



SOCK – Summer 2016

The magazine of Southampton Orienteering Club



British
Orienteering
Champs 2016

~
Page. 2

jSOCK
~
Page. 10

SOC Champs
Update

~
Page. 11



Meet the
SOC's

~
Page. 7



Join the
team

~
Page. 13

Lisbon

~
Page. 8

Fixtures

~
Page. 13



Editorial**Jenny Dickin**

Welcome to the summer edition of SOCK! It's been a very hectic few months but having finally finished my A levels, moved to Somerset and completely rethought my plans for next year, I finally had time and enough articles to put together a new issue for you all. We're now half way through 2016 and have already seen great results from SOC at the JK in Yorkshire; the British Champs weekends in both Shropshire and London; the first 7 events of another very successful summer series as well as at events much further afield with members orienteering internationally in countries such as Finland and Portugal – read on to find out more...!

Chairman's Bit**Kevin Bracher**

In the first half of the year SOC has run a series of very successful events. A well supported event on Bratley in February was quickly followed with SOC hosting the Compass Sport Cup first round only a fortnight later.

A large number of Clubs opted to enter our event which made the competition fierce in both the Cup and Trophy classes. The event was very well received with good comments about the courses and the Assembly area and run in to the finish made the competition exiting for both competitors and spectators alike. A big thank you to all who helped make the event happen and special thanks to Jillian Devine (Organiser) and Nick Bosbury (Planner), for all their hard work and attention to detail. SO qualified for the Final in the Cup and SARUM in the Trophy.

This year the Club has also hosted an evening training event at Marchwood and three night events as part of the Wessex Night League. These Urban Night events are growing in popularity and competition is strong with core of regular competitors from all the local clubs. These are great fun and well worth trying. Spotting the best route between controls is not always easy especially when it is important to keep moving and make quick decisions.

Now here we are with only one event left in our Summer Series. The series has been very well attended and has again introduced several individuals and families to orienteering. The last event is on Saturday July 16th at Royal Victoria Country Park. Let's see if we can finish the series with a bang. Bring a picnic and make a day of it!

I would just like to thank all the club members who have helped the club put on the various events so far this year and well done to the first time planners and organisers and the more experienced members who have all made it happen.

We are always looking for volunteers to help spread the load of putting on events. We have experienced members who are more than happy to mentor and help novice volunteers. If you would like to try your hand at organising, planning or helping at our forthcoming events please contact Peter Stewart or any other committee member.

New Members**Barbara Davidson**

We would like to extend a warm welcome to David Cross who joined us in June, Howard Jarrett who joined in July and to two new associate members Louis and Simon Farrington. Also welcome back to Tamsin Moran, Nyssa Cole and Claire Devine.

We now have 31 family units and 69 seniors.

British Orienteering Championships**Chris Williamson**

On the weekend of the 30th April-1st May, 22 members of SOC competed in the British Orienteering Championships, held on Brown Clee Hill in the West Midlands. On arrival skies were heavy and the first of many hail showers fell as the club tent was being put up. Courses had lots of controls and felt very much like a middle distance race in parts, but technical contour detail kept the interest levels high. Many

also shared the spectator run-through with the elite courses giving a chance for further support most of the way around the courses. We were also rewarded with a downhill finish and the SOC tent placed right at the finish line.

Special mention should go to Rob Finch for completing the 14.4 km, 635m M21E course while there were top 5 placings for Jamie Hicks (M20L), Tom Bray (1st on M21L), Chris Williamson (M21S), Christine Currie (W35L) and Jane Morgan (W55L). Edinburgh University exile Tim Morgan also finished 3rd on M20E.

The relay day promised much of the same in terms of weather, but the courses visited a significantly faster and simpler area of the hillside, sharing the same arena and downhill finish as the individual day. 5 relay teams began racing, with some excellent 1st leg running from Christine Currie (2nd), David Currie (2nd) and Tom Bray (4th on Men's Premier). Certainly from my point of view in the waiting pen surrounded by significantly better athletes than myself, Tom's result was both excellent and somewhat alarming! Rob Finch and I managed to maintain a position in the top 10 on Men's Premier, much aided by lots of spectator support as well as ensuring runs were clean, if not the fastest. Philip Eeles also recorded the third fastest time on his second leg.

Special mention and congratulations must go to Tim Morgan who was part of the first ever Edinburgh University team to win the British Relay Championships.

MLS League 2015-16

Robin Smith

The last event of the army military league south (MLS) for the 2015/16 season was held on the 25th May at the War Memorial Park, Basingstoke score event. Preceding the event was the annual prize-giving. SOC finished 3rd in the Guest team category behind BAOC and SN. The top 4 competitors in each team each received (or will receive!), a small memento, so congratulations to Julian Hartwell, Robin Smith, Tom Bray and Terry Smith.

Individual results here:

<http://www.baoc.info/sites/default/files/2015/09/01/MLS/2015/2015-16-MLS-Individual-points-19-May-16.pdf>

From one side to the other: A Journey into the Unknown!

Norman Wilson

Last October Julia and I decided that we needed a bit more adventure in our lives: orienteering just wasn't enough! We had seen in The Great Outdoors (TGO) magazine an event that was just what we were looking for – walking from the west coast of Scotland to the east coast. The event is only advertised in the October issue of the magazine, entry numbers are limited to 300 and is only open for a 2-week period starting on 13th May. It was the 37th time of running but we had never heard of it!

