



# DEVON ORIENTEER

THE NEWSLETTER OF  
DEVON ORIENTEERING CLUB

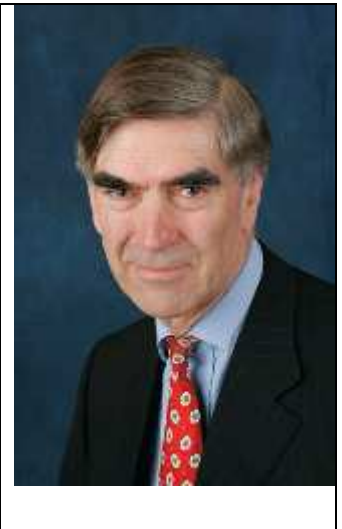
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## CHAIRMAN'S CHAT

September is AGM time, when all club members have an opportunity to make their point about the running of the Club – a suggestion, a complaint, or even a word of praise. Whatever your views, please come and make them known to us – after all, it is YOUR club. Orienteering requires a lot of voluntary help, mainly in the organisation of events, but also on longer-term issues.

To encourage you to attend on 4<sup>th</sup> September, there is a score event at Fire Beacon Hill near Sidmouth, the venue for our May league event, with lunch and AGM to follow.



This year three members of the Committee are standing down. Jill Green has been a diligent fixtures secretary for the last six years. Tom Lillicrap is retiring as Club Captain after three years, and Anthony Dew's work is taking him away from Devon, so he is withdrawing as Publicity officer. On behalf of the Club, I thank them all for their support.

If you are interested in any of these roles, please contact me or any member of the Committee. There is no better way of learning more about our sport than joining in and helping out. New ideas are vital in a changing world.

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## **JK 2011 - An Irish adventure, with an unexpected outcome....**

by **Rob Parkinson**

We didn't plan to attend the JK this year – the prospect of travelling to Belfast in April did not at first seem very appealing, with the prospect of complicated travel arrangements. How wrong can you be? Jamie and I decided we would give it a go, and booked our flights from Exeter to Belfast City airport. Two short hops on local buses and we were at Stranmillis College in the south of the city - all remarkably simple.

The Friday sprint event was, like all sprints, fast and furious. Snap decisions and just seconds separating competitors. I'm not too sure if this is orienteering, but as long as you don't take it too seriously, it can be good fun. The atmosphere in the day was great – thousands of people enjoying the day, a balcony outside the cafeteria to watch the event and even a kid's maze constructed from crowd control barriers! Some young Devon wags got into the spirit of the event by telling the commentary team that Steve Perrelle had a birthday that day, and had reached the grand old age of 65! He probably felt like it, organising (along the Wilf, Eleanor and Tom) the travel and camping arrangements for the group. The combined campuses of Stranmillis and Queen's Elms Village provided considerable technical challenge. The organisers encouraged audience participation with a spectator section – an uphill slog at that point in the course as I remember. This was the first time I have ever been able to see a control location from my bedroom window (Jamie and I stayed in one of the halls of residence at Stranmillis) – did that give us an unfair advantage? Who knows, but it was certainly great to be able to run and then head off for a shower just five minutes walk away.

Saturday dawned bright and fresh, as they say. The coaches efficiently delivered us to Tyrella South, an area of sand dunes forty five minutes south of Belfast. We had to access the area via a military base, which because of some local difficulties with the Continuity IRA was at a heightened state of alert. So, after passing through an army checkpoint, and being warned not to touch unidentified objects, we were let loose on some tricky sand dunes, not dissimilar from Penhale or Braunton. 'Keep in touch with the map, take it steady' I kept telling myself, and after 7.6 km of tricky navigating, some close encounters with gorse bushes and marram grass, and only one significant error, I finished four minutes down on the winner. What would the next day hold?

