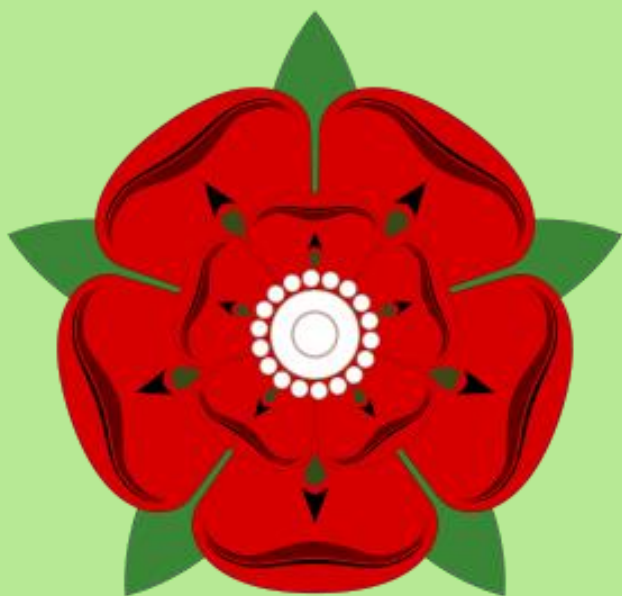




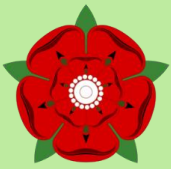
Joe Murphy putting it all into practice at the Tim Watkins Trophy, Hutton Roof. 14 November 2021
(photo Alex Finch)



SROC Newsletter

February 2022

Red Rose Orienteers



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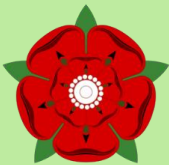
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Editorial



Guest editor out near Poynton, Cheshire with the Pensioners Potter gang, wading through some flash flooding

Hello and welcome from Brian Jackson your guest editor for the winter 2022 newsletter. "Who? Never heard of him", I hear some of you say. Perhaps this is because 15 years ago I moved from Preston to sunny Wilmslow South of Manchester. I joined Macc Harriers but stayed with South Ribble. That's why you only see me occasionally, usually at bigger fell and forest events and virtually never at night, street or "sprint" events. Editing this has been just like old times. I was editor from 1995 to 2000.

Many thanks to everyone who has sent in contributions and particularly to Martyn Roome who has worked hard behind the scenes in

commissioning articles. One of them includes the story of the rescue of a damsel in distress by a dashing young Italian man and another by another former Newsletter editor and his long search for a perfect piece of orienteering kit.

If you have an article to contribute or 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.

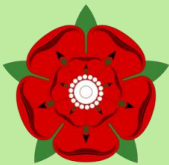
Brian Jackson

Club Archives

Here are the club archives currently in my garage yes, real archives on real paper in cardboard boxes. I am going to check what they comprise and report back to the Committee. It's a job to do before the winter is out. For many years they were kept meticulously up to date by Bill and Dawn Lock.

The onset of digital technology may have caused an explosion in information but I suspect our archives have not been accumulating so many documents in recent years. Perhaps the more recent the digital documents have all dispersed into the ether, many in formats that may be unreadable. Dick and Jane Collins last had custody of the archives and had made a start on using them to update Roy Woodcock's excellent History of SROC The First Thirty Years (published 1993). I suspect that this project will never be completed now. Are there any keen club historians out there?





Recent Events Round Up

17 Oct 2021 - Compass Sport Cup - Tankersley Sheffield

Although there can't be anyone who does not know that the club won the Compass Sport Trophy (CST)



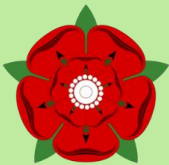
2021 it's worth giving it another boast and seeing the winning team photo again. The CST is for smaller clubs like ours, and the Cup is for bigger clubs like SYO. We won it before on home territory at Helsington Barrows in 2015 but this time we had no such advantage and went to Yorkshire and the complex wooded post-industrial landscape on the northern urban fringes of Sheffield.

