

# SOCK 181

The Newsletter of Southampton Orienteering Club



## In this Issue . . .

Welcome to the December 2011 edition of SOCK and *junior SOCK*. In this Christmas issue we have some training advice, reports from three international events and not just one, but two orienteering related top 10s! There is a little quiz to get the grey cells up to working temperature and lots more.

## What is Orienteering?

Orienteering is a sport where you run in the forest and find your way between control points using a map.

Orienteering can be highly competitive and elite class athletes compete at the very top level in world competition. But many people participate in the sport for fun and there are many events throughout the year catering for the very widest possible range of ages and ability levels. Many orienteers enjoy the social side of the sport - seeing regular faces around the UK (and abroad too), and making new friends from different walks of life. And speaking of 'walks', people participate at their own pace - from fast taxing runs to comfortable jogs and leisurely walks. The choice is yours. Southampton Orienteering Club, like other orienteering clubs, welcomes members of all standards and all ages.

If you are interested in finding out more, including advice on how to get started, please visit our website - just search for Southampton orienteering to find us.

## Chairman's Report

Colin Hicks

Both the British Schools Score Championships and the November Classic have been resounding successes for differing reasons.

The schools championship was thoroughly enjoyed by the participants and the club gained some brilliant publicity on South Today as former schools orienteer Alexis Green - BBC weather lady not only presented the prizes, but did a marvellous job of promoting orienteering as a great sport for children.

The November Classic benefited greatly from the meticulous organisational skills of Tim Sands - a big thank you Tim, and to all of the team leaders and the club volunteers, and to Ray Massey for his mapping and well received planning of the courses. It is a sign of a well organised event where the assistant organiser can have a run on the day!

In line with the committee policy to establish the Classic as a weekend event, we are grateful to the SWJS (South West Junior Squad) with help from SARUM in staging the Sprint event on the Saturday.

It is also nice to report that next year's Classic has planner,

## Your Christmas StOCKing!



### Follow Us:

Join in online. Search for Southampton Orienteering on Google, Twitter or Facebook.

### National Championship Awards 2011:

Congratulations to SOC members on gaining a national award this year:

- Jane Morgan
- Jean Velecky
- Tim Morgan

### Reminder:

As the end of the year approaches remember to get your expenses claims in to the treasurer before the end of December.



organiser and controller in place and that the map is nearing completion. Next year the Saturday event is planned to be an urban/park event in Southampton.

The club will be purchasing some more equipment in the immediate future, to enable us to have a more professional registration and results service at our level D events, next year.

There will be opportunities to have some club night training in its usage, as the more volunteers we have coming forward to learn how to use it, the less the burden falls on the same few club and committee members to deliver enquiries, registration and download at events. The committee's aim in this is to then progress onto level C events once we have mastered things at level D.

Please remember to contact Brian Watkins if you can help at the forthcoming Hinchelsea event. Also the night street events are under way each month with the December one at the new venue of Marchwood. Volunteers are sought to organise/plan the ones in Chandlers Ford and Romsey in January and February - please contact Jillian Devine, or myself if you are willing to take on either of these. In the intervening weeks until the clocks alter to BST we will continue with the pub social gatherings on Thursday evening - keep an eye on the email notifications and the website for the pub venue. Incidentally we go to the nearest pub after the street events for a well-earned drink and a performance!

## Membership Secretary's Report

Peter Stewart

The membership currently stands at 199, divided between 193 British Orienteering members and 6 associates.

We would like to extend a warm welcome to the following new members:

Jill Choudhury  
Paul Chapelhow  
Paul Jackson  
Daniel Williams  
Emma Spicer

You will have seen that British Orienteering send out the renewal reminder on the assumption that you want to keep your existing membership level. If anyone is thinking about changing your level of membership the current fees are shown below. The simplest thing is to mark up your renewal letter with the changes that you would like to make and send it back to British Orienteering with a cheque for the appropriate amount.

Level	Family	Senior	Junior
Local	£21.50	£13.25	Free
National	£38.00	£27.00	£4.75
Associate	£7.00	£5.00	Free

Full time students get membership at Junior rates.

Remember that you must have national membership to participate in the British Championships. Apart from that it is a question of how many events outside our region (SCOA) you expect to take part in. Local members only get the discounted entry fee (typically £2) at events within SCOA, whereas National members are eligible for entry fee discounts all events nationwide.

Associate membership is intended for people who are interested to keep in touch with SOC news, but don't actually orienteer and for members of other clubs who would like to receive our news-letter to be aware of local activities.

If you know of anyone who is interested in joining the club, please make them aware that we have a special offer at the end of the year. Anyone joining now will get more than a year's membership, as their membership will run through to the end of 2012. It is simplest to join on-line through the British Orienteering web-site and I am happy to send forms to anyone who prefers to do things the traditional way.

# Southampton Orienteering Club Special Offer



## Up to 16 Months membership for the price of 12

Sign up today for one of the following membership options and we will start the membership now and run through to the end of 2012.

### Membership Options

Level	Family	Senior	Junior	Benefits
New* Local Member	£7.00	£5.00	Free	Membership of SOC and Local Membership of British Orienteering. Discounted entry at events only in the South Central region (SCOA), which includes SOC.
Local Renewal	£21.50	£13.25	Free	Same benefits as above.
National (New or Renewal)	£38.00	£27.00	£4.75	Membership of SOC and National Membership of British Orienteering. Discounted entry at events nationwide.

Family can include one or two adults and children at one address. Junior is under 21 in 2012.

\*The new member rate combines the SOC offer with a new member offer from British Orienteering. It is only available to people who have not been a member in the previous 3 years.

You can also join online through the British Orienteering web site:

<http://www.britishorienteering.org.uk/join.php> (Select SOC for the Club)

### Which level of membership is most appropriate for me?

Level of Activity	Suggested Membership Level
"I am new to orienteering and expect to do a few local events like the summer series"	Local British Orienteering membership. You may be eligible for the new member rate.
"I have enjoyed doing the summer series and would like to do a few more events, possibly travelling a little."	Local British Orienteering membership is probably the cheapest. National membership could be better, depending on where you go!
"I like to orienteer about once a month and travel to other local clubs to run."	National membership could be better if you do more than four events outside SCOA.
"I am a dedicated orienteer, regularly travelling to national events."	National membership is essential to enter some of the national championships.
"I am member of another club and would like to be a member of SOC to be more involved in local activities."	Associate Membership. You cannot be a British Orienteering member through two clubs. You can transfer at the year end.

For further information: ☎ 07967 129 534 ✉ [enquiries@southampton-orienteers.org.uk](mailto:enquiries@southampton-orienteers.org.uk)

The application can be sent by post to:

Peter Stewart  
9, Pentland Rise  
Portchester  
FAREHAM  
PO16 8JP

Cheques for membership fees should be made payable to Southampton Orienteering Club

Southampton Orienteering Club is a members of SCOA and affiliated to British Orienteering, the National Governing Body for Orienteering.



**Club Captain's Update****Kevin Bracher**

Competition in colour classes is very strong as you run against different age classes on the same course. With the exception of Jane and Philip it has mainly been the younger club members who have been leading the way with some excellent results in recent events.

**November Classic 6<sup>th</sup> November;**

Black Course Matthew Whipple 6<sup>th</sup>

Blue Course Tim Morgan 3<sup>rd</sup>, Philip Eeles 9<sup>th</sup>, Tamsin Moran 15<sup>th</sup>.

Short Blue Jane Morgan 2<sup>nd</sup>.

Light Green Pippy Dickin 7<sup>th</sup>.

**SN Regional Wisley & Ockham 13<sup>th</sup> November;**

Blue Course Tamsin Moran 6<sup>th</sup>, Tim Morgan 8<sup>th</sup>.

Short Blue Course Nicholas Moran 13<sup>th</sup>

**BADO Pamber Forest 20<sup>th</sup> November;**

Blue Course Philip Eeles 5<sup>th</sup>, Tamsin Moran 7<sup>th</sup>, Tim Sands 9<sup>th</sup>.

Green Course Jenny Dickin 9<sup>th</sup>.

**The First Round of next year's Compass Sport Cup**, (check the BOF website to see the new name), will be held on the **19<sup>th</sup> of February**.

Our designated event is the TVOC event at Bradenham near high Wycombe SU822973.

