

SROC Newsletter

June 2021

Red Rose Orienteers



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Editorial

Hello and welcome to a new edition of the SROC newsletter from Heather Roome. The club has taken the decision to have a roving guest editor, and I somehow agreed to do the first one! I hope you will find some interesting articles and useful information. If you come across something that you think would be useful for members, or just an interesting read, please forward to Martyn Roome at Development@sroc.org and he will pass on to the editor for the next edition.

The front cover photo was taken on a Christmas Eve run from Parlick Fell.

Recent Events Round Up

Lancaster University

A new Spring of orienteering kicked off with a gentle introduction: the rescheduled New Year Cracker took place at Lancaster University on Easter Sunday. Almost 100 orienteers appeared out of the woodwork and enjoyed a superfast blast around the park and woodlands with the odd venture into some of the trickier built up areas. Finlay Johnson was the speediest of the 43 SROC members that took part.

Yarrow Valley

SROC's first 'proper' event took place at Yarrow Valley. Orienteers were treated to an excellent new map and set of courses courtesy of Andy Quickfall.



Wellington Wood and Knotts Wood Events

Just 38 orienteers took part in the sometimes-underrated Wellington Wood (which was in pristine condition at this time of year), best known for its boulders the size of bricks. Finlay Johnson stormed to victory on the green course beating his closest rival John Embrey by a mere 14 minutes and 38 seconds. It was a similar story on the short green with Joe Murphy leading second placed James Bellarby by 11 minutes and 45 seconds. However, prize for the largest victory goes to Erik Bellarby, winning the orange course by 15 and a half minutes.

The Knotts Wood event took place a couple of weeks later. Again, the area was in top condition and orienteers were treated to some great technical courses which caught a few people out! Fortunately, the most excitement was saved for the planner/mapper, who found an air rifle stashed on a crag foot during one of his visits.

LOC Weekend: Burnt Wood and Colonels Drive

The May LOC weekend marked the orienteering season moving up a gear, with weather to match for the first event. Driving rain and cool temperatures, combined with tough rough and technical woodlands provided challenging courses. A perfect combination!

Lakes Weekend: British Middle Championships Summerhouse Knott & Northern Championships High Dam

LOC and MDOC hosted the BMOC and Northern championships on a gloriously sunny weekend. Runners were treated to some tricky and often physical courses, and the heat made conditions strenuous for some. Congratulations to the following club members on their top 5 positions:



BMOC: 3rd Finlay Johnson M20, 4th John Taylor M70, 3rd Miriam Rosen W70.

Northern Champs: 3rd Michael Finch M18L, 3rd Finlay Johnson M20E, 5th Mike Johnson M60, 3rd Maisie Todhunter W10, 5th Ellie Todhunter W12, 1st Lucie Todhunter W40 on W21L, 5th Julia Preston W35, 4th Deb Murrell W55, 4th Mary Ockenden W60, 5th Miriam Rosen W70.



Credit to Wendy Carlyle for the photos of Julia Preston and Mary Ockenden.

Technical Seminars

A number of technical seminars have been held throughout the lockdown period and beyond. Many of these resources are still available online. Details below:

Lakeland orienteering club: <https://www.lakeland-orienteering.org.uk/category/coaching>. Presentations include: [Pre-event geeking](#), [Event preparation](#), [Orienteering techniques from home](#) and the [Spring 2021 technique knowhow and Masterclasses](#) – this links to a series of 7 webinars on various techniques and is well worth a look if you are keen to work on some key aspects of your technique.

The British Orienteering coaching conference was held virtually this year, and [slides are available online](#), including strength and conditioning, analysis, and coaching, among others.



Turf and Turfing by Karen Nash

I am not really into technology. I have only had a smart phone a couple of years and it was third hand, my Si card is not SIAC (wafting enabled) and my sport watch records a route but not much more. On the other-hand I do like to try new things and wondered what Chris Roberts was up to when I saw some of his Strava logs. I asked him about Turf and there started a very steep learning curve.



