

# SCA TV



CLUB  
MARK

October 2013

ISSUE 50



## Chairman's foreword

Well. What a result! Sarum selected as Wiltshire and Swindon Sports Club of the Year! It is a real pleasure therefore to introduce this autumn edition with the really excellent news about our selection. I have written a little more later on but would like to note here that the award could not have been achieved without the immense hard work put in by all the members over the year and in so many different ways. Awards like this are not given lightly and the club can be justifiably proud of its contribution to orienteering across the Wiltshire community.

The award also followed the good news that our bid to Sport England for a grant to allow us to run maze orienteering came up trumps. We have been considering a maze for some time, noting the success that other clubs have had in bringing orienteering to a wider audience and providing a good stepping stone towards more traditional forms of the sport. We will now go ahead and purchase the equipment and start to plan the events that we are committed to organising as a condition of the award. So if you fancy helping to set up such an activity in your local community, please get in touch. Enter the labyrinth!



It seems a while ago since I last wrote here and the heady days of warm weather orienteering seem well past now. I for one enjoy the onset of the cooler weather for running and the greater endurance needed to overcome the elements in

order to reach the finish (and an excellent cup of hot chocolate). Poorer weather somehow helps to focus the mind as you really don't want to be out for longer than really needed. Windswept courses in Wales come to mind!

Not only have we been successful on the club front, but a number of members have done well in competitions and elsewhere also. Emily Benham picked up the Wiltshire and Swindon Sports Personality of the Year award, an achievement that reflects her mountain bike orienteering medals on the world stage and competitions leading up to it. The Scottish 6 Days produced a good crop of senior results, reflecting the fact that it is never too early to peak in orienteering. This is one of great aspects of the sport. I personally have a ten year plan to reach the summit in the M65 class! We shall see. Alex Buck also continues to perform strongly in various competitions.

Our activities within our club area continued over the summer with various Try-Os in Salisbury producing a good turn out and our activities in schools and inter-school competitions and festivals proving popular. This regular engagement with juniors is one of the very important contributions that we make as a club since it provides a happy first experience of orienteering to many, and provides a pathway to become involved, at a young age or perhaps later in life.

By the time you read this the Salisbury City Race will be just round the corner. This is a major new endeavour for the club and one that will require your support on the day. Please volunteer to help at what should be a spectacular event. May success in orienteering be yours.

Mark White (Chairman)

## Committee Round Up by Mark White

**Committee.** After a long and most valued contribution, Neil and Heather Haskins have stood down from the committee. However, they will continue to be active members of the club. Our sincere thanks to both of them. New members on the committee are always welcome and a request for new joiners will be made at the AGM.

**AGM.** This will take place at 7pm on Thursday 14th November 2013 in the Hub Club. Annual reports will be circulated before the day. Please come along to the meeting and for a drink.

**Maze Orienteering.** We have approx £4,200 to spend on delivering this capability. We will be making a plan over the coming months and working on layouts, drawing on other club's experience where we can, NWO for example.

**Membership.** We have gained a number of new members recently through our club championships 'too good to refuse offer' and the evening TryO activities. This is encouraging.

**Club Championships.** Jack Benham and Joan Hambleton won the Club Championships and Ian Pierce and Joan Hambleton shared the new Muriel Ley Trophy for the fastest veterans.

**Software.** The 'Colour' software we are now using to run our competitions is proving very user friendly. We will use another, related programme called 'Mercs' for the Salisbury City Race. This will allow us to input a pre-entered competitor list from Fabian4.

Computers are no longer as mystifying as they used to be! Please consider helping Brian in future.

**Levies.** The impact of levies on our smaller events is beginning to be felt as we thought it would. Some analysis will be done to measure this impact on our event planning.

**Sarum Saunter 2014.** Pat Hart has kindly stepped forward to organise this major event on the 9th March 2014 in Great Ridge/Bigwood.

**Salisbury City Race.** As controllers, Chris Huthwaite and Chris Branford have done an excellent job in assisting Andy Snell complete the various courses and review the technical aspects of the competition. The map is looking good with permission also now given to incorporate Arundells (Ted Heath's old house and gardens).

**Club Flyer.** Our A4 club flyer is available from Gwyn Davies and a poster has been produced which we shall use on our A-frame for publicity following the Salisbury City Race.

