

SOUTH MIDLANDS ORIENTEERING CLUB

issue 118      APRIL 2007



SMOC Signals

# Chairman's Chat .....

We've now run six Keyne-O events in various Milton Keynes parks. By now most of the club must have been along to a few and there are several new faces we see regularly. As the weather improves we will be switching to the Summer Series. The event format will be very similar but we will be going a little further afield - but still within easy reach of Milton Keynes. Some of the areas will allow us to offer some more technical courses for those who want a bit more of a challenge.

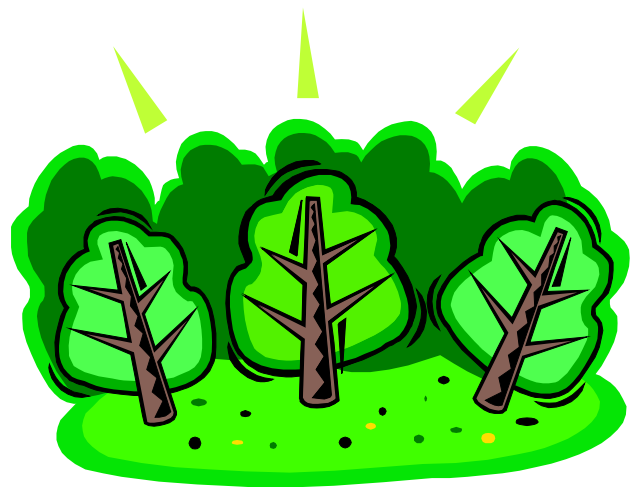
For the Summer Series Finale we will be going a little further still to the Frontier Centre. This is an Outdoor Centre in the Nene Valley which we have mapped for them. As well as an Orienteering event in the morning there will be an opportunity to take part in a couple of the centre's activities in the afternoon (free!). See Robert's note elsewhere for more details.

As well as local events there is plenty going on further afield. Several club members will be at the JK in the Forest of Dean over Easter weekend.

For the Summer there is the Scottish 6 Days to look forward to.

May you always run in sunlit forests,

Steve



In this edition of SMOC Signals we are pleased to welcome lots of new members:  
Oliver Tomlinson from Milton Keynes,  
Keith Agmen from Cranfield,  
Kevin Oliver from Milton Keynes,  
Ric Brakenbury from Milton Keynes,  
the Scott family from Bedford and  
the Meredith family from Milton Keynes

**DON'T FORGET THE ANNUAL DINNER  
PLUS AWARDS CEREMONY  
PLUS A G M**

**SATURDAY 31 March 2007**

**CONTACT RICHARD POWNALL URGENTLY IF YOU  
HAVEN'T ALREADY BOOKED**

Details and a menu selection form are available in the News section of the website (<http://www.smoc.info>).

# Orienteering Jargon

Over the next few editions of SMOC Signals we will explain some of the mysterious acronyms and phrases which leave the new (and not so new) orienteer baffled.

## **BO**

British Orienteering. A new name for the British Orienteering Federation with a somewhat unfortunate acronym, which we are not supposed to use.

## **Control**

A point on your course which you have to visit, marked on your map with a circle. At each control, you should see a marker or kite, a code, and a punch.

## **EOD**

Entry On the Day. Meaning that you can just turn up on the day of the event, find registration, and pay for your run.

## **Finish**

The end of your course, where your final time is recorded. It is marked on your map by a pair of concentric circles. At an event with traditional control cards, hand in your card, as proof that you have found all the controls. At electronic punching events, you must visit the download before departing the event. There should also be, at the finish or on the way back to the car park, some free orange squash, compliments of the organisers.

Please remember that whether you visit all the controls or not, you must always report to the finish or download. This is the golden rule of orienteering, preventing unnecessary searching for 'missing' competitors.

## **Junior**

Someone who has yet to reach the year of his or her 21st birthday, i.e. age class M20, W20, or younger.

## **Map bag**

A tough transparent plastic envelope to put your map in to protect it from weather, mud, and sweat.

## **Mispunch**

A competitor whose visit to a particular control is not recorded on the control card (whether paper or electronic) is said to have "mispunched". This will normally be because the competitor has accidentally missed out the control or visited the wrong control without realising. More rarely, competitor may have failed to operate the punch correctly.

## **Organiser**

One of the three main officials at an orienteering event, the others being the planner and controller. The organiser is in overall charge of everything that happens "outside the forest", i.e. is responsible for everything except the planners tasks. A wise organiser will delegate all the tasks and perform a coordinating role.

## **Pace counting**

A technique for estimating distance travelled by counting strides taken. To do this you need to know how many double paces you take for a given distance (e.g. 100 metres) how that varies with speed, slope, terrain, etc.

## **Punch**

A device for marking your control card when you reach a control site. At events using traditional paper control cards, a needle punch will make a distinctive pattern of holes in the card. With electronic equipment such as Emit or SportIdent, the term "punching" is still used to describe the action required to record your visit to the control.

*Helen Nisbet*

## **Sunday Pagoda Hopping**

Hallo everybody

Thanks to all on Sunday - nice gentle first trot/walk - calf and achilles survived.  
- but what was that Colin Nicholson on though - speed?

