

DEVON ORIENTEER

No 176

January 2017.



Rob & Jamie at OMM Finish. Courtesy Compass Sport



CLUB OFFICIALS

CLUB OFFICIALS AND COMMITTEE MEMBERS

President	Sir John Cave Bt, DL
Chairman	Bryan Smith
Secretary	Rob Parkinson (Publicity & Website)
Treasurer	Matt Atkins

Committee members

Steve Perrelle	(Fixtures)
Alan Simpson	(Equipment & Development)
Nick Maxwell	(Access & SWOA rep)
Roger Green	(Map Archivist)
Tom Lillicrap	(Mapping Sub-committee chair)
Graham Dugdale	(Membership)
Tbc –	Coaching co-ordinator
Ruth Chesters	(Club captain)
Helen Taylor	(Volunteering & Child Welfare)
Meg Somers & Hugo Twigger	(Junior reps)
Andy Reynolds	

Newsletter editor – Susan Hateley
Devon League – Tim Gent
Clothing - Vivienne Maxwell

Deadline for copy for the next Devon Orienteer will be 1st March 2017.

CHAIRMAN'S CHAT

Happy New Year to all Devon members, families and friends! Every New Year is significant, but particularly for those of us, including myself, who will tip over into a new age class from the 1st January. I am already looking forward to attending a range of ranking events throughout the year and very much hope to get to the JK in the south-east of England at Easter and also the Scottish 6 Day event in Deeside, Scotland, in late July.

In essence, the British Orienteering Federation ranking scheme includes all events at Level A, B or C except for Relay and Score events. Provided you are a member of BOF, and at least in the top classes of M/W 16 or older, your results at these events will count. (There is an additional requirement that there must be at least 10 ranked runners taking part on any particular course.)

Committee members are keen to increase the proportion of Devon events which are at least Level C, because we consider it is motivating for many club members (and also tends to bring in more competitors from neighbouring clubs) with relatively little in the way of additional organisation for the event. They also remain suitable for all ages and all abilities.

Indeed, it looks like a good number of Devon members are already keen on attending ranking events. Devon is now 21st in the CompassSport Club Rankings for 2016, out of 85 clubs in total, up 12 places on the previous year, representing the club's highest ever position. For those who like the stats, Devon has a higher adjusted average score than any other south-west club. That has to be worth a collective pat on the back!

And with reference to CompassSport, in the near future Ruth Chesters, Club Captain, will be offering more encouragement to members to attend the first round of the CompassSport Cup on March 12th 2017. This will be hosted by Wimborne Orienteers, at the Moors Valley Country Park, on the western edge of the New Forest. Please get

the date in your diary. It is particularly significant for us, as Devon will be hosting the CSC final on 22nd October 2017. Nicholas Maxwell is organising that event and will no doubt be looking for helpers so please note that date also. But, not everything, of course, is about ranking points. The recent Christmas Score event held at Exeter University was hugely enjoyable, very sociable and offered something for everyone. Many thanks to all of the helpers and officials who made the event possible.

So, whether you run for leisure, for competition, to keep fit or to get out and about with others, I very much hope you have an enjoyable orienteering year in 2017!

Bryan Smith Chairman

DEVON ORIENTEERING CLUB BUILDING A LONG TERM FUTURE FOR THE CLUB

Amongst other tasks, the club committee has recently been considering how we build club membership and participation, so that the club is sustainable and has a long term future.

Not that we have a particular problem at present, indeed there is a great deal to be positive about, but we need to look ahead.

Everyone across the club can contribute to this task. Listed below are a few means by which this long term future can be made more secure, appropriate to the level of involvement people currently have with the sport or with the club. These are by no means new ideas –but we think they will help.

For many of these tasks we have identified a lead member of the club to take the idea forward. If you have further ideas, please discuss them with any member of the committee and we will seek to follow them up.

How do we get people to their first Devon event?