It was tightly contested. SROC won with 1261pts

followed by EPOC with 1251pts and Interlopers with 1240pts. There was a captain's innings from Miriam Rosen. She scored maximum points on her course and she has decided to resign at the top. The captain's baton is now in the capable hands of John Embrey who has gone straight in at the deep end with our match at Hawse End on 6 February.

14 November - Tim Watkins Trophy - Hutton Roof and Farleton Knott

The TWT is held about 18 months or so. It is a real test of endurance and navigation skills. Roy McGregors's planning and Alex Finch's controlling, combined with such highly technical terrain with its amazingly complicated and picturesque limestone, mixed with high bracken and thorns, certainly gave competitors plenty of that. We had 151 entries and 130 ran on the day in beautiful sunshine, which is something Roy and Alex did not enjoy when putting out and checking controls on the very rain-sodden Friday. SROC's Philip Rutter won the Men's Open by 2min30sec from fellow club member Finlay Johnson, whilst Ann Edwards of LOC won the Women's Open. Former club member Quentin Harding won the M50 and Rebekha Beadle of LOC won W50+.



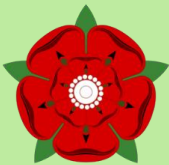
Jo Matthew at the TWT (photo: Alex Finch)

Although the extensive area used made safety monitoring quite exacting, having the car park, start finish and the village hall close together made it a joy to organise, particularly when we were able to enlist the Village Hall Committee in providing their legendary refreshments. This helped to make a tough and technical

event a very enjoyable one for competitors. I am told that we even made a profit of around £200, even after the Committee made a donation of £200 to Kendal Rescue Team to mark our thanks to them for stretcher out a competitor who was injured quite close to the start. See the SROC website for more of Alex's fine photos and my report <https://www.sroc.org/menu8/TWT%202021report.pdf>

8 January 2022 - John o'Goats Mass Start Annual Charity Event -Lyme Park

I rarely miss this annual event at Lyme Park put on by MDOC. Karen Nash was the only other club member there. It's nice and simple – You are assigned to one of 4 courses of according to age class. You go to the controls in any order and leave out between 2 and 4 of them depending on age class, e.g I was on the Short course and as M75 could miss 4 controls and a W60 could miss 3. All pretty manic after we had sheltered from the icy wind behind the Cage (hunting tower), quite straight forward technically, and a well known venue to me. The problem is knowing which controls to avoid and changing your mind as you run. I made a bad choice and lost a couple of mins or so. No entry fees but a donation instead plus another raffle. All in aid of helping to send local scouts to this year's World Jamboree in South Korea.



28 January - Club Handicap and Prizегiving - Lord's Lots Wood

With no Club Handicap race in 2021 because of Covid it was great to see it back again. 2022's will be remembered for holding the Annual Prizегiving next to the start and finish and not in a village hall.



2022 Club Handicap Champion Ben Todhunter receiving his trophy from Club President Miriam Rosen flanked by Trophies Custodian Deb Murrell and Club Chairman Mike Johnson

When was the last time we ran in Lord's Lot (sometimes known as Lord's Grot Wood)? I don't remember it being quite as physically challenging with tangles of brambles ready to ensnare and mutilate, and mud to wallow in. Perhaps it was only Julian and I (now M75 rather than M50) who took such a mauling, but M14 Ben Todhunter was not put off when he won in 24min 26sec, some 7min 32sec ahead of 2nd placed Alex Finch.

Congratulations! 39 took part but only 24 were placed because 11 were non comp (mainly because they were guests or very new members with no

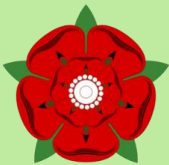
form on which to base a handicap) and 4 disqualified (including your guest editor).

