

S R O C



The Red Rose Orienteering Club

BOF Club of the Year 2008



Newsletter

September/October 2014

Editor : Dick Collins

**Congratulations to our two British Middle Distance Champions -
Miriam Rosen (W65) and Zoe Harding (W20).**



Maurice Dean presenting Quentin Harding with his prize at the LDMT (see article by David Rosen)

The Lakes 5-Days

Overall, this was very successful. There were many positive comments and it was generally agreed that the 5 days provided a good variety of terrain and catered particularly well for families. Derek Allison, the overall co-ordinator has written a report which highlights a variety of questions for the future. These include whether we should have 4 long + 1 middle distance days (or else an urban/sprint day) and how to get more harmony (uniformity) between the 5 days.

Our day (day 5) generally went well and we certainly had better weather than day 1. There were problems with the map printing (the same printers were not used for all five days) and we had a couple of broken limbs. Interestingly, the map printing issue resulted in a lot of contributions to the Nopesport correspondence section.

More generally, there was much criticism of St John Ambulance. They pulled out of one of the days at short notice but provided “replacements”. Those “replacements” managed to diagnose a heart attack as a panic attack. The casualty in question was diagnosed correctly later on and had surgery later that day.

The main complaint about StJA is that they won't leave their tent. Fortunately, the two major problems on our day were with “walking wounded” who managed to get back under their own steam. On day 1 the local Mountain Rescue Group (who were excellent) had to be called out to get a casualty back to the parking area.

The Highs and Lows of the 2014 O-Ringen

You will be able to tell from my long list of highs, and few mentions of lows that I'm a bit of an optimist. I think this is an essential quality for an orienteer – there's always a better run in the pipeline (see later reference to days 2 & 3 and you will see what I mean). Matthew thinks differently, in that a pessimist is rarely disappointed!

Some high spots are 'O' related. I found the maps and course planning excellent – accurate mapping reduced my list of excuses, and variations in leg-length and route choice meant there was much to be mulled over with the benefit of hindsight. However, there were an albeit few competitors who seemed to think it a right to demand a look at your map when you reached a control to determine where they were. Grrr!

Day 2 was a very definite low. I'm an enthusiastic rather than good orienteer, though have been edging towards fewer embarrassing legs of late, but this was a shocker – 114 out of 117 finishers, with half the legs needing a calendar rather than a watch. However (see first paragraph) Day 3 was, I think, my best run EVER. I knew where I was throughout – the most I had to do was turn my head to find the control. How do I manage to do that more often than??

Food related highs include the food in the O-Ringen village dining areas. Similar to old-style school dinner fare (OK Swedish, rather than English), but plenty of it and no preparation or washing-up required. I also discovered liquorice ice cream on a stick mmm – I think the Swedes are into liquorice in a big way! As a result of the lovely weather (another high, obviously) the walks to and from the starts were most pleasant – especially on a couple of routes back to the car park when Swedish Jordgubbes* were for sale – mmm again.

The Swedish open-air showers are legendary; the human form in all its glory, and I do mean it sincerely! I paid them a visit after our final run, and had the joy of being 'buzzed' by a fighter jet. It may have been part of the final day entertainment, but it felt for all the world as though they came across us by chance and turned round for a second look!

Finally, the week gave us chance to spend more time with fellow SROC-ians, which was a definite high. It was a sad time when we had to disband MEROC but you have made us both very welcome. Thank you!

Jill Cochrane

*strawberries



Odds and Ends

BARRO has finally died. It had been reduced to Stuart Arnold and three others. Questions remain about the destination of their funds and areas.

There have been complaints that the new O-tops are rather tight for some of our more curvaceous lady members. However, they can be ordered with your own measurements, which should overcome the problem.

The level-B event Assessor scheme has been discontinued.

Richard Tiley is the new NWOA Chairperson with Miriam Rosen also joining the Committee.

The Greater Manchester OA had intended to undertake reviews (of maps, POCs etc) annually but this might now happen every three years. A slightly worrying aspect (which could impact on clubs) is that there is now a belief that people doing these reviews should have self-employed status, as should project managers and mappers. This brings with it the horrors of employment law, corporation tax etc.

Brightbikeslights are offering a 20% discount to all NW members.



