

DEVON ORIENTEER

No 174

September 2016.



*Torquay Boys Grammar School on Tour in Serbia
Photo courtesy Steve Perrelle*



CLUB OFFICIALS

President Sir John Cave Bt, DL

Committee

Chairman & Access Nicholas Maxwell

Secretary Steve Perrelle

Treasurer Matt Atkins

Club Captain Jill Green

Development Alan Simpson

Committee Members	Graham Dugdale	Membership Secretary
	Tim Gent	Juniors
	Bryan Smith	Fixtures.
	Wilf Taylor	Publicity & Website
	Rob Parkinson	Coaching

Other officials

A. & P. East Devon	John Dyson
Child Welfare	Helen Taylor
Club Clothing	Vivienne Maxwell
Equipment	Alan Simpson
Mapping	Roger Green
Newsletter Editor	Susan Hateley
Please note email address (susan1945hateley@gmail.com)	
SI Manager	Eleanor Taylor
SWOA Representative	Nicholas Maxwell
Web Manager	Bryan Smith
Junior Representative	To be advised
Volunteer Co-Ordinator	Helen Taylor helenmctalor@fsmail.net
Ass. Volunteer Co-Ordinator	Ruth Chesters rmchesters@gmail.com

Deadline for copy for the next Devon Orienteer will be 1st November 2016.

CHAIRMAN'S CHAT

Three years passes surprisingly quickly and this is my last time writing this section. The AGM is on 18th September following the club championships at Fire Beacon Hill when a number of positions in the club change. I am pleased to say that we have individuals willing to put their names forward for the posts of chairman, secretary and fixtures secretary which fall vacant; respectively Bryan Smith, Rob Parkinson and Steve Perelle. Anyone else may, of course, put their names forward at the AGM for these and other committee positions.

Please come along and support this important meeting. Following on from the AGM your new committee will meet to discuss and address the matters of the day. If you would like to be part of the committee let one of the officers know or put you name forward at the AGM.

Apart from the official positions we are also looking for a number of individuals to take responsibility for smaller distinct areas to help spread the load. A recent example is Phil Beale who has become main contact with the land agent for Braunton access – he lives conveniently on the doorstep. An example of another job is updating the Devon league as the events happen. Let us know if you can help and we can discuss the available tasks.

Thanks to all the committee for their service to the club in the last year and to two who step down: Tim Gent as fixtures sec and Wilf Taylor one of the longest serving committee member and coaching coordinator.

We now have our clubmark accreditation renewed. Many thanks to Alan Simpson and others who fed into this process. One of the more challenging areas has been in coaching; making sure people are up to date with first aid and other record keeping having the requisite qualifications. Increasingly, BOF has to demonstrate that people facilitating our sport have the necessary training and sometimes experience and there is evidence to support that; not just in training but events also. If we want to have insurance cover we can rely on (which we do) then we have no choice but to comply. It makes it more onerous for us as a club as we seek to fill event official and coaching rules. Please attend the event safety workshops and if involved with coaching please fill in any gaps in your training.

You will see that at the AGM and subject to member approval we are changing our club constitution to state that we will comply with the BOF safeguarding policy. This will mean that if you are involved with events or other activities you will need to know what this policy is. If someone e mails the policy to you this is the reason why.

Enough of compliance matters what about the sport?

Some people went to more exotic climes but many club members went to Wales orienteering in the shadow of the Port Talbot steel works. Out of the five days there were three events in the rain and in addition some with an early start on the final day got a soaking on the walk to the start - the sun did come out later.

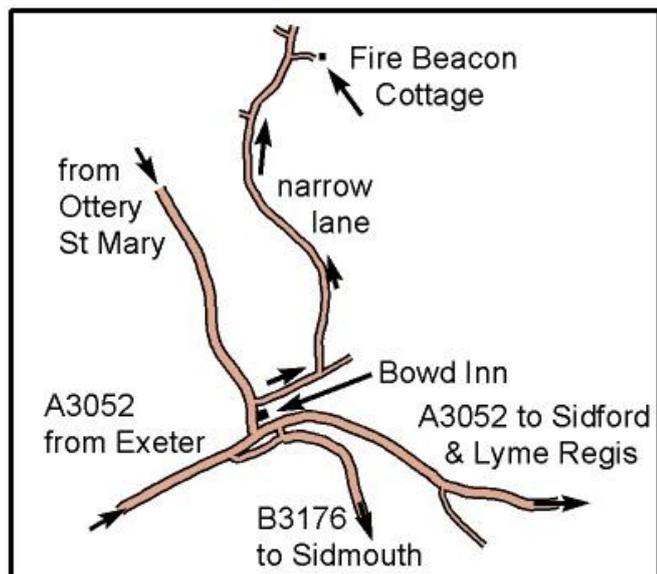
At Day 3 my body got the dirtiest I can recall. It was necessary to get out a nail brush and scrub quite hard to remove the ingrained dirt. I had successfully navigated to my first control. On leaving it as I looked at my map I immediately sank to my thighs in mud (no feature shown on the map!). I made the mistake of instinctively wiping the mud splattered on my map on my orienteering bottoms. Bad mistake as this added even more mud. A wipe on the wet grass cleaned it up a little until a convenient stream five controls later. Until then any apparent rock feature on the map had to be double checked with a finger to see if it smudged.

