

# SROC



The Red Rose Orienteering Club



BOF Club of the Year 2008

## Newsletter

September / October 2016

Editor: Dick Collins



### Who Invented Orienteering ?

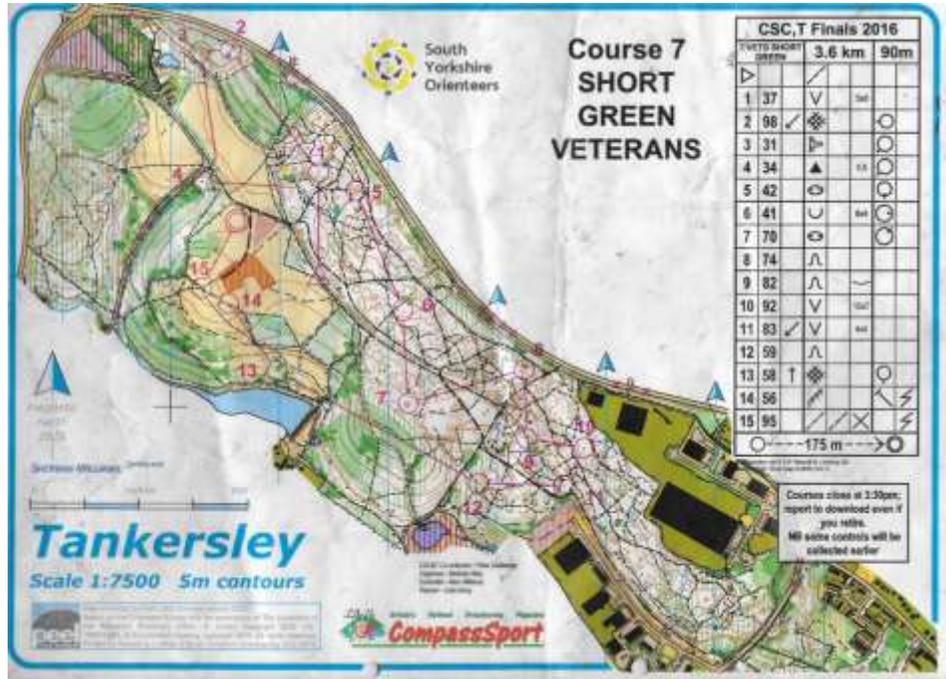
Well, obviously..... somebody in Scandanavia.

Maybe not ... how about the British army in Iraq ? Sounds unlikely ? Well, the Programme of the 34<sup>th</sup> Brigade Sports, held in Baghdad on October 11<sup>th</sup> 1917 lists a series of events. These include wrestling on mules, a digging competition and a “helio race” (*no, I don't know what that was*). However, Event no 12 was a “Chart and compass race” for British Officers in teams of four. A trophy was presented to the winners by Brig. Gen. A.C.Wauchope CMG, DSO.

So there you are. At the next Committee meeting I am going to suggest that we extend our activities to include a digging competition but will save the wrestling on mules until I have assessed demand (and the availability of mules).

# CompassSport Trophy

Club Captain Quentin had amassed a really good number of runners for this but medical problems knocked entry numbers back a bit. We ended up 4<sup>th</sup> out of 10 with a score of 1233, only 31 points behind the winners Interlopers. Early arrivals Peter Knott, Luigi, Enrada and Tom had put up the tent in wet conditions and the early runners had rain to contend with. Several people commented to me how dark it was in the forest early on. I found the 1:7500 map for my course to be much easier to read than the 1:10000 version that we had for the Relays a few years ago. Tankersley has a mass of paths and can be quite intricate in places



Jane and half the Finch family at a Tankersley post-mortem.