We entered and were accepted. Each team of 1, 2, 3 or 4 are required to plan a route from one of thirteen starting points on the west coast, we decided on Shiel Bridge, and to finish at one of about a dozen points on the east coast. Our finish was at Stonehaven 260K from the start. All finishers need to sign off at Challenge Control in Montrose. It is a walking event, it's not a race, and challengers come from all over the world – Netherlands, USA, Germany, France, Nigeria, Canada and North Baddesley to participate. The organisers are very safety conscious, each route has to be submitted and vetted before being accepted. Our vettor gave some very useful advice particularly following the winter storms of 2015 when a number of bridges were destroyed.

The route across Scotland would require navigation skills with it becoming particularly critical on one day! Our accommodation was to be many and varied – hostels, B&B's, a friend's house and some wild camping thrown in for good measure. This, of course, meant we had to carry all we needed on our backs!

We had an hour's flight to Glasgow on the 12th but then had a 5-hour bus journey to Shiel Bridge before pitching our tent just down the road from the Kintail Lodge hotel, the signing out point for the following day.

By 9.30am the next day we were packed up, signed out and on our way: only 260K to go. However, our adventure nearly finished before it started and here's a tip when walking- make sure that you don't have a long, dangly lace that can get caught up with the other boot. One 'trip' later we were on our way again and were soon surrounded by beautiful highland scenery; the Five Sisters of Kintail on our right and the River Croe on our left. The sun was shining, the birds were singing and the sheep were baa-ing. Today's walk was only 19K with a bit of climb in the middle before descending down the valley to the SYHA 's very remote hostel at Alltbeithe in Glen Affric. This was Julia's first day on a long distance walk (7 hours) carrying a large rucksack with many more days to 'look forward to'. Both of us were glad to reach the hostel and get our boots off with the warden offering tea and scones to those arriving. There was a problem. The hostel had two dormitories of 10, one for women and one for men but had booked in 11 men and 9 women. I was on the horns of a dilemma when the warden enquired whether I would mind sleeping in the women's dorm. What should I do? I'll let you guess.



Figure 1 - Alltbeithe SYHA, Glen Affric

The second day was another relatively short one of only 20K although finding the footpath from the hostel proved slightly difficult although we came across the wreck of a WW2 Wellington bomber with some of the metal remains still looking relatively new. Once the footpath was found we were again amongst great scenery and spied the largest herd of wild red deer we have ever seen. The route was broken up by lunch at the Cluanie Inn before climbing again and heading towards our first wild camp on the banks of the River Loyne. The

sun continued to shine as we set up camp, cooked dinner and eventually zipped up the tent as the temperature began to fall.

On day three the sun continued to shine and soon the frost on the tent had gone and we headed off to find the path out of the valley, over the mountain and into Glen Garry. This was to be a long day not only in terms of distance (27K) but also the need to walk along a tarmac'd road for 10K then another 10K through a commercial forest on a very hard, rocky track. It was very hard on the feet although the day ended in Invergarry and the Saddle Mount hostel – one we would recommend to anyone in the area.

The next day proved to be much more pleasant with a walk under the sun dappled canopy of the forest above Invergarry leading to the Great Glen and the towpath of the Caledonian Canal towards Fort Augustus. A mere 19K today allowing some recuperation for what was to follow!

Day 5 was always going to be a long day. Fort Augustus to Garva Bridge on the other side of the Corrieyairack Pass, one of General Wade's military roads which was also a national ancient monument. After a brief walk the path up the pass was found and we started to climb. Unfortunately, our 1:50000 OS map was so out of date (revised Dec. 2010) combined with the fact that the number of tracks on the ground had multiplied we had to rely on many GPS readings and compass bearings to make sure we were going in the right direction. We had also thought the long line of electricity pylons that snaked through the pass from one side to the other would be a useful handrail. It was sort of but in some respects added to the confusion. Our map showed the pylons on one side of the track whilst in reality they were on the other side and when we compared maps with another challenger he had two lines of pylons on his map! We weren't the only challengers who were confused by this situation as we were to find out some days later. Anyway once we had sorted out where we were and the direction of travel we needed to put in the miles/kilometres before the forecast rain arrived. The day was to be over wild and desolate moorland,

some above the snowline on a track that made walking difficult. After 5 hours we found a nice sheltered, small valley with cold running water - tea time to re-invigorate our tired bodies! Shortly after returning to the track the rain arrived and continued for the rest of the day. Although the day will be remembered for the distance travelled it was also to be a memorable one for another good reason. As we approached Garva Bridge, our wild camp site, we were unexpectedly met by Ian, a retired Challenger, in his motor home who was offering passing challengers tea, coffee and soup. We put up the tent in the still pouring rain and were in to the motor home like a shot to 'sup' tea and coffee and spend time with other challengers in the middle of nowhere in the warm and dry. This was typical of the friendship we found along the way.

We woke up the following morning to more rain, scoffed breakfast, packed a wet tent and were off on Day 6 heading for Newtonmore some 26K distant. Unfortunately, much of the walk was to be on tarmac with no real option until Laggan and then we decided to continue on the road to get to our B&B as soon as possible and dry off/have a wash/relax. On the way we stopped off in Laggan at the coffee shop/hostel. It was a welcomed stop, shared by many other challengers, which was dry and warm, had hot food and bacon 'butties'. This was a really nice shop run by a Canadian family who were about to be deported by the Home Office! There had been legal challenges to this decision made by some bureaucrat 300miles to the south but all to no avail. What a shame the community of Laggan will lose a really nice resource and where will Julia get to eat her weight in bacon next year?

