

SOCK 180

THE NEWSLETTER OF SOUTHAMPTON ORIENTEERING CLUB



In this Issue . . .

Welcome to the October 2011 edition of SOCK and *junior SOCK*. Over the summer months club members have been competing in foreign events, multi-day events and we even bagged a good result in the Dorset Coast path relay. But time has also been spent cogitating! This issue of SOCK reflects some of that cogitation with information about BO proposals, some fairly forceful opinion about what it means to be a member of SOC and the opening of a debate on the future of the club championships.

We also welcome the advice of Les Haste, the renowned orienteering coach, on the basics of putting together a good run. Our juniors contribute more great articles on events and training camps. We even have an orienteering poem. Can you guess the author?

Tuck in. Enjoy!

Chairman's Report

Colin Hicks

Well the Autumn orienteering season has started and successfully for the club, with a good attendance at the SCOA League event on Slufters.

Thanks to the team of members who helped to make it a success, especially to Kieran Devine who planned, and with Gillian's help on the day, and to Jes Dicken and family as organisers. It was nice to see the rest of the area used more widely for all, as only the longest courses visited this area on the November Classic.

Our next event is the British Schools Score Championships on Beaulieu Estate on Saturday 8th October 2011. Volunteers are required to man the start, car park marshals, some marshals to patrol the competition area. All volunteers will get a chance to run late afternoon on the same score course, as will club members, if they are not able to help earlier in the day, starting at 3.30pm.

Pete and Andrew have addressed the national governance and membership/levy issues elsewhere. I spoke out about what I felt about the Governance issues in the last SOCK, so now I wish to add some points about the levy situation in particular.

I partially agree with BOF in that all events should attract a levy but feel that participation activity should not. The event levy charges should be aligned to the 4 event structure and that their pricing should reflect that, with the highest levy for BOC and JK down to minimal charges for level D events.

Myself and Kevin will be representing your views at the Annual Club Conference.

Summer Running



Follow Us:

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From the Web:

British Orienteering are consulting on two major proposals; Governance, and Membership & Levy Structure. Check out the Nopesport Forum for grass roots opinions!

Helpers Needed:

SOC Needs You! The prestigious November Classic is looming but we are still 20 helpers short. If you have not yet volunteered, can spare some time and wish to join other club members in making this year another "Classic", please contact Tim Sands by email

enquiries@southampton-orienteers.org.uk

No skills required, half price entry fees for all volunteers.



Please all rally around Kevin and make the effort to compete in the Compass Sport Cup Final - I cannot remember SOC qualifying for the final two years in succession, so let's put up a good showing of competing members. Following on from that is the November Classic - which still requires volunteers - so contact Tim Sands with your offers of help.

Enjoy your orienteering

British Orienteering Consultations

Governance Review

Many of you will be aware of the British Orienteering Governance Review that is currently in a consultation phase. As a club we have raised our views through SCOA as part of that consultation. It does seem that the initial communication from British Orienteering ruffled a few feathers nationwide as it was quite critical of the way that the regional associations were representing themselves at national level. Also the proposal seeks to change the structure, communication methods and decision making bodies in a way that does seem to be moving power towards the centre and away from grass roots orienteers. More information and the views of the SOC committee and SCOA are available on the club website: <http://tinyurl.com/3punxwa>.

Membership and Levy Structure

It is possible that the communication from British Orienteering regarding this consultation was flawed. The original distribution of the paper seemed to pass most of us by and that leaves us with little time to provide our views.

Here is the introduction to the paper:

"The activities of British Orienteering are currently funded from a variety of sources, public and private. Income from UK Sport, Sport England and Sport NI represents about 72% of the annual income and may be used only for the purposes for which grants have been offered. Income from membership subscriptions, levies and major events represents about 17% of the total and may be used for any purpose in accordance with the members' wishes."

The current membership structure is perceived as cumbersome, expensive to maintain and, arguably, not sufficiently attractive to potential new members. The levy system is well tried, but currently more than 50% of participant runs are at events which do not contribute to the costs of orienteering through the payment of a levy of any sort. The Board therefore wishes to embark on a consultation process to review the membership and levy structures in tandem, to determine whether these structures are the most suitable for meeting likely future demands."

The consultation document is available on the SOC website (under Documents). General opinion currently seems to be that the proposals are reasonable as long as there is no significant change to the allocation and amount of BO income.

Andrew Nash summarises his view. "Clearly BO membership must offer benefits and not be too expensive, otherwise people won't join. But fees must also cover costs. I think £21.50 for an adult senior is reasonable . . . comparing favourably with £31 for the Ramblers' Association. But I also think it right that people "pay as they play" and if the pendulum had to tilt I think I would be better to tilt in that direction. On the other hand I think that levies must be kept minimal on small events - e.g. the Summer Series - to allow cheap orienteering for those who are unable or unwilling to pay for the more expensive larger events.

Maybe a rationalisation could be to abolish club only membership but keep BO membership cheap, and continue to offer entry fee discounts to BO members. After all, if newsletters like SOCK become freely available online then one of the benefits of club only membership is lost."

Association and Club Conference

The Governance Review and the Membership and Levy Structure will be discussed at the Association and Club Conference on 15th October. If you have views that would like represented at the conference please contact Colin Hicks or Kevin Bracher who are attending on behalf of the club.

Club Captain's Update

Kevin Bracher

COMPASS SPORT CUP FINAL

The Compass Sport Cup Final is on Sunday 16th October at Longshaw near Sheffield.

We have a team which I registered on the 28th September. Check out the SOC Website to see the details. If you need transport or can offer space in your car let me know so we can organise the details. The start times will go up sometime during the week before the event.

The club will pay 50% of the entry fee and like last year the Club will also help competitors with expenses for this event. Each competitor running for the club will be eligible to claim £20 expenses.

Course	Compass Sport Course	Eligible Age Classes	Class Size	Max Counting Runners Per Club
1	Brown	Men Open	Large	6
2	Blue Women	Women Open	Small	4
3	Blue Men	M45+ M20-	Large	6
4	Green Women	W45+ W20-	Small	4
5	Green Men	M60+	Small	4
6	Short Green Veteran	M75+ W60+	Small	4
7a	Light Green Men	Men18-	Very Small	Max 4 To Count
7b	Light Green Women	Women 18-	Very Small	From 7a 7b Combined
8a	Orange Men	Men14-	Very Small	Max 4 To Count
8b	Orange Women	Women14-	Very Small	From 8a 8b Combined

The 25 highest scoring runners, split between the categories above, count for each club.

