

SMOC SIGNALS

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Chair's Chat

Hello and a belated Happy New Year.

Firstly I must say a really big **THANK YOU to Sue Leaker**, our non orienteering editor, for the last six years and who also had a stint as editor even further back in time. She has handed the reins over to Helen Nisbet, who so ably runs our website.

This is a special year for SMOC as we celebrate our 25th Birthday in the autumn. Since my last Chairman's chat a small and select committee have been brain storming ideas to make this an event to remember. Initially we thought we might hold it in August in some open area but then what if it rains? So the Bow Brickhill Pavilion has now been booked for Saturday 10th September. Watch the website for further news in the coming months.

Although we are a small club and have dwindled in number somewhat over the last few years we are still a friendly and welcoming club. It was so good to see a pretty decent turnout for the Compass Sport Cup for the first time in about eight years. With a SMOC tent erected, in its customary position close to the finish, it made a good rallying point for all. Although some really good performances were achieved it does still highlight our lack of juniors, (and this is a common problem in small clubs.)

The camaraderie of members was also apparent at the Salcey event on February 6th. Keith was able to call on a growing band of regular helpers, with some in key positions like Rik Brackenberry and Richard Pownall on download. Great use was

made of the Fisher family and their camper van for entries on the day and for the dispensing of hot drinks to helpers. Robert Dove also brought his camper van for the first aid post so if there were any injuries people could be treated in privacy and comfort. Initially it was thought that we would attract less people, due to the change of date to the 6th February for the Yvette Baker event. However it was a successful day with quite a number of on the day entries. Still it seems our entry fee did put some people off and the amount we charged was due to the extra fee that the Forestry Commission was intending to charge.

I am in the process of organising a training day in June for our more novice members so watch the website for further news on that.

Enjoy your orienteering

Rosie

chair@smoc.info



SMOC's Yahoo! Group—a new approach

A thought for everyone on the SMOC Yahoo! group...

We tend to use the group mostly from email – you send an email to the group address and it is distributed to all group members. But did you know that you can also use it, if you prefer, as a 'bulletin board', where you read and reply to messages using a web browser? As Helen puts it, "like Nopesport but without the nasty comments".

If you want to try it that way, the address is <http://groups.yahoo.com/group/smoc/>. You will need to have, or create, a Yahoo login to be able to sign in, but it's pretty painless. It is only accessible to group members, but it will recognise you as a group member if you sign in with the email

address you have used for the group.

Once logged in you should see all the conversations we have ever had (since 1999!). There is an option to "list as individual messages" where you get them in chronological order, or to "view by topic" where replies are grouped under each initial new subject.

You can also modify the way you receive emails. At the top of the screen select "Edit Membership", and you can choose to receive individual messages, a daily digest, or if you are happy with the web-based approach alone, no emails at all.

Richard

Congratulations

Double-award winning Sacha Fisher has won her class at the East Anglian Championships 2011 at Croxton Heath in January AND the East Anglian League for 2010.

WELL DONE SACHA!

We look forward to reporting on Sacha's continued success in 2011.



The East Anglian League is run over a series of seven events—with each

club in the EA Orienteering Association nominating one event per year. At the end of the year, your overall score is determined by adding up the four best scores over the year. You must also have attended a minimum of three events to qualify for overall positions. For full details and a list of events see

www.eaoa.org.uk/league.php

Have you achieved your colour standard? Email membership@smoc.info with your details if you think you have.

Colour Coded Awards

REBECCA NISBET has earned her Yellow Colour Coded Badge. To do this she had to finish in the top half of the competitors on three Yellow courses.

Congratulations also to her brother JAMES NISBET for gaining his Orange Colour Coded Badge. James also had to finish in the top half of the competitors on three Orange courses.



Colour Coded awards are not just the domain of juniors. Colour coded badges go all the way up from White through to Black. The same rules apply—you need to finish within the 'Par' time for the course on three occasions. For full details of how to gain your Colour

Coded Badges see the SMOC website www.smoc.info/colour.htm

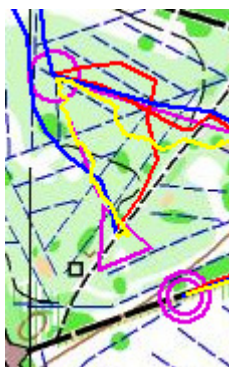
RouteGadget



Do you know where you went during your run and where you were fastest/slowest? Was it the best route or could you have done something different? What about all the others, where did they go?

If any of these questions interest you after your run, then Routegadget will give you a lot of the answers. Many clubs now use Routegadget, including SMOC, and this can give you the chance to analyse your run and find out how it compares with others on your course.