**Maps.** Sadly the current owners of the Clarendon Estate have turned down our request to resurrect our old map and organise events on the wooded part of their land. Hamptworth is up for sale and our future access to this wonderful area is currently uncertain. We are still looking for additional areas if we can get permission and club funds should be available to assist with map production.



## SARUM ORIENTEERING CLUB 40TH. ANNIVERSARY



In July 2013 Sarum Orienteering Club celebrated its 40th. Anniversary with a BBQ at Mark's, following the Club Championships in Timney's Firs. Ron's approaching 90th. birthday and his 40 years of O'ing were celebrated by a special cake. Ron presented the new Muriel Ley Trophy to the joint Veteran Club Champions - Joan and Ian. A commemorative coaster was given to all present.



## PROFILE OF CHRIS BONNER

Orienteering is still very new for me. But reading a map and getting lost isn't - So hopefully I can improve!

From an early age I was always an outdoor person. Born in Surrey in 1981 I spent my childhood playing in the acres of woodland behind our house, building dens, swinging from trees and having our own little adventures.

I spent my teenage years growing up in Southampton, but still enjoyed the outdoors each summer when my Dad and I would explore the British hills for two weeks. I increasingly became interested in rock climbing as well, and would climb up anything my Dad would let me! I continued to enjoy scrambling up mountains as often as I could, and I eventually refined my climbing skills and rope work to get out on the rock as often as I could. I often visit the sea cliffs of Swanage and the Mendip hills to find my rock fix!

A few years ago I was looking for something else 'outdoorsy' to do when I wasn't climbing. I decided to take up running as it was fairly simple to get started and I didn't have to buy lots of shiny new gear (as I do in climbing). I now get out running a few times a week, and have a preference for off road tracks and muddy trails. I am hoping to complete the Clarendon Marathon later this year.

I happened to hear about hashing one time when I was out climbing, and discovered the 'Haunch of Venison Mountain Rescue Club Hash House Harriers' in Salisbury, which seemed to combine all the sports I enjoyed - including drinking ale!

All the 'hashers' would meet in a pub car park, from where the trail would start, and then go running around the countryside shouting 'On on' following blobs of flour on



the ground. Once that was all over they would head in to the pub, eat, drink and start singing and downing ale! I did wonder what I had got myself in to the first time I went, but decided to stick with it and see how it panned out....

....now I'm the one singing and downing ale! It soon became apparent that there were a select few hashers who were Orienteers, and they were often trying to recruit me to the club. My better half has been Orienteering before and thought I would enjoy it, so I decided to give it a go.

It's still early days for me as I get used to the maps and brush up on my compass work, but so far I have thoroughly enjoyed it, and look forward to some more!

See you all soon. - Chris.



## FROM YOUR CLUB CAPTAIN

The Scottish 6 Days was as challenging as ever – and as much fun too. Sarum had a smaller number there than in some recent years but I think we all enjoyed it. Peter Hambleton (M70S) and Alan Yeadon (M75S) both won their courses; well done! Others in the club were awarded the Golden Shoe, wooden spoons and packets of nuts or chocolate for winning/losing the “random leg” and “run-in” competitions (or for injuring themselves and having to go to A+E).

Before that, we had completed the Chairman’s Challenge summer relays. Sarum came second to Wessex, beating Quantocks by just 4 points. Also, before Scotland, we ran some excellent taster sessions in Salisbury. Particularly successful was the one in Hudson’s field, when we set up a maze, courtesy of NWO. We had a lot of fun and a good turn out, including a family from Canada who had seen it on our website.

More recently there have been the South West Sprint Champs and the South West Long Champs. In the Sprints, Alex Buck won (M14) and in the Long Distance (at the Caddhoe Chase) Ben Chesters won M21L, Ian Peirce won M65L and Peter Hambleton won M70S. Freda Peirce was 1st in the SW on W70S. We had two Caddhoe Chase winners – Ben Chesters and Peter Hambleton, with Carolyn Dent 2nd W50L and Ian Peirce 3rd M65L.

I must mention the London Ultrasprint which was the day before the London City Race. Ricky and I decided to enter the Ultrasprint, the only other entrants from Sarum being Carolyn Dent and

Megan Ashton. It was a really fun and also very challenging event. It took place in Victoria Park, over a fairly small area. From assembly, you could see controls everywhere. Most features were trees, all of which were mapped individually, the map scale being 1:1,250.