Overall it was an enjoyable festival of orienteering even in the rain and low cloud of Myrthr Common.

I hope you have had an enjoyable summer and are ready to enjoy the autumn events on Dartmoor and other places. Happy orienteering.

Nicholas Maxwell

ANNUAL GENERAL MEETING 2016



To be held at Fire Beacon Cottage (GR SY 109915) on Sunday 18th September 2016 at 2.00pm.

Directions : signed from The Bowd Inn - at the junction of the A3052 and the minor road from Ottery St. Mary (see map below). This road is narrow; please be considerate of other road users and approach from the South

The AGM venue is Michael Green's lovely garden where we will have a picnic and the bake off (see web site for details) before the AGM. Tea & coffee and juice will be available. Please bring a folding chair to sit on! Will follow the Club Championships at same venue (1 hour score event, punching start 11.00 to 11.15)

AGENDA

- 1) Apologies for absence
- 2) Minutes of 2015 AGM
- 3) Chairman's report
- 4) Membership Secretary's report
- 5) Treasurer's report
- 6) Membership fees and Levies for 2017
- 7) Election of Officers and Committee See note
Nick Maxwell (Chairman) , Steve Perrelle (Secretary), and Tim Gent (Fixtures secretary) are standing down.
All the other current Officers and Committee members are eligible and prepared to remain in office for 2017.
Nominations are invited – steveperrelle@blueyonder.co.uk
- 8) Proposal to revise constitution
- 9) Presentations

The current Officers of the Club are :

Chairman : Nick Maxwell
Secretary : Steve Perrelle
Treasurer : Andy Reynolds
Club Captain : Jill Green

Committee :

Development & Equipment : Alan Simpson
Fixtures Secretary : Tim Gent
Mapping : Roger Green
Membership : Graham Dugdale
Coaching : Wilf Taylor
Publicity, Devon League & Website Development : Bryan Smith
Representing Junior Members : Kit Grierson

Additional club officials are :

Newsletter editor : Susan Hateley
Child Welfare : Helen Taylor
Club clothing : Vivienne Maxwell

SUMMARY OF THE DEVON ORIENTEERING CLUB COMMITTEE MEETING ON 13TH JULY 2016

Finance

The budget remains as forecast. It was noted that income from the TT was due to be received shortly. It was noted that 2016/17 financial year does not include any major events, hence income will be less than in 2015/16.

Volunteering and coaching

An update on coaching activities and club coaches was made and the need for a clear whole-club strategy, to be included in the Club Development Plan was emphasised. It was agreed that where appropriate, opportunities be investigated to link the coaching programme to scheduled events.

Helen Taylor was thanked for her commitment to the coaching in East Devon in recent months, and the support given to the youngsters who represented the club at the Yvette Baker competition.

British Orienteering O safe

There is a requirement for the club to adopt the BOF O Safe policy. It was agreed to present this as a proposal for adoption at the AGM in September.

Fixtures 2017/18

A proposal for a re-focussed event structure was made which was accepted, based on a club league of Level C events during the Autumn/Winter/early Spring (which could in the first instance be badged as a 'Moorland League'), leading up to Easter. In the Summer there would be a programme of more informal events, combining a wider range of formats, and including opportunities for training. Members to develop the proposal further for the 2017/18 year, noting events already scheduled

Steve Perrelle

REPORTS

TBGS ON TOUR. SERBIA 2016

Two years ago when at the Adriatic Open we were invited to head for Serbia. It seemed a good idea at the time!

