

S R O C



The Red Rose Orienteering Club
BOF Club of the Year 2008



Newsletter

July/August 2014

Editor : Dick Collins



Jayne and Alex Finch model the new O-tops.

AGM

This will be held on at 7.30 pm, Thursday 11 September at Garstang Fire Station.

Please note the new venue.

Club Picnic and Nostalgia Event

This took place at Hynning Scout Wood on Saturday 12th July. The Collins family had planned and organised the event, Rowena was picnic supremo and we were pleased to wake up to fine, dry weather on the day. Hynning Wood is a great place to run around at this time of the year but is on the small side so we needed to arrange for competitors to run round a couple of times in order to create some distance.

As it is our 50th year we decided to put on an event in the style of the early days. No dibbers. Instead we had control cards, maps on non-waterproof paper, map bags to protect the maps, control descriptions in descriptive style, and glued on the front of the map...and a washing line. The youngsters had no idea what that was for. The only concession to modern times was that we couldn't manage master maps at a mass-start event so the maps were pre-printed.

Peter, Jane and I put out the controls in the morning for a mass start at 1 pm. We had two maps, each with nine controls and runners were given one or the other, randomly at the start. When they had got the controls on that map they returned to the start for the second map. For those who had had enough before getting all the controls we allowed them to get less but we adjusted their time accordingly.

The event was age-handicapped and I had calculated an "expected" time for each runner. The winner would be the person who was fastest relative to their expected time. To be honest, I had no idea how accurate or otherwise, my calculations would prove to be. In the event they turned out quite well.

First to finish was Laurence Johnson. However, he had only found nine controls so his time was doubled. His tactics seemed to be based on the theory that you would run the first half quicker than the second half (due to tiredness setting in) so 2 X the first half would be quicker than doing both halves. I was pleased to note that his (doubled) time was just 26 seconds different to the time that I had calculated for him so maybe the "expected times" would be reasonably accurate.

Despite his ploy, Laurence didn't win. The winner was Mary Ockenden who arrived back more than 4 minutes inside her expected time. Mark Edwards beat my prediction by three and a half minutes with Alex and Michael Finch over three minutes inside that expected.



The winner.

Mary didn't win a prize (apart from eternal glory in the Club archives). We did have a prize for the competition winner however. The 18 "second letters" on the two map description sheets could be rearranged to form two words with an orienteering connection. I was a little worried that it might be so easy that multiple correct answers would be shouted out straight away. It proved a bit more tricky. After a few minutes Jon Carberry ventured "northern reentrant". Close, but not close enough. A few seconds later Quentin and Zoe Harding arrived at "northmost reentrant" which won them a bottle of wine.

The picnic followed and with a couple of exceptions (Julian Lailey had pulled a hamstring and Sarah Watkins had a difference of opinion with a tree) everyone seemed to enjoy themselves.



Stapling cloakroom tickets to control cards probably brought back memories for Maurice Dean.

We had so many offers to collect controls that we could have sent people out to get one each!

Results	Expected time	Actual time	Difference
1 Mary Ockenden	46-21	42-10	- 4-11
2 Mark Edwards	40-20	36-43	- 3-37
3 Alex and Michael			
Finch	42-40	39-28	- 3-12

4 Tony Marlow	44-40	43-48	- 0-52
5 Helen Ockenden	33-50	32-53	- 0-47
6 Gavin Smith	32-45	32-59	+ 0-14
7 Laurence Johnson	32-20	32-46	+ 0-26
8 John Ockenden	26-30	29-16	+ 2-46
9 Julian Lailey	35-22	38-16	+ 2-54
10 Rowena Browne	40-51	43-53	+ 3-02
11 Quentin Harding	25-00	28-21	+ 3-21
12 Mike Johnson	27-40	35-51	+ 8-11
13 Niamh Marlow	61-00	69-30	+ 8-30
14 Annie Ockenden	49-15	59-39	+ 10-24
15 Jon Carberry	38-10	50-13	+ 12-03

Plus Davey family, Beth and Murray Davey and Peter Marett who went out for non-comp runs.

Quite a few people came to the picnic but didn't run and we had many offers of help.

Thanks particularly to Tom Barkas, Maurice Dean and Peter Knott.

Dick Collins



BOC 2014

Congratulations to :

Zoe Harding	1 st	W20E
Quentin Harding	2 nd	M50L
Sue Harding	4 th	W50L
Helen Ockenden	5 th	W18E
Miriam Rosen	5 th	W65L
Matt Cochrane	1 st	M60S
Sarah Watkins	3 rd	W40S
Karen Quickfall	4 th	W50S

Also, the following relay teams :

M50 2nd (Mike Johnson, Gavin Smith, Quentin Harding)

W50 2nd (Sue Harding, Jo Taylor, Mary Ockenden)

Women's Short 3rd (Zoe Harding, Helen Ockenden, Deb Murrell)

The event as a whole attracted some positive comments (although not about the entry fee - £25 for early entry).

