

# SROC



The Red Rose Orienteering Club



May/June 2019

Editor: Dick Collins

## Newsletter



**Congratulations to Heather and David Roome, W35 and M35 British Champions.**



### CompassSport Trophy Final

For your diary --- Sunday 20<sup>th</sup> October at Pippingford Park, Crowborough.

**Your club needs you !!**

We are up against BL, CLARO, CLYDE, GO, HOC, INT, MV, SARUM, SAX and SWOC.



## Odds and Ends

Last time, I mentioned that at an event in Malta David Rosen was listed as being Russian. Apparently, at the same event, Karen Quickfall was listed as being from Kazakhstan. I hadn't realised that she lived so far away. In view of the distance I think that she is to be congratulated on turning up to so many SROC events.

The Club has been paying the relay entry fees for club members at the major events for a couple of years. It is probably a good thing that we do so as we might have rather fewer teams competing if individuals had to pay the fee themselves. At this year's JK the entry fee for relay teams was £70 per team, which I think is outrageous.

Rather interestingly, a *CompassSport* poll indicates that 33% of respondents have been to an event using pin-punches during the last year. 6% last used pin punches over 20 years ago.

A few interesting things about the *CompassSport* Cup/Trophy event in Sherwood Forest, from which DEE qualified for the final: A problem with the mapping led to difficulties on the Senior Men's course. As Mike Smithard of DEE put it, four of their M60's went AWOL on the second leg as did 32 others out of 66 runners. This was a short leg (fastest split 1-08) but there were some very long times due to the problem with the map. Mike also commented on the fact that only 8 people got within 20 minutes of the M40 winner and three of them were M50s. He also noted that SYO and DVO had a combined entry of 200 runners but only 9 M21/35s, i.e. only 1.5 runners per club per 5-year age span.

DEE survived to get through to the final. They only came 3<sup>rd</sup> with 2 to go through. However, SYO won and having finished in the top 3 of the CSC last year, SYO qualified automatically so the next two made it through.

Alex Finch controlled a recent LOC event and noted a few things that might be useful for planners and organisers. The planner took photos and gps positions for every control site. The controls were on SI glass fibre stakes, although these are not cheap. Helpers were given laminated cards which they can exchange for entry to LOC events. Alex was asked for feedback after the event. Years ago, of course, when Results appeared in booklets, there were invariably reports from the Organiser, Planner and Controller. It would be useful if we still got these.



## British (Long) Champs 2019

I have written a number of times about the decline of BOC and how BOF are trying to get us (NWOA clubs) to organise the 2021 event, with the threat that there won't be a British Champs that year if we don't do it, as no other region will take it on.

With no association keen on being involved, BOF have to accept any offer that they get. That would seem to explain this year's event which was by far the worst British Championships that I have attended.

Kilnsey is not a suitable area for a British Championship. It is even less suitable when it is split into walled sections with compulsory crossing points. BOC should be a test of navigational skills involving decisions about route choice, the ability to read the terrain and follow one's chosen route.

My course involved absolutely no route choice or decision making. I went in straight lines from one control to the next. In terms of technical difficulty it was TD3 at best. All of my controls were very easy to find and two of them were visible from over 100m away and several others from around 50m. One can't blame the planner. The area made it almost impossible to plan challenging courses, at least for the shorter events.

There were successes for SROC however. [David and Heather Roome](#) became M35 and W35 Champions. Ellie Todhunter came 3<sup>rd</sup> in W10A and your Editor came 2<sup>nd</sup> on M75S.

## British Mixed Sprint Relays

Congratulation to [Iain Embrey, Heather and David Roome](#) who came home first in the Men's Short event. Winning the Men's Short event with a lady runner in the team must have upset a few of the all-male teams.

Congratulations also to Martyn Roome, Paul Ferguson and Andy Quickfall who came 2<sup>nd</sup> in the M60 Super-vets. Their time of 104-23 was frustratingly close to the winning time of 104-17.

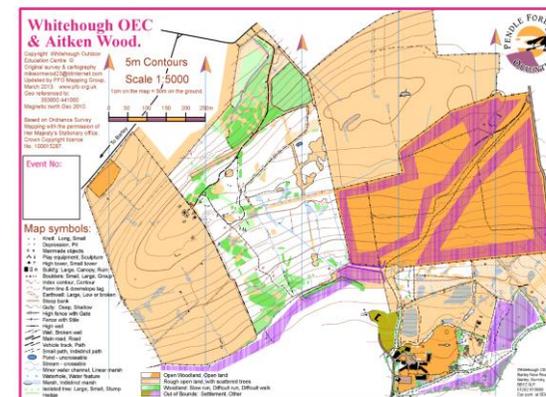


## Yvette Baker Trophy

We came third and qualified for the final which, unfortunately, is at Sandringham in Norfolk.