1. **Permanent Orienteering Courses:** Publicise the club and club events at permanent courses through A4 notices, up to date event information and “Orienteering –Give it a Try” cards
2. **Put on a series of targeted events:** Promote club events through social media campaigns, targeting specific events, geographic areas, age groups or a series of events and, for example, include red courses
3. **Promote the club to specific groups:** e.g. local FE Colleges, identified Charities, Running Clubs, Hashers and secondary schools, prior to events
4. **“Orienteering –Give it a Try Cards”:** Distribute these cards via sports centres, libraries, outdoor retailers and others.
5. **Personal networks:** Use personal networks to spread the word!

How do we get people to return to Devon events?

1. **Welcoming ethos:** Make newcomers, of all ages, feel welcome and supported at events
2. **Facebook and website:** Promote recent and forthcoming events through Facebook, the Devon web-site and splits print-outs
3. **Fliers:** Produce fliers for all events, available on the web and in hard copy at the previous event, with wider distribution for bigger events (e.g. at other club events)
4. **Focal point:** Provide a focal point at events where people congregate after their run e.g. results board, soft drinks, cakes or biscuits, or using a local suitable venue or club tent.
5. **“Orienteering: Give it a Try”:** Provide cards at events, with details of forthcoming events on the back

How do we ensure people who attend events become members?

1. **Follow-up:** Follow up non-members with a welcome email or letter encouraging them to join the club
2. **Encouragement:** Have a conversation with people at events who you don’t know and encourage them to join.
3. **Standard notice at events:** Provide a hard copy note at events: If you have enjoyed this event....including reference to the need to join the club after 3 events for insurance purposes.

How do we ensure people who are members, remain as members in the longer term?

1. **Quality events:** Continue to provide a wide range of high quality, good value, events
2. **Follow-up:** Follow up those who have not re-joined with a friendly reminder.
3. **Coaching and Training:** Provide coaching and training to help people build their orienteering, organisational and planning skills
4. **Volunteering:** Ensure a wide range of people are encouraged to help at events, even in small ways, so they feel valued and engaged.

5. **Communications:** Provide regular and interesting communications e.g. Mailchimp, Club Newsletter and review what is most effective.

Bryan Smith Chairman

SUMMARY OF THE DEVON ORIENTEERING CLUB COMMITTEE MEETINGS

ILSINGTON VILLAGE HALL ON 7TH DECEMBER 2016

At the committee meeting on 7th December, the following key items were discussed

Permanent orienteering course update

Nick Maxwell confirmed the positive status of Saltram and Plym Bridge. Bryan Smith noted that Haldon is being revised, linked to the remapping of the area. A meeting is taking place at Haldon on 8th December, which Bryan and Wilf Taylor will be attending. Bryan, Steve Perrelle and Erik Peckett are meeting with Bicton College staff on 9th December to follow up previous contact made by the college.

Roles and Responsibilities were confirmed as follows:

BS – Chair
RP – Secretary/website/publicity
MA – Treasurer
Ruth Chesters - Club captain
SP - Fixtures
NM – Access and SWOA representative
GD – Membership
tbc – Coaching co-ordinator
TL – Mapping group
AS – Equipment, Development
RG – Mapping
HT – Volunteers/Child Welfare
Meg Somers and Hugo Twigger – Junior reps
SH – Newsletter; TG – Devon League; VM – Clothing
Damian Wilson – Permanent Orienteering Courses

Finance

Matt Atkins tabled a detailed overview of the current financial position, and presented a revised budget for 2016-17. Following discussion, the following points were agreed:

- a. Compass Sport Cup - The club will subsidise entries at 100% for the CSC Qualifying round in March 2017, and will offer a free run to helpers in the final if we qualify. It was confirmed that the Final is joint with Kernow, and that surplus will be split on the basis of a formula that takes into account official key roles and helper numbers. It was noted that the club will not be entering the YBT in 2017. Nick Maxwell will check with the CSC Co-ordinator to confirm whether Devon, as host club, has a guaranteed place in the final, or not.
- b. Event entry fees 2017 will be £8 for adults (including independent runners) and £3 for juniors. It was noted that the BOF insurance limit is three 'independent' runs per year (Graham Dugdale to monitor)
- c. It was agreed to allocate £1500 to mapping, assuming that costs of mapping for the CSC final (Virtuous Lady) and the TT2018 (Braunton Burrows) would be largely met from income from those events.
- d. A discussion of event costs included consideration of alternative printing options. It was agreed that Roger Green should be consulted regarding this matter.
- e. With the above adjustments, the budget proposed by Matt for 2016 /17 was approved.

Matt was thanked for collating a clear and detailed financial statement.

Membership and Publicity

- a. Fees 2017 – see item 3(b) above. It was noted that adult BOF membership, including Club contribution, will be £16 for 2017 and £3.30 for Juniors.
- b. What steps should we take to increase membership? And How do we improve publicity to encourage club membership and attendance at events? – Bryan Smith introduced his paper on Membership and Publicity by

emphasising the need for the club to look to the future in terms of membership renewal and growth, and that this is a vital element of a sustainable, dynamic club. Several key issues raised in the paper tabled by BS were discussed and further points were added to the draft paper. Bryan will revise and circulate to the committee. It was agreed that Mailchimp communications should be extended to include non-members on a 'reply' basis. Currently 54% of Juniors and 38% of seniors have renewed their membership for 2017. In addition, Graham will look to producing an "Interested in Joining?" message and sticker on the back of "Orienteering – Give it a Try Cards" at Registration, with Graham's contact details.

Fixtures, Event Safety Workshops and Event Officials

Review of recent fixtures

A brief review noted a number of successful events, although the attendance at the Fernworthy galoppen was disappointing. Some reasons for the attendance were discussed. It was noted that the atmosphere at the Mutter's Moor event was very positive.

Forthcoming fixtures

Steve Perrelle presented the current fixture list, and noted that it is intended to identify individuals for events post-Easter 2017 in the near future. It was agreed that the Ashclyst event will move to 29th January 2017, and be upgraded a Level C, as it no longer clashes with the NGOC galoppen.

Alan will act as Controller for the River Dart Country Park event.

Forthcoming major events

CSC 2017 – Nick Maxwell reported on unsuccessful negotiations with DNPA, Natural England and the Duchy, which had resulted in permission not being granted to hold the CSC final at Golden Dagger. It was agreed to enquire further as to the reasons for permission not being granted, with a view to holding a smaller event there in the future. Nick will set up a small working group, including an assistant organizer and assistant planner, to carry out preparations for this event. Jill Green has offered to act as Safety co-ordinator.

Tamar Triple 2018 - Alan summarized current plans for this event. Days 2 and 3 will be run by Devon on Braunton Burrows, with permissions being facilitated by Andrew Woolacott, Tapeley Estates. The venue for Day 1 has yet to be confirmed and is with Kerno for their decision. Chivenor is an option being considered, with two sprint events.

Steve Perrelle updated the committee on members who have completed Event Safety workshops, and noted that Jill Green is running another course on 9th January 2017.

SWOA and BOF items

SW Sprints – noted agreement with the proposal to change the SW Sprints to the same format as the Nationals.

Club and Association Constitutions – the committee discussed the recommendation from Mike Hamilton (BOF) that clubs adopt the BOF constitution. Some reservations were expressed, and clarity sought regarding the extent to which adoption then commits the club to blanket adherence to BOF governance documents. It was agreed to investigate this issue further, prior to agreeing to put to the club members at the AGM in September 2017. Nick will ask Christine Vince for SWOA view on this proposal

AOB

Nick noted that the SWOA regional conference will take place on Saturday 1st April 2017 in Taunton. BOF will present their strategic plan at this meeting. Devon committee members are encouraged to attend. On 7th October 2017 SWOA are holding an event planning conference /workshop in Exeter. We will seek to identify participants, (organisers /planners /controllers).