Slieve Croob is an area of open moorland south of Belfast, and once again the weather was kind, allowing us uninterrupted views over the Mourne Mountains to the south. It felt like home – runnable moorland with some marshes and rock features. On M55L we had 7.2 km with 365 m climb. This would be really tricky in the mist, but the visibility remained good for most of the day. (Chatting to one of the organisers at the Scottish 6 days, they would have preferred conditions to be more tricky – believe it or not they received some criticism as the longer courses were regarded as being not sufficiently challenging for a World Ranking Event!). Our early Devon runners came in complaining of confusion over the position of marked fence crossings, so once again the motto was 'take it easy, stay in contact with the map'.

This I managed to do (just). The overnight leader mispunched, and I had a pretty clean run – just a couple of minutes of mistakes. Imagine my surprise when I learned that I had won the day and the M55L overall ! Jamie won his class (M20L) on Slieve Croob by six minutes, so all in all a successful day.

The M55 trophy, presented by Warrior OC some years ago, just fitted into my hand luggage (a battered old KIMM sack) and created some interest at airport security. It has pride of place on a shelf in our study. Now I will have to plan the visit to Scotland next Spring for JK2012. Can lightning strike twice? I doubt it very much, but will enjoy looking after it until next Easter, and the challenge of running in some Scottish hills.

### **James Dean (M12)**

*The atmosphere was brilliant, I enjoyed being there nearly as much as doing the orienteering. Everyone was nervous on the first day but as the weekend went on people started to get more comfortable and just have fun. Most of the terrain was new to me but with a good run at the relay and two more great runs from my partners, Edward Gow-Smith and Jake Belsten, we got third place. I thoroughly enjoyed the experience of the JK and as my first one I would love to do it next year.*

### **Jake Belsten ( M14A)**

JK 2011 was my first major event of orienteering. I joined the school club 2 years ago and have been to the British Championships and the Yvette Baker but this trip definitely changed the way I look at the sport. The JK's event is on a much more bigger scale to other events I have been to. The first day was the sprints in a more urban area than I have been to before. Then, the second day, we moved to the sand dunes next to a military base which I have definitely never experienced before. The heat and hard area really added more excitement. More variety on Day 3 when we went to the mountains which was another big change. I really enjoyed that day. On Day 4, we were back on the sand dunes again and I was very lucky to come 3rd in the Junior Relays with Ed Gow-Smith and James Dean. I have never won an orienteering award before so I was very pleased! The JKs really helped me get better in orienteering and I feel very confident with other events now. I am looking forward to next years JKs in Scotland as well. I think you can get a lot out of big events like the Jan Kellstrom and I definitely think I have improved from going to the event!

## JK 2011 DEVON INDIVIDUAL RESULTS

Posn	Name	Day 2		Day 3		Total
	M14A					
46	Edward Gow-Smith	77:30	47th	92:41	50th	170:11
	Jake Belsten	mp		102:48	53rd	
	M14B					
5	Dominic Clarke	43:12	12th	46:48	3rd	90:00
7	Sean Rowe	39:57	9th	54:44	7th	94:41
10	Sam Peat	46:37	13th	79:39	11th	126:16
	M16A					
24	Oliver Reynolds	67:12	22nd	56:05	27th	123:17
41	Guy Horswell	79:52	34th	78:28	46th	158:20
51	Christopher Garrett	132:34	52nd	90:57	54th	223:31
	Harry Morse			89:21	52nd	
	M18L					
6	Jacob Shah	86:58	7th	76:34	6th	163:32
9	Will Fordyce	85:35	6th	102:57	13th	188:32
10	Josh Owen	110:35	13th	89:42	9th	200:17
	Sam Head	mp		99:17	12th	
	M20L					
2	Jamie Parkinson	75:35	2nd	63:14	1st	138:49
	Luke Hayward	89:35	5th			
	M55L					
1	Rob Parkinson	63:15	4th	56:01	1st	119:16
	M60L					
8	Tom Lillicrap	70:54	5th	68:05	11th	138:59
35	Roger Hargreaves	102:46	44th	77:52	27th	180:38
37	Wilf Taylor	99:52	40th	88:51	45th	188:43
42	Mike Cullen	107:24	52nd	87:34	41st	194:58
	M60S					
14	Peter Brett	74:47	12th	73:54	20th	148:41
	M65L					
20	Alan Simpson	92:32	18th	78:20	30th	170:52
	W50L					
	Eleanor Taylor	mp		139:51	50th	
	W65L					
3	Ann Hughes	71:50	5th	69:07	5th	140:57
9	Elsie Hargreaves	78:29	10th	74:45	10th	153:14