SROC scores were as follows :

**Brown:** Iain Embrey 97 David Roome 91 John Ockenden 89 Luigi Lerosse 82 **Short Brown:** John Taylor 75 **Blue Women:** Heather Roome 97 Rebecca Harding 96 Jo Taylor 81 **Blue Men:** Quentin Harding 100 Andy Quickfall 87 Alex Finch 79 Tony Marlow 78 Mark Edwards 77 Roy McGregor 67 Jon Carberry 63 Gavin Smith mp John Brewer dnf **Green Women:** Mary Ockenden 93 Rowena Browne 85 Sue Harding 81 Juliet Bentley 78 Brenda Rutter 73 Jill Cochrane 66 Jane Collins 62 **Green Men:** Martyn Roome 100 Dave Hargreaves 87 Matt Cochrane 86 David Rosen 80 Tom Barkas 74 **Short Green Vets:** Jane Anthony 100 Miriam Rosen 97 Sue Roome 92 Julian Lailey 91 Brian Jackson 89 Dick Collins 79 Peter Marett 74 Peter Knott dnf **Junior Men (Green):** Danny Lusardi 82 Isaac Mort 70 **Junior Women (Short Green):** Annie Ockenden 92 **Orange Men:** Michael Finch 78 **Orange Women:** Beth Davey 96

Well done everyone ! Our intrepid Captain scored 100 points despite stepping in a hole at the finish, leading him to A & E on Monday morning. He left with a plaster cast on his foot. Back in on Tuesday, they changed their minds about whether anything was broken and off came the plaster.

## Odds and Ends

Members will be aware that BOF has financial problems. This is nothing new. At the 1969 BOF AGM the Treasurer reported that they were "living from hand to mouth". Receipts from the British Championships were being used to pay outstanding bills. The total income for the year was £1825. Note that total SROC income for 2015/16 was over £20,000 so that, even allowing for inflation, BOF were in some trouble. It was decided that membership fees should increase from 5/- (25p) to 10/- (50p) and that the event levy (for adults) should be increased to 6d (2.5p) per competitor. As a comparison with the present day it is likely that from the beginning of 2017 we will be paying a total levy of 192.5p per competitor for all events. For a Saturday morning event with an entry fee of £5 this means that the levy will eat up almost 40% of the entry fee. Entry fees in 1969 were typically 5/- (25p) so the levy would only have been 10% of the entry fee. BOF had also come to an agreement with the Forestry Commission that there would be a fee of £2.2s (£2-10p) per event. Clearly, people still operated with guineas rather than pounds.

Apologies to Julian Lailey for omitting him from the list of Northern Sprint Champions. He wasn't in the group photo so I didn't spot him.

Readers clearly like to have words to read as well as pictures to look at. In the last Newsletter I included three photos of our lady members at the Club pic-nic but didn't include a caption. Several readers e-mailed me to ask why the pictures were there and were there some words missing from their copy of the Newsletter.

Talking of missing bits .... I had problems mailing out the last Newsletter. The original version had a lot of full-page colour pictures and the whole thing ran to nearly 12 Mb. My server (BT) allows me to attach 28 Mb so there shouldn't have been a problem. However, I got back a selection of "failure to deliver" notices. It seems that whilst I was able to mail it out, some of you have servers that won't accept anything that big. In those cases I had to reduce the size of the pictures and reduce some font sizes. This meant that my careful layout was now all over the place, so, if you thought that the layout of your last Newsletter was a bit odd....well, yes it was.

## National Map Reading Week

This was organized by the Ordnance Survey and ran from 17 - 23 October. On the web-site (see below) it gave instruction on using a compass, contours, distance measurement etc., etc. There is a quiz and videos and the offer of 3 OS maps for £20.

You can find all this at <https://www.ordnancesurvey.co.uk/getoutside/guides/map-reading-week/>

Is it Jeremy Corbyn ?? No, it's Brian Jackson with his sister at his 70<sup>th</sup> birthday party.



## NWOA AGM and Club Delegate Meeting

These were held in Caton on 1<sup>st</sup> October. At the AGM reports were presented by a number of officers and the Treasurer reported that our funds stood at £49,182. This may sound a lot but the NW income is largely derived from the Lakes 5-Days which happens only once every four years. The Executive Committee (five members, two of whom are SROC) were re-elected.

The CDM was of particular interest as the BOF Chair, Judith Holt, gave a presentation. I have included below the section of the NW Minutes which relates to Judith's talk. It will be apparent to you that much of the discussion relates to funding as BOF are looking at a shortfall of £80k if nothing changes.