After a really nice evening meal in a pub full of challengers, a good night's rest and a cooked breakfast today was a short one to Insh via Kingussie, an area known from previous stays in the area. We were headed for a friend's house in Insh and another nice meal.



Figure 2- Julia crossing the River Feshie

We were now at about half way through the distance and at day 7 of 13. Today was to be another good day through the Inshriach forest and Glen Feshie. The day was dry, the scenery was very picturesque and the walking (relatively) easy most of the way! The previous winter storms had washed away some of the footpath which was passable with care and also one of the bridges forcing us to wade across the river on two occasions. The water was

numbingly cold – snow melt straight off the Cairngorms. At the top of the glen the flow of the rivers changed direction from east to west to west to east. We had crossed the watershed; it was all downhill to the North Sea!!!! The tent was up (now a well oiled machine) which was just as well - the rain came down. We had camped close to Geldie Burn but not too close which was a good learning point since the level of the burn had risen noticeably through the night!

Braemar was our destination on day 9 about 28K along the Lin of Dee, another really nice area for a walk (even in the rain!). The track eventually gave in to tarmac as we walked to Mar Lodge (the site of last year's Springwatch) where the Challenge organisation had arranged for tea/coffee/biscuits for challengers passing through. Another welcome stop! Braemar was now only 5K away but on the road and our feet hurt but a nice soft bed awaited. The sun had come out which made a welcome end to the day.

Sunday 22nd May started out as a really nice day. A walk through a forest with waterfalls and good tracks in the Balmoral Estate heading towards Glen Gelder and the sun was shining again. We arrived at Gelder Shiel where we stopped at the Queens Bothy (for those who don't know a bothy is a basic shelter usually

left unlocked for anyone to use free of charge and maintained by the Mountain Bothy Association). This bothy was luxurious with separate rooms and even had a sort of internal WC – fit for a queen. The best we had seen. After indulging in a cup of tea we set off to find the path to a distant track. The path had been washed away so we fought our way through the gorse up the hill to find the track. The views towards the snowy peaks of Lochnagar and its Munros (mountains over 3000ft) were tremendous which took away some of the pain of walking for miles up hill. Sometime later we were heading downhill, on the worst track in the world, towards Glen Muick and the promise of hot coffee/soup at the Information Centre. The rain duly arrived! The centre was a welcome stop before we set out on the last 4k of 29 that day which was to be on a narrow footpath up a steep sided, steep valley to the Shielin of Mark bothy. We were flagging by the time we reached the top of the valley to be confronted by a featureless peat bog with no path to follow, in the rain and the cloud was coming down. After taking bearings and GPS readings, 'leaping' through the bog we realised that we would have to be almost on top of the bothy to see it. It was situated in a small valley sheltered from the prevailing winds. After a dog-legged struggle we almost fell over the building. We pitched the tent, the bothy being full of other challengers, and the sun came out! We were glad to crawl into our sleeping bags that night.

Figure 3- Norman at Shielin of Mark bothy

By the time we had breakfast all the other challengers had set off on their own routes but the sun was out, the tent was dry and we had a relatively short day (23K) to Tarfside, a small village that welcomed Challengers but first we had to find a path on the distant Muckle Cairn. We found a path and eventually found a track which took us into Glen Lee. Another picturesque glen worth a return visit. We weren't disappointed on reaching Tarfside. St Drostan's hostel had been taken over by the Challenge and volunteers were supplying tea/coffee/bacon butties. Sometimes the simple things in life are the best and to top the day off we managed to get a room at the 'inn/hostel', the St. Mary the Virgin room!



The penultimate day (24th May) started well with more tea and bacon butties! Today was another long walk of about 30K and our target was a small clearing, in the distant (very large) Fetteresso Forest, with its own running water. We were cautioned about the damage done to the tracks and paths in the forest during the construction of a nearby wind farm so were slightly wary about finding our way to the wild camp site. However, before that we needed to work our way over a series of (never ending) climbs to find a track which would lead us past Char bothy and onwards to Glen Dye; a route that was popular with other challengers. Over the Water of Dye and following paths and tracks, sometimes not quite on course, we could see the edge of forest and our goal in the distance. Our route seemed to take us mainly up steep hills on tracks that had been 'used' by heavy construction vehicles and were not easy to walk on.

Eventually we summited Cairn Kerloch, the highest point in the area, to get a good view of the wind farm, hear the whumff, whumff of the revolving blades and for the first time the North Sea. Once again the OS map didn't show all the tracks in the area but after about 11 hours of walking we arrived in the small clearing, a popular little place with 4 other tents already there. Tea and food soon made the day's trials and tribulations fade and we went to sleep with the blades still going round in the distance.



This was it the last day and a relatively easy walk into Stonehaven and a bath! The route through this part of the forest was easier than expected and on good tracks. Unfortunately, the rest of the way, about 9K, into Stonehaven was on roads and by the end our feet were hurting but we had done it. We had traversed Scotland from one side to the other.

Figure 4- Challenge Control, Montrose

All we had to do now was to get to Montrose and Challenge Control and sign off but that was for tomorrow and a bus ride away.

Footnote:

- *this was a really well organised event with safety being paramount.
- *the views through Scotland were fantastic although some of the walking was tough.
- *everyone we met was kind and supportive.
- *We will be back again next year!