## JK 2011 DEVON SPRINT RESULTS

Age Class	Position	Name	time
M12	12	James Dean	13:52
M14	30	Edward Gow-Smith	22:46
	54	Dominic Clarke	39:58
	mp	Sean Rowe	46:57
	mp	Sam Peat	60:37
M16	23	Oliver Reynolds	18:11
	49	Christopher Garrett	24:33
	54	Harry Morse	29:36
	55	Simon Hayward	29:45
	mp	Guy Horswell	26:27
M18E	28	Jacob Shah	20:18
	33	Josh Owen	23:50
	34	Will Fordyce	24:27
	40	Sam Head	31:49
M20E	20	Jamie Parkinson	19:37
	21	Luke Hayward	22:04
M60E	7	Tom Lillicrap	16:25
	17	Wilf Taylor	18:08
	51	Roger Hargreaves	22:55
	56	Mike Cullen	23:59
	68	Peter Brett	31:41
M65	24	Alan Simpson	18:58
W50	49	Eleanor Taylor	23:32
W65	13	Elsie Hargreaves	17:04

## JK 2011 RELAY RESULTS

Posn	Time	Team Name	L1	L2	L3	Competitors
25	135:49	Sages	36:26 16th	58:24 49th	40:59 14 <sup>th</sup>	<b>M165+</b> Tom Lillicrap Mike Cullen Wilf Taylor
21	113:45	Jets	42:05 21st	34:14 24th	37:26 21st	<b>M48-</b> Guy Horswell Sam Peat Jacob Shah
25	117:53	Moor	42:13 22nd	31:09 22nd	44:31 23 <sup>rd</sup>	Harry Morse Dominic Clarke Josh Owen
3	53:01	Raiders	19:28 8th	10:17 1st	23:25 11 <sup>th</sup>	<b>M/W48-</b> Ed Gow-Smith James Dean Jake Belsten
36	105:50	Mixtures	19:04 8th	31:13 32nd	55:33 72nd	<b>Mixed Ad Hoc</b> Chris Garrett Luke Hayward Sam Head
54	124:11	Allsorts	41:03 61st	28:22 26 <sup>th</sup>	54:46 70 <sup>th</sup>	Alan Simpson Ann Hughes Eleanor Taylor

## SCOTTISH 6 DAYS - OBAN 2011

by Susan Hateley

After a few days in Scotland doing touristy things we headed to Oban. Travelling along the A85 we noticed a sign about Registration for the 6 Days in Dalmally. Having overshot we turned back and joined the early queue to collect our numbers and programmes from the Registration Team. It proved a chance also to catch up with old friends as well. The drive into Oban from Dalmally proved to be quite a long one and we were glad of the chance to look around the town and view the wonderful views from the harbour. Our self - catering accommodation was just outside Oban and was full of other orienteers. Having unpacked we were able to go exploring, into the Forestry Commission wood just to the rear of our cabin.

Dunollie and Dunstaffnage was the map for day 1 and it was firmly on the west coast by Oban, with many courses starting from the beach. The older and younger competitors had a start near the top of a hill in an exposed position overlooking the local cemetery! My course started with a downhill run before climbing up to the control and then contouring into a re-entrant. These went well, but I then had a thicket and I lost my concentration so checked just about all the thickets in the area before finding my control. Another straight forward control, before crossing the track to the start and losing my head where there was an excellent attack point and making a real mess of the control. It was then an easy run into the finish.

Ardnaskie, day 2, was on the south shore of Loch Etive. The competition area was bounded by the Oban to Glasgow railway line and the A85. I had a nearly perfect run, losing just a couple of minutes as I hesitated on the way to control 2. The views from the start area were spectacular over the Loch and towards the Day 3 area. Once on the course, I was unaware of anything but the route to the next control.