### **Presentation by the BOF Chair / BOF EGM**

JH began by outlining her personal involvement in orienteering and the path which led her to the Chair of BOF. She accepted her present post as she was concerned that the sport needed to be re-focused as “Sport for All” and that we need to address the problems of an ageing population. She was particularly keen to emphasize the competitive aspect of the sport but accepted that not every event could cater for everybody. She talked about the BO EGM financial proposals. There were three options, these being a £10 (senior) membership fee with a £1.50 event levy, secondly figures of £7.50 (fee) and £1.70 (levy) and thirdly the status quo. The background to this proposal concerned the £80k shortfall which BOF will suffer this year if nothing changes. JH emphasized that British Orienteering needs to act as a conduit for any funding which might be available and that there might be situations where combining with fell-running or mountaineering might be beneficial.

JH pointed out that BOF undertakes a variety of tasks which would not be apparent to most orienteers. BOF does not put on events but provides a central group of staff who can work with club volunteers for their mutual benefit. There are various “negotiated relationships” which make things happen. An example would be child protection issues which require BOF initiation and oversight, but with action by clubs.

In losing Sport England funding there will be a £120k shortfall in core funding. In the past employees have come with infrastructure money to do a particular job. Sport England will in future only give money for specific projects and this will have a major impact on staff employment. BOF have saved money by moving the office and there have been staff cuts. However, more cuts will be needed. A particular problem is that the EGM will take place before the details of Sport England cuts are known. Final staffing structure decisions cannot be made until the Sport England situation is finalized. Membership income has been fairly stable for a decade but it will be necessary to ask the membership to increase membership fees and/or the levy. The amount that BOF is hoping to raise is less than that asked for at the BOF AGM and so it will be necessary to use some of the reserves. These would be used for specific projects.

There was considerable discussion about these matters. There was concern that an increased levy would impact adversely on level D events where clubs are trying to attract new members. There was some support for a differential levy system to protect level D events but JH confirmed that this was not part of current proposals and that the levy would be the same across all levels of event. ISW felt that there was a need to make it clear that orienteering is not a cheap sport and that we need to improve the quality of the experience at events. DMCC felt that a proposal that the senior membership fee be increased to £15 would be approved. GW was concerned that the “4<sup>th</sup> event requirement” at which a non-member would cease to be covered by insurance might also be having an adverse effect.

MR asked what BOF regards as its core functions. JH replied that BOF had ten main areas, these being events, membership, talent and performance, development, major projects, finance and admin., governance, training and support, marketing and commercial activities. She emphasized that the Strategic Plan has three main thrusts – a) increasing participation, b) competitive orienteering and c) podium success. The latter means systematic and sustained success at senior and junior level. The three thrusts are underpinned by i) developing and supporting our volunteers, ii) raising the profile and public image of orienteering and iii) collaborating and working with our partners. Added to this there are the “values” of pride, integrity, inclusiveness and diversity. SR asked how one puts all of this into practice. JH replied that it needs clubs and associations to try to support and fulfill these strategic ideas. With reference to these aims, a number of members expressed concern about the small take-up of orienteering in schools, often due to the fact that teachers don’t orienteer. If orienteering was on the GCSE curriculum, then numbers would be higher. JP mentioned the gap which occurs in the 16 to 25 age range which needs addressing.



## Swiss O Week 2016 (SOW), Engadin Valley, by Jo Taylor

There were 4000 competitors and 57 Brits in attendance at this year's SOW in the beautiful upland valley of Engadin. The event centre was the rather swish St Moritz with price tag to match. South Ribble was represented by Miriam and David Rosen, John and Jo Taylor who met up each day despite different start bands under the Union Jack flag. There was a wide variety of terrain from clean runnable forest to high level (2500m) alpine meadows and almost impossible-to-negotiate boulder fields; more on them later.