The Scoring System:

Large Class: Scores 100, 99, 98, 97..... Down to 0. First place Scores 100 etc.

Small Class: Scores 100, 98, 96, 94..... Down to 0. First place Scores 100 etc.

Very Small Class: Scores 100, 96, 92, 88..... Down to 0. First place Scores 100 etc.

There are 36 possible scoring slots from which the top 25 scores can be taken, so not filling every course will reduce our chances of winning.

Fixture Secretary's Update

Jillian Devine

We have enjoyed two club events since the last SOCK. The urban event around Brockenhurst College had a good turnout. Our first event of the season was at Slufers in the New Forest. There were around 240 competitors and lots of you commented on how much you enjoyed the area.

Future Events

Date	Day	Event	Level	Organiser
08/10/11	Sat	Beaulieu-British Schools Score Champs	B	Organiser /Planner Colin Hicks Site manager- Peter Robson
06/11/11	Sun	Busketts Lawn-November Classic	B	Tim Sands
11/12/11	Sun	Hincheslea, New Forest -SCOA league	C	Brian Watkins

Tim Sands needs about 20 more volunteers to help in some way at the November Classic. Please come forward with offers of help - as you all know, SOC has a fine reputation for hosting this annual event and with large numbers of competitors expected we need lots of helpers. To offer help at any of these events, please contact the organiser or myself via enquiries@southampton-orienteers.org.uk

Looking ahead

We now have provisional plans for 2012. If there is a particular event you are interested in planning or organising please let me know. Thank you to those who have offered so far. In particular the January event at Hasley Hill needs officials in place soon so that planning can get underway.

Date	Day	Event	Level	Planner	Organiser
07/01/12	Sat	Hasley Hill and Ogden's Purlieu, New Forest	D		
25/02/12	Sat	Ocknell Forest -Cross Country with Campsite Sprint	D	Simon Bevan	
18/03/12	Sun	Queen Elizabeth Country Park - SCOA league	C	Kieran Devine	
14/04/12 - 21/07/12	Sat	Summer Series - 9 events	D		
18/08/12	Sat	Lyndhurst Urban	D		
09/09/12	Sun	Busketts (SW), New Forest - SCOA league	C	Iain Robinson	
13/10/12	Sat	Sluifers South, New Forest	D		
04/11/12	Sun	November Classic - Officials in place	B	Bill Davidson	
8/12/12	Sat	Ashurst Wood and Matley Heath	D		

The Dorset Coast Path Relay - SOC Team Report

Simon Whipple

3rd September 2011

At 7:30am on a bracing September morning a few hardy members of SOC gathered in a car park on the outskirts of Lyme Regis to start the long relay run along 104km of the Dorset Coast Path to Sandbanks.

We grunted our greetings to each other: if you have already had a two hour drive at that time of the morning you are unlikely to feel sociable. The sea fog was clearing as we became aware of the other teams. They seemed much stronger than us. Wessex, who had won for the previous four years, had little Wessex flags flying from the radio aerials of each of their cars. Bristol OK all looked like perfect specimens of M21 or W21 fitness. Whereas the SOC team felt like a scratch team of semi-geriatrics with the occasional fit young man dragged in reluctantly. The 14 year-old son of one nameless team member refused to get out of the car and take part. Two of our members were suffering injuries and only took part as drivers, but later broke their resolution that they would avoid exacerbating their injuries, and helped as runners.

And our game plan? Well, we had heard that WIM had broken the course down into sixty different legs, with each leg carefully planned and a car driver allocated to collect each runner and deliver him to the next rendezvous. I spoke to a runner from Wessex who had spent the previous weekend reconnoitring his assigned legs. In contrast, all that SOC could do was cobble together a plan of sorts on the back of an envelope; and with a small team our plan could only work if we had immense good luck in getting all our runners to the right place at the right time.

Dave Currie was taken to the start line a mile away on the Devonshire border, and the rest of us spread out over the full extent of the first of many hills: Golf Course Hill. We arranged ourselves so that no one should have to run more than ten yards up hill before passing the baton to another runner.

I heard shouts from below, and the first runner (I think from Wessex) came into sight. Dave Currie was in the middle of the pack. He handed over to my son Matthew, who overtook the BOK runner before handing over to me. But I mismanaged the handover, and got myself pushed over. It seemed like a bad omen for the day. But I got up again, and to my joy nearly caught up with BOK just before I handed over to my son Paul. With the baton safely away, we ran back to the car and set off to be ready to accept the baton at our next leg a couple of miles away.

And that is how the day proceeded: a run, handover to the next runner, then a drive of a mile or two, (while frantically reading the map to find the next rendezvous), and after that, with luck, there will be a few minutes wait before the baton arrives and you run the next leg.

This year, the pace was so fast and furious that there was little time to socialise with members of the other orienteering clubs: in previous years, I spent lots of time waiting at rendezvous in lovely sunshine and getting to know members of other O- clubs who were also awaiting their team's runner. On one occasion there was even time for our team organiser to enjoy lunch at the pub in Osmington.



I still do not know how we achieved it other than through dogged determination, but despite its small size and other handicaps, the SOC team did rather well. We finished fifth out of seven teams, but our overall time was our best ever, at eight hours 34 minutes for the complete distance. When the handicap was considered, SOC came second, some 27 minutes behind BOK.

When we arrived at Sandbanks the sun came out, many members of the South West

Junior Squad stripped off and jumped into the sea, and the team member who had refused to get out of his father's car finally emerged and celebrated with us.

I am grateful to the team for helping provide an enjoyable day out, and I hope to see you all there next year.

Open Debate – the Club Championships

Pete Davis

As you are probably aware we are trying a new method of calculating the Club Championship this year as explained in SOCK 176 by Ray Massey. Standings as at the end of July were posted on the website by Peter Stewart. The committee would like to gather views from club members on the format of the club championships. Should we add more dimensions to the championships by having single events - sprint, middle distance and long? Maybe a night championship? Or why not just identify one event in the year (not a SOC event) and have that as the championship event? What about a relay event at the end of the Summer Series with teams drawn from a hat or created on the basis of a handicap system? How can we use the club championships to increase participation and competitiveness? And what about the current league? Should we retain it? Or is the British Orienteering Rankings list the most suitable method with its clear rules and immediate updates?