Waiting for the race to finish and before the prizегiving was a good opportunity to do a bit of much needed socializing after the various lockdowns. Club president Miriam Rosen presented the prizes assisted by the new custodian of trophies Deb Murrell. The old National and Provincial Trophy



Club members waiting for the start of the Club Handicap. Note new member Simonas Sakalauskas (in dark green) from Lithuania standing to the left of the waiting trophies (Photo: Martyn Roome)

awarded to the member who has made the biggest contribution to the in the previous year has been retired and replaced by a new one donated by the Collins family in memory of Dick. This accolade was awarded this year to Martyn Roome and he is the first holder of the new trophy - well- deserved for all the work he does, much of it behind the scenes.



6 February - SROC Spring Series Healey Nab

Although the Compass Sport Trophy match on 13 Feb will be on rather different terrain this was a good event on which to give us a competitive work-out beforehand. The worst of the fierce squally weather was before and after the event. The rain largely held off in the main, if not the wind. Despite being on the fringes of Chorley and having lots of paths and line features Healey Nab is a continual challenge. There are not too many places you can switch off and John Embrey planned courses that jinked around this West Pennine outlier causing disorientation at times and some tricky legs where concentration was the order of the day. I found the mountain bike paradise west of the big quarry rather unexpected and confusing, it not having been there last time I ran here 20 years ago?

On the way to the start I bumped into former newsletter letter editor Les Davies who took over from me in 2000. There was a good turnout of 107 competitors, and what parking to have on such a wet and wild day when the paths in the event area were deep in liquid mud. Julian and I reckoned it was the cushiest car park marshalling we've ever done. Now if some of these soggy fields we use were to be covered with 250mm of concrete.....

Many thanks for Mike Johnson for organising, John Embrey for planning, Andy Quickfall for controlling and Dave Hargreaves for getting permission for all that concrete.

Forty Years Searching for the Perfect Night Set-up

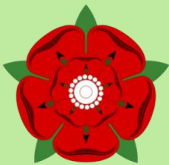
Paul Ferguson

It was when my spare battery ran out at the 1981 British Night Championships in Delamere forest that I realised how badly prepared I was. Dave Ward and I decided to take the University minibus down to Delamere Forest to enter on the night. I'd never done night orienteering before, but considered I was now experienced at day events having started a year earlier.... I did know I needed a light and had purchased one a few days earlier. It was a bicycle light with a port for a headlight. It had an incandescent bulb, small reflector and used a 4.5v zinc carbon battery.

At registration we were told there were no M21B maps left but we could do the Mens Open Course. Why not! It went well for a couple of legs since I could make out the paths and the controls had red lights (see article on Old O-equipment – Ed). Then it went wrong. I had to switch to the spare battery worryingly early and just after the map exchange had no power left. Thankfully moonlight was only a little dimmer than my working headlamp had been. So I could identify the tracks and navigate to the finish, arriving shortly after courses closed. "You must be Paul Ferguson" as relieved official said, and gave me a pot noodle.

I'm not sure what happened to that lamp. I don't think it was used in anger again. I did understand that the equipment I had was unsuitable but didn't think much of it until wandering through the traders at the 1985 Swedish O-Ringen. I saw and bought a new headlight and battery pack. This was much better, two large reflectors housed incandescent bulbs and the 6D zinc Carbon cells promised a decent life. It was the large reflectors that made the most difference. This light lasted a long time and was mainly used for street O. It was upgraded to 10watt Halogen bulbs - a big improvement. Nickel-Cadmium rechargeable batteries eliminated the use of disposable batteries.

Two weak spots remained: the reflector design didn't give much light throw and the connections in the battery pack were unreliable. Its life ended after the battery pack suffered terminal failure during a street event in the late 1990s.



I continued to experiment, building my own. Perhaps a hand torch could augment the head lamp? A 55watt halogen car headlight bulb might work. This drank energy so a very heavy battery pack would be required. It was no advantage – the beam angle was too broad and the battery so heavy it noticeably slowed my running speed. Since a narrow beam required wasn't always needed perhaps I could repurpose a rather nice hand torch I already had. Yes, a halogen bulb will fit. The trial at a night event at Tockholes was going well until the torch melted.