Eleven experienced Juniors and three adults made the journey out and after a very hot day in Belgrade travelled South to the mountains of the Kopaonik National park. At a height of 1700 mtrs even in glorious sunshine the temperature was only about 22 deg C which made running a little bit easier. The mozzies were something else though so if you ever go you have been warned.

Other than Tom L. and Ben C. none of us had ever run in what was natural forest so the plan was to get a couple of days practice in before the event itself started. It was a good thing we did. Rocks the sizes of houses were new but helpful whereas the extremely low visibility and lack of runnability certainly were not. Physically it was tough... Ben used the word Brutal. Many TD5 legs later some were wondering what they had let themselves in for.

The Kopaonik open consists of five races with every event counting so consistency was essential. Orienteering is a minority sport in Serbia but the lack of numbers of participants is made up for by their enthusiasm. There were only about 200 taking part but with the total Orienteers in Serbia being under 1000 that wasn't surprising.

Any thoughts that the M14's/ 16's would have straightforward courses were soon dashed. The same controls seemed to be used by all..... it was just the distances that were shorter and maybe a few of the really challenging sites were left to the older age groups. Not a place for the less experienced.

The first two days were great, yes, all had their moments and it became clear that you really did not want to lose touch with the map. The 1:10000 scale made route finding challenging and when in the most complex areas reading it on the go was an impossibility. Having said that, sometimes even running was a challenge as it really was wild forest.

By the end of day 2 we were quite happy to get out of the forest for the sprint event around the village. A light relief day and indeed the sprint race was good fun. On the same day we took part in the separate "Cup of Raska". A simple format. Catch the chairlift to the top of the mountain and then run the 2Km's or so down and back into the village. The weather was changing though. The top of the mountain was blanketed in thick mist so at the start you were literally running blind.

Days 4 and 5 took us back into the forest, each day with misty conditions but fortunately not much rain. Another level of complication arose when the Serbian compulsion with placing controls (or was it hiding them) at the bottom of any pit or **under** a tree reached new levels of deviousness. Even Ben and Tom were having their moments. By the time that day five came we were all getting used to the challenge although our legs were beginning to notice it.

Was it worth going? Definitely a yes.

Serbia is a lovely country and Kopaonik itself is beautiful. The accommodation was good, the food is cheap and all the locals were very friendly. As to the racing they certainly have some interesting areas with 32 SQ km's mapped to a good standard. Physically though it is tough and they certainly try to make things as challenging as possible. A 1:7500 scale would have assisted at times !! and we would probably have done that in this country.

I am not sure that they have got it right in the way that they encourage the younger Serbian runners but for us that was not an issue. We went there to gain experience and to learn and we certainly did that.

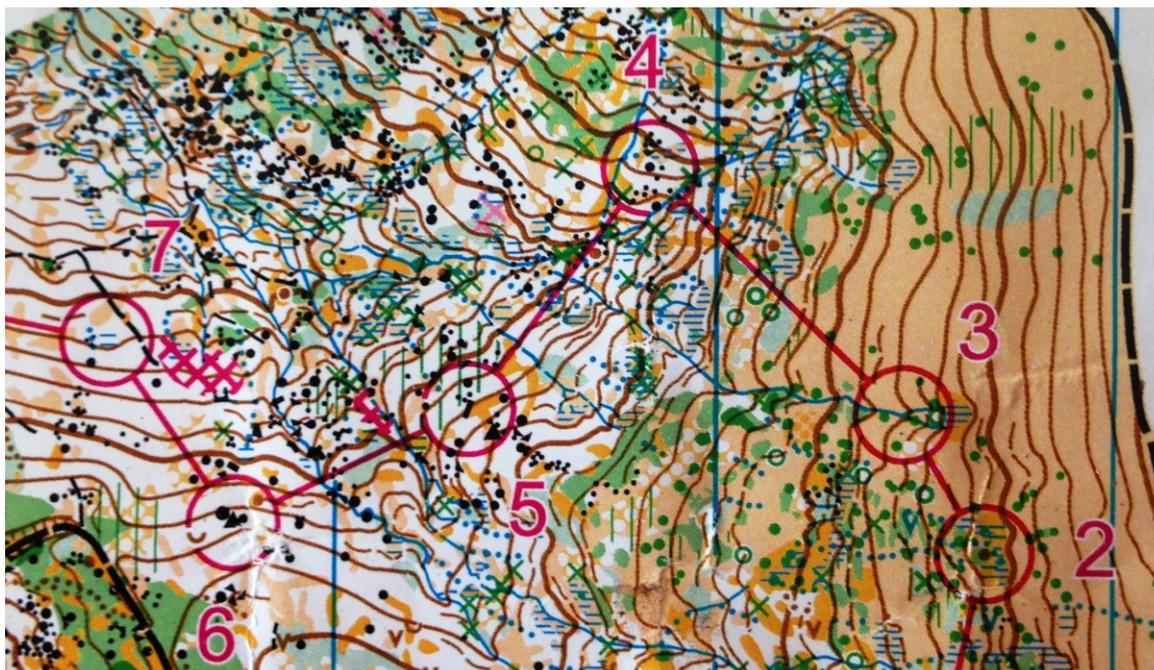
For the record our results were as shown but really that was never the reason we went. Indeed Sam Johnson M14 would probably have taken 3rd place overall if he had not had to abandon his run for an seriously injured casualty on day 2 which then counted him out of the overall competition.