The real challenge was that you had no control descriptions, so you had to read your map very carefully, including many visits to a central maze! For example, where there was a line of trees, many of these trees had controls beside them and some had a control on each side. On your map you had a circle with a tiny red dot in the centre, indicating the exact location of your control. No-one was disqualified but you had a 30 second penalty for every wrong control punched – and I suspect that most people had at least one such penalty!

Happy orienteering!

Charlotte Thornton



## FROM YOUR CLUB CAPTAIN



**Photos to go with Charlotte’s Club Captain’s report**



Photo by  
Ian Sayer



## MORAY MEMORIES

Getting up to the Scottish 6 Days is always a major expedition and, for me, the journey can often spoil the event. This year we took our time, stopping off in the Lakes, staying with friends in Aberdeen, and taking our time back via Fort William, the Trossachs and the Lakes again. The broken journey may have helped as I found this year, held in Moray, very enjoyable.

By running M70S I managed to avoid most of the usual aches and pains I pick up on multi-day events; I even ended up winning the class. With Alan Yeaton winning M75S, here was proof that a shortage of hairs on the head need not imply diminished performance.

Four of the events were run over forested dunes right on the edge of the Moray Firth with the other two in more conventional Scottish hills further inland. The dune runs took some care being on 1:7,500 scale maps although they all had extensive track systems. Actually I got used to the map scale and the problem was then adjusting back to 1:10,000 for the real hilly stuff.

I had pretty consistent runs over the week, with two second and four first places. If not for silly errors on the first two sweeps I might even have had a clean sweep. On Day 1 at Lossie (dunes) we had some very heavy showers which led to my first error. En route to control 9 the wind blew over a corner of my map and, being wet, the corner remained stuck down. I didn't notice that this had covered control 10 and so I ran straight from 9 to 11. Luckily I felt something was wrong and realised what had happened. Running back to 10 was annoying but made easier by a clear track between 10 and 11 that wasn't on the map. I lost a good 2+ minutes on that – just about the same time that I was behind the day's winner.

On day two (Carse of Ardersier, more dunes), the route choice to control 1 was either track running round two sides of a triangle or straight across the third side; I chose the latter. The ground was rougher than I had anticipated but not too bad – until I fell down a large, unmapped, hole. I pulled myself out and ran on, then realised I had lost my line – and the control. In fact I had over run and had to back track maybe 60 metres. After sorting this out, the rest of the run went smoothly but I was a bit peeved to find I lost that day by about 9 seconds, less than the time I had lost on the first control.

Day 3 (Culbin, even more dunes) was rough terrain with loads of brashings to make life difficult. I made myself go carefully to get into the map and this seemed to pay off as I had no real problems – apart from having to concentrate, the first half of the course was mostly very detailed contour work. I noticed that from 5 to 6 there was an option for a slightly longer track run, which I took just to have a rest from the detail and which turned out to be a good, fast route choice. The second half of the run was largely long track legs between little bits of dune land. I suspect the track running suited me as I did win fairly easily.

Day 4 (Loch of Boath) was a welcome change; real hills and a proper scale map. I think everyone enjoyed the change of scenery and the absence of sand. After all the fine detail of the first few days it was strange to be crossing less distinct contours and vaguely defined marshes. Today's error was from 5 to 6 (only 200m), where I managed to get confused by vague clearings in a too shallow re-entrant. After a strict talking to, I started to concentrate and realised I was about 50 metres south of where I should be. The map suddenly made sense again and, by executing another track option, I picked up time on the leg to control 7 and ended about 1.5 minutes up on the second place guy.

## MORAY MEMORIES

It was back to the seaside and 1:7,500 scale for Day 5 (Roseisle) with a very long walk to the start on a very hot day. As with the earlier dune days many of the controls were close to the track system so it was generally quite fast going. The hardest leg was from 9 – 10 and I found myself going slower and slower as I struggled to relate the map to the terrain. I kept thinking I was looking for a gully above a steep downward slope which didn't match with what was on the ground. Suddenly I noticed Ricky, on the same leg but a different approach line, so I thought I must be roughly right. We met at the gully control at which point I realised that my slope down was actually a steep hill – up. Duh! The next leg saw me off on one of my longer but faster track legs – just for a break from contour reading. The last controls all clicked smoothly into place and, apart from someone at control 13 with a camera insisting that I smile, no distractions and a fairly comfortable lead again. The day was most notable for Liz and Alan who both managed to fall and impale themselves on local woodland. This gave the first aid team some useful practice which, in Liz's case, also extended to the local hospital.