Creag Mhic Chailein was the venue for day 3. Parking was in the same place as day 2 and a traffic light controlled crossing point was set up to get competitors across the A85. This crossing was manned by Army Police and so was very efficient. An innovation was a big screen showing the progress of the Elite competitors as this was a World Ranking Event and part of the bid to secure the World Championships for 2015. Television cameras were scattered throughout the area, luckily I knew exactly where I was when I was within sight of a camera and so did not have to suffer the indignity of being viewed scratching my head! The course went well until near the end, when I fell or rather rolled down a very steep slope. Luckily no real damage was done, although it did make me lose concentration so that I made a large error on my way to the penultimate control. After the event, most Devon members congregated at our cabin for tea, cakes and chat. It was good to get to know members better.

On the rest day we ventured over to the closest island to Oban, Kerrera. It was a journey of just 5 minutes by passenger ferry. We were very fortunate as we arrived early and were taken over before the ferry officially started. The weather was lovely and the views stunning. Although there was a training course set up, we just looked at a couple of controls and managed to get some walking in before returning to the mainland. Queues had built up for the ferry to cross to Kerrera and the police had arrived in force to wonder at the mal - parking. Cars were squashed into the lane and parked in all the passing places almost the full two miles from Oban.

Day 4 the orienteering moved to Torinturk and it rained. The weather made the long walk to the start seem like forever, it also ensured that all the bogs were really boggy and the streams flowing well. These of course had to be the longest courses of the week, just to make sure that Devon competitors got a good soaking. My course was interesting and involved crossing a very deep ravine early on in the competition, before having a nice, mainly downhill route to the finish. Some of the longer courses involved navigating through some dense wet bracken. A special bridge had been built to cross the river on the way into the finish. Courses were limited towards the finish as there was a narrow corridor of accessible terrain between two very large areas of out of bounds.

Day 5 was at Loch Nell and Shenavallie, for those in the camp site and the overflow car parking there were buses to take competitors to the event. The weather was lovely again as the sun came out to dry all those wet clothes and shoes. The map, however, was very blue as the area consisted of small areas of open runnable high ground surrounded by marshes. The longer courses could run along the beach in places, although warnings were given about making sure that the tide was out. Again I had an excellent run, making less than a minutes worth of mistakes by over running a control by 25 metres.

Heavily laden cars made their way around the one way system to Ardchattan for day 6. We had used this area in 2001 with a similar assembly area and final control, but this time we has a 2km walk to the start and then a 190 metre climb. It seemed to be a vertical climb and left many people without breath. Courses were designed to take one down - hill towards the finish, but my brain had been starved of oxygen on the way up and my navigation became very casual and I took some flawed route choices.

The whole week was great fun and the small contingent of Devon Orienteers enjoyed themselves with some promising results:



<b>Class</b>	<b>Name</b>	<b>position</b>	<b>best run (if appropriate)</b>
M14B	Finlay Stone	21/23	7 <sup>th</sup> day 5
M20L	Jamie Parkinson	23/27	
M45L	Andy Reynolds	66/113	
M50S	Jed Stone	82/101	
M55L	Rob Parkinson	<b>6/126</b>	<b>1<sup>st</sup> day 4, 6<sup>th</sup> Days 2 &amp; 5</b>
M60L	Tom Lillicrap	15/127	8 <sup>th</sup> day 2 / 9 <sup>th</sup> day 4
M60L	Wilf Taylor	24/127	65L
	Alan Simpson	41/105	
M65L	Roger Hateley	95/105	
W16A	Ellie Stone	36/41	
W45L	Alison Reynolds	39/79	
W45L	Tessa Stone	41/79	
W50L	Ella Bowles	14/85	4 <sup>th</sup> day 5
W50 L	Eleanor Taylor	81/85	
W65S	Susan Hateley	7/39	2 <sup>nd</sup> days 2 & 5

# **ANNUAL GENERAL MEETING**

**Sunday 4<sup>th</sup> September 2011 at 13.30pm**

**At Fire Beacon Cottage (grounds), EX10 0LR courtesy of Michael Green**

**To follow Club Championships (11.00) & free Buffet Lunch (12.30)**

## **AGENDA**

1. Apologies for absence
2. Minutes of 2010 AGM
3. Chairman's report
4. Membership report
5. Treasurer's report (on page opposite)
6. Membership Fees for 2012 & 2013
7. Election of Officers  
The following are standing down :  
    Jill Green (Fixtures Secretary)  
    Tom Lillicrap (Club Captain)  
    Anthony Dew (Publicity Officer)  
and nominations for replacements are required.

