

SCAN

August 2014

Issue 53



SARUM
Orienteering Club





Chairman's Chat

Windermere. After a lean start to my year, this week long 'holiday atmosphere' competition was just a great way to enjoy some concentrated orienteering in some of the best areas the country has to offer. Next summer, it is the return of the Scottish 6 Days, combined this time with the World Championships. This will not be a week to miss so pencil the dates into your diary.

Closer to home, we ran our Galoppen on Bulford Ridge on a lovely sunny day in May and the club championships kicked off a new format for this competition as an Ultrasprint around the Moot in Downton. More about this inside. It is always enjoyable trying out new variations on the sport and so please keep your ideas coming. We have also been especially busy around Salisbury and South Wiltshire with 'Come and Try Orienteering' events. The addition of our maze provides a really popular attraction as people stop to see what is going on and then have a go. My thanks in particular to all who have given some of their time to help out at these events.

I had the opportunity in July to make a presentation to Salisbury City Council's Services Committee at the Guildhall. The reason for this was to thank them for the support they gave us during the city race last year and let them know about all that we have been doing in and around the city. Aside from the city map, we have mapped an impressive number of small areas, from schools to parks, that can now feature orienteering events of one kind or another. I presented a framed copy of our Salisbury map to the committee on your behalf.

Why do we do it? 2.6km and 180m climb to the start to shelter behind a rainy windswept wall for half an hour before tramping off across boggy fell on a map that is more blue than white. Welcome to Day 1 of the Lakes 5 Days! Explain the pleasure in that to the non-orienteer and they will think you are mad!

Well thinking about this, we all have our reasons for taking part and I am sure you would recognise some of these: 'In our highly regulated modern lives, I like the sense of uncertainty that comes from not knowing where I am going before I pick up the map'; 'I like overcoming the challenge of finding the control hidden in a sea of identical rocks'; 'I like the frissons that comes from running in more arduous weather conditions; I enjoy the sense of camaraderie and shared post-run analysis that follows the finish'; 'The hot chocolate and burger taste so much better after a demanding run'; and so on....

As you may have guessed from the above, I was up this year in the Lakes for what was a fantastic competition with 5 events over the week in spell-binding locations at varying distances from Lake

Time to hand over the baton.

With the AGM coming up in October, it will be time for me to hand over the role of Chairman to another member of the Club. This is required every three years by our constitution and ensures that responsibility is shared across the club and there is a regular injection of fresh thinking. It is a rewarding job and I have very much enjoyed my time in the chair. No previous experience is required, just a keen interest in the sport and desire to promote the best interests of the club and its members. There is a strong committee to provide support and you do not need to have been a member to volunteer for this role. Please let me know if you are interested in taking over from me.



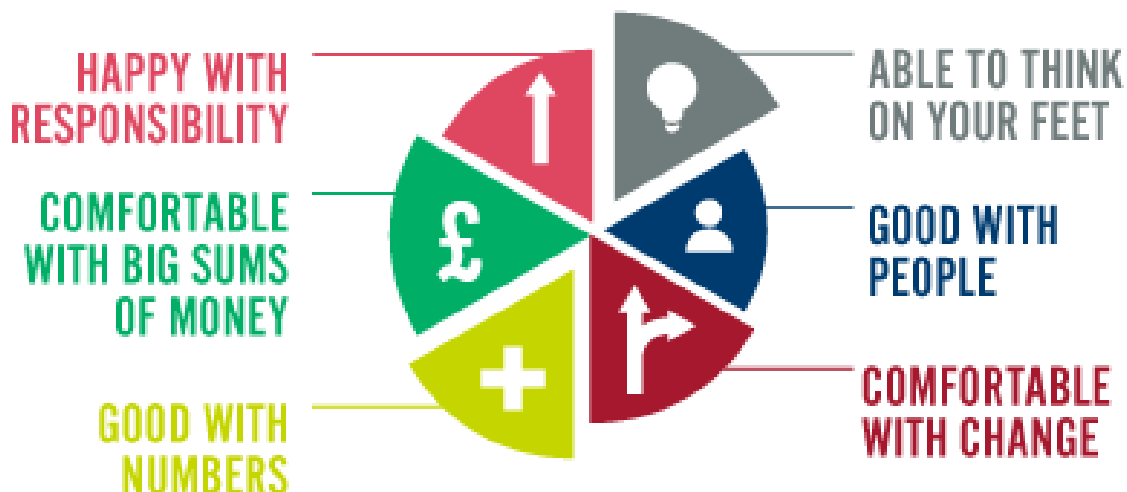
Other Positions

In addition, both our Treasurer and Secretary will also be standing down at the AGM. These are another two roles that are essential to the smooth running of the club and are mandated by our constitution. Again, no previous experience

is necessary and there will be plenty of support given to ensure a smooth handover.

