

SROC



The Red Rose Orienteering Club



Newsletter

June/July 2017

Editor: Dick Collins



Editorial

In the DEE Newsletter Pete Owens, the Editor, has left a page which is completely blank apart from a message to readers to say that they should try to imagine the page with something that they have contributed written on it. I know how he feels. A few years ago I received lots of contributions and in some cases didn't have room to include them all. Things have changed and I have not received anything (apart from photos - many thanks) for a while.

So get writing about almost anything related to orienteering or running and share your thoughts with the rest of the club. I look forward to being inundated with contributions.

Odds and Ends

Ordnance Survey are now offering all OS Explorer and OS Landranger maps, on your computer or phone, for just £19.99 per year. They claim that this represents a saving of £5500! No doubt it does if you had been intending buying all 607 paper maps. One of the new features is that you can get 3D views of your favourite mountains.

The BBC programme *The Lake District: A Wild Year* included Quentin and Zoe Harding watching the fell race at the Rusland Show. Surely they should have been running, rather than watching.

In the late 70's BOF had a Photographic Library which housed a collection of photographs covering all aspects of orienteering. BOF also had a librarian (Mrs Terry Smith). She resigned in 1979 and Roger Wilson, who was chairman of the BOF Publications Working Party, asked for somebody to take over the collection. I have no idea whether anyone volunteered but somewhere out there a collection of early orienteering photos may be hiding in someone's attic.

Also in 1979, the NWOA Chairman, Martin Bibby, had a meeting with the Lake District Regional Officer for the National Trust. The meeting apparently went quite well but there were some bones of contention. One was the tendency of competitors to climb walls where they shouldn't climb walls. The major concern, however, was planners sticking bits of coloured tape all over the place to mark their control sites. The National Trust wanted all existing bits of tape removed as soon as possible.

Thurnham Glasson C of E School (near Lancaster) took part in World Orienteering Day after Hamish Willis (PFO) spent a day at the school working on their map reading skills. The school had been mapped by staff.

Computer scams are everywhere. An attempt to defraud us of money was made when I received an e-mail from, apparently, the Club Chairman. It asked me to make a payment of over £800 but it looked suspicious for various reasons. However, it had been sent from an address ending in sroc.org, which is slightly worrying. Needless to say, I didn't respond.





Claiming expenses

Many orienteering volunteers - particularly planners, organisers and controllers – incur expenses (such as car mileage) as they do their work. Most Clubs and Associations have standard policies for claiming and reimbursing these expenses. However, volunteers often don't make a claim, preferring to “donate” their costs to the Club or Association and allowing the money to stay within orienteering.

This generous approach misses an opportunity. The money can stay within orienteering and often be increased by 25% or sometimes more. How? By claiming and then donating the expenses to the Orienteering Foundation. The Orienteering Foundation is a registered charity, independent of British Orienteering, and exists to promote innovation and to support people and projects in orienteering. Where the donor is a taxpayer, Gift Aid can be claimed by the charity from HMRC.

So, next time you have some expenses, don't just ignore them, make a claim and then donate an amount to the Orienteering Foundation. The money still stays within orienteering but is actually more than before!

If just 100 volunteers who currently don't claim an average of £20 were to do so and make donations, it would total £2,000, which, with Gift Aid added, would be worth £2,500 to the Orienteering Foundation. A substantial sum like that could make a huge difference to for example junior development initiatives.

Kevin Harding (HH), British Middle Championships 2016 Planner commented "I never used to claim orienteering expenses. The cost to me is always the time not the money. Having said that I do believe that events should be budgeted to break even and not expect officials not to claim. I also feel the money should be used to benefit the sport and not just sit in a bank account. That is why when Andrew Evans, DFOK, mentioned the Orienteering Foundation I had no hesitation donating my British Middle expenses."

Resolve to do it when you next have the chance! It's easy using the Orienteering Foundation website at <https://www.orienteeringfoundation.org.uk/donate> where you can also find out more details about the Orienteering Foundation.

Membership Numbers

Orienteering membership has fallen over the last quarter of a century. In the 1980's Lancaster University could fill a 50-seater coach each weekend. Nowadays the University does not have an orienteering club.

In July 1979 the club membership figures for the North-West were as follows :

MDOC 186 DEE 172 SROC 120 WCOC 75 SELOC 56 PFO 52 LOC 50 BL 37 MEROC 18 UMOG 6 AMOK 3 LIVUOC 1
WAROC 1 (Mick McGill) and there were 7 non-club members. Numbers were increasing. By October of the same year MDOC were up to 193, DEE to 175 and SROC to 128.

MEROC are no more and the relative sizes have changed in some cases. It is a while since PFO and SELOC had more members than LOC.

I can't remember who AMOK were...can anyone enlighten me?