Alan informed the committee of Carol Simpson's current poor state of health. Committee members offered their thoughts and sympathy.

Rob Parkinson

Secretary

ILSINGTON VILLAGE HALL ON 11TH JANUARY 2017

At the committee meeting on 11th January, the following key items were discussed:

Matters arising from previous meeting

CompassSport Cup Final – it was confirmed that we will not have an automatic place in the final as hosts, and hence need a good turn out at the heat in March.

Insurance – it was agreed to include a notice at registration reminding non-members of the three runs in a year rule, or BOF insurance cover is not in place.

Event safety workshop –the committee thanked Jill Green for running a recent successful event. The next workshop is scheduled for 9 March 2017 – if you would like to attend, please contact Jill Green.

Publicity and Membership –the committee agreed that a focal point at events would be beneficial, but with simple catering – hot drinks and biscuits. Steve Perrelle will investigate the cost of a shelter for this purpose. (Note: the revised Publicity and Membership document can be found elsewhere in this Newsletter).

Haldon Permanent Orienteering Course – good progress is being made following discussion with the Forestry Commission. We plan to make a bid to Sport England for funding. It was agreed that targeted coaching sessions will be held during the summer. It was noted that in order for the bid to progress, the club constitution will need to be modified at the AGM in September to state clearly that we are a not-for-profit organisation.

Development Plan 2016-18, Training and Coaching

Alan Simpson introduced the discussion on progress with the club Development Plan. It was noted that we need to strengthen our coaching activities – in part this can be achieved by targeted activities before events later in the year. In addition see Haldon POC item above. It was noted that the club needs to provide training opportunities for Controllers and Planners, particularly the former. Andy Reynolds agreed to take this forward, with late summer/autumn date for a Controllers course. The updated Development Plan will be circulated to the committee and posted on the club website.

Fixtures

Recent fixtures were reviewed, and it was agreed that the Christmas event was a great success. It was noted that additional support was needed for the SI/registration team at the peak registration time.

Steve Perrelle updated the committee on forthcoming fixtures, and noted that most events in the next six months have a full complement of planner, controller and organizer. It was noted that the date for the Knightshayes event is 30th April. It was agreed to investigate the wider use of Fabian4 for pre-event registration. Alan Simpson reported on plans for the Tamar Triple (May 2018) that are progressing well. Chivenor is the likely venue for Day 1, with two sprint events. Bryan Smith reported on discussions with staff at Bicton College. It was noted that the Bicton campus map needs to be updated, but that this is not a top priority.

Map Finances

Matt Atkins proposed a more strategic allocation of resources by the Mapping group. Following discussion on how to allocate mapping costs to events, it was agreed that the Mapping group to adopt this approach, but that costs for Major events be considered on a case-by-case basis.

First Aid training

Helen Taylor agreed to organise a short Emergency first aid session ‘Procedures when encountering an injured orienteer’, and investigate the need for another First Aid training course.

Rob Parkinson

Secretary

WELCOME TO NEW MEMBERS

Welcome to you all, I hope that you will enjoy your orienteering.

Ben Chesters	M35	Sidmouth
Gareth O'Connor	M45	Whimble
Ann Daniels	W60	Whimble
Sarah O'Connor	W14	Whimble
Mark Bond	M35	Exeter
Stephen Armstrong	M21	Exeter

COMPASS SPORT CUP—FIRST ROUND.

Devon Orienteering Club members, would you like to represent your club in the first round of the Compass Sport Cup 2017? The event is being held by Wimborne Orienteers at Moors Valley Country Park, near Ringwood, on March 12th 2017.

It would be good to have a strong team, as the final will take place in Devon, on October 22nd 2017.

Most will run an age class course, as shown in the list below. However, a few people may be asked to run a slightly different course, in order to maximise the club's potential points tally.

I will let you know your start time, and course, nearer to the date of the event.

