



SOCK – Winter 2016

The magazine of Southampton Orienteering Club



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Editorial**Jenny Dickin**

Happy New Year! Apologies for the delay in getting this edition to you, January has been a very busy month!

Looking back, 2015 was a great year for SOC and the last few months continued this success. Having made it into the Compass Sport Cup Final for the first time in several years, we had a great turnout of members travelling up to Kendal to compete in this final. Everyone ran well, collating good scores for SOC to finish in 11th position. Furthermore, I also recently learnt that SOCK was one of 10 club newsletters to be awarded a CompassSport Newsletter Award for 2015! Thank you to everyone who has contributed to make this possible.

2016 is already looking to be another great year of orienteering; we have the JK being held in Yorkshire, the another great looking Summer Series and the 49th November Classic all to look forward to! Maybe this is the year you try a multi-day event; the year you take your orienteering international or the year you try organising or planning an event. Whatever you choose, there will be plenty of opportunities both within SOC and beyond!

Whilst the rest of 2016 is looking very exciting, the last few months haven't been quite so fortunate for SOC health. We wish Kevin and Lisa all the best for speedy recoveries and hope to see you orienteering again as soon as possible.

Front Cover: Top – Compass Sport Cup Final. Bottom – WIM Boxing Day Canter

New Members**Barbara Davidson**

We would like to extend a warm welcome to Simon Cotmore, David Gibbs, Toby Tyrrell, Louise Wren, Damien and Henry Pealin and Naomi Clark, who have joined us since the last issue of SOCK.

The membership figures are slightly up on this time last year, with 30 family units and 63 seniors.

Hopefully all members who wish to renew have already done so, but if not, now is the time to do it!

A Message from Kevin**Kevin Bracher**

As most of you will know, back in December at our Kings Garn Gutter event, I suffered a heart attack while competing.

After heart surgery I came out of hospital a couple of days before Christmas. Since then I have been recovering well and, as some of you may have noticed, I have attended a couple of recent events where I have walked around a Green course. I have also been planning the Bratley SCOA league event and have had several excursions in the forest tagging control sites and checking features. The next stage in my recovery is a return to work and I plan to try some light jogging in the near future.

That's it in a nutshell but behind all this there is a lot more!

Firstly, I would like to thank all the team who attended me when I collapsed in the forest. Without the quick actions and care of those involved I would not be here today. They made sure I was comfortable and got me to hospital as quick as possible!

I was also fortunate that I collapsed in the forest as Southampton General Hospital has the best Cardiac department in the country. During my stay in hospital the treatment and care I received was first rate. The care and dedication from all the staff was superb.

I hope to be back running in the near future and look forward to seeing you all at an event very soon.

I would like to thank all who sent good wishes to me and also to those who visited me during my stay in hospital or after I was aloud home. I also want to thank Colin, Simon, Lisa and Peter who looked after me and recovered me from the forest and got me to hospital. Also to the unknown parent who came to my aid and to the Wimborne competitor who also stopped to help.

I cannot thank you enough for what you did for me!

A Message from Lisa

Lisa James

Thank you for the cards, flowers and best wishes I've received over the last couple of weeks following my mishap at the Wessex Night League event in Eastleigh. I had surgery last week and will be out of action for some time recuperating, followed by a period of progressive rehabilitation. I've resolved to use this enforced rest to good effect by doing regular 'arm-chair O' activities and planning a couple of SOC events scheduled for later this year.

I hope the Forest is beginning to dry out and that training and preparation for the big events is going well for everyone.

See you soon, Lisa

Compass Sport Cup Final

Jenny Dickin & Christine Currie

After successfully making it through our regional round, 34 SOC members made the journey up to Kendal for the Final of the Compass Sport Cup on 18th October 2015. On the Saturday evening, over 20 of us gathered at a local pub for a pre-race meal and social. This was a great evening with delicious food and good company. 12 of us also spent the night in a camping barn nearby. Despite limited facilities (i.e. No bacon butties) this was enjoyable and Laura Ellis even made friends with a local cat.

The next morning, we all travelled over to Helsington Barrows, ready to get going. There were some great courses on offer and many members had fantastic runs. Helsington Barrows is a largely open, very fast area made up mainly of open limestone with some parkland. The results for SOC members were:



Photo: Part of the SOC team

Brown:

20th Tom Bray

35th Chris Williamson

50th Robert Finch

59th Andy Nash

Short Brown:

57th Jamie Hicks

86th Marcus White

94th Matthew Ellis

99th Roderick Johnstone



Blue Men:

36th Robert Sweatman40th Ian Moran66th Jes Dickin

Blue Women:

=8th Tamsin Moran25th Anya Crocker30th Christine Currie67th Lucy Bailey

Green Men:

28th Julian Hartwell49th Kevin Bracher70th Kieran Devine77th Bill Davidson88th Colin Hicks

Green Women:

8th Jane Morgan53rd Lisa James114th Jill Ellis119th Jillian Devine120th Bernie Newitt121st Elaine Chapelhow

Vet Short Green:

44th Barbara Davidson

Junior Men:

4th Tim Morgan32nd Michael Ellis

Junior Women:

34th Jenny Dickin

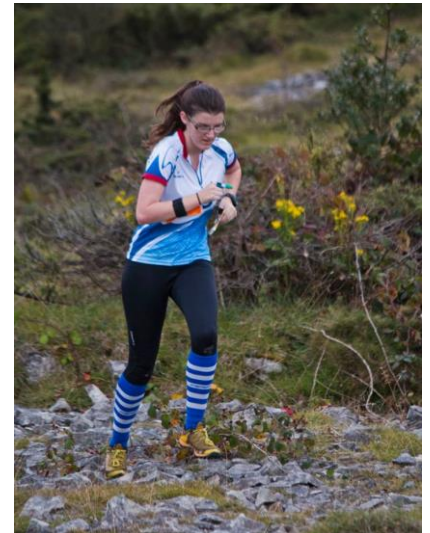
36th Lauren Newitt

Orange:

75th Jenny Chapelhow

96th Laura Ellis

98th Sam White



Photos: (Top-bottom) Tom Bray, Lisa James, Robert Sweatman, Kieran Devine, Robert Finch, Tim Morgan and Jenny Dickin. (All by Wendy Carlyle).

With 25 runners scoring points, SOC finished with 1691 points – putting us in 11th position. Some highlight comments from runners included Michael Ellis finishing and declaring “well that was an adventure”; Colin Hicks describing how he became so overexcited by the spectator control that he missed the control before it and Andrew Nash admitting that really, he had no excuse for not winning seeing as his parents live in sight of the area! The day was rounded off in style with Tamsin Moran’s 21st birthday cake (big thank you to the Moran’s)!