My first attempt was in late December and I was very sceptical. I had huge issues with my old iPhone. Sometimes there was no GPS signal at all and so the zones just disappeared from the screen. At other times there was no link to the internet so the zone was almost taken and then would not quite make the last micro leap. On top of which the battery life of that phone was so poor I couldn't stay out long. Then I found because I used true Pay as You Go it was eating data and money like crazy. Just as well I don't like to be defeated.

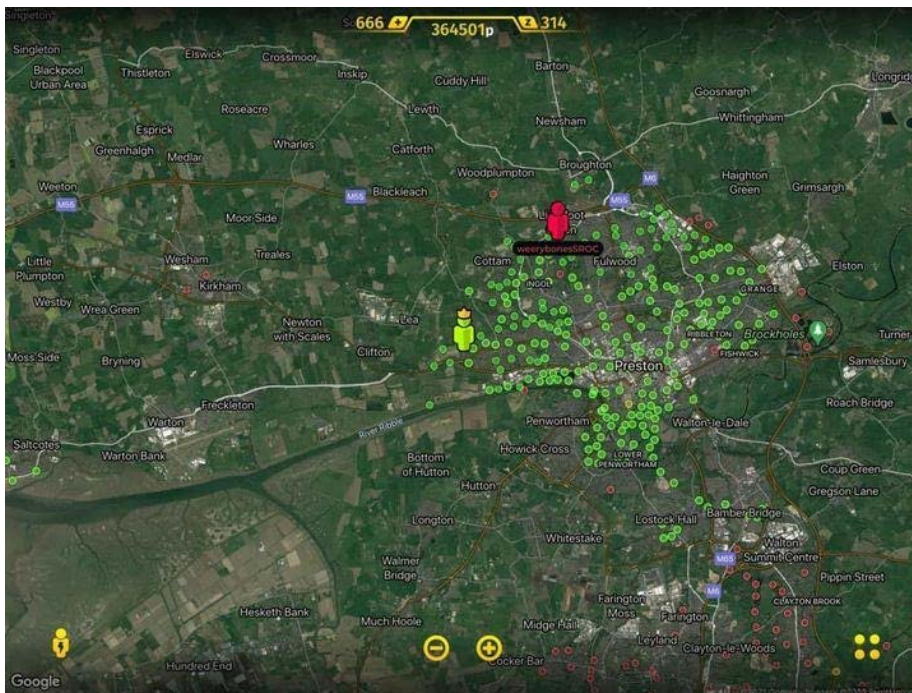
I started turfing on foot and given the winter weather this meant having my phone in a pocket. The GPS didn't like this and took a while to catch up at zones. For January I had signed up for The Accumulator (A Great Run non-turfing challenge) where you run the day in miles e.g. 1 mile minimum on the 1st etc. Using local paths was getting boring so I used turf to explore new areas close to home. It turned into fartlek training as I kept stopping to take zones and rather than watch the miles it meant I was working out ways to each zone and keeping myself entertained. Towards the end of the month I was struggling badly and although I completed the challenge I was injured. Struggling to walk never mind run I had a few days rest and then tried to use my bike. Getting on and off was hilarious but cycling was possible, so I had three days cycle turfing. It quickly became obvious that this allowed me to collect many more zones and without really trying I found I had won the NW area Round with about 400,000 points. Turf Rounds are a month and start/end on the first Sunday in the month at 11am.

At this point not many people were turfing in Preston and I was pleased to turn the town green by taking all the zones. Good in one way but terrible in another- you can revisit your own zones after 24 hours, but you only get half the points! Luckily Jane Anthony and some others started turfing lots too and we all came to realise that others taking zones was good as we could then revisit more often and for more points. Taking a zone means you block it for other people for a short while so it is useful to have your avatar showing so other Turfers can see you and amend their routes. You can instead meet up and 'assist' taking zones, but I have not done this yet. Lockdown was eased enough for us to feel comfortable to explore slightly further and take zones in Southport, Chorley and Blackpool. It felt safer cycling some of these areas than walking on the local tow path or parks. It was good to meet up with Frances, Jane and others mid Turf. After a Round the points per zone are adjusted based partly on how much they have been visited. Most zones start at 185 points and give you +1 point per hour that you hold them. Some in Preston are now 140 but +4. Understanding this starts to change your strategy- a late evening ride might mean you keep zones overnight and increase your overall points as you sleep!