Kopaonik Open

M14 1st Obbie Fox	2 nd Jack Forrest	3 rd Oliver Godley
M16 1st Harry Fox	2 nd James Condon	3 rd Reuben Vasey
M35 1st Ben Chesters	M65 1st Tom Lillicrap	

Cup of Raska

M14 1st Obbie Fox	2 nd Sam Johnson	3 rd Oliver Godley
M16 1st Harry Fox	2 nd Reuben Vasey	3 rd Matt Birdsall
M18/20 2nd Tom Snow		
M35 1st Ben Chesters	M65 1st Tom Lillicrap	



Part of a course from the Serbian Tour

Now we have to ask.... what next?

Steve P

DEVON RELAYS AT HAYTOR

Sun 17 July 2016

Becca is very persuasive. With a long drive the previous day, I didn't really want the honour of WIM depending on my doubtful skill and stamina but there was no one else. So that was that. Doubt turned to horror soon after arriving at the car park, when I found out Michelle Spillar was our 3rd runner. Two crack young athletes teamed with an ancient packhorse. Oh good.

The format was deceptively simple. There were 7 score courses of varying standard, 5 controls per course, printed on two maps. 3 courses were on Map 1 and 4 courses on Map 2. The courses had different colour overprints & number sequences so they shouldn't be confused. Two runners set off, the first one back gave his/her map to the waiting member, and so on until all 7 courses had been run. The mechanics were dead easy but the strategy required thought. How do you synchronise shorter & longer courses to minimise waiting around? How do you keep Map 2 moving continuously? Michelle masterminded a Timetable which Becca endorsed as a winning Plan! I mostly agreed and did as I was told.

Despite the heat it was beautiful out on the moor. There were obviously some climbs (the long uphill to Saddle Tor nearly killed me) but the open moor is wonderful orienteering terrain and control sites were well chosen. The Planner

had done an excellent job with the two courses I ran (the verb is used loosely) and I felt quite enthused about the event (retrospectively). Very different from a Harris relay or other formats I've tried and great fun.

We didn't win: that accolade went to WSX Raiders who came first by a substantial margin. And who cares? If ever there was a time to relish the sheer joy of sprinting lightly (or plodding ponderously) across a truly glorious landscape, it was today. My sincere thanks to Becca for putting me in the WIM team and for the hard work I know she's done with the other summer



Mike Kite on the Moor around Haytor . Photo Susan Hateley

Mike Kite WIM (From Waffle)

CROESO JULY 2016 - ONE VIEW FROM M65L AND W60L

Well a great time was had. Of course, if Mike had decided to forgo mountain bike orienteering in Porlock on Saturday 22 July, he might have been feeling a tad fresher than he was next day - Day 1 of Croeso! The MTBO event was a 2 day event that also doubled as the British Championships. Because of Croeso, Mike was only riding the first day and was presented with a map covering a large chunk of Exmoor, the hills between Wootton Courtenay and Minehead and the Selworthy Beacon hills west of Minehead. This outing was a 5 hour score event and involved considerable careful route choice to avoid the worst of the climbs. Mike was going well but miscalculated the time needed to get back to the finish and took a big points penalty by being 20 minutes late. Somerset MTB orienteers (www.somersetmtbo.co.uk) organise events in both Somerset and Devon - their next Devon event is on 16 October on East Dartmoor. Hint.

As south Wales is short of wild camping we had booked ourselves and our camper van into a lovely little campsite at Rhiwceiliog near Pencoed for 4 days. Very welcoming and facilities all available at £10/night without hookup. With a wee solar panel, travelling everyday and LED lighting there is not much call for electric hookup!

Day 1. The Long Distance at Kenfig.