The new millennium brought the age of metal-halide arc lights and metal hydride batteries. The lights during this period were all meant for cyclists. I just took the various items and combined them in ways unimagined by the manufacturers. The main improvement to night vision was the metal-halide lamp. In 2000 these were very similar in efficiency to current LEDs and about three times more efficient than halogen (or about twice that of the halogen setups Chris Roberts – another “experimenter – and I used). I don't think any orienteers used metal-halide lamps in the early 2000s. Certainly, I never saw any. My set-up was a 20degree lamp with 2000 lumens and a 6 degree lamp of around 700 lumens. (Claimed lumens - a very dodgy area.) The former was fine in forests but the latter had much better throw in open terrain. I was very happy with this set up and used it for many years but the two battery packs were rather heavy in retrospect - double my current set-up.

I missed the early LED transformation of light technology. They didn't really offer much of an advantage and my orienteering activities were very curtailed by the house project (four years ripping apart our Victorian house and moving our stuff to a temporary house). This meant a big clear out which included my head lamps, batteries and associated chargers.



Paul wearing his ultimate head torch – Price? Much cheaper than a Rolex watch (photo: Glenys Ferguson)

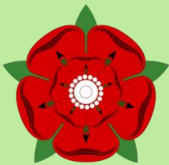
When we moved back in Autumn 2016, house now complete, there was the street season and night orienteering to look forward to, but no equipment. Read a good review of a Petzl NAO and bought two. Was very disappointed and found it of no real help even in a street event. For any event you want the equipment not to be noticeable and provide even illumination of the area ahead and to the sides whilst providing 'sufficient' light to read the map quickly (even more important as you get older). Back to the drawing board. This time I simply looked at the lights used by the elite orienteers and chose the model that seemed best. Spots, wider beam and very diffuse lights with separated electronics to minimise overheating together with an integral spare light along with a good battery life from a lithium ion battery.

I'm very pleased with this set up over the last three years. It isn't perfect in open areas but these aren't common in Scandinavia. Thankfully my experiments with head lamps are over for now.



Tim Watkins demonstrating the big twin reflector headlight in the 1980s (photo: Paul Ferguson)

Paul Ferguson



Training To Be A Level-2 Orienteering Coach at Astley Hall

Joe Murphy



Level 2 coaches meet Grade 1 Listed Building 1

This autumn I was privileged to be invited onto a course to train to be a Level 2 orienteering coach. I first mooted the idea a few years ago, when I had two children who were both keen orienteers and North West Junior Squad members. A number of things got in the way of taking this forward, not least a global pandemic, and by the time I did get on a course, one child had left home and the other had 'retired' from orienteering. Still, I took it as an opportunity to learn as much

as to teach and thought that it would be good to be able to give back to the sport. Having bungled my way through orienteering up until now, I really think that more should be made of coaching people, young or old, in the basics so that they can progress more quickly and get more enjoyment out of the sport.

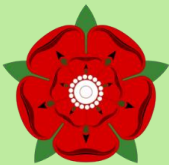
I have to thank Martyn Roome for getting me onto the course and, after what seemed like more homework than I ever had during my education, I arrived on a sunny Saturday morning in October in Astley Park to begin the formal training. Along with three MDOCs, two PFOs and two LOCs we spent the weekend learning about principles & ethics, coaching styles, planning & delivery, duty of care, health & safety, fitness & physiology and how it all relates to teaching basic orienteering techniques



Back to the classroom (photo: Joe Murphy)

over a series of linked, planned sessions. Under the wonderful tutelage of Pat Mee, I was paired up with MDOC's David Fenerty and we spent much of the weekend devising ways of teaching compass techniques from first principles to a bunch of seasoned orienteers.

Back home after the weekend we had a few weeks to plough through the second mountain of homework, filling in a detailed portfolio to be assessed before we undertook final the practical assessment.



