

# S R O C



The Red Rose Orienteering Club  
BOF Club of the Year 2008



## Newsletter

March / April 2015

Editor : Dick Collins

**Congratulations to Quentin Harding, M50 British Night Champion.**

### JK2015

### Individual Days

It was generally considered to be an excellent JK with a major input from SROC members.

Day 1 was the Sprint at Lancaster University. Chris Roberts had produced an excellent map and Tony Marlow, assisted by Martyn Roome, was the Organiser. Miriam and David Rosen were the planners. Lots of SROC members were involved, both on the day and setting up the day before. The weather was a bit on the cool side and there were problems on both the M6 and the A6. We had to keep the Start open for an extra 45 mins to allow for latecomers. Organisational excellence was complemented by competition success with Quentin Harding winning M50. The Lancaster Guardian produced an illustrated article which can be viewed on the Club web-site.

Days 2 and 3 were the Individual days. Day 2 at Ulpha involved a 30 minute trek from the car park to the Arena and then another half hour to the Starts. However, the weather was bright and sunny although it was tough going underfoot in places. Day 3 was easier going. Martyn Roome won M60S and Helen Ockenden was 3<sup>rd</sup> on W18E.

## JK Relays - A Question of Shoes

The relays were held at Graythwaite. The day started (in Lancaster) as cold and misty but at the event the sun came out. There was a long hold-up (50 minutes in our case) on the road and a sign went up saying that the starts had been put back by 60 minutes. When we got to the field the tannoy was saying that starts had only been put back by 45 minutes, although there was a sign on the gate still saying 60 minutes. This is not really acceptable as people could miss their starts and the overall JK Organiser had gone to the Day Organiser to say just that. However, he didn't get there quickly enough and it had gone out on the tannoy. The reason for the change was because some of the foreign runners had planes to catch and wanted to get on with it.

Quentin Harding took time off from winning things to do the planning on an area which was nice and runnable, if somewhat steep in places. None of our teams set the world on fire but the Veteran Women (Sue Harding, Miriam Rosen and Jane Anthony) came 4<sup>th</sup>.

I was running in an ad-hoc team with Beth Davey and Annie Ockenden. The most noteworthy aspect of our performance was that between the three of us we had 6 shoes (obviously) and although we all successfully completed our courses only three of these shoes crossed the Finish line. This arose because the run-in was a total quagmire. Beth lost both of her shoes in the mud when close to finishing but kept going and crossed the line in her socks. Annie did rather better, losing only one shoe but again kept going. All shoes were eventually retrieved.

It was pleasing to see Maurice Collett (M92) who had come to see one of his Scandanavian friends who had come over for the event.



## Odds and Ends

I find it difficult to understand some Planners. The latest SI dibbers will only hold data for 30 controls. So, the Planner for the British Night Champs plans his no 1 course to have 31 controls. This means that some runners can't use their own dibbers but have to go to the Organisers to borrow a different dibber. Why couldn't the Planner simply reduce the number of controls by one, thus saving a lot of people a lot of hassle?

Further to my comments that one club advertised its parking venue as a particular car park, but failed to mention which town it was in, the same club advertised its evening event in another town with two references to the parking being shown on a particular web-site. I tried repeatedly to access this but it wouldn't open and the final details made no mention of where the parking was actually located. A simple street name would have sufficed. Whoever had put the final details together was also unable to correctly spell the name of our largest lake. (OK...so I make the odd typo ...but I can generally get the big names right !).

Some while back (October) the Lancashire Evening Post featured SROC in its *Your Societies* section. There were photos of a number of our members and (apart from getting our Chairman's age wrong) a very positive write-up.

The BOF levy went up to £1-10 per adult participation on January 1<sup>st</sup>. Juniors count as one third of an adult. The NWOA levy is 10% of the BOF levy. Thus, we pay £1-21 for every adult entrant for every event. What does this mean for BOF? See next paragraph.

Some interesting numbers on the BOF web-site : Last year BOF had 10328 members (up 3% on 2013) and there were 109 orienteering clubs. 17345 people acted as volunteers, the value of the volunteering being estimated as £52,734,217. 4896 events and activities were organised. At least 10800 people orienteered for at least 30 minutes in the 28 days before the survey. "Participant runs" were at least 392,548 (up 88% over 4 years).

## The Run-In

So, at the end of a hard run do you approach the Finish happy to be nearly home, totally exhausted, inwardly fuming about how the planner had got it wrong or simply smiling for the camera? At the Club Handicap Laurence Johnson snapped most of the finishers, to reveal a range of facial expressions.





Luigi Lerosé, Frances Watkins, Helen Ockenden, Chris Roberts, Finlay Johnson, Brian Jackson, Deb Murrell, Jon Carberry and Roy McGregor.