We have created a very short survey that members can complete online. If you are a club member please login to the club website to get the link to the survey.

November Classic – Helpers Needed

Tim Sands

At the time of writing there is a shortage of around 20 helpers for the November Classic. If you have not yet volunteered, can spare some time and wish to join other club members in making this year's "Classic" as successful as in previous years then please contact Tim Sands via enquiries@southampton-orienteers.org.uk. No skills required, half price entry fees for all volunteers.

Scottish 6 Days - Oban**Tamsin Moran****Day 1: Dunollie and Dunstaffnage**

The first day saw the majority of the courses starting on a beach, and having an initial short stretch across an open field gave competitors a chance to have a good look at their courses and plan their routes to the first few controls, before heading into the terrain. The area consisted of a mixture of open hillside and woodland, though the area was split by a band of thickets and significant gorse, which provided variety to the courses. My 5.1km course had 250m of climb, so it was important to look at various route choices where height climb could be minimised. I took it steady, as I didn't want to blow it on the first day, and even though I was overtaken by another competitor, I had a good run to come 4th.

Day 2: Ardnaskie

The technical challenge was greater on day 2, and more of the classic Scottish terrain that I had been expecting. I had a middle distance race which was a shame because it was my favourite area and I would have liked to have had a few more controls in the eastern part of the area; the course planning looked excellent from looking at other peoples maps. The terrain was again a mixture of open and woodland, and power lines were excellent line features for checking off as you were running. The low visibility woodland at the end of the courses, created a perfect contrast from the rest of the terrain, and it was easy to lose track of distance judgement if you weren't concentrating. I had another relatively clean run, although I did lose some time on my penultimate control, due to wandering off my compass bearing, because I was excited about being near the end of my course!

Day 3: Creag Mhic Chailein

This was another day of classic Scottish terrain with a wealth of contour, marsh and rock detail. I reached the start and picked up my control descriptions, to find that my course had a significantly larger amount of climb than advertised, and that the start kite was up a steep muddy slope; so I wasn't really raring to go on the start line. I made a mistake at control 3 which lost me around 3 minutes, but I was tired and couldn't really get into the map very well. I also found the marshes really tough, and having an early start meant that the undergrowth hadn't been trampled down in most areas. It was a great area for orienteering though, and the courses were planned so that we were constantly changing between both mature forest with areas of bracken and rough open pastures, which required you to change technique constantly.

Day 4: Torinturk

Day 4 was contested over an area new to orienteering - Torinturk in Glen Lonan. I found the terrain technically easier than many of the other days, though the courses were slightly longer and still quite demanding. I panicked slightly when I picked up my map, and saw a very long leg to number 4, but an easier number 3 meant that I could plan ahead and break it down. It was also a leg where if you went too high or failed to keep in contact, you could have easily gone off the map. I had a late start and, from control 4 onwards, there were lots of tracks to follow (though you still had to navigate to ensure you were going the right way!) which made running easier. The last few controls on my course were located in the woodland, and close together like a control pick exercise. This required you to keep concentration right until the end of the course.

Day 5: Lochnell and Shenavallie

For me, the highlight of day 5 will be standing in the toilet queue watching the toilet lorry get stuck in the mud and having to be pulled out of the mud by 2 tractors. Well, on about the 5th attempt! If you speak to anyone who went to this year's Scottish, then they will probably describe this as the marsh day; this was also probably the only day of the week where it was an advantage to have an early start time. The good thing was however, that the area was relatively flat, only with raised parts of woodland, which featured a number of complex control sites. Despite not liking the marshes, I had a reasonable run, albeit standing next to the last control for a few seconds without noticing it, and probably looking very silly from the finish. A special mention should go to Jack Hutchison, who had a storming run to win by 3 ½ minutes on M65L, against some tough opposition!

Day 6: Ardchattan

For me, the last day of the week was easily the worst and most tiring after we had to walk quite a distance up a steep hill to reach the start, although the views from the top were stunning. It was a clear day, so we could see most of the areas we had been orienteering on throughout the week, as well as Mull and the smaller inner islands. My course was 6km (the day when I would have quite liked a middle distance), and the line of people crawling up the hill to the start flag didn't look very inviting. An early start meant that there were no tracks to follow, and I was running round with the knowledge that I was going to be making someone else's later run a lot easier for them. The marshes were again slow going, and there were lots of tussocks, so you had to watch your footing. I was going OK until I did a complete face plant into a peat bog, and went over on my ankle. I washed my map in a stream, (because the rest of me was so filthy wiping it made no difference), and continued, but I then ended up at 9 before 8 which weren't even near one another. I knew I had to come in the top 2 to improve my position, which realistically wasn't going to happen after such a major mistake, so took it easier from then on, admiring the fantastic scenery.

Overall I was 5th over the course of week, which I was pretty happy with. It was my first Scottish 6 Day's and I definitely intend to go to another in the future. In 2013 the event moves to Moray, which will surely be another excellent event.

Lagganlia 2011**Tim Morgan**

Lagganlia is a training camp for second year 14's held near Aviemore in Scotland, using some of the best and most complex terrain in Britain. The week consists of many different exercises which are designed to enable us to progress to TD5 courses as opposed to TD3 courses which we had all been running previously. The coaches put like this, "an orienteer has a toolbox full of many different tools; they aren't all designed for the same job, but you may need a few to do a certain job", meaning that there are many techniques to use, but not all can be used on one leg. However there is also a large social aspect to the camp as well because you meet loads of people who you have a great time with.

The first day of training was on Sunday and focused on bearings, pacing and aiming off. There were two exercises for bearings and aiming off out in the forest which were purposely tailored for what we were trying to achieve from them, and so we had to remember that; it would be a waste of time to run on a track on a bearings exercise for example, but taking a bearing, putting your map out of view and pacing it to the control along your bearing is much better. For the pacing we counted how many strides we ran over 100m on a track, flat terrain, uphill terrain and downhill terrain. After lunch we did another compass exercise, followed by a fun relay involving teddy bears.