Overall, it was a great event and a very social weekend. A huge well done to everyone who competed and thank you for making the journey up to compete – a special mention should go to the fact that every junior that ran did score points for the club, so it was well worth you all making the trip up.

November Classic 2015

Nick Bosbury & Mary Nixon

Good weather, superb setting, large turnout and excellent orienteering courses brought to you by Alastair! That’s the Headline but does not describe the sagas which are always in the background of events.

A lot of work is carried out prior to the classic weekend and the reality of all this comes home on the Saturday. A damp misty start greeted a small band of helpers who arrived to set up the marquee, tapes, tents and maze. The weather became sunny and that heralded a start of a very strange day. It was of course Halloween and Burley is the centre for witches and things that go bump in the night. As we set about setting up for the event the public parking in the event field started to fill up and the number of witches, ghouls and demons increase significantly. Even this was not as bizarre as the sight of ghostly horse and cart rides passing the field along with a skeleton in top hat and tails riding a penny farthing.

Chairman Kevin and myself had arranged to camp out and look after the site. A trip to the pub in the evening brought more bizarre sights, a Halloween night themed as the Rocky Horror show. Would we survive the night? Yes, we did, despite the heavy fog, barking Foxes, bellowing red deer and a particularly annoying owl.

Sunday, the day of the Classic had arrived. Traders, helpers and the first competitors started to arrive. The assembly area set-up was completed and the all-OK from the forest team and controller was received. We were now off and running, anything which goes wrong now will have to be dealt with as and when. The sun came out everything was working well.

Then Pigs. At the entrance to the assembly field Julia was tasked to prevent animals coming into the field. We had thought only ponies would be the problem but the pigs were persuasive and gate crashed.

Dan the farmer was not worried by the invasion and the pigs became instant celebrities with many in the orienteering community. *A group of half a dozen or so piglets kept both orienteers and general public amused once they'd made it into the field! I didn't expect my stint on car parking to mainly be prodding pigs with the direction arrow to try and keep the track across to the cars clear! Apparently where the cars had churned up the grass made it the best place for worms!*

As the day progressed the first finishers started to download and the first positive comments filtered through, all the work was paying off. *First Aid were kept busy - 1 broken arm and another injured arm which required a visit to A & E. We wish both competitors a speedy recovery.* Apart from this I'm pleased to say there were no other major dramas. On the whole we had a very successful day and it was good to see so many old friends. I was especially pleased to see Mike Johnson who was the first Classic organiser in 1968 and a founding member of SOC.

I'd like to thank the officials: Nick Bosbury for organising, Alastair Moir whose courses were very well received and John Shucksmith for controlling as well all those who helped from within the club and those others whose assistance is always welcome.

The November Classic will be back for number 49 in 2016. So when Di Smith, the organiser, puts out the call don't delay, volunteer early!

Personal Review of my 'Top 10'

Robin Smith

Chosen from 111 events attended.

1. Wettest: BAOOC at Twesledown in a thunderstorm in August.
2. Shortest: LOK Ultra sprint, Waterlow Park, North London. 24 controls in 0.9km. See Phil Eeles here: <https://www.youtube.com/watch?v=XrweytnixCM&feature=youtu.be>
3. Longest leg: Scottish 6 days, Day 5, Glen Affric South. 1.5 km over rocky and rough terrain, including a waterfall.
4. Most club events attended: 42 events organised by BAOOC.
5. Slowest course: WightO map memory at Firestone Copse. 116 mts for 5k.
6. Most frustrating urban event: WIM Sherborne. No leg was 'straight forward'.
7. Reasons for being disqualified: Missed control x2, wrong control x1, card not cleared x 1, retired x 1 and controls in wrong order(!), x1.
8. Most ridiculous event: Tie between the Brighton night urban mass start, or the 3 am run at the Harvester relay.
9. Watching the WOC on TV, albeit with a Gaelic commentary.
10. Best multi-day: The Scottish 6-days with its 8 races.

Meet the SOCs

Bill Davidson

Editor's note: having heard several comments from club members about finding out about different club members and their experiences of orienteering, I am hoping that a series of interviews of different members will be an interesting way of doing this. Hopefully people will enjoy it and it can continue through future issues of SOCK.

How did you first get into orienteering?

A newspaper or magazine article caught my attention in the early 70's. An M21 course at Joydens Wood in Kent was my introduction to the sport and despite being out for ages it didn't deter me and I soon joined Saxons OC.

How/why did you get involved with SOC?

I came to live in Romsey in 1980 and having travelled down from Kent for several Classics as a Saxon it was an easy decision to join SOC.

Where has been your favourite place to orienteer so far?

Probably the Lake District with so many excellent areas but we are so fortunate to have the New Forest on our doorstep which as numbers attending the Classic prove it is such an enjoyable area for orienteering.

How much/what training do you do?

In the past modest amounts of running. Nowadays the running has been replaced by cycling and a little circuit training.

What has been your orienteering highlight so far?

I really couldn't pick a highlight from what must be in excess of 1500 events. A small evening event with 20 competitors can be as memorable as a British Championship or an O trip abroad.

Have you had any 'pits' moments?

Yes, many, but winning the Pits trophy once is enough!

What do you enjoy most about orienteering & being part of SOC?

The original attraction of orienteering was running with a purpose, using both legs and brain at the same time while being in varied and often beautiful surroundings. These still hold good.

What is one thing you think SOC could improve upon or develop in the future?

British Orienteering and the clubs have always failed to attract the number of newcomers that the sport deserves. Thanks to the Summer Series and the excellent publicity from the club SOC are doing much better than ever before and I hope we can find more ways to encourage the growth of orienteering in the area.

What are your orienteering goals for the future?

To keep orienteering and who knows find that perfect run, even if it is at a slower pace.

What other interests do you have outside of orienteering?