The final day (Coulmony) was back to more conventional forest and map scales and a typical Scottish long uphill slog to the start. The event even had its own temporary traffic lights to help with a road crossing – not sure this sold orienteering to passing motorists. The route to the first control was along a long winding track that seemed to be a causeway connecting islands in a large marsh. The biggest surprise in the first half of the course was from 5 to 6. On the map the leg crossed what looked to be a wide but not too deep re-entrant but which, on the ground, came up as a wannabee Grand Canyon packed with large trees. I noticed that most runners looked a bit dazed by that. After

the road crossing I took another of my 'let's just run along an easy bit' legs avoiding an area of undulating contours coming into a vague linear marsh (control 9) by just nipping back in from an extraction lane. On the next leg I noticed Rick over to my left – a bit off line, I thought. I reached the top of a re-entrant that should have overlooked control 10 but the terrain and map didn't seem to tie up well. I could see Ricky and Joan searching for the control but way off line to my left. I could see a kite on the edge of a small marsh below where our control should have been so went to that and re-orientated myself. I climbed back a short way and found the control but remain convinced that it wasn't correctly positioned on the map. At least I helped R and J who spotted my cunning move and abandoned their search. From no 11 I used my route to no 9 as an easy lead in to 12, and then hoofed through the last controls to the finish and win number 4.

Apart from the above my other main memory over the first four days was of having to endure commentary provided by a Scandinavian guy. He was extremely voluble and knowledgeable but went on and on – rather like the Swedish Chef from the Muppets. What niggled with me was that, apart from covering the juniors, he largely bothered to commentate only on the Elite and other 'top' course runners seeming to ignore the older runners or those not in the 'competitive' zones. Day 4 was particularly annoying as the finish area had a huge echo so that the Chef came at you from all sides. The last two days were much more bearable with less intrusive native commentary, which made me wonder, what happened to the Chef? Now I very much like Scandinavian crime novels and I'm sure that there is scope for Walander, Beck or Lund to solve the mystery of Who buried the Chef in the Bog.

By Peter Hampleton



## WILTSHIRE & SWINDON SPORTS AWARDS

I had the great pleasure of attending the Wiltshire and Swindon Sports Awards held in Trowbridge on 24th September 2013. Sarum had been shortlisted along with two other clubs in both the Most Inclusive Club of the Year and the Sports Club of the Year categories. It was thus with great surprise and pleasure to hear that we had won the Sports Club of the Year award when it was announced. Not only did the Club win, but Emily Benham who had specially flown back from Norway was also chosen as the Sports Personality of the Year.

Despite Emily winning the Sports Personality of the Year Award three years ago, she clearly stood out from the others shortlisted and demonstrated her overall winning performance this time round as well.

foremost was the contribution that all members have made, directly or indirectly, in some way to our activities over the last year. From organising local competitions to national ones, to working in schools and at sports festivals, to being very inclusive and very welcoming, to achieving top performance results in regional, national and world competitions, to having an award-winning club magazine, and to establishing the Permanent Orienteering Course as a new sports facility with Wiltshire Council Sports Department, for example. I could go on.

I was therefore delighted on your behalf to be able to walk up to the podium, watched by some of our members, to collect the award to great applause. You have all contributed to the success of Sarum and now this has been recognised for the hard work that has been done. We should all be justifiably proud.

What an amazing two results! Winning these awards is no mean achievement since all the clubs/individuals presented compelling cases. At the end of the day, from the Club's perspective, we had many things going in our favour, all of which helped to persuade the selectors. First and

## WILTSHIRE & SWINDON SPORTS AWARDS

Emily Benham - Sports Personality of the Year



Sarum - Sports Club of the Year



By Mark White



## MORAY MEMORIES



Top of the pops, Alan and Peter.

Liz and Alan provide work for first aiders



Captain Charlotte on Golden Shoe duty



Golden Shoe moments



## MORAY MEMORIES

I didn't think you would want to hear about 'how badly or even sometimes how well my courses went'. So this is my angle on The Scottish 6 Days.

We travelled to Glasgow on the Thursday before the event (396 miles) stopped one night, then across to Culloden, via Grantham-on-Spray for lunch (186 miles). This was our base for 10 days, not far from all the events.

We struck lucky! We had a very good eating pub, plus Culloden Battlefield and a very impressive 29 arch Viaduct, all within easy walking distance of the campsite.