A large part of this homework was to individually plan a training session, including warm up, cool down and health & safety to be delivered to our peers. This session was aimed at TD4/5 and I was given contours as my subject for the day. With very kind help from Alex Finch, I managed to create a brown only (contours and earth features) map that would work in the confines of the wooded area at Astley Park without losing anybody in the river. The weather was not so kind this day, though luckily, the torrential rain only came in towards the end of the sessions.

The afternoon was finished off with 1-2-1 sessions with our assessors as we went back over everything that we had done to that point, including feedback on the sessions and the portfolio. Having successfully steered my way through to this point, I now have to plan and deliver a series of linked session over the next year or so to complete the training.

Although much more involved than I ever thought it would be, I have found the whole experience very rewarding and satisfying. Hopefully I have a captive audience at Tom Matthew's Lancaster Boys Grammar Orienteering Club upon whom I can experiment for my linked sessions. Massive thanks must go to Martyn for organising and for agreeing to be my mentor for the next year or so. Hopefully it has helped my own orienteering too!

Joe Murphy

LOC Spring Coaching Opportunities

From the LOC Website – these sessions **are open to all NWOA Club members**, not just LOC and Carol will be delighted to hear from you:

LOC days with Carol and LOC coaches. 1000 – 1300 - £6/£3

Carol McNeill and Martin Bagness are again organising some coaching sessions for LOC members and newcomers during February, dates and initial details are below. These are great opportunities for you to practice your O skills ahead of the big events !

Spring Coaching 2022 - all applications & enquiries should be sent to Carol (crlmneill@gmail.com) and you will be sent final details and how to pay

Saturday February 12th– Great Tower — a women only group (beginners welcome) and an open group for tech levels 4 and 5. Focus on contours, map reading with compass. This day is linked with LOC Juniors and the NE Juniors who are training over here for the weekend.

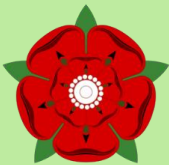
Saturday February 19th– Roanhead (by Barrow in Furness). tech levels 4 & 5 (not beginners) – navigating in sand dunes – how to do it better.

Two full days with Martin Bagness for LOC and NWOA Clubs 1000–1530 £12/£6 (not to be missed – learn from a 'master')

Saturday 26th February– Venue tbc

Sunday 27th February– Rusland Heights and Hall Brow Wood.

Plus one or two ZOOM sessions to help prepare for the upcoming races – these will be announced separately.



Get to Know Your Club Members - Luigi Lerosse, Enrada Cepele and Giada Lerosse

Age Classes: Luigi: M45
Enrada: W21 Giada: W4
😊

Town/area where you were brought up:

Luigi: Padua (Italy)
Enrada: Fier (Albania) & Bari (Italy)

Where do you currently live? Preston

What do you do for a day job?

Luigi: I currently work at the University of Central Lancashire (UCLan) as a Senior Lecturer of British Sign Language (BSL) and a researcher.

Enrada: I worked in administration and now taking a break from work while looking for a new career.

Previous O clubs:

Luigi: Erebus Vicenza (Italy)
Enrada: Orienteering Academy Puglia (Italy)

What other leisure/hobby activities do you have?

Luigi: Travel, film and art.
Enrada: Travel, arts and crafts, cooking and photography.

When, where and how did you start orienteering?

Luigi: I started Orienteering in secondary school in 1991, but only joined a club and became competitive when I began studying at Padua University in 1997.

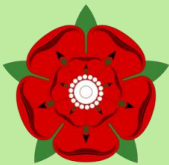
Enrada: In 2012 I attended a course on Orienteering, since then I've been a member of a club.

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

Luigi: I continue to partake in the sport as I find a great sense of peace and happiness when finishing a race. The environment competitions take place in are always wonderful. Being able to physically and mentally challenge myself gives me great pleasure.