Day 1 was long distance for everyone with the longest courses of the week. The venue was an old army camp with a terrific assembly and views of the competitors high up on the hillside. Clean and runnable forest and a bit of urban O took us into a tricky end section with intricate contour detail. The weather was beautiful and not too hot although it warmed up considerably during the week before breaking in a storm. John and I were pleased with our runs and got off to a solid start. Transport shuttle problems meant we walked home to our accommodation in the adjacent village and there was concern about the following days which required transport links to the areas (in the event no further problems materialised in true Swiss fashion).

On Day 2 the assembly was breathtaking, the final control overlooking lake St Moritz with snow-covered mountains in the background. The race was medium over intricate wooded terrain, they described as close to Norwegian. Fast times were recorded and there was a real party atmosphere at the finish with people bathing in the lake and lounging on the SOW picnic rug (which we will show off with pride at our next decent assembly moment). We travelled up to the Bernina Pass for Day 3 on a scorching day and the assembly was under the cable car up to La Diavollezza, distance, Middle. The route to the start took us high up the hillside and the general trend of our courses was contouring along and down to the finish. Mixed fortunes today for us with JT going walkabout and temporarily off the map (twice!). The going underfoot was extremely tough with boulder strewn slopes and steep banks. I was glad to get around fairly cleanly although quite slowly. We think there were quite a few mishaps with people showing up after the rest day with bandages and the top Swiss elite orienteer, Mattius Kiburtz had to go to hospital for stitches on his knee. As we sat around someone realised that the map we were perched on (our picnic rug, like Bean's towel map from CSC final) was the map of this day. What wasted opportunities to bone up on the lie of the land beforehand!



On the rest day we had a walk up the local peak overlooking St Moritz in fantastic sunshine with views up and down the valley. We had had enough in the heat but I was determined to visit the shops in St Moritz to see how the other half live. Switzerland has unfortunately become extremely expensive, not helped by the post-Brexit pound slump so it was a case of look but don't touch much to John's relief.

We travelled to the western end of Engadin for Day 4 overlooking the Maloja Pass. The ground drops dramatically away from here down towards the border with Italy and Lake Como. The area was the toughest by far and although Middle distance our courses took us ages across unbelievable vegetated, and hence largely hidden, boulder fields of indeterminate depth. Reflecting the nature of the terrain, the race commentator advised start no. 2 competitors (us) "not to move and map read at the same time"! It took me forever (85 mins) to do 3ish km and I was just glad to get round in one piece. The final few controls were over fast alpine meadows and it was hard to adjust to the running pace after all the boulder-hopping. Happily we all survived unscathed to tell the tale. For the first time in the week the good weather broke temporarily, hinting at things to come.

Day 5 on Friday took us high above the valley floor in cable cars to run on rocky glacial terrain up to 2700 m (yes there were still patches of snow around). The day was unfortunately abandoned due to a thunderstorm and heavy rain arriving mid-comp. Miriam and David got round before the mayhem but John and I arrived at the start to be told that we could run "at our own risk". However the message didn't get through to us in the chaos that the race had already been abandoned and hence was void. We set off anyway into the tempest. John got round but I became drenched, cold and quite scared in the storm and packed in after swanning around for a boulder in another boulder field. Afterwards we had to walk down to the valley as the cable cars had been suspended due to the electrical storm but at least it warmed me up. We only heard later about the abandonment; apparently standard Swiss O policy for the conditions. Interestingly cagoules were not made compulsory despite the altitude and remoteness of the area and the forecast storm.



The final day was in the valley below day 5's high level assembly. The weather had turned seriously glum and the assembly felt more like a Scottish 6 day field, picnic blankets were packed away for this. The planner described the terrain as a bit of everything we had experienced during the week and he was spot-on. Fast wood and meadow followed by steep boulder slopes and many footpaths made the going varied. We both finished happily with decent times for our efforts, after we both again got confused in a boulder field near the finish. There was the usual mass-exodus from the assembly as people dispersed home. We stayed an extra night and had a very convivial evening with Miriam and David to celebrate Miriam's birthday and reflect on the action.