Glad I stuck to orange and didn't have to cope with the upside down red!  
I have one or two pictures - purely landscape, oh - and a bird swimming in the lake  
(brrrr)

Did you know the first Peace Pagodas were built in Hiroshima and Nagasaki. The one in MK was the first ever built in the western world - under the guidance of Nichidatsu Fujii, founder of the Nipponzan-Myohoji Order which has a temple and monastery nearby.

*Stan Holroyd*

# Frontier Centre Activities = Summer Series July 29th

Our Summer Series final will be at the Frontier Centre, Irthingborough  
(just north of the A6/A45 junction).

This is an adventure centre with a number of activities which I mapped  
for them last summer.

As a result we will be holding our summer series final there and have  
also been offered 2 free sessions for club members.

They get booked up so would like to know what we want as soon as  
possible

The Frontier website is under <http://www.barnabas.org.uk/>  
select Frontier centre, Northants

I have extracted a list of available activities below

Please let me know which you would like and which you definitely would not  
like as soon as possible. I want to let them know mid April

	Would like	Would not like
• Abseiling		
• Climbing		
• Bridge Building		
• High Ropes Course		
• Archery		
• Mountain Biking		
• Circus Skills		
• Team Development Tasks		
• Initiative Games		
• Search & Rescue		
• Kayaking		
• Rafting		
• Open Canoeing		
• Camp Fire		
• Night Walk		

Name:

**Robert Dove,** [dove\\_ra@yahoo.com](mailto:dove_ra@yahoo.com)

## **OTHER SMOCies, continued .....**

Looking at the US version of SMOC (South Michigan O Club) web site, I saw the following results from their last colour coded event.

Two and a quarter hours for a white course is pretty demanding by any standards, whilst a winning time of over two hours for the orange is just a tad outside UK guidelines!! What sort of wimps were those who didn't finish?  
Perhaps our Keyne-o events are a bit too relaxed?

### Red

1. Mark Voit 1:24:52
  2. Andrej Studen 1:36:09
  3. Al Newman 1:41:51
  4. Alex Izzo 2:30:03
  5. Mike Hanchett 2:44:54
- Mark Fochesato DNF

### Green

1. Bill Luitje 1:41:44
  2. Roddy Wares 1:50:27
  3. Oleg Koptelov 1:53:08
  4. Megan Donahue 2:18:52
  5. Jess & Carl Franklin 2:51:02
  6. Alan Baljeu 3:21:00
- Tina Coughluy DNF

### Orange

1. Andrej Koptelov 2:14:05
2. Polina Koptelov 2:20:13
3. Ken Jones 3:43:00

### Yellow

1. Mary Joscelyn, Cath Roberts, and Diane Cook 1:02:04
2. Rioux Family 1:41:34
3. Carolyn & Harry Miller 2:19:50

### White

1. Andrew Callender & Carson Maynard 0:37:36
2. Sebastian Voit 0:51:58
3. Wendy & Percy Lewis 1:28:50
4. Lisa DeShanu & Julie Browne 1:34:40
5. Mary Spencer & Dan Webster 2:15:32

The times seem fairly typical of other events – this one was organised for 'National Orienteering Day'.

It seems nobody minds about the times – the organiser's comments were 'I believe everyone had a good time – whether they were going for speed or just enjoying the woods'.

Sebastian Voit on the white is 9, I don't know about anybody else.

The map extract they show on their web site indicates that the area is more like Scotland or even Scandinavia rather than an MK Park!

The attached map is 1:10,000 with 3m contours

Some of the other results give course distances, they seem similar to our own, winners' times are between 10 and 20 mins per km, with the slowest taking up to three times the winners' times.

Their November event was

Red 7.7km, winner 67mins

Green 5.3km, winner 70mins

Orange 4.5km, winner 81mins

Yellow 3.5km, winner 57mins

White 3.1km, winner 66mins

A group of scouts took 3½ hours on the orange

Seems it's a mixture of toughness and slower competitors

### ***Keith Downing***





# Team BEDS & LUTON

sport england

county sports partnerships

## INVITATION

*Are you involved in sport and physical activity in Beds or Luton. YES...then we want to hear from you!!!*

*team BEDS&LUTON have now been operational for 1 year and in this time have successfully secured funding to help increase participation in sport and physical activity.*

*You are invited to attend an event at.....*

**Barton Rovers Football Club  
(Sharpenhoe Road, Barton Le Clay)**

**on Thursday 26<sup>th</sup> April**

**15.00 - 17.00 or 18.00 - 20.00**

*.....to share your ideas on how this funding can be used to encourage more people to play sport and be physically active.*

Please R.S.V.P. to [lisa@teambedsandluton.co.uk](mailto:lisa@teambedsandluton.co.uk) by Monday 16<sup>th</sup> April.

***Whatever your background, your voice is vital for the development of sport and physical activity in this county!  
For more information contact Lloyd Conaway, team BEDS&LUTON Director on 01582 813768***

[www.teambedsandluton.co.uk](http://www.teambedsandluton.co.uk)

Bucks & Milton Keynes Sports Partnership:  
info@buckssport.org

Details for the JK 2007 relays can be found at the following link:

<http://www.jk2007.org.uk/relayinfo.shtml>

Please contact Rosie Shaw if you are interested

**Don't forget to check the website for  
fixtures, SMOC personnel,  
SMOC Signals deadlines  
or any other information you require  
<http://www.smoc.info>**