NorWest News, the NWOA magazine, distributed 900 copies. The membership numbers above don't add up to that many so it isn't clear who got the extra copies.



Horwich Festival of Racing

Congratulations to 7-year-old James Hendry, who won the Young Junior Men Class. Also to Jane Anthony who won Veteran Women and to Luigi Lerose and Miriam Rosen who came second in their classes.



W. I. give it a go



Martyn and Sue Roome responded to an expression of interest from the Women's Institute by organising an event for them in Williamsons Park. WI members from all over Lancashire turned up and they all seemed to enjoy themselves.

There was a mass start and they all set off at a rather leisurely pace. However, two teams got all the controls and another three were only one control short. My feeling is that you couldn't do that at walking pace so maybe some running was involved when they were out of sight.



Congratulations to our North-West Sprint Champions:



Julian Lailey M70

Jane Anthony W60

Miriam Rosen W65

Luigi Lerosé M40

[North-West Orienteering Association website](http://nwoa.org.uk)

Readers may be interested in the NWOA website (nwoa.org.uk) which contains various information about local orienteering including minutes of meetings.

Best Sport Ever?

The website *Windswept Writing* contains an article by someone called Alison Ingleby entitled *10 Reasons Why Orienteering is the Best Sport Ever*.



It has 10 sections entitled :

Orienteering is a sport for life

It's not all about running

Every event is different

Orienteering is a friendly sport

There's always room to improve

Orienteering takes you to places you'd otherwise never go

It's a full body workout

But it's not all about getting muddy

You can compete all over the world

It gives you skills for life

You can read the full article at www.windsweptwriting.com/10-reasons-orienteeing-best-sport-ever/



Major Events

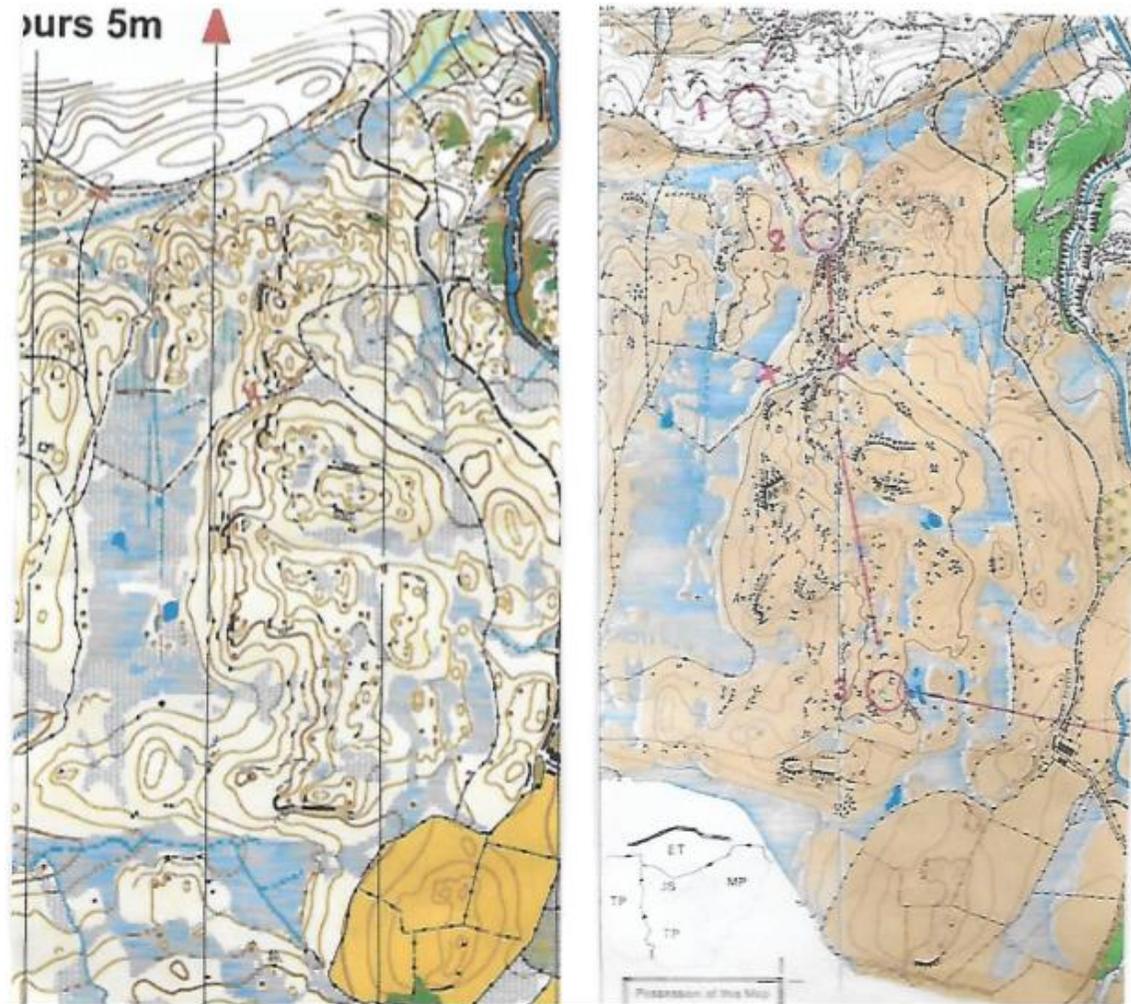
The British Championships, held at High Dam and Summer House Knott and organised by NWOA, was a great success. Good weather helped and the problems expected with the finances did not arise. Thanks to all the SROC members who helped.