If the results page for an event has a link to Routegadget then clicking it will take you to a link which will either give you a choice of the most recent events organised by the club or take you straight to your chosen event, depending upon how the link has been set up. If you have to click to get your chosen event, it will load the base map used for the event which may take a short time, depending upon the speed of your connection. You can either view all the routes which have already been loaded, or you can load your own route.



You must load your own route if you want to analyse your own performance. First tick the 'draw your route' box at the top right of the screen then select the appropriate course from the available drop down list then select your name from the list. You may need to click on the portion of map that is visible and drag the section to show the start. When you have found the start triangle, click on it and trace your route towards the first control. Note that you must actually visit the centre of each control circle, if you don't draw your route through it, you will not be shown as having visited it. Once you have drawn your complete route from start to finish you can save your course which will then enable you to compare it

with others. You can add any comments about your course or a particular leg if you wish.

If you click the chosen course from the available list, you can see a list of all competitors, those with an asterisk against their name have drawn their route. You can select up to ten comparators and plot all of their routes which are shown with different colours for each person. The box at the top right of the screen allows you to compare the distances covered by each chosen competitor between each control, as well as their total distance (but not actual km on the ground). Looking at the routes chosen will show you how others tackled your course and may highlight other route choices that you may not have been aware of – or even show you where people made mistakes.

If you want to compare speeds around the course you should click the 'animation' button, and for the best impression click mass start, even though that wasn't how you ran your course. Once you have worked out which colour is you, you can compare your progress with your nearest rivals, or see how you fell behind the winner. You can see if the route choice that you missed was quicker or whether your own selection was a good one.

If you have time and an inquisitive approach, you can visit the main Routegadget UK webpage and select from the list of all clubs using Routegadget to see their available maps, whether it be for an area or event that particularly interests you, or simply out of curiosity. Routegadget is used by clubs all around the world and you can expand your search to look at maps ranging from the World Championships to club events in Sweden or Siberia!

Keith

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

Mark Caney from Leighton Buzzard,

Nicholas Gerard from Cranfield

and

the Yates family from Brackley.

We hope you enjoy your orienteering with SMOC

Membership renewal – have you remembered?

Unless you have it all set up by Direct Debit, it's that time of year again when you need to renew your BOF membership. Membership renewal is due on 1st January and at the time of writing three quarters of SMOC members have already renewed – thank you.



If you have not yet renewed then the easiest way to renew is online at www.britishorienteering.org.uk. It is also possible for BOF to set up a Direct Debit, making it unnecessary to remember to renew in future years.

Newsletter contributions



Do please send me your contributions for future newsletters, the more different people we have contributing the more interesting our newsletter will be. Contributions could be a report on an event that you attended, views on an

orienteering topic, a puzzle or a quiz with an orienteering theme or anything else that you feel would be of interest to fellow members. All contribution would be welcome, including any photographs.

editor@smoc.info





View from the bag man - Every Second Counts

How do you approach your orienteering? Are you one of these people who measure themselves via others? Are you obsessed with ranking points or do you focus on your own performance? Or dare I say it do you just enjoy being out in the forests. I know that different people approach their orienteering differently although it was all brought into focus for me at the Sheringham National event.

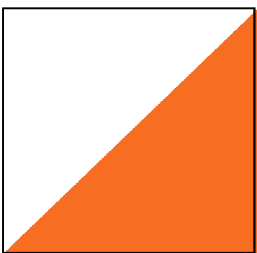
I'm naturally very competitive even though my orienteering role is merely the baggage carrier for my two children and wife. All three of them came second and all were within 2 minutes of winning - in the children's case it was a case of being within 90 seconds of a trophy each. Should I be pleased they did so well or share their disappointment of missing out?

Professionally I am lucky enough through my work to regularly listen to Adrian Moorhouse, the former Olympic Gold Medal winning swimmer, on self improvement. He very much preaches that one should focus on improving your own performance "second by second" and that you should "control the controllables". What the competition do is by and large irrelevant, aside from helping you set the bar and your own goals. Being naturally competitive by nature I think I would analyse my performance to death and work out where I was losing time and why.

Despite this, or is it because of it, my ultimate reflection on three vicarious "second places" was one of pride. Rebecca rarely runs all the way round and the fact she gave it her best shot is all one could ever ask. She enjoys being in the forest and seeing a deer was the highlight of her run. Running all the way round and not getting lost at any point is a major milestone for her, whatever her position. James has only recently moved up to Orange and looking at his performance he only missed out from winning by opting for a "safe" approach to one particular control whereas the boy who beat him adopted a riskier approach on this control and the gamble paid off. At his stage of development I think James did the right route choice even though he lost because of it - when he's competing in Scotland in even bigger events then going for the "safe route" when in any doubt and gambling when confident will no doubt prove the right choice more times than not.