This was my first 6 day event running all long courses. I wasn't last each day! My goal was to get on the first page of the results and I managed it most days. So Success and I thoroughly enjoyed myself, with lots of social get together after our runs. Sarum was well represented.

The areas were amazing with the sea round so many areas of wood with masses of spongy mosses. Lots of the hedgerows were dotted with very good raspberries providing a snack on the way to the starts some days. The blueberries were just right for eating too! I'm thinking "should I have brought a pot with me on my run!!"

Over my 6 days W60 long courses I completed 28.6k (I would have run more!) Climb of 580 metres visiting 100 Controls with 12.3k of walks to the starts.

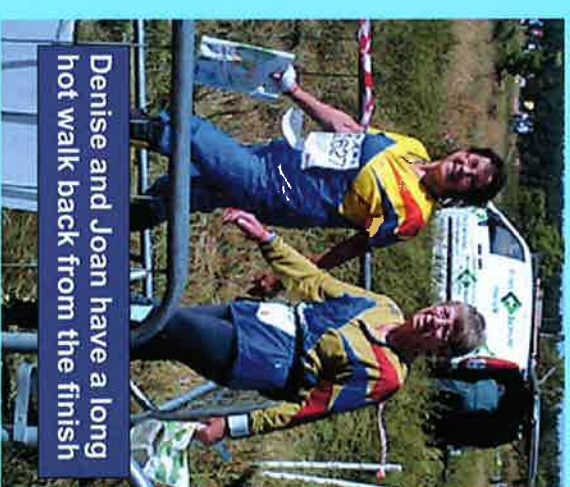
We stopped in Coniston Lake on the way home, a really lovely village. Some of Sarum member will remember staying in a youth hostel there for a JK, years ago. We went to have a look, it's still there and looking good.

Our mileage for the whole trip was 1,467 using 240 litres of fuel. We worked this out because so many people have asked how many miles the van does to the gallon. Now we can tell them.

The whole holiday was great.  
Denise Mullins



Jack gets in some quality calories



Denise and Joan have a long hot walk back from the finish



## EMILY BENHAM - SILVER MEDAL IN WOC

The WOC week kicked off with a great sprint around the military town of Japa. The organisers had spent months

preparing a complex track network in an area of rough open terrain. The paths here were bumpy, tough to ride, full of wheel sized holes, not to mention technical difficulty at speed! Most athletes were unable to read their maps here while riding so those with good map memory came through strongest. The courses then had a loop around the ski hill, heading to the top twice, before going into the town through the parks and around the urban buildings.

The sprint started off very well, as I cruised through the early controls to take the lead at the first radio control. Once I hit the urban section I realised I had a problem with my bike, as it seemed to be 'snaking' along the road. The problem progressively became worse, and I lost 50 seconds as a result. At the time 5th was my second best WOC result so I shouldn't have been disappointed, but I knew that I had lost my opportunity to become World Champion. In the end I was disqualified for riding through an OOB area with 60 other athletes. It didn't even cross my mind as I was biking, such was the distraction from the bike issue.

After the sprint I felt I had to have a good race in the middle. All the signs were there that I had potential to take a medal in the sprint, and given that the middle was the focus of my race prep (due to the unpredictable nature of sprints), I was feeling confident that things could go my way.

As I started the 3 min countdown procedure I heard my wonderful boyfriend being announced as leading and only having a few minutes until the finish. It's nearly impossible to ignore the commentary at this point, and HJ crossed

the line just as I started, so it was mildly distracting!

The early part of the course was moderately flat with fast tracks. After the half way point came the technical controls. Sizeable hills compared to the flat north, with a multitude of ski tracks and MTB trails. The controls in here were well planned to balance the great trails and fast riding.

During the final loop all I could do was to keep riding and keep pedalling. My legs were screaming to stop or slow down, but after a near perfect race there was no chance of my brain letting that happen. The hills by this point were unrelenting, and I rode up the final steep climb with soft dust making the trail harder. But from there it was downhill. The final control couldn't come soon enough, and then HJ was yelling I was in the fight for medals, so I sprinted harder to get the fastest finish time.

As it turned out, it wasn't a fight for medals. I was safely in silver with none of the 5 starters behind me close at the radio controls, so I could instantly celebrate silver. It was short lived when I was told I had to pee in front of someone, and 2 hours later I finally managed to be hydrated enough to manage my first doping control. Unfortunately, I then didn't stop running to the toilet for the next 3 hours!

