

SOUTH MIDLANDS ORIENTEERING CLUB

issue 137 SEPTEMBER 2010



SMOC Signals

Hello.

Here I am signing in for my first Smoc Signals' Chairman's Chat. I've looked back at other chairmen's chats in order to gain some idea of what to put and I was none the wiser. So I thought some of you might not know much about me and I decided I would give you an insight as to what started my love of orienteering.

Well it all started for me just over 20 years ago when our daughter Joanna joined the school orienteering club and wanted to take part in the local school's orienteering league. Naturally I had to drive her to locations and her younger brother Daniel came too. After the first couple of events Dan and I tried a course together instead of just waiting (as parents often do when a child is participating in a sport.) After 4 events Dan and I each tried a course on our own and the orienteering seed was sown. The three of us often went to local events and tried to coerce their dad into coming along but with no success initially. After a couple of years, at our second White Rose event, John decided that as he was driving us all the way there he might as well have a go. Then the whole family were taking part. Needless to say after a few Scottish 6 day events as the children entered their teens their enthusiasm waned but John's grew so I still had someone to orienteer with!

Prior to taking up orienteering I had never participated in any individual or team sport, however maps always held a magic for me and I do have good spatial awareness so orienteering became MY SPORT.

When I first began to orienteer I entered orange courses and then moved to light green - each time the challenge to get round without getting lost. The goal posts slowly changed to entering green courses and aiming for that - oh so hard - to reach green standard and knowing that I had to be able to run faster.

Now I am the veteran of 10 Scottish 6 day events, 2 Welsh ones, the JK nearly every year since 1993 (coming 3rd at 2 of them.) British championships and countless regional and district events up and down the country. I am also currently East Anglian W60 champion. I believe that orienteering is truly a family sport, suitable in one way or another for all ages and you can make your own goal each time you compete - to:

a) not get lost, b) find every control, c) be faster than your spouse / son / daughter / mother / father!

Since the last Smoc Signals Richard has organised another very successful Greensand Ridge relay and Keyne O continues to attract newcomers and also seasoned orienteers. It is a good opportunity for less experienced club members to have a go at planning and organising a small event.

By the time you get this the Nisbets will have competed in the Lake District and maybe James and Rebecca could write a report for the next edition of Smoc Signals.

As a reminder we are organising the Midlands Sprint Championships on Saturday 23rd October at Campbell Park. There are courses in the morning and afternoon so plenty of help will be needed during the day. Keith, I am sure, will have more to say about this.

May you enjoy your run where-ever it is.

Rosie

SMOC IN THE RANKINGS

Pos.	Name	Points	Number of events
1 (494)	Richard Pownall	6855	6
2 (765)	Mike Jones	6501	6
3 (816)	Dorien James	6432	6
4 (927)	Keith Downing	6280	6
5 (1879)	John Shaw	4852	6
6 (1919)	Helen Nisbet	4786	6
7 (2125)	Rosie Shaw	4332	6
8 (2579)	Stephen Hardy	3203	3
9 (2652)	Ann Harris	3020	4
10 (2695)	Carys James	2919	6
11 (2817)	Rachel Edwards	2570	3
12 (2903)	Karen Vines	2371	3
13 (3115)	Dryden Williams	2019	2
14 (3308)	Haydn Leaker	1709	2
15 (3449)	Ros James	1417	6
16 (3616)	Roger Williams	1141	1
17 (3684)	Toby Fisher	1085	1
18 (3781)	Sacha Fisher	1023	1
19 (4342)	Kelly Gladstone	611	1
20 (4409)	Will James	527	3
21 (4516)	Lois Matthews	308	1
22 (4556)	Colin Nicholson	140	1

The Midlands Sprint Championships

SMOC will hold this event on Saturday 23 October and will need as many club members to help on the day as possible. If there are enough helpers, then it should be possible for helpers to run as well. The format of the day will be familiar to those who were involved a few years ago when we held the British Sprint Champs, but for those who weren't around then, here are a few pointers to help your understanding, and to encourage you to come along.

Unlike conventional orienteering, Sprint races convey the sense of competition and have an atmosphere about them, not like at a normal forest event where everything unfolds slowly, out of sight in amongst the trees. There will be two runs for everybody, with a rest interval in between, and winning times for each course of under 15 minutes. The courses themselves are not fiendishly difficult, but instead require close concentration and careful route choice, going as fast as possible. Seconds really do count. There's always lots of people around which helps build up an atmosphere at the start and finish, as well as for competitors during their run.

