

SAIL



CLUB
MARK

April 2014

Issue 52



Neil Underwood at one with the Forest
Sarum Saunter 2014

Committee Round Up

it has been a real pleasure to see how our maze events have taken off. The three events organised in parks in Salisbury in March proved popular not only for the maze but also for the courses that included a bit of the park as well. This format provides a really good first opportunity for youngsters to have a go at orienteering in a safe and familiar environment before venturing with encouragement into the forest. The maze team have now got the set-up routine down to a fine art! They are always looking for help with these small events and if you are ever able to spare a couple hours when the call goes out, it would be very much appreciated.

The Compass Sport Trophy Qualifier which I have covered inside was a really great club day out and we came away with the result we wanted. I feel we are now well placed to have a really good shot at the final in December. Jeff Butt has agreed to help the campaign and will be looking at whatever training needs we require in order to get us ready. More from him about this in due course. This event is a great target to have for the end of the year so please consider what your own preparations might be in order to put the club in the best possible shape for the day.

A portrait of a smiling man with short, light-colored hair, wearing a blue sailing uniform with yellow and red accents. The background is a bright, slightly cloudy sky.

Finally, a warm welcome to those who have joined the club recently. It is terrific to have some new members. We hope that you will enjoy your time with Sarum and we look forward to getting to know you better over the summer.

Committee. Due to other pressures, Liz Snel and Carolyn Dent have declared that they will be standing down as Treasurer and Secretary at the next AGM. Members are asked to consider taking on one of these important and essential committee roles from November. All assistance will be provided.



World Orienteering Championships

WELCOME

Dear member of the press, welcome to the press conference for the start of the 2015 World Orienteering Championships. We are pleased to have you here and hope you will find the event interesting and enjoyable. The competition will be held in a beautiful area with many scenic views. We look forward to your coverage of the event.

EMBRAGEO AREAS

Recent updates:

The competition areas have been updated and will be held in a new location. The areas are now more accessible and offer better views of the surrounding landscape. We hope this will enhance the competition experience for all participants.

TRAINING CAMP 2

The training camp will be held in a new location. The camp is now more accessible and offers better views of the surrounding landscape. We hope this will enhance the training experience for all participants.

NEWS, DECEMBER 2015

Highland 2015

The Highland 2015 event has been a success. The participants have enjoyed the beautiful scenery and the friendly atmosphere. The event was well organized and the results were impressive. We look forward to future events.

SCOTTISH SAND ORIENTEERING

Scottish Sand Orienteering is a new event. The participants have enjoyed the beautiful scenery and the friendly atmosphere. The event was well organized and the results were impressive. We look forward to future events.

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Lucy (10) is a total newcomer to Orienteering and only enquired as to what this sport entails after she had saw some photos I had taken at an Army event held over on the Aldershot military training area. That event was organised by Stuart Greening, who some of you may know and, who works at Army HQ Andover, as I do and he wanted some 'action' shots of this particular military league race. I had no previous experience in the sport, so after a bit of 'googling', I came across the Sarum website and contact details. Although I enrolled Lucy in the tail end of 2013, due to ongoing work commitments we managed to miss several events including those at Grovely Woods and the Salisbury City event.

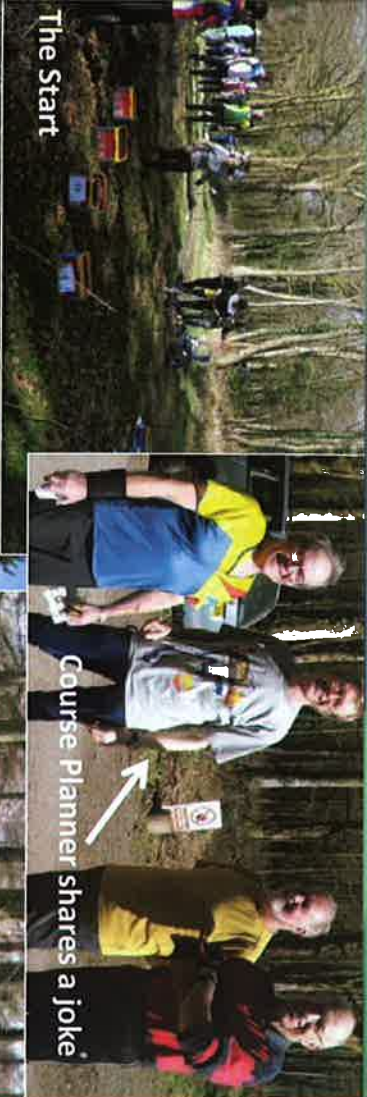
However I was able to take her to a taster day in November 2013 with the North Wilts Orienteers at Lydland Park, Swindon. After getting to grips with the maze, we then did some of the longer courses on offer and the bug seems to have been bitten. Finally on the 9th March, Lucy was able to enter a Sarum event, The Saunter. We had arrived just in time before the end of registration as she had been competing in another sport in Swindon during the morning. Upon arrival at the Fonthill Estate, everyone was very welcoming and the help and advice was first class as we moved through the registration process up to the start line. Again more helpful advice on the start line and off we went onto the white course, it must have been an enjoyable experience, because after finishing and a quick drink, the yellow course was tackled next. The bug had well and truly been bitten by now as from the finishing line and back to the download tent, we ended up on a shopping trip with the on-site sports retailer!