However, my own experience of the M70L course was awful and **I think that the planner and controller should be shot**. The course was by far the hardest that I have run for many years. The recommended winning time for M70L is 55-60 minutes. The winner in this case was close to 90 minutes and only five runners managed under 100 mins. Well over a quarter of the field retired. That is bad planning on any basis.

I "gave up" about half way round but carried on (somewhat slowly and with a distinct lack of enthusiasm) as I was determined not to let the course beat me. Several times I decided that I had had enough and that I would retire. In each case the control then appeared immediately in front of me and I decided to "just do one more". Somehow that got me to the finish. My time of 2-25 put me close to the middle of the results. The last finisher was a few seconds under 200 mins. Bearing in mind that there were 74 year-olds doing that course I believe that the planner got it seriously wrong.

Congratulations

Congratulations to [Helen Ockenden](#) for her selection for the Junior European Cup in Lommel, Belgium in October.

Congratulations also to [Tony Marlow](#) on his successful Bob Graham Round.

Make sure that you have the [CompassSport Trophy final date](#) in your diary - 14 December.

Odds and Ends

SELOC have beaten PFO in a crown green bowling challenge, thereby avenging their defeat the previous year.

If you haven't got your new O-top yet then contact Mark Edwards who still has some. A new order will be placed if demand exceeds supply. Incidentally, they are made in Bulgaria.

BOF Head Office is relocating at the end of September in an attempt to save costs. I'm surprised that Darley Dale was that expensive.

Your Treasurer (your editor wearing a different hat) has been having trouble with our bank (Lloyds). After signing over 1000 cheques and having been sent a monthly statement for many years, the bank have announced that they have no idea who I am. They have also lost track of one of the other account signatories. Apparently this happened when Lloyds TSB split into two separate organisations. (Maybe the TSB bank knows who I am !). A threat to complain to the bank ombudsman has resulted in an offer of compensation, although they haven't mentioned any amount so far.



A not-too-serious view of distance judgement

One of the many useful skills in orienteering is the ability to judge distance.

In keeping with this year's look back at WWI you may like to read/memorise(?) the **Hints for Judging Distances** which appeared in the *Soldiers Own (Pocket) Diary 1918*. (I have inserted approximate metric equivalents).

“Judging distances is a branch of a soldier's work which can be readily acquired, but which requires practice.

Never make a wild guess at a distance, have some such method as is given in the following:-

At 50 yards (45m) a person's mouth and eyes can be clearly seen.

At 100 yards (91m) a person's eyes appear like dots.

At 200 yards (180m) all parts of the body, badges etc., can be seen.

At 300 yards (270m) the face is indistinct.

At 400 yards (360m) the movements of the legs can be made out.

At 500 yards (450m) the head and hat can be seen and colours distinguished.

At 600 yards (540m) the head is like a dot.

At 700 yards (640m) it is difficult to distinguish the head.

Points to be observed.

The distance is usually over-estimated when –

Looking over broken ground.
In a dull light.
Object is in the shade.
Heat haze is rising from the ground.
Both background and object are the same colour.
Kneeling or lying down (the latter hopefully not an issue whilst out orienteering!)
The distance is usually under-estimated when –
The air is clear and the sun is shining brightly on the object.
Looking across level ground, snow or water.
Colour of object is different from the background.
Looking uphill or down.”

Jane Collins



UKOL

Top South Ribblers so far in this years UK Orienteering League are : Miriam Rosen 12th 377 pts Sue Harding 16th 358 pts Zoe Harding 46th 299 pts
Remember that in the UKOL Club League SROC came 6th last year so we need a lot of good performances this year to match or improve on that.



Fixtures

Details at www.sroc.org

3 - 8 August **Lakes 5 Day**. Friday 8th is the "SROC Day" at Hampsfell and Eggerslack.

Autumn Series

12.30 -1.30 starts Sat 20 Sept Williamsons Park

Sat 11 Oct Eaves Wood

Night League 60/75 min score £3/£1 6.30-7.30

Wed 22 Oct Blackburn

Next Newsletter - early October. All contributions (particularly photos) welcome. Send to dick.collins@btinternet.com or by snail mail.

Summer Sprint Series

Congratulations to the winners :

Men's Open Mike Johnson

Women's Open Helen Ockenden

Junior Men Finlay Johnson Junior Women Beth Davey

Vet Men Chris Roberts Vet Women Jane Anthony



Zoe Harding decided not to run at the picnic, having already had a run that morning and with another run scheduled for later in the day. Zoe is now 8th in the national rankings so all this running seems to be working.