Organisation of the Lakes 5-Days 2018 is now well under way. Derek Allison is the overall Organiser and SROC will be organising the day at Angle Tarn Pikes. Tony Marlow will be co-ordinating that.

Maps and Mapping

In May, Jane and I ran in the event at Dalegarth West. Last time that I ran at Dalegarth (on Dalegarth East) was in 1977. I went on the Lunienteers coach from Lancaster University and sat next to a student. He told me that his name was Richard Tiley. He is now the NWOA Chairman. We went to Ravenglass and up to the area on the little railway. It was incredibly wet and without a change of clothing I came back soaked. It was warm and dry this time.

I still have the 1976 map and compared it with the new one. Things have changed in the world of mapping.



The sections of map shown here are of the same area at Dalegarth. The left-hand section is from the 2017 map and the right-hand section is from Tony Pennick's 1976 map.

Note that the maps appear at the actual printed size on your screen.

There are a number of notable differences.

The 2017 map is easier to read, primarily because the contour lines are thicker.

The 1976 map shows a lot more detail of the rocks and crags, the region to the south of control 2 being very complex and difficult to read. Some of the contour detail seems remarkably different, e.g. the area to the east of control no 1.

Picnic



Marnie Lusardi and Cate Matthew (above) and the Organisers (right), the Davey family, who seem to be enjoying themselves.

The picnic was held after a score event on Arnside Knott. The event was ably organised by the Davey family. There was an odds-and-evens score course and a simple score event.

The odds-and-evens was won by John Ockenden with Mike Johnson second and Quentin Harding third.

The simple score was won by Tom Matthew with Jane Lusardi second and Jo Matthew third.



Electronics in Orienteering

Many years ago I was a University Senior Lecturer in Electronics so I suppose you would think that I am very keen on all things electronic. Not necessarily so. In orienteering, things electronic are mainly concerned with time recording (SI and EMIT hardware and software) and to some extent tracking the location of runners, possibly to display on screens in the assembly area.

It doesn't always go to plan. At the recent Guards Wood/Tarn Hows event a couple of the controls were clearly in need of new batteries. That's not the end of the world but when I came to download it became apparent that all was not well. My total time was given as just over 1200 minutes (i.e. over 20 hours). I know that I am slower than I used to be, but I'm not that slow! When the results appeared on the web they had sorted some of it out although many of the split times were missing. The splits that were there were clearly not always right either. Jane and I had left the penultimate control together and I had pulled away from her and had to wait about a minute after finishing before she arrived. Despite being a minute slower than me for those two legs the splits gave her a time for those two legs that was 12 seconds faster than me.

Now I know that one shouldn't live in the past and yearn for the "good-old-days", but we didn't have these problems in the days of control cards and needle punches (OK, so our younger members will have no idea what a control card was - but no doubt they will Google it to find out).

Summer Sprint Series

Following the final event at Stanley Park in Blackpool the winners were:

M(Open) [Finlay Johnson](#)

W(Open) [Jane Anthony](#)

VM55+ [Paul Turner](#)

VW55+ [Miriam Rosen](#)

JW14- [Cate Matthew](#)

Thanks to Bob Nash who co-ordinated the series and to the 82 competitors who took part.

Mixed Sprint Relays



Held on the Edge Hill campus, some successes for SROC.

The Super Veteran team of Mike Johnson, Jane Anthony and Quentin Harding (left) took Gold.

The second Super Vet team of Sue Harding, Jon Carberry and Chris Roberts took Bronze and the Ultra Vet team of Miriam Rosen, Paul Ferguson and Julian Lailey took Silver.

Fixtures

See www.SROC.org for details

Autumn Series

White, Yellow, Orange, Long Orange

Starts 12 – 1.30

££5/£2 £6 (family)

Sat 23 Sept Happy Mount Park, Morecambe

Sat 7 Oct Williamson Park, Lancaster

Sat 11 Nov Arnside Knott

Sun 26 Nov

50th Anniversary of first street league event.

Preston

Next Newsletter: mid September, All contributions very welcome. Send to dick.collins@btinternet.com

Photos particularly welcome. Many thanks.