All-in-all, a very enjoyable and challenging multi-day event. The next one is in 2019 in Gstaad (posh again) so we'll have to start saving for that now! One thing that amused us was that a lady from Norway, who we had befriended, was complaining about food prices in Switzerland and we thought that Norway had the highest cost of living in the world.

## WMOC 2016 Estonia by Miriam Rosen

Time was when a largish group of SROCers used to compete in the World Masters Orienteering Championships (WMOC). This year however, as last, the only SROC representatives were David and me. The 2016 event was held in Estonia, based on the capital, Tallinn. Tallinn is a wonderful location; on the Baltic coast and with a beautiful old town which attracts tourists from all over (not just British stag parties). Prices seemed very reasonable – but we had just come from Switzerland. There were also national parks not too far away which could be explored on rest days.

Nick Barrable had recommended a hotel a few minutes outside the walls of the old town and a large and sociable group of assorted British orienteers turned up. So there was plenty of company and we ate out with a variety of people over the week. There was no need to hire a car as there was a good local bus system round Tallinn and the organisers put on busses for the long events.

This year there were about 3,500 competitors. The biggest group of foreigners was the Finns, not surprising as Finland is just across the water. 134 Brits were entered. The largest age groups were M and W 65, again not a surprise, with 387 and 239 competitors respectively.

The sprint qualification race was held in a pleasant park a couple of km from our hotel, including the gardens of an old palace and an art installation. For British orienteers used to park events it was straight forward and lots made it through to the A finals. I realised David's knees were improving when I turned away for a moment and missed him coming down the run-in!

The finals were on the edge of the old town and trickier because of constant changes in direction and cross-overs. A few of our faster runners got confused or missed out controls completely. I knew I had to keep focussing and had a clean run to finish 11<sup>th</sup> in the W65A final. David pointed out he'd seen me standing still out on the course. True, but I'd needed to check I was going in the right direction. David had a respectable run in M60C where he'd had an enjoyable battle with other Brits. James Crawford in M60A was the only British gold medallist, but we had several other medal winners and top ten placings. We stayed to cheer at the pleasant and relaxed prize giving in a sunny People's Square. Medallists were also presented with bunches of birch twigs for the sauna; somehow I doubt the British used them!

The two long qualification races were about an hour's drive away. Northern Estonia is very flat but the events were held on an interesting and complex area of glacial moraine. Overall the Brits found this tricky and did much less well than in the sprint, with fewer making it into the A finals. I wasn't the only one who spent time exploring the wrong island in the middle of a big marsh. Visibility was low but really I hadn't been careful enough. This and some silly errors such as confusing control numbers put me just into the B final. David (and most of the British M60s) was in the C final. British hopes centred on James Crawford who had won his heat.