Round 128 started on February 7th. I was still too injured to run at all and so decided to cycle turf. Without it I would have been climbing the walls and Bob would have likely moved out. It gave me fresh air, exercise and a challenge. I have certainly explored parts of Preston I have never visited before. PFO had invited us to a Turf challenge- which club could get the most points from their top 8 Turfers. I was keen to beat them (obviously) and wanted to try to win the NW again. Before long that was looking too easy and I started checking the UK leader-board. Perhaps I could do well there? Other



things had changed too. Bob found his android phone was much better at keeping GPS and a link to the turf website, so I bought one too. I also bought a cheap SIM deal for data use. On my bike I now had a board for the phone rather than keeping it in a pocket. All this helped Turf to work more efficiently and gave me much less frustration. At some point in the month my competitive spirit kicked in and turfing became addictive. It wasn't all smooth riding. Early on I was brought down by an out of control dog and then in the dark and wet I over cooked a corner or kerb and crashed down again. On the plus side we soon found a local loop that gave great zones per hour and we realised that if we followed each other we could take zones on the way out and again on the way back. Bob was very generous here and let me follow and so I kept the zones overnight or until another visit. You don't have to do this and yes it could get repetitive but it is a good way to maximise points, you can try to find the optimum route and if you wish to move faster you don't have to stop at every zone.



Green dots are mine, the red avatar is another Turfer, the crown is for taking the most zones in your region, red dots are 'owned' by another Turfer and yellow ones are neutral/ have not been visited yet.

My points per hour (pph) was increasing steadily. Fearglas (an avid and successful female Turfer in Scotland) was also turfing by bike and was cycling through

the night. At one point she had 1600pph even as she slept. It was frustrating to wake up and find how much she had gained but I guess she was getting far fewer points for taking a zone. My maximum pph is 666 on 27th March. Towards the end of the month I was doing well in the UK but could also see the possibility of a World podium. At the height of the competition we were turfing three times a day by bike regardless of the weather. Once you know where the zones are there is little navigation involved and I don't even leave the screen on which allows the battery to last even longer.

The Round ended on 7th March and our efforts reaped rewards. I was 1st in UK and 3rd In World. Bob despite letting me take his zones was 3rd in UK and 6th in World. Lots of lessons learned and much fun had.

Top 10	
1 Király +	+227 1117978p
2 Welshman 🇬🇧	+827 1033008p
3 ogirlSROC 🇬🇧	+213 921620p
4 gerald_flux.rc 🇪🇸	+408 793371p
5 féarglas 🇬🇧	+804 737765p
6 oldbobSROC 🇬🇧	+47 701593p
7 Jonte67 +	+154 590132p
8 Str1der 🇬🇧	+567 572714p
9 Folanaj2020 +	+295 555264p
10 Brett-it 🇬🇧	+616 522883p

Turf to me is far from perfect. It takes no notice of how you travel to zones and so to win you need to cycle. It clearly rewards those with addictive traits and those who do not have to work and so can turf for hours and hours. It is not a level playing field in terms of zones- some urban areas have a much better concentration of zones than others and more Turfers to 'turn the zones over'. Also, I do find it



frustrating to keep stopping when I am running or cycling. But it does get competitive, has got me outside when perhaps I wouldn't have bothered, has let me explore new places and let me cycle when I couldn't run. There are aspects that I barely look at – like the medals you earn, but I can see that for some this is perhaps an attraction.

Will I keep turfing? Maybe. There are now more zones on interesting areas like Pendle, Clougha and the West Pennine Moors etc so I can go for the long runs that I enjoy and do some turfing on the way. You get no extra points for zones that take an hour to run up hill to. Not aiming to win means I can afford to just shrug when poor GPS means I cannot take a zone- this happened three times in the Dales this week. Now my injury is mending/ mended I increasingly prefer to just go for a run and with gyms open we are back on the climbing wall too but cycle turfing for me is a nice easy leg loosener and so today's recovery day saw me out on the bike for a couple of hours turfing. I think I must have an addictive personality- but there are worse things I could be addicted to.