Got there good and early. Glad to say that our careful measurements meant we did squeeze under the low access bridge and not block the road! What did we do but go shopping when we got there? Ian and Jenny at Ultrasport provided us with peaked caps in garish colours to keep the rain (oh yes the rain!) off our glasses, socks were upgraded, electric tape backed up and then a quick time estimate meant we could snaffle a bacon butty each from Julie at the wagon. By now the rain was seriously setting in and memories were awakened of the recent dousing on Braunton Burrows. More wet dunes to come, then. Kenfig is a wonderful orienteering area of vegetated dunes and ponds. Well worth a visit even when not orienteering. The usual noisy Start made life tough for the start team and then Toria was off with a good split choice of routes to No1. Apart from a particular, terrible lonely, route choice through some bog and forest where strange inexplicable crashings were all around her in the thickets, all was fine. The course was technical and required good concentration all round. With focus on compass and serious counting she was amazed to be 10th of 39 overall. Didn't last 5 days of course... Meanwhile, Mike's first control was supposedly behind some 'slow run' but it was actually in 'fight' and, with 5 hours in the saddle the previous day, there were moments of disorientation, knackerdom and some time lost. Much frustration and then analysis of 'lost 30 seconds there', 'lost 2

mins there' and 'which way did YOU go'? Also some discussions of how to nobble Tom Lillicrap but we get ahead of ourselves there!

Day 2. The Middle at Kenfig again.

Parking and eats all familiar. Milky sunshine and later hot. The start was 2km to the west and the finish in the same place as yesterday. Toria less accurate than the previous day and a lot of competitors now used to the map, so performance down. The dunes by the beach were a trip hazard (she says). Also inland had to dodge those invisible noises again in the thickets, which she ran in reverse, and turned out to be many nervous cows and a massive bull crashing about. She hoofed it! Sorry. Mike also had his first 3 controls on dunes beside the sea and had the classic dilemma of whether to run the beach or stay inland in the sand blowouts. He opted inland which he thinks was the right call. He also overran a control and tripped into the next one - good planning to have them on a line, but he lost 6 minutes which was a killer.

Day 3. Margam Forest.

Heavy rain at 7am gave us a clue as to what the day would have in store. Good parking for the campers but a long uphill track to zigzag on foot to assembly. The map was plastered in green print and the ground and vegetation were sodden. Toria was whingeing long before she reached the start. Pine forest, ditches, bogs, brambles, brashings and a late start guaranteeing muddy chutes from previous runners...Lovely and all came true. The start was psychologically tough because we had excellent view of the decision making of all the starting runners - who set off in opposing directions on apparently all our courses. Very strange. So Toria's (dismal) result was mainly due to trying to get through the ground on what was really an Orange level course. The finish was off the track and uphill through deep mud and into the dark of the Mordor forest (why???) where the club tents were perched between the dripping trees. All competitors plastered in mud from head to shoe and occasionally blood. Mike had assessed the forest too, but with none of Toria's foreboding. Grot forest is a favourite as it slows down the runners and allows the steady technical runners a proper chance. He was well up at under the hour and, having bragged and looked so strong, he had to cook the ruddy supper if he was to get any!!

Day 4. Long Distance Mynydd Llangynidr (near Trefil).

Parking for all just NW of Tredegar at the Bryn Bach golf driving range. Then buses and it all ran smoothly to get us up to Trefil. Short walk to assembly with all our kit and, yes, raining yet again. Thank you Torquay Boys for the tent as always!! The camper van is now full of soggy kit drying out and smelly bags of more wet kit in the boot.

We were looking forward to this area which was used for the JK at Easter a few years ago and we remembered as being flat-ish with sinkholes, shortish grasses and hypothermic. Trouble was that we were now in summer. The grasses were considerably higher and the fog (or was it cloud) all-enveloping for most of the early competition. A great challenge and some positive thinking required by more than Toria in the Devon tent! The Torquay boys had long discussions about what to wear and much to-ing and fro-ing. Then discovered that Tom Lillipcrap had been nobbled by someone else (put our plans to one side) and was absent with a damaged shoulder...Mike brightened considerably! Toria disappointed when she set off that the grass was more of a challenge than she thought but was accurate all the way. The second half of the course was very much into wind and even the peaked cap could not keep the glasses clear enough. She had a long leg to number 2 and apart from the compass and counting she was chuffed to spot a very shallow spur appear eventually on her right - the only other visible landmarks were the huge sinkholes. Pleased! Mike on the other hand came in laughing. He explained that sometimes things were not just bad, they were SO bad they were laughable. Literally. His first leg was over 1.5km and everything was fine by the halfway point but he lost contact on the second half and had difficulty relocating in the fog - afterwards he discovered he was over 350m to the right and no obvious features to help. Having eventually come into Control 1 from the wrong direction he then lost another shed-full of time by going 180 degrees in the wrong direction to the next control! After sorting that out everything went pretty well.

