

SCAN

October 2015
Issue 56



SARUM
Orienteering Club





You will all be pleased to know that Emily Benham goes on from success to success. For those of you who don't know, Emily was one of SARUM's star juniors who changed over from foot to bike orienteering. She rapidly became a world class competitor and reached the pinnacle by becoming the World Champion. This year Emily retained the World Cup overall title – a fantastic achievement. More good news about Emily – she has just got engaged to Hans Jorgan. The less good news for us is that she will now live in Norway. We wish her all success and a happy future.

The rest of us mere mortals carry on competing in the best way we can or, like Freda, just go out and take photographs around our course, while enjoying the countryside.

A total of 24 SARUM members went to the World Championships and competed in the Scottish 6 Day. All 24 managed to complete tough and technical courses. Ten achieved bronze standard, six achieved silver standard and five achieved gold standard. I think these are excellent results for a southern club competing in physically tough and technical Scottish areas. Some of us were among the 650 helpers needed to run the event smoothly. While I was helping on the World Cup finish, I noticed how many World Cup competitors collapsed over the line and took a while to get back up – not just me then!

Otherwise, the summer is normally a quiet

Front page: Peter Hambleton at Downton Moot 2015.

Chairman's Chat

time for major events. However, SARUM continued to hold events for schools, held training evenings and also competed in the summer relay series. We would really like to see more people come along to our training evenings. They are very friendly informal affairs and if you don't think you need any more training – look back at your recent results!! If you have any specific areas of training you would like, then let us know. The week-day evening training events are now discontinued until the spring, so we are hungry for new ideas for next year.

We would also like to see more members participate in the summer relays. If you are concerned about making mistakes and letting a team down, don't be, they are already doing that very well for themselves! However, we have had some good successes as well, with SARUM seniors and SARUM juniors both taking a trophy at the WSX Hardy relay and SARUM seniors taking a trophy at the SARUM Moonraker relay.

Finally can I urge all club members to come to the SARUM Galoppen event at Foxbury on 15th November. It is a new area and much work has gone into setting up this event. Helpers on the day are also required, so if you are prepared to assist in some way, please contact me at chairman@sarumo.org.uk and I will forward your details to Pat Hart, the organizer.

YOUR CLUB NEEDS



Committee Corner

Mapping New Areas

SARUM have been putting concerted effort into obtaining new areas to hold our events.

FOXBURY (map in preparation)



**National
Trust**

Our gratitude is expressed for allowing SARUM to utilise this new area for orienteering. The first time we will run this area will be at our event on 15th November, why not come along and enjoy the new area and support the club.

WARMINSTER (map completed)

A level C event is planned for next year (17th April 2016).

SALISBURY EXTENDED MAP
(map completed)

A level B event is planned for next year (5th November 2016) to run alongside the November Classic.



Schools Events

We are about to enter the new season and the school events are presently being organised and planned. Liz Yeadon is always keen to encourage new helpers. So if you would like to join a join our friendly band of helpers, please contact Liz. This is an important way of opening up our sport to the next generation.

Equipment

From additional events held this year, the club finances are in good shape. The committee have

put some of this into reserve to allow for the inevitable replacements of equipment.

Compass Sport Trophy

The heats for 2016 are now intended to take place in the Forest of Dean on 13th March 2016. PUT THIS IN YOUR DIARY NOW!

We are a strong enough club to win the heat and to go on to win the final. What we need is a full commitment from all the club members to compete so we can bring back the trophy to where it belongs!

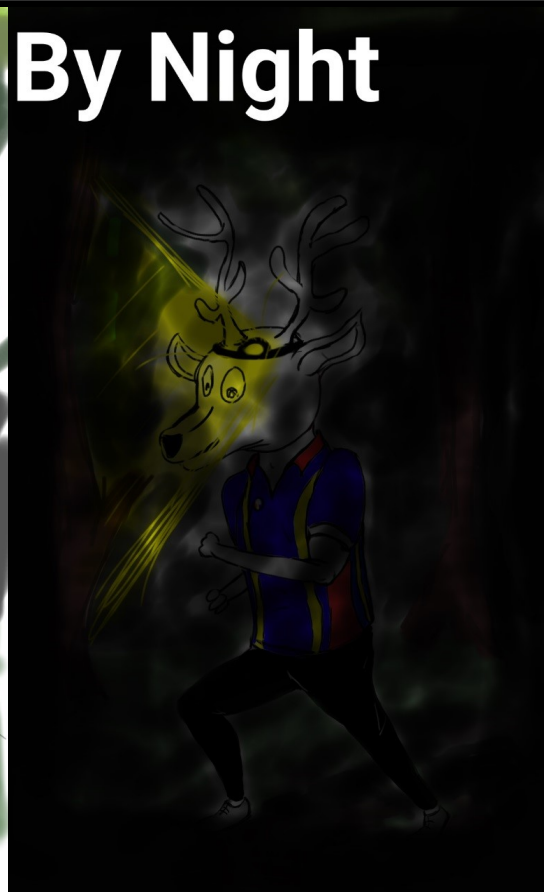
O DEER!

A new cartoon for the discerning orienteer!