Give it a try! There is lots of info on the web and the Edinburgh Uni O site is particularly good.

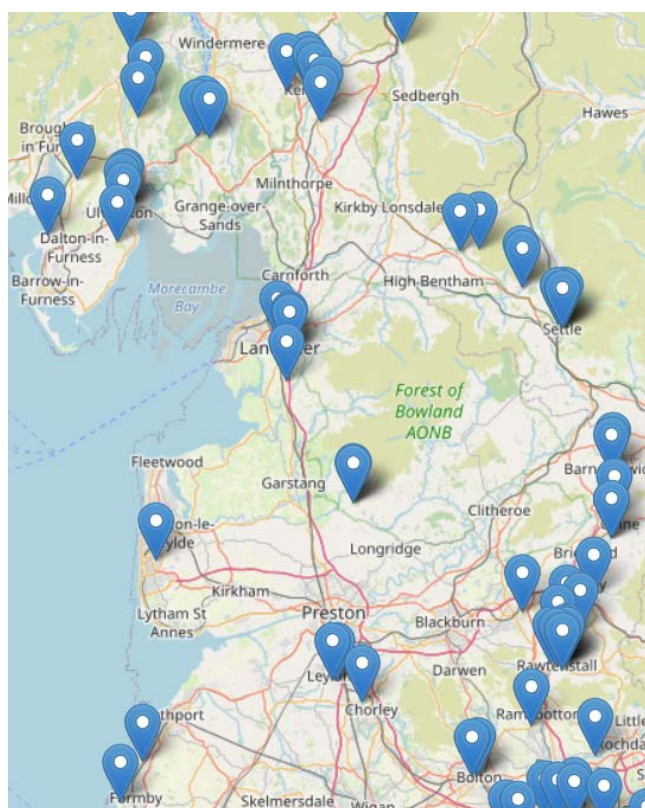
Maprun.uk

A recent article on nopesport.com highlighted the new website maprun.uk. This website aims to bring together a resource to provide one place where all things maprun related can be found, and to help simplify things for administrators of maprun courses. The map extract below is from the website and the blue pins show the positions of current maprun areas.

A recent CompassSport article on maprun focussed on East Pennine Orienteering Club, who have enjoyed great success over the past year, and have managed to gain a significant number of new members through maprun.

User Orientated:

MapRun.uk is designed to encourage the public to find everything they need to do permanent courses in their local area whether they are traditional POCs, MapRun events or others. A map or results can be obtained in 3 clicks without any signing up or having to type anything and the site is mobile-friendly. Alternatively, 3 clicks will get the visitor full event details in a clear and consistent format with descriptions/map of start location, parking, course and scoring details





and where to locate the MapRun courses within the app. The wording is designed to not use orienteering-specific jargon. After all, now that we are back in the forest, as orienteers we may use MapRun less ourselves, but it's a fantastic tool to attract newcomers to our sport. To those people, we do not want to be saying Go Orienteering, we want to be promoting a general healthy and exciting activity

For MapRun administrators:

MapRun.uk knows a lot about your courses automatically to save a lot of effort: Start location, number of controls, course length, scoring scheme, start anywhere, event start/finish dates and PIN protection, postcode, how users should find the course within their app.

All that you need to provide is the map (either uploaded to MapRun.uk or linked from your club website). You can also add further descriptions of the start location (e.g. tree at NW of car park), parking details and any other information. You can add a second alternative map (e.g. a winter map or [different layout](#)) and control descriptions. MapRun.uk knows about all 2782 courses in the UK and has organised them into 1615 different events (an event consists of one or more courses that share a start location). It just needs maps adding/linking, around 500 have maps (as of April) with more being added daily.

Each event has its own page so can be linked to directly from your own website if required. These can be branded with your club logo and colours.