The remaining Officers & Committee Members, as attached, are available for re-election.

## DEVON OC COMMITTEE AND OFFICIALS 2010

<b>Chairman :</b>	John Dyson
<b>Secretary :</b>	Nick Hockey
<b>Treasurer :</b>	Nick Maxwell
<b>Club Captain :</b>	
<b>Development :</b>	Alan Simpson

**Committee :** Steve Perrelle (as a representative of our junior members), (Fixtures Secretary), Roger Green, Wilf Taylor, (Publicity).

### **Club Officials:**

Fixtures Secretary -	
Mapping -	Roger Green
Membership Secretary -	Graham Dugdale
Coaching -	Wilf Taylor
Website Manager -	Lew Bean
Access -	Nick Maxwell (with assistance from John Dyson)
Child Welfare -	Helen Taylor
Newsletter & League -	Mike Hosford
Publicity -	
Equipment -	Alan Simpson
Clothing -	Vivienne Maxwell

### **Treasurer's Report**

The treasurer is minded to propose at the forthcoming AGM that membership fees for 2013 (please note we approve these a year in advance) and event fees for 2011/12 league events are maintained at their current levels. The reason for this proposal is that the figures in the 2012 accounts (now being subject to examination) indicate that our current level of income is sufficient to meet the costs of membership and events.

Details of the 2012 accounts and fee proposals (which may be different from the views expressed above) will be presented to members for comment at the forthcoming AGM.

# MEMBERSHIP REPORT TO AGM 4<sup>th</sup> SEPTEMBER 2011

by Graham Dugdale

	SENIOR	JUNIOR	TOTAL	ASSOCIATE	UNITS
NATIONAL	82 (94)	45 (39)	127 (133)	1 (1)	77 (83)
LOCAL	26 (27)	12 (16)	38 (43)		20 (23)
CONTACT	6 (6)		6 (6)		6 (6)
TOTAL	114 (127)	57 (55)	171 (182)	1 (1)	103 (112)

Figures in brackets are those for 2010

There has been a fall membership, perhaps reflecting the economic climate within the country as a whole. Whilst the membership fees for Devon Orienteering Club are amongst the lowest in the country, the table below shows that the overall membership fees, once contributions to British Orienteering and the South West Orienteering Association are taken into account, are much larger.

## Membership Fees for 2012

(agreed at 2010 AGM)

	DEVON	SWOA	BO	TOTAL
National				
Senior	£ 4.00	£ 5.00	£ 22.00	£ 31.00
Family	£ 4.00	£ 7.50	£ 31.00	£ 42.50
Junior	£ 2.00	£ 2.00	£ 4.75	£ 8.75
Local				
Senior	£ 4.00	£ 5.00	£ 8.25	£ 17.25
Family	£ 4.00	£ 7.50	£ 14.50	£ 26.00
Junior	£ 2.00	£ 2.00	£ free	£ 4.00

Email to club secretary Nick Hockey

Dear Nick

I would like to inform Devon Orienteering Club of forestry felling operations that will be taking place close to the area of the Orienteering Course in Cookworthy forest.

The work will consist of clear felling a site and associated timber extraction and haulage from the forest. The area in question is marked on the attached map and is due to commence in April 2012 and be completed by September 2012.

The work should not affect your course at all, but I would like to inform you of the works in case you feel you need to either let your members know or indeed relocate any posts. The closest post no 27 is approx 500 metres from the operational site area (see map attached)

If you could let me know what action if any you deem necessary that would be much appreciated.

Thanks in anticipation

Russ Collins