By Day



By Night





Committee

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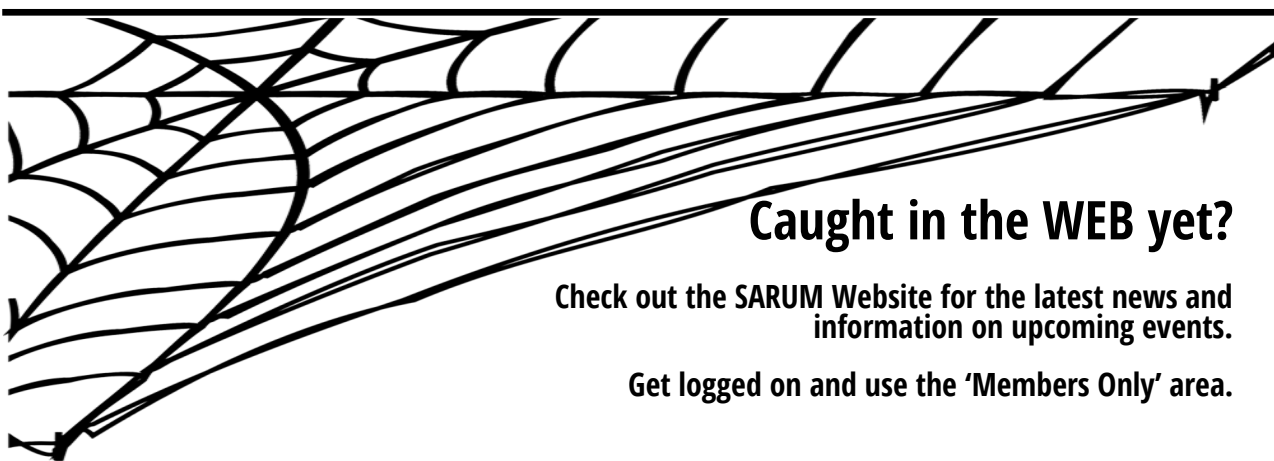
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Caught in the WEB yet?

Check out the SARUM Website for the latest news and information on upcoming events.

Get logged on and use the 'Members Only' area.

Extra! Extra!

Help to let others read about it!

SCAN requires News and Views from its members. Any idea or story no matter how big or small will be included in the magazine. Photographs always welcome. Contact the editor at:

SCAN@Sarum.org.uk



SINS I Enjoy!

View over Wales to Snowdon (far right on horizon)

For all sorts of reasons I'm not a great fan of multi-day events but I'm happy to make an exception for Springtime in Shropshire. Shropshire is a delight, quiet, uncrowded with lots of attractive and interesting small towns and villages. May is a wonderful time to visit the heart of the Welsh Marches with the lush greens of fields and trees very pleasing to the eye and, on a clear day, wonderful views from the hills over towards the hills and mountains of Wales. SINS gives the opportunity to savour all this along with some really enjoyable orienteering. I feel that SINS is rather like a Sarum event: well organised but still laid back, friendly and relaxed.

We first went to SINS 30 years ago and have been to most subsequent events, on one occasion even booking accommodation two years in advance. We have run on some areas on several occasions but new maps do appear and there's little wrong in renewing old acquaintances from time to time. The terrain can be quite varied and generally not life threatening in severity, although navigating on Stiperstones in a mist

can be quite thought provoking.

This year the first event was at Brampton Bryan, a mix of woodland and open set mainly on the sides of a steep bowl in which the finish is located. On a wet day with bluebells out the steep descent at the end can be distinctly hairy; this year it was dry and sunny but none the less of a challenge to the nerves. After a strenuous climb up to the start the first half of my course was in woodland with some uncertain veg. boundary mapping to be wary of. These days I make myself take things steadily until I feel I understand the map and this helped me avoid mistakes in the uncertain vegetation. Half way round the terrain changed to fast open running which I really enjoyed. The aforementioned descent to the finish bowl required some care but from then on it was just easy running. For once I had a camera (phone) with me and managed to get some shots of fellow club members finishing, which was not possible with the more remote finishes of the next two days.





Assembly and Finish at Brampton Bryan

Days 2 and 3 used the same parking field. On Day 2 the air was incredibly clear and, despite some cloud, we had views across to most of the major Welsh hills and mountains; we could even see Snowdon as two blips on the far horizon. The Day 2 map was of Stapeley and Rorrington a mainly open area with one main ridge overlooking marshy areas with several adjacent hills. My route went uphill for the first 5 controls making me doubt whether I had the energy to finish this run let alone another the following day but an easy descent to the top of the steep NW



As does Joan

slope of the ridge helped recovery. A couple of controls along the top of the slope were followed by a couple in marshes below, then a slog back uphill and over into the next valley, more marsh and up a near vertical slope to the last control and a short run in to the finish. I noticed a small stone circle near the finish and went over to inspect and bring greetings from big brother Stonehenge. Another runner there said to me 'You do realise that when you walk through the centre of the circle it wipes your SI dibber'; for a moment I was concerned but then realised that we were actually in Wales and this wouldn't happen to someone born in the valleys.

Day 3 saw us gazing up at Corndon Hill looking, and failing, to see control kites. There were views of runners on a far skyline many of whom seemed to be moving slowly and uncertainly;

not an encouraging sight. The start was out of view about 600m up a forest track with a short sharp climb at the last that left you puffing. When I picked up my map it took me ages to find my first control as the immediate area ahead was covered in lines and circles, not to mention depressions. Eventually I cracked it and again took it steady, through a maze of depressions to control 1. A climb up through even more depressions led to my second control but I drifted to the left

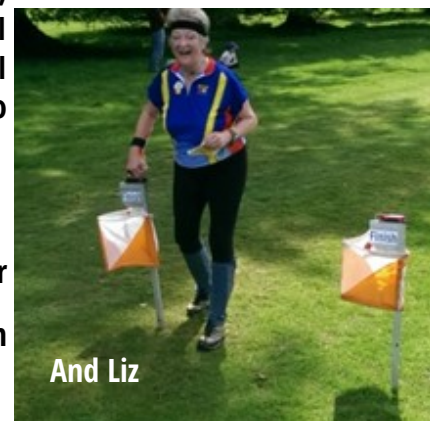
and missed. I used an earth bank just beyond as a catch feature and quickly picked up my correct gully. There was then a 300m leg across an open valley followed by a climb and descent to the first rocky feature of a sequence of four crags and boulder controls with a gratuitous steep climb

halfway. The course then went right to the top of the hill, for no other reason I could see than because it was there and might as well be used. The run back down was nice but led back into the depression minefield which took more careful navigation. Finally the depression field came to an end and it was just a matter of legging it down a track to the last control and the short sprint finish. Overall I had a good set of runs, managing first place on each day. Just as surprising, my times on all three days were almost the same, within 2%. I don't think I could ever do that again.