Enrada: I enjoy Orienteering as it provides me with the opportunity to visit a wide range of different places and take photographs while I'm there.





Do you have any family members who orienteer e.g. parents/siblings etc?

Luigi: My sister regularly competes in Orienteering, my brother also occasionally partakes in the sport.

Enrada: I don't have any family that orienteer.

What are your greatest orienteering strengths and weaknesses?

Luigi: I most enjoy the sprint competitions that are finished within 15-20 minutes. There is a real sense of time pressure and this forces you to focus completely for the entire duration.

I run less fast in the woods due ankle weakness and when I compete, I need to tape and strap my ankle to ensure I can get through the race.

Enrada: I enjoy seeing towns or villages and urban races are my most preferred. I often get lost in forest races.

What is your most memorable event (and why)?

Luigi: Venice... was my most memorable event, there were 4000 - 5000 competitors racing. There are no cars which is very runner friendly, and the city was full of people involved with the sport.

Enrada: I was selected to be part of the Italian Deaf National Team in European Deaf Orienteering Championship, in Lithuania 2021 which is something I am incredibly proud of.

What are your greatest orienteering achievements?

Luigi: My greatest achievement was winning a bronze medal at the Deaflympics 2017 in Samsun (TUR) (<https://www.uclan.ac.uk/news/international-bronze-medal-for-sporty-scholar>), and another a bronze medal in European Deaf Orienteering Championship in Czech Republic 2016.

Enrada: Being selected for the Italian Deaf National Team.

What are your orienteering ambitions?

Luigi: I hope to partake in my 5th Deaflympics, that will be hold in May 2022, in Brazil.

Enrada: I hope to be selected for the Deaf National Team to compete in another international competition.

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

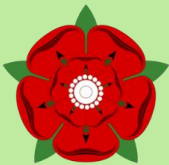
Luigi & Enrada: Often at competitions organisers are reliant on sound to inform competitors of various updates, we miss out on this information, it would be positive if the sport could move away from this etiquette and disseminate information in a more accessible way, using technology like a message update regarding a change in the maps.

Another example: organisers often struggle to communicate with us, and it could be done in a more Deaf aware manner for example by using gestures and or signs/sign posts.

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

Luigi: I was at a competition in a small village, once I'd finished my race, the organisers had said that someone was lost, I volunteered to go out and look for them, as it happens, that person is now my life partner!

Enrada: See Luigi's story!:-



Long -forgotten O-equipment - Did we really used to use stuff like this?

Brian Jackson

A recent visit to the equipment store got me thinking how equipment has changed since I joined the club in 1979.

In the 1980s all the heavy and low value stuff was stored in Dave Whittaker's barn at Bayhorse on the A6. Everyone knew the lock combination number so it was easy for event organisers to park outside and rifle the store for they needed and return it after. This had the disadvantage that the barn would get increasingly untidy as kit would form in great layers that got rummaged through, leaving less used stuff near the floor. Things made out of wood featured strongly. So what greeted you out of the gloom when you heaved open that heavy sliding door?

Heavy wooden stakes - enormous numbers of them 40mm square stakes, many of oak. These were used for hanging kites. Canes came in later.

Big ladder stiles - made out of larch spars, and still used occasionally

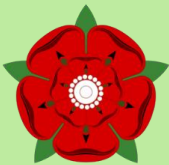
Long wooden stakes to mark out run-ins and starts. All required the use of large mallets and hammers. Wooden stakes went out when Dave lent us some of his **electric fencing posts** until these were superseded by the custom made aluminium stakes came in with SI timing around 2000 (still in use) and then the bendy custom designed stakes which are very similar to the electric fencing posts.

Water containers, bottles of orange squash and plastic cups - we had a couple of containers with taps for dispensing orange squash at the Finish together with about half a dozen large plastic containers for transporting water to events.

Tape – was not the flimsy colour coded red and white or blue and yellow health and safety stuff we have today, but heavy duty 60mm wide nylon re-enforced PVC ribbon, usually in white. We would coil this up after event, stuff great hanks of it into an ever increasing number of old fertilizer sacks and for later re-use.