More wet gear and if we had known it, not a drop of rain at home where we are in drought. Talk about ironic. Wild parking overnight but we won't tell you where in case everybody finds it!!

Day 5. Middle Distance at Graig Fawr and Margam Country Park.

Overcast but not raining. Hurrah. Tarmac parking in the park very close to assembly. Nicely done. Tom came to support Torquay Boys, and us all, with arm in a sling. Good to see him but we all know where 'sympathy' comes in the dictionary, Tom.... Toria hopeful there would be a fun sprint element incorporating part of the park but oh, no. The first seven controls (kilometers of walk from assembly) were stony-slitery-hobgoblin-dark-forest stuff again. Accurate but slow. Then out into parkland with shrubs, tracks and hills which taxed the aerobic well. She was passed by Meg Summers who flew downhill ahead with the echoing cry of...'if you're coming this way I hope you like rhododen....and crashed through undergrowth to the track below. Turns out she ran the wrong map and I think ran an elite course. Power to you!!! Must get fitter!! Mike had similar 6 technical controls in that early wood and was

pleased with getting round them accurately - staying on your feet was the biggest challenge as it was incredibly slippery. The second half of the course was more a question of getting you through the grotty forest back to Margam Park and as a result the controls were technically easy and involved plenty of path running.



Overall? Both of us felt we could have been fitter - Toria because she should exercise more and Mike because he should have exercised less (the mountain biking pre day1). Toria was 14th out of 40 overall which mirrors her amazing (relative) improvement in results this year, and Mike was 15th out of 89 overall. Now thinking about Oceania and World Masters in NZ in April and Deeside next year. On On. Hopefully.

Toria at the Devon Relays on Haytor

Mike and Toria Wimpenny

RESULTS

WELSH FIVE DAYS

The best four scores were counted towards the overall result. Overall top ten finishes by Devon members are as follows:

1st Place

M21L Jamie Parkinson M65L Graham Wilding

W55L Ella Bowles

2nd Place

M14B Fraser Dixon

4th Place

M14A Jack Forrest M16A Harry Fox

M60L Rob Parkinson

6th Place

M20L Sean Rowe

7th Place

M12A Bobby Godley

8th Place

M18L Tom Snow

9th Place

M18L Sam Peat

10th Place

M16A Hugo Twigger M18L Oliver O'Brien

WORLD MASTER CHAMPIONSHIPS

Two Devon members travelled over to Estonia for the World Masters Orienteering Championships.

Sprints

W70A Final 12th Carol Pearce

M70C Final 4th John Pearce

FIXTURES

DEVON EVENTS

September 18 th 18 th	Club Championships AGM	Fire Beacon
October 8 th /9 th 23 rd	Long O Joint with QO League 1	Belstone Holne Moor
November 13 th	League 2 and Galoppen	Fernworthy
December 4 th 10 th 30 th	League 3 Devon and Cornwall Night Christmas Novelty Event	Mutters Moor TBC Exeter
January 2017 22 nd	League 4	Ashclyst

KERNO EVENTS

September 25 th	Winter series 1	Polly Joke
October 30 th	Winter Series 2 and Galoppen	Craddock Moor
November 20 th	Winter Series 3	Hayle
December 11 th	Winter Series 4	Dunmere

QO EVENTS

September 25 th	QOFL 1	Triscombe	ST163359
October 8 th /9 th 16 th	Long O with Devon QOFL 2	Belstone Blackborough South	SX621938 ST102074
November 26 th 27 th	Southern Night Championships Galoppen	Ramscombe Ramscombe	ST168376 ST168376
December 11 th	QOFL 3	Croydon Hill	

EDITORIAL

Well done to all those who have been orienteering around the Country and Europe this summer. A special thanks to Toria and Steve for their reports on the Welsh 5 days and the TBGS trip to Serbia. In Devon we are very fortunate to have so many talented Juniors both in Torbay and East Devon. You all do us proud. I hope to see a large number of you this Autumn.

Birches report is held over to the next issue!

Susan Hateley