Windy finishes on Day 1

Peter
Hambleton



And Liz



WORLD ORIENTEERING CHAMPIONSHIPS SCOTLAND 2015

The Scottish 6-Days event draws us up there like a magnet every time. This year it did so with double strength, hosting the World Orienteering Championships.

I recall memories of WOC 99 in the Highlands, when, in the week prior to those 6- Days, the South West Junior Squad, including our young daughter, travelled up to Kincaig for a week of training. This was to optimise their skills in the terrain and focus on the competitions ahead. Dedication. At that time, SI punching was fairly new in the UK and there were prominent de-

scriptions on how we should use them. Sixteen years on and WOC 2015 Elites were to use Proximity punching.

We had volunteered to help at the long distance Classic race on Day 5 at Glen Affric South. As with all WOC helpers, we were only too well aware of our need to have completed our own course runs, injury-free and in an acceptable finish time for our takeover.

Having enjoyed good runs on Days 1-4 (I really did) I was looking forward to sampling this new area on day 5. I began with an early start, focussed on accurate navigation. Hm-m-m. Glen Affric decided to throw persistent physical challenges ahead to undermine and thwart the most optimistic legs (both human & mapped!). I'll never forget a traverse through a green area (it should have been dark green) because a line of us which had gathered at one point, bent, stretched and clawed our way along a forested contour, gratefully responding to helpful directional calls from anyone who glimpsed daylight! Ultimately, a final stretch of "wind blow" forced a significant detour to my final control. To my surprise, this was manned by a couple of cheery marshals. They congratulated me on finding the FINISH, as I staggered towards them, through the greenery. They then presented me with a small map to help with navigation back to assembly!!

I won't forget that course. Thankfully, I had got back in time enough to attempt a clean-up and hopefully present a cheerful and un-knackered appearance at the WOC Download Arena.

From then on, I must say how very special it was to be part of the Event Team, and to see the world's top athletes racing in to cross the FINISH arch, and to hear their post-race interviews so positively given after recovery. It is somewhat





**Darnaway House with the
Flags of attending Nationalities**

humbling to witness the magnitude of effort it takes to lead them to the top of their sport. Dedication. For me, it was a privilege to help. WOC 2015 – unforgettable.

Freda Peirce

WOC and Scottish 6 days.

Dave and I have never been to a World Orienteering Championships (WOC) before. We decided that if we were going to help we would not run our 6 days race on those days. We helped Fri 31st, the sprint qualifiers in Forres. This was so close to our Hotel we could walk to the event. Sat. 1st we helped at Nairn with the sprint relays. Nairn is a really pretty sea-side town between Forres and Inverness. These turned out to be long days but well worth it. We helped build the Arena on each day. Friday, once the runners had started our job was to man the water, making sure it wasn't tampered with, we couldn't hand it out to the runners just show that it was available. Saturday was very exciting, after the arena was ready

(we started at 10am) all was ready for the opening ceremony at 4.45-5.30, and then races at 6pm-7.15. Yes it was a very long job, the monsoon rain in the middle didn't help, and it blew down a lot of equipment.

We were manning the penultimate control. This was a bush near to the beach, between the loos and the café. Very well placed. We had to keep out of the runner's way (of course) but make sure that no one interfered with the control and that it wasn't knocked over by the runners. From this spot we could see the first group of runners (women) starting, teams consisted of women, man, man, women. They all had to run out onto the beach around the town, back into the park for a spectator control, off into the town again, eventually it was our turn. They came to our control in groups, by then there were loads of spectators shouting taking photos the scenes were amazing. After us it was straight up the grassy slope to the last control then to the finish to hand a map to their next runner. There was a 5ft board between incoming runner and the hand over pen, the next maps were mounted on the incoming runners side so they could slip it out of holders and hand it over very quickly, each board had it's countries initials on. So there was no way the runners could see the map in advance.

All the time there was a big screen in the Arena showing us how the race was progressing. It was all over so quickly, it was mind blowing how quickly the runners finished their courses.

Tues. and Wed. was Darnaway's turn, again not far from us. The setting was Darnaway castle, a massive house set in fantastic grounds. Tues. we ran in the Forres sprints and then travelled to Darnaway to help with



Winning Danish Team



Presentation by Earl Moray

There were 51 countries competing in the WOC 2015 up to 6 runners (3 women 3 men) from each country. So just to be chosen for the qualifiers was amazing. The view of the flags stung out on a bunting below Daraway Castle was a fantastic sight. After Wed. we didn't help again, but we did watch the WOC runners come into the finish after our run on the Fri. this was the last day for

the WOC middle distance. Wed. was the WOC relays in the afternoon. I really enjoyed this, we were posting the results so I could see when GB were doing well, I was shouting with the crowds at the end.

All of the time the WOC runners were running their courses Dave and I could follow their progress on one of the computer that was set up for this very purpose. Because we were posting the results we were in the right place for this. We could see the courses of about 4 runners, the slightly different routes they took, and then still arrive at a control almost together. Really fascinating.



Courses Stretched
Participants to the Limit

the WOC, the long distance runs at Glen Affric. A really physical area, the 6 days ran on the same area our last day the Sat. Our Fri run was on the other side of Glen Affric a horrible area with very high banked rivers, they called them revines, each were to wide at the top to jump across it was a matter of climbing down one side across the river and clamber up the other side. I had 4 of these, I arrived at my no 8 control after 2hrs, I took the road to the finish rather than a 800m direct route to my next control. 18 in my age group retired 5 of them at the same place as me!!!

Looking at the men's long distance race of 15k. Their start was to the far west of our Sat. start. They seemed to have legs of about 3k and then a group of 5 controls and then the same again; their whole course followed this format.