The next day we were at Moor of Alvie and Speybank which is a forest packed full of contour detail. The morning was all about visualisation of contours. What we had to do was explain to one of our coaches what we were expecting to come across on the way to a specific control, having looked at the control on a 1:5000 map the coaches had, and then use the less clear 1:10000 map we had. We also had a few short courses to do as well. Before lunch we had two 1km time trials to run; one on track and one in the terrain. We were timed and filmed so that we could analyse our running styles and we could be told how we could personally become a more efficient runner; whether we needed to do some drills to improve our style or increase our core body strength.

On Tuesday we travelled up to Culbin, which crops up frequently as many people's favourite area. We had a selection of three exercises to do in the morning, and a choice of whether to do them with a contour only map. I chose to do all three on the contour-only. The first course was a contour exercise which was extremely complex. I was having a perfect run apart from one control where I became utterly confused, unable to make out what was what. The next was simplification exercises where you only take in the necessary detail like distinctive features so that you don't waste time looking at useless stuff which you don't need to know. The final exercise was all about long legs and was pretty tricky. After lunch we had a short race in light green vegetation to show the how different orienteering in low visibility is. Much different. After catching two people up after the first control we all became hesitant and took a great deal of time to reach no 2, and then on the next control I wandered miles off my bearing and couldn't re-locate. The whole course was massively challenging and loads of us became lost at least once. However there was still time for an odds and evens relay. You are in teams of three, with two maps. One of the maps has all of the even numbered controls on,

and the other has all of the odds. The team that goes to all of the controls in the quickest time wins, but you may only visit one control at a time. The team I was in managed to finish on the podium, but because we had Chloe who was a coach we were classed as non-competitive.

It was the day of the sprint races next. We had a qualification in the morning, and an "A" and "B" final in the afternoon. The draws for the order of starts had been done the evening before and I was the first starter on the qualification. This made me feel slightly nervous, but after a few minor mistakes midway through the course I completed with a decent time and qualified for the "A" final. The location of the final was a mystery until we arrived; the only thing we were told was that the scale was going to be 1:3,000. It turned out we were going to be racing around the Lagganlia campus. We started in reverse order of where we finished after the first race in the morning. I made a few mistakes early on, mainly because of overrunning, due to the scale. But I lost most of my time towards the end, when the legs became a lot shorter and there were loads of changes of direction. I lost all control flow, except at the spectator control, and at times had to stop to see where the next control was on the map. I finished with a time of 18:02 down in 4th, almost two minutes down on the winner. Once we had all had time to catch our breath, we grabbed our swimming stuff and headed off to a lake for a short and sharp swim by the beach. The water was freezing, but refreshing, and you could see snow up on the ski area in the mountains. Then we drove to Badaguish to have a go on the famous rings, which I am pleased to say I was successful at getting across.

On Thursday we travelled to Anagach. During the briefing after breakfast, we had been asked to sketch our own map with a course on it. This was to make us simplify the map and only draw what we actually needed. When we arrived we had to run the course using our sketch map. My map was probably a bit too simple but I managed to survive pretty well and only lost time on one control when I just didn't go far enough. There were two other exercises in the morning, integrated into a figure-of-8 course, which we had to do as a pair with one map between us. For the first half the person without a map had to be in front, with the map behind shouting where to go, what to do when you hit a path, how many hills we had to go over, and so on until we reached the control. The second half was about map memory, with one person glancing at the map and hopefully running to the control, although in practise this was one of the tougher exercises of the week. After lunch was the peg relay and what I thought was the best part of the week. A peg relay is when there are pegs at certain controls, it is compulsory to pick one up, and then you have to do another short loop. However there aren't pegs at every control, and there isn't a set number; there may be enough for everyone, but there may only be one. But what we weren't told was that the coaches were going to deliberately try and distract us, lead us to the wrong place, and generally be extremely annoying. At the start we were all lined up along a track facing the maps on the ground. When we started we all legged it in the wrong direction, mainly because the coaches had done exactly the same. After we had sprinted about 100m, some of us realised what we had done and turned round to go the correct way. Once we got going the coaches were running in loads of different ways, some of them managing to take some of us with them, they were shouting random stuff, asking us where we were, saying we were in the wrong place, telling us it was over the hill in the distance and doing many other daft things. James Taylor, a member of the GB Talent Squad was particularly good. On one leg there was a group of about ten of us on a loop after picking up a peg, and he took us in a complete circle around a hill and eventually led us to the control. It was then when I realised what they were all doing, and began concentrating on my own race, and after that control ended up taking a route splitting from the entire pack, and it paid off. I only missed out on one peg and ended up third.

The last day was the day of the classic race, which was held in Batten. When we arrived, we were surprised to see Hector Haines, who was going to run our course. I made a two minute mistake at number one, and I was caught up by Callum. After a few legs together he got away from me after I made another mistake, but I caught him and a massive group of people later on. We all made one mistake towards the end, but only a minor one. I finished with a time of 51 minutes in second position, two minutes behind Callum. Hector was beaten by one of our coaches Iain Embrey, who obliterated all of our times. In the afternoon we had a short relay in the same area.

The whole week was a great experience and loads of fun!

Why belong?

Kieran Devine

If you are reading this the chances are that you are a member of Southampton Orienteering CLUB. My question is ... Why do you belong to a club? Or alternatively, what do you hope to get out of your club? I believe that the more you put in, the more you get out of a club. And the club becomes stronger. There is a greater sense of Camaraderie and from that comes Achievement.

This year for the second successive year (note the word success in successive), SOC has reached the Compass Sport Cup Final. Only about ten clubs out of approximately 80 in the country are in the final so this is a real achievement. Our neighbouring clubs in SCOA and SEOA who have not qualified are green with envy and would chew our legs off to be in the final. This year the final is again near Sheffield, about four hours' drive away. And yet Kevin, our Club Captain, had to cajole people to compete and represent the club, even bribing us with offers of financial incentives towards the cost of travel, etc. Everyone in the club, regardless of age or capability, should be queuing up to be there on the 16th, and be proud to be there. We can't all be winners but we can all go and do our best and enjoy our sport, and, most of all, show our neighbouring clubs that we really do deserve to be there.

Mostly orienteering is an individual competition but the Compass Sport Cup is about Clubs. As a member of a club you should be there.