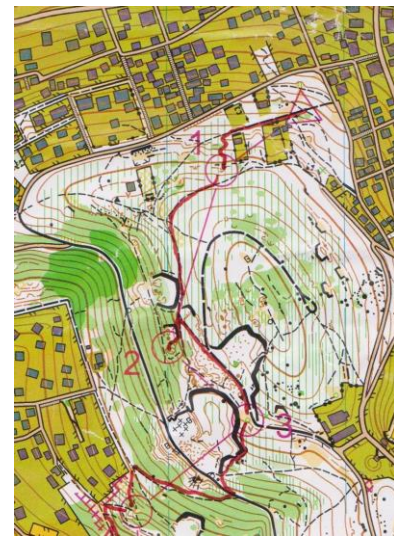
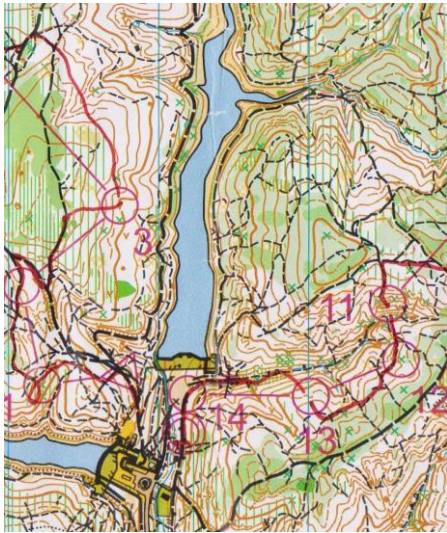
Golf and walking have always occupied much of my spare time but in retirement I find cycling more enjoyable and kinder on the body

Istanbul 5 Days**Kieran Devine**

The conversation went something like; K ' Why don't we go away for half term?', J 'OK, where's on the list?', K 'Istanbul? I've always wanted to go there', J 'Ok, sounds good'. So I found a cheap flight on Turkish Airlines and a convenient Hotel close to the centre of the city and started planning what we needed to see and do in our 5 days. Two days later Jillian suddenly says to me ' You know there is a 5-day Orienteering event in Istanbul the same time as we are there?' Well I didn't even consider that there would be Orienteering in Turkey - it is very popular actually - but having previously combined a long weekend sightseeing and Orienteering in Rome I said OK lets go for it!! So we signed up for 3 events on two of the days - after all there is an awful lot of sightseeing to do in the City itself.

We arrived on the Tuesday evening (conveniently missing the Day 1 sprint) at around 10 pm local time which was actually 11 pm as they had decided NOT to put the clocks back due to avoid any added confusion due to the impending elections. As we had gone primarily for tourism we spent our first day sightseeing and managed to visit the Topkapi palace (go early, long queues to see the Prophets beard etc., and treasury), Agia Sophia (absolutely awesomely huge inside) and finally the Blue Mosque

(amazing). We also had a couple of attempts to get to the Event centre hotel to collect our bibs, maps and souvenir shirt, plus details of all the travel arrangements to get to the events. As we were wandering around the Blue Mosque gazing up at the amazing tilework in the ceiling we bumped into Tim and Carol Sands (almost literally) who like us were combining a week's sightseeing with some Orienteering. And recovering from all the work of the Scottish 6 days. Tim quickly filled us in on the Day 2 event from the morning which was in the Belgrad forest. He described it as 'like the Chilterns'. Well it was beech forest but with tough undergrowth in places and very vicious brambly things growing from the trees at neck height. Oh and some very steep gulley's. Nice.



Day 3 Belgrad Forest long distance (Jillian)

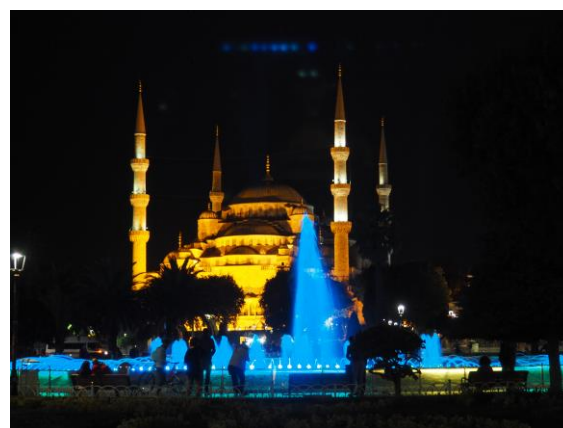
After a 45 min bus journey north out of the city we arrived at the Belgrad forest assembly area - a popular picnic area for residents of the city. After a warm up Orienteering song from the Red Bull music truck we headed off to the start. Although pre warned about the vegetation we were not really prepared for the steep slopes and gulley's that we had to negotiate. We both had pretty awful 'runs' and most competitors had got back to Istanbul on a nice warm bus before Jillian finished as she had been given a late start. (it was a very long, lonely wait at the finish - K).

Our bus got us back to the City in time to visit the Incredible Roman underground cistern (literally under the bus stop for the events) and then we relaxed (?!?) with a scrub and massage in one of the city's 300 year-old Hammams. Thoroughly refreshed we wandered back to gaze once again at the incredible light show that goes on every night on Agia Sophia and the Blue mosque.

Day 4 Princes' Islands mix of Urban and classic (Kieran)

The day started bright and early (very literally as we had to be on the tram to take us to the dock at 07.30 which my body knew was really 04.30 am). The organisers had hired a ferry for the day which took us on an hours trip across the Bosphorus from Europe to Asia. Weird. On the way we spotted some dolphins which appeared to be a real novelty to many competitors. Prince's islands are extremely popular day trips and summer residencies for Istanbul inhabitants and the one we were on was car-less, but with hundreds of Horse drawn phaeton carriages and a lot of silent electric scooters and bikes. The Boat also doubled up as the assembly area which was fun. It was a very steep walk up to the start and then we were off around the islands Pine clad hillsides, with big rocks, small quarries, nasty thorny scrub, and lots of litter. Oh and did I mention the thorny scrub. It was the sort of stuff that you would look at and say - not going through there - but of course I did following faint goat and horse tracks. And some of it was very steep and hot and dusty. What fun! The finish was back in the town which was where the Urban bit came into the description. After lunch in one of the many fish restaurants along the quayside we all got back on the boat for a gossip and a few minutes' slumber.

We got back just in time to check out the Grand bazaar and how to get to it, and grab a quick bite to eat before the highlight of the week; A 'Supersprint' at night around the Grand Bazaar with the added surprise / challenge of a sport labyrinth next to the spectator's zone. Fortunately, the market itself closes at 19.00 pm so we were not accosted by carpets sellers or shady characters with knock-off leather goods and designer gear and promises of tea. Sadly, Jillian had injured her leg on the morning event so it was left to me to fly the SOC shirt! Starts were from 2200 pm and there was just the gloomy security lighting in the cloistered alleyways and passageways. Oh and all the litter left from the days selling. It was interesting to see all the youths downing their Red Bulls and checking their heart rate monitors - obviously taking it a bit more seriously than I was. It was great fun, and very fast with multi levels, narrow passageways, dodgy steps and the added fun and excitement of a maze / sport labyrinth in front of everyone.



Day 5 was back to the Belgrad Forest for a middle distance event.

Sadly, we had to give it a miss as we were due to fly back in the afternoon so that I could do the Classic on the Sunday! However, we did find time to visit the Orient express station (disappointing) a la Michael Portillo, took the Metro under the Bosphorus from Europe to Asia and back above ground on a ferry boat (awesome engineering), finishing with a visit to one of the City's oldest Turkish delight shops and then the famous Spice Market, a la Rick Stein.