This was a very exciting, busy, exhausting, physical, wet, muddy, painful (I pulled my hamstring again) unmissable time in my orienteering career. The summer has almost gone, it won't be long before The Cadihoe Chase kicks off the new season. Hope you all have a good Season in the Forest 2015/16, and no injuries.

Denise Mullins

World Orienteering Championships 2015

The World Orienteering Championships took place this summer during the period from Thursday 30th July until Friday 7th August. During this period the Scottish Six Days Event also took place. The latter event attracted well over 5000 runners and the WOC event attracted competitors from 50 different countries. All

SCOTTISH 6 DAY - 2015 - SARUM SUMMARY RESULTS

Name	Class	Place	Runners	% Place	Score	Standard
Toby Huthwaite	M16B	11	17	64.7%	41	Bronze
Harry Butt	M20L	19	62	30.6%	69	Silver
Jack Benham	M21L	42	106	39.6%	133	Silver
Tom Butt	M21S	87	139	62.6%	296	Bronze
Ben Chesters	M35L	8	64	12.5%	30	Gold
Chris Huthwaite	M45L	97	181	53.6%	337	Bronze
Jeff Butt	M50L	132	229	57.6%	447	Bronze
Mark White	M55L	143	209	68.4%	489	Bronze
David Oxenham	M60S	52	101	51.5%	168	Silver
David Mullins	M65L	104	152	68.4%	332	Bronze
Ian Peirce	M70L	8	83	9.6%	40	Gold
Brian Hart	M70L	55	83	66.3%	166	Bronze
Richard Thornton	M70S	35	42	83.3%	109	Bronze
Alan Yeadon	M75S	6	13	46.2%	18	Silver
Lucy Butt	W21E	35	52	67.3%	488.39	N/A
Alice Butt	W21S	11	100	11.0%	48	Gold
Jackie Butt	W50L	41	152	27.0%	129	Gold
Carolyn Dent	W50L	129	152	84.9%	434	
Denise Mullins	W60L	78	95	82.1%	266	Bronze
Liz Yeadon	W65S	13	48	27.1%	43	Gold
Jan Oxenham	W65S	41	48	85.4%	177	
Charlotte Thornton	W70L	19	42	45.2%	59	Silver

events took place near Inverness in the far north of Scotland and included urban as well as forest events at Darnaway castle and Glen Affric.

Liz and I entered for the 6-Days events but also we volunteered to help with the WOC events. In addition we did some sight seeing and we spent a week in that area before the orienteering started. We rented a farm cottage near Muir of Ord which is on the west side of Beauly Firth. We visited such places as Ullapool, Cromarty and Glen Morange and admired the wonderful scenery.

Our first day as helpers took place at a large open area, next to the sea at Nairn on the first Saturday when the WOC Sprint Relays took place. We were two of many helpers who assisted BAOC and SARUM members Charles Bromley-Gardner and Chris Huthwaite who were Day/ Arena Co-ordinators. They had a huge job in assembling lots of tents, fences, public notices for the relay race. Liz and I helped erect fences and banners. Lines of gazebos had been erected on three sides of an area the size of a football pitch. Strong winds suddenly occurred and many gazebos took to the air and then crashed to the ground. This resulted in piles of broken struts



and ruined gazebos. So we helped clear up and erect new ones which were firmly pegged down and without sides to lessen wind resistance.

Later that day Liz took part in the formal opening ceremony which was broadcast on Alba TV. Martin Ward (BOF Chairman), the mayor of Nairn and a rep from Event Scotland formally opened the WOC events and Liz had the job of raising the IOF flag during the ceremony. During the WOC Relay event we acted as marshals. We were placed near a control on the run in and had to keep the run in clear as huge crowds flocked to watch the runners. I had to tape off a large section to keep the crowd out of the runners way and to allow the TV camera man to take shots as runners punched a control. This was a long and busy but memorable day which left us so tired we did not attempt the S6D first day!

During the other subsequent WOC events Liz and I were part of the TVOC team under the leadership of Jon Wheatcroft. This team of about 10 people helped at the Finish area and we did jobs such as water bottle issue, collecting timing watches from their wrists and reaching down the sweaty backs of runners to retrieve their GPS tracker. Liz had to collect the leading runner as they finished to take them to Mark Nixon to be interviewed. It should be noted that we were forbidden to give each runner a water bottle. They had to pick one up themselves so we could avoid any charge that we had given them drugs!

On several evenings there was a WOC medal presentation ceremony where prizes were given to the winners of the various events. These ceremonies took place at the event centre, Eden Court, in Inverness. At each ceremony large crowds attended together with many press and official photographers. Lyn West of SOS was in charge of ceremonies and she requested our help at the prizes giving. Prize winners marched

on to a raised stage and were presented with flowers and medals. Liz, myself and Simon Errington were asked to do the job of raising flags during these ceremonies. It did mean that we had an excellent view of the backs of international elites.

Both Liz and I managed to run in four of the S6D events. I mentioned we missed day 1 due to being rather tired from the Nairn event. We missed Day 5 at Glen Affric since we were committed to the medal ceremony that evening. We had experience some wonderful traffic jams in the area so we left early to make sure we made the medal ceremony and of course there were no traffic jams! However, we did get reports from fellow Sarum runners that the terrain on Day 5 was dreadful with 3 huge ravines to cross and many fallen trees in a difficult forest.

Our results were not too bad and in fact Liz qualified for an S6D gold badge and I qualified for a silver badge.

Overall we had a good holiday. We enjoyed the scenery and running in the S6D events and the helping with the WOC events proved to be a fun, enjoyable and interesting experience.

