

SOUTH MIDLANDS ORIENTEERING CLUB

issue 131 JUNE 2009



SMOC Signals

Chairman's Chat

Having had a fairly successful JK and with not much else to talk about on the orienteering front I thought I might do a little bit of trumpet blowing.

Running M55S at the JK at being reasonably fit I was hoping to be fairly well up the field. And I managed to achieve that coming second on both days by a few seconds. Fortunately it was second to two different people so I managed to win a class at the JK after quite a few years of trying. I only lost the first day by 5 seconds so I thought I'd describe my run, which had ample scope for saving 5 seconds in quite a few places. The accompanying map shows my route and it will help to look at the map to understand the narrative.

The event took place at Kylee, quite a technical forest with a reputation for being pretty hard going physically. Which is the sort of terrain that I can do well on as the thick stuff slows down the faster runners.

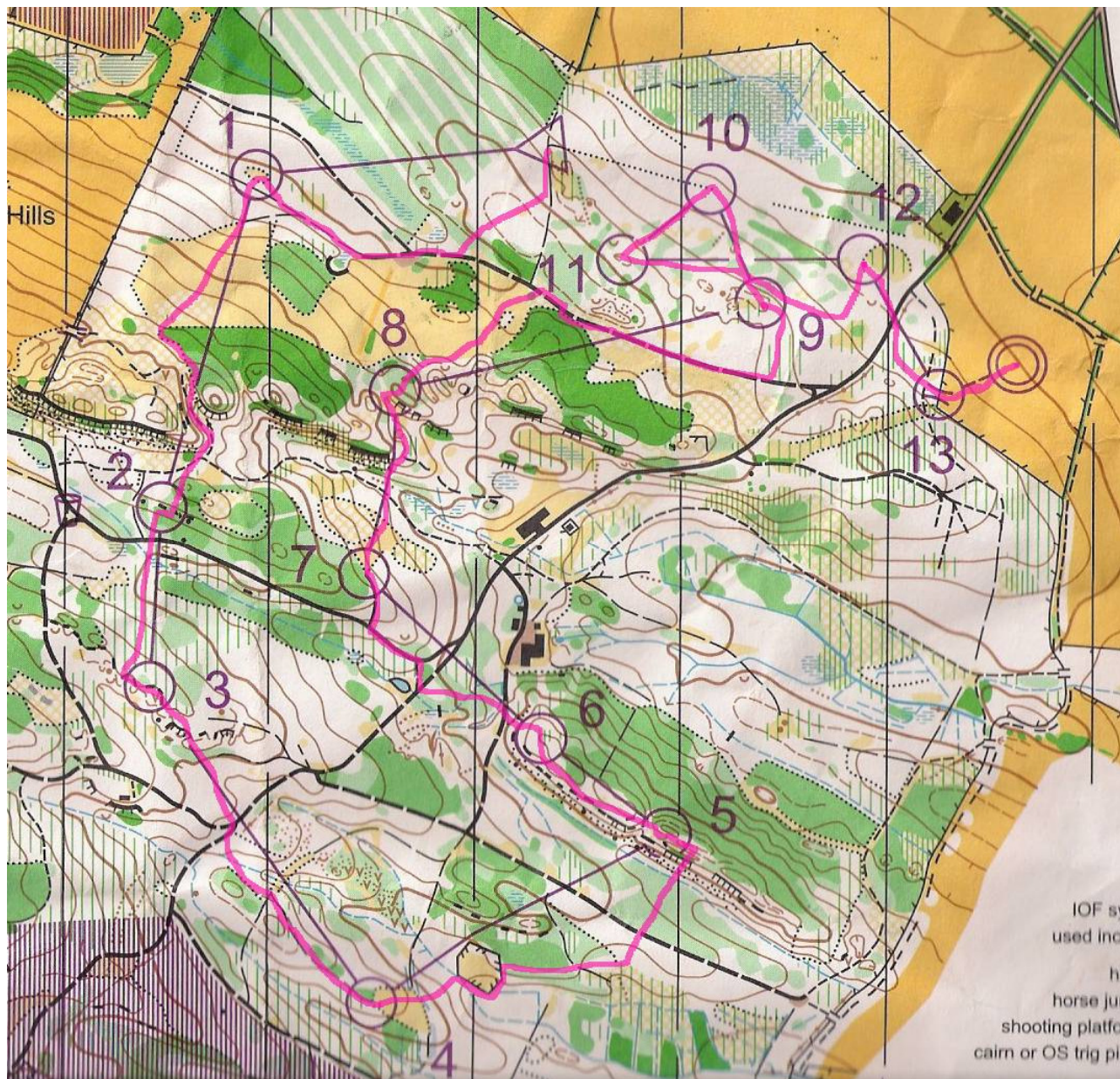
From the start I headed up the ride to get myself sorted out. The straight line wasn't immediately tempting and had enormous scope for getting lost. However, cutting the corner looked, and was, safe enough with a big track to hit. Then it was along the track ticking off junctions until it was time to drop down and find the control.