So some changes afoot in our organisation this coming autumn and I would ask you to please consider taking a turn in one of these roles for a period of time.

Choose Treasurer if you are:



Committee Corner

Maps

Mike Hampton has continued to map the northern part of Salisbury and, following one more visit in the near future, the whole city will then be mapped. This is fantastic news and will give us huge flexibility in allowing us to run small events from many different locations. We very much appreciate the time Mike is putting in to do this for us. Copehill Down training village on



Salisbury plan has been mapped, along with Larkhill camp. Both should provide us with additional options in the future. We now know that the Hamptworth Estate has been sold as a single unit and we will investigate if the new owner is prepared to let us use it.



Grants

The club continues to make grants towards to our juniors to help with the costs associated with training camps and competing in international competitions. Recent examples are Lucy Butt for the Junior World and European Championships and Junior European Cup, this last event in October will be Lucy's last one as a Junior. Harry Butt has been supported for a junior squad training tour in Gothenburg.



Junior World Orienteering Championships
Borovets | Bulgaria



Britain's National Orienteering Magazine

CompassSport

CST Final

We have a good chance of a podium place this year given the southern location of the final. Another reminder to please keep Sunday 14th December free in your diary.

SCAN



Jim Buck has now taken over the running of SCAN and I would strongly urge you to send him contributions. There is lots of scope in our sport for writing short articles accompanied by pictures of any kind. Please use your imagination and send him something.

AGM

The date of the next AGM has been set as Thursday 23 October 2014. It will be held at the Hub Club and, as always, members are encouraged to come along, not only to support the meeting but to catch up with other members over a drink. Agenda and reports will be sent out at the beginning of October.

Schools Events

This is the second year we have supported the annual Wiltshire games now that orienteering has been included. The club has been involved over the year in providing training in schools and organising heats. Given the very considerable efforts of members of the club, some momentum has now built up in this area. The club will need to think how it wishes to support these events in the future in a way that will be sustainable for the long term.



Courses

An Event Safety Course is being run by Katy Stubbs in November. Any member of the club who wishes to attend this should contact the Secretary for details. It is a useful general course to for anyone involved in orienteering.

Insurance

Interestingly, we have recently learned that non-members of BOF are only covered for public liability insurance at three events in any one year. This has been the case for the last seven years apparently. This raises a number of issues regarding monitoring non-BOF who attend our events and fees for participation. The committee will review and report back. Further info is in Mike Hamilton's eNewsletter of 23 June 2014 which is available via the BOF website.

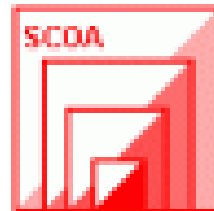
POC

The club now has an excellent map of Churchill Gardens in Salisbury. We have agreed to spend

£100 on posts and markers and are awaiting an opportunity to approach Salisbury City Council to elicit their support to put the posts up.

Club & Association Conference

The conference this year will be held on Saturday 25 October at the NFU Mutual Head Office, Tid-dington Road, Stratford upon Avon. The focus of the conference this year will be 'Local events'. Last year's conference identified the biggest challenge as moving newcomers into local events. Any member of the club is welcome to attend and make their views known.



SCOA

SCOA clubs will be hosting the British Sprint and Middle Distance Championships in May next year. Sarum will likely be asked if we can help. Alan

Yeadon will be attending the next SCOA meeting in September if anybody has any points they would like him to raise.

Donations

Donations have been made to the 'Friends of the Moot' following our club championships and to the maker of the excellent wooden base for the Muriel Ley trophy

Hub Club

Peter Hambleton has met with the Chairman of the Hub Club who has agreed to come back to us with some proposals for our future relationship.