The final next year is in Scotland. As we struggled to put a team out for the finals near Sheffield this year the question is do we enter a team in the first round next year. If we were to qualify for the final we will struggle find people prepared to travel to Scotland. Is it morally right to enter a team in the competition knowing we are unlikely to send a team to the final.

I say this with regret as I believe that running for your club is important as you get a spirit of belonging and pride in representing your club. **What do you think?**

**Fixture Secretary's Update****Jillian Devine****Coming soon**

Our next event is on Sunday 11<sup>th</sup> December at Hincheslea. See the SOC website for full details. As always helpers are needed and are offered half price entry. If you can help please contact Brian Watkins on 01794 514989 or [newpond@hotmail.com](mailto:newpond@hotmail.com).

This is a SCOA league event. For newer members unfamiliar with the league, it is a series of events hosted by clubs within the South Central region. Each event has the same range of courses from White to Brown. If you enter the same colour course at each league event you accumulate points for your best six runs over the season. For further details about events included in the league have a look at [www.scoa-orienteeing.org.uk](http://www.scoa-orienteeing.org.uk)

**Looking ahead**

Date	Day	Event	Level	Planner	Organiser
07/01/12	Sat	Halsey Hill and Ogden's Purlieu, New Forest	D	Kevin Bracher	
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	Jes Dickin

## Save the date

Our February event forms part of a weekend of Orienteering, starting on Saturday afternoon with our event at Ocknell. This is followed by the British Night Championships hosted by Sarum. A good nights sleep and you should be ready for the Sarum Saunter on Sunday morning.

## The summer series

It may seem along way off but now is the time to starting thinking about planning an event for the summer series 2012. We have 9 events from April - July which provide a great opportunity for beginners to try their hand at putting on a small event. There are plenty of experienced planners willing to mentor newcomers.

If you are interested or want to know more contact me on [fixtures@southampton-orienteers.org.uk](mailto:fixtures@southampton-orienteers.org.uk) or 01243 432521.

April	May	June	July
14 <sup>th</sup> Southampton Common	12 <sup>th</sup> Mayfield	9 <sup>th</sup> The Greggs School	7 <sup>th</sup> Westwood
28 <sup>th</sup> City Centre Parks	26 <sup>th</sup> Knightwood Vale	23 <sup>rd</sup> Shawford Down	14 <sup>th</sup> Stoke Park
			21 <sup>st</sup> Telegraph Woods and the Rose Bowl

## Are you getting it?

Pete Davis

Do you need a regular fix of orienteering news? Are you like me and need to be reminded to have a look at the upcoming events in order to get organised? Do you suffer withdrawal symptoms because of the two-month wait for the next edition of SOCK?

A while back I started an experiment with compiling and sending a weekly SOC email newsletter focused mainly on the next few weeks' events. I took the liberty of sending it to all email addresses registered on the club website. If you are not receiving the newsletter and would like to then you can subscribe by completing the form at <http://eepurl.com/gagW5>

Using a free online service has made the management of subscribers very easy. Every newsletter has an "unsubscribe" link so if you do not want to receive the newsletters there is an easy way to opt out - and doing so will not affect other SOC communications to you. I can also easily analyse the effectiveness of each edition as the service records how many of you are reading the newsletter and what you are clicking on to get to further information.

From that analysis it does look like the service is benefitting many of you which is encouraging in itself. The newsletter is partly automated so it only takes about 30 minutes to prepare and send. The newsletter is called popSOCK. For the non-geeks amongst you "pop" stands for personal orienteering planner. But the geeks will know that pop really stands for Post Office Protocol, the internet standard used by email systems for collecting emails.

popSOCK - your Personal Orienteering Planner. Is this email not displaying correctly? View it in your browser.



Issue 5

**It's Classic week!!**

We are on the countdown now to what promises to be a classic Classic. Almost 1,000 runners pre-entered and all the officials and helpers are ready to swing into action. What are the odds on good weather? Whatever the weather we are sure of another event to put SOC on the map. Enjoy the day.

**Coming up . . .**

Wed 2 Nov

- [Bagshot Heath \(D\)](#) [map](#)

Sat 5 Nov

- [Sandy Balls, Sprint \(D\)](#) [map](#) [Online entry](#) closes 2 Nov

Sun 6 Nov

- [November Classic \(B\)](#) [map](#) Entries now closed

Wed 9 Nov

- [Sidbury Hill \(D\)](#) no details

Sat 12 Nov

- [Benyons Inclosure \(D\)](#) [map](#)
- [Hyde Common](#) day and night events (D) [map](#)

Sun 13 Nov

- [Wisley and Ockham Common \(B\)](#) [map](#) [Online entry](#) closes 5 Nov (late entry and EOD subject to map availability)

**Looking further ahead . . .**

[Click here](#) for a list of events within a 50 mile radius of Southampton [or here](#) for a map.

**LOCAL WEATHER**

Southampton  
11 °C

Thursday Friday Saturday  
13°C 10°C 13°C 10°C 13°C 8°C

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**TOP SOCs!**

SOC's top 10 on the BO Rankings this week:

1. Jane Morgan
2. Tamsin Moran
3. Caroline Moran
4. Christine Currie
5. Carol Sands
6. Olwen Rowlands
7. Mary Adams
8. Lisa James
9. Barbara Davidson
10. Gill Thomlinson

1. David Currie
2. Philip Eeles

**Club Emit Equipment****Peter Stewart**

The SOC committee have been discussing electronic timing and how we want to develop this in the club.

SOC have been using our Emit training kit to run level D events ourselves as well as training events. We have used the services of Emit UK to run the timing for us at level C events and at the November Classic.

We believe that we provide a better service for participants when we publish all split times. This enables people to identify specifically which legs went well and where to look to improve. We also recognise that there is an opportunity to reduce costs by providing the timing service within the club rather than subcontracting it all the time.

We have experimented with doing computer download at a few level D events using borrowed computers, free eResults software and the SOC Emit printer. We have learned a lot from the problems that we have run into.

Some committee members are currently identifying and purchasing the equipment we need to provide enhanced results for level D events with the aim of progressing to level C events once we are confident that we can provide the necessary services and we have members with the right skills in place.

As the next step we would like to identify a core team of people who have reasonable IT skills and would be willing to learn how to configure and operate the software. If you are interested in getting involved please speak to Peter Stewart, Pete Davis or any other committee member. We will provide all necessary training and guidance to build up a team of members with the right skills.

**Sprint and Urban Events (Part One)****Robin Smith**

What is the difference between a sprint race and an urban race? Answer: course length and thus winning time.

A sprint race for the open class, should take about 12 to 15 minutes, with the course lengths for other classes being adjusted accordingly. At the very top level, seconds and tenths of seconds separate the podium places from the also-rans.

An urban race for the open class is won in about 40-50 minutes, but is more flexible.

A sprint race should have a high density of controls, preferably no more than 180m apart and which should be easy to find, whereas an urban race, because of the greater course length can have a mix of long and short legs. Route choice is more important, and control sites can be more difficult to get to - a great source of discussion post-race and something I will mention later.

Both events take place on similar terrain - parkland or university campus being ideal. Woodland is permitted, but steep hills are not! Because of the higher speed of a sprint, a virtual traffic free environment is preferred. With urban, anything goes!

Both have similar specification maps - which differ from the normal forest orienteering maps in important ways. Unfortunately many first time urban orienteers are unaware of these differences and also many experienced urbanites choose to ignore them in the heat of the moment.

**Out of bounds**

A normal orienteering map shows this by vertical lines - black means permanently out of bounds, purple means for this event. A solid purple line means an uncrossable boundary (eg dry stone wall on moorland). Urban maps need to show out of bounds in more detail. Olive green (though I believe colour blind people have trouble identifying this) is used to show settlements (houses and gardens), flower beds, grass and other cultivated or private ground. A solid thick black line means an uncrossable boundary, be it a 5m stone wall or a 0.5m ornamental fence.

The general rule on an urban map is to ask yourself 'Would I cross this if I was just out for a walk?' eg, someone's front lawn. The complicated bit is when permission is granted for access to an area not normally open to the public - eg private grounds.

At the recent World Championships in France for the sprint race, 11 competitors were disqualified for running over parkland grass on the way to the finish, and which was coloured olive green on the map. The grass was however, in bounds for the general public! Also at the same race, 50 competitors were disqualified for crossing the solid thick black line indicating an uncrossable wall. However, after some discussion they were reinstated as there were too many of them!!!!

### Controls

Should the control description be part of the route choice decision?