The final race of the week was the long distance, and boy, did it promise to be tough! With winning times of 90 minutes for the women and 110 minutes for the men, the long course lengths implied to the team it would be fast terrain. Typical Estonian terrain with short, sharp climbs, flatter marsh sections and a combination of tough physical riding with fast sections on the long route choices.

I knew the race would be one of pain for 90

## EMILY BENHAM - SILVER MEDAL IN WOC

minutes, but with 12km less than the men, I also thought our winning times might be longer than expected. I was motivated for this race, partly as a trial run for next year to see if I want to include the long distance in my preparation and focus, and partly because I just wanted another medal.

I was riding well from the start and my speed enabled me (along with a handful of others) to set a gap to the rest of the field. I was undecided on the long leg and chose to take the southern route over the marsh rather than head north. I felt my route was a little shorter, but in the end it was 30 seconds longer. Slowly I had to regain places again but a technical butterfly helped.

Coming out of the butterfly we had some long transport legs south. I had to keep pushing on and now things were really feeling tough. At the finish I was exhausted. My first long race I have been properly motivated for since 2009, and it was 17 minutes over the estimated winning time, and 5 minutes down on the leader Hara FIN. Silver

was reachable, 2 minutes ahead, and bronze certainly attainable with a few better routes.

I'd really like to thank SWOA for their support in helping send me to WOC. As always, the support I receive from sponsors is hugely appreciated and the willingness of sponsors to support is always touching. I am pleased this year to bring home a 2nd and 4th (and potential 5th), which actually makes it my best WOC yet. Last year I took two top 10's, this year 2 top 6's. I already have a training plan in place for 2014, and with World Cup rounds in Denmark, Sweden and WOC in Poland, I am aiming for 3 more top 6 places.

The World Cup in Sweden is in the 3 days immediately prior to O-Ringen, so it will form part of the O-Ringen experience. I know many SWOA competitors are likely to go to race O-Ringen, but it would be amazing if you could spare an extra day to come and cheer the MTBO World Cup/Team GB! If you want to give MTBO a try, there are also 3 days of O-Ringen MTBO during the O-Ringen week, with start times allowing you to compete in MTBO and Foot-O on the same days.



Emily in action!!!



# SARUM GALOPPEN 2012/2013

## Final Results September 2013

Pos'n	Name	Class	Score	Runs	Pos'n	Name	Class	Score	Runs
1	L. Butt	W18	108.7	8	21	J. Butt	M50	74.2	10
2	B. Chesters	M35	98.8	19	22	B. Huthwaite	M18	73.3	13
3	A. Buck	M14	90.9	24	23	P. Hall	M60	71	9
4	J. Benham	M20	88.3	18	24	H. Cutler	W16	69.2	9
5	H. Butt	M16	87.1	14	25	D. White	M14	68.9	10
6	I. Peirce	M65	86.6	38	26	M. Ashton	W21	68.5	10
7	R. Ashton	M21	86	10	=27	D. Mullins	M60	68.2	36
8	P. Hambleton	M70	84.3	31	=27	J. Buck	M40	68.2	9
=9	L. White	W18	81.6	9	29	C. Dent	W50	67.5	39
=9	C. Huthwaite	M45	81.6	11	30	A. Yeadon	M75	63.9	20
=11	R. Ley	M90	79.6	15	31	P. Hart	W70	61	18
=11	A. Snell	M35	79.6	12	32	D. Mullins	W60	60.1	34
13	G. Davies	M60	79.4	14	33	K. Benham	W50	59.6	10
14	J. Hambleton	W70	78.5	31	34	R. Thornton	M70	59.3	36
15	M. Goddard	M55	77.7	11	35	D. Oxenham	M55	59.1	17
16	M. White	M55	77.6	15	36	F. Peirce	W70	59	34
17	D. Battison	M65	76.7	47	37	T. Huthwaite	M14	58.8	8
18	N. Benham	M50	76.2	12	38	A. Dawson	M55	50.2	17
19	L. Yeadon	W65	75.6	24	39	J. Oxenham	W60	40	16
20	C. Thornton	W65	74.4	35	n/c	S. Giles	M20	101	6



LUCY BUTT  
GALOPPEN  
WINNER

The season finished with a good Sarum turnout for the Scottish 6 Days and various more local urban events. The final results list includes anyone who ran in at least 8 of the 66 events I covered. i.e. any event with a reasonable Sarum presence with some allowances when several event choices occurred on the same day. To arrive at the scores your time is compared with the most competitive winning time in your age group or suggested colour course. Enhanced scores (x110) are given for the major nationwide competitions. eg. National Championships, JK and Scottish6Days.