Access to maps and events will be automatically allowed and revoked to fit in with any time limits you have set within MapRun itself. Therefore, you can upload maps in advance of PIN-protected event opening and do not need to worry about remembering to remove maps afterwards.

Additional tools, licences, and features:

OS Licence for maps means that MapRun.uk can be used to host your POC and MapRun maps. You can then link to the maps (or events) on MapRun.uk from your own club website

Admin interface for club admins allows you to edit your events/courses and upload maps.

Club branding allows the event pages to be branded with your club logo and colours. There are multiple links back to your website throughout the site, e.g. [NOC's Blidworth Woods](#)

Traditional POCs are now supported too. Obviously adding these is more manual as you need to set the start location, etc. yourself.

Advanced search means the visitor can search by course type, length, map availability, etc. Visitor tracking means that you get statistics on how often your events are viewed and how often maps are downloaded.

QR codes allow users to scan a code on their map to get taken straight to the results. You can download the QR code for each course from the admin pages. As a PNG, this can be loaded straight into Purple Pen to go on the map.

Participant feedback encourages people to report problems and provide a star rating for your courses when they view the results (if you want to enable it).

Click-through Disclaimers can be displayed before a map is downloaded. They can be set up on per-course (e.g. only suitable for over 16s), per-event (e.g. please be aware of OOB) or per-club basis.



Event Recommendations mean that if a visitor is directed to an event page, with one click they can view all other events within 30 miles.

Simple newcomers' guide to explain what users need to know to use MapRun or a POC with screenshots and step-by-step instructions.

[Original article](#)