The route from 1 to 2 was mostly a steep open hillside, initial navigation was easy as the fight was visible ahead. The hard bit was trying to keep running up that hill. Once up to the wood it was a case of following the edge of the dark green, picking up the little path then cutting round the spur. From here I took a bearing into the thicker stuff and dropped over the little crag line just to the right of the control.

2 to 3 was fairly straight if a little confusing. It looked to me as if I should be heading downhill to a wrinkly line of crags (the ones that look like an intermittent path) but, no, the crags marked the top of the slope. When I reached the crags I was looking into one of the wiggles that lacked a control. I guessed left and guessed right in both senses (it was that kind of day).

3-4 was really quite easy a rough bearing took me to the major track junction from where it was trivial to pick up the ride with the control at its end.

Up to now I'd not really made significant errors, slightly more accurate lines into 2 and 3 might have saved a little time but 4 to 5 cost me significant time. The initial plan was to pick up the ride to the north to get me quickly to the track and then cut across to the ridge with 5 and 6 on it. But rather than taking a bearing I just headed down the slope and found myself at the fenced enclosure, I followed this round and picked up a sort of runnable bit across to the more open stuff. I then headed up to the main track with no certain idea where I was along it. I cut straight across the track and climbed the ridge by a significant crag. I was again fortunate that my assumption about which crag proved correct.



5 to 6 was simply a case of tracking along the ridge. Then it was a steep drop to the nearer of the 2 tracks I had to cross. Confusion reigned again as I mentally put myself on the second track and the little triangle seemed bigger than mapped. When I eventually hit the second track the light dawned and the rest of the leg was easy with another simple control at the end of a track.

7 to 8 wasn't particularly difficult to navigate but the terrain was nasty with a particularly nasty freshly brushed area to cross and a steep slope of mossy boulders to get up. Once past the crags a line to the col and the control was visible above me.

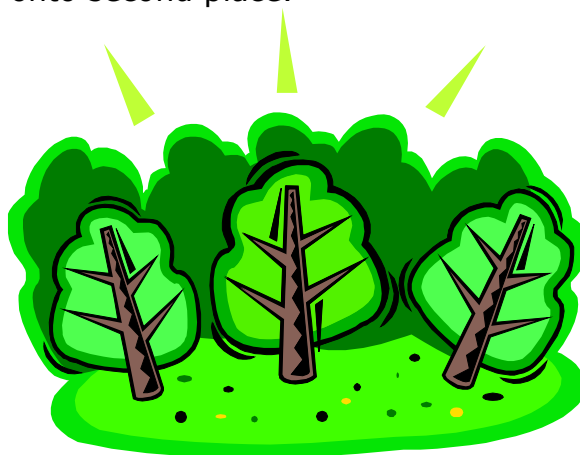
The course now did a bit of a loop the loop around 9,10 and 11. I went a little too far along the track before cutting in to 9 but the big depression was hard to miss and 10 and 11 just needed a reasonable bearing. But then so did 12 and I was way too high on that; possibly pulled across by some young trees that looked like the control site - fortunately the control was visible from quite a distance or I might

have headed in quite the wrong direction. From 12 it was just a case of heading for the finish.

I could certainly have saved seconds at quite a few controls and 5 and 12 may have cost me a bit more than seconds but, overall, it was a satisfactory run though I was surprised, though not disappointed, to hold onto second place.

May you always run in sunlit forests,

Steve



We are pleased to offer a warm welcome to the following new members:

Charley Roberts from Milton Keynes,

Claire Burdett from Milton Keynes,

Julia and Eleanor De Meo from Milton Keynes

Andrew O'Neill from Aldershot,

Julia Berg from Milton Keynes

and the Hooton family from Newport Pagnell.