The Orienteering was extremely well organised and everyone was friendly and helpful. We picked up a couple of very good ideas for SOC orienteering events. They had over 400 competitors from 26 different countries which they were pleased with but their best is 1500 from 40. Next years' event will be held in similar areas from 2nd to 6th November.

And the sights of Istanbul are breath-taking. All highly recommended for a week of something a bit different.

Club Captain's Corner

Christine Currie

Happy New Year! I hope everyone has made some great new year's resolutions to spend 2016 running in club-events for SOC. There are some great team events coming up this year to choose from.

Many of you will have seen my request for those wishing to run a relay for SOC at the JK (biggest UK orienteering event of the year - this year being held in Yorkshire at Easter) to get in touch with me by 14 January. If you missed that deadline and would still like to run, let me know as soon as you can and we will find you a team to run in. The cost goes up after 14 January but entries are still possible.

Other dates for your diary:

13 March: Compass Sport Cup First Round (New Forest - organised by SOC). We have our work cut out to get through this year so we need as many people as we can to come along and run their best. Look out for e-mails about entries.

30 April/1 May: British Championships with the British Relay Championships on the Sunday (Shropshire). The area they are using for this event (Brown Clee Hill) is great, although somewhat hillier than we might be used to. The entry deadline is 10 April so we have a little bit longer to plan our teams for this.

25/26 June: Harvester Relay, Cleeve Hill (near Cheltenham). See <http://www.ngocweb.com/harvester2016> for more details. An open area, this could be great fun at night and the Harvester is always a fun event. I'd like to get a couple of teams out - let me know if you're interested, although we have a few months yet for the weather to warm up before we need to enter the teams.

Yvette Baker Trophy (junior club competition like the Compass Sport Cup but just for juniors) - more details to follow.

If you've done anything you are particularly proud of or have been selected for a team that you think the club should know about, let me know and I'll shout about it. Also, if you spot a local team competition that you'd like to enter but need some team mates for, send me an e-mail and I'll see if we can rustle up some teams.

Happy New Year!

Ps. I am writing this sat in a room on the JK Sprint map from last year's JK up in the north west and it is making me feel very nostalgic. That was a great JK!

jSOCK

edited by Jenny Dickin

This issue, a special mention should go to Sam White (M14) for finishing in 2nd place on Orange of the SCOA League for 2015.

Burger Review

Michael Ellis

We all know that nutrition is a key part of any athletic training regime so here is a breakdown of recent orienteering related food fests;

JIRCS 2015 – O-Nosh, somewhere on the outside of Birmingham

Dinner - sausage pasta. It was OK but there's wasn't quite enough to go round, so if you were back for seconds it was just pasta! Given the school was full of juniors who had been running for much of the day, it could have been a lot better, and the favouritism towards certain teams meant we were mingled with the people coming back for more.

Breakfast - cereal and toast. Again OK-ish, but eaten outside in the cold and not much for a growing lad!

Lunch – Burger. OK but not the best, the burger was quite thin, not very meaty, rather like a circle of cardboard. In school report terms, 'could do better'.

Compass Sport Cup Final – in the wilds of Cumbria

Dinner – The 'Strick' burger (with extra bacon!) at the Strickland Arms near Kendal. Very good, the chips were amazing. I particularly liked my sticky toffee pudding, and of course the meal was enjoyed in the very best company!

Breakfast – porridge at the Camping Barn. A warm and nutritious start to the day (thank you Dad for packing the camping stove) and ideal for fuelling a run over the scree.

Lunch – Chilli from Podium Catering. Scarred by the JIRCS O-Nosh experience, I investigated the alternative nutrition provider, Podium Catering. An excellent choice and a good alternative to the burger, very tasty. In fairness, Laura selected the cheeseburger from O-Nosh and declared it to be lovely but she's no gourmet!

November Classic – New Forest

Lunch – Tom's Burger Van. The family had a selection from the burger van from the cheeseburger (Laura), the egg and bacon bap (Mum and Dad) and the egg, bacon & sausage bap (me). As usual, Tom's was excellent and everyone really enjoyed their lunch, even more so as we hadn't paid for it (Thank you SOC).

In summary, you have to go a long way, Cumbria in fact, to beat Tom's Burger Van when it comes to post-orienteering nutrition.

SOUTH CENTRAL JUNIOR SQUAD

Simon Kippin

The last training session of 2015 coincided with three athletes and two coaches travelling to the Lakes for the JROS Hawkshead M/W16 training weekend. The weather wasn't great but that didn't stop Fiona, Bethany and David (all TVOC) making the most of the technical terrain and socialising with their friends from around the country (see the JROS website www.jros.org.uk for the training maps and a summary of the weekend by the organiser). It sounds like the training put on by Laurence for the SN junior squad and SCOA junior squad at Bagshot Heath was great too.



Photo: Fiona, Bethany and David at Hawkshead training weekend.

SCJS Training 2016

Simon Kippin

Laurence has put together a great plan for training in 2016. Locations and timings have still to be confirmed but the proposed plan follows:

Saturday 23rd January	Blackwood
Thursday 18th February	SOC area (all day, possibly followed by squad meal)
Friday 19th February	Bagshot South (all day)
Saturday 5th March	Burghfield Common
Saturday 12th March	Windmill Hill (with SN junior squad)
Saturday 23rd April	TVOC area
Saturday 28th May	BADO area
Sunday 9th July	Location to be decided
Saturday 3rd September	Windmill Hill
Thursday 27th October	Location to be decided
Friday 28th October	Location to be decided

GroupSpace events will be created as details firm up so please watch your emails for further details. We hope to run another "Orange to Light Green" set of training sessions as well prepare the more experienced for GB/JROS selection races scheduled from February to April.

Editor's note: The Junior Squad currently use GroupSpace as a means of sharing information regarding training and other events. Please contact Simon (juniorsquad@scoa-orienteering.org.uk) if you are interested in attending such events and would like to be added to the group.

SCJS Fundraising**Simon Kippin**

Ultrasport have generously donated a prize for the Junior Squad to use in a raffle for squad funds. Simon and Laurence are looking for a volunteer to seek further raffle prizes and then organise the selling of raffle tickets (with the help of the athletes!) at one of the big events taking place in Jan (BKO Barossa) or Feb (TVOC Chiltern Challenge).

It would be good if we could hold a cake sale at one of the big events too. The last cake sale was a great success and we would like to raise further funds towards new squad O tops and assisting the squad attend the JIRCS in Sep 16 in Scotland.