Editor's Note: As we go to press the chance to run for the club in the Compass Sport Cup Final has passed. Is Kieran right? Does membership of SOC come with a requirement to commit so much time? How do other sports clubs, or indeed other orienteering clubs, engender that team spirit? What is clear and undisputable is that the club struggles to get the required numbers of competitors and helpers to events. Apart from the increasingly desperate calls to arms, are there other ways that the club can improve the situation and ease the load from those who are committing so much time and effort on club activities and business? Do you have an opinion that you would like to share with the club through SOCK? If so please let me have your thoughts - sockeditor@gmail.com

Satellite Navigation?

David Currie

Isn't taking a GPS orienteering cheating and, if so, why do I see so many people with one at events (myself included)? Well, to use the consultant's favourite answer: it depends. IOF rules forbid the carrying of a GPS. British Orienteering rules, however, simply forbid their use for navigation. So what does that mean? Well, in the UK that means that, other than for World Ranking Events, you can carry a GPS providing you don't use it. That begs the question: why would you carry something you can't use?! The answer: you can use the data it logs afterwards for post-race analysis.

GPS devices have reduced in size and price dramatically over recent years. Perhaps the favourites amongst orienteers are the Garmin 205 (which can now be picked up for around £80) and its big brother the 305 which adds a heart-rate monitor. These both look like very oversize watches. These are a few years old now and newer models tend to be more compact. Personally, I like the large display on these watches which provide the capability (when not orienteering) to view a map of the route you've taken. Particularly handy for those occasional Tuesday night runs in the New Forest where after 50 minutes we still seem to be heading away from the car! Most importantly though, the satellite tracking technology has not improved radically in recent years and these models still manage to hold a good signal when battling through all but the thickest of pine forest.



For those who would rather not leave themselves open to the accusation of cheating (and no-one has accosted me in the 4 or 5 years I've worn my watch) then GPS Data Loggers are another option. These typically have no screen - simply a button to press to start and stop logging. An example would be the i-gotU range of devices which start at around £40 with dimensions 4.5 x 3 x 1.5cm and weighing in at just 20g.

These devices will record your position at anything up to once a second and to an accuracy of around 10 metres which, if you consider that corresponds to 1mm or less on a map, is pretty good going. Typically the connect to a computer via USB or

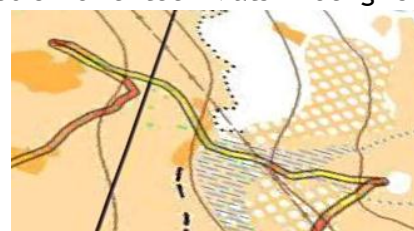


Bluetooth and will come with software which, at a minimum, allows you save your tracks to your hard disk. In my case, I've chosen not to use the out-of-the-box software and, instead, use a piece of software called SportTracks which used to be free and now costs around \$35. Amongst many other things, this allows you to view your tracks on satellite imagery from Google or Bing. Given the superb resolution of that imagery it usually very easy to see where the course would have gone, particularly on open areas.



Ideally though, you want to see your route on an orienteering map. If you're lucky, the organising club has uploaded the courses to RouteGadget and then it's a simple matter to add your GPS track (and there is a great explanatory video on the RouteGadget UK site if you're struggling). Typically there is a fair amount of adjusting required to get the track to match up with the map (which makes me wonder about the accuracy of some maps) but, once done, your route will appear at the bottom of the list of runners and you can compare it against other routes as if you had entered it manually.

If the event isn't on RouteGadget, or you fancy some more detailed analysis, if you're prepared to take the time to scan the map in then QuickRoute, written by Swedish orienteer Mats Troeng is a great free piece of software. QuickRoute will colour the track to indicate your speed at each point. This makes it easy to see the hot-spots where time was spent head scratching and highlights how much slower you are in terrain or on the up-hills. If you have Google Earth installed, it will also let you overlay the track and map on a 3D representation of the terrain and even fly round your course! Great for visualising an area before the next time you run there.



Useful online resources:

www.garmin.com

www.i-gotu.com

www.zonefivesoftware.com/sporttracks

www.routegadget.co.uk

Orienteering Is Easy!

Les Haste

Yes I know what you are thinking. If it's so easy why do we all mess up so frequently?

Pick an attack point; select a route that will get you to the attack point. Check off features as you pass them to make sure you stay on your route. Concentrate, locate your attack point. Slow down as you approach your control, the feature should be visible as you near the site, make sure you know which side of the feature the flag is on. Straight forward, what can go wrong?

Well obviously lots of things can go wrong. Or I would not be writing this article!

Picking an attack point.

This should be second nature to us as orienteers. Often the attack point is obvious and straight forward, a path junction, fence corner, large knoll or depression. However, sometimes an attack point is not so obvious or we pick an attack point that is itself a little bit flaky. If the attack point is difficult to find it is not a good attack point.

Good attack points should be easy to locate and stand out as we approach them.

Good attack points should be as close to the control as possible so that the slower approach is short and we are able to stay focused during the important approach.

Good attack points give us a fixed point from which to attack the control. A long curving bend in a path, fence or stream are awkward as you have to gauge at what point you stop and take your bearing to the control.

Sometimes it is difficult to spot an attack point or we have no choice but to select an attack point that is some distance from the control. If this is the case then the control is in what is otherwise a featureless area. Alarm bells should be ringing and we need to take extra care in approaching the

control. Use of other techniques will be essential. Take an accurate bearing, measure the distance and pace count into the control.

Check off features as you pass them on route to your attack point.

Make sure you exit the control in the correct direction, it is quite easy to become misaligned as you turn round to locate your dibber or brick in the control so a quick check of the compass will make sure you exit in the right direction, (plan your exit direction before you approach the control so you already know which way to go, this reduces the time spent at the control).

On leaving a control you should be able to spot key features along your route to the attack point. If you run out to a track, fence, stream or other linear feature check with you compass that it is going in the right direction. Try and spot features on the ground and match them on the map, this should be done while still on the move. If you stop too often you lose time. Keep moving even if at only walking pace. Whenever you change direction check the compass to make sure you are still traveling in the right direction. Stay in contact with the map; use other techniques such as pace counting to make sure you do not overshoot important direction changing points.

Concentrate.

Try not to be distracted by anything, keep checking that you are traveling in the right direction. Do not let other orienteers distract you. Also make sure you do not stray off line when running on a bearing or during a long leg. Stay in contact with the map!

