

SROC



The Red Rose Orienteering Club



Oct / Nov 2019

Editor: Dick Collins

Newsletter



Odds and Ends

I'm sure that many of our members will be gearing themselves up to have a go at the new *Frog Graham Round* (the version of the Bob Graham Round involving swimming across 4 lakes). There is also a shorter version called the *Tadpole Round*.

Miriam Rosen has made another appearance in *CompassSport*, although this time you have to work hard to find her. A picture of the Day 2 Start at the Swiss O-week shows lots of runners and the

caption asks "can you spot Miriam Rosen and Pat Hart?". Presumably they were the only Brits in the picture that the CompassSport Editor was able to identify.

A couple of issues ago I included some information about Mountain Marathons (about which I know very little). Looking at the SLMM2019 results it is clear that it is the second day (of the 2-day courses) which is the killer. For the two main 2-Day courses (Scafell Solo and Pairs) only 14 of the 26 entrants made it to the Finish. However, for the 1-day events (Fairfield Solo and Pairs) 141 of the 142 entrants completed the course. It would be interesting to know how many of the 2-day retirees gave up at the end of the first day and how many had a go at day 2.

I sent an obituary for Peter Knott (written by Roy Woodcock) to *CompassSport* and it was published in the August issue.



What's in a name?

The official name of MV is the *Mole Valley Map and Compass Foot Racing Society* but they seem to be a bit reluctant to advertise this fact and their web pages are all listed as Mole Valley Orienteering Club.

A pity really. If you have an interesting name you should let people know.

At least *Octavian Droobers* have kept their name. It arose from the nickname that Ted Norrish was known by at King Henry VIII school in the Midlands. His nickname was the *Droob* and his orienteers became *Droobers*.

Octavian was the other link with the school, *Octavus* being Latin for Eighth. Club members still refer to themselves as Droobers.

As a Gooner (yes ... I support Arsenal) I am all in favour of this.

Many years ago the Lancaster University Orienteering Club (LUNE - Lunienteers) changed its name to SLUGO (Society of Lancaster University Graduate Orienteers). The main reason for doing this was that we could run around wearing an O-top with a large slug on the back. I still have mine but for some reason Jane refused to wear one. I am pleased to be able to claim that I am the only person ever to win an event after entering as a SLUGO runner (Wellington Wood at an evening event where the smallness of the area meant that we had to copy the course down at five successive sets of master maps).

Some years ago, many members will remember that there was a debate about changing our club name. The problem is that most of our members live north of the Ribble and South Ribble is a Borough near Leyland with which we have very little contact. More of our members live in the Preston/Lancaster area and a few years ago, when council grants to sporting clubs were on the table, it would be to those councils that we would apply for money. However, neither of those councils would fund a club bearing the name of a rival authority so the question arose as to whether we should change our name.

There was much opposition to this. After all, we are the oldest orienteering club in England so we need to at least keep the initials SROC. Everyone tried to think of a new name using those initials, but without success. In the end it was decided that we would "advertise ourselves" as the *Red Rose Orienteering Club* and hope that people didn't ask what the initials SROC stood for. That is the reason why this newsletter says *The Red Rose Orienteering Club* at the top.

Things have changed over the years and Council spending cuts and our own financial situation now mean that we are no longer trying to apply in disguise for council grants.

A major happening for the producers of O-maps

Orienteering maps have tended to contain a label saying something like “*magnetic north 2017*”, just in case you were going to use your O-map to start you off on your journey to the north pole. This would tell you the declination, i.e. angle between the agonic (the imaginary line joining the magnetic north and south poles) and the direction to the geographic north pole.

However, in September, for the first time in 360 years, the declination became zero. No doubt there was rejoicing in Greenwich, home of the Prime Meridian.

The magnetic poles move continuously to the extent that one day the north and south poles will reverse.

Although the directions to the magnetic and geographic north poles moved into alignment from our point of view, they aren't in the same place. The magnetic pole is about 400 km south of the geographic pole at the moment.