SCJS JIRC's 2016**Simon Kippin**

The Junior Inter Regional Championships (JIRCs) 2016 is due to take place in Aberdeen in September. It is the biggest squad event of the year and all the athletes of all abilities find it a great experience. Obviously being in Scotland adds an extra dimension of complexity so Laurence and Simon are looking for another volunteer to investigate the various logistical options and costs associated with transporting the squad to/from Aberdeen.

What's in your loft?**Di Smith**

While putting the Christmas decorations back in the loft, Terry and I spotted some anonymous boxes and took a look inside. What treasure we found!

I had totally forgotten my collection of results from events in 1968 (while I was at school) and 71-74 (mostly while at uni) and 'Orienteer' magazines from 1976 to 1978. As I was living 'up north' in Sheffield '70-73, most of my event results are a bit distant for SOC members to be featured. However, flicking through these was fascinating. Photos, rankings, results and articles in the early magazines brought up some familiar names: Jane Robson (now Morgan) and Alan Velecky both doing very well as juniors, Peter Robson, chair of the BOF International Committee, Mary and David Nixon (then LOK members) taking entries and sorting start lists for JK 1977.

There was a full explanation in Feb 1977 of the background and reason for full body cover. In the late 50's and early 60's hepatitis cases started popping up amongst the orienteering community in Sweden. "In 1962 80% of all hepatitis in Sweden was occurring amongst the 25,000 or so registered orienteers.... Looking at the evidence, the researchers could not rule out the theory that blood was being passed on by brambles near to the controls, but thought that the sharing of towels and water at the finish was the more likely culprit." As a result, all events for the 1962 season were cancelled and when orienteering restarted in 1963, full body protection was made compulsory. This immediately reduced the outbreak and no further cases occurred 1964. When the clothing rule was relaxed the next year, there were 55 more cases. "Since then, full body protection has been the rule."

The event results in the 60's and 70's were typed, photocopied and posted out some time (sometimes months!) after the event. They typically included comments from the planner (Course setter) and organiser and lists of lost property.

In a 1968 event I noted some familiar names in the results: R. Massey (IBM) and N Bosbury (MOM). Ray Massey and Charlie Richardson (both IBM) also competed in the first November Classic on 24 Nov 1968 – I competed for my school. By 1972 J Robson, P Robson and R Massey were competing as SOC members. I also spotted S Whipple (ABIN) competing and a C Richardson winning his class in the 1972 Southern Champs. The 1972 Midlands Champs saw J Robson (SOC) win the W12 course and N Bosbury (SOKI) competing in the M19/20 class.

The 6th British Championships were held on Sun 11 June 1972 in the New Forest, one of the mappers being R Massey. Entry fees were 85p for all classes. There was a training course available the day before. (These days we are restricted to competing in the New Forest from September to March) Somehow, I have a copy of the 1974 Southern Senior Champs held in April in Ringwood Forest, although I have no recollection of being there and am not in the results. (As I was living in Pembrokeshire then, maybe I entered in hope but never made it!) Surveyors for this event included Ray Massey, Charlie Richardson, Lubor Velecky and Peter Robson. Ray was also the Planner and Peter also the Organiser. There were 492 entrants, 455 starters and 418 finishers, 25% on the M21A class. Unlike today (senior) classes were as follows: M19, M21A, M21B, M35, M43, M50, W17, W19A, W19B, W43 and W50. Notable current SOC names in the results include N Bosbury (SOKI), D Nixon (LOK), A Farrington (RMAS), S Whipple (St AUOC), J Robson (SOC), Jean Barrell (SOC) and Jean Velecky (SOC)

Lastly I found an entry form for the 1977 Nov Classic, the venue a secret until final details were available: it was, in fact Busketts Lawn and the map was drawn by none other than Charlie Richardson and his wife Janet.

**10TH ANNUAL NOVEMBER CLASSIC
WEEKEND**
5/6 NOVEMBER organised by S.O.C. – S.U.O.C.
All events within 10km of Lyndhurst

Saturday PM: Club & Anniversary Events. E.o.D. only
Sunday AM: Badge Event. **PRE-ENTRIES ONLY.**
Brand new area. Pre-marked Tyvek Maps.

Classes: M10/12/13/15/17/19/21A/21B/35/43/50/56
W10/12/13/15/17/19A/19B/35/43/50
In addition there will be some club, novice and wayfinder courses – **ENTRY ON DAY ONLY.**

Entry Fees: 19 and over 80p, under 19 40p.
2 9" x 6" (Old Orienteer Size) S.A.E.s required.

Postage needed:	Stamps	Start details	Results
	7p	1 or 2 entries	1 copy
	9½p	3 entries	2 copies
	12p	4 or 5 entries	3 or 4 copies
	15p	6 or 7 entries	5 copies

CLOSING DATE: FRIDAY 7 OCTOBER
LATE OR INCOMPLETE ENTRIES WILL BE RETURNED
1 entry per form – same size photocopies acceptable

NAME CLASS.
CLUB Will you be running on Saturday? YES/NO.
START TIME (tick one)? Before 11.30 After 11.30 No Preference
ENTRY FEE ENCLOSED Make Cheques/P.O.s payable to S.O.C. Don't forget your S.A.E.s correct size and correctly stamped!
Post to: K. JONES, Bloomfield Cottage, 148 Bloomfield Road, BATH BA2 2AS.

If nothing else this goes to show the length of time that some people have been members of SOC and how long some people have been surveying and drawing O maps!

Rainfall Report

Kieran Devine

As we sit and look out of the window at yet more rain, or drive through the countryside and see flooded fields from overflowing streams, the temptation is to think what a horrid wet year 2015 has been.

Or has it?

Being a Horticulturalist I keep a rain gauge in my back garden which I use to record the rainfall every week. Which then goes onto a spreadsheet and graphs etc., Sad I know!!

But looking at last year's summary it was only 93% of the average rainfall for the last 9 years at 767 mm. In fact, 2015 was the driest year since 2011, and since records began in my garden only 2011 and 2008 have had less rainfall.

Have you ever wondered how so many animals get run over on the hard shoulder of motorways when nobody ever drives down them?

Have you noticed the way everyone in posh hotels all smell the same at breakfast because they have all used the same complimentary shower gel?

Knot Skills

Di Smith

With acknowledgement to Ted Finch.

40 years ago it seems that orienteers were expected to have skills that would benefit sailors, climbers and fishermen too. Here is an article from The Orienteer in 1976. (Ted Finch used to be a SOC member!)