Good runs from Finlay Johnson and Danny Lusardi, 2<sup>nd</sup> and 3<sup>rd</sup> on Green and Cate Mathew and Marni Lusardi 2<sup>nd</sup> and 4<sup>th</sup> on Light Green.

Just to keep the older members in the picture, on the “non-Yvette Baker courses” Mike Johnson was 1<sup>st</sup> on Green (but slower than Finlay) and Julia Preston was 2<sup>nd</sup> on the Score course.



## Mediterranean Open Championships, Malta March 2019

by Miriam Rosen

While most SROC members were securing victory in the CST heats at the BL event on 17 March, a small breakaway group was sunning itself in Malta. Karen and Andy Quickfall and David and I were there for the Mediterranean Open Championships (MOC), a 3-day event organised by Park World Tour (PWT). David and I wouldn't normally go to a place like Malta for a holiday, as it is small, mainly built up and lacking in mountains. However, a long weekend taking in the MOC and exploring the capital Valetta was an attractive proposition, and so it proved.

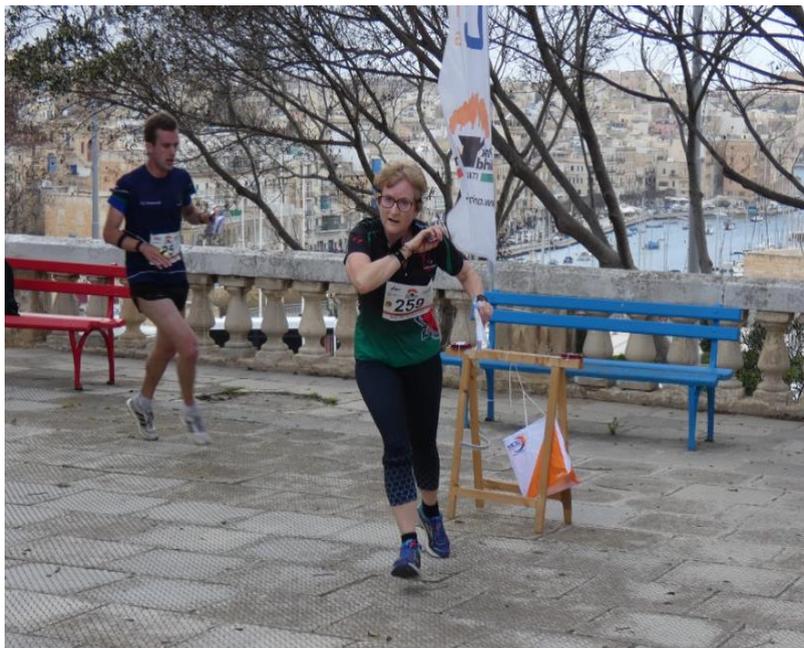
The first event took place on the only partially wooded area of the island, which looked like an abandoned area of cultivation. It had a confusing network of paths separated by out of bounds areas and uncrossable walls which caught many people out, plus various people were spotted climbing over the walls. Although results for the day were published and prizes awarded, it was not included in the overall MOC results. I gather there may have been a problem over permissions. Karen was one of the few who had a clean run.

No such problems on days 2 and 3, sprint events held in typically complex urban areas across the harbour from Valetta. Good concentration was needed to keep track of all the flights of steps and narrow ways through. The results from these were added together to give the overall MOC results. I won W70 on the first by 72 seconds, but a poor route choice on the second had me 60 seconds down, losing overall by 12 seconds! It was good to have such close competition. Karen was 4<sup>th</sup> overall on W50, Andy 5<sup>th</sup> on M60 and David 18<sup>th</sup> on M65. After

the prize giving, which was the usual exuberant PWT affair, we retired to a waterfront restaurant serving special St Patrick's Day Irish stew. The next day David and I came back home, while Karen and Andy continued to Italy with the PWT MOC tour, where I gather they had a very good time and won lots of bottles of wine.



Miriam in full flow and on the podium.