I hope that this information will prevent you getting lost on your next trip into the Arctic. Just bear in mind that over the next few years your compass needle will point increasingly eastwards.



Club Rankings

Dave Nevell has produced his annual Club Rankings based on the average score of the individuals in the club. SROC came 13th (out of 81), the same as last year. For the 12 associations, NWOA came 3rd and the north (average score 7314) comfortably beat the south (7084). Whether this latter result is associated with the fact that the north of England and Scotland have the best terrain, I have no idea.

EUOC came top (again) but of course the success of university clubs tends to fluctuate as students come and go. WAROC came second but this may simply emphasise the fact that it is easier to maintain a good average score if you only have a few (good) members. WAROC only have 10 ranked runners (including two former British Elite Champions). Having said that, SYO, with 121 runners, came 9th. MWOC (Mid-Wales) managed 21st with 14 runners



The new Club tent



On on! The Hash Trail

by Chris Roberts

Many SROC members may already know about hashing and several are indeed ex-hashers, but for those who are thinking “what’s that?” I’ll go on to describe this activity and why I am enjoying it so much.

Hashing has a long history with its roots being in Malaysia in the 1930s since when it has spread all over the world. My local group is called Lune Valley Hash House Harriers (LVH3) and I have borrowed this from their website:

“Loosely based on the traditional paper chase but using bio-degradable chalk and flour markings. At a Hash, one or more members (Hares) lay a trail, which is then followed by the remainder of the group (the Pack or Hounds). The trail often includes false trails, short cuts, dead ends and splits. These features are designed to keep the pack together regardless of fitness level or running speed, as front-runners are forced to slow down to find the "true" trail, allowing stragglers to catch up....

Lune Valley H3 is a family hash and welcomes people of all ages and abilities. Hashing is non competitive and is a great way to stay fit, see some wonderful countryside and have fun!”

I think I first heard about hashing from erstwhile SROC member Pat Toomer about 15 years ago. Pat moved on before we ever organised a club hash which was something we discussed at the time. I then forgot all about hashing until earlier this year when I happened to do a bit of Googling and discovered LVH3 who are active regularly. They hash every 2nd and 4th Sunday at 11am and usually 7pm at every full moon.

My first hash was from Claylands near Garstang and was run with head torches, there being little in the way of moonlight! I’m quite used to night orienteering and fell running so this was no hardship. I enjoyed the camaraderie and found I was one of the fastest runners in the group so I had plenty of chance to hunt out the true trail, following chalked marks and blobs of flour. Because of the time spent searching, the slower runners and indeed walkers have a chance to catch up, so we all finished within a few minutes of each other. Venues are generally chosen to allow a pub meal after the r*n (hashers don’t like to use that word!).

Since then I have been to quite a few more hashes and enjoyed every one. They have taken me to places I wouldn’t normally think of r*nnng, spread all around the Lune Valley and in parts of Cumbria and elsewhere too. They tend to follow footpaths but there may be some roads to follow, usually to link to another good footpath. Each hash lasts for maybe 1½ - 2 hours and I usually end up covering 11-12 km. I have been joined by other members of the family who don’t normally go r*nnng so the aim of getting out for fitness and fun seems to work.

I like entering fell races, frequently parkrun and of course I am a regular orienteer. Hashing just adds another aspect that encourages me to get out and take exercise, and I recommend it to anyone, whatever their level of fitness.

I should perhaps mention that there are some traditions and rituals associated with hashing but these just go to make it a bit quirkier in my opinion, and in no way detract from the fun. As LVH3 calls itself a family hash it is some way away from the more extreme behaviour that may be found at some other hashes.



*Hashers pause mid hash on a full moon r*n in August. Chris was joined by Sophie and Jacob.*
If you fancy joining me get in touch or visit lvh3.org.uk. My first outing as a Hare will be on 10th January.

Philately Corner

Last time I included an orienteering postage stamp picture.