If you haven't experienced sprint racing before, this should be an ideal opportunity to get close to the action. If you haven't ever tried anything except one of the Keyne-O events, it could be an excellent chance to see another level of orienteering, but on home ground. If you are confident when using one of the Keyne-O maps, then this will be within your capabilities, except you really do need to do it as fast as you can. You will be surprised just how fast some of the top runners really are. The courses will not be suitable for families to go around in a group, but if there is enough interest from club members who can help on the day and want to try it in a little bit more relaxed way, then let me know as soon as possible and we can try to built something into the plans for the day.

The event will be held in Campbell Park and the Springfields estate area using the pavilion in Campbell Park as the event centre. Entries will be via a special website on Fabian4, but if you are a SMOC member and can help and would like to run, please DO NOT enter on-line, but give me your details as soon as possible. Please contact me to let me know if you can help, if I don't hear from you, you may well receive several more reminders and requests over the coming weeks.

Please let me know by phone on **01234 270018** or e-mail keith@keith-o.demon.co.uk

Keith Downing

Moving on from KeyneO

The club has seen big turnouts for KeyneO events as they have proved very popular. For those of you who have enjoyed the KeyneO events and are wondering what some of the bigger orienteering events are like then this article is for you.

The good news is that virtually all orienteering events offer something for beginners to experienced orienteers. The advantage of the bigger events is you can explore some more interesting areas such as open countryside, forests, moorlands, or mountains - all of which bring their own challenges and rewards.

But there are a few differences to a KeyneO at the bigger events. Here are the three key differences when moving on from KeyneO.

Pre Entering Events

For most events you can book your place beforehand via the internet or by post. This means you don't have the hassle of queuing to pay or face the possibility of maps running out on your course. That being said, most events allow you to enter on the day like KeyneO.

Electronic Punching

Instead of carrying a control card round to manually punch each control - you



carry a small electronic 'dibber' on your finger (much easier!). At each control you must place the dibber in the electronic station at which point there is an exchange of information. After you finish the course you go to a download tent where the information is downloaded from your dibber and from which you are given

your time for the course and the 'Splits' - time taken between each control. The Final Results are compiled from this information and the final results will give you the chance not just to see how you did overall but which controls you did better or worse than other competitors.

Here's a great five minute video which shows you how to use the dibber

www.youtube.com/watch?v=OZOI9kKuA4I

Start Boxes

Another slight difference from KeyneO is the use of start boxes. These are used to make the start easier to organise when there are a lot of competitors. A start box is simply a taped grid on the ground divided into sections (normally 3) and when your start time is called you go into the first box. After 1 minute you move into the next box, and then wait another minute before going into the next box. When you are at the front you are ready for the off.

Orienteering Mistakes

We all make mistakes, and how often do we say something like, “ I’d have won (not been last) if only I hadn’t made a mess of number 9” or something similar? If you have, you’re not alone, even the greatest orienteers do it, and sometimes in the most important races.

Even if none of your other techniques have much in common with the world’s elites, if you’ve ever missed a control, you will understand what happened to Thierry Gueorgiou, the Frenchman ranked number 2 in the world, in the World Championships relay race, no less. His own words from his website say it all.

*I have not much to say, except that I did a mistake. It is as simple as this, but I still can’t believe it and it really hurts. I never saw the **17th control of relay** and went straight to the 18th. I just realized my mistake when I passed through the arena and heard that I missed one control.*

*Yesterday, I had everything to succeed: best starting position, shortest forkings and probably the best shape I ever had at any WOC race... but **I screw it up** and I have to apologize, first, to Philippe and François who has been the best teammates I could dream to have. And also, to the staff and all the supporters of the French team. I am deeply sorry.*

This is, by far, the biggest disappointment of my sport career. I know it will surely take some weeks to get off the ground and laugh at myself.

CONGRATULATIONS

- to **REBECCA NISBET** for gaining her White Colour Coded Badge. To do this Rebecca had to successfully complete three White courses on her own.
- also to **JAMES NISBET** for gaining his Yellow Colour Coded Badge. James had to finish in the top half of the competitors on three Yellow courses.



For full details of how to gain your Colour Coded Badges see the SMOC website www.smoc.info/colour.htm

GREENSAND RIDGE RELAY

FOR FULL RESULTS LOOK AT THE SMOC WEBSITE,
AND PICTURES LOOK AT THE SMOC WEBSITE

SMOC Signals

As we now have such an active web site we have decided to make SMOC Signals a three-monthly magazine. So please check the following details for issue dates and copy deadlines

SMOC Signals deadlines

issue date	copy deadline
December 2010	November 21st
March 2011	February 20th
June 2011	May 22nd
September 2011	August 21st
December 2011	November 20th

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>