Alan Yeadon



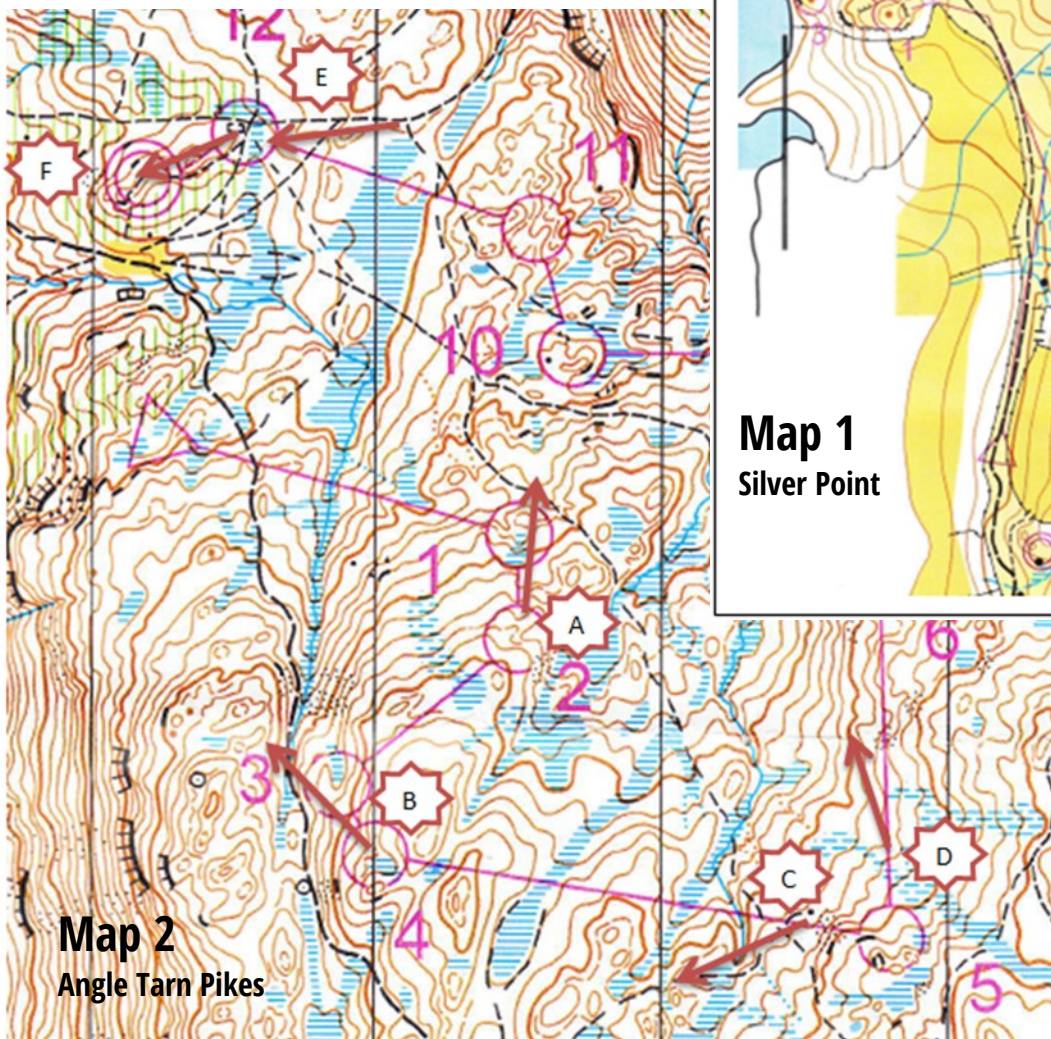
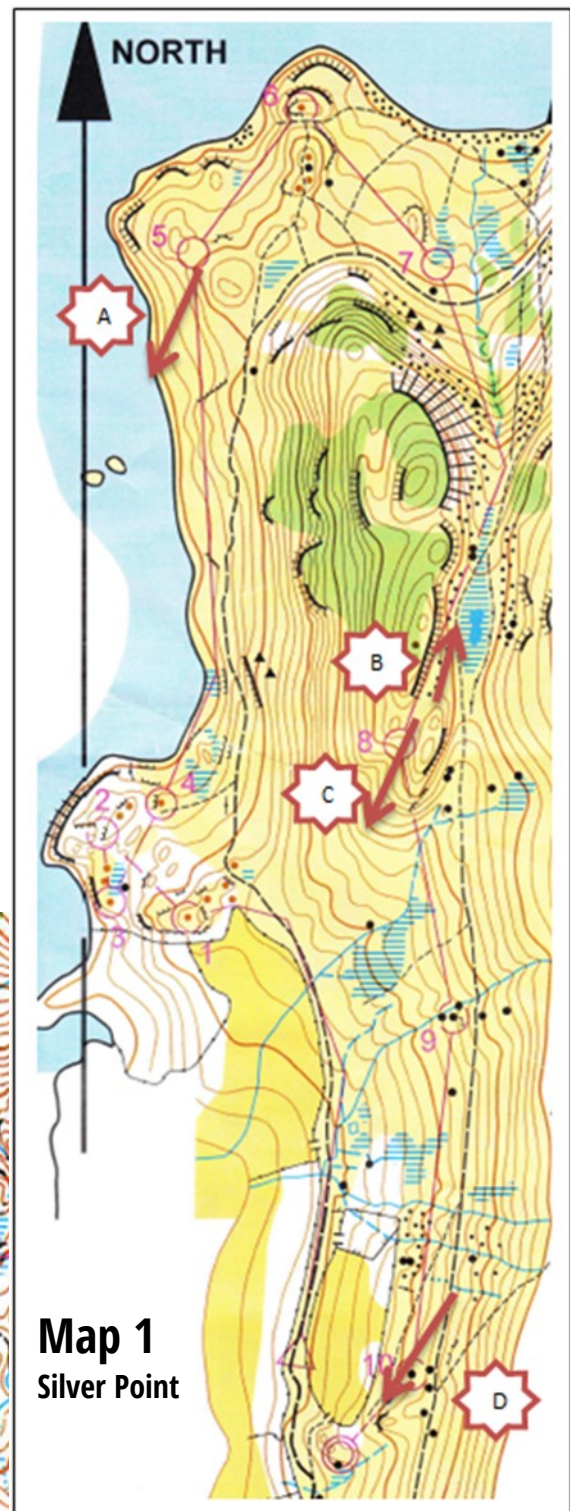
Peak Photo Challenge Results

In SCAN 55 Freda challenged you to guess from which position each of her pictures were taken. For the more optically able you could also have provided the direction the photos were taken on.