## British Night Champs.

These were held in Middleton Woods, near Leeds on Feb.28<sup>th</sup>. Some rain but not too bad. Parts of the area were steep and slippery but overall it was a good area for a Night Champs especially as one can now run across the golf course (which was OOB when I last ran there 20 years ago). **Quentin Harding won M50** with third places for Heather Gardner (W21), Sue Harding (W50) and Miriam Rosen (W65). Night events (even the British Champs) don't tend to attract big entries and Jane Collins won W55S as the only (competitive) runner on her course. This was rather better than her spouse's performance which involved a pretty good accurate run, apart from happily running right past number 9 without punching. It was particularly frustrating going to download and being given the print-out. It said that I was 8 minutes faster than the leader ..... so why wasn't I the leader? ..... then you notice the missing control. I must have gone within yards of it but didn't punch. How does one manage to do this? No idea, but strange things happen in the dark.

# BOF Numbers

The pie chart below relates to sport in general.



Back in the orienteering world . . . . . which carries the most prestige and hence has the largest entry numbers -the JK or the British Champs? No contest !

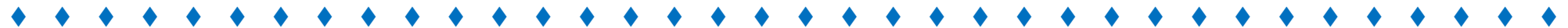
For 2014 the entry numbers were as below: -

JK (Day 2) 2857    BOC Sprint 795    BOC Middle 954    BOC Long 1055    BOC Relay 719    BOC Night 256

How does the finance pan out ?

	Total exp.	Total income	BOF profit	Club profit
JK	97672	142183	29673	14836
BOC Long/Relay	35498	35468	- 29	0
BOC Sprint	7418	12774	3570	1785
BOC Middle	8883	16467	5055	2527

So we can see why clubs aren't fighting to put on the Long Distance/Relay Champs.



## Street League

After ten events the final results for the Street League have been posted on the web-site. The best 5 events counted and with 114 runners taking part (actually, more than that as some ran as pairs) the top four on the basis of overall scores were :

Quentin Harding	500
Steve Lang	479
John Embrey	478
Karen Nash	463

On the basis of age-adjusted scores the top performers were:

Quentin Harding	500
Karen Nash	493
Jane Anthony	486

Congratulations to them all !



## Portugal O-meet

**Congratulations to Quentin Harding who added another trophy to the Harding cupboard by winning M50**

**John Brewer was also there .....**

February saw me competing in my first International multi-day event in Portugal. It was first mentioned as a possibility in the dark depths of Winter 2014, and promised something to look forward to in the New Year.

A week before we were due to fly, Becky (my dog) had her annual visit to the vets, whereupon the vet found a tumour on her spleen. A day later her spleen was removed in the hope that it would extend her life. Nursing a poorly dog in the days before travelling was not the best preparation but she was showing signs of improvement before we left.

For some reason I thought orienteering abroad would be very different, but it was actually very similar. A notable difference I particularly liked was at the starts – no names were called and you stood next to your map box for the last minute, so no scrabbling for a map when the bleeper went, and the start kite was at the end of a taped route (out of sight) giving you time to study the map and decide your route.

On day one, we parked on a long forest road. With late starts we ended up 3km from the arena. They put a shuttle mini-bus on, but unlike TWT where there was a designated bus stop, Portuguese style was to flag the bus down. Only he drove past us when we tried it, turned at the end and was full in no time leaving us to wait and try again. John decided to walk the 3km at this point, felt like the longest 3km I've ever done, meanwhile Jane, Karen and Andy caught the next minibus along with about 12 others crammed into an 8 seater, several competitors stuffed into the boot!

The course lengths were much longer than I normally do – there were no short courses and their entry system wouldn't allow entry onto an older age course (not that I wanted to run against old codgers).

The terrain consisted of pine forest on undulating sand dunes covered in a lovely soft lichen, easy to run on except on the soft sand forest tracks that made up a regular grid pattern. Close attention was needed at all times to make sure you knew which grid square you were in. Obviously I failed at this task many times, hence being out for a long time with much time spent re-locating.

After cutting it shorter (by missing a few controls out) on Day 1, I formed a plan for the remaining 3 days:

- Complete course on Day 2
- Not come last on Day 3



- Day 4 – creep up the leader board

The plan worked, my confidence and fitness improved, or was it down to good food and large amounts of red wine?

On the evening of Day 1, I was weary by the time we got to the Urban night sprint, but despite that and the rain decided to give it a go as they were using SI Air dibbers. A simple wave near the box registered your visit – having poor eyesight it would be very easy to ‘dib’ the wrong box accidentally though. After a mistake on the way to no. 2, Quentin caught me up and as I knew he was doing the same course as me I thought I could simply follow him. However, chasing him down a back alley I suddenly thought this is crazy, no way could I run at his speed and before long I wouldn’t know where I was. Looked down to check my map, looked up again and Quentin had disappeared!