Virtually every urban event and some sprints have a problem control. There has been a tendency for urban planners to place the control on the 'hard to get to' side of a feature. There is nothing worse than arriving at the centre of the control circle only to find the control is on the other side of a 3m wall, because you didn't read the 5<sup>th</sup> column of the control description which said North side. In the forest if you arrive at the wrong side of a thicket, it's no big deal - in an urban event, it may be a long detour to get to the other side - so you start to see why taking an illegal short cut is very tempting. Apparently the current rules don't forbid you putting your arm through an uncrossable fence to punch a control - ie from the wrong direction. At an army urban event, climbing a 3m wall was seen by some young soldiers as a challenge - it is after all what they do on the assault course. Like a few others, I have got in the habit of assuming the control has been placed on the difficult side and plan my route accordingly, so I expect to come unstuck soon.

### Ambiguous descriptions.

Bit of a nightmare. There can be so many similar features within the control circle it is possible to describe the control location in seemingly completely different ways. And it seems that some planners like to play games! More about that in the next edition of SOCK.

## Shaftesbury Urban Event

*Kevin Bracher*

### Monday 7<sup>th</sup> November

After you have been orienteering for a few years you tend to find the same areas rotating round, so it is nice to find somewhere new to run every now and again. That was the initial attraction of running at Shaftesbury despite it being the day after the Classic, also we would get to run up the famous Golden Hill - not necessarily to the strains of Dvorak's New world Symphony (Hovis advert). So Colin, Jack and I headed for Shaftesbury on Monday evening.

The event was the first of the WIM/WSX Winter Night league and I believe only the second time the map had been used. As relative novices to night O and only limited urban events we chose to run the 3.4K course rather than the 60min Score event. This was probably a good choice as the regular night O enthusiasts of WIM & WSX literally outshone our small LED headtorches with their super powered halogen beamed monsters.

You have to keep your wits about you in urban events (*Ed - we seem to have a theme going here!*). Spotting dead ends and impassable features that at first glance you may not notice. It is rare that you follow the red line between controls and dog legs are encouraged in this type of orienteering.

I chose to stop and study the map carefully before dashing off at the beginning of each leg and this paid off most of the time. Picking the small lanes and quickest run rounds saves time in the end so a few seconds to assess the choices is worth it. Colin and I missed one small path to our number 6 in a car park at the back of a pub, we chose the safe run round then struggled to find the control.

It was the 9<sup>th</sup> control that really caught me out, I missed the control completely on a steep climb up a narrow lane passing within inches of the kite without noticing. Several minutes lost and I had to eventually lose height to reach the control before climbing back up towards no. 10.

After that I kept it together pretty well choosing safe route options and navigating well. Yes we did get to run up Golden Hill on the cobbles although I don't think my lungs enjoyed the experience!

Wearing glasses to read the map adds to the difficulty of spotting the gaps in the solid black lines and the uncrossable dark green so care is needed especially as you begin to tire. Colin fell victim to this near the end of the run losing time in a dead end and having to retrace his steps.

We thoroughly enjoyed the event, a little gem, and were glad we had taken the trouble to go. Look out for the Bournemouth University Urban event coming up on 3<sup>rd</sup> December. That is also a good area to get your first taste of an urban event.

### **Useful info on the SOC website members section**

**Di Smith**

I recently spent a happy half hour (possibly longer) exploring the delights of the members section of the club website. My congratulations to the committee and web-manager for uploading lots of interesting and useful documents recently, such as committee minutes, how to organise an event, the club constitution, committee job descriptions, club championships, how to find and use the club store, policies, AGM info, the club's Development Plan, membership map and of course back copies of SOCK. There are one or two headings with no content as yet - I am sure that there are many more useful bits to come, such as a store of SOC maps and templates for creating new ones, how to use Emit controls, organising the November Classic elements, Registration and Change forms, etc, etc.

If you haven't visited the documents section yet, I recommend everyone to take a peek. If nothing else, you might find it interesting to read through the committee minutes to see what goes on in the background. Ours is a complex sport that requires a wide range of activity to ensure that events happen at the right time, in the right place, with permission, map and car parking and all the expected paraphernalia. And all done by volunteers!

Editor's note: We have recently introduced a tree structure to our documents section on the website. Over the next few weeks there will be improvements to the navigation of the document store. As Di says there is a wealth of information available but we must work hard to keep the information up to date and valid and easily accessible to members. The documents are not available to members of the public so you do need to log in to your SOC website account to see them. If you have forgotten your account details you can request a new password from the "request new password" link on the left hand side of the home page.

### **FIT TO RUN?**

**Kevin Bracher**

Runners perform at their best when they get the balance between training and recovery just right. Sounds simple but 75% of runners fail to achieve this balance. Increase training too quickly or fail to build enough rest days into the programme and niggling injuries, fatigue or illness can result. Forced to cut back on training for a few days or even weeks to allow the body to heal and recover and all that hard-earned fitness is lost. Aerobic conditioning drops by 10% after just ten days of reduced activity.

It is difficult to tell when you are over training before the symptoms start to show. However the longer you train at your peak the more chance you have of suffering a setback. Athletes build up their training in order to peak for particular competitions then ease off before building up for the next target. In this way they give their bodies time to recover and they tread the fine line between peak fitness and injury, fatigue and illness. You cannot perform at a high level all the time, build up your training so that you peak for certain events then ease off. Use other events as stepping-stones towards your main goals and make sure you plan easier weeks into your training programme. Remember the rest days for recovery are as important as the hard sessions in your fitness programme.

A training/competition log is a good way to keep track of your training and how it is affecting your orienteering runs. You can easily maintain a log on your computer recording any training activities. Record the speed and duration of the activity. If it is a training run record the route, distance and the conditions. Make sure you include some easy weeks and try to peak for important events that you want to do well at.

Also record your orienteering runs, this will enable you to see any improvements and link them to specific training. Improving your fitness enables you to concentrate more on the navigation during an event and will aid performance.

In the event of an injury, muscle tear or strain you may also be able to trace the build-up to the injury, this could help prevent injuries in the future.

**Danish Championships****Tamsin Moran**

Katherine Bett (SN), and I travelled to Denmark in September to take part in the Danish Championships. We stayed with Clive Allen (Katherine's granddad), on the outskirts of Silkeborg, which is a city in central Denmark. We flew out on the Thursday morning and took part in the local club training event in the evening. On the Friday, Katherine and I went and had a go at the local photo-O around the old town, followed by 2 hours of kayaking down the local river. This was very tiring, but far quieter than the usual UK rivers, so our inability to paddle in a straight line wasn't at all an issue.

I didn't really know what to expect from the orienteering itself, and on the Saturday we took part in the open courses that were running alongside the relay event. The forest was pretty green with splashes of white, but the planning was good and kept us in the nicer areas of forest. There was still however quite a lot of path running, and decision making to be made. The navigation within the circle was more interesting, and we were faced with forested dunes and a few open sand dunes too. The Sunday was a long distance event, and here there was definitely a greater variety of terrain. We were thrown straight into a technical open area to begin with, which I took cautiously, particularly because I find judging the distance with a 1:15000 map quite a challenge. Number 2 was located through a slightly grotty patch of woodland and then a longer path run to reach the nicer areas of terrain. The rest of the course comprised of open sand dunes, forested dunes, and more runnable woodland, but we did have a little more darker green to tackle nearer the end of our courses.

I had a fairly clean run, which I was happy with, but the Danes (in particular the juniors), are one of the stronger orienteering nations, and I still finished 10 minutes down. The girl who won my course, I later found out also won the Junior European Cup Relay the following weekend!

**Sweden Tour 2011****Tamsin Moran**

Thanks to Nick Barrable and a number of other orienteering coaches from across the UK, I had the opportunity to spend 10 days of quality orienteering in Stockholm this August. 22 juniors and seven coaches travelled out to Stockholm, from various locations, and our accommodation was in the OK Ravinen club hut, south east of Stockholm. Over the course of our stay, we had the opportunity to train on some of the best terrain in the local area as well as taking part in a number of races.

I flew into Arlanda airport from Munich (we had been on holiday in Germany), and met up with a couple of other people at the airport before making our way across Stockholm's very efficient public transport system. We reached our accommodation a few hours later, and after helping to prepare dinner, it was O-kit and head torches on and time to go for a terrain run through the forest adjacent to the hut. This was called a Reflexbana, and we had to follow pieces of reflective tape, which were attached to trees, in a trail through the terrain. It was enjoyable, but I was exhausted after the journey and very hungry!