I realised that this was a bit of a niche market interest-wise and that it would not be of interest to many people.

Surprisingly, I have had more comments and feedback about this than anything else in recent Newsletters.

So, greatly encouraged, I have shown another stamp (right). This one is from Finland and commemorates the eighth World Championships.

SG942 in the Finland section, for the philatelists.



CompassSport Trophy

There were some club members who had hoped that we wouldn't qualify for this as the final was so far away. However, qualify we did and a small but determined band set off for the Ashdown Forest (somewhere just north of the equator) having been assembled by Miriam Rosen, the Match Captain.

Let's start with the good news. Apparently, the new tent (see elsewhere in the Newsletter) was a great facility.

We had 10 runners, but with 13 to score things were not going to go particularly well. We came 11th out of 12 teams but with four of the team scoring over 90 and eight over 80. Well done to all!!

There had been heavy rain and it was soggy in places. There was also a lot of bracken. Let's look forward to next year...



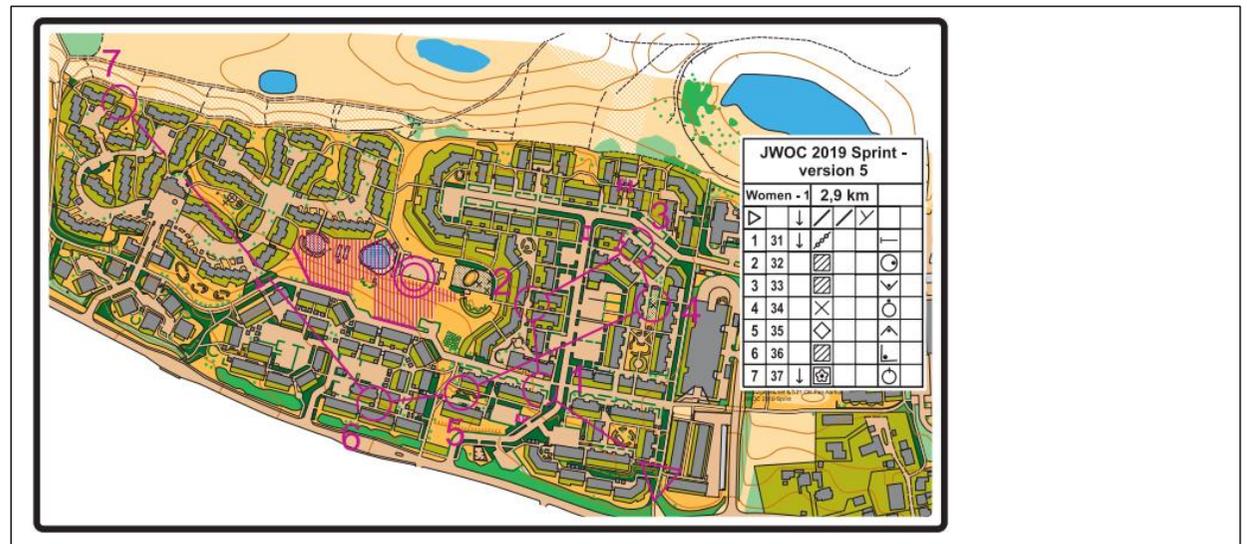
JWOC Tour 2019

Or competing alongside the Junior World Orienteering Championships (JWOC) Denmark July 2019

For several years a strangely named British orienteering club named RREBOR has been competing at multi-day events abroad – usually the 5 or 6 day events that are held in association with the World Championships or JWOC.