Well as promised here are the answers for you to compare how well you did.

For those who need a prize then that will be submitting a future challenge from one of the runs over the next few months.

Lake District
National Park



Running Scores



Posn	BOF	+/-	Name	Total	Contributing Score
1	59	-10	Ben Chesters	7960	1329, 1328, 1355, 1327, 1314, 1307
2	129	+0	Harry Butt	7746	1297, 1284, 1297, 1291, 1290, 1287
3	139	+123	Thomas Butt	7733	1282, 1281, 1264, 1338, 1290, 1278
4	168	-35	Robert Ashton	7690	1312, 1292, 1280, 1279, 1262, 1265
5	214	+9	Lucy Butt	7608	1267, 1278, 1276, 1253, 1253, 1281
6	248	+3036	Jack Benham	7549	1253, 1266, 1250, 1268, 1250, 1262
7	334	+13	Chris Huthwaite	7428	1233, 1248, 1226, 1266, 1240, 1215
8	885	-13	Martin Goddard	6937	1167, 1170, 1145, 1165, 1150, 1140
9	933	-82	Jeff Butt	6906	1157, 1167, 1141, 1135, 1144, 1162
10	1080	+2231	Alice Butt	6800	1083, 1156, 1107, 1171, 1154, 1129
11	1145	-60	Ian Peirce	6750	1130, 1160, 1100, 1106, 1100, 1154
12	1173	+27	Jackie Butt	6726	1130, 1129, 1104, 1128, 1120, 1115
13	1184	-291	James Buck	6716	1142, 1124, 1115, 1134, 1083, 1118
14	1349	-120	Megan Ashton	6598	1096, 1133, 1108, 1085, 1084, 1092
15	1369	-10	Carolyn Dent	6584	1097, 1101, 1082, 1081, 1111, 1112
16	1475	-285	Mark White	6501	1085, 1050, 1071, 1029, 1104, 1162
17	1494	-177	Peter Hambleton	6490	1071, 1047, 1083, 1032, 1052, 1205
18	1771	-300	David Mullins	6296	1056, 1067, 1062, 1037, 1038, 1036
19	1934	-44	Brian Hart	6165	1072, 1035, 1033, 993, 1034, 998
20	2132	-205	David Battison	6011	1013, 1018, 963, 990, 985, 1042
21	2312	-385	Jan Belza	5845	998, 998, 974, 964, 961, 950
22	2327	-100	David Oxenham	5832	960, 963, 1005, 965, 955, 984
23	2373	+833	Alexander Buck	5790	1214, 1099, 1200, 1108, 1169
24	2653	-298	Charlotte Thornton	5484	906, 945, 907, 896, 918, 912
25	2712	-155	Hazel Cutler	5403	856, 979, 893, 866, 870, 939
26	2791	+330	Nigel Benham	5281	1076, 1053, 1098, 1013, 1041

Posn	BOF	+/-	Name	Total	Contributing Score
27	2797	-266	Denise Mullins	5267	925, 855, 857, 849, 899, 882
28	2820	-182	Liz Yeadon	5215	861, 861, 872, 892, 878, 851
29	3078	-226	Gwyn Davies	4809	991, 909, 1072, 981, 856
30	3080	-233	Neil Underwood	4805	993, 1038, 865, 921, 988
31	3096	-263	Richard Thornton	4785	889, 785, 795, 767, 767, 782
32	3106	-244	Simon Morley	4772	847, 1074, 942, 952, 957
33	3209	+202	Gary Sawyer	4580	1165, 1181, 1101, 1133
34	3216	-368	Alan Yeadon	4567	729, 753, 778, 737, 734, 836
35	3285	-468	Joan Hambleton	4420	825, 736, 722, 703, 740, 694
36	3298	-178	Pat Hart	4390	801, 689, 686, 791, 686, 737
37	3308	-205	Adrian Dawson	4361	713, 778, 735, 691, 698, 746
38	3403	+81	Keith Cutler	4105	731, 875, 828, 845, 826
39	3696	-78	Freda Peirce	3352	510, 565, 481, 618, 588, 590
40	3829	-228	Adam Walker	2970	1006, 894, 1070
41	3928	-561	Chic Young	2673	997, 814, 862
42	4020	-631	Barney Huthwaite	2386	1207, 1179
43	4038	+788	Kerrie Benham	2340	896, 670, 774
44	4211	-2895	Lisa White	2031	1113, 918
45	4539	-100	Anna Baines	1171	829, 342
46	4621	-1147	Leon Thompson	1144	1144
47	4763	-1111	Phil Hall	1030	1030
48	4873	-849	Alex Thomson	964	964
49	4874	-128	Rachel Perry	963	963
50	4918	-631	Martin Thirkell	931	931
51	4963	+263	Jan Oxenham	897	116, 11, 418, 352
52	4980	-135	Mike Gibson	886	886
53	5283	-116	Ron Ley	461	125, 336
54	5324	-128	Christopher Rogers	301	290, 11
55	5352	-126	Dorinda Davies	92	92
56	5364	-250	John Hope	11	11

Rankings correct as of 21 Oct 15. All data taken directly from BOF Website.



For further social information contact Auntie Charlotte on her usual number of 07814 207702 or at Fixtures@sarumo.or.uk. You don't even have to run! Just turn up and chat. Training charges do apply £1 for Adults 50p for children, to cover costs.

For further event information contact Auntie Liz on 07990 734576 or at liz.yeadon@btinternet.com

Auntie Social!