Technical Tips

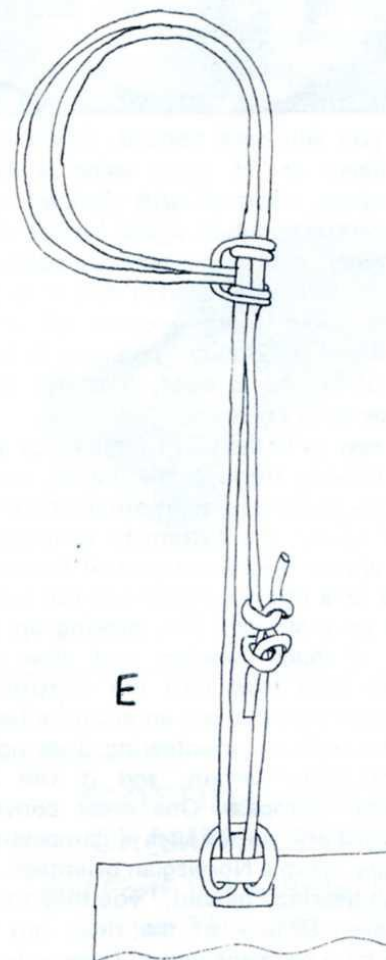
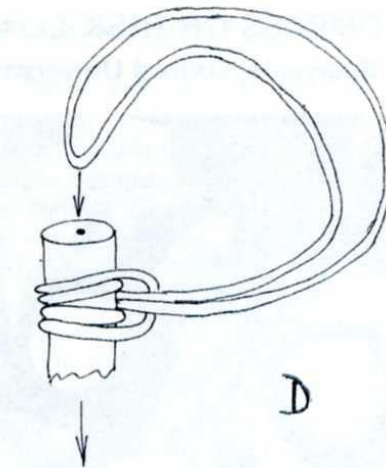
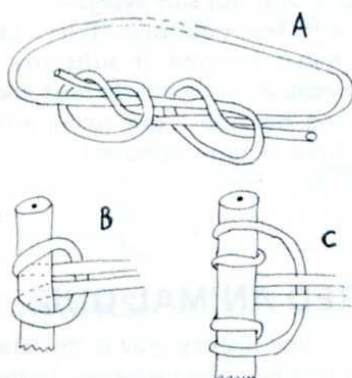
by Ted Finch, Forth Valley Orienteers
2: A Knotty Problem

The method of carrying the compass is very much a matter of personal preference. I prefer carrying mine on my right wrist so it is always to hand. When I take a bearing on the map, I hold the baseplate on the map with my left hand and rotate the housing with my right hand (I am right-handed).

I attach my compass to my wrist using a special slip knot so that it is snug to the wrist but can be removed easily. The knot, called a *Prussick Knot*, will jam when tight but slide when loosened. This prevents the cord tying your wrist to a tree if it should catch. The same knot will fit over any wrist or clothing so need not be retied at any time. The use of this knot will prevent frantic searching for a compass that has slipped off due to an overlarge wrist loop.

The knot is tied as follows:

- Tie wrist cord into a continuous loop (a good knot is a fisherman's knot).
- Pass loop through itself around a pencil or your finger.
- Pass loop through itself again.
- Replace pencil with free end of cord loop. Slide knot about halfway along.
- Tidy up knot and attach free end of cord loop to baseplate.



And in the days when we tied control flags (and pin punches) to branches etc., Toby Norris, the Controller for the 1974 Southern Senior Champs noted "My own practice is to tie the flags to trees with a round turn and two half-hitches: the punches I fix by making a loop in the end of the string with a bowline and threading through the loop."

Map Features – How big are they really?

Terry Smith

When we start orienteering, many of us focus on learning the meaning of the symbols we find on maps of local areas and what the corresponding physical features actually look like. That, coupled with learning the meaning of pictorial control descriptions can initially seem quite daunting. However, after a few events, the symbols and features start to come together and it all makes sense.

As we progress, we may feel able to contribute to the post-event analyses with fellow club members and offer a critique of the map, the control suitability and the course setting. However, have we really got a good appreciation of what the map is telling us and are we able to adequately interpret what we see?

An orienteering map is a surveyor's interpretation of the terrain, visualised by a cartographer's interpretation of the surveyor's notes or drawings. As a competitor, this is what you are challenged to read and relate to the terrain you pass through while competing. There's quite a lot of interpretation going on!

So how do we go about minimising the risks of misinterpretation between the competitor and the surveyor? The IOF produce two specifications to provide a standard basis for mapping. The International Specification for Orienteering Maps (ISOM) covers traditional orienteering while the International Specification for Sprint Orienteering Maps (ISSOM) covers sprint events that may take place in forests, in urban areas or a mixture of the two. I'm going to focus on ISOM. Where I refer later to map dimensions, they relate to the IOF standard map scale of 1: 15,000.

One of the challenges a mapper faces is what to map and what to leave off the map. Consequently, the competitor should have an understanding of what to expect on the map and what may appear on the ground but not on the map.

One of the skills a mapper is challenged to develop is the art of generalisation. With the advent of the availability of high-resolution aerial photography and Lidar terrain models there is a natural temptation to include more detail to improve the accuracy of the map. We now have the tools that make it easy and possible to include detail that was previously impracticable.

A classic dilemma is how to map patches of gorse, bramble or heather in open areas. Traditionally, many mappers use the broadly or narrowly spaced green vertical line (undergrowth) symbols to show these areas. The space between the broadly spaced lines is 0.72mm. This equates to 11m between lines. As a pair of small green lines doesn't tell you much (and is probably not going to attract your attention while competing), you would normally expect this area symbol to show a minimum of three lines implying a minimum width of undergrowth of some 22m. Alternatively, you could map individual patches of gorse, bramble or heather using a solid green area symbol. The smallest area of colour allowed by ISOM is 0.5mm, which implies an area of 8m diameter. This is approximately twice the area of a room in the average new UK house.

So how do you map an area which has a number of patches of vegetation, each 1 – 5m in diameter covering an area of some 50 m²? How should the competitor interpret a green screened area or an area of green dots?

I'm not sure there is a "right" answer to this. One thing that the mapper may do, particularly if using green dots for small areas, is to "exaggerate" the spacing of the vegetation patches so they are distinguishable

but they then cover a larger area on the map than they do on the ground. The mapper may then need to move neighbouring features so that they appear correctly positioned relative to the vegetation patches.

On any map you are likely to encounter areas where the absolute position of features has been adjusted to show small, closely packed features relative to one another in a way that portrays the terrain in a way that is legible to the competitor.