Locate your Attack Point

Your route should have been planned to get you to your attack point and your attack point should be a feature you cannot miss, bigger or easier to spot than the control you are aiming for. You should be able to go confidently to the attack point at a speed you are comfortable with. If you have executed your plan you should arrive at your attack point.

Slow Down

Now is the time to slow down for your final approach, if you need to take a bearing be careful and make it accurate. Look along the line of your bearing and pick an object on that line which you can use to keep you on line. If you need to do this more than once DO! Pace count and slow down even more when you have covered the estimated distance to the control. Keep scanning either side of your line for the feature the control is on.

Make sure you know where on or in the feature your control is sited

You will save time if you have memorised on which side of the feature you need to be to find the control. Can you run round rather than climb over, is it at the top or at the foot. Also what number are you looking for?

Have a routine for flowing through the control without losing time

Have your 'brick' or 'dibber' ready and you know which direction you will exit the control. Hopefully you have picked an attack point and planned a route to it during the last leg. Move off confidently and repeat all the above.

Start Slowly

Practice executing these key points and as you improve your skills and confidence you can speed up. The run to your attack point is the fast section care should still be taken on the final approach. Don't forget to practice the smooth flow through the Control.

The tail of hurricane Katia was threatening to make this a very wet and windy day in the New Forest. The early helpers suffered from a few showers as the tents were erected and the controls and signage put out. The first runners had quite a wet time of it but all things considered the weather was quite kind with the sun pushing away the showers as the day progressed.

The turnout of more than 200 competitors for our first event of the new season was very encouraging. A group of eight Norwegian orienteers joined us after competing at the City of London urban event the previous day. The walk to the start provided a very effective warm-up. Rumour has it that one competitor inadvertently completed the string course instead of following the tape to the start! And did I hear that the controller earned his raisins on the string course?

Kieran provided a super set of courses in very runnable terrain. And thanks to all the officials and helpers for putting on another successful event.

The Ex-Orienteers' Tale

Anon

One beautiful Sunday tried this 'orienteer'.
To stop on the couch would seem such a sin.
T'was a beautiful day, skies deep blue and clear.
Then it bucketed down, we were soaked to the skin.

Another fine Sunday, we orienteer.
Our Naturist Club's put out red and white markers.
Well could be enlightening, but there's one thing we fear.
We imagine the injuries if we run starkers.

A further nice Sunday we orienteer.
Black and blue, red and white, yellow and pink - these the colours one wears?
But we try not to jeer.
Oh the map's mostly green and there's orange - to drink.

One following Sunday met more orienteers.
The wood's up the road so we jumped on a bus.
Professional types, we're hardly their peers.
Where's 'the man in the street' - simple folk much like us?

A succeeding Sunday we orienteer.
Some wares are required, 'O' vendors we'll seek.
That top we must buy, thumb-compass 'though dear.
Course now there's no money for petrol next week.

Then Easter arrived, we must orienteer.
The JK's in Ulster, but it's really not far.
"We've got all the trappings, we've got all the gear."
but "God two hours in the forest but twelve in the car!"

A time wasted Sunday we orienteer.
The fields used for parking could well end up mires.
The car soon won't budge much yet alone steer.
"No probs.", smiles the farmer "fit four tractor tyres."

Crossed fingers at least for some good orienteering.
But the woods are a nightmare - just bramble and brashing.
They can't be avoided, defeat all backtracks and veering.
Our thighs have just taken one hell of a thrashing,

Our brains and our bodies crave orienteering.
But do we want legs from an S&M session?
There are super woods out there, or so we keep hearing.
But we've got to face facts - we just don't learn our lesson.

We ask ourselves now - wishful orienteers.
Where's this running nirvana - sunlit mossed forest floors?
Does it bring any laughter - it just brings us tears.
Dodgy knees, twisted ankles, blistered heel and toe sores.

We're well equipped people - 'best in show' orienteers.
We've 'O' suits and gaiters, the very best studs.
We seem well protected front ends on and rears.
But we still bring home bruises and glutinous muds.

But a much later Sunday we were orienteers.
We were strong, we were fit, doing 6 minute 'k's.
We scampered through trees like two runaway deers.
But according to compass - in all the wrong ways.

Now an ambiguous Sunday I'm orienteering.
A perfect race run - when I enter the finish my husband starts screaming.
P.A.'s picked me up and the crowd begin cheering.
But a dig in the ribs ... oh Lord, I was dreaming.

Embarrassing scratches. Can't wash brown out of socks ??
But those World Champs have shown us it's great on the box.
He's got ripped to shreds trousers, I've a burst studded welly.
We'll just stay on that couch and we'll watch it on telly !

Event Calendar

An extract from the British Orienteering Fixtures List showing Level A UK wide, Level B in Midlands and Southern England, Level C in South Central and adjoining regions and level D from South Central and adjoining clubs. Check the British Orienteering website for updates.

Date	Region	Club	Level	Event Name	Event Venue	Closing Date	Grid Ref
Sat 08/10/11	South Central	SOC	Level B	British Schools Score Championships	Beaulieu Estate	P:27/09/11	TBC
Sat 08/10/11	South East	SO	Level D	SO SOG 1 - Devil's Dyke (north of Brighton).	Devils Dyke	EOD	TBC
Sat 08/10/11	South Central	BKO	Level D	Saturday Series	Black Park Country Park	EOD	TQ005232
Sun 09/10/11	South West	WSX	Level C	WSX Regional Event & SW Galoppen	Sugar Hill	EOD O: 03/10/11 P: 30/09/11	SY996843
Sun 09/10/11	Yorkshire and Humberside	EBOR	Level B	EBOR Regional Event & UK Cup Final	Pickering Forest	EOD	TBC
Sun 09/10/11	North West	BL	Level B	NWOL event including an Yvette Baker Trophy Heat - High Pike	High Pike, Caldbeck Fells	EOD O: 02/10/11 P: 02/10/11	NY345358
Sun 09/10/11	South East	SAX	Level C	SAX Sunday Series	Hemsted	EOD	TQ820360
Sat 15/10/11	South East	SN	Level D	SN Saturday Series 2	Long Valley South off Bourley Road	EOD	SU830510
Sat 15/10/11	South East	SO	Level D	SO SOG 2 - Tilgate Forest (south), Crawley	Tilgate S	EOD	TBC
Sun 16/10/11	East Midlands	DVO	Level A	CompassSport Cup Final	Longshaw	P: 01/10/11	SK258779
Wed 19/10/11	South Central	BAOC	Level D	Military League South	Long Valley South	EOD	TBC
Sat 22/10/11	Wales	SWOC	Level B	Senior Home International Weekend	Merthyr Common South	EOD	SO087136
Sat 22/10/11	South West	BOK	Level D	BOK Saturday Series 1	Rocks East	EOD	ST796709
Sat 22/10/11	East Anglia	CUOC	Level B	Cambridge City Race	Coe Fen, Cambridge City Centre	O: 10/10/11	TL444575
Sat 22/10/11	South East	SO	Level D	SO SOG 3 - Knowlands Wood, near Barcombe Cross (between Lewes & Uckfield)	Park Wood	EOD	TBC
Sun 23/10/11	South West	WIM	Level C	WIM SW Galoppen	Godshill	EOD O: 01/01/70	SU180165
Sun 23/10/11	Wales	SWOC	Level B	Senior Home International Weekend	Clydach Terrace	EOD	SO178133
Sun 23/10/11	South Central	TVOC	Level C	TVOC Regional Event & SCOA League	Hodgemoor Woods	EOD	SU967938
Sat 29/10/11	South East	SO	Level D	SO SOG 4 - Sullington Warren, Storrington	Nore Hill	EOD	TBC