Start/finish and club banners stated to appear in the 1980s.

Club Tents? Tents specially made for events did not exist. We got by at events by using old frame tents lent by members event by event. They housed the results team when checking control cards. Eventually we got a club tent made for us by Preston Camping. Like all club tents of that era it was an oblong frame tent with doors front and back. The frame was made of heavy steel poles of irregular lengths. I think the first time we tried to erect it was when we were hosting the Northern Night Champs at White Coppice in the dark and half way up the hill. This descended into farce and proved impossible that night. I took it home and colour coded the pieces and stuck a "how-to" IKEA type sketch on a board which we kept in the tent bag. This tent was superseded by a de-luxe one from Scandinavia with aluminium poles. Eventually these tents gave way to the bendy tunnel tents we have now.



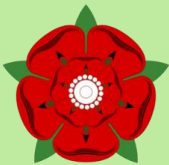
Tarpaulins, sheets of polythene, fishermen's tents and Master Map boards - Until well in to the 1990s only bigger events with more than 200 or 300 competitors had the course pre-printed on a map and all nicely sealed up in a sturdy poly bag. For the smaller events competitors collected a blank map from registration and then immediately after the start copied the course down from a master map of their course. As well as providing many opportunities for errors to creep in (circle on MMs in wrong place, wrong course title, competitors copying circles and numbers wrongly). This system was a nightmare for everyone in bad weather, particularly wet weather. As a result the stores always various sheets of clear plastic and canvas tarpaulin to hang over the master maps. None of these were very satisfactory, and sometimes we used a spare tent for MMs. Eventually, the stores included about 8 to 10 of the tents that anglers use to shelter on the riverbank. I think this was a clever suggestion by Dick Collins who was a keen fisherman, of course. About 20 or 30 master map boards made of hardboard or ply would be dumped somewhere in the barn. Each board would have a master map of a course taped onto it, sometimes with a red ballpoint pen attached by string.

Toilet tents, hessian screening and posts - Until the 1990s toilet provision at events was always a challenge until the plastic toilet cubicles arrived from the US. Quite often these were slit trench latrines screened by hessian fixed to posts. Sometimes we used a couple of chemical toilets in canvas sentry type tents as well. Before the plastic toilets arrived from America, Dave Whittaker came up with the innovation of converting a horse box trailer into a mobile toilet with a couple of cubicles. This was towed to SROC events, but was a nightmare if towed by anything less than a Land Rover.

Tracking - Deep mud in event car parking fields has always been a problem. Nowadays it is possible to hire tracking to stop the worst of this but in the early days organisers came up with various innovations. This ranged from laying trackways of chestnut pale fencing and the use of various discarded junk. At one time the club obtained some lengths of old conveyor belting about 600mm wide. I remember its use at a National Event at Torver and later in the mudfest that was the car park entrance for the 2004 JK at Graythwaite. This was too bulky to fit in Dave's barn and the last time I saw it, it was stored in a barn at Witherslack.

Iron posts - Chairman Mike Johnson also doubles as our equipment officer and he is hoping to clear out a lot of clapped out and redundant kit from the garage. As well as the clutter of ad hoc signs that have accumulated the things that he most wants to get rid of are a stack of steel road pins that date back to those days of Dave Whittaker's Barn. Former member and ex-equipment officer John Denmark tells me they were donated by Preston Council for an event we had in Moor Park. He thinks it might have been a schools event. They must be 1200mm long, sharp spike at the bottom and bent into a hook at the other end. I guess they were driven into the tarmac to form the posts of barriers around road excavation. Paraffin lamps were hung from the hooks and lit at night to warn traffic. Such road lamps were used as control markers in the early days of night orienteering events used, although I don't remember any in the stores in my time, but Paul Ferguson in his article refers to these being used at a British Nights Champs around 1980. Part of the club's heritage. An heirloom to be handed down to future generations.....but they must weigh the odd hundred weight or so and might be worth something if the price of scrap metal climbs back up.