Other examples where you might expect "generalisation" are groups of small knolls, pits and shallow depressions. A small knoll is defined as a mound less than 5m diameter and a minimum of 1m higher than the surrounding ground. The symbol is 0.5mm diameter representing 8m diameter on the ground. A small depression should have a minimum diameter of 2m and be 1m deeper than the surrounding ground. The symbol is 0.8m wide, equivalent to 12m on the ground. The minimum dimensions for a pit are the same as for a small depression. The symbol is 0.7mm wide (11m on the ground) and 0.8mm high (12m on the ground).

Generalisation is often required to depict the shape of the terrain with contour detail. Lidar might be seen as our salvation here. However, as a competitor you may not want a map with "highly-accurate" contours. Environment Agency Lidar data is claimed to be accurate to plus or minus 5cm – 15cm in elevation. This implies that 5m contours generated from Lidar data should be no less than 4.7 m apart and no more than 5.3m apart. Sounds good!

SOC have a number of areas in the Forest where you can find old gravel working of significant area. These are typically between one and three metres deep relative to the surrounding ground level. Can you guess what's coming? If the base of the gravel working is just above an "accurate" 5m Lidar-based contour the perimeter of the gravel working will be below the next higher "accurate" 5m Lidar-based contour. Accurate contours suddenly fail to show a large gravel working completely. This is not what the competitor expects! Consequently, the mapper needs to adjust the contour lines on the map to portray the terrain in a way that makes sense to the competitor. You will also see this technique applied to depict re-entrants, spurs and stepped levels in hillsides.

I haven't mentioned the challenges posed by many areas of the forest where we have a scattering of individual or small groups of young trees on the Forest Heaths. Do you map individual trees or use one of the scattered tree symbols? How do you show a gradual transition from woodland to open heath? Where is the boundary and where do you change symbols? How does the competitor interpret a map in such circumstances?

I would suggest that your ability as a competitor will be enhanced by improving your knowledge of mapping techniques so that you are better equipped to interpret your map and relate it to the terrain. You can start by familiarising yourself with the mapping specifications. If you would like to reinforce what you have learned and take it to the next level, contact our Club Mapping Officer and offer to get involved with some surveying or mapping. The Club aim to put on a Mapping course in the near future. Your orienteering will benefit from attending.

References:

ISOM: <http://orienteering.org/wp-content/uploads/2010/12/International-Specification-for-Orienteering-Maps-2000.pdf>

ISSOM: <http://orienteering.org/wp-content/uploads/2010/12/International-Specification-for-Sprint-Orienteering-Maps-2007.pdf>

Trophies

Jill Ellis

The Club AGM is looming and this year we'd like to get the trophies engraved before the meeting. Could all last year's winners return their trophies either to one of the committee at one of the forthcoming events or direct to Jill Ellis (mattandjillellis@btinternet.com). Thank you

SOC on Tour

Jenny Dickin

In December 2015, Club Captain Christine had the great idea of SOC members touring the different Parkrun's in the local area. We started off with 7 of us running at Southampton Common in December. It was a great way to combine a 5km training run with socialising with other club members. We had a great run around the park, special mention going to Rob Finch for a new PB so decided to make it a monthly activity. January saw us move to Fleming Park for the Eastleigh Parkrun where 4 runners braved the cold and turned out for a great run.



Photo: SOC members after Southampton Common Parkrun



The proposed plan for the next few months is currently:

March – Queen Elizabeth Country Park

April – Winchester

Keep an eye on Facebook or the website for updates if you'd like to join us!

Photo: Rob, Christine, Ian and Jes after Eastleigh Parkrun.

SOC Fixtures

Peter Stewart

The fixtures list for SOC events through 2016 can be seen below.

Thank you to everyone who has already signed up to organise or plan any of these events. As you can see there are still plenty of opportunities left to volunteer for. If you'd like to have a go at either organising or planning an, just let me know at: fixtures@socweb.org. If you would like to try organising or planning for the first time, we can provide a mentor to help you out.

To thank all those people who do volunteer I have planned a prize draw – when the fixtures list is full of organisers and planners, we will hold a draw and one lucky volunteer will win a bottle of wine!

Date	Venue	Lvl	Event	Organiser	Planner
28/02/2016	Bratley	C	SCOA League	Pete Davis	Kevin Bracher Simon Bevan
05/03/2016	Southsea	D	WSX Night League		Clare Devine
13/03/2016	Denny	B	CSC Prelim Round	Jillian Devine Asst: J Hartwell	Nick Bosbury Asst: Bill Davidson
09/04/2016	Fleming Park	D	Summer Series 1		Marcus White
23/04/2016	Staunton CP	D	Summer Series 2		
07/05/2016	West Wood	D	Summer Series 3		
21/05/2016	Stoke Park Woods	D	Summer Series 4		
04/06/2015	IBM Hursley	D	Summer Series 5	Pete Davis	Pete Davis
18/06/2016	Lakeside	D	Summer Series 6		Lisa James

02/07/2016	Telegraph Woods	D	Summer Series 7		
16/07/2016	RVCP	D	Summer Series 8		Robin Smith
17/09/2016	Salisbury Trench	D	Level D		Lisa James
08/10/2016	New Copse	D	Level D	Marcus White	Pete Davis
06/11/2016	Fritham / Islands Thorn	A	November Classic	Di Smith +Assistant	Terry Smith +Assistant
04/12/2016	Ashurst Wood / Matley	C	SCOA League		Bill Davidson