Meet the SOCs

Tim Morgan

Name: Tim Morgan

Age class: M20

Job: Student

How did you first get into orienteering?

My family.

How/why did you get involved with SOC?

Living in the New Forest, SOC is the local club.

Where has been your favourite place to orienteer so far?

Any area abroad is always exciting, especially the terrain around Stockholm, but the maps in the Aviemore area are amazing too.

How much/what training do you do?

It depends what time of year it is, but I usually aim to do ~100km of running a week, including technique sessions, and 2-3 S&C sessions a week. Being at Edinburgh Uni there is always people to train with so it's easy to get out the door.

What has been your orienteering highlight so far?

Results wise winning the British relay with EUOC and coming 11th in the sprint at JEC were probably the best so far, but some of my most satisfying runs have been at smaller events or in training.

Have you had any 'pits' moments? (Reference to the pits trophy for any embarrassing/funny mishaps whilst orienteering) Mispunching on the penultimate control of the last leg (out of ten) of Tiomila for a Finnish club I'd never run for before was pretty bad.



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

Some of the stuff that you get up to on training camps with your friends is awesome because you just spend your time training, eating, sleeping and relaxing or playing One Bounce.

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

I think there is a lack of juniors in the club at the moment, and I believe that the sport in general would attract greater numbers if there was more invested in the top level of the sport.

What are your orienteering goals for the future?

Going to JWOC next year is my goal at the moment.

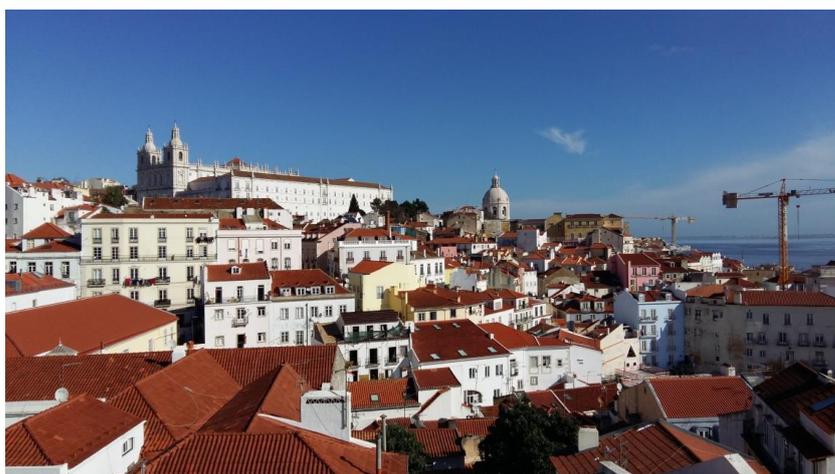
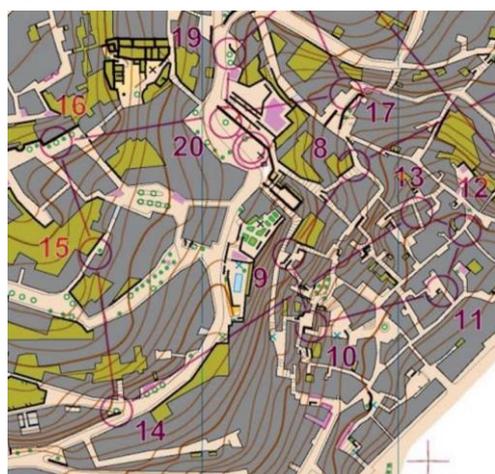
What other interests do you have outside of orienteering?

I'd like to do some more mountaineering in the future and also compete in some ultras.

Hard floor, alleyways, sand dunes and orienteering in Lisbon**Robert Finch**

Back in January, with annual leave spare and few commitments, I booked a last minute holiday to Portugal to take part in the Lisbon International Orienteering Meeting and partake in some sightseeing. The weekend consisted of a warm up event, a sprint around the old town, an urban middle distance around a large park and a long distance race in the sand dunes. Both the sprint and long distance races were my first time competing in World Ranking Events, with competition including multiple world champion Daniel Hubmann and a number of the GB Sprint Squad who were out on a training camp.