The next day consisted of a 3km time trial held on a 200m indoor track, followed immediately by a map memory exercise on an area of woodland next door. Later that evening we took part in a veteran's night race. I have never done a huge amount of night orienteering, so was quite looking forward to it, especially as we were told it was on one of the most complex areas in Stockholm. It was a mass start ungaffled course, and on the first control, all of us but one person, went off at a 90 degree error, losing a lot of time (but not as much as all the boys, who lost a lot more time). After this I made sure that I took a bearing for every leg, and picked off the main features as I went along, even if it wasn't the quickest route. Unfortunately, my head torch decided to malfunction, and it died completely on the way to my first control. I had been debating before the start whether or not to take a backup with

me, and I am now very glad that I took the advice from the coaches to take one. Although I could not see a huge amount with the Petzl, it wasn't entirely dark until nearer the end of the course, though I wouldn't have been able to read my map properly without it.

We also took part in the Melkers Minne junior relay. This was my first ever relay outside the UK, and I was glad that I had the opportunity to run first leg (which is always my preference). At the start, I barely had the opportunity to look at my map because the speed out of the start was extreme. There wasn't a D18 relay, so we were all running D20, and were being overtaken by 12 year olds on the run out. This was probably the fastest I have ever run for a whole race when orienteering. The main pack took different route choices, and I tried to run my own race as much as possible. I didn't really know where I was in relation to other people, until I heard a group of a few people behind me, a few controls from the end. I tried to keep ahead of them, but I misjudged the distance along a path, entering the terrain slightly early, and they got a few seconds ahead of me. I punched the last control exhausted, and tried to run as hard as possible down the run-in, but Katie Reynolds came past me, and we finished 4th and 5<sup>th</sup> (or something along those lines). I was pleased with my performance, although the area hadn't been as technical as I had been expecting; it reminded me of Mychett, or an area such as Sallowvallets in the Forest of Dean

Over the course of the weekend, we took part in the Silva junior cup races (the Swedish equivalent of our Future Champions Cup). This consisted of a long distance on the Saturday and middle distance on the Sunday, both held on the same area called St Brandsbol. The long distance included a large amount of route choice, and it was annoying to find routes afterwards that I had failed to notice when running. I had a clean run, bar one control which I lost 9 minutes on. I struggled with reading the detail on a 1:15000 map, and got a bit over excited that I was having a good run. This meant I dropped from 3<sup>rd</sup> to 19<sup>th</sup> place on one control. The middle distance was better, and except for a small slip on number 1 I was steady. I had also become a lot more confident in myself which probably helped too.

Over the course of the rest of the tour we did training exercises, as well as taking part in the club champs and we also had tour champs on the last full day of training. My favourite training we did was sprint training which we did on one of Stockholm's many islands. This was a different type of sprint terrain that I had orienteered on previously, and consisted of parkland, urban and small sections of woodland. We also did a photo O round the ancient city of Gamla Stan. It was great fun dodging all the tourists and trying to find the sites in the photos. For those who haven't heard of Photo O before, it is a score event, but instead of finding controls, you find the site where the control would be, and you have to match up a photos on your map against the site. I have only come across this format of orienteering outside the UK, but I believe that it is something that could easily be introduced in the UK. On the Monday evening we also went to the Grona Lund theme park, which has the biggest free fall ride in Europe. The views from the top however, were amazing, and we could see the whole of Stockholm.

On the morning before we went home, we did a peg relay; a format where everyone starts a course as a mass start, and at various controls there are pegs to collect. If you find a peg at a control, you have to go to an extra control before going onto the next control on the course. The idea is that the leaders will have been caught because they have to run further; the person who gets the most pegs wins. We left around midday to again negotiate the various buses, tubes and trains to the airport. Thank you to all the coaches who gave up their time to make the tour possible.

## Fashion Alert!

Jillian Devine



Junior members - have you seen pictures of your parents in the 80's and 90's wearing multi coloured lycra tights. Seen for sale at €7 a pair in Vintage shops in the Netherlands. Be quick before the trendy students snap them all up.

## Where or what are these Christmas controls?

You will need to use your imagination!

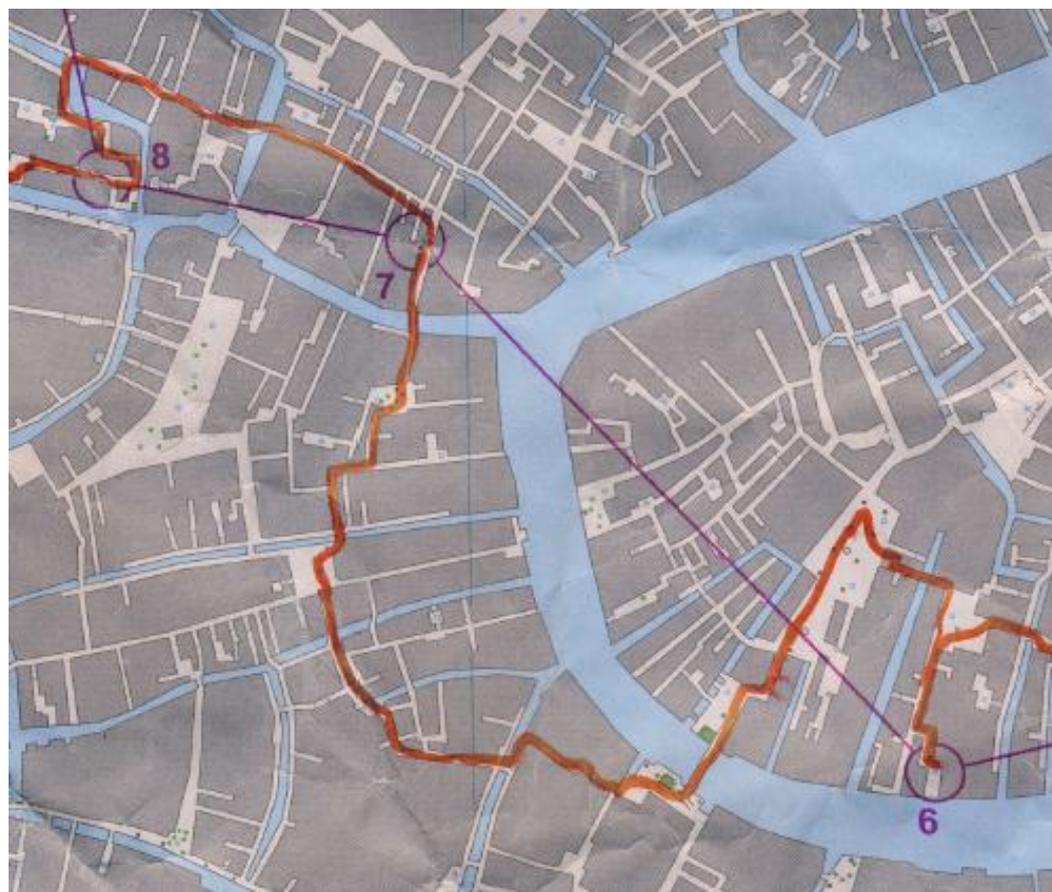
	2	↑	✂				
	23		4 ▲	▨	25 51.6	—	•
	37		⊙			⌈	🧦
	46		■	⌋		⌈	🗑

Answers on page 17.

## Another one ticked \*

Robin Smith

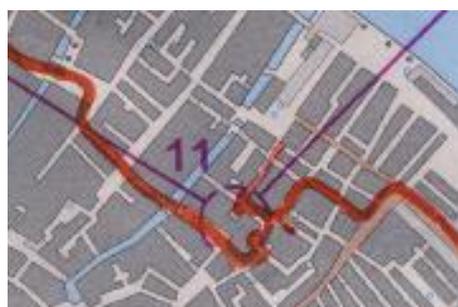
Last week I finally made it to the XXX11° Venezia street orienteering event. Part of my M55 (6.2km, 47 bridges) course is shown below. It was won by James Crawford of GO in 47.05mts, but I got to see the sights for longer by taking 62.05mts to finish in 24<sup>th</sup> place (out of 112). There were over 4000 competitors, 120 from the UK.



Some of my time loss was due to the number of tourists that blocked the narrow passageways (especially the Rialto Bridge). Remember to ask for an early (09:00) start next time. I started at 12:30!