Although orienteering is a new venture for Lucy, she had been competing in the sport of Canix (www.canix.co.uk), pronounced canicross for the last eighteen months. Canix is basically cross country running, but with a dog. Adults usually compete over a 5-7km course, whilst the Juniors compete over a 2-3km shorter course. The Juniors are split into the 11-14 years category, whilst the Cubs are in the 7-10 years category. Where as the Juniors can run on their own, the Cubs must have an adult run alongside them.

Each competitor usually wears a waist belt with an elasticated lead, which attaches to the dog's harness, and they are set off at ten seconds intervals by a starter with an electronic timer. The course is marked via a series of red or blue square markers. Red on whichever side of the track indicates a turn in that direction at the next junction. Upon turning, within ten to twenty yards there will be a blue marker (which can be on either side of the track), and that indicates you are on the correct track. Blue markers can also be found on long stretches where they additionally act as confidence markers, re-assuring the runners they are still heading in the right direction. The only other markers are yellow squares, and if you pass one of those you are heading in the wrong direction!

The venues are at a mixture of Forest Commission, English Heritage, Crown Estates or Private Estates throughout the country. The season runs from September to May and consists of a series of two-day and one-day events, which make up the UK Championship Season. Local venues which have been used previously, have included Salisbury Plain, Moors Valley, Lydland Park. Any standard of runner and any breed of dog are welcome to enter, and you will usually find anything from a Collie to a Saint Bernard or a Dachshund to a Poodle amongst the entries on the start line.

Shane Wilkinson



Course Planner shares a joke



Rootstock

Visit to the Oxygen Tent



Helpers – A study in blue

Sarum Saunter 2014



The String Course Team



Finish at last

Registration

On track



Forest League – An update from our Education Correspondent



One legacy of Sarum's hard work over the years taking an experience of orienteering into primary schools has been the Forest League. Organised by Pam Sweinton, the League is a competition that brings children from many of our local primary schools out into the forest for races in pairs around White and Yellow standard courses. The planning and organisation is done by the club (well, Liz and Charlotte) and a small team of helpers give basic help and instruction and monitor progress around the woods. We're proud not to have lost anyone yet – although on one occasion two lads did decide to hide for a while.

In January this year a League event was cancelled because of foul weather but a re-run was arranged for a sunny (eventually) mid March Friday with about 150 children taking part in Vernditch. What was very pleasing about this event was not the lack of rain but the fact that most of the children now knew what to do and were obviously enjoying themselves. It was also very gratifying to have feedback from teachers who valued what the club does to give the children such a good time. Although this last event was on a sunny day (eventually) it started off very misty but this made the forest especially beautiful as the photo of one of the starts shows – taken before the arrival of 150 enthusiasts.

Peter Hambleton

Compass Sport Trophy Final - 2014

Your club needs you!!

Well done to the club for winning the first round of the Compass Sport Trophy at Haytor! It was a lovely sunny day and a beautiful area! The Final is in the South. It is scheduled to be in Long Valley (near Aldershot) so not too far for most of our members **BUT the date has been changed** (with apologies from SN – out of their control).

As a club, we need to pull out all the stops and get every member of the club taking part. The courses are from Orange upwards, though there is often also a non-competitive Yellow course for younger members to run on the day.

Please write **Sunday 14th DECEMBER** in your diary **NOW** for the Final. This date is currently provisional but I will of course, keep you in the picture. In the meantime, keep orienteering and try to maintain fitness as our aim is to WIN. Even the people who don't score the highest points help to push runners from rival clubs down the list, thus reducing their points. SO EVERYONE MATTERS. WE NEED YOU ALL.

Charlotte (Club Captain)



CSJ 2013

Amazing Daze

In case it had escaped your attention Sarum is having a year of the Maze. We have spent most of the Sport England grant and the supplementary grant from Wiltshire Council and now have a rather large and bulky 'kit' that allows us to set up a Maze on any suitable piece of grass. Liz and Charlotte put together a spring series of Maze events in Salisbury parks (Mid March Maze Days) which were widely advertised to schools, Guides, Scouts, online, in local news media and any means we could think of.

The aim is to introduce youngsters and adults to a new sport and to encourage people who may have given up on sport to reawaken their interest. After three events (Five Rivers Leisure Centre, Victoria Park and Churchill Gardens) we are turning into quite a slick operation with club volunteers turning up to help put up the Maze and set out associated courses. It still takes a lot of time and effort to set out an event (2.5 hours at Victoria Park) but we're getting better. So far we have been blessed with sunny weather which has been great. We seem to have created quite a bit of interest with families and quite a number have come to at least two events, which is great. Teenagers are proving hard to engage with but they do appear and have returned dragging friends along. Dogs also seem to like the events but take a worrying interest in the corner posts of the maze! Adults too enjoy the events but maybe because they get the chance for a natter while the kids run round.