Compass Sport Cup Courses

1. Brown--Men Open
2. Short Brown--M20-/M40+
3. Blue Women--Women Open
4. Blue Men--M50+
5. Green Women--W20-/W45+
6. Green Men--M60+
7. Veterans Short Green--M70+/W60+
- 8A Junior Men (Green)--Men 18-
- 8B Junior Women (Short Green)--Women 18-
- 9A Orange Men--Men 14-
- 9B Orange Women--Women 14-

If you would like to take part, please complete the slip on the back page and return it to me or, alternatively, email your details to rmchesters@gmail.com

Hoping to see you at the event,
Ruth Chesters (Club Captain).

The JK is being held in the South East this year between 14th and 17th April. On Monday 17th the JK relays are being held at Pippingford Park. There are a large number of relay classes, in each, teams of three runners take part. If you are going to the JK and would like to join in the fun of the relays please let Ruth have your name. You do not have to have a team of three; Ruth can put you in with other club members who would like to take part.

WORLD SCHOOL'S CHAMPIONSHIPS 2017 PALMERO, SICILY.

APRIL 22ND – 28TH

Congratulations to the following who have been selected to represent England at the World School's Orienteering Championships.

Select Team Junior Boys
Flurry Grierson
Obbie Fox

Non travelling reserve
Sam Johnson

Select Team Senior Boys
James Condon
Harry Fox

Team Coach
Ben Chesters

RESULTS

BRITISH SCHOOLS SCORE CHAMPIONSHIP October 6th – Bagworth Common & Woods, Leicestershire

I would like to apologise to the Boys of Torquay Boys Grammar School for not including these in November edition.

Lower Secondary School Boys Torquay Boys Grammar School
Upper Secondary School Boys Torquay Boys Grammar School

Top 10 places:

Yr 8	3 rd Fraser Dixon	5 th Bobby Godley
Yr 9	1 st Jack Forrest	4 th Louis Nieuwoudt
	7 th Finn Robinson	
Yrs 10/11	3 rd Obbie Fox	6 th Hugo Twigger
	7 th Sam Johnson	9 th Ben Stevens
Yrs 12/13	5 th Tom Snow	9 th James Condon
	10 th Oli O'Brien	

SOUTHERN CHAMPIONSHIPS

The Southern Championships were held in conjunction with the November Classic on the 6th November.

Champions

M12A Tom Perry M14A Flurry Grierson
W70L Carol Pearce

2nd Place

M60L Rob Parkinson

4th
W16A Meg Sommers

7th
M16A Dominic Walker M65L Mike Wimpenny

8th
M16A Harry McMurtrie

10th
M14A Edward Purchase

TRIALS FOR THE WORLD SCHOOLS CHAMPIONSHIPS

Sutton Park. 17th November 2016

M14
1st Flurry Grierson KSOsM

TBGS
7th Obbie Fox 10th Sam Johnson

M16
6th Harry Fox 7th Oliver O'Brien
8th Matt Birdsall 9th James Condon

BRITISH SCHOOLS CHAMPIONSHIPS

Sutton Park 18th November 2016

Individual
Yr 10 Flurry Grierson

Team Torquay Boys Grammar School positions in the Boy's competition

Yr7 5th ,
Yr8 1st Fraser Dixon, Albert Gilmore & Bobby Godley
Yr 9 1st Jack Forrest, Louis Nieuwoudt & Fion Robinson
Yr10 1st Obbie Fox, Reuben Vasey & Sam Johnson
Yr 11 1st Hugo Twigger, Ben Stevens & Will Meadows
Yr 12 3rd Harry Fox, James Condon & Matt Birdsall
Yr 13 1st Tom Snow, Harry Jameson & Oli O'Brien

Overall TBGS were 3rd.

Both the teams above them were able to include results from their girls.

SOUTHERN NIGHT CHAMPIONSHIPS

The Southern Night Championships were held at Ramscombe in the Quantocks on November 26th 2016. There were a number of Devon Orienteers present.