Date	Event	Location	Planner/Organiser
Thursday 22nd October	Sarum Club AGM	HUB Club Salisbury	Committee
Monday 2nd November	Wessex Night League & SARUM Club Night	Salisbury City	Charlotte Thornton 07814 207702
Sunday 15th November	Sarum Galoppen & SCOA League	Foxbury Near Wellow	Pat Hart 01794 390593
Tuesday 15th December	CHRISTMAS PARTY & SARUM Club Night	HUB Club Salisbury	Father Christmas + Elves
Friday 01st January	New Years Day Score	Copehill Down Salisbury Plain	Liz Yeadon 07990 734576
Saturday 6th February	Wessex night League & SARUM Saturday	Stonedown	TBA

Diary of an Auntie Social

February saw the start of Sarum's training nights. Two-man relays was the theme, held at the Hub Club. Junior club members gave seniors a run for their money. This is a good exercise for accurate speed reading of the map.

March's training was also held at the Hub Club. The focus was pacing – a discipline quite a few of us fail quite miserably with. Peter had a tape set out on the ground so we could measure our stride pattern, then markers set out so that we could estimate set distances and how many strides to take.

April saw the first daylight exercise, this being aiming off in Churchill Gardens. Tiny markers were set out around the gardens. We were given bearings and, using our pace counting as well, we had to see how close we could get to the markers. It was a challenge!

May. This time we were at Bourne Hill gardens and the Arts Centre. Mini courses were set out. The exercise was route choice and careful observation of the map as controls were clustered.

June was (to me) an orienteer's nightmare –

Map memory, held in Churchill Gardens once again; as usual we had pieces of map showing where the next control was. This is good practice for not looking at your map too much. The juniors did especially well.

July found us at the Moot in Downton – quite a difficult area but even more difficult with a contour-only map. It was great fun as well as a challenge.

August – a maze and butterfly loops in Hudson's Field; two or three controls around the field, then into the maze and back out again for a few more controls before finishing. There was a choice of three courses. If you were feeling very fit you could do all three.

September in Victoria Park; the two planners got drenched setting out the courses in torrential rain, thinking that their efforts were probably in vain. They were surprised – and pleased – to get a good turn-out. There was map memory again, control picking (eg North or South of a feature)

and the course which caught out even the likes of Jeff Butt! This was the Trees Only course – a map with basically only trees marked – no paths or buildings.

Great fun has been had by all those who have attended these evenings. A big thank you must go to all the planners and also to Lucy's dad, Shane, for taking lots of photos. I think we have all learned something and especially the juniors who are now becoming much more confident with IOF symbols. The weather has been mostly kind (apart from setting out in September).

Do I dare say that after each monthly event several of us have refreshed ourselves at the nearest public house, to discuss the night's activities? It would be even nicer if the next season's training saw a few more orienteers.

So – cheers everybody! See you at the Club Nights...

Ricky

Touch or Not to Touch - That is the Question.

In the World Champs in The Highlands, competitors were using touch-free SI. However, my focus here is on Emit. I have done a few events which have used touch-free Emit.

It sounds as though it should definitely be an advance on fitting your Emit brick into the control unit and watching for the light to flash. Incidentally I rarely place mine flat on the unit as I have the version 3 with a window on the back and, as long as this shows that it has registered, there is no need to put it flush on the unit.

My experiences with touch-free so far have been mixed. I find it tricky to wear the Velcro band comfortably. Do you wear it round your wrist? Or round your forearm? Is it more comfortable pointing backwards or forwards? Does it get in the way of your watch or your control description holder?

Once out on the course, you only have to go within a few feet of a control and it registers. Sometimes it is not your control (and you know it is not) but it still registers. When this happens, you end up with splits for several more legs than you had on your course (very confusing when comparing leg times afterwards). On one occasion it was very reluctant to register at all, even when I was touching it against the board – and there was no back-up pin punch!

For the really fast runners, I guess touch-free is great as they don't have to pause at all. Some of us, however, are glad of a few seconds to catch our breath! I wonder how other people feel about the touch-free system?

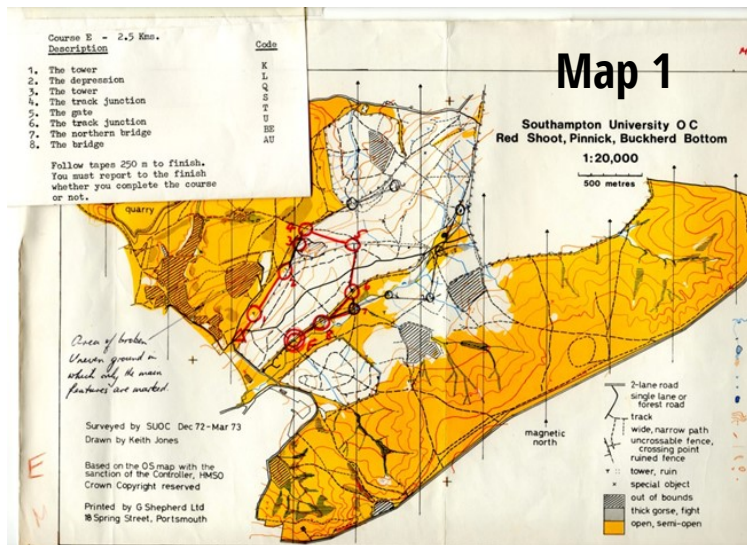
Charlotte



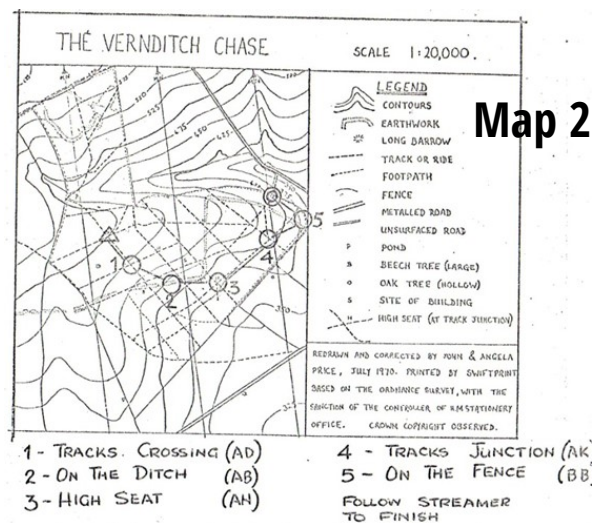
In the beginning...