Karen Quickfall, Miriam and David Rosen (top left),  
Andy Quickfall (right) and Karen, looking pretty  
determined, (lower right).

## Miriam Rosen features in CompassSport

The orienteering world has no excuse for not knowing what the Rosens look like. In the space of four pages in *CompassSport* Miriam appears five times and David three.

Miriam features in the “Know Your Class Leader” section with a page and a half of information about her orienteering cv.

A few interesting snippets -

Miriam is learning Norwegian.

Gratulerer og bra gjort, Miriam.

She spent two years in Kenya as a VSO teacher.

She has orienteered in about 40 countries.

She uses a baseplate compass because she needs the magnifying glass.

### Miriam Rosen

**Age:** W70

**Clubs: Present:** SROC and LOK. **Past** LOK, TVOC, Bangor university.

**Home Town:** Lancaster. We also have a flat in London.



Orienteering in 1999.

In the previous newsletter I reported that the Dragon's Back Race was a Mountain Marathon with an entry fee of £899.

Karen Nash tells me that it isn't actually a Mountain Marathon but a stage race so maybe CompassSport should remove it from their Mountain Marathon list.

Anyway, what do you get for your £899? Well, the name gives a clue and the picture on the right will give you an idea of what is involved.



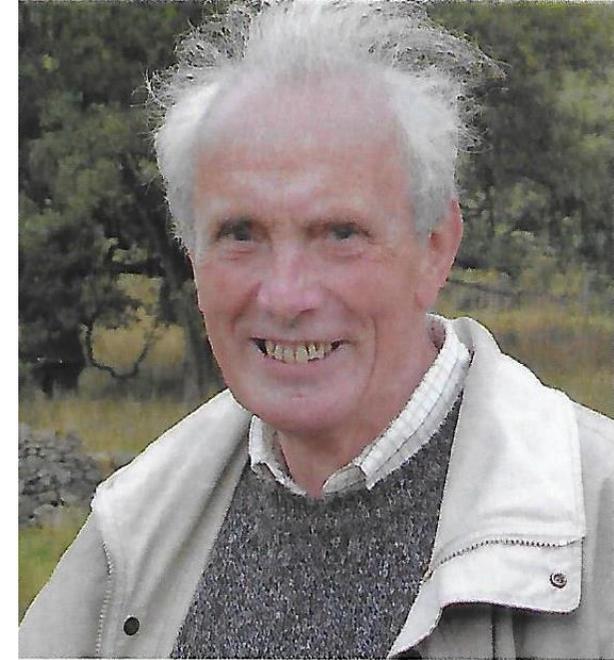
## Obituary

Sadly, I have to report the passing of Harold White. When I joined SROC in the 70s, Harold and Edith White were stalwarts of the Club. They were involved in organising and planning and Harold acted as Statistician. For as long as I can remember he has been the Club's Auditor. As Club Treasurer I was very much dependent on Harold for getting the accounts in order and his expertise in financial matters (he was Finance Officer at Lancaster University and before that in British Somaliland for many years) was much appreciated.

Harold and Edith were popular members, being very friendly and always willing to help with organisational and other matters.

Edith passed away some years ago.

I saw Harold every July when I took the Club accounts round to him so that he could audit them. In recognition of his efforts the Committee asked me to buy him a bottle of whiskey, which I did each year. A couple of years back he told me that he no longer drank whiskey but that he had discovered something else which, if taken daily, would ensure good health. This turned out to be virgin olive oil. Spoonfuls of olive oil being not too palatable, I asked him how he took it. "I mix it with my porridge" he replied. I have to say that I haven't tried this myself.



Harold's funeral was on 3rd June at Melling church where he had been involved for many years including the bell-ringing. A gentle, generous and delightful man, he will be greatly missed by everyone who knew him.



# Fixtures

See [www.SROC.org](http://www.SROC.org) for details

## Summer Sprint Series

Prologue + final 6.30 – 7.30 £6/£2

Tue 18 June Astley Park

Tue 2 July Lancaster University

## Autumn Series

Starts 12.30 – 1.30 yellow + tech £5/£2

Sat 21 Sept Lancaster University

Sat 19 Oct Williamson's Park

Sat 2 Nov Eaves Wood

### **And further into the distance: -**

Sat 25 April 2020 Blakeholme Middle Distance event

Sun 28 Feb 2021 Whitbarrow National event

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

Photos particularly welcome. Many thanks