We will be running more maze-based events during the summer and plan to incorporate a maze into the club championship event on June 14th, so you will all get the chance to get into a Maze Daze.

Peter Hambleton



Victoria Park



Five Rivers Leisure Centre



Butterfly course with maze



Charlotte Roberts (8), Sarum's newest member

Compass Sport Trophy - Haytor

The intrepid Sarum team headed down to Haytor to take part in the qualifier for the Compass Sport Trophy. It has been increasingly difficult to qualify in recent years and so it was important to have a really good club turnout. On the day, 35 were able to make the event which took place in glorious weather. There is nothing quite like Dartmoor, on a good day. Great views and open running. The competition was closely fought with only a handful of positions, and therefore points, making the difference. Well done to all who took part and especially our juniors Jack, Harry, Hazel and Duncan, for scoring so highly on their courses. A great day out and we look forward to putting up a really strong team for the final at the end of the year.



Joint winners of the Golden Shoe



Jeff explains the finer points of orienteering in the south west



Phil Hall selfie with Haytor



Jack takes charge of the club jelly babies



Martin wrestles with route choice to the event



Jack's new best friend - I wonder why!

RESULTS	
Sarum	1284
WOC	1246
QQ	1227
SBOC	1169
KERNO	1037
UBOC	185



Hazel is finally presented with her Pam Errington medal for 2012

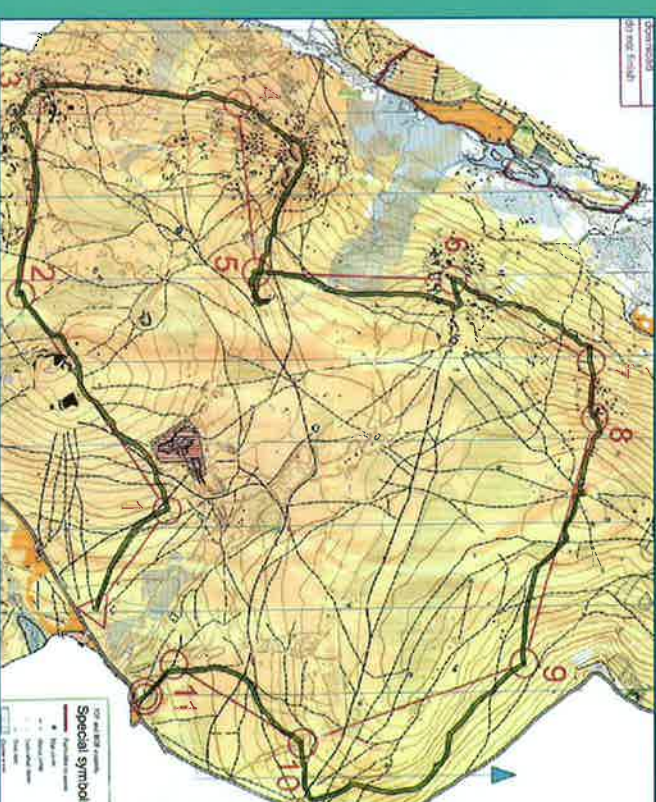
Jackie Butt	100
Ian Peirce	100
Phil Hall	100
Harry Butt	100
Jack Benham	100
Ben Chesters	99
Chris Huttwaite	99

The Club's scorers

Peter Hambleton	98
Hazel Cutler	98
Duncan White	98
Rob Ashton	98
Jeff Butt	97
Megan Ashton	97

Haytor and Quick Route Analysis

A couple of year's ago, recognising I needed to work harder at my post run analysis, I invested in a Garmin Forrex 310XT watch. This handy device records all the useful information you could possibly need, including elevations, to analyse your performance on the course. It comes with a heart rate monitor which can be coupled to it to monitor your physical performance also. I use a programme called Quick Route which is freely available on the internet to do the plotting. You firstly scan in your map, possibly having marked it up in pen with where you think you went, and then upload your GPS track from the watch. You are then in a good position to walk the route and see exactly where you could have saved time. Your data of course can also be uploaded to Route Gadget and your track compared with others on the same course. The Quick Route programme is very easy to use and can be done as soon as you get home.



I used the watch at Haytor and, as always, there are lessons to be learned. Dartmoor is a fantastic area to orienteer in. There are areas of complex rocky terrain linked together by open moorland. This gives periods of quite fast running and then slower times where you have to navigate with the utmost care amongst the boulders since an error there can be extremely costly given the chance of losing track of your position and the energy that can be wasted relocating on steep sided slopes. Best to get the route right first time and save the hassle!

I ran the Blue course which was 6.3km and 290m of climb and my actual route is shown above. There was quite a good path network that could be exploited between some of the controls. Without the advantage of some vegetation boundaries to assist navigation best use of the contours and rocky features has to be made. I made several errors where I could have saved time. One of the advantages of Quick Route is that you can check the time at every point. At Control 5 I came off a bearing at the path junction but failed to count the distance, overshooting by 80m and wasting 2m 20s. I should have slowed down and looked more carefully for the control at the right distance. Although an easy looking control, it's not worth compromising basic drills thinking 'I'm sure to just come across it'.