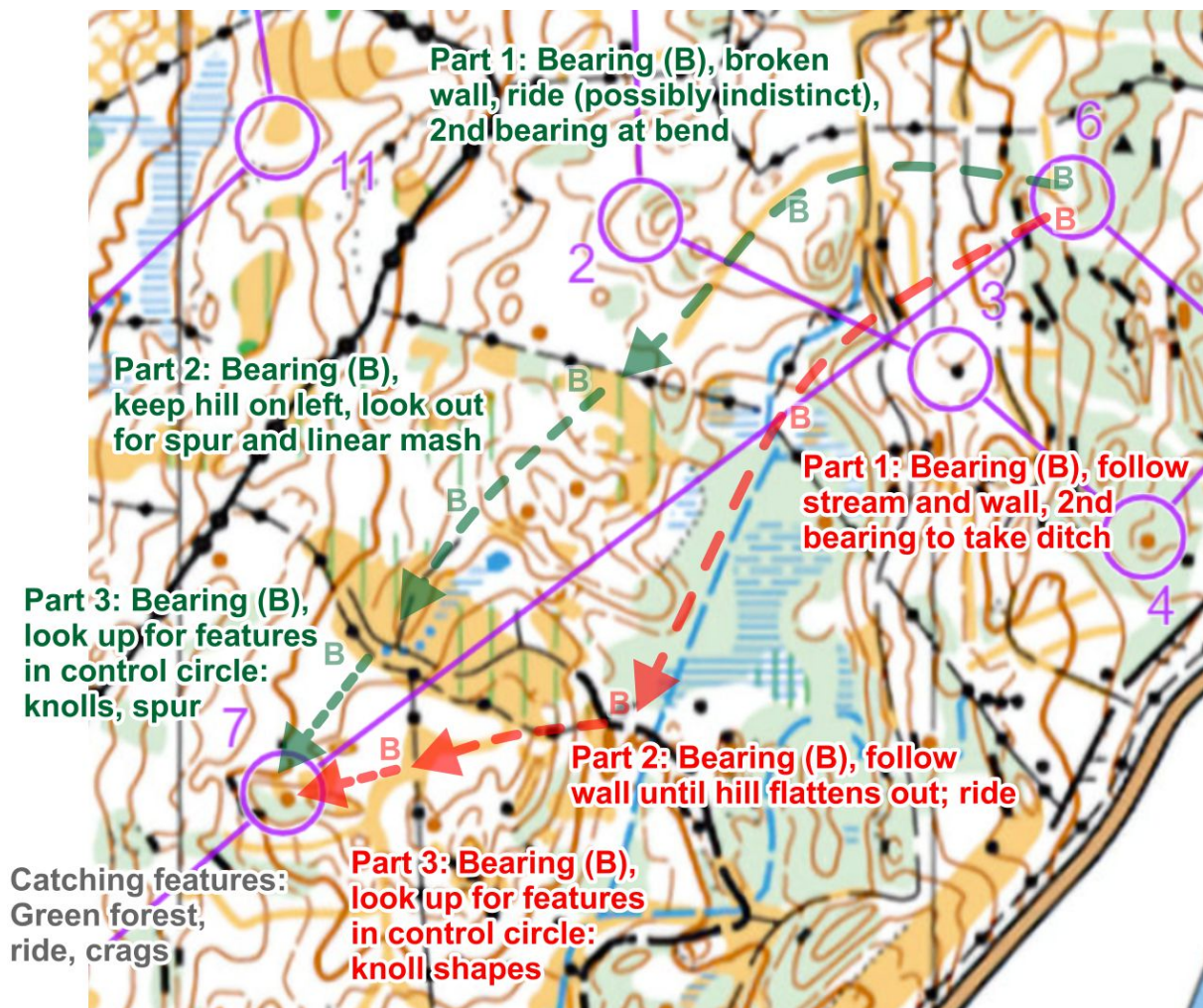
Technical Tips

The aim of this sections is to analyse a few legs from recent events and look at how you might tackle them.

First is leg 6-7 from the green course at the Burnt Wood event which took place on the 8th May. This is a medium length leg in rough technical forest. Two potential options are highlighted in green and red. The green option has a much easier exit route from C6 but requires a careful bearing in the middle and at the end of the leg. The red route has a potentially tricky exit from C6, but then linear features to follow most of the way to the control.

Break down the leg. Where is the best approach for the control? how are you going to get there? how can you exit the current control?

Don't be afraid of checking your compass direction or taking several bearings! Use the contour shapes, they are your best friends!





Get to Know Your Club Members

Name: John & Jacky Embrey Age Classes: M60 & W60



Town/area where you were brought up: John - Congleton, Jacky - Edinburgh. **Currently live:** Bolton (both of us, together)

What do you do for a day job? John - Head of IT at BBF, a cake manufacturer for all the major supermarkets; Jacky - Minister in the United Reformed Church, currently with 15 churches all to herself in and around Bolton and stretching down into Salford. She therefore finds it a little difficult to get to Sunday events.

Previous O clubs: Both – first COBOC, then HOC, DEE and finally SROC. We are both also members of JOK, the Oxford University alumni club

What other leisure/hobby activities do you have?

John - from age 11 up to around 50 my main sport was competitive canoeing. I participated in slalom and long-distance flat-water races, but my main discipline was white water downriver racing. At 20 I set a new scout class record for Windermere end-to-end. At university I also dabbled with climbing and we were both stalwarts of the rambling club, focussing on holiday trips to fells and mountains rather than gentle field wanderings. Jacky – my main competitive sport, up to and including university was hockey. I played in goal. Both – these days, when not orienteering, our main activity is fellwalking.

When, where and how did you start orienteering?

We both started through school – not our own, Iain's. When Iain changed school at 11 in 1998, he went to King Edward's, Aston (Birmingham), where the headmaster Peter Christopher ran the very competitive school orienteering club. A few weeks into Iain's first term John took him to his first event at Sandwell Valley; Iain won the Yellow. At the next event John realised there were people of all ages running around, not just schoolkids, so he took his trainers and some old clothes to the third event at Kingsbury Water Park and had a go himself, on Green I think.

Jacky started not much later. Her first event was on the Malverns, shadowing Chris. In his final year at primary school Chris was a team of 1 at the British Schools Championships, with John as team manager. Jacky took Iain and Chris to their first S6D at Lochaber in 2001 and again to Moray in 2003. On the rest day at Lochaber the boys insisted that they and Jacky went up Ben Nevis. John did not go to these first two as orienteering was not yet our main holiday and he was left behind at work. John's first S6D was 2005. We have been to every S6D since.