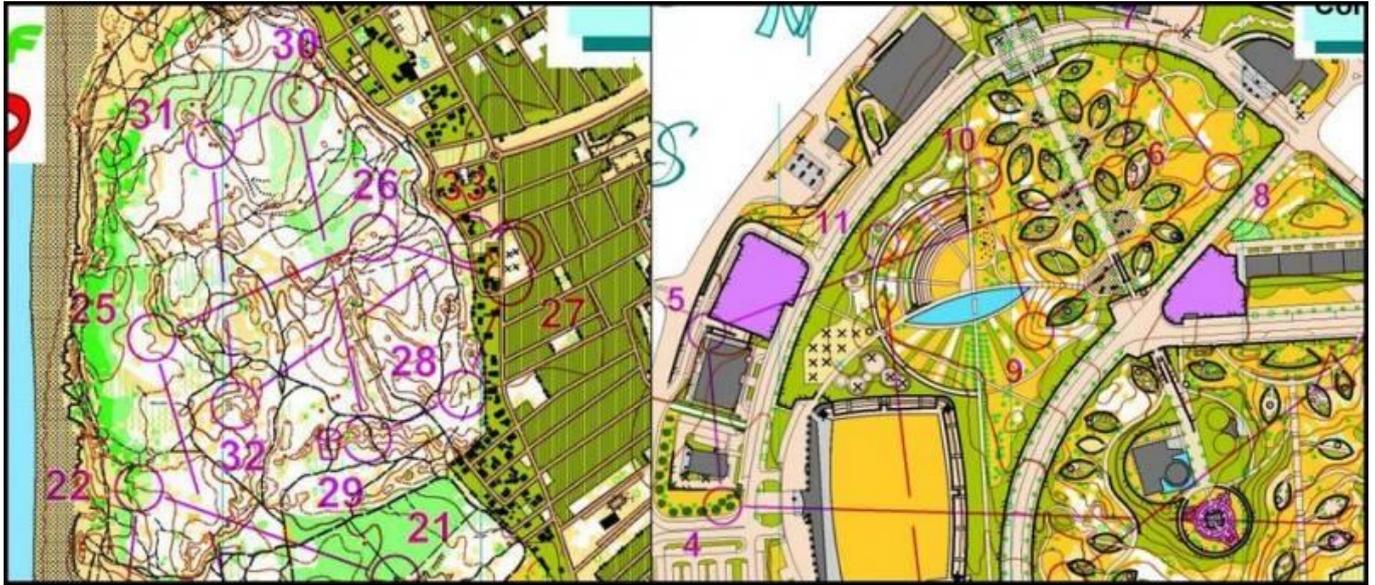
The first event was the sprint race around the narrow and chaotic alleyways and hillside of Alfama below the São Jorge Castle. Quick decision making challenged the mind and the hills and steep steps challenged the legs! The 3.3km course was won in 14:00mins by Hubmann while I finished 30th in 19:45!



It was then a quick break and sight see of the streets before catching a train out to the suburbs for the middle distance. Conveniently, this was the same location as the 'hard floor' accommodation, a sports hall floor! The middle distance combined a residential area with funky gardens with incredible landscaping. Tired legs led me round in a time of 34:29 and a 22nd place before managing to get an invite out for pizza with the GB Squad. Much map chat and pizza was enjoyed!

The Sunday saw a long distance race held in the sand dunes on the edge of the Atlantic. I enjoyed my run but found the 1:15k map, intricate dunes and energy sapping sand very tough, finishing in my longest run to date of 2:14:43! The winner from Sweden took a mere 1:12:35 which really shows the

levels of skill and fitness required to be at the top internationally. I had the pleasure of 'hitting the wall' at control 22 and after that completing the course became a small matter of survival!



After the races, I was able to explore the sights and museum of Lisbon with the Belem district being a particular highlight. Transport between races was very convenient, either by public transport or event coach to the long distance. The orienteering was really fun and different to anything we are used to in the South. LIOM - highly recommended for some tourist orienteering!

SOC AGM 2016

Pete Davis

This year's AGM was held at IBM Hursley on the ___. Notable points included membership fees being kept the same for the coming year; Bill Davidson stood down after his 3 year stint as Treasurer with Pete Davis being voted in as replacement unopposed. All other committee members were re-elected. Two changes to the constitution were accepted: the addition of a clause regarding the BO safe-guarding policy, and a minor change to the definition of Associate Member.



Photo: Jill, Kevin and Bill



In the prizegiving that followed, we had two new trophies, donated by Mike Johnson (formally a long-standing member of SOC who visited us at last year's November Classic) – the Super-Vet trophies, one for women and won by Barbara Davidson and one for men won by Ray Massey.

Photo: Ray Massey & the Super-Vet Trophy

Kevin had the embarrassment of presenting himself with the Depression trophy for his mishap at ??? event. Keeping to the topic of being unable to finish an event, Lisa was awarded the Pits for breaking her leg at the Wessex Night League event at Fleming Park. The trophy for outstanding contribution to the club was shared between Peter Stewart and Pete Davis for computing cover at events.



Photo: Kevin presenting Lisa with the Pits trophy

Club Captain's Corner

Christine Currie

SOC Park Runs

Jenny and I have been trying out a few new park runs before summer series events this year, which has added an extra something to the Saturdays (mainly tired legs). Most recently, we ran the Winchester Parkrun prior to the IBM Hursley SOC Summer Series event.

The last summer series event is at Royal Victoria Country Park, home to the Netley Park Run, and we will both be trying to get out there in time to run the park run before taking part in the summer series. Anyone who wishes to join us is very welcome - wearing SOC tops shows off the club to lots of potential new members, so if you can, we would definitely recommend it!



Photo: Jenny & Christine at the Winchester Parkrun, before the IBM SOC event.

jSOCK

edited by Jenny Dickin

Summer Selections

Jenny Dickin

Congratulations to Tim Morgan on his selection for the 2016 Junior European Cup which will be held in Central Scotland 30th September – 2nd October 2016. Further congratulations are also due for Tim's selection as reserve for the Junior World Orienteering Championships (for Sprint, Long and Relay). JWOC 2016 will take place in Scuol, Switzerland 9th-15th July 2016.

Tim has also been invited to the pre-JWOC 2017 Summer camp from 6th-13th August 2016 in Tampere, Finland. The Pre-JWOC 2017 Camp is aimed at athletes who have been working within the squad system for at least a year and are considered to be potential contenders for the Junior World Orienteering Championships in 2017.

We wish Tim all the best for a great summer of training and competing.