Control 6 highlighted the difficulty of matching up the rocky ground to the map. When viewed from Control 5, I thought I had the map sorted and a headmark to aim for as I deviated from the path to shorten the distance. A safer option would have been to run quickly along the path and used the end of the path, a known position, as the attack point. A longer distance but one which could be run with certainty. Probably a better option in this type of terrain where you can go crazy rock hunting and losing your bearings. A large rock can look smaller when viewed end on because you haven't appreciated its orientation to the terrain.



Club Dinner – Trophy and Award Winners

The annual club dinner at the Hamptworth Golf Club was expertly organised again by Pat Hart and it was good to see some new faces, including Alex Thompson, Rob and Megan Ashton, Chris, Sophie, Barney and Toby Huthwaite and Lucy and Shane Wilkinson. Presentations were made to Jackie Butt on behalf of Lucy for winning the Galloppen and the Pam Errington Trophy, Pat and Brian Hart, joint winners of the Martin Cochrane Trophy, a framed collection of SCAN covers to Brian Hart with thanks for his time as editor, and Pam Errington medals to Hazel Cutler and Alex Buck. Ricky Thornton presented his special awards to various members of the club who have distinguished themselves in some way during the year. Left Butt spoke about our juniors and the progress they have been making during the year, and Charlotte presented the Golden Shoe to the oldest and youngest members present – Ron Ley and Lucy Wilkinson. All in all it was a great evening with lots of good food and plenty of laughter

Thanks to Shane Wilkinson



Brian and Pat Hart
Martin Cochrane Trophy



Galloppen Trophy collected for Lucy Butt



Hazel Cutler
Pam Errington medal



Alex Buck
Pam Errington medal



The Golden Shoe to
Ron Ley and Lucy Wilkinson



Mark White
The AA Award



Frieda Perce
The Sight-Seeing Award



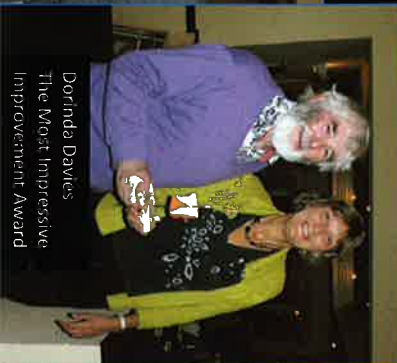
Duncan White
The Star is Born Award



Keith Cutler
The Incongruity Award



Brian Hart
SCAN Editor Presentation



Dorinda Davies
The Most Impressive
Improvement Award



Chris Huthwaite
The Keen Controller Award



Liz and Alan Yeardon
The ASE Award



Rob Ashton
The Behind the Scenes Award

Wessex Night League



Each winter sees intense competition around the streets and forests of Dorset and Wiltshire. The Wessex Night League is a competitive and fun series of one hour score events run in the dark (head-torches essential), mostly on Saturday and Monday nights throughout the darker part of the year. Each event is a score event of about 25 to 30 controls, each with a different points score, and sometimes with added 'challenges' (e.g. alternating odd and even controls), making tactics a large part of success. Competition is intensified by a handicapping system which is intended to give all runners an equal chance, but in reality seems to favour those 'good for age' competitors and those of us who take part most regularly.

In early 2013 the league was going rather well for me and I knew a good run at Canford School would put me at the top of the league, an experience I have never yet had, and therefore was quite excited about. I set myself the ambitious goal of running a series of sparsely spaced moderate point controls first, intending to leave enough time to finish on a tightly bunched group of high scorers at the end. However, things have a habit of not going according to plan and I took a wrong turning and ran off the map. Shortly afterwards I regretted this missed opportunity even more when I broke my ankle, and was out for the rest of the league - bar a couple of events walked in boots during my recovery. Charlotte won the Women's Trophy that year, generously informing me that she thought it would have been mine had I not suffered my break, a statement that was put to the test when I was back to full fitness for this year's league. Gavin Clegg took first place in the league, and the men's title.

This year's Night League has seen some good varied venues, from the technical woods of Ringwood Forest (Southern Night Championships) to urban races around Poole and Wimborne, and events held in parkland such as Upton Country Park. Combination events with a bit of urban and a bit of parkland/forest seem to be popular, and require a change of pace during the race and careful tactics to ensure good points are scored. The highlight of the Wessex Night League, however, is always the boat trip to Brownsea Island for an event held from the National Trust HQ on the island. This usually provides some good technical challenges in the woods, which were made particularly challenging this year by the recent high winds such that the woods resembled a fallen tree assault course. This year five clubs contributed events to the league: Sarum, Wessex, Wimborne, SOC and BADO, giving good variety of geographical location, running terrain and tactics. This year the league was won by Jane Morgan of SOC, and Charlotte once again placed above me, proving how generous she was being with her statement the previous year. She had won on her own merit, nothing to do with my injury!