Committee

President - Ron Ley

Chairman - Mark White - 01725 511530 - whitemw@btinternet.com

Secretary - Carolyn Dent - 01722334497 - carolynldent@yahoo.com

Treasurer - Liz Snell - 01722503479 - lizsnell@ntlworld.com

Fixtures:

Fixtures Sec. - Liz Yeadon -01672 563840 - liz.yeadon@btinternet.com

Club Captains:

Juniors - Jeff Butt - 01725 510546 - jnbutt@aol.com

Seniors - Charlotte Thornton - 01722 320872 - thorntoncev@gmail.com

Memebership:

Membership Sec. - Gwyn Davies - 01722 339804 - davies.sarum@btinternet.com

General Representatives:

Juniors Representative - Lisa White - 01725 511530-viv.cherrywhite@btinternet.com

Peter Hambleton - peter.hambleton@ntlworld.com

Ricky Thornton - 01722 320872 - thorntoncev@gmail.com

Alan Yeadon - 01672 563840 - alan.yeadon@btopenworld.com

Clothing:

Clothing - Freda Peirce - 023 8025 2779 - ian@ipeirce.fsnet.co.uk

SARUM'S AMAZEING ORIENTEERING

Since the Spring the club has been running a series of events using the Maze equipment purchased with our Sport England grant with additional grant support from Wiltshire Council.

Most of these have involved our new Maze with other just using the new EMIT kit.

Some of us have been learning new skills over the summer; how to put up a rectangular (almost) maze in under two hours; how to deal with long queues of children keen to have another go; how to plan maze courses, and more. Liz Yeadon and Charlotte Thornton particularly have put hours of work into these events aided by a small team of dedicated, possibly brain-washed, helpers. What has been amazing is that every Maze event has triggered a bright sunny day.

Our plan was to deliver six orienteering events, in two programmes of three events, in parks in Salisbury based on the use of an orienteering



Saturday morning events had larger responses than mid week early evenings. St Mark's School fete was the biggest event – a captive audience. Similarly the Going for Gold event at Tisbury school had a good captive audience. The village event in Downton had a poor response despite direct contact with local scouts and guides plus poster advertising. All was not

wasted here though, as the courses were used for the Club Championships which were much enjoyed by those who competed. Although there were few who joined our club over the course of the campaign we have established significant interest with a small number of families who are seriously considering taking up the sport. Several teenagers were repeat customers and we remain in touch with these in the hope of encouraging them to become more involved in the sport. It was very useful to be able to promote the permanent orienteering course at Five Rivers, sponsored by Wiltshire Council, as a means of continuing in the sport.



The Next Maze Design?

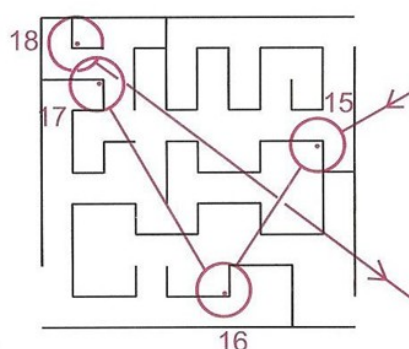
There were some examples of adults, former orienteers, returning to sport via this campaign having seen the advertising. Most participants were new to the sport. In most cases we had children brought by parents hoping, and succeeding, in finding an outdoor activity that interested and enthused their children; in this aspect we were very successful. The Maze events have created a lot of interest in our club and sport; our task now is to build on this.

mailings of flyers to local schools and scout and guide district bodies and postings on notice boards. The direct mailings were the most successful although the other media did produce responses. We found that publicising the next event to participants was very effective in getting follow on participation. The success of the two series encouraged us to deliver a additional 'one off' events for specific 'customers' such as a Guide Troop and school fetes and sports festivals.



Downton Moot

bml
printers ltd
Printed by members for members



The Muriel Ley Trophy



Club Championships

After some great surveying and map making by Charlotte and Liz, we were ready to run the 2014 Club Championships in the Downton Moot, a wonderful and magical garden full of narrow paths, hidden corners and interesting features. Joan planned two interesting courses that made the most of the terrain with additional controls added in to confuse the unwary and add penalty points. The last four controls were in a maze on the adjacent playing field. The ultrasprint format proved very popular, with runners having to really take care not to overshoot legs given the scale and distances. The men's title was closely fought between Harry Butt and Rob Ashton with 31 seconds separating the total times. Lisa White was a clear winner, but only beating her father by 32 seconds! Charlotte Thornton and Dave Mullins took the Muriel Ley Veterans Trophy awarded now for the second year at the Championships. Well done to all who took part and we look forward to working up an entertaining event for next year.