Rosens win medals in Montenegro

At the Montenegro 5-Days David came 3rd overall but Miriam won W65 by 11 mins over the 5 days. Well done to them.

Ultra-Tour of Mont Blanc

Karen Nash covered the 168.7 km and 9600m of climb in 39hr 7m 44 sec. (It doesn't bear thinking about !! - Ed.)

Junior Successes

Zoe Harding represented GB in Bulgaria at the JWOC. She came 6th in the middle distance and 11th in the sprint.

Helen Ockenden has been selected to represent GB at the JEC in October and also took part in the JROS tour to Stockholm and the GB tour at Sedburgh.

Laurence Johnson took part in the JROS Trossachs tour and the NWJS Norway tour. He also represented England at the Junior Home Internationals.

Annie Ockenden took part in the NWJS tour in Norway.

Skåne och O-Ringen 2014.

by Jon and Sarah Carberry

Lost in translation:

You're in another country so you accept you might not follow everything. The Swedes do a brilliant job in providing information in English but occasionally things get a bit lost in translation:

- The English programme had a bit of information in Swedish on day 4. Translation seemed to that women needed to wear shoes in the showers because the ground was rough; the ground was much better than the previous day...
- You might argue the distances from the car parking to the arenas had also been lost in translation (see below).
- Our personal favourite, mentioned in the actions you could take to be more environmentally friendly and posted on the back door of the toilets: 'please separate your waste; the more factions the better'.

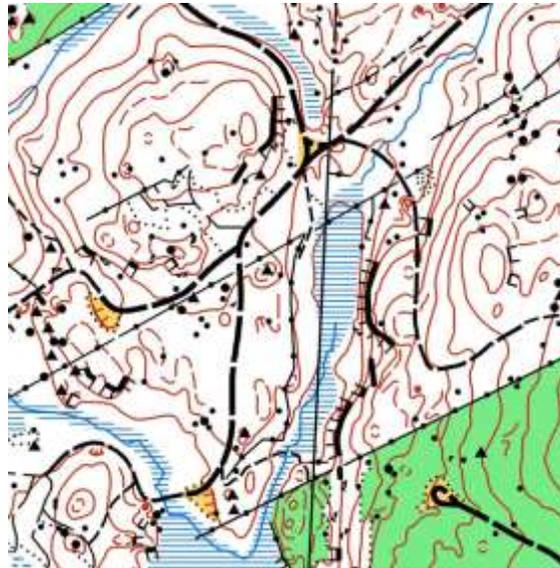
Translation issues weren't restricted to written information though. For some reason as soon as I'm (Sarah) navigating in a car abroad I automatically, without thinking, swap my lefts and rights – makes for interesting journeys. Martyn managed to pick a route between 2 controls to the west of the straight-line and managed to navigate it perfectly on the east side of the straight-line so maybe it's not just me...

Some random thoughts on the Orienteering:

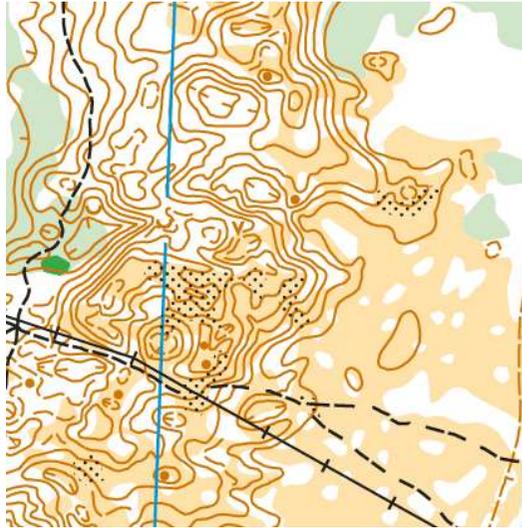
- The aim of anyone going to the O-Ringen has to be to get into the chasing start on the final day, i.e. lose no more than 90-minutes to the class leader over 4-days (sounds easy but it's not, Sarah was almost more than 90 minutes behind after 2 days). Part of the excitement about getting in to the chasing start is that, with the number of runners in each class often over 200, all starting with 90-minutes, and first over the line wins, it's fast, very competitive, and a completely different experience – nerves, start procedure, and looking to see who starts around you. Get a top-15 start and you get a number bib. It is amazingly close racing, a few seconds can separate 10 or more runners