A big chunk of my time loss (~4mts) however, was due to my brain's confusion and inability to follow its own instructions. I was temporarily 'blinded' approaching

11 as I had to refold the map and kept losing my place. Realising I was in the small *piazza* just south of the control, I gave myself instructions to 'take the next 3 lefts'. Unfortunately I failed to notice there was a right hand bend after the first left which left me bewildered and doubtful as to whether I had been in the aforementioned *piazza* or not! I eventually relocated from the large building to the north.



Ed - if you fancy seeing this race from a competitor's viewpoint check out this excellent headcam video on YouTube: <http://bit.ly/vFPQUl>

**\*Top 10 events to do before you die****Robin Smith**

In no particular order:

- Swedish O-Ringen
- Venice Street O
- Tio Mila / Jukola Tio Mila
- British Championships
- World Championships
- JK
- Harvester Trophy
- Midnattsolgalopen
- Scottish 6 Days
- World Masters Orienteering Championships

Ed - So these are Robin's choices. Do you agree? Is your favourite missing from this list? Get your list in to the next edition by sending it to sockeditor@gmail.com

**A Classic Rock Chart For A Bad Days Orienteering****Kieran Devine**

This month's top ten, 'Eclectic', album chart;

You are in the starting lane, kit checked, muscles warmed up, and at

**No 10** - Here I go Again by Whitesnake (*Greatest Hits: 1994*)

Step over the line, punch the start, and NEW in this week

**No 9** - Southbound by Thin Lizzy (*Live and Dangerous: 1978*)

You get into a good stride, check the map and then - up 15 places this month -

**No 8** - Running up That Hill by Kate Bush (*Hounds of Love: 1978*)

But you decide to contour around rather than go over the top - down 3 places for

**No 7** - Long Distance Run Around by Yes (*Fragile: 1972*)

Missed the attack point trying to find a knoll in a boulder field - NEW in at

**No 6** - Like a Rock by Bob Seger and the Silver Bullet Band (*Like a Rock: 1986*)

You find it eventually (kite was on the other side!) but then it's into the woods looking for a Distinctive Tree in a new plantation of conifers, and they don't help!! Down 3 places to

**No 5** - Trees (those useless Trees) by Pulp (*We Love Life: 2001*)

Next control is a pit in a bracken-covered heathland and there's no-one else around. It's never easy and straight in at

**No 4** - I'm Alone in the Wilderness by Culture (*When the Two Sevens Clash: 1978*)

You've been running around in ever decreasing circles looking for the pit. Passed two other controls but even after 8 lost minutes, its up 7 places for

**No 3** - I Still Haven't Found What I'm Looking For by U2 (*Rattle and Hum: 1988*)

A passing SCOA junior points you in the right direction and you're off again. Only 2 more controls to go and these at last look fairly straightforward. Straight in at

**No 2** - Keep on Running by The Spencer Davis Group (*Best of: 1967*)

The Finish is in sight, and then you're there and done. What a relief! A chance to swap idle banter with your SOC colleagues who didn't seem to have encountered any of those problems. Time to get changed and warmed up. Suddenly Ray appears and says he knows a Real Ale Pub very close by with a log fire and a decent pint of Old and Special. Everything starts to look so much better because still for the umpteenth week it's;

**Number 1** - One Bourbon, One Scotch and One Beer by George Thorogood and the Destroyers  
(Live: 1986).

*(Remember to Orienteer Responsibly)*

Kieran

*(I was astonished to find out how old some of these tracks are, but I couldn't find any new music that was suitable. Can you imagine Take That singing about Earthwalls or Gulleys??!!)*

Editor's Note: Come on then youngsters! Rise to Kieran's challenge and produce your top ten "O" hits!

## Are You O Positive or O Negative?

Kevin Bracher

How many events do you attend throughout the year? One a month, more than one a month or less? No matter what your answer you are reaping the benefits of the toil of others. Clubs aim to put on a spread of events throughout the year, this involves commitment of time and effort from club members.

The following points system reproduced from an article in SOCK in 1995, (that article itself taken from other similar articles in other newsletters of the time), gives a not too serious scoring system to quantify the relationship between helping and competing. Try it. Some of you will inevitably feel very smug, but one or two consciences may be pricked!

**ADD UP POINTS** for each of the following you have done in the last year.

Help at an event (and get a run).	3 points
Help at an event (but no run).	6 points
Organise an event - Level D Informal/ Local/ Training.	12 points
Level C Colour Coded/ District.	18 points
Level B Badge / Regional.	24 points
Plan an event - Level D Informal/ Local/ Training.	6 points
Level C Colour Coded/ District.	9 points
Level B Badge / Regional.	12 points
Control an event - Level C Colour Coded/ District	9 points
Level B Badge / Regional.	12 points
Member of the committee.	6 points
Spend a day surveying/ mapping.	5 points
Write a Newsletter article.	2 points

Award yourself points at an appropriate level for any other help not covered above.

**NOW SUBTRACT 1 POINT** for every event in which you have competed in the last year.

If the result is **Positive** you should feel that warm glow of satisfaction but do not get complacent, we will always need people such as you.

On the other hand if you have a **Negative** score a strong volunteering urge should be creeping up on you and you will immediately be checking the rest of this Newsletter to see where you can help.

We as a club are trying to put on more events especially smaller local events. However much of the workload is carried out by a relatively small proportion of the membership.

The social side of being a member of a club is difficult to generate in orienteering due to the individual nature of the sport. Helping at events is a great way to get to know other club members and by taking on roles such as organising and planning you learn much more about the sport which can help improve your own orienteering.

**Are you doing your bit?**

**Hincheslea: Planner's comments****Terry Smith**

Well not the normal Planner's comments!

Just over a year ago I was asked if I would help remap Hincheslea. Having accepted, I was later asked if I would like to put my new-found knowledge of the area to good use by planning an event. Well why not?

Firstly, a few words on remapping the area. Hincheslea itself is a large, very shallow valley bounded on the north and south by gentle ridges. There is an extension from the southern ridge that slopes southwards down towards Sway. The area is mostly open heath with several pockets of deciduous woodland. It has a significant marsh and an old railway line running through it from west to east. It was mapped in 1991-2 by Richard Jeans and Nigel Thompson based on a photogrammetric plot by John Horton. I was helped with the survey and cartography by Graham Harrison and Di. We started with a copy of the original 1: 15,000 A4 map and made use of satellite photography that significantly reduced the amount of field work required in the open areas (the bulk of the map). The cartography was drawn using OCAD 8 with the map oriented to Ordnance Survey Grid north. This was done to make it easy to interface with adjoining areas should the need arise in the future. It also means that readily available satellite photos are aligned with the map making it easier to use them as templates.

I put together a spreadsheet to convert paces to meters and convert survey angles into the somewhat idiosyncratic angles used by OCAD. I'm happy to put the spreadsheet on the SOC website for others to use if they wish.

Once the cartography of the area was finished, a copy was made and rotated to align with magnetic north for the event. The map furniture (SOC logo, map legend and text) were then added to the copy from a template. This technique avoids the need to recreate the standard furniture or to re-align existing map furniture if the master is continually rotated to magnetic north for every event.

I then changed tools and used Condes for the course planning. Having a little more time to myself since retiring, I explored some of the extra features of Condes, which I find to be an extremely well thought out and designed program. I used a Condes feature to add the Club Mark logo onto the competition map as a graphic and then tried the feature that allows you to copy a section of the underlying OCAD map, e.g. the legend, and paste it elsewhere on the map. If you have to produce maps of different paper sizes this might be a very useful tool for the planner as it avoids the need to have a copy of OCAD as well as Condes. I used the control annotation feature of Condes to record the control site tag number, which is not the same as the Emit Control number allocated later in the planning process. I also used the control annotation feature to describe the location of the control tape to help the Controller find my bits of blue tape, e.g. Site 35, tape on N side of gorse bush, 1m above ground level.

When you see the map you might wonder about the strange chequer-board pattern symbol on it below the SOC logo: it is a QR code. Again, this was added to the event map using Condes. A QR code is a two dimensional bar code that can be read by suitably equipped smart-phones. Point such a phone at this pattern with a QR reader app and the phone will load up the SOC Welcome web page. Hopefully this is something that will appeal to many of the people who we would like to attract to our sport.

I took a copy of the list of club Emit controls from the members section of the website and copied it into a spreadsheet. I added a record of the control units used in a previous event and those that will be used for this event. This is to help ensure that we rotate the use of our controls, which will maximise their effective life and I recommend that this file is used and updated by future planners.