Not long ago I had just filled the car with stuff to take down to the skip when the postman delivered a package that turned out to be from Dave Upshall, a founding member of the Club. Ironically, Dave was also having a clear out and decided to send some of his stuff to me. The package contents turned out to be records of the very first event attended by what was to become Sarum Orienteers. At the time, 1973, a small group of soon to be enthusiasts were attending a course on orienteering at Salisbury College of Further Education (as Wiltshire College was then known) and their first attempt to try out their new skills was a Southampton University event at Red Shoot in the New Forest.

The first 'Club' event was held in Vernditch Chase and was organised by Chris Tween of Weymouth Orienteering Club who then 'owned' the map. The map (black and white) and course is reproduced here (Map 2).

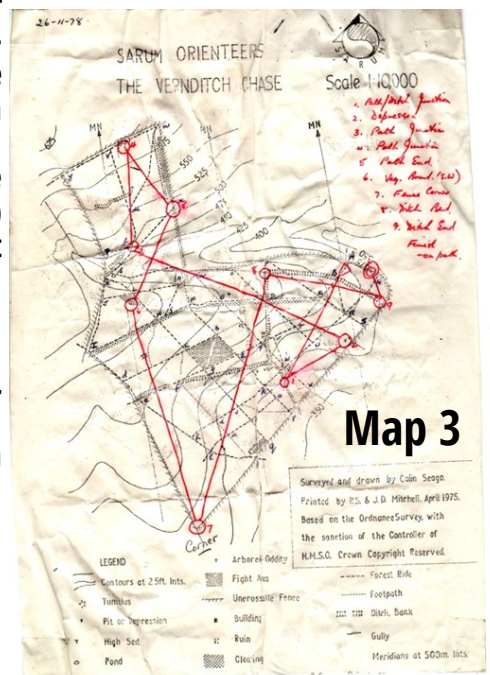


It's hard to find how many of the Club attended but there are several names, that some may recognise; Dave Upshall, Dave Howells, Jennie Thompson, Richard Durman plus several young Wimborneres. Dave recalls that most of them ran in Wellingtons and all did the 'E' course which is marked on the map. Dave Howells came second and Ron Ley 4th; typically Ron then went out again to do the 'D' course and came 4th in that! The Organiser's comments are also reproduced here (Map 1).



WeyO subsequently kindly ceded Vernditch to Sarum and the map was redrawn in 1975 - note the original Club Logo - and is reproduced below (Map 3). It should be recognisable to many of you, although quite what an Arboreal Oddity (See the Legend) is I'm not at all sure.

Peter
Hambleton



Notes Page

By popular request a page completely dedicated to your Orienteering notes



Club Galoppen Final Results

Posn	Name	Class	Score	Runs	Posn	Name	Class	Score	Runs
1	Ben Chesters	M35	98.2	27	22	Liz Yeadon	W65	71.4	32
2	Lucy Butt	W21	95.8	13	23	Brian hart	M70	71.1	28
3	Paul Lane	M55	91.5	23	24	Gwyn Davies	M60	70.6	7
4	Alex Buck	M16	90.4	10	25	Joan Hambleton	W70	70.1	26
5	Harry Butt	M18	89.7	14	26	Megan Ashton	W21	70	21
6	Jackie Butt	W50	89.3	18	27	Jim Buck	M45	68.1	11
7	Ian Peirce	M70	89.9	32	28	Pat Hart	W70	65.7	32
8	Peter Hambleton	M70	87.3	26	29	Denise Mullins	W60	64.3	40
9	Rob Ashton	M21	86	20	30	Mark White	M55	62.1	15
10	C Bromley Gardner	M55	84.8	8	31	Alan Yeadon	M75	61.5	34
11	Charlotte Thornton	W70	83.9	44	32	Dave Oxenham	M60	60.2	14
12	Tom Butt	M21	83.6	8	33	Simon Morley	M50	57.3	6
13	Alice Butt	W21	80.2	11	34	Toby Huthwaite	M16	54.5	8
14	Martin Goddard	M55	79	16	35	Dave Battison	M65	54.4	9
15	Jack Benham	M21	75.2	8	36	Ricky Thornton	M70	52.8	45
16	Jan Belza	M70	74.2	9	37	Keith Cutler	M50	50.9	9
17	Dave Mullins	M65	73.8	37	38	Freda Peirce	W70	46.1	24
18	Jeff Butt	M50	72.4	23	39	Max Duncan	M4	44.3	8
19	Hazel Cutler	W18	72.3	11	40	Adrian Dawson	M55	41.2	24
20	Carolyn Dent	W50	72.1	40	41	Jan Oxenham	W65	37.1	13
21	Lucy Wilkinson	W12	71.7	6					

Ben bows out from Sarum in style winning the club galoppen for the second year in a row.

The results are culled from 60 events where there was a significant Sarum presence. Anyone with at least 6 runs is included, however, an amazing 45 runs were achieved by Ricky. As usual it is rather worrying that 34 percent of members included are over 65 years old!

A summary of my very flexible rules: times are

compared with the fastest in your age class; results from the most competitive events eg. JK and major national championships are enhanced by 10 per cent; a mispunch or retiral scores zero; for every 6 runs the lowest score is discounted when calculating the overall score.

The new season starts from now – enjoy your run/walk/navigation/scenery.

Joan Hambleton