Mark White



Harry Butt – Club Champion



Charlotte Thornton
and Dave Mullins
Joint Veteran Champions



Lisa White – Club Champion



Amazing Finish



A little help from Dad



The Lake Control



Which is the right one?



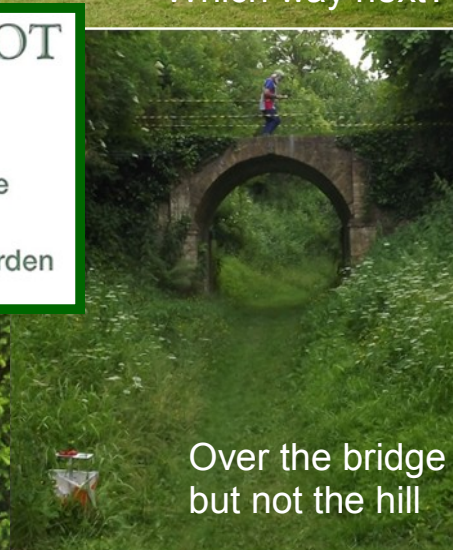
Which way next?



Down to the Inner Ditch



I'm confused



Over the bridge but not the hill



Grandstand view

Fun in the Summer Sun!



With a stiff breeze and a few spots of early morning rain the first leg runner sprinted, down the path looking for glory, the South Coast Relay 2014 had begun. For years part of the South West Junior Squad's fund raising efforts, the annual competition has seen teams from across the South of England compete against each other to complete the stretch of coastal path from Lyme Regis to the Ferry at the Northern end of Studland Beach a distance of some 100Km.

Although not a true orienteering competition, as the path is well sign posted (history shows this has not prevented competitors from trying novel directions at times), it does have its challenges



Harry Butt does Usain Bolt!



Casual BAA Standers admiring the display of athleticism

with shingle beach sections and some of the steepest climbs and descents along the South Coast. It is, however, a very enjoyable and picturesque run among some of Britain's most spectacular scenery.

Unfortunately the popularity of the completion has reduced in recent years and the number and size of teams has reduced

considerably. So much so this year that the competition was effectively abandoned for an attempt by all competitors to break the record, set by Kernow, of 7 hours and 37 minutes for this distance.



Carolyn enjoying the Sun

The distance was split into sections, to be run by relay teams from each club, of which SARUM were one of the biggest contingents. After an early start, the dodging of numerous tourists and Duke of Edinburgh Scheme walkers, the whole team descended onto Studland Beach for the final 3 Km run. Despite everyone's best efforts, the final time for 2014 was over an hour adrift on the record. However it had been an enjoyable run ending in some glorious summer sun.



The mass descent onto Studland Beach





Duncan in the sand

Discussions are ongoing as to the future of this competition, with suggestions ranging from cancelling it altogether to making the route shorter, and therefore more attractive to participants. In either case the event has been

vital to the ongoing development of our young talent and the continuing support and encouragement in their racing and training, something the regional squads do well, and in which SARUM is a keen and very pro-active supporter. The money raised by this event is used to continue the good work being done by the volunteer coaches and the benefits can be seen by the an-

nual improvements in the performance of the South West Squad. It is to be hoped that next years event, should there be one, generates greater support for such a good cause.

Jim Buck



Alex running for SWJS



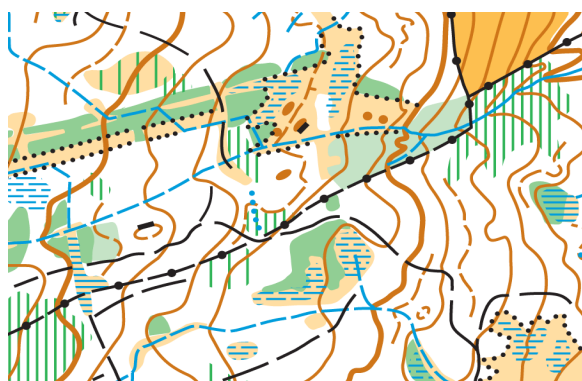
The full team, ferry tired at the end of the Beach



I've never given much thought to the biblical reference to satanic goings-on until my recent experiences at the Lakes 5 Day. Despite atrocious weather I had a good run on the first day and, apart from a minor time loss when I lost my head gear to a low hanging branch – and stopped to replace said head gear- the second day also went well.