SCJS UPDATE

Simon Kippin

- The squad has held four training sessions since March: Windmill Hill, Park Wood, Frith Hill and Swinley East.
- Several athletes and parents supported the BADO Pen Wood event and raised £614.55 (plus £106 from the cake sale). Thanks to Alan Kersley and BADO for the fantastic fund raising idea; the challenge is on to see if any other club can match this fantastic donation!

- Several athletes entered major competitions during the period and achieved good results at the JK, British Champs, Northern Champs, Midland Champs and British Night Champs. The competitions also doubled as selection races for international competitions and JROS summer tours, resulting in the following selections for SCOA members:
 - JWOC 2016 GB Team – Fiona Bunn
 - JEC 2016 GB Team – Fiona Bunn
 - JROS Deeside Tour 2016 – Bethany Kippin, David Bunn and Thomas Howell
 - JROS Stromstad Tour 2016 – Fiona Bunn
 - British Orienteering Talent Camp – David Bunn
 - JWOC 2017 GB Team Camp, Finland – Fiona Bunn

Lepe Country Park embraces orienteering

Di Smith

Once again Lepe Country Park included orienteering in its Lepe into Action day at half term. Other sports to try included archery, cycling, boules and table tennis. We planned a simple White course around the park, keeping to the flat upper part so that buggies and wheelchairs had full access. With two people to run it, we kept it low tec- self timing and using pin punches. Despite the damp weather this year we had over 125 adults and children take part and come back smiling. Times varied from 35 to 9 minutes. It got quite competitive at times with families and individuals returning to see if anyone had beaten their time. One group of children decided to take up the challenge and got the winning time down from 9 to (roughly) 7 minutes!

In August, at the request of the park, Terry and I are running a morning of orienteering. This will be very different: places will be booked in advance, numbers limited and participants will get a 'proper' introduction to the sport with time to learn about the map and symbols, orientation and use electronic timing on a number of simple activities/courses. Who knows, some of the participants may then attend other local orienteering events.

It gets even better. The park staff are so happy with the concept of orienteering that they have asked if the club will extend the existing map to include another area and set up a Permanent Course for them. Do we have any offers to extend the map?

SOC Championships

Peter Stewart

Here is an updated version of the SOC Championships that is calculated on a rolling year basis on 01 July 2016. The top three in each age class are:

Boys (M10-14)

1. Sam White (M14) - 2385
2. Thomas Forster (M12) - 1387
3. Duncan Currie (M10) – 563

Open Men (M21)

1. Tom Bray (M21) – 3000
2. Chris Williamson (M21) – 2742
3. Robert Finch (M21) – 2732

Junior Men (M16-20)

1. Ben Risebrow (M16) – 1504
2. Michael Ellis (M16) – 1492
3. Jamie Hicks (M20) – 1000

Senior Men (M35-40)

1. Andrew Nash (M40) – 2937
2. David Currie (M40) – 2768

3. Daniel Williams (M40) – 2394

Gerry Barrell Memorial Class (M45-50)

1. Hugh Risebrow (M50) – 2324
2. Marcus White (M45) – 2276
3. Peter Smith (M50) – 2228

Veteran Men (M55-60)

1. Robert Sweatman (M55) – 2752
2. Julian Hartwell (M60) – 2633
3. Robin Smith (M60) – 2506

Super Veteran Men (M65+)

1. Ray Massey (M75) – 2494
2. Roger Pleasant (M65) – 2467
3. Bill Davidson (M65) – 2295

Girls (W10-14)

1. Emma Currie (W10) – 2430
2. Jenny Chapelhow (W14) – 2226
3. Eleanor Dew (W14) – 1138

Junior Women (W16-20)

1. Alice Risebrow (W18) – 2512
2. Lauren Newitt (W18) – 2165
3. Rachel Robinson (W20) – 930

Open Women (W21)

1. Anya Crocker (W21) – 2482
2. Lucy Bailey (W21) – 1795
3. Clare Devine (W21) – 980

Senior Women (W35-45)

1. Christine Currie (W35) – 2497
2. Lisa James (W45) – 2179
3. Elaine Chapelhow (W45) – 1495

Veteran Women (W50-65)

1. Jane Morgan (W55) – 2870
2. Jessica Stanfield (W50) – 2277
3. Julia Hicks (W50) – 2229

Super Veteran Women (W65+)

1. Barbara Davidson (W65) – 2475
2. Gillian Thomlinson (W65) – 2289
3. Mary Nixon (W65) - 2030

Mendip Heights Camping

Jenny Dickin

Now for some shameless family advertising...

As many of you know, the Dickin family have moved away to Somerset where Jes and Liz have brought a campsite and are running it as a franchise for the Camping and Caravanning Club. The site is located in Priddy, one of the highest villages in the Mendips, around 6 miles away from Wells and with easy access to both Bristol and Bath. With 90 pitches and 2 static caravans, the site is suitable for tents, campervans, caravans and non-campers.

With the BOK Blast coming up in early September (day 2 taking place in Wells itself), this could be the ideal accommodation if any SOC members fancied the trip up. The BOK Blast is always a great event, this year taking place on the 3rd and 4th September with a Sprint Race in Yate, Bristol on day 1 and an Urban race around Wells on day 2.

Details for the site can be found here:

<http://www.campingandcaravanningclub.co.uk/campsites/uk/somerset/priddywells/cheddarmendipheights>

Be part of a winning team**Pete Davis**

Did you know that SOCK has been a winner in 4 of the last 5 years in the CompassSport Club Newsletter Annual Awards? How would you like to make a significant contribution to one of the best club newsletters in the land? We are looking for two people to assist Jenny; an assistant editor and a junior editor.