Date	Region	Club	Level	Event Name	Event Venue	Closing Date	Grid Ref
Sun 30/10/11	South East	SAX	Level C	SAX Sunday Series	Blean	EOD	TR075604
Thu 03/11/11	South East	SO	Level D	SO SONIC 2 / KNC - Lindfield / nr Haywards Heath (night street score)	Lindfield	EOD	TBC
Sat 05/11/11	South West	SARUM	Level D	SWJS Sprint event	Sandy Balls	EOD	SU169146
Sun 06/11/11	South Central	SOC	Level B	November Classic Regional Event	TBC	EOD	SU315091
Sun 06/11/11	East Midlands	LEI	Level B	LEI Regional Event	Fineshade	EOD	SP990985
Sat 12/11/11	North West	DEE	Level B	Deeside Double Weekend: Thurstaston Common Middle Distance	Thurstaston	EOD O: 04/11/11 P: 03/11/11	SJ246858
Sat 12/11/11	South East	SO	Level D	SO SOG 5 - Tilgate Park / Forest (north), Crawley	Tilgate N	EOD	TBC
Sat 12/11/11	South Central	BKO	Level D	Saturday Series	Benyons Inclosure	EOD	SU630641
Sat 12/11/11	South West	BOK	Level D	Western Night League	Ashton Court	EOD	ST554727
Sat 12/11/11	South West	WIM	Level D	Dorset Schools League and Informal	Hyde Common	EOD	SU168124
Sun 13/11/11	South East	SN	Level B	SN Regional Event	Wisley and Ockham Common	EOD	TQ067584
Sun 13/11/11	South West	DEVON	Level C	Devon Galoppen including an Yvette Baker Trophy Heat	Holne Moor	EOD	SX694703
Sun 13/11/11	North West	DEE	Level B	Deeside Double Weekend: Chester Sprints	University of Chester	EOD O: 04/11/11 P: 03/11/11	SJ405665
Sat 19/11/11	South West	BOK	Level D	BOK Saturday Series 2	Overscourt Wood	EOD	ST687748
Sat 19/11/11	South East	SN	Level D	SN Saturday Series 3	Windmill Hill	EOD	SU908576
Sun 20/11/11	Scotland	TINTO	Level B	British Schools Orienteering Championships	TBC	EOD	TBC
Sun 20/11/11	South East	CHIG	Level B	CHIG Regional Event	TBC	EOD	TQ440000
Sun 20/11/11	South Central	BADO	Level C	BADO Regional Event & SCOA League including an Yvette Baker Trophy Heat	Pamber Forest	EOD	SU615615
Sat 26/11/11	South West	SARUM	Level D	Dorset Schools League & Night O event	Collingbourne	EOD	SU271527
Sat 26/11/11	South East	MV	Level C	MV South East Night Champs	St Leonards	EOD	TQ194314
Sat 26/11/11	South East	SO	Level D	SO SOG 6 - Stanmer Park, Brighton	Stanmer Park	EOD	TBC
Sun 27/11/11	South West	BOK	Level C	BOK Galoppen & ASO League 3	Wavering Down	EOD	ST410560
Sun 27/11/11	South East	SLOW	Level C	OK Nuts Trophy and Hankley Blood Races	Hankley Common	EOD	TBC
Sat 03/12/11	South West	WSX	Level D	Informal	Affpuddle Woods	EOD	TBC
Sat 03/12/11	South Central	BKO	Level D	Saturday Series	TBC	EOD	TBC
Sat 03/12/11	South Central	BAOC	Level D	Southern Night Championships	Bordon Heaths	O: 26/11/11 P: 26/11/11	SU787365
Sun 04/12/11	Yorkshire and Humberside	HALO	Level B	Yvette Baker Trophy Final	Mausoleum Woods	EOD	TA138104
Sat 10/12/11	South East	SN	Level D	SN Saturday Series 4	Mytchett West	EOD	SU893550
Sat 10/12/11	South East	SO	Level D	SO SOG 7 - Eartham Wood, Fontwell	Eartham	EOD	TBC
Sat 10/12/11	South West	WIM	Level D	WIM 3 in 1 event	Hurn Forest	EOD	TBC
Sat 10/12/11	South West	BOK	Level D	Saturday Series 3	Ashton Hill Woods	EOD	TBC
Sun 11/12/11	South East	SAX	Level B	SAX Regional Event	Hindleap Warren	EOD	TQ416323
Sun 11/12/11	South Central	SOC	Level C	SOC SCOA league event Hinchleslea	Hinchleslea	EOD	SU270013
Sun 18/12/11	South East	MV	Level C	MV South East Families and Veterans Champs	Ranmore	EOD	TQ135504
Sun 18/12/11	South Central	TVOC	Level C	TVOC Regional Event & SCOA League	Wendover Woods	EOD	SP889090
Tue 20/12/11	South East	SO	Level D	Brighton City Race (incorporating SONIC 3), central Brighton	tbc	EOD	TBC
Mon 26/12/11	South West	WIM	Level D	Boxing Day Canter	tbc	EOD	TBC
Mon 26/12/11	South East	HH	Level C	HH Boxing Day Score	Trent Park	EOD	TQ281983
Tue 27/12/11	South East	SO	Level C	SO Xmas Score Event - Tilgate Park & Forest, Crawley	Tilgate Park & Forest	EOD	TBC
Sun 01/01/12	South West	SARUM	Level D	New Year's Day Score	Bulford Ridges	EOD	SU207446
Sun 01/01/12	South Central	BKO	Level D	New Years Score event	TBC	EOD	TBC
Sat 07/01/12	South West	BOK	Level D	BOK Saturday Series 4	Purdown	EOD	TBC
Sat 07/01/12	South Central	SOC	Level D	SOC Local event	Halsey Hill and Ogdens Purlieu	EOD	TBC
Sat 07/01/12	South East	SO	Level D	SO SOG 8	Sheffield Forest, Danehill	EOD	TBC
Sun 08/01/12	South East	SAX	Level C	SAX Sunday Series	Challock	EOD	TR024500
Sat 14/01/12	South East	SN	Level D	SN Saturday Series 5	Velmead School	EOD	SU819534