What is it that makes you carry on? Why do you enjoy it?

We both enjoy the mix of physical and mental challenge. No two events are the same, we always finish thinking "I could do better". It gives us the opportunity to visit outstanding areas of countryside, including some we would never otherwise get into and we have met some wonderful people and made many friends of all ages from all over the country. It's a great way to completely forget everything else.

Do you have any family members who orienteer?

We are the first in our family to discover competitive orienteering (or to be precise Iain is). John had one go as a teenager in the Scouts, but it was the "rucksack and boots" variety and did not appeal as a regular activity. Both our sons have enjoyed orienteering over the years.

What are your greatest orienteering strengths and weaknesses?

John – strengths: perseverance, never give up. The closest I got was at control 1 in the 2018 WMOC sprint final after messing up the leg, where I contemplated it for about 1 second. Glad I didn't, even though splits subsequently showed I was only 40th at the time.

Main weakness: losing concentration, especially on easier legs, and not giving "simple" areas sufficient respect.

Jacky - strengths: stamina, which I need especially when I get things wrong. Weaknesses: lacking confidence when I'm right and over confidence when I'm wrong.

What is your favourite O discipline?

John - my favourite discipline is long events (2-3 hours) in technical fell areas. However, I get my best results in sprints.

Jacky - middle style events in open areas, where I can run up to make it long length for me. Complex sprints - I can think faster than I can run.

What is your most memorable event (and why)?

John - there are a few, for different reasons. WMOC sprint 2018 in Copenhagen for the win, JK Sprint Lancaster University 2015 for beating Jorgen Martensen, British Sprint Champs Loughborough University 2019 for my cleanest run (and purging the demons of the previous British Sprint Champs there where I had the win in sight then blew it big style with 3 controls to go), Trockener Steig (twice) at 10,000 ft above Zermatt for the most impressive area.

Jacky - First solo event at Scottish six days where I didn't realise that the map would come without a key - that's where the stamina comes in; good runs or even good legs (for me) in various places - six days, relay, or even night street league.

What are your greatest orienteering achievements?

John wins – 2011: M50 Irish Middle Champs & Midlands Champs, 2012: M50 Midlands Champs, 2015: M55 Scottish Sprints & JK Sprint (Lancaster University) & Northern Nights, 2016: M55 JK Sprint & French Night Champs & UKOL & MW165 Mixed Sprint Relay (with Jacky & Mike Smithard), 2017: M55 London City Race & UKUL, 2018: M60 Northern Nights (Nicky Nook) & British Nights & WMOC Sprint



& UKOL & UKUL & British Relays (with Steve Ingleby & Nick Campbell), 2019: M60 Northern Champs & British Sprints & UKOL & VHI Relay (with Lesley Ross & Duncan Archer).

Plus several 2nds & 3rds, HOC Night Street League 9 years out of 10 (beaten by son Chris one year), MDOC Nights Street League since 2014, SROC Night Street League 2019-20.

Jacky – 2015: W55 Scottish Night Champs, 2016: MW165 Mixed Sprint Relay (with John & Mike Smithard), third in the Bavarian multi-day in 2018.



John on the top of the podium at WMOC 2018 IN Copenhagen, Denmark

What are your orienteering ambitions?

John - to win another WMOC sprint & British Nights & a first British Middle championship (threw one away with a big blunder, 2nd once, 3rd once). I think a British Long championship is beyond me. I'd like to make the England team for Interland but time is running out.

Jacky - to run as well as I can, especially in the bigger events.

What would you change about the sport, if you could e.g. pet hates?

John - I dislike "bingo" controls; I would eradicate brambles if I could; I think it should be permissible to remove legs from results at major events where there is an issue with one control, as in some circumstances being a less-bad option than either letting a tainted result stand or voiding the whole event.



Jacky - Getting wet and/or muddy before I start running. Maps with unmapped features bigger than the one the kite is on.

