

SOUTH MIDLANDS ORIENTEERING CLUB

issue 129 MARCH 2009



SMOC Signals

Chairman's Chat

There seems to be quite a lot going on at the moment. The biggest recent event was, of course, our Regional event (or whatever they are called now), at Silverstone North. This was an event that very nearly fell victim to the weather and we were very lucky that the local farmer helped us out with parking. Thanks are due to all the SMOC volunteers who did sterling work on the day and especial thanks are due to Keith Downing who, due to the controller falling ill was effectively both Organiser and Controller on the day in quite difficult circumstances, and certainly quite deep snow. I'd like to add my personal thanks to Richard Pownall, who planned the event, for putting the start on the only snow free patch of forest.

A couple of weeks before the big event there was the club championships held in conjunction with the Keyne-O event at Linford Wood. Though only a little wood in the middle of Milton Keynes I think I managed to find sufficient tricky little corners to keep people thinking. We also saw quite an influx of orienteers from further afield now that Keyne-O features in the national events listing.

The next big event (passing over the Shenley Wood Keyne-O) is the Club Dinner, AGM and Awards presentation. I hope to see lots of you there. You should all have received an invitation to this along with a copy of our proposed new constitution which we hope to have approved at the AGM. I know constitutions are not very exciting but if you do read it and have any concerns do contact me before the event so queries may be answered and concerns addressed before the meeting.

May you always run in sunlit forests,

Steve

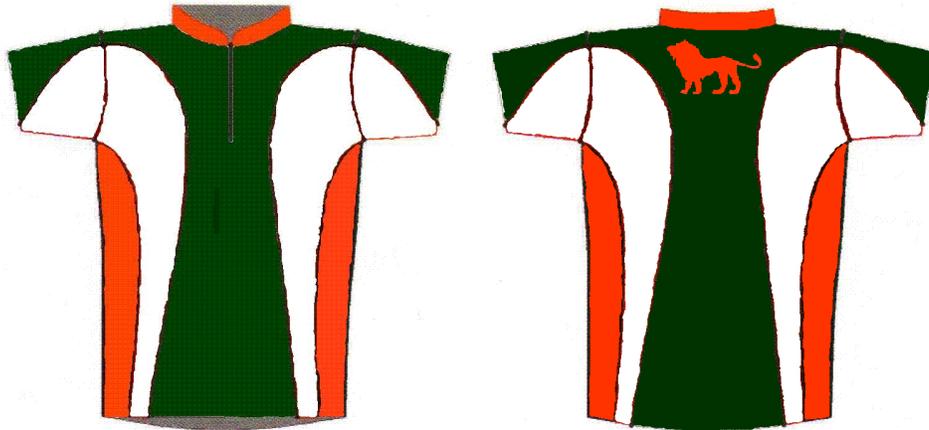


We are pleased to offer a warm welcome to lots of new members who joined at our recent Keyne O events:

Frances Maynard from Wilstead,
Peter Wood from Winslow,
Lee and Toby Dytrych from Wolverton,
Ann Virco from Two Mile Ash
Scott and Manjeet Rooke from Bradville,
the Marshall family from Grange Farm,
the Knight family from Hitchin,
the Ratcliffe family from Cranfield,
the James family from Hanslope,
Clarissa Hunt and William Gosling from Walnut
Tree,
Clare Warren from Wavendon Gate,
John Duggan from Loughton
and Carol Mason from Silverstone.

Please note that this March issue is a one-off out of sequence as we missed the February issue. The next magazine will be as usual in April so the deadline is Sunday 22 March

NEW SMOC O-TOP



We are now taking orders for the new club O-top, specially designed for SMOC. The design is dark green, white and orange with our lion logo on the back and the tops are available with either long or short sleeves. The club is offering O-tops to SMOC members at a special subsidised price of £20 for a limited time only - to help raise the profile of the club.

The new tops will be available to order only. We are not planning to keep any stock of tops. The minimum order from the club is 10 tops and normally takes 4 to 6 weeks for delivery. The first order will be placed by the end of February.

Sizes

Size	XXS	XS	S	M	L	XL	XXL
To fit chest	32"-34"	34"-36"	36"-38"	38"-40"	40"-42"	42"-44"	44"-46"

Helen has a couple of sample tops (not our design) in sizes 'M' and 'S' available for you to try on for size. If you have doubts regarding size, then Ultrasport are usually at most Regional events and would be happy for you to try a top on for size.

You can either collect from Helen (she's usually at most events) or she can post it to you for £1.50. If you're interested in purchasing the new SMOC top then contact Helen, either on phone 01908 242014 or email h.nisbet@virgin.net and she will send you an order form.

We have had such a tremendous response to the new SMOC O tops that we are unlikely to be putting a second order in for some time. I reckon we will have clothed half the club! So if you are in two minds - or are thinking if placing an order next time - you may have a long time to wait.