This year the Night League seemed to be even more competitive than usual, with events often seeing in excess of 30 competitors, and urban or park terrain events proving more popular than technical forest. The low popularity of the latter is a shame, as there is precious little

opportunity to practice properly for the big night competitions such as the British and Southern Night Championships. 2014-15 promises to be even better with Gavin Clegg having some 17 or so events planned, I believe, including a Sarum event using the Salisbury City Race map. In the meantime, why not try some of the WIN/WSX summer series events to get your score tactics honed ready for next winter!



Carolyn Dent

Going Sol-O

Joan has been itching for some time now to take our grandson Solomon (age 2 ½) on a string course. The first opportunity came at the SOC event at Ocknell on a cold damp overcast January Day – well, he might as well get used to the enjoyable aspects of orienteering.

Solly arrived with his Mum and Dad and promptly fell asleep. This was a good thing as Joan and I were still out on our runs and so were back and changed by the time he woke up. Dressed in wellies and waterproof suit he set out with no less than four adults to shadow him – is this allowed under Bof guidelines?

*The course was brilliant taking him through some really interesting bits of woodland with streams and puddles, loads of STICKS and HORSES and DEER. He latched on to following the string straight away and keenly looked out for the next national flag. He only got his fingers caught in the punch once (when Mummy rather too keenly showed him how to do it and he couldn't get his hand out in time!).



Solly shows Grummy the correct way to punch a control.

Slowing factors included a tendency for Solly to guide himself round by pulling the string through his hands – well that's how they climb mountains these days – a stop whilst Daddy and Grandad corrected the damage caused by ponies walking through the string and uprooting a control and a well placed deep puddle that simply had to be explored in wellies. A possible winning class time was thrown away by the need to go and talk to six ponies stood cheering in the runners to the finish. Still it went down well and the subsequent demolition of Grummy's * picnic lunch told its own success story.

[Footnote* Grummy = Mummy's Mummy]

Peter Hambleton

New Sarum Website

Brian has done a fantastic job in maintaining the SARUM website over a number of years with up to date information, always promptly available but recently admitted that it was time to share the job throughout the club and develop a fresher feel.

Over the last couple of months, I have pulled together a new look SARUM website/content management system that will aim to rival Brian's efforts! But he, and neither are you in the clear, this site can be added to, altered and *amended by us all! You will have seen the new site is now fully functional although it still needs more content. The site is based on the WordPress architecture and it is really easy to add to. If you think you might like to get involved, want to make a difference or have any comments or suggestions about the site, drop me a line at webmaster@sarumo.org.uk.

This is the professional face of the club, the place (in this day and age) where people look before they visit or become involved and it is upon us all to make sure that the website is a place where people continue to go for valuable information.

Happy (contributing and) surfing!

Rob Ashton

SARUM Webmaster



Lucy Butt's Report

The Elite Development Squad is one of three squads that Great Britain has. It's purpose is to support those athletes with the hope they will achieve top 10 in the next or upcoming World Orienteering Championships. Recently I have been training with them in Scotland (over January) in preparation for the WOC in 2015. This was a week long training camp with training twice a day, at night or day, and getting used to our orienteering skills in Scottish terrain on WOC relevant areas. This was a great camp. I was in a room with Charlotte Watson and fellow Lillomarka Club Runner, Helen Palmer, which was enjoyable and relaxed! The weather remained really good throughout the week considering it was January and I felt strong after a good winters training! This winter has been the only one I can remember for a long time in which I haven't been ill or injured so training has been going well for me, especially since I have got my dad back on board as my coach :D.

At this camp we were told that everyone in the Elite Development Squad had been pre-selected for the European Orienteering Championships in Portugal (9-16 April) just before the JK. I competed in this event two years ago in Sweden and it was, and still remains, by far the largest competition I've ever been running in! It provided me with invaluable experience which I have used since at the Junior Worlds and I am so excited for this year's event. I will be running in the Middle Qualification and will hopefully get into the A final. Also the women's relay team is being selected from the performances in Portugal so my hope is that I will be selected to run in a relay team as well!! Nonetheless, the relay is being held on the Wednesday, two days before the JK sprint, so after the relay I will be flying home and quickly repacking and washing ready for the JK that weekend.

The JK this year is selection for the Junior World Orienteering Championships which is being held in Bulgaria. I have not yet been out for training but I am planning to go sometime closer to the event (assuming that I am hopefully selected!). In preparation for EOC in Portugal I have already been out to Portugal and run on some relevant areas with my Norwegian club, Lillomarka, which had a one week training camp out there. This was so much fun and couldn't have come at a better time as I got some sun and heat whilst England was experiencing its flooded and rainy period!

As well as these travels I am planning on going to Denmark for the Danish Spring and also Lanzarote for Durham University Athletics Training Camp at La Santa, which again I CANNOT WAIT FOR as I am in need of some sun and time to chill out, especially since the last few weeks of this term at university have been completely hectic and I am struggling to keep up!!