The name is cobbled up from RR (Red Rose an alias for South Ribble) and EBOR (Eborienteers, the York Club) because the usual members are Sue and Martyn Roome, me (Brian Jackson) from SROC and Richard and Karen Clark, and Jill Smith from the other side of the Pennines. This year the choice of destination was JWOC held in or around Aarhus and Silkeborg in Denmark. We entered the 5 Day JWOC Tour event, booked a nice spacious modern summer house, hired a couple of cars and bought air tickets from Manchester to Copenhagen, and in early July found ourselves on a Saturday afternoon competing in the Prologue event in the centre of Silkeborg, a pleasant town founded in the mid C19th with a grid iron street pattern and 2/3 storey terraces of shops and houses. The controls were mainly tucked away in ginnels and yards behind the main street frontages and the routes between involved mainly sticking to the streets. Fairly straight forward to someone who rarely does this form of orienteering, it didn't count. It was just warm-up for the 5 Days which started next day in a suburb of Aarhus 40km to the East.

Day 1 Lyseng Here we joined up with JWOC and watched the Sprint competition in a pleasant modern estate of one to 3 storey terraced houses. Fairly dense but permeated by plenty of footpaths and small areas of open space. Great jubilation for us – Grace Molloy takes bronze. After the Lord Mayor's show we have our turn, with a fast and furious dash around the same area on the same map.



Day 2 Velling From now on it would be forests every day on hills which are about as hilly as Denmark gets. H70 was 2.4km. It was tough in the green stuff but I was able to avoid the worst by running round on paths. Other courses from different starts couldn't avoid the green it and complaints were heard in our house that evening.

Day 3 Gjern Bakker Up to 3.2km for H70 with the woodland much more runnable and incorporating a substantial area of open moorland.

Day 4 Gjern Bakker Same assembly area but different side of the forest. 3.2km in open runnable forest and not too much path running.

Day 5 Thorsø Bakker We watch the very exciting JWOC Relay, made much more exciting these days by following the progress of the runners on not only the large screen but our phones and not having to rely just on the commentary over the PA. Amazing! GB Men had not had a good week on any of the individual days but the GB1 Men's Team they made up for it in the relays with a very creditable 6th position. This meant a first appearance on the podium to show off some rather dodgy looking, almost Premier League footballer type, haircuts. The GB1 women's team of Megan Keith, Fiona Bunn and Grace Molloy rounded off a superb week by winning. This was the first British Gold medal at JWOC and the best medal haul by a British team at JWOC. Watch it unfold by re-running it on the JWOC website.

After this is was another "after the Lord Mayor's show" for us lesser mortals. 3km for the H70s in much more physical forest. Could we finish the event in time and get to Copenhagen airport that afternoon? Yes, we could but only be leaving before prizegiving. Several of the RREBOR team (Karen 1st D60, Martyn 1st H65, Jill 3rd D60, Me 3rd H70) won prizes for their placings over the 5 Days the collection of which we delegated. I have yet to be united with mine – a fluffy blanket I am told.

The policy of going abroad to a multi-day event tagged onto a major championship paid off yet again. The number of competitors in the open event was not large (because of clash with World Master in Latvia) so competition was not so keen but the quality of the areas, maps and course was high, as should be expected. Watching some of the JWOC races was very exciting and enjoyable, particularly when the GB women did so well...and why did they do so well and did SROC have a hand in it?

Perhaps we can claim a little bit of credit in the squad's preparations for JWOC because the national event in March on Hampsfell was chosen as a Junior Selection Race. Looking back over the results I see that of the 6 women in the squad - Elidh Campbell and Megan Keith were 1st and 3rd respectively in JSelW18 and in JSel W20 the order was 1st Fiona Bunn, 2nd Grace Molloy, 3rd Laura King and 5th Niamh Hunter.

It was satisfying to be able to host the Junior Selection Race but particularly so because it helped the selectors choose a strong squad with exceptional and unprecedented performances. I understand from organiser Tony Marlow that the club's Middle Distance Event at Blakeholme on 25 April is likely to be chosen as a Junior Selection Race for the 2020 JWOC.

Brian Jackson





Tony Marlow becomes only the 7th person to complete the Lakes, Meres and Waters Ultramarathon.