The assistant editor will help put together issues of the magazine and encourage club members to contribute their articles for publishing. It's not an onerous job but an assistant editor is badly needed so we can continue to produce our high-quality, well regarded magazine.

The junior editor will discuss article ideas with other club juniors and submit articles from themselves and others to Jenny for each issue. The jSOCK section of the magazine often includes the most interesting and well-written article in each magazine. Being the junior editor is a great way to improve your own writing skills and to get to know other juniors in the club.

November Classic team leaders and helpers**Di Smith**

This year our big event is on Sun 6 Nov, based at Ocknell Camp site, south of Fritham. In the lead-up to the event, I am looking for a couple of team leaders:

Enquiries: to oversee the Enquiries, Entry on the Day and issue of pre-allocated Emit cards

Car parking: to ensure that we fit about 450 vehicles neatly into the hard standing areas.

If you are interested in taking on either of these roles, please contact Di Smith on 02380 845787 or email di(at) ntrees.co.uk

Later in the summer/early autumn I will be asking club members to let me know if they are available and willing to volunteer on the day. All club volunteers will be eligible for half price entry (I will provide you with the code for the Fabian4 website) and will receive a food/drink voucher.

I hope to see many of you there, if not before.

Publicity**Pete Davis**

"You have reached the pinnacle of success as soon as you become uninterested in money, compliments, or publicity." Thomas Wolfe

You may have noticed that at the AGM we had no volunteer to take over the post of Publicity Officer. Are you interested?

What is the role? The basic description of the role is "To promote the club and its events and activities to the wider public". This could take many forms, such as submitting articles to local media, creating the club flyer for distribution in running shops, schools, country parks and leisure centres and maintaining the Club's Facebook page.

It's not about promoting events to the orienteering community. That job falls to the Fixtures Secretary and individual event organisers, although the publicity officer may be asked for advice and assistance.

There's plenty of support from other club publicity officers – if you have a Facebook account take a look at <https://www.facebook.com/groups/orienteeringpublicity/>

Interested? Please contact Pete Davis, peterjdavis@gmail.com , or any committee member.

SOC Fixtures**Peter Stewart**

Here you can see the club fixtures from now until the beginning of January. As you can see there are still several spaces left for you to volunteer to either plan or organise an event in this time if you would like to have a go!

Date	Venue	Lvl	Event	Organiser	Planner
02/07/2016	Telegraph Woods	D	Summer Series 7	Julian Hartwell	Phil Cooper
16/07/2016	RVCP	D	Summer Series 8	Robin Smith	Robin Smith
17/09/2016	Salisbury Trench	D	Level D	Kevin Bracher	
08/10/2016	Ocknell	D	Level D	Marcus White	Pete Davis
05/11/2016	TBC	B	SARUM URBAN	-----	-----
06/11/2016	Fritham / Islands Thorn	A	November Classic and Southern Championship	Di Smith + Assistant: Julian Hartwell	Terry Smith + Assistant: Simon Bevan
10/11/2016	Knightwood and Valley Parl	D	WSX Night League	David Currie	Christine Currie
04/12/2016	Ashurst Wood / Matley	C	SCOA League	Peter Stewart	Bill Davidson
12/01/2016	Romsey	D	WSX Night League		Robert Finch

Event List

Date	Event (click for details)	Level	Club	Region	Venue/Map	Nearest Town	GridRef
Sat 09/07/16	Badbury Rings Try Orienteering	Level D	WIM	SWOA	Badbury Rings, Kingston Lacy Estate	Wimborne	ST957028
Sat 09/07/16	SO Park-O 6 - Brighton University, Falmer	Level D	SO	SEOA	University of Brighton, Falmer campus	Falmer, Brighton	TQ345081
Sun 10/07/16	Wessex Hardy Relay	Level D	WSX	SWOA	Upton Country Park	Poole	SY991929
Sat 16/07/16	SOC Summer Series 8	Level D	SOC	SCOA	RVCP	Southampton	SU457080
Sat 16/07/16	SN Urban Event	Level C	SN	SEOA	Goldsworth Park	Woking	
Sun 17/07/16	Summer Series	Level D	WSX	SWOA	Queens Park	Bournemouth	SZ105933
Sat 20/08/16	Moors Valley Country Park Try Orienteering	Level D	WIM	SWOA	Moors Valley Country Park	Ringwood	
Sat 27/08/16	Summer Series	Level D	WSX	SWOA	Slades Farm	Bournemouth	SZ075945
Mon 29/08/16	TVOC Urban Event	Level C	TVOC	SCOA	Grove	Wantage	
Sun 04/09/16	SO Fun day 2	Level D	SO	SEOA	Priory Park	tbc	
Sat 10/09/16	London City Race	Level B	SLOW	SEOA	City of London	London	
Sun 11/09/16	Peter Palmer Junior Team Relay	Level B	LEI	EMOA	Ratby Woodlands	Leicester	SK518070
Mon 12/09/16	Furrow Hoppers Relay Event	Level D	WIM	SWOA	Potterne Park, Verwood	Verwood	
Sat 17/09/16	SOC Level D - Salisbury Trench	Level D	SOC	SCOA	Salisbury Trench	Southampton	SU246135
Sat 17/09/16	Summer Series	Level D	WSX	SWOA	Bournemouth University	Bournemouth	SZ072939
Sat 17/09/16	SO SOG A1	Level D	SO	SEOA	Southwick Hill	tbc	
Sun 18/09/16	GO Guildford City Race	Level C	GO	SEOA	Burpham	Guildford	TQ005509
Sun 18/09/16	WIM Galoppen	Level C	WIM	SWOA	Godshill Wood, New Forest	Ringwood	SU188173
Sat 24/09/16	Wimborne Try Orienteering	Level D	WIM	SWOA	Wimborne	Ringwood	
Sat 24/09/16	SO SOG A2	Level D	SO	SEOA	Lancing Ring	tbc	
Sun 25/09/16	DVO Level B - Chinley Churn	Level B	DVO	EMOA	Chinley Churn	New Mills	SK021851
Sun 25/09/16	NWO Urban Event	Level C	NWO	SWOA	Royal Wootton Bassett	Royal Wootton Bassett	SU069832
Sun 25/09/16	OK Nuts Trophy (middle distance)	Level C	SLOW	SEOA	Glovers Wood	Gatwick	
Fri 30/09/16	Junior European Championships - Sprint	International		SOA		Scotland	
Sat 01/10/16	Caddihoe Chase Day 1 (UKOL)	Level B	WSX	SWOA	Agglestone Heath	Poole	SZ034836
Sat 01/10/16	Junior European Championships - Relays	International		SOA		Scotland	