- The same volunteers man your download each day, so you slowly get to know them. Initially, our man thought SROC was an Australian club, but gradually over the next 4 days it got re-positioned to somewhere between the Lakes and Manchester (United)
- Noticeable changes include, the introduction of a Middle Distance race on day 3, before a rest day, and open starts for short courses on days 1 to 4
- The organic nature of the campsite means it gradually evolves over the 10-days it is open, each day you got back to find something new had appeared: more toilets, more wash basins, speed humps.
- The event has its own FM radio station, broadcasting live from the arena each day, and the event centre in the evening. There wasn't a lot of English so it wasn't always easy to understand what was being said. We managed okay with the interview conducted with the first finisher of the day, invariably an M/W10 and lots of yes and no but the "yes-no" competition they played each afternoon was lost on us.
- Day 3 – the middle distance was planned by an M80, and he used 280 control sites
- U-Bean would have pulled his hair out as they insisted on having echelon parking for the cars. There rows were lettered, so giving them 29 rows as their alphabet has Æ, Ø & Å beyond Z. The parking was remote from the assembly arena, anything from 500m to 2km. This did present an interesting point on day 2 – the starts were back past the car park, the route was shared but the car parks were 500m from the arena while at the exit there was a sign indicating 1km covered on the route to the start ... lost in translation ?
- Showers, & Swedish meatballs ...to be expanded on by others
- Each evening, "the-team" had to take their tablets - general Apple flavour and sit at the event centre to check the results. Very different from only a few years ago when the team captain collected a paper copy for the club. Another change is the leader boards in the arena – it used to be your name and time was pasted to a wooden block and only the top-20 were displayed (the day you had an early start you were almost guaranteed to get in the board, so you took a picture), now it is all electronic, everyone in every class is displayed on a rolling screen (one screen for every 3 classes).

- The run-ins are always good fun just remember to go up your sponsor's lane. The courses tend to have fewer controls, and usually the technicality drops off from the second last control to the finish
- Short courses aren't always the easy options. A quick glance at the start list often shows an ex world champion or two – M35 had Emil Wingstedt (Halden) who won by over 24 minutes.
- Ignoring walks from buses or car to the assembly area, most days had long, flat walks to the starts, anything between 2 & 3.5km; thankfully there was water (& loos) on the way most days
- Day 1 Västanaåberget was the hilliest day, probably most familiar to the Brits with plenty of line and large rock features



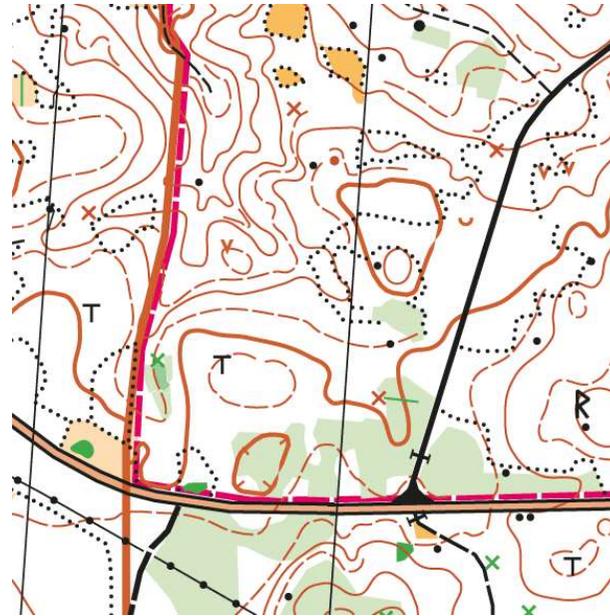
- Day 2 Vånga norra was on the same area as day 1, but starting on the west side rather than the east-side; however the courses weren't as hilly and most competitors showed +10% improvement in their time
- Day 3 Friseboda was a middle-distance race, and on sand-dunes. This video http://www.youtube.com/watch?v=bTr-tJ8qMUo&feature=player_embedded best describes it – many people getting lost and making 5+ minute mistakes trying to relocate



- Day 4 Ryssberget was back near days 1 & 2, but on a geologically unusual area – the eastern slopes were very rocky, making route choice critical (straight or around the paths)