Come Day 3 I had a bit of a nightmare involving control 6. Although the leg was only about 150 metres I had great difficulty in locating the control which was on a stream on a steep wooded slope. My bearing should have made me hit the stream but there was no sign. I decided to relocate from a nearby track by a small open area that wasn't on the map but did lead me to the control. Leaving the control I headed along the nearby track but, as it turned out, in the wrong direction. I was getting confused by these errors and only then realised that part of the problem was that controls 6 and 9 were close on the map and placed such that in my direction of travel 6 looked like 9 and 9 like 6. After cursing the controller for allowing this I got myself sorted finally and finished off, losing about 6 minutes that put me 4th and not 1st.

Day 4 was a lovely run around Blea Tarn above Little Langdale and I was enjoying myself – until leg 6. Another short leg but the track junction I was aiming for had been slightly modified by walkers and I ended up



going at 90° to the correct track. Fortunately I realised the error and corrected without too much delay but much to the amusement of Ricky who was on the same leg and witnessed the whole sad event. After that I kept up a good pace which was fortunate as I ended up winning the day by just one second. Still, that was twice no. 6 had given problems.

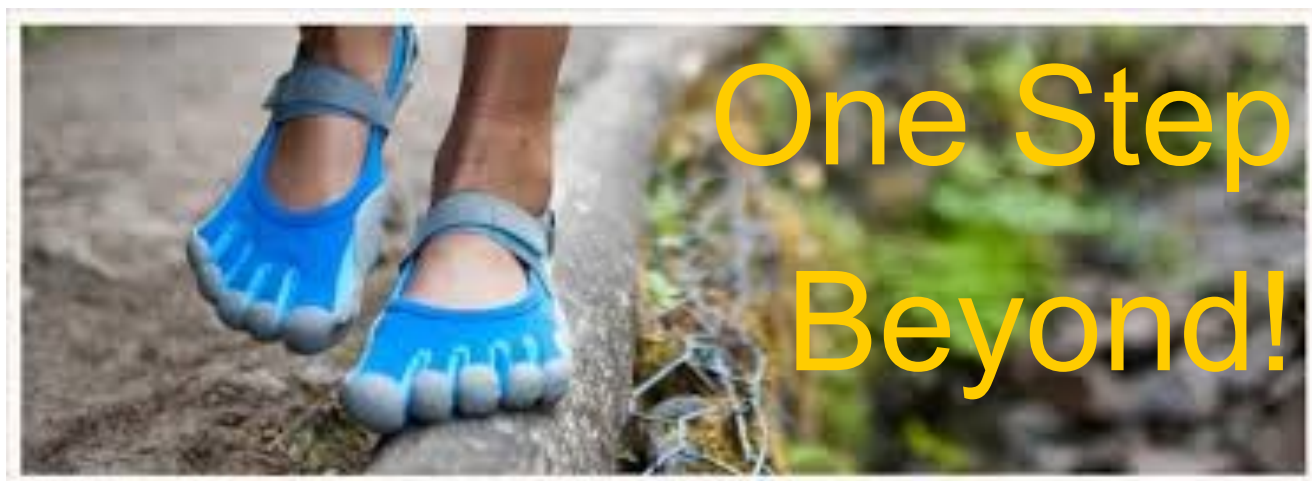
Day 5 threatened heavy rain with thunder but the terrain was open and I was quite looking forward to a reasonable run. I



had trouble right from the start though finding the map very difficult to interpret. There was so much fine detail that I found hard to see clearly – my eyes and/or my specs didn't seem to be working well. I was just settling into things when we had a short sharp thunder storm. Guess what, I was *en route* to control 6. I stopped to put on my Pertex top and carried on – in some random direction it turned out. Shortly after I realised that the map made no sense, to me at least. I tried a number of ways to relocate to no effect at which point I decided that it was pointless fighting my devilish curse and settled for an escape bearing North and eventually managed to reach the finish. 'Missed a few controls there' said the guy at download, stating the bleeding obvious.

I must admit to being impressed with those who managed to navigate successfully on the day but, of course, they weren't having their run fiendishly manipulated by a spirit of mean intent. Now I understand 666 – the number of the beast. Could I make a plea to planners for courses in future not to have a 6th control, like some tall buildings don't have a 13th floor.