Southern Night Champion

M60 Rob Parkinson M65 Mike Wimpenny

3rd

M60 Adrian Taylor

REPORTS

NOT QUITE OVER THE HILL....

(Originally published in **Compass Sport**)

... the exploits of two Devon orienteers in Galloway at this year's OMM

It was in 1996 that I first had a close encounter with the tussocks of the Galloway hills on the Long Score of the KIMM (Karrimor International Mountain Marathon). On that occasion Rob Kohler, my long-term partner mountain marathon partner and I came in more than 20 minutes late on Day 1. Hard-earned points stolen away from us by the cruel clock. Never again! Shorten your string next time in Galloway, because it's so rough underfoot, I told myself. The KIMM/OMM has visited the Galloway hills every 10 years, and October 2016 was the next occasion. One of my more challenging 60th birthday presents this summer from my son Jamie was an entry to the Long Score of this year's event. The prospect of running through the Nick of Curley Wee and over the Range of the Awful Hand was tempting. Only on condition that you carry the tent and food, I said. Even then, the distant memories of tussocks, bogs and peat hags made the prospect somewhat daunting.

Some longer training runs over the summer culminated in the early October Long-O on Dartmoor, co-organized by Devon and Quantock Orienteering clubs. The tussocks on Dartmoor provide good OMM training, and can be rough in places, but as I rediscovered later, nothing like the man-eaters on the Galloway hills. Kit was pared to a minimum – as it was, the mild weather meant that cold was not the problem, however navigating in the mist and low cloud was. Cup-a-soup, pot noodles and pasta mugshots were packed, along with jelly babies and cereal bars. We managed to avoid the worst of the traffic on the M6, and Glen Trool campsite was welcoming on Friday night. Then all hell let loose at 6 am the next morning as the arc lights lit up and the early arrivers were directed to parking spaces in between the campervans and caravans.

Some of the forest around Glen Trool is delightful – sessile oak in full autumn colour. However, most of the 4 km walk out to the start was through sitka spruce, some of which had been recently felled. Seven hours on the first day, so our 5 km/hr string showed us the options to get back to the overnight camp near Loch Trool in good time. The planner tempted us with several 50 point controls in the more distant, northerly part of the map on either side of the Merrick (have a look the options on Routegadget - www.omm.routegadget.co.uk/rg2/#84&course=1). Jamie and I

took a more cautious approach, and decided to pick up controls on the way out, looping back to the controls in the central area of the map around Loch Valley and Long Loch of Glenhead. Visibility was low throughout the day, and fine navigation skills were needed to hit the controls and avoid losing time. The going underfoot was as rough as I remembered, or rougher! However, a long run in along easy tracks and the loch-side road meant we were 30 minutes early – but 5th overall on Day 1, feeling good and ready for the second day.

The clocks went back (another hour of discomfort in a cramped tent!) and the piper serenaded us at 6 am – the pipes are fine at a distance, but not close up! We had a leisurely start as only the line courses had a chasing start this year. This was to our advantage, and later in the day we picked several elephant tracks made by earlier runners. Day 2 courses were over the southern area, the Minnigaff Hills. (www.omm.routegadget.co.uk/rg2/#95&course=1). The going was less rough, the visibility slightly better, but there was more climb. Several of the controls close to the start and finish for the day were 50 pointers, which must have made everyone feel good! Avoiding the low-scoring controls and concentrating on the 30, 40 and 50 pointers led us in a clockwise loop, with more climb than on Day 1, but easier going underfoot. We estimate we covered 26 km on Day 2, and 28 km on Day 1. In the final reckoning we picked up 590 points on Day 2, to go with the 500 points on Day 1. We moved up one place on the second day, coming in 4th overall, and first Family team. The event was well planned and organized; the only niggle being the poor quality of the map lamination, which caused some problems reading the map at the end of Day 1.