- Finally, Österlen day 5 was back towards day 3 but inland in beech forests & open heathland



- Every day was great, the top stars, Tore Alexandersson & Thierry Gueorgiou, were there, and this video best sums it up http://www.youtube.com/watch?v=JoJjUnWjvVM&feature=player_embedded
- Hearing Thierry comment on day 2 that he was tired so he concentrated on navigating and running only at 85% effort (and still won easily), we imagined what prep he had to do each day – we thought it might be something like get up each morning in his rented summer-house near the beach near day 3, driven in his air conditioned Peugeot/Volvo to the arena, where he would go to his private elite tent to be given a new head-band each day. He would be driven to his start, etc. Seeing him & Tova run down the finish lanes was just awesome.
- It is over 20-years since I (Jon) went to my first Swedish O-ringen, Gothenburg (1990) and many aspects of it have changed, but it is still an event to experience.

Results

Sue Roome 28th D60K Jon Carberry 38th H55K

Martyn Roome 48th H60K Mary Ockenden 57th D55

Helen Ockenden 63rd D18E Matthew Cochrane 74th H60K

Jill Cochrane 93rd D55 Gavin Smith 101st H55

Annie Ockhenden 148th D16

Sarah Watkins 189th D40K (in my defence there were 260 in my class so I was chuffed with top 200!)



Fixtures

www.sroc.org

Autumn Series

Orange/Green £5/£2 Starts 12.30-1.30

Sat 1 Nov Eaves Wood

Sat 22 Nov Williamsons park

Night Street League

60/75 min score starts 6.30-7.30 £3/£1

Wed 5 Nov Kirkham and Wesham

Wed 19 Nov Penwortham

Wed 3 Dec Wigan

Wed 17 Dec South Preston

NW Night League

Orange/green/blue £5/£2

Sat 22 Nov Williamsons Park and Univ of Cumbria

New Year Cracker

Thurs 1 Jan 2015 Traitors Gill

Obituaries

Margaret Adams

When I first joined SROC, by far the strongest age group was the senior ladies (actually W50 and W56, which were at that time the oldest age classes). I remember going to the Scottish Champs in 1984 when SROC took the first four places in W50. The last of those four ladies to pass on was Margaret, whose health has been in decline for some time. A British Champion on a number of occasions Margaret's family and relatives were well known in orienteering circles. Margaret's son Charlie is a former SROC member and will be known to many of our present members. They were related to the Elgoods who also competed at international level. Charlie had been caring for his mother for the last couple of years. Our thoughts are with him and his family.

Edith White

We are sad to report the passing of Edith, who had been ill for some time. Edith had a fall earlier in the year and after leaving hospital spent her remaining days in a home. Neither Edith nor Harold have run for many years but I remember them both being enthusiastic orienteers in their younger days.

Our thoughts are with Harold and his family.

Lake District Mountain Marathon Trial

by David Rosen

SROC has strong connections with the Lake District Mountain Trial, the original navigational fell race. In the very first race in 1952 from the Old Dungeon Ghyll, Maurice Collett was 2nd and Maurice Dean was 4th. David and Miriam Rosen are currently the race organisers.

Last year should have been the 60th running of the Trial, but the race had to be cancelled due appalling weather. So this year was the 60th Trial and Maurice Dean was there to present the prizes. The courses started from Patterdale and were on the Helvellyn range. The tops were shrouded in mist which was an advantage for the orienteers.

SROC had eight successful finishers this year. The courses were particularly tough and the runners covered much more than the stated distances - Miriam's route was actually 26.7 km.

Classic Course 30.1 km 2025m

6th (1st M50) Quentin Harding 5:24:34

18th David Wilson 6:15:42

Medium 21.2 km 1575m

17th (2nd W50) Karen Nash 5:12:46

24th (4th W50) Rowena Browne 5:27:09

Short 17.9 km 1350m

11th (2nd M60) Julian Lailey 4:51:16

25th David Rosen 5:51:48

28th Miriam Rosen (3rd W60) 5:59:56

36th Bob Nash 7:02:03



Miriam Rosen being presented with her prize by Maurice Dean.



Helen Ockenden with the "golden dibber" (possibly to be auctioned by the club) and Zoe Harding adding even more items to the Harding prizes cupboard.