Event Calendar

Date	Event (click for details)	Level	Club	Region	Venue/Map	Nearest Town	GridRef
Sat 20/02/16	SO SOG S2. 100 Acre Wood, west of Crawley Down & Turners Hill	Level D	SO	SEOA	100 Acre Wood	Turners Hill	TQ329366
Sun 21/02/16	HH SE League event & SE Long Championships	Level B	HH	SEOA	Ashridge North	Berkhamsted	SP981143
Sun 21/02/16	WIM Regional	Level C	WIM	SWOA	Turf Hill & Millersford, New Forest	Ringwood	SU214178
Sat 27/02/16	British Night Championships (UKOL)	Level A	LEI	EMOA	Cademan & Thringstone Woods	Loughborough	SK440181
Sat 27/02/16	SN - Saturday Series 7	Level D	SN	SEOA	Witley Common	Witley	SU945413
Sat 27/02/16	SO SOG S3, Friston Forest (west), Seaford	Level D	SO	SEOA	Friston Forest (west)	between Seaford & Eastbourne	TQ518001
Sun 28/02/16	Midlands Championships (UKOL)	Level A	NOC	EMOA	Sherwood Forest	East Midlands	
Sun 28/02/16	SOC Level C & SCOA League	Level C	SOC	SCOA	Bratley	Southampton	SU243086
Mon 29/02/16	Night League and Club Night	Level D	WSX	SWOA	Brownsea Island	Poole	SZ031875
Thu 03/03/16	SONiC 5 / KNC- Rivers Wood, Haywards Heath	Level D	SO	SEOA	Rivers Wood	Haywards Heath	
Sat 05/03/16	SOC Wessex Night League Event	Level D	SOC	SCOA	Southsea Sea Front	Portsmouth	SZ638990
Sat 05/03/16	SO SOG S4, Great Walstead School & Henfield Wood, Lindfield	Level D	SO	SEOA	Great Walstead School & Henfield Wood, Lindfield	Lindfield, Haywards Heath	TQ364249
Sun 06/03/16	DVO Level B - Longshaw	Level B	DVO	EMOA	Longshaw	Sheffield	SK296790
Sun 06/03/16	DFOK SELeague event and Yvette Baker Trophy SE heat	Level B	DFOK	SEOA	Chelwood	Forest Row	TQ420319
Sat 12/03/16	SO SOG S5, Coates Common, Fittleworth, Pulborough	Level D	SO	SEOA	Coates Common	Fittleworth, Pulborough	SU992168
Sun 13/03/16	CompassSport Cup Heat	Level B	BOK	SWOA	Cannop Ponds	Coleford, Forest of Dean	SO623101
Sun 13/03/16	Compass Sport Cup and Trophy Heat	Level B	SOC	SCOA	Hollands Wood	Brockenhurst	SU303035
Sun 13/03/16	CompassSport Cup Heat	Level B	WCH	WMOA	Abraham's Valley	Rugely	SJ993210
Sat 19/03/16	SN - Saturday Series 8	Level D	SN	SEOA	Frensham Heights	Farnham	
Sat 19/03/16	WIM Coaching and Informal	Level D	WIM	SWOA	Badbury Rings, Kingston Lacy Estate	Wimborne	ST958029
Sat 19/03/16	SO SOG S6, Broadstone Warren, Forest Row	Level D	SO	SEOA	Broadstone Warren	Wych Cross, Forest Row	TQ430323
Sun 20/03/16	Sarum Saunter	Level C	SARUM	SWOA	Grovely East	Salisbury	
Fri 25/03/16	Jan Kjellstrom Orienteering Festival - Sprint (WRE & UKOL)	Level A		YHOA	Leeds University	Leeds	SE291353
Sat 26/03/16	Jan Kjellstrom Orienteering Festival Individual 1 (UKOL)	Level A		YHOA	Wass Forest	Thirsk	SE561806
Sun 27/03/16	Jan Kjellstrom Orienteering Festival Individual 2 (WRE & UKOL)	Level A		YHOA	Kilnsey	Skipton	SD976674

Mon 28/03/16	Jan Kjellstrom Orienteering Festival Relays	Level A		YHOA	Storthes Hall	Huddersfield	SE186116
Sat 02/04/16	SOC Coaching Activity	Activity	SOC	SCOA	TBC	TBC	
Sat 09/04/16	SOC Solent Summer Series 1	Level D	SOC	SCOA	Fleming Park	Eastleigh	
Sat 09/04/16	SO SOG S7, Pashley & The Warren, Eastbourne	Level D	SO	SEOA	Pashley & The Warren	Eastbourne	
Mon 11/04/16	WIM/WSX Monthly Evening event - Fordingbridge	Level D	WIM	SWOA	Fordingbridge	Fordingbridge	
Sun 17/04/16	Northern Champs (UKOL, UKEOL and WRE)	Level A	CLOK	NEOA	Mulgrave Woods	Whitby	NZ843112
Sun 17/04/16	SO Angmering Park (east) Level C, part of SO 2016 championship (event 1 of 6)	Level C	SO	SEOA	Angmering East	Arundel	
Sun 17/04/16	Warminster Urban Race	Level C	SARUM	SWOA	Warminster Town	Warminster	
Sat 23/04/16	SO SOG S8, venue TBC - Mid Sussex	Level D	SO	SEOA	TBA - mid Sussex	Haywards Heath	
Sat 23/04/16	SOC Solent Summer Series 2	Level D	SOC	SCOA	Staunton Country Park	Portsmouth	SU725098
Sun 24/04/16	TVOC Chiltern Challenge	Level B	TVOC	SCOA	Wendover Woods	Aylesbury	SP891100
Sat 30/04/16	British Long Distance Orienteering Championships (UKOL)	Level A		WMOA	Brown Clee Hill	Bridgnorth	
Sat 30/04/16	SOC Coaching Activity	Activity	SOC	SCOA	TBC	TBC	
Sun 01/05/16	British Relay Championships	Level A		WMOA	Brown Clee Hill	Bridgnorth	
Sat 07/05/16	SOC Solent Summer Series 3	Level D	SOC	SCOA	West Wood, Netley	Southampton	SU447094
Sat 07/05/16	SO SOG S9, TBA - West Sussex	Level D	SO	SEOA	TBA - West Sussex	Chichester	
Sat 07/05/16	Avon Heath Try Orienteering	Level D	WIM	SWOA	Avon Heath Country Park	Ringwood	
Mon 09/05/16	Wessex Club Night	Level D	WSX	SWOA		Poole	
Sat 14/05/16	Southdowns Weekend event 1/3. Friston Forest (north). SE Middle Champs, SE League, SO champs (2of6)	Level B	SO	SEOA	Friston Forest	Eastbourne	TQ561011
Sat 14/05/16	Southdowns Weekend event 2 / 3, Evening Sprint Race	Level C	SO	SEOA	Hampden Park, Eastbourne	Eastbourne	TQ600016
Sat 14/05/16	Dorset Sprint Championships Verwood	Level C	WIM	SWOA	Potterne Park, Verwood	Verwood	
Sat 14/05/16	SOC Coaching Activity	Activity	SOC	SCOA	TBC	TBC	
Sun 15/05/16	Southdowns Weekend 3/3. Friston Forest (central / north). SE Score Champs	Level C	SO	SEOA	Friston Forest	Eastbourne	TQ561011

SOCK 195 Competition Answers & Winner!

Well done to Robert Finch for winning the last issue's competition, getting all of the map areas correct! Here are the answers:

1. Staunton Country Park
2. Hincheslea
3. Dibden Inclosure
4. Bentley Inclosure & Fritham
5. Lucas Castle
6. Queen Elizabeth Country Park
7. Hasley Hill
8. IBM Hursley

SCJS

South Central Junior Squad

Open to any enthusiastic juniors who are moving on to light green courses and above

Aims:

- Maximise potential
- Motivate juniors
- Nurture talent
- Have fun!



Contact Simon Kippin and Laurence Townley at juniorsquad@scoa-orienteering.org.uk