I also used a spreadsheet developed some years ago when I planned the 2006 Classic to help calculate the number of maps for the event. This acts as a reminder to allow for all-controls maps for event officials, search parties and blank maps for the start lanes. I'll make these tools available should other club planners want to use them.

Lastly, I went to the club store to physically check that all the Emit Controls I planned to use were available and working, before I sent the map files to the printer! While doing this I noticed that the programming ecard for our joker controls had been left in the box of joker controls. Unlike standard Emit controls, joker controls can have their code changed by using the programming ecard. The programming ecard looks very similar to a standard ecard, but is black and yellow and has a 'PROG'

label on it. However, just like a standard ecard, a programming ecard will "talk" to any Emit control until the cows come home or the batteries go flat. There aren't many cows near our new club store!

The golden rule is to store ALL ecards at least half a meter away from any control units or readers. All ecards, including the programming card, should be kept in the aluminium cases bought for the purpose. The aluminium case prevents radio signal transmission between the contents and anything outside, i.e. it prevents the ecards and control units communicating and exhausting their batteries. If left as found, our four jokers and programming card might have become a few hundred pounds worth of scrap.

I hope you enjoy / have enjoyed the event.

## Overheard at the November Classic

SOC's reputation for putting on top class events was further enhanced by the obvious success of this year's November Classic. Kudos to Ray Massey and Tim Sands in particular but also to all the helping hands on the day.

"Just wanted you to know we both thought Sunday's races were fantastic. They were made so technical by the lack of features, making the need to really keep in contact with where you were - as I know to my cost."

"Thank you SO much for such great courses. There is nothing like a great event in the New Forest in Autumn!"

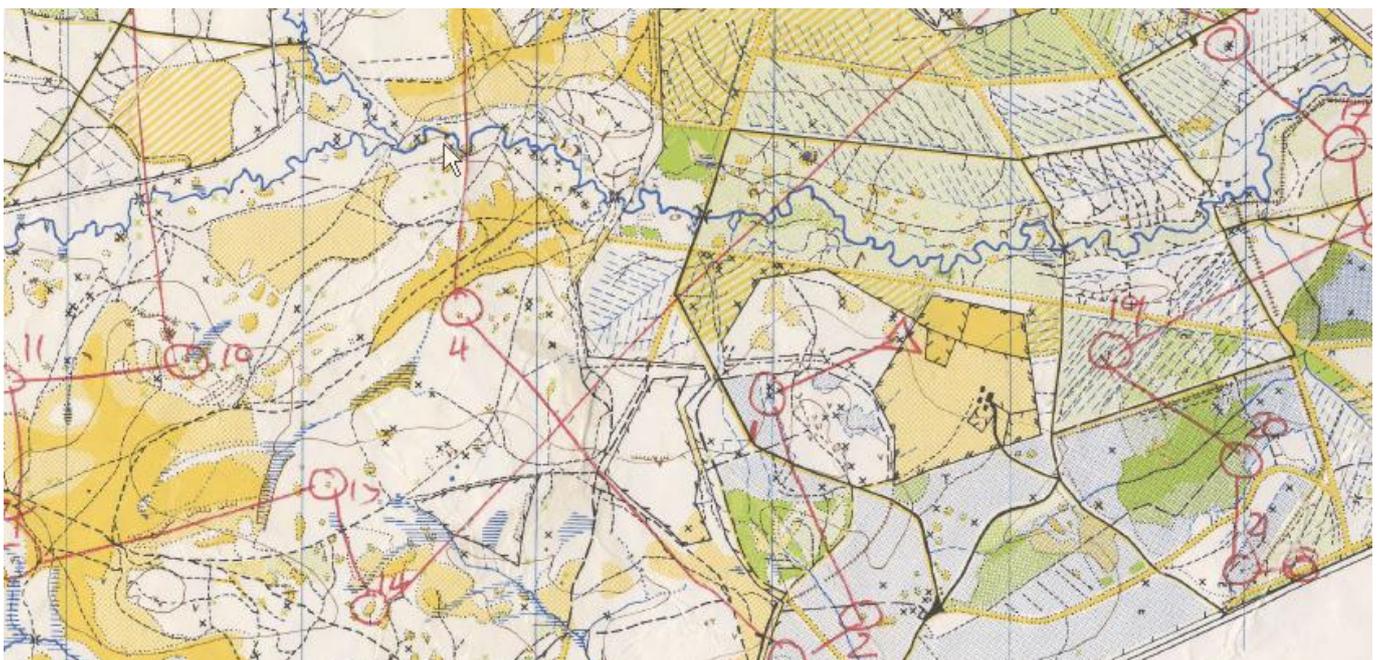
"My course was excellent today - you may have heard the comment when I passed you towards the end of my run. From the people I spoke to after the event, they thought likewise."

"Many thanks for the excellent November classic event. Simply a delight to run off the paths on a good map with good planning."

"I'm not happy. My dog tripped over the string you left lying around." (yes, folks, a dog tripped over the string course string!!)

There is also a thread on Nopesport <http://forum.nopesport.com/viewtopic.php?f=1&t=12719> with mainly positive comments including this gem:

"I ran the Blue and thought leg 2 was one of the best legs I've run in the south, a 1.3k leg, with a straight optimum route, with no catching features or easily followed handrails for over 1.0k."



Map extract from 1977 Classic - also at Busketts Lawn. Thanks to Robin Smith.

**Some Thoughts About Orienteering Books****Anthony Simmons**

In 1967 when I left Junior School and went to Merry Oak School, the school that instigated the November Classic, I heard of orienteering for the first time and although I had to wait until '68 to try this seemingly intriguing sport (it was I remember not considered suitable for 1<sup>st</sup> and 2<sup>nd</sup> year boys), I soon bought the '*Know The Game - Orienteering*' - from Patstone & Cox - the Hunting Shooting Fishing sports shop Below Bar in Southampton, for those of you with long memories; and, without knowing it, began a lifetime of collecting Orienteering books. I guess I now have over fifty publications piled up.

The 'Know The Game' book 1<sup>st</sup> edition can claim to be the first British O book coming out in 1965. Most SOC members are probably unaware that one of the three co-writers, John Macfadyen, has lived most of his life in Southampton, having retired from his work at Southampton University where he 'advised' in the promotion of Southampton University Orienteering Club's first event in February 1970. Amusingly, John admitted to me years ago that he had never competed in an O event before writing his parts of the book (the 'geography stuff'). But, in the same breath went on to say that he and his wife had given Jan Kjellstrom a bed for the night on JK's first night in the UK. Now that's some serious Orienteering Trivia material!

Incidentally, the oldest book in my collection is the 1938 Swedish *stigfinnar-finter : en bok om orientering*, the earliest English Language book being the 1948 American '*The Sport of Orienteering*' Hedenström and Kjellström. If anyone knows of books that pre-dates these I would love to know.

The first book to grace the shelves of many British orienteers was John Disley's 1967 '*Orienteering*'. I see from my parents' inscription in the book that I had to wait until my 13<sup>th</sup> birthday in '68 to acquire my own copy - and not rely on the one in the school library. Disley had encountered the sport in Sweden in the fifties, organised what most agree was the first British event in North Wales in 1955, and unquestionably was the man to write a definitive work for Brits. The book was a roaring success and was championed in the press by John's pal Chris Brasher. Remember if you come across this book, that redrawn maps were then unknown in this country.

Mention should be made of Gordon Pirie's '*The Challenge of Orienteering*' which came out within a year of Disley's book. It covered the same ground and my recollection is that although twice British Men's champion, the feeling in the O community was that Pirie had jumped on the band wagon. I make this observation in the context of some disillusionment at the quality and reasoning behind many O books that appeared over the following twenty years. However it is clear in retrospect that all too many of them were hampered by constraints imposed by the publisher and limited budgets.

It can be fun to look back on 'dated' writing about O, but I select two from among the many examples available. Pirie employs the word '*orienteerer*' when I am sure from the start we called ourselves *orienteers* and Disley, writing of the need for fairness in planning a leg, has illustrations of enormous unmapped marshes and crags that the orienteer should not be tempted to unknowingly encounter. I was amazed that exactly the same set of illustrations are in Steve Boga's 1997 book '*Orienteering*'. The explanation for that will likely be that it's the same USA publisher who produced Disley's book for the American market thirty years earlier - but it is a reflection of the laziness of some O authors.