Do you have any funny moments relating to orienteering you would like to share?

John - my first overseas orienteering experience was a night leg in the Tio Mila in 2008, where I ran off the map! I know this because I hit a 3m high fence and there was no fence anywhere on the map. I managed to keep calm, turned round and followed the compass needle the opposite way until I got to somewhere recognisable. Looking at the map from a longer course later, I was only about 20m off the edge. I reckon they cut the map there deliberately as otherwise a fence corner would have been an easy attack point for my control.

Jacky - on a night street event I ran under a bridge, missing the connection to the road above and carried on to the next road - a long way, but I was clearly not thinking. I was off the map but thought I could go right and cut back through, in the right sort of direction. However, there was inaccessible farmland in the way, and I had to go back the other way. I ended up with negative points in the score and the longest run I have ever done. Another night street event was notable for the drug deal I ran through. Having got into the middle before I realised what was going on, I decided that the safest thing to do was to carry on 'oblivious'.

How many countries have you orienteered in?

Both - all 4 home nations, Irish Republic, France, Belgium, Germany, Switzerland, Italy (Rome), Lichtenstein, Sweden, Latvia. John - also Denmark.

Other outdoor accomplishments?

John - Lyke Wake Walk, Welsh 3000's (with Iain), LAMM 2007 (late substitute for Iain when he got called up for JWOC), 2 x Seaquest 3-hour canoe-O score events, 2 x Lake District Mountain Trial

Jacky - climbed the 2 highest peaks in Norway (with John), unknown number of Munros. Several gold walking badges in Austrian valleys (when the boys were younger).

Fixtures

A list of upcoming fixtures to the end of August in the North West can be found below. Check the club websites for the most up to date information.

The SROC local event planned for Traitors Gill which was due to be held on the 27th June has been postponed until the autumn to avoid the clash with the DVO event on Chinley Churn, and the WCOC event on Sale fell.

At the time of writing, the Scottish 6 days is still going ahead, subject to Scotland being in alert level 0.

June	Day	Club	Event Type	Area	Courses available
09/06/2021	Wednesday	LOC	Local evening	Stickle West	Long/short
09/06/2021	Wednesday	PFO	Local	Lee Quarry	Score
16/06/2021	Wednesday	LOC	Local evening	Orrest Head	Long/short
16/06/2021	Wednesday	PFO	Local	Alkincoats Park	Score
23/06/2021	Wednesday	LOC	Local evening	Stockbird Head	Long/short
23/06/2021	Wednesday	PFO	Local	Sunnyhurst Woods	Score
27/06/2021	Sunday	DVO	East Midland Champs	Chinley Churn	Full colour coded



27/06/2021	Sunday	WCOC	Local event	Sale Fell - Galoppen	Colour coded
30/06/2021	Wednesday	LOC	Local evening	Kirkstone Inn	Long/short
30/06/2021	Wednesday	PFO	Local	Peel Park	Score
July					
04/07/2021	Sunday	SROC	Urban/sprint	Astley Park and Astley Village	Full length urban courses
07/07/2021	Wednesday	LOC	Local evening	Haverigg	Long/short
11/07/2021	Sunday	BL	Galoppen	Angle Tarn Pikes	Colour coded
18/07/2021	Sunday	SROC	Club picnic	Hying Scout Wood	Odds & evens score
August					
1-8/08/2021	Scottish 6 days	SOA	Regional/holiday	Fort William	Full age class courses
21/08/2021	Saturday	DEE	British Sprint Relay Championships	Skelmersdale	Championship Relays
22/08/2021	Sunday	North West OA	British Sprint Championships (UKOL) - Skelmersdale	Skelmersdale	Championship courses

Club kit

SROC club kit can be ordered from Martyn Roome at Development@sroc.org. Tops are from £28 and come with a multitude of pocket, gender and arm length variations; Jackets are £33.



Links



Website: <http://sroc.org/>



Twitter: [@SROC_1964](https://twitter.com/SROC_1964)



Facebook: <https://www.facebook.com/groups/189159560445/>