCOA League &amp; Dorset Schools event</a>	Level C	<a href="#">SARUM</a>	SWOA	Vernditch ? Everleigh	Salisbury/Bulford?	
Mon 06/10/14	<a href="#">Club Night &amp; Night League</a>	Level D	<a href="#">WSX</a>	SWOA		Bournemouth	
Tue 07/10/14	<a href="#">SO SONIC 1</a>	Level D	<a href="#">SO</a>	SEOA	tbc	tbc	
Sat 11/10/14	<a href="#">British Schools Score Championships</a>	Level B	<a href="#">HOC</a>	WMOA	<a href="#">Arrow Valley Country Park</a>	Redditch	<a href="#">SP058669</a>

**Relocate – the view from the forest floor****Final Details - Version 8 Page 1 of 12**

Welcome to our club, regional, colour-coded, championship and league activity event in Little Big Wood (*formerly known as Much Brambly in the Marsh*).

A mixture of Emit, SI and pin punching will be used. It is up to the competitor to ensure he or she has the correct card with them and understands the terminology. Clearing the card before starting is optional.

Competitors will also be issued with numbered bibs. These will be entirely random and serve no useful purpose. Safety pins will not be provided.

The area is much improved since the last event - the illegal asbestos tip has mostly been removed and the radon level has diminished. However, competitors may still encounter some rusting metal canisters used for training purposes during the Great War. Do NOT touch!

Due to the recent hot wet spell, the undergrowth has shot up in the last two weeks, though courses have been planned to avoid the really worst of it. Leg, arm and neck protection is strongly advised.

Competitors may encounter some fences during the competition. These are of varying height and construction, (remember this was a former safari park) and can be crossed anywhere where feasible.

Unfortunately the landowner has requested no children as local residents may be using the public footpaths to walk their dogs through the area.

We have had to make several last minute areas out of bounds due to the recent discovery of abandoned wildlife. The areas will be taped (red and white for small animals, yellow and black for the larger ones).

A visual whistle check will be in place, a bulge in your trousers will not suffice.

A timed punching start will be used, with at least one or less or more minutes between competitors of the same club, or sex, or age, or height or of the same family.

Courses:

Red  
Orange  
Yellow  
Green  
Blue  
Indigo  
Violet



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Want to contribute to Relocate? Send your thoughts, however irreverent, to [relocate@southampton-orienteers.org.uk](mailto:relocate@southampton-orienteers.org.uk) or slip a piece of paper under my pint at a Thursday social.

## The Club Prize Winners 2013

Following the Club AGM, Nick presented the prizes to our 2013 winners.

Champion Boy: Sam White

Champion Girl: Jenny Chapelhow

Junior Men: Tim Morgan

Junior Women: Tamsin Moran

Open Men: Tom Bray

Open Women: Olwen Rowlands

Gerry Barrell Memorial: David Saunders

Veteran Men: Philip Eeles

Veteran Women: Caroline Moran

Senior Men: David Currie

Senior Women: Lisa James

Most Improved Junior: Michael Ellis

Most Improved Senior: Julian Hartwell

Relay Trophy: Tamsin Moran

Outstanding Contribution to the Club: Kieran Devine (POCman)

The Depression: Peter Stewart

The Pits: Kevin Bracher



Tom Bray

Open Men Champion



Caroline Moran

Veteran Women Champion



David Currie  
Senior Men Champion



Julian Hartwell  
Most Improved Senior



Kieran Devine

Outstanding Contribution to the Club



What scale is this trophy?



Peter Stewart. His Depression was a series of mishaps as organiser and planner of the QECF Summer Series event.



The evidence!



And Kevin Bracher's Pit was literally that. You just don't expect to end up chest-deep in a muddy pit when you're on a track, do you?

**Join us at Queen Elizabeth Country Park on Saturday  
7<sup>th</sup> June for the next event in the Summer Series**