So, what makes a good Orienteering book? Good action photographs help but maps are the cornerstone of orienteering and map excerpts that are used to illustrate techniques have to be spot on and abundant. I'm afraid that from experience, I believe they have to be in colour. Before the advent of digital technology I suppose that colour map examples were prohibitively

expensive. The recent book about the history of the Scottish 6 Days *A Few Surplus Maps* is a beauty, almost a coffee table book.

Some of the books of the '70s and '80s tried differing approaches to convey the magic of orienteering. Without naming any particular books, there was for example, the idea of having a photograph of each control feature as one went round a course. Not a great success - the shots were too dark and unclear in black and white.

In the last few months of 2010 two new books came out within a few weeks of each other. One was a revised edition of Björn Kjellström's *'Be Expert With Map and Compass: The Complete Orienteering Handbook'* and the second was Carol McNeill's latest in a line of O books *'Orienteering - Skills Techniques Training'*. The former is, quite frankly, a disgrace. If one is going to try being a book critic then surely best to pull no punches. The latter I rate as a "must have".

Probably if the word "Complete" had not been introduced into the title of Kjellström's book I would not be so damning but when you find that this new version has exactly the same pull out Geological Survey map (dated 1952) as the 1955 edition, this being the only colour in a book of 250 pages, and that there is scant reference to the competitive sport of Orienteering, you begin to feel short changed.

Fortunately, within weeks of getting the Kjellström book, the one by Carol McNeill book dropped through the letter-box. Before I launch into an encomium, I should mention that Carol was tour party leader when I first ran in Norway and Sweden as an impressionable 13 year old - very much the baby of the party. But I remain objective! This book ticks all the boxes. Having over twenty years' experience of writing O books and over forty years' experience of teaching it, McNeill arguably has the field to herself.

Imagine as a serious orienteer you sit down at the end of the season and assess your strengths and weaknesses. You want to know why you always veer left and not right, why you lose height when contouring, why you always make a major error after executing perfectly the previous legs. These may be esoteric matters for the fun orienteer, but for the ambitious competitor a well written orienteering manual can be just the tool for an overview. Yes, much of the material you know already, but going right through the book with a self-critical eye can help you sort out "the wood from the trees" and get back to basics where necessary. At a price below many recent event entry fees, this can be heartily recommended and could remain the best O book for a number of years.

*Orienteering - Skills Techniques Training* by Carol McNeill. £9.99 Crowood Sport Guides. ISBN 978-1-84797-206-4. [www.crowood.com](http://www.crowood.com). Widely available on the Internet / the usual O retailers.

## Christmas Controls

Answers (but no apologies for being corny):

2 - Santas Grotto (the north most cave?)

23 - In Trafalgar Square (paved area between the 25m high tree gifted by Norway and Nelson's Colum which is 51.6m high)

37 - On the mantelpiece (on top of the charcoal burning ground where the Christmas stocking is hanging)

46 - After Christmas dinner, in the pub (inside a building and waterhole which is a refreshment point)

## Editorial

Pete Davis

A big thank you to all those who contributed to this edition - a good mix of articles on a variety of topics, with some common themes thrown in for good measure. This is the first edition that is fully "public", hence the introduction on the front page. We are hoping to use SOCK to generate interest in our club from prospective members and will be making copies available at SOC events. If you have a printed copy sent to you, and you have no need of it after reading you may want to consider leaving it in your local library, school, surgery, etc.

## Event Calendar

An extract from the British Orienteering Fixtures List showing Level A & B UK wide, all events from SCOA and events from our adjoining clubs. Check the British Orienteering website for updates.

Date	Event Name	Level	Club	Ass.	Venue	Nearest Town	Grid Ref.
Sat 03/12/11	Urban Race	Level D	<a href="#">WSX</a>	SWOA	Bournemouth University	Bournemouth	<a href="#">SZ075936</a>
Sat 03/12/11	Saturday Series	Level D	<a href="#">BKO</a>	SCOA	Swinley East	Bracknell	<a href="#">SU906661</a>
Sat 03/12/11	Southern Night Championships	Level C	<a href="#">BAOC</a>	SCOA	Bordon Heaths	Bordon	<a href="#">SU796364</a>
Sun 04/12/11	Yvette Baker Trophy Final	Level B	<a href="#">HALO</a>	YHOA	Mausoleum Woods	Caistor	<a href="#">TA138104</a>
Wed 7/12/11	Mil League South		<a href="#">BAOC</a>		Hankley		
Sat 10/12/11	SN Saturday Series 4	Level D	SN	SEOA	Mytchett West	Frimley	SU893550
Sat 10/12/11	SO SOG 7 - Eartham Wood	Level D	<a href="#">SO</a>	SEOA	Eartham	Near Fontwell & Slindon	<a href="#">SU938107</a>
Sat 10/12/11	WIM 3 in 1 event	Level D	<a href="#">WIM</a>	SWOA	Hurn Forest	St Ives	<a href="#">SU110010</a>
Sat 10/12/11	Brill CATI	Level D	<a href="#">TVOC</a>	SCOA	Brill Common	Thame	<a href="#">SP652142</a>
Sun 11/12/11	SOC SCOA league event Hinchleslea	Level C	SOC	SCOA	Hinchleslea	New Forest	SU270013
Wed 14/12/11	Mil League South		<a href="#">BAOC</a>		Perham Down		
Thu 15/12/11	SOC Street Score Night	Activity	SOC	SCOA	Marchwood	Southampton	
Sun 18/12/11	TVOC Regional Event & SCOA League	Level C	<a href="#">TVOC</a>	SCOA	Wendover Woods	Wendover, Bucks	<a href="#">SP891098</a>
Tue 20/12/11	Brighton City Race (incorporating SONIC 3), central Brighton	Level D	<a href="#">SO</a>	SEOA	Brighton City centre	Brighton	<a href="#">TQ306040</a>
Mon 26/12/11	Boxing Day Canter	Level D	<a href="#">WIM</a>	SWOA	Moors Valley Country Park	Ringwood	<a href="#">SU115047</a>
Tue 27/12/11	SO Xmas Score Event - Tilgate Park & Forest, Crawley	Level C	<a href="#">SO</a>	SEOA	Tilgate Park & Forest	Crawley	
Wed 28/12/11	The Military Challenge 2011	Level D	<a href="#">BAOC</a>	SCOA	Long Valley	Aldershot	<a href="#">SU847526</a>
Sun 01/01/12	New Year's Day Score	Level D	<a href="#">SARUM</a>	SWOA	Bulford Ridges	Tidworth	<a href="#">SU207446</a>
Sun 01/01/12	New Year's Score event	Level D	<a href="#">BKO</a>	SCOA	Greenham Common	Newbury	
Thu 05/01/12	SONIC 4 / KNC (SO night league / Kent night cup), Crawley	Level D	<a href="#">SO</a>	SEOA		Crawley	
Sat 07/01/12	SOC Hasley Hill and Ogdens Purlieu Local event	Level D	SOC	SCOA	Hasley Hill and Ogdens Purlieu	New Forest	
Sat 07/01/12	Hill End CATI	Level D	<a href="#">TVOC</a>	SCOA	Hill End	Oxford	<a href="#">SP465065</a>
Sat 07/01/12	SO SOG 8 - Sheffield Forest, Danehill	Level D	<a href="#">SO</a>	SEOA	Sheffield Forest, Danehill	Danehill	
Sat 07/01/12	Poole Park day / night event	Level D	<a href="#">WSX</a>	SWOA	Poole Park	Poole	<a href="#">SZ021905</a>
Wed 11/01/12	Mil League South		<a href="#">BAOC</a>		TBC		
Sat 14/01/12	SN Saturday Series 5	Level D	<a href="#">SN</a>	SEOA	Velmead School	Fleet	<a href="#">SU819534</a>
Sun 15/01/12	MV Regional Event	Level B	<a href="#">MV</a>	SEOA	Epsom and Ashted	Epsom	
Sun 15/01/12	WIM 3 in 1 event	Level D	<a href="#">WIM</a>	SWOA	Inside Park	Blandford Forum	<a href="#">ST863052</a>
Wed 11/01/12	Mil League South		<a href="#">BAOC</a>		Long Valley South		
Sat 21/01/12	SO SOG 9 - Stoughton (west), Chichester	Level D	<a href="#">SO</a>	SEOA	Stoughton (west)	Chichester	
Sat 21/01/12	Saturday Series	Level D	<a href="#">BKO</a>	SCOA	Upper Star Posts	Bracknell	<a href="#">GU877662</a>
Wed 11/01/12	Mil League South		<a href="#">BAOC</a>		Bordon		
Sun 29/01/12	BKO Concorde Chase Level B Event	Level B	<a href="#">BKO</a>	SCOA	Yateley Heath and Minley Woods	Yateley	<a href="#">SU827577</a>
Wed 01/02/12	Mil League South		<a href="#">BAOC</a>		Hawley		
Sat 04/02/12	Northern Nights/YHOA Night	Level B	<a href="#">SYO</a>	YHOA	Canklow	Rotherham	<a href="#">SK433913</a>