A big thanks to all the SROC members who gave great advice and support and waited patiently for me to finish my epic adventures. I can recommend POM to any experienced orienteers regardless of standard and am already planning on returning in 2017. ...and Becky is doing fine with no sign, 2 months on, of the tumour returning.

## John Brewer



## New Members

**A warm welcome to the Mort family, Andrew, Annette, Isaac and Nicholas.**

## Link Printers

Would planners/organisers who use Link for map printing please note that they have moved. The new address is Unit 1A, Abbey Industrial Estate, Bodmin Road Coventry, CV2 5DB. Tel 024 7661 1888. The e-mail address is the same as before, [info@linkmailing.co.uk](mailto:info@linkmailing.co.uk)

## Caption Competition

A small prize is offered for the best caption for the picture below. Photo by Laurence Johnson. Entries to [dick.collins@btinternet.com](mailto:dick.collins@btinternet.com)



## Club Delegate Meeting

The latest CDM was held at Caton Institute on 7<sup>th</sup> March. Entries for the JK were going well with 2159 for Day 1 (the SROC day - providing significant income for the club). With World ranking status the event overall was in danger of oversubscription for M21E (i.e. more entries than time slots).

There was some concern that Red Bull (who have started organising what are best described as "novelty" orienteering events) would be giving out free samples. This will go down well with competitors but not so well with the caterers, who are trying to sell their drinks.

NWOA is organising the British Champs for 2017 but there are no areas agreed at the present time and some potential areas (e.g. Helsington) have been ruled out for environmental reasons.

All NW clubs are in favour of running another Lakes 5-Days in 2018 but there is support for having 2 Middle and 3 Long days (rather than 1 Middle and 4 Long).

NWOA net assets at the end of the financial year are about £63k plus our share of the JK surplus. There was some concern about the state of coaching in the north-west. This is very patchy with no or little coaching in some clubs.

The British Orienteering rep (David Maliphant) reported on BOF's feelings about finance and publicity. It is felt that new publicity methods are needed (e.g. targeted advertising on Facebook).

There are also feelings (following problems recruiting major event officials - e.g. we had to pay £12,000 to get a Lakes-5 Organiser) that in future franchised event organisation may become the norm for big events. *(My personal view is that this is no surprise. Large events are now so complex*

*and require so much time and effort that the days of enthusiastic volunteers are over for major events. As an example : 30 years ago setting-up and running the start might have involved taking with you a roll of tape, a wristwatch and a whistle. Below is the equipment list for this years JK Day 1 start :-*

Start banner with stakes and mallet  
4 of 2m road barriers  
Start list with means of mounting  
Age classes notice with means of mounting  
Sample control on stake for grass  
Late start tent (SROC frame tent)  
Late start sign  
Table & 2 chairs  
Start list  
Pens  
2 of preprogrammed race clocks with stands. 1 approx 3ft, 1 approx 6 ft.  
3 of clearboxes on 2 stakes for grass  
4 of startboxes on 3 stakes for hardstanding  
1 of clearbox  
1 spare box of each type.  
Red/white tape  
Approx 20 canes  
24 cobbles (for taping callup boxes on hardstanding)  
Elite callup list  
Age class callup list  
2 A4 weatherwriters  
Pencils  
2 of seats  
Sealable bags and pen for confiscated GPS.  
Control descriptions and boards  
Blank maps on Blodslitet map holders  
Elite map box layout notice

Age class map box layout notice  
Beep box (reserve in case of clock failure)  
16 of numbered map boxes  
Table for elite map boxes  
Maps  
Spare SI cards, safety pins and bibs with pen  
Bin bags for collection of drinks bottles

I don't think a couple of people would have coped with this - Ed.)

Please note that the Club Delegate Meetings are open to all members of NW clubs. The next meeting is at Caton Village Institute at 10 a.m. on June 27<sup>th</sup>. If you would like an agenda and other papers beforehand please contact the NW Secretary - me - at [dick.collins@btinternet.com](mailto:dick.collins@btinternet.com).

## Fixtures

See web-site for details

### Spring Series

Starts 12.30 - 1.30 Green/Orange £5/£2  
Sat 11 April Astley Park

### Summer Sprint Series

6.30 - 7.00 for Prologue (followed by Final) £6/£3  
Tue 9 May Stanley park, Blackpool  
Mon 1 June UCLAN, Preston  
Tue 16 June Williamsons Park, Lancaster  
Mon 29 June Salt Ayre, Lancaster  
Tue 7 July Lancaster University

### Club pic-nic

Sat 11 July Myerscough College nr Preston

### Scout and Guide Champs

Wed 1 July Beacon Fell

### Youth Games

Tue 30 June Stanley Park, Blackpool