Congratulations to Lucy Butt, Junior and Overall winner yet again and Ben Chesters, Senior winner yet again!

Joan Hambleton

## SCOA BULLETIN SEPTEMBER 2013

This bulletin provides a brief summary of current SCOA issues, including those items discussed at the committee meeting held on 6th September 2013.

You may recall from the June Bulletin that the Annual General Meeting of SCOA decided on the following changes:

To introduce a £2 Affiliation Fee for all Senior members from the beginning of 2014. This fee will be collected along with club and British Orienteering subscriptions.

To increase the event levy to 18p in 2014, rising to 24p by 2017.

At our September meeting, there was some further debate about the introduction of an affiliation fee, particularly bearing in mind that individuals cannot vote at SCOA meetings: only affiliated clubs can vote.

Additionally, the surplus arising from this year's JK is larger than was expected in June. The meeting has therefore decided not to introduce an affiliation fee for 2014. The increase in levy to 18p will, however, go ahead from 1st January 2014 as previously announced.

Meanwhile a working party has been established to consider further a number of issues arising regarding SCOA's structure, constitution, and the preferred method for funding it.

SCOA's team championships took place on Sunday 7th July at SARUM's Moonraker relay at Fonthill.

SCOA's Sprint Championships took place on Monday 26th August at TVOC's event at Rutherford Appleton Laboratories near Didcot.

A reminder that SCOA's Long Distance Championships are on Sunday 3rd November at SOC's event in the New Forest. Don't forget to enter. Gold, Silver and Bronze medals will be awarded to the first three SCOA members in each class.

The first two events for the SCOA League in 2013/14 are now confirmed as:

29 September – BKO event at Yateley Heath.

13 October – TVOC event at Penn Wood.

A list of the events in this season's league is available on the SCOA website, at <http://www.scoa-orienteeing.org.uk/scoa-league>

Prizegiving for the 2012/13 season will take place at the BKO event on 29 September. Please attend if you can.

British Orienteering's Association and Club Conference

British Orienteering is holding its annual Association and Club Conference on Saturday 19th October. The theme of this year's conference is Volunteers and Volunteering in Orienteering, and will focus on the outcomes of a report by the Volunteer Needs Work Group, which was produced specifically to identify ways to lessen the burden on club volunteers.

Jerry Newcombe and Liz Yeadon will be attending on behalf of SCOA, and there may also be attendees from your own club.

Please pass on your views on this important subject to them, so that they can pass them on at the conference.

Silver for Emily at World MTBO Championships

Emily Benham (SARUM) took 2nd place in the Middle Distance race at the World Mountain Bike Orienteering Championships in Estonia at the end of August. She was also 4th in the Long Distance event, and would have been 5th in the Sprint had she, and 50 other competitors, not been disqualified following a map printing error on an OOB area.

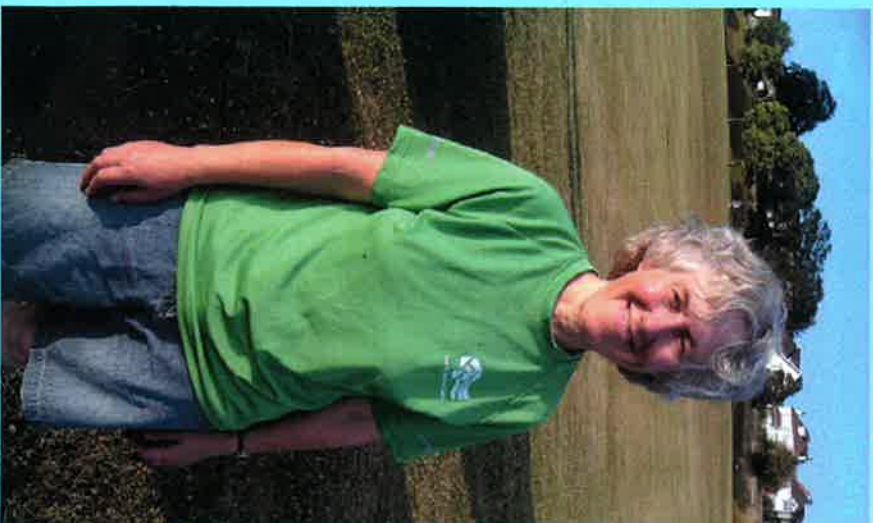
Emily is now ranked 3rd in the MTBO World Cup Series, and 8th overall in the world.