Last month, I cam home for a few days to receive an award from Wiltshire Council, along with Emily Benham, as we have been recognised as part of the Funding Future Olympians and Paralympians Project which has recently been set up. This was not only lovely to come home for a bit but also to be recognised by my home county for the efforts that I have to put in to Orienteering. I was also interviewed by BBC Wiltshire Radio, of which was aired on the following Saturday. I plugged Sarum Orienteering Club and the support that you guys have all given me :) and they provided the website address as a point of contact for anyone who listened and wanted to get involved!!.

So all in all, it's a very busy time of the year but an exciting one to say the least!! I will be home in April, and it would be great to catch up with you all again as I feel so distant being all the way up in Durham! I am sure I will get to see you all at the JK anyway which I am very much excited about! Once again, I just have to say I really, really couldn't have got so far with orienteering and have such high expectations of myself without the club's support and the individuals in it of whom have helped me out no end :) So thank you to you all, have a lovely Easter, and I will see you all soon!! :



The Level B versus Level C Debate – A View

Is there any good reason for doing a level B event or is it merely image? Does the "image" alone bring in more runners or improve the event? What are the advantages of doing a level B? What are the disadvantages?

The disadvantages to the organiser are obvious. The detail according to BOF i.e. the map, organiser and planner, should be in place at least a year before! Every runner has to have a timed start with seedings followed. To give start times and then ignore them – as we have actually seen done at a level B – is disingenuous at best and dishonest at worst and one has to ask what is the purpose of it? Moreover, if you are the one who has spent hours allocating times and changing people's times you will ask doubly strongly "why have I spent hours allocating times which are then ignored?" The argument that timed starts prevent cheating doesn't always hold water. If you are intent on cheating to increase your ranking points you would only go to level C events, where the starts aren't timed and where you can manipulate who you follow and still get ranking points. Moreover, many older runners and families prefer arriving and going when they are ready, without the stress of a particular time – which makes their event more stressful and therefore less enjoyable. At level B events split times can make the families hang around for ever unless the computer team is flexible. The organiser has to find 3 jury members of suitable level. I always go through the list of runners and find and ask Level A/B controllers who have entered and then allocate them the times of their choice – as they have to stay at the event until the last runner is in. Two of the jury at the Sarum Saunter this year questioned why we were doing a "B" event but nonetheless they very kindly took on the responsibility. **Questions to be asked.**

Does one get more runners at a level B? According to BOF, people will travel further to a level B. Where is the evidence? People may travel further to a "new" wood they have never run in before or if it is an area they find particularly interesting e.g. Penhale Sands or they may travel to a particular competition e.g. Compass sport. But does B or C at the top really make any difference? To the argument that a level B means that there can be no other event in the vicinity we would counter that to avoid clashes with other clubs wouldn't it be more effective if SWOA and SCOA fixture secretaries met up annually to draw up a fixture list for the following 12 – 18 months. This would avoid such clashes as on April 6th, between BADO at Perham Down and the Wessex Galoppen at Rushmore when by definition both clubs will miss out. We have been doing some research on numbers attending. It seems to us that the number of runners depends on a) accessibility i.e. where the event is and b) the price of the event. We have known SOC get over 150 runners at an event in the New Forest which cost £5 where there were no facilities. NWO got 388 at West Woods for their level C Galoppen on a not very pleasant day - near the M4 and more cheaply priced. We had 348 runners at a level B on a brilliant day weatherwise. If we hadn't done EOD and had kept to the Fabian4 deadline we would have had 209. Which in itself makes one wonder if it is worth paying Fabian4. The theory is that one knows how many maps to order. Does one in reality? In the week after Fabian4 closed we had about 40 people enquire and enter late. Nigel needs to know map numbers at least a week before – so one looks at the weather forecast and makes an informed guess. We guessed at 393 maps in total. We ran out of Light Green and competitors had to choose to run up or down. We are also sure that the cost has a bearing. At the Sarum Saunter this year we had mutterings about having to get a mortgage out to run. Lower prices might well have attracted more runners, in our view. One only has to consider how many civilians run at Army events. £8/£9 is an acceptable price to many people. £13. EOD is considered a lot of money and is it really necessary?

What are the advantages of a level B? How does the club benefit? What are the real benefits to the runner? Other than that one has an excuse to charge more and a very small minority of elite runners are catered for in particular, we personally can't find any! On the other hand, for a level C event, we get ranking points for a level C, there are no start times to fuss about, the courses are the same, it is often cheaper and there is less hassle.

In our view the important thing is NOT whether the event is billed as a level C or level B but whether the event is of a high quality. Are the maps good? Are the courses good? Is the organisation well done and has the event been adequately advertised well in advance? Are the final details clear? Is access clear? Is the signing to the event good? Is parking hassle free? Is it a relaxed atmosphere? Are problems solved pleasantly? Does the runner get value for money? In other words do runners leave disgruntled or do they go away smiling and with a spring in their step? As a result we strongly agree with many other clubs – Wimborne and Wessex included – that there are no advantages to doing a level B event so why don't we cut out the hassle and only do level C's and put our efforts, not into unnecessary bureaucracy but into making sure we put on first rate level C events? A club is only as good as its last event. Quality is therefore the crucial factor – not whether it is level B or C.