Having done more than 20 OMMs, this rates as one of the toughest due to the conditions underfoot. Nothing of course would compare with the gale that lashed us in Seathwaite in 2008, but I'm left to reflect, as next year is the 50th anniversary of the KIMM/OMM. Will I be there? Yes, I hope so. On the Long Score? No, I think perhaps my 'string' is not long enough any more. Maybe Medium Score though...

Rob Parkinson M60

GREENHAM COMMON

October 28th & 29th

From Waffle

I attended the Night event and the day event at Greenham Common in October. As I am injured at the moment I walked round the green course in the night event and blue in the daytime (12min/km walking!). In this easy open area it was interesting to see how much time other orienteers were losing by not using good technique.

This is the sort of area where there is no excuse for being stationary or slowing down through the controls. Flow through the controls is vital for a good time.

Although Greenham Common is very easy, it is difficult to relocate if you don't know where you are. In areas such as this I am using accurate compass and pacing throughout the course. One thing I noticed was orienteers looking for the controls much too early, presumably because they weren't using pacing.

There is much more to fast orienteering than good map-reading

Good technique and fast running. Technique needs practising!!

I would think that many orienteers would benefit from doing what I was doing today; ie walk round a course, concentrating on improving their compasswork and pace-counting every step of the way. On the Sunday, apart from searching for one control which was in the wrong place, I kept walking at a constant pace throughout, including through the controls.

If you can perfect your technique at a slow speed, you can then transfer your learning to competitive speed.

Many of you attend army events or evening or Saturday events. Rather than rushing round these courses, why not use them to improve your technique.

I suspect one of the main reasons I regularly beat many orienteers who run much faster than me is that I use pacing throughout. I'm also old-fashioned and use the old style compass because I don't think the thumb compass is accurate enough in complex areas or for finding holes in the middle of blank forest.

Brian Johnson

Wimborne O.C.

It is with sorrow that the death of Carol Simpson is reported in December of 2016.

Carol grew up in Manchester and attended Manchester University where she studied Botany. After obtaining her degree, she worked for the Ministry of Agriculture in Cambridge. She went out onto farms to advise farmers on methods to improve their crops and soils. In her spare time she joined a rambling club, it was on these walks that she met Alan.

They were married and after a few years Carol suggested that they worked in Africa where they both enjoyed teaching and exploring the countryside and the wild flowers. Both their children Andrew and Julian were born in Africa and they returned to England when the children were still young.

On returning to England, Carol did her teaching diploma so that she could teach in English schools, she obtained posts in secondary schools teaching mainly biology, but also some science. Holidays were spent in the Lake District with friends as well as on orienteering holidays. The whole family enjoyed the challenge of orienteering. They spent many years in the south of the country before moving to Plymouth.

Unfortunately in her early 50's Carol was diagnosed with early onset dementia. After struggling for many years she eventually moved into a care home.

Our sympathy goes to Alan and his sons and their families.

FIXTURES

DEVON EVENTS

2017

January

29th League 4 Ashclyst

February

18th Night League Plymouth
26th League 5 Whitchurch Common.

March

9th Safety Workshop
12th **Compass Sport Cup** **Moors Valley Country Park**
26th League 6 River Dart Country Park

April

2
30th League 7 Knightshayes

June

4th League 8 Woodbury Common

KERNO EVENTS

2017

January

28th Night Series Holywell

February

05th Winter Series Poldice (New Area)

March

19th Winter Series Hustyn

April

9th Winter Series Trelassick

May

21st Winter Series Hardhead

QO EVENTS

2017

January 28 th	QOAD	Culm Davy
February 19 th	QOFL	Lydeard Hill & Muchcare Wood
25 th	QOAD	Cothlestone Hill
April 23 rd	QOFL	Staple Hill

Cut along line

I would like to take part in the Compass Sport Cup First Round at Moors Valley Country Park on 12th March 2017 .

Name: _____

British Orienteering Membership Number: _____

Own Dibber Number/Hire Dibber: _____

Age Group/Gender: _____

Fill in the form and post it to Ruth Chesters or email details to rmchesters@gmail.com.