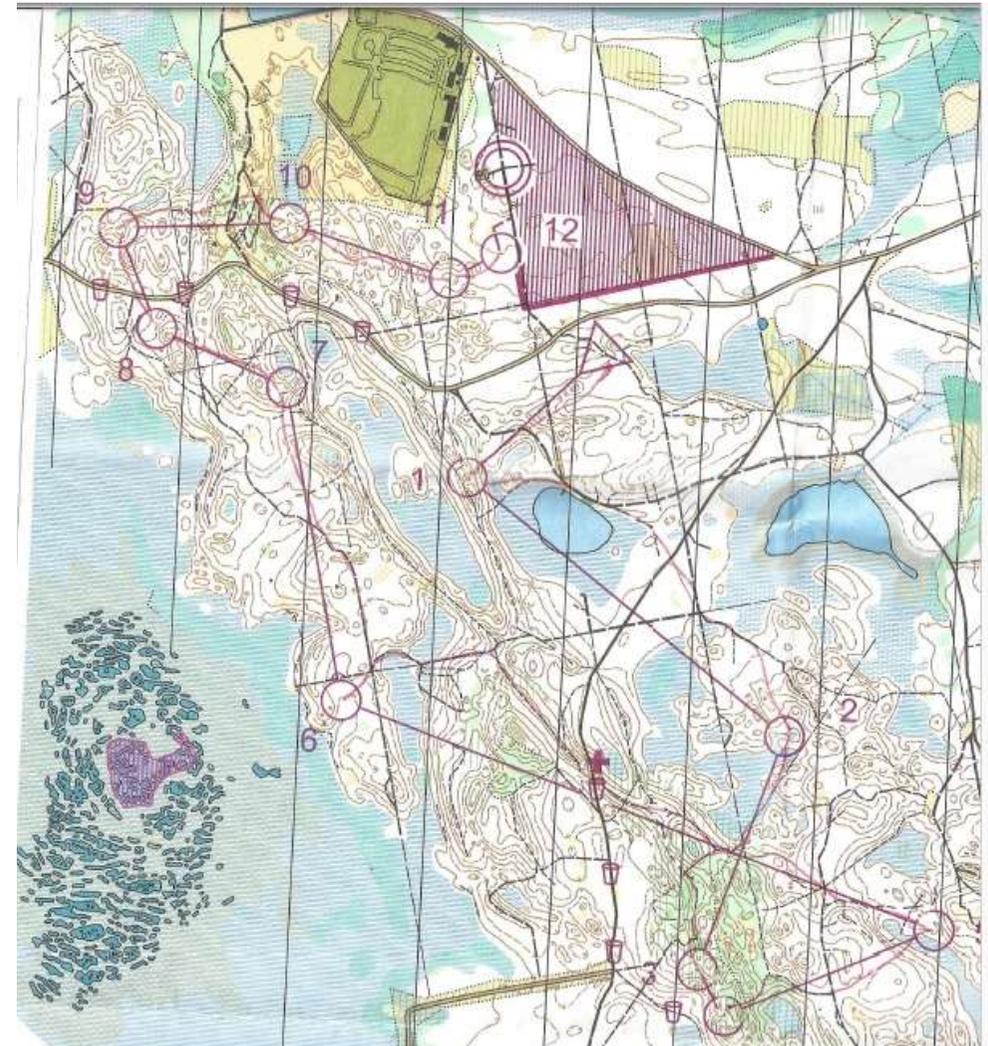
The next event was the banquet, held in the maritime museum. This was a novel

occasion, starting with an orienteering event round the venue and taking in a pre WW1 wooden icebreaker and a submarine. At the finish we were given glasses of champagne and canapes before going to our tables. The result was sore heads for some people; luckily we had a rest day before the final.

The area for the long final was near to the qualifications, on similar complex terrain but mainly better runability. The weather had turned to rain: fortunately there was shelter to wait in. My course was really nice, interesting and testing throughout. This was generally the case although some of the longer courses spent time in a very wet marsh which seemed unnecessary. People could see their controls but it was very difficult to get to them. We waited anxiously to see how the Brits had done. In the end there were no British medals although Tim Tett and Nick Barrable, fourth on M55 and M40 respectively, came agonisingly close.

Overall WMOC was a very good event. Interesting terrain, good courses and plenty of top competition, well organised; the only noticeable down side was some long queues for busses to and from the long events. The location was ideal and there was plenty to do on rest days.

WMOC 2017 is in New Zealand. This is probably too far for most people although the Quickfalls and Rosens have already signed up. It is five years on from Quentin's triumph in 2012 and his first year in M55 so maybe he will go too? The 2018 event is in Denmark, altogether nearer and easier to manage. The Danes have persuaded the powers that be to offer a middle championship instead of the second long qualification race. They are very enthusiastic about this; I'm not as sure as it makes qualification for the finals less straightforward. However we shall see!



# Fixtures

See SROC.org for details

## Night Street League

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

Wed 2 Nov Fleetwood

Wed 16 Nov Ormskirk

Wed 30 Nov Carnforth

Wed 14 Dec Leyland

## Autumn Series

Starts 12.30 – 1.30 £5/£2

Sat 5 Nov Beacon Fell

## Level B event

Torver High Common Sun 13 Nov. - You need to pre-enter !!

## Night Event

Sat 26 Nov White Coppice

**Next Newsletter:** mid December All contributions very welcome. Send to [dick.collins@btinternet.com](mailto:dick.collins@btinternet.com)

Photos particularly welcome. Many thanks