Pat and Brian Hart.

[Editor's note: One of the principal reasons for the event being a Level B up to now is the priority this gives the event at the regional programme meeting]



The Dorset Coast Path (DCP) Relay is an annual long-distance race that follows the South West Coast Path across the width of Dorset. This year's DCP Relay is taking place on Saturday 28 June and Sarum intends to enter a team. The event is held in support of the [South West Junior Orienteering Squad](#), and helps to provide the South West's aspiring orienteering athletes with much needed resources for coaching, kit, and travel to training camps and competitions.

The event starts just west of Lyme Regis and includes several large hills, breathtaking views, a white horse and a naturist beach, before finishing some 100km later at Shell Bay near Poole. The detailed route is available on the website: <http://www.coastpathrelay.org.uk/>.



The competition started out between orienteering clubs from the south and south west, but it is open to anyone. Teams can comprise any number of runners and, bar a few exceptions, there are no fixed changeover points. Over the relay's 21 years there have been up to nine teams competing, varying from 10 to 40 runners. Given the wide range of team sizes, the playing field is levelled in the Handicap Competition which includes an age- and gender-based time penalty for every runner on each team. Teams organise themselves in terms of numbers of runners, changeover points and the logistics of transporting runners to the changeover points. The detailed rules of the event are included in Leon's 28 March letter and are also available on the website.

Probably the most difficult aspect of the event is the logistics involved in moving runners around and selecting the right changeover points. It is likely that Sarum will use a small fleet of cars to move runners between changeover points. Changeover points are flexible and each team can choose where their runners hand over their 'baton', with the exception of the 'King of the Mountain' and the 'King of the Coast' legs. The location of these changeover points is governed by how accessible the South West Coast Path is from the road network. At hilly changeover points, we will aim to spread a chain of runners up steep slopes to create a 'mini-relay' to quickly propel the baton up to the next runner.

All Sarum members are welcome to either run in the event or support the logistic effort (or both!) Any member available and willing to take part needs to send their details to Leon Thompson (leonthompson@hotmail.com) by **30 April** (Leon's 28 March email gives more details and includes a form that needs to be completed and returned to him). There is no reason why Sarum cannot put out a strong and competitive team. The record is 7 hours and 36 minutes, but anything between 8 and 9 hours would be excellent based on historical times, and certainly achievable with sufficient support. It promises to be an excellent day out!

Leon Thompson

Club Championships 2014

The Club Championships will take place this year in the Moot at Downton on Saturday 14th June starting at 1600. Joan Hambleton is planning the courses which will take the form of a microspoint around the Moot and the adjacent playing field. Our maze will be incorporated in the courses which should provide an interesting challenge! The area is completely enclosed which will make it suitable for all members of the club. Following the championships we will adjourn to my house close by for an early evening BBQ and prize giving. Please mark the date in your diary and make a point of coming. If you are unable to run, please come later to the BBQ. There will be plenty of food and it will be great to see you.



The South West Junior Orienteering Squad is the regional orienteering club for orienteering clubs that are members of the South West Orienteering Association. It is currently run by myself, Ben Chesters, Peter Mailphant (BOK) and Tess Stone (Devon). Currently the squad has about 30 members aged from 12 to 18. You are able to join the squad in the year that you become 12 years usually from September in that year provided you are able to complete an orange course at a suitable standard.

The training offered by the squad is split between technical orienteering training and physical training. Once or twice a year the squad trains at the Bath University athletics track. This is generally in the earlier part of the season where individual training plans are looked at. At half term in October and February the squad have training camps for two to three days on terrain relevant to the following years JK and/or British Championships areas. As a member of the squad you have the opportunity to train with members of other squads at the annual summer camps hosted by the Junior Regional Orienteering Squads (JROS) as a whole. The first opportunity is in the year that you become 14. This camp is held at Lagganla in Scotland for one week. There are other JROS camps for 16's, 18's and 20's. All camps are based on results at the JK, British Championships, Scottish, Southern, Midland and Northern Championships. Should any club members wish to know more about the Squad please contact me.