In orienteering it appears to me from the sidelines that it's always worth playing the percentages and minimising the risk - as your expertise improves then what constitutes a risk reduces but people seem to gamble the wrong way too often. Why if you are making mistakes and having a bad run would you make a big gamble and suddenly think you can make up time by going through the thicket/ marsh or impenetrable forest? I understand that if you're doing badly you want to rectify the situation and have little to lose but equally the chance of a big gamble paying off when you are making mistakes is extremely unlikely. Conversely if you are running well and reading the terrain correctly then taking small gambles to shave some seconds off is probably likely to pay off.

Anyhow whilst I came away from the Sheringham event carrying muddy boots and no trophies I did have great pride and a feeling of good progress. Even more importantly because I wasn't competing I actually got to enjoy the forest - something we should all remember to do whatever our competitiveness or ambitions!



KeyneO 2011

20th March	Shenley Wood
10th April	Linford Wood
8th May	Howe Park Wood
12th June	Loughton Valley Park at Bradwell Abbey
10th July	Great Linford Park off Marsh Drive
14th August	Furzton
11th September	Campbell Park at Pavilion
9th October	Caldecotte
13th November	Willen North Park at Peace Pagoda

Please note that the Parks Trust 2011 booklet has printed some incorrect venues. Always check the website before the event.

www.smoc.info



Come along and bring your friends

KeyneO is a series of informal Orienteering events that run throughout 2011 suitable for both beginners and more experienced orienteers and runners.

If you haven't tried orienteering before someone will be available to explain the basics and point you in the right direction. No special equipment is needed.

The events are based around the parks of Milton Keynes and all take place on a Sunday morning – usually the second Sunday of the month (apart from March – see left). **You can start at anytime between 10:00 and 12:00**, except the longest course which is between 10:00 to 11:30. All courses close at 13:00.

There are usually three courses:

Amble: About 2.5k: Very Straightforward, Suitable for complete novices whatever their level of fitness. Usually does not cross any estate roads and provides a pleasant walk with some navigational interest - the more competitive are welcome to run round.

Trot: About 5k: Still Straightforward. Suitable for adult beginners and those with a little experience who want to go a bit further. Also good for more experienced orienteers who want a run or walk that isn't too demanding. May cross a few minor estate roads.

Run: About 7.5k: A longer course that is an extensive tour of the area, only suitable for fit and reasonably experienced orienteers.

***Beginners should note** that course lengths are the straight line distance between controls. As a straight line is rarely the best or easiest way between controls actual distances covered will be significantly further. As the mapped area takes up most of the map there is no room for a legend, separate legends will be available at registration.*

It's entry on the day only, so just turn up and take part. No need to pre-enter but if you are planning to bring a large group please let Steve know so we can be sure to have enough maps printed.

Entry fee: Individuals and Families £3. Groups containing more than 2 adults £5. Extra maps £1. If you complete a course we will swap the map so you can do another course at no extra cost.

Other Information: Mini Controls, punches and control cards will be used. Maps will be overprinted and bagged.

KeyneO Co-ordinator is Steve Hardy
steve-hardy@hotmail.com

Important dates for your diary

THE ANNUAL SMOC DINNER is on Saturday 7th May. Watch the website for menu and a booking form.

THE SMOC AGM will take place following the KeyneO on 10th July. Bring a picnic!

OUR 25TH ANNIVERSARY PARTY will be held on Saturday 10th September at Bow Brickhill Pavilion in the evening.

Scottish 6 Days Orienteering Event at Oban 31st July - 6th August
Next price change deadline is 30th April

Watch the website for more details of these events nearer the time.
www.smoc.info

SMOC Signals Deadline

The deadline for the June issue of SMOC Signals is May 22nd. Send your contributions to editor@smoc.info

Events within a 50 radius of Milton Keynes

Sun 6 March	Level B	Regional Event	South West Epping Forest
Sat 12 March	Level B	JOK Chasing Sprint	Shotover, Oxford
Sun 13 March	Level A	TVOC Southern Championships National Event, FCC and UK Cup	Hambleden, Henley
Sun 20 March	Level D	KEYNE O and Club Championship	SHENLEY WOOD
Sat 26 March	Level D	HH Short Race Series & Youth League	Boxmoor, Hemel Hempstead
Sun 27 March	Level C	EMOA League Event	Martinshaw & Ratby Woodlands, Leicester
Sun 3 April	Level C	Wellington Orienteering Challenge	Wellington College, Sandhurst
Sun 10th April	Level D	KEYNE O	LINFORD WOOD
Sat 16 April	Level C	WAOO Cambridge Urban Event	Coe Fen and Cambridge

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