Date	Region	Club	Level	Event Name	Event Venue	Closing Date	Grid Ref
Sun 15/01/12	South East	MV	Level B	MV Regional Event	TBC	EOD	TBC
Sun 15/01/12	South West	KERNO	Level C	Kerno SW Galoppen & Club Forest League 1	tbc	EOD	TBC
Sun 15/01/12	South West	BOK	Level D	BOK Local & Avon Schools League	tbc	EOD	TBC
Sun 15/01/12	South West	WIM	Level D	WIM 3 in 1 event	Insdie Park, Blandford Forum	EOD	TBC
Sat 21/01/12	South West	BOK	Level D	Western Night League	Moseley Green	EOD	TBC
Sat 21/01/12	South East	SO	Level D	SO SOG 9	Stoughton	EOD	TBC
Sun 22/01/12	South West	NWO	Level C	NWO Galoppen	TBC	EOD	TBC
Sun 22/01/12	South East	HH	Level C	HH Ace of Hearts Regional Event	TBC	EOD	TBC
Sun 29/01/12	South Central	BKO	Level B	BKO Concorde Chase Regional Event	TBC	EOD	TBC
Sat 04/02/12	Yorkshire and Humberside	SYO	Level B	Northern Nights/YHOA Night League	Canklow	EOD	SK433913
Sat 04/02/12	South West	SARUM	Level D	Dorset Schools League	tbc	EOD	TBC
Sat 04/02/12	South East	SN	Level D	SN Saturday Series 6	Eagle House School	EOD	SU837624
Sun 05/02/12	South West	WIM	Level C	WIM Regional Event	TBC	EOD	TBC
Sun 05/02/12	South East	DFOK	Level C	DFOK District Event	Shooters Hill	EOD	TBC
Sat 11/02/12	South West	BOK	Level D	BOK Saturday Series 5	Bathampton	EOD	ST779641
Sun 12/02/12	South West	WSX	Level B	Dorset Delight	Bisterne Close	EOD	SU233030
Sun 19/02/12	South East	SO	Level B	SEOA CompassSport Cup & Trophy Heat (SO) - Worthlodge Forest, Crawley	Worthlodge Forest	EOD	TQ319355
Sun 19/02/12	Yorkshire and Humberside	EBOR	Level B	YHOA CompassSport Cup & Trophy Heat	TBC	EOD	TBC
Sun 19/02/12	Scotland	STAG	Level B	Scottish CompassSport Cup & Trophy Heat	TBC	EOD	NN920595
Sun 19/02/12	South Central	TVOC	Level B	SCOA CompassSport Cup & Trophy Heat	tbc	EOD	TBC
Sun 19/02/12	South West	DEVON	Level B	SWOA CompassSport Cup & Trophy Heat	TBC	EOD	SX740793
Sun 19/02/12	North West	BL	Level B	NWOA CompassSport Cup & Trophy Heat - Askham Fell	Askham Fell	EOD	NY495215
Sun 19/02/12	East Anglia		Level B	EAOA CompassSport Cup & Trophy Heat	tbc	EOD	TBC

Editorial

Pete Davis

How was it for you?

So, I now have a pair of SOCKs to my name and a chance to thank Kevin Bracher for his help in getting me started. On behalf of the entire SOCK readership I would like to thank Kevin for producing 46 editions over an eight year period. The man deserves a medal! And he leaves a big pair of socks to fill. I hope that I can meet the very high standards Kevin has set.

The last edition of SOCK was the first to be distributed through the website. The email notification that was sent included a link to the new Newsletter page on the SOC website where you could access the public and member only copies. Getting to the members only copy, which has committee and other contact details, required you to login as a club member. I hope that didn't cause any difficulties. If you have mislaid your password there is a link on the website for you to request a password reminder. If you are having problems accessing the members section please let me know and I will do what I can to help.

The other main change to the format was in the provision of a file in the right format to print a double-sided, A5 booklet. I have received some feedback on this but would like to hear more about what you think. Do you use this method of printing the newsletter? Does it work OK for you? Let me know by email or collar me at an event.

As to the public and member versions of the newsletter, you may be asking yourself why? In exploring ways that we can raise the profile of the club we are considering how to best co-ordinate the website, SOCK and other publicity initiatives. By having a public version of the newsletter we can have copies available at events for prospective members and drop copies at local libraries, schools and community centres. For this to be cost effective we need the printed SOCK to be the public version. Committee and event contact details will always be available on the website and we will also distribute paper copies each year following the AGM.

Your views on the proposed change to the printed version of SOCK are welcome and will be discussed by the club committee before a decision is made.

A big thank you to all those who contributed to this edition.

Material for the next SOCK should reach the Editor by November 30th.

Send all copy to sockeditor@gmail.com



REMEMBER REMEMBER
5/6TH NOVEMBER ...



Saturday



Sprint Race
Sandy Balls Holiday Centre

Sunday



The Classic
Busketts Lawn, Lyndhurst

... two days of dazzling orienteering in the New Forest

www.southampton-orienteers.org.uk

ENGLISH SELECTION RACE FOR SENIORS, JUNIORS AND VETERANS