South West Junior Squad



Jeff Butt

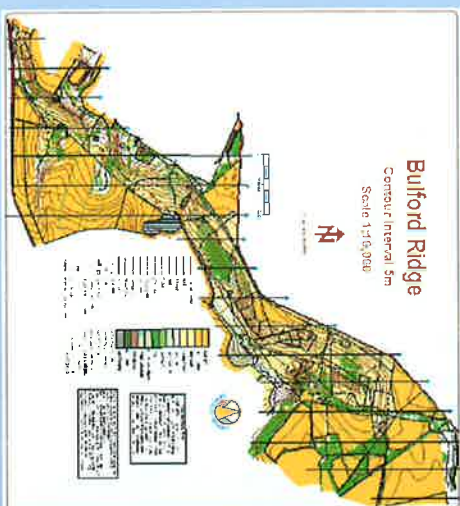
Sarum Galoppen 2013/2014

Position	Name	Class	Score	Runs	Position	Name	Class	Score	Runs
1	B. Chesters	M35	100	8	21	J. Hambleton	W70	68.7	15
2	J. Benham	M20	96.6	6	22	A. Yeaton	M75	68.6	5
3	C. Huthwaite	M45	95.9	6	22=	C. Dent	W50	68.6	18
4	H. Butt	M18	93	6	24	D. Mullins	M65	68.1	21
5	P. Hambleton	M70	92.8	15	25	B. Huthwaite	M18	67.9	4
6	A. Buck	M16	87.9	6	26	J. Buck	M45	66.7	7
7	I. Peirce	M70	87.7	14	27	D. Mullins	W60	66.5	20
8	R. Ashton	M21	83.2	8	28	R. Thornton	M70	62.1	18
9	L. White	W18	81.7	5	29	B. Hart	M65	61.7	11
10	M. Goddard	M55	80.2	10	30	J. Butt	W50	61.6	5
11	L. Thompson	M40	80.1	5	31	D. Oxenham	M55	56.7	7
12	H. Cutler	W16	79.6	7	32	C. Bonner	M21	55.8	4
13	M. White	M55	79.3	7	33	A. Dawson	M55	54.7	13
14	C. Thornton	W65	76.9	18	34	F. Peirce	W70	54.5	8
15	J. Butt	M50	74.3	11	35	N. Benham	M50	54.1	5
16	J. Belza	M70	73	4	36	P. Hart	W70	52.9	14
17	L. Yeaton	W65	72.6	5	37	D. Davies	W60	52.4	5
18	M. Ashton	W21	72.3	8	38	J. Oxenham	W60	40.7	7
19	D. Battison	M65	69.8	7	39	M. Seitz	W21	38.9	6
20	G. Davies	M60	69.7	8					

Joan Hambleton has kindly put this table together which is based on the results from 30 SWOA and SCOA events. As you see Ben Chesters is still flying high and some of the anticipated order is returning to the scores. We look forward now to some amazing results from the major events all round Britain for Joan Hambleton's next report!

17th May 2014

After several changes beyond our control, the date for our Galoppen is now fixed for Saturday 17th May. It will take place in the Army training area called Bulford Ridge. The vent area is along the ridge top and presents great views of south Wiltshire. In the northern part there is a complex trench network that has been partially filled but nevertheless requires careful navigation given the number of possible control sites. Otherwise it is all very runnable and there will be the usual range of Galoppen courses from W/Y/O/LG/SG/G/B/B. John Hope is the Organiser, Mark White is the Planner and Dave Rogers (BKO) has kindly agreed to be our Controller. Hope to see you there.



The 2014 Compass Sport Trophy Qualifier Team (less Chris and Barney Huthwaite)

Sarum and South West Galloppen Fixtures

Event	Date	Location	Organiser/Planner
Army O	Wednesday 30 th April	Sidbury Hill	Planner: Liz Yeadon Controller: Charlotte Thornton
Sarum Galloppen & SCOA League	Sunday 18 th May	Bulford Ridges	Organiser: John Hope (01722 742661)
Salisbury Tea Time O events!	Thursday 15 th May	Salisbury Leisure Centre	Organisers: Liz Yeadon / Charlotte Thornton
"	Thursday 5 th June	Churchill Gardens, Salisbury	
"	Thursday 3 rd July	Hudson's Field, Salisbury	
Club Championships	Saturday 14 th June	The Moot, Downton	Organiser: Joan Hambleton/ Mark White
Dorset South Coast Relay	Saturday 28 th June	Lyme Regis to Studland Bay	Organiser: Leon Thompson (participation dependent on numbers)
Moonraker Relays	Saturday 5 th July	Churchill Gardens Micro O, Salisbury	Organiser: TBD
Sarum Level C event – SCOA League/ Dorset Schools event	Sunday 5 th October	Everleigh	Organiser: Chris Huthwaite

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 (in blue) – please ring the Organiser if you can help!

Event flyers available from the Sarum web site: www.sarum.org.uk

Note: If you fancy having a go at Planning or Organising an event – please get in touch with Liz Yeadon asap!

Committee

President - Ron Ley

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

Secretary - Carolyn Dent - 01722334497 - carolndent@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 - jbuttt@aol.com
Seniors Club Captain - Charlotte Thornton - 01722 320872

- thorntoncev@gmail.com

Membership Sec. - Gwyn Davies - 01722 339804

- davies.sarum@btinternet.com

Juniors Representative - Lisa White - 01725 511530

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Ricky Thornton - 01722 320872 - thorntoncev@gmail.com

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Clothing - Freda Peirce - 023 8025 2779 - ian@ipeirce.fsnet.co.uk
SCAN Editor - This edition Mark White, but the post is vacant.



Sarum Orienteering Club
– Wiltshire and Swindon
Sports Club of the Year
2013