This is an ultra distance challenge co-ordinated by the Achille Ratti Climbing Club. It involves visiting the 26 Lakes, Meres and Waters shown on the 1958 edition of the one-inch OS map. It is approx. 100 miles with 21750 feet of climbing. After 18 months planning and with support from Lostock AC and the Achille Ratti club, Tony set off at 8.15am on a Saturday morning, finishing at 9.08 pm on the Sunday, a time of 34 hours and 53 mins.

Only six other people have completed the challenge, the last one being in 2011.

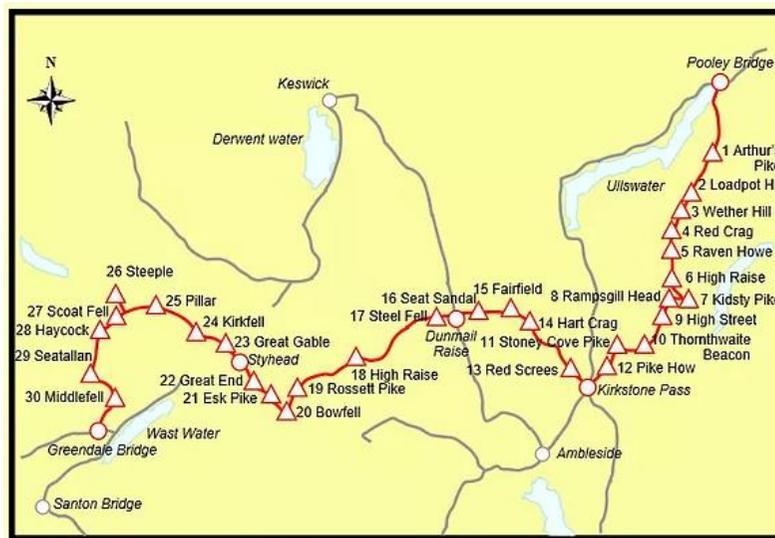
Well done Tony!

Joss Naylor Lakeland Challenge

Congratulations to three club members (**Mary Ockenden, Gavin Smith and Julian Lailey**) who completed the Joss Naylor challenge this summer. They became nos. 248, 249 and 250 of the group of people who have successfully completed the run in the required time.

The route leaves Pooley Bridge to traverse 30 summits over a distance of 48 miles and climbs 17,000 feet (77km, 5182m).

The inaugural run from Pooley Bridge to Wasdale was made by Joss Naylor in 1990, at the age of 54; in very bad weather with heavy rain and a strong SW wind Joss completed the run to Greendale Bridge in 11 hours and 30 minutes. Interestingly the second person to complete the run and no.1 on the list is a former SROC member, Don Talbot in 1991



The challenge is offered to fell runners over the age of 50 to complete the run in set times according to their age group. Men of 50-55 have up to 12 hours with women 14 hours. At 65+ men and women are both allowed up to 24 hours. Mary and Gavin in the 60-65 category had 18 hours. Julian is 65+.

Mary and Gavin took 17 hours 33 mins on 5 August and Julian took 18 hours 55 mins on 15 August. Evidently Mary was the main contender on the day with Gavin supporting her from the start with a view to completing if all went well. Evidently it did.

Mary, Gavin and Julian all received their commemorative tankards from the great man at the annual Joss Naylor Dinner on 19 October at the Santon Bridge Hotel which is conveniently located not too far from Joss's home in Wasdale.



Fixtures

See www.SROC.org for details

Night event

Sat 16 Nov Arnside Knott orange, green and blue

Night Street League

Starts 6.30 – 7.30 60/75 min score £3/£1

Wed 20 Nov Kirkham

Wed 4 Dec Garstang

Wed 18 Dec Leyland

Wed 8 Jan Halton, Lancaster

Wed 22 Jan Bolton

Wed 1 Jan **New Year Cracker**
See web-site for details

Sat 1 Feb **Handicap and Social**
Wellington Wood, Dolphinholme

Next Newsletter: end Dec. All contributions very welcome. Send to dick.collins@btinternet.com

Photos particularly welcome. Many thanks