Deadline for orders Saturday 28th February

Club Dinner and AGM

It's time for our annual civilised get-together again - your yearly chance to see what other club members look like scrubbed-up, when they are not frozen stiff or standing ankle-deep in mud.

We are making a return to the Old Red Lion in Great Brickhill, who fed us well last year, and I'm sure will do so again. As well as enjoying a nice dinner we'll be presenting a few prizes earned during the year. We will also be holding our AGM.

So put Friday March 20th in your diary. And, as soon as convenient, please return your food orders from the menu selection provided. You can do so by post or by email, or even by 'phone if you prefer. I'm happy to take sincere promises to pay on the night.

See you then, Richard

EAOA Championship Winners

Congratulations to James Nisbet and Mike Jones for winning their classes at the East Anglian Championships at Silverstone.



You know you're an Orienteer when....

- (1) Your compass is one of your most prized possessions
- (2) You optimize your route choices to and from the supermarket
- (3) You orient a street map of your town to the magnetic north, even if it means all the street names are upside down
- (4) You think there's nothing wrong with wearing clothes made up of 6 different colours
- (5) You always have at least one O-map in the toilet
- (6) You are always obliged to explain to your friend what orienteering is
- (7) You consider taping the shoelaces on your dress shoes
- (8) You hang a control point up to your driving mirror
- (9) You are the first to go to sleep during a party because you must be awakened Sunday early in the morning
- (10) You can recite your Sport Ident/E-card number from memory, but often have trouble remembering your phone number
- (11) You contemplate moving to Sweden
- (12) All of your white socks are no longer white or you buy grey or black socks so the dirt doesn't show
- (13) OCAD is the only software graphics package you know how to use, so you do everything with it
- (14) If you're a Mac user, you've kept that old Windows PC, but only for running all the orienteering software that only runs on Windows (eg OCAD, Catching Features)
- (15) You think nothing of driving for 16 hours in order to run around in a strange place for 90 minutes.

(16) When your friends no longer think you're insane, and you have even managed to convince one or two to go hiking out back and swim in the muddy swamp with you

(17) You spend a lot of your time surfing random orienteering websites

(18) When your kids think it's normal to find Xmas presents by using OCAD maps of the interior of your house

(19) Your child can read the IOF symbols before they can read the "beginner" clue sheets

(20) There is a bag on the floor you have yet to fully unpack from your most recent orienteering trip

(21) While driving, you never actually get lost, you just make "x min mistakes".

(22) When you get lost on the way to someone's house, they tease you about it for being an orienteer, and you protest that you didn't have a map

(23) You are amazed to think that someone might NOT enjoy running around alone off-trail in the woods, possibly in the dark

(24) You complain about people who park their huge mobile homes between two trees and announce they are "camping"

(25) You are able to speak 2 hours about route choices of a 1 hour race.

(26) You get so pissed off about a race you did you swear never to orienteer again, and then turn around and do another O race the next weekend, loving every minute of it!

(27) You look at the countryside around you and analyze whether it would make a good orienteering map.

(28) Your 2 year old drew triangles on tiles in the bathroom.

(29) You read all of the above and find it funny, not disturbing

UKCC LEVEL 1 COACHING QUALIFICATION

UKCC Level 1, which roughly replaces the old Level 2 qualification, is now the 'entry level' coaching qualification for club orienteers. It is a 3 day course which also includes assessment so the hope is that everyone will end up as qualified Level 1 coaches and will come back to SMOC full of fantastic ideas about how to develop orienteering skills up to and including Orange standard.

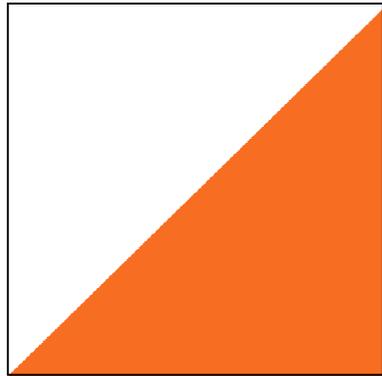
EAOA is planning to put on a course in Spring / early Summer at Wandlebury, which is the sort of area in which you would coach when you are qualified- no windswept fells at this stage!

The course will take place over 3 days: a weekend of instruction and then one day, ideally the next weekend, which is part instruction and part assessment. If you pass the assessment, as you undoubtedly would because the instruction will be excellent and the assessment straightforward, you walk away from Day 3 a qualified coach.

You don't need to be a fantastic orienteer to be a Level 1 coach and SMOC would welcome more qualified coaches so that we can make orienteering a more friendly sport for our newcomers.

So if you are at all interested in this please contact Ursula Oxburgh 01223 357199 u.oxburgh@esc.cam.ac.uk

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



SMOC Signals deadlines

issue date	copy deadline
April 2009	22 March 2009
June 2009	24 May 2009
August 2009	19 July 2009
October 2009	20 September 2009
December 2009	22 November 2009