Sun 02/10/16	Caddihoe Chase Day 2 (UKOL)	Level B	WSX	SWOA	Agglestone Heath	Poole	SY995835
Sun 02/10/16	Junior European Championships - Individual	International		SOA		Scotland	
Tue 04/10/16	SO SONIC 1	Level D	SO	SEOA	tbc	tbc	
Sat 08/10/16	British Schools Score Championships	Level B	LEI	EMOA	Bagworth Common and Woods	Leicester	SK458068
Sat 08/10/16	SOC Level D - Ocknell	Level D	SOC	SCOA	Ocknell	Southampton	SU251118
Sun 09/10/16	SARUM Galoppen & SCOA League	Level C	SARUM	SWOA	Collingbourne Woods/Everleigh?	Ludgershall	
Sun 09/10/16	SE score event, Devils Dyke (north of Brighton & Hove)	Level C	SO	SEOA	Devils Dyke	Brighton & Hove	
Mon 10/10/16	Wessex Club Night & Night League	Level D	WSX	SWOA	Kings Park	Bournemouth	SZ116925
Sun 16/10/16	CompassSport Cup Final	Level A	SYO	YHOA	Tankersley	Barnsley	
Sat 22/10/16	SO SOG A3	Level D	SO	SEOA	Gt Walstead/Henfield Wood	tbc	
Sat 29/10/16	SO SOG A4	Level D	SO	SEOA	Stanmer Park	tbc	
Sat 29/10/16	BKO/BADO joint Night event (Greenham Common)	Level C	BKO	SCOA	Greenham Common	Newbury	SU499651
Sun 30/10/16	BADO Colour coded & SCOA League event	Level C	BADO	SCOA	Greenham Common	Newbury	SU499650
Thu 03/11/16	SO SONIC 2/KNC	Level D	SO	SEOA	Kidbrooke Park	tbc	
Sat 05/11/16	Salisbury City Urban	Level B	SARUM	SWOA	Salisbury City	Salisbury	
Sat 05/11/16	SO SOG A5 (level C)	Level D	SO	SEOA	Slindon Woods	tbc	
Sun 06/11/16	SOC November Classic & Southern Championships	Level A	SOC	SCOA	Fritham / Islands Thorn	Southampton	SU252119
Mon 07/11/16	WIM/WSX Monthly Evening event	Level D	WIM	SWOA	Sturminster Newton	Sturminster Newton, Dorset	
Thu 10/11/16	SOC Wessex Night League Event	Level D	SOC	SCOA	Knightwood and Valley Park	Southampton	SU419202
Sat 12/11/16	Coaching and Informal	Level D	WIM	SWOA	StoneBarrow Hill NT, Charmouth	Charmouth, Dorset	
Sun 13/11/16	GO Level C event	Level C	GO	SEOA	Norbury Park	Leatherhead	
Mon 14/11/16	Wessex Night League	Level D	SARUM	SWOA	Amesbury Town	Amesbury	
Sat 19/11/16	Oxford City Race	Level C	OUOC	SCOA	Oxford City Centre	Oxford	SP513070
Sun 20/11/16	British Schools Orienteering Championships	Level B		WMOA		West Midlands	
Sun 20/11/16	TVOC Regional Event & SCOA League	Level C	TVOC	SCOA	Shotover Country Park	Oxford	
Sun 20/11/16	SO District Event	Level C	SO	SEOA	Broadstone Warren	tbc	
Sat 26/11/16	Southern Night Championships	Level B	QO	SWOA		Bridgwater	
Sun 27/11/16	East Midlands Championships at Wakerley	Level B	LEI	EMOA	Wakerley Great Wood	Corby	SP960987
Sat 03/12/16	SO SOG A6	Level C	SO	SEOA	Borde Hill	Haywards Heath	TQ323261
Sun 04/12/16	SOC Level C & SCOA League	Level C	SOC	SCOA	Ashurst wood / Matley	Southampton	
Mon 05/12/16	Wessex Club Night & Night League	Level D	WSX	SWOA	Boscombe Chine and Gardens	Bournemouth	SZ112912



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