GREENSAND RIDGE RELAY

SATURDAY 27 JUNE 2009

there are two ways you can support the Club in this annual event

**either run a leg of the relay
or time keep at the changeovers**

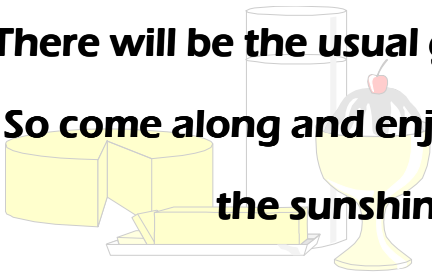
We have one SMOC team but would really like to field another

**And with so many teams taking part I would like to have
two marshals at each changeover point**

SO LOTS OF VOLUNTEERS ARE NEEDED

There will be the usual get together at the Crown Pub in Northill

**So come along and enjoy a fun day out and a post race drink in
the sunshine in the garden at the Crown**



More info from Richard Pownall - rpownall@f2s.com

Or the SMOC website

SMOC Social Evening

at Ye Olde Swan, Woughton-on-the-Green
Thursday 20th August



Come along to this summer social evening. Some of us will be there at 7:00pm for some good pub food. Or come along later around 8:00 for a drink in the beer garden.

Ye Olde Swan re-opened in November 2008 following a £200,000 refurbishment. They have a fixed price menu with 2 courses for £10 or 3 for £12.

Grid ref: SP877375, postcode: MK6 3BS

Do you know where you ran ??

Anybody running with a GPS device will be interested in the latest electronic training gadget to help them answer that question and maybe even improve their techniques.

The software is free and available for download from the website:

<http://www.matstroeng.se/quickroute/en/>

QuickRoute is a computer program for Windows that allows you to display a route from a GPS device, such as a GPS-clock, on an orienteering map saved as an image file. The main purpose of QuickRoute is to make it quick and simple to transfer your route from a GPS device onto a map.

QuickRoute has built-in support for GPS devices in the Garmin Forerunner series. Other devices that can produce data files in the GPX format are also supported. Integration with Google Earth gives great opportunities to analysis of geographical data. An installation of the [Microsoft .NET Framework 2.0](#) is needed in order to run QuickRoute.

The Archivist Returns.



Having being given a large carrier bag containing information on the Canal Relay I am once more fired up to continue working on the Archives. I am looking to take the archives up to the point when we went electronic.

I am short of paper SMOC Signals and paper results. I also I believe there are a lot of photos out there and would appreciate being able to use them in a scrap book.

If you have any of the following information I would be glad if you could send it to me.

Paper SMOC Signals 108 to 115.

Any paper results from Nov 2001 to Nov 2002.

Also any photos (I will return to you when finished)

As a point of information the archive contains 11 Bound books containing SMOC Signals from Number 1 through to Number 107.

There is also a Lever arch file containing Newspaper cuttings, Photos, Ranking positions and much more.

I would be most grateful if you could help.

Give me a ring on 01638750752.

Regards, Colin Nicholson

JK 2009, Two courses in one day.

How we came to be at the JK

On a wet and miserable day in the start tent at Brogborough. Rachel and I made a brave decision to go to our first JK since 2004. We were fired up by Roger and Wendy's enthusiasm for a get together of the Smocies on the Saturday night. There were also a number of other factors involved in this decision. The chance to spend a few days over Easter in lovely Northumberland. The chance to meet up with a number of SMOC members at a large event. But most importantly for me a chance to try Trail O. This was some thing I had been trying to do for the past 3 years but with no success as they only tend to put them on for major events.

As it was a long way to go for a couple of days Trail O events I also entered the 65S course on the first day. Rachel was also running this course so it was going to be interesting to see by how much time she could beat me by as I could only walk round. Rachel was not best pleased when she found out I was going to do a normal foot O course as well as a Trail O course on the same day. I managed to calm her fears by saying that although the 65S course might be tough for me, with the amount of climb involved. The Trail O was just a gentle walk round a flat course in my own time.

Foot O course

The Saturday dawned fine, warm and dry. This was in sharp contrast to the last couple of times we had been in Northumberland when a bitter east wind had nearly cut us both in two. With a gentle flat walk to the start I felt quite good by the time I got there. I did not feel quite so good by the time I arrived at the top of the first steep climb. Managing only 25 paces between stops, I had to make 10 stops getting to the top. The course was tough physically for me but the technical aspect was brilliant. I got round in 91 min and was pleased to see I was quicker than Rachel. When I got back to the car after my M65S course all I wanted to do was sit down and have a sleep. Remembering that one of the reasons for coming to the JK was to complete in the Trail O. I had to get myself motivated again and get to the start.

Trail O course



A

B

C

Description: Post north side (Can you spot the difference?)