Date	Event Name	Level	Club	Ass.	Venue	Nearest Town	Grid Ref.
	League						
Sat 04/02/12	Dorset Schools League , limited Colour coded & Night event	Level D	<a href="#">SARUM</a>	SWOA	Stonedown Woods	Sixpenny Handley	
Sat 04/02/12	SN Saturday Series 6	Level D	<a href="#">SN</a>	SEOA	Eagle House School	Crowthorne	<a href="#">SU837624</a>
Sat 04/02/12	SO SOG 10 - Chailey Common, (east of ) Haywards Heath	Level D	<a href="#">SO</a>	SEOA	Chailey Common (TBC)	Haywards Heath	<a href="#">TQ383211</a>
Sun 05/02/12	YHOA Superleague	Level B	<a href="#">SYO</a>	YHOA	Big Moor	Chesterfield	<a href="#">SK254754</a>
Sun 05/02/12	WIM Regional Event	Level C	<a href="#">WIM</a>	SWOA	Wool Heath	Wareham	<a href="#">SY831895</a>
Mon 06/02/12	Brownsea Island Night O	Level D	<a href="#">WSX</a>	SWOA	Brownsea Island	Poole	<a href="#">SZ019875</a>
Tue 07/02/12	SO - SONIC 5 (SO night league)	Level D	<a href="#">SO</a>	SEOA		Horsham	
Wed 08/02/12	Mil League South		<a href="#">BAOC</a>		Cleeve Hill		
Sat 11/02/12	Wendover CATI	Level D	<a href="#">TVOC</a>	SCOA	Wendover Woods	Wendover	<a href="#">SP889090</a>
Sat 11/02/12	SO SOG 11 - TBC - possibly Holmbush Forest, Horsham	Level D	<a href="#">SO</a>	SEOA	Holmbush Forest (TBC)	Colgate, Horsham	<a href="#">TQ230328</a>
Sun 12/02/12	Dorset Delight	Level C	<a href="#">WSX</a>	SWOA	Bisterne Close	Burley	<a href="#">SU233030</a>
Sat 18/02/12	Saturday Series	Level D	<a href="#">BKO</a>	SCOA	Bloom Wood	High Wycombe	<a href="#">SU860890</a>
Sun 19/02/12	SCOA CompassSport Cup & Trophy Heat	Level B	<a href="#">TVOC</a>	SCOA	Bradenham	High Wycombe	<a href="#">SU822973</a>
Sat 25/02/12	British Night Championships	Level A	<a href="#">SARUM</a>	SWOA	Hamptworth	Salisbury	<a href="#">SU228167</a>
Sat 25/02/12	SN Saturday Series 7	Level D	<a href="#">SN</a>	SEOA	Merrist Wood College	Worplesdon	<a href="#">SU964528</a>
Sat 25/02/12	SOC Cross country and sprint	Level D	SOC	SCOA	Ocknell Inclosure	Lyndhurst	
Sat 25/02/12	SO SOG 12 - Angmering Park, Arundel	Level D	<a href="#">SO</a>	SEOA	Angmering Park	Arundel	<a href="#">TQ050076</a>
Sun 26/02/12	SARUM Saunter Regional Event	Level C	<a href="#">SARUM</a>	SWOA	Hamptworth	Salisbury	<a href="#">SU228167</a>
Sun 26/02/12	DFOK Regional Event	Level B	<a href="#">DFOK</a>	SEOA	Mereworth	Wrotham	<a href="#">TQ644555</a>
Thu 01/03/12	SONIC 6 / KNC	Level D	<a href="#">SO</a>	SEOA		East Grinstead	
Sat 03/03/12	SO SOG 13 - Devils Dyke	Level D	<a href="#">SO</a>	SEOA	Devils Dyke	Brighton & Hove	<a href="#">TQ258110</a>
Sun 04/03/12	Welsh Championships	Level B	<a href="#">SWOC</a>	WOA	Pwll Du	Blaenavon	
Sun 04/03/12	NWOL Event	Level B	<a href="#">SROC</a>	NWOA	Whitbarrow	South Lakes	<a href="#">SD450870</a>
Sun 04/03/12	GO Regional & SE League	Level B	<a href="#">GO</a>	SEOA	Furnace Ponds	tbc	
Sat 10/03/12	Saturday Series	Level D	<a href="#">BKO</a>	SCOA	Snelmore Common	Newbury	<a href="#">SU463712</a>
Sat 10/03/12	SO SOG 14 - Southwater Country Park	Level D	<a href="#">SO</a>	SEOA	Southwater Country Park	Horsham	<a href="#">TQ158255</a>
Sun 11/03/12	Midlands Championships	Level A	<a href="#">HOC</a>	WMOA	Foxley and Garnstone	Hereford	<a href="#">SO423471</a>
Sun 11/03/12	CLOK Regional Event	Level B	<a href="#">CLOK</a>	NEOA	TBC	TBC	
Sat 17/03/12	SN Saturday Series 8 Score event	Level D	<a href="#">SN</a>	SEOA	Frith Hill from Tomlinscote School	Frimley	<a href="#">SU891586</a>
Sat 17/03/12	SO SOG 15 - Stoughton Forest (south), NW of Chichester	Level D	<a href="#">SO</a>	SEOA	Stoughton Forest (south)	NW of Chichester	<a href="#">SU814125</a>
Sun 18/03/12	YHOA Superleague and YHOA Championships	Level B	<a href="#">HALO</a>	YHOA	Pillar Woods	Caistor	<a href="#">TA127032</a>
Sun 18/03/12	EckO Scottish O League	Level B	<a href="#">ECKO</a>	SOA	Torinturk west	Oban	<a href="#">NM908288</a>
Sun 18/03/12	SOC SCOA League Queen Elizabeth Country Park	Level C	SOC	SCOA	Queen Elizabeth Country Park	Horndean	

Material for the next SOCK should reach the editor by January 30<sup>th</sup>.

Send all copy to [sockeditor@gmail.com](mailto:sockeditor@gmail.com) or 4 Coltsfoot Walk, Romsey, SO51 7RH



## SOUTHAMPTON ORIENTEERING CLUB



**Level C - Colour Coded  
SCOA League Event  
HINCHESEA - NEW FOREST  
SUNDAY 11<sup>TH</sup> DECEMBER 2011**

- Location:** Signed from the A35 between Lyndhurst and Christchurch at GR: SU232006, Parking directed at GR: SU256010.
- Parking:** Parking in Wilverley Plain public car park. Car parking fee £1. Please share cars, parking restricted.
- Terrain:** The area comprises mostly open, gently undulating heathland with pockets of woodland of varying extent. The western part of the area is a very large shallow valley with close-cropped grass at the bottom. This disrupts the path network and may lead to taped routes for some junior courses (subject to final planning and controlling). There are some areas of complex terrain within some blocks of woodland.
- Map:** Scale 1:10000 5m contours. Pre-marked, waterproof paper. Map surveyed 2010-11 by Terry Smith and Graham Harrison.
- Courses:** White, Yellow, Orange, Light Green, Green, Blue, and Brown. Beginners welcome. String course for youngsters.
- Registration:** From 10.00 to 12.00.
- Starts:** From 10.30 to 12.30
- Entries:** EOD
- Fees:** BOF Seniors: £6, Non BOF Seniors £8, Juniors £3  
Emit punching to be used. Emit ecards may be hired at £1 per card.
- Facilities:** Toilets, First Aid, Tom's refreshments, Ultrasport  
Dogs permitted but under strict control.
- Organiser:** Brian Watkins (SOC) 01794 514989 - [newpond@hotmail.com](mailto:newpond@hotmail.com)  
**Planner:** Terry Smith (SOC)  
**Controller:** Richard Arman (Wessex)