By Alan Yeadon.



## SUMMER EVENINGS

During the summer months Sarum ran a short series of Teatime Taster sessions for beginners and novices based at the Five Rivers Leisure Centre and Hudson's Field in Salisbury to which some 60 people came along. For the Hudson's Field event NWO kindly loaned their Maze equipment giving us a chance to try out a maze for ourselves. We have applied to Sport England for a grant of over £4,000 towards setting up our own Maze and this was a chance to try setting up a maze for ourselves. On a very warm and sunny evening (remember those) 30 keen folk turned up to try out and enjoy the maze and some other simple courses (a butterfly and a score). We were surprised and delighted to welcome the Campden orienteering family (Mum, Dad + two offspring) from Canada who just happened to be staying with relatives in Winterslow and found the event via the internet, which goes to show the power of advertising.



Eat your heart out, Kate Moss. Capn. Charlotte models a Canadian O shirt.

The pictures show some of the action from the evening and our Team Captain modelling a team shirt kindly given by our Canadian visitors. Note: the green shirted figure heading uphill is Dad Campden from Canada.

"Amazeing" orienteering in Hudson's Field



## JUNIOR INTER REGIONAL CHAMPIONSHIPS

The Junior Inter Regional Championships was held in the South of England on the 28th and 29th of September. The Saturday was the individual day and very physical for all competitors (probably because it was planned by Jack Benham!). All the courses were well planned and had a good variation in legs and technicality. The Sunday was the relay day and after getting up ridiculously early the team all arrived in good time; and with the face paint on (some more creative than others...) the relays started. I especially enjoyed the relay compared to the individual day as it was so close to home and I knew the area well. Also the additional pressure form relays makes me perform better as I somehow ended up beating Chris Galloway (2013 GB Junior World Championships Team Member)! However this was insignificant compared to the boys 1st team (Grey Grierson, Alex Buck and Adam Potter) who came an impressive second place behind Scotland. Overall the team finished in an excellent 3rd place the best position the South West Junior Squad have come in 14 years!

By Harry Butt.

## The Harry Butt Junior Page



Creative Face Paint by Lisa White





# Club & SW Galopper Dates for your Diary

Date	Event	Location	Organiser
Saturday 2nd. November	Salisbury City Race	Salisbury	Pat Hart (01794 390593)
Saturday 9th. November	Wessex Night League	Tinneys Firs	Mark White (01725 511530)
Sunday 10th. November	Dorset Schools & SCOA	Grovely West	Jim Buck (01794324133)

Above is a list of Events and Activities for all Sarum members & others – it would be great to see you at some of these! Helpers will be needed for the main events – please ring the Organiser if you can help! If you fancy having a go at Planning or Organising an event – please get in touch with Liz Yeadon asap!  
 liz.yeadon@btinternet.com Event flyers are available from the Sarum web site:  
[www.sarumo.org.uk](http://www.sarumo.org.uk)



## SALISBURY CITY RACE

On Saturday November 2nd. we are hosting the first Salisbury City Orienteering Race - the penultimate race of the UK league. Part of Nopesport and SEOUL. We have had an enormous amount of support and goodwill from the various agencies and especially the schools of Salisbury. Please offer your help for marshalling, starts, registration etc.... You will then get a discounted run!

## Committee

*The committee meets on the second Monday in the month at the Hub Club. Salisbury Cricket Club*

President - Ron Ley  
 Chairman - Mark White - 01725 511530 - whitemw@btinternet.com  
 Secretary - Carolyn Dent - 01722334497 - carolynident@yahoo.com  
 Treasurer - Liz Snell - 01722503479 - lizsnell@ntlworld.com  
 Fixtures Sec. - Liz Yeadon -01672 563840 - liz.yeadon@btinternet.com  
 Juniors Club Captain - Jeff Butt - 01725 510546 - Jnbutt@aol.com  
 Seniors Club Captain - Charlotte Thornton - 01722 320872 - thorntoncev@gmail.com  
 Membership Sec. - Gwyn Davies - 01722 339804 - davies.sarum@btinternet.com  
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 Scan Editors - Pat & Brian Hart - 01794 390593 - b.hart@tiscali.co.uk