The start was 500 metres away from the car park up a slight slope. When I got to there I was amazed to see the course was 1.9 Kilometres long with some climb. Added to that the path was rough and broken I just wondered how wheelchairs could be pushed around the course.

When I arrived at my first check point, a taped area by the side of the track, I was stumped as what to do. On the hill side in front of me were 3 kites about 30 metres apart. In the distance there were another 2 kites. As my card only had 3 controls I was struggling as what to do as none of the kites had numbers attached to them. Finally I had to ask a competitor, who said you work from left to right starting at A and working through to E, depending on how many kites were displayed.

It did not get any more exciting than this and as I am not pedantic enough to bother with exact bearing and the distance to the control worked out from the map I guessed a number of them. Despite that I finished 6th out of 12. The competition did not set me alight and I feel there has to be another element involved to make it more interesting. I feel that if Orienteers can walk round the course with its rough path and a bit of climb it must be possible to set a flat course where you have to find controls as you do on a normal Foot O. It was interesting to note that only 4 competitors entered the Trail O on the second day.

Social side and home

Another reason for Rachel and I going to the JK was to meet up and have a meal with club members. As we were staying in Woller we organised a meal at the Milan Restaurant just around the corner from our B&B. On the Saturday night all the 13 club members at the JK turned up. Both Rachel and I enjoyed the company and the food as well as only having to go 100 yds back to our B&B. We did not stay for the second day as Rachel had scratched the inside of her eye on a branch on the first day. So on the way home we had to call in at The Newcastle A&E for a quick check. They gave her some drops and pronounced her fit to continue home. The last time we entered the JK (2004) Rachel broke her ankle. That time we spent all the afternoon at the Reading A&E, where she had an X Ray, then got plastered. Perhaps we will give the JK a miss next year.

Colin

NEW SMOC O TOPS



Our new SMOC O Tops have arrived and they look great! Those of you who had asked for postage should have received them by now – if you haven't, please get in touch. The rest of you, give me a ring or email to arrange collection.

Sue and I look forward to receiving lots of photos of you all in your posh new tops for the magazine and website.

Helen

MK 242014

h.nisbet@virgin.net

British Orienteering launched a 'new' website in September 2007. Since then there has been numerous modifications and improvements both externally and behind the scenes. Although we have sought views from users through this period we feel it is an appropriate time to reflect on the current site and are seeking views of website users in the form of a Website User Group.

We have continuously been reacting to feedback given to us about the website and have made extensive modifications as a result. We would like to take this opportunity to thank all of the people who have submitted feedback since the website launch for their constructive approach.

Members of the Website User Group will discuss and evaluate key issues about the site and this will help us to continue to make improvements. Communication between user group members will be electronic and will not entail travel. We hope to attract 10-15 volunteers who are willing to be a part of the user group and who fit into the following criteria:

Website User Group Criteria:

- * Applicants should not be members of any other British Orienteering Committees/Groups/Board. The website is a communication and marketing tool that works across committees/groups/Board areas of responsibility and it is appropriate that the website reflects the views of the membership as a whole; the committees/groups/Board already have the ability to input more directly into the website development.
- * At least two members of the user group should be juniors e.g. below 21 (1 male and 1 female)
- * At least two members of the user group should be experienced orienteers aged 45+ (1 male and 1 female)
- * At least two members of the user group should be experienced orienteers aged 21-45 (1 male and 1 female)
- * At least two members of the user group should be relative newcomers to orienteering i.e. been orienteering for less than 12 months and be aged 45+ (1 male and 1 female)
- * At least two members of the user group should be relative newcomers to orienteering i.e. been orienteering for less than 12 months and be aged 21-45 (1 male and 1 female)
- * Ideally at least one member of the user group should not be involved in the sport of orienteering but may be a user of other sport related websites.

People who are invited to join the user group will have access to a British Orienteering forum and asked to discuss one topic per week with reference to the website. The User Group will run for a five week period i.e. discussing 5 topics. Members of the user group can contribute as much or as little as they choose however we hope that it will become an active forum that will provide useful feedback to British Orienteering.

If you are interested and feel you fit into the criteria listed above please fill in the application <http://www.britishorienteering.org.uk/live/news/images/Web%20User%20Group%20application%20form.doc> form and email to webusergroup@britishorienteering.org.uk

SMOC Signals deadlines

issue date	copy deadline
August 2009	19 July 2009
October 2009	20 September 2009
December 2009	22 November 2009

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>