Brian Jackson



Fixtures

Check the club websites for the most up to date information.

North West and local events in Feb 2022

Tue 8th Feb: Local - MDOC Night Street League (7) NWOA/MDOC: Congleton streets
Wed 9th Feb: Local - Street-O (1/10) NWOA/PFO: Ramsbottom
Wed 9th Feb: Local - Terrain Night Series 5 NWOA/LOC: Great Tower
Thu 10th Feb: Local - Winter series 14 NWOA/WCOC: Setmurthy
Sat 12th Feb: Local - MDOC NW Night League event NWOA/MDOC: Tegg's Nose Country Park
Sat 12th Feb: Local - MDOC Saturday morning series (2) NWOA/MDOC: Woodbank Park
Sun 13th Feb: National - Compasssport Cup heat NWOA/WCOC: Hawse End
Wed 16th Feb: Local - SROC Night Street League event 9 NWOA/SROC: Hest Bank
Wed 16th Feb: Local - Terrain Night Series 6 NWOA/LOC: Bethacar
Thu 17th Feb: Local - Winter series 15 NWOA/WCOC: High Rigg
Thu 17th Feb: Local - DEE Night Street League NWOA/DEE: Warrington
Sat 19th Feb: Local - Miltonrigg, Brampton NWOA/BL: Miltonrigg Woods
Sat 19th Feb: Local - Saturday Series (2) NWOA/SELOC: Moss Bank Park

Major events - North West and further afield

Sat 19th Feb: Major - British Night Championships (UKOL) YHOA/AIRE: Ilkley Moor
Sun 20th Feb: - National Event (UKOL) and YHOA SuperLeague YHOA/AIRE: Burley & Ilkley Moors
Sat 26th Feb: National - BUCS Individual YHOA/SHUOC: Big Moor
Sat 26th Feb: National - SYO 50th Anniversary Double; YHOA SuperLeague YHOA/SYO: Big Moor
Sun 27th Feb: National - BUCS Relays YHOA/SHUOC: Wharnccliffe Woods
Sun 27th Feb: National - SYO 50th Anniversary Double ; YHOA SuperLeague YHOA/SYO:
Sun 6th Mar: Major - British Middle Championships (UKOL) EAOA/NA: Rushmere
Sun 13th Mar: National - CompassSport Cup Heat YHOA/HALO: Windy Pits & Duncombe Park
Sat 19th Mar: Regional - Duddon Spring Weekend Day 1 Middle Distance NWOA/LOC: Mesopotamia
Sun 20th Mar: National - East Midlands Championships 2022 EMOA/DVO: Stanton Moor
Sun 20th Mar: Regional - Duddon Spring Weekend Day 2 Long distance NWOA/LOC: Caw
Sat 26th Mar: Major - British Orienteering Champs (UKOL) SEOA/NA: Golden Valley & Cognor Wood
Sun 27th Mar: Major - British Relay Championships SEOA/NA: Iron Hill and Parkgate Rough
Sunday 3rd Apr - Major - Nothern Champs, Simonside - NATO
Fri 15th Apr: Major - Jan Kjellstrom Orienteering Festival - Sprint (UKOL) WOA/SBOC: Singleton Park
Sat 16th Apr: Major - Jan Kjellstrom Orienteering Festival - Middle (UKOL) WOA/SWOC: Clydach
Sun 17th Apr: Major - Jan Kjellstrom Orienteering Festival - Long (UKOL) WOA/SWOC: Pwll Du
Mon 18th Apr: Major - Jan Kjellstrom Orienteering Festival - Relays WOA/BAOC: Caerwent Milit Base
Sat 23rd Apr: National - Lakeland Weekend Day 1 NWOA/SROC: Blakeholme
Sun 24th Apr: Regional - Lakeland Weekend Day 2 NWOA/LOC: Loughrigg