Peter Hambleton



I can't remember the first time I walked, neither the first time those faltering steps turned into a halting, unsteady jog. However, I can remember the first time I actually relived those early life firsts! It was almost 2 years ago now and wandering through the malls and shopping districts of the Gulf. In a few windows and worn mainly by over large American ex-pats and a few cutting edge Bahrainis I noticed something odd about their feet, they had toes! The latest craze had hit the streets of the fashion conscious Middle East, 'bare foot' shoes. Shoes designed to utilise the 52 bones, 66 joints and 40 muscles in your feet as nature actually intended them to be used.

We all grow up learning to walk in bare feet; we all enjoy the feeling of grass or warm sand be-



Gloves for the Feet

tween our toes, so why do we encase our feet in great big, clumpy, clumsy shoes? Yes they have padding and heel protection and something to make sure the arch is correct, but evolution has already ensured that we walk naturally in the right posture, using the right muscles. Our shoes are the way they are for ease of manufacture. The basic design has not changed since we first strapped a pad of leather to our soles. The changes to running shoes in the past half century has been in order, not only try and lighten them, but to ensure we minimise the damage we do to our feet by giving them the correct support. Something that nature had already done for us.

So being a little cautious and naturally conservative it took a few months to pluck up the courage to try a pair, but when I did the transformation was incredible. Previously I had felt unsure whilst running, particularly in mud and over logs and brashings. Instinctively I could feel my toes attempting to curl and grip inside my traditional hard soled shoes. Wearing the toed shoes this natural instinct actually turned into increased grip! I felt more stable in my running over differing terrain.

Now the shoes themselves come with very little

sole. This is deliberate to allow the numerous sensors in your feet to be able to 'read' the ground and react instinctively to the feel and firmness of the surface. It does make a difference, and no you don't feel every rock and pebble as a sharp pain, you feel it as a surface. You become more aware of grass, earth, sand, gravel and very subtly your running style changes to accommodate the ground.

Going back to basics is not easy however, it requires some effort. Since your first steps you have learnt to walk and run with leaden feet. Your gait has adapted to a cushioned heel first step and away from that light 'on your toes' run you first learnt. It takes time to relearn this, and the advice is to build distance slowly. But as you do so, your natural, balls of the feet style returns, increasing your speed and pace. This style also strengthens calf and thigh muscles and re-balances the body back to the original design specification for running. I'm not alone in noticing an improvement in these areas. The Royal Marines with leg injuries are now being advised

to run bare foot as part of their rehabilitation programme and there is an increasing body of physiotherapy evidence that this radically increase recovery and improves posture. I know within the club, although I may be the only one racing in toed shoes, I'm not the only one who has a pair.

Don't think of these as weird shoes, more close fitting gloves for your feet and protect your foot from the dirt of the road. They are easy to get on, easy to slip off and so much more comfortable than the usual O-Shoe. An additional benefit I've found is in the cold and wet. My feet still get wet, but I don't have that big soggy gap between my toes that fills up with muddy water. Instead I close fitting cover that warms up quickly and dries out rapidly, allowing me to concentrate on the run.

So go on give it a try, put your best foot forward and go back to childhood! Your feet will love you for it.

Jim Buck



Beware of Greeks Bearing Compasses!

Or: How the 0 got into the Ἀκροπολις*

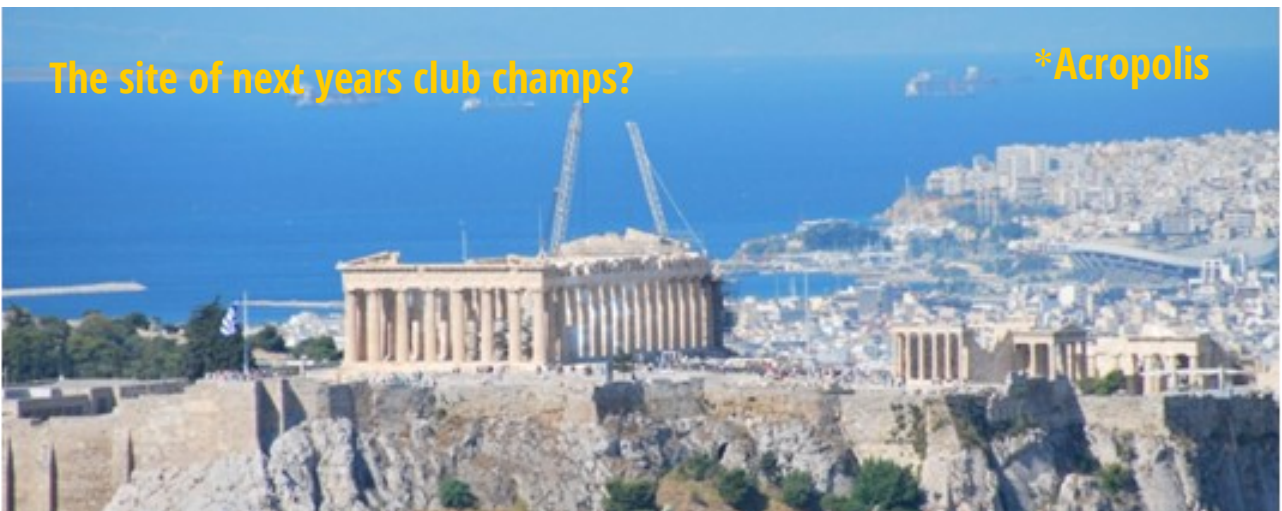
Joan and I were fortunate enough to have a short holiday in Greece this summer staying with our god son John, who just happens to be the current UK ambassador to Greece. John is very much a classicist and very knowledgeable on ancient Greece so we had some interesting commentary from him on the various sites we visited. Some of you may recall that I have a theory that Orienteering has its roots in ancient sport and was practised by many of our older civilisations around the world (see previous issues of SCAN). Whenever I travel abroad I look for supporting

evidence for this and in our recent visit to Greece I was not surprised to find further confirmation of my hypothesis.

We all know that the ancient Greeks loved their sport, after all they invented the Olympic Games and the Marathon (now sold as Snicker). They were, and still are, rather obsessed by Marbles and complain bitterly that some of them were stolen by a Scottish tourist, name of Elgin. What is clear now is that they also had an early influence on the technologies of orienteering. The Greeks were keen sailors and, like the Chinese,

The site of next years club champs?

*Acropolis





Formation Orienteering

charged with erecting Sarum's orienteering maze in less than 11/2 hours; he might well fail that.

Walking Athens' streets as a tourist throws up other possible orienteering connections. The famous Acropolis is roughly 300mx200m, not that much larger than Downton Moot where the Club Championships were held this year. It's

used the lodestone as a primitive navigational aid. Euclid, who was very good at geometry at school, discovered the circle and the triangle. From these two components he invented the compass bearing and spent much of the rest of his life trying to find a use for it. He was nearly beaten to this by Pythagoras but he got rather bogged down with the hypotenuse which had little sporting relevance and was quietly dropped. (Mind you, the right angle has proved invaluable in helping setting up Sarum's newly acquired maze.)

Greek Mythology is full of orienteering allusions. If we tease out the history from the myth of Theseus and the Minotaur we can see that the labyrinth of the Min O taur was most probably what we would describe today as an orienteering maze. Theseus' alleged adventure to find and slay the beast sounds rather noble but his use of the GPS of the time, a piece of string, to help find his way out would have him disqualified these days. Surprisingly, Hercules seems not to have had orienteering as one of his twelve labours. Today he would undoubtedly be

just a thought but maybe next year's event could be a micro sprint at this World Heritage site (new Club Champions please note). Imagine trying to decide which corner of the Parthenon is the correct control, is it the easternmost or westernmost Caryatid and is the Temple to Athena Nike a control or just Ultrasport selling shoes?

I did come across one relic of a possible ancient and obscure format of our favourite sport, Formation-O. This is still practised by Athenian orienteers wearing a very traditional club strip and we came across several fascinating examples both in quiet streets and in the full public view in front of the Parliament (see attached photograph). I think the shoes are still available through Ultrasport.

Our Travel Correspondent.



Traditional Greek Orienteering



Sunday 5th October 2014 Sarum Galloper and SCOA League Event

(Including Dorset Schools League)
Everleigh Training Area—Salisbury Plain



Articles, pictures, anecdotes, musings, jokes, suggestions. All gratefully received by a beleaguered editor in search of material suitable for printing. Please contact the editor at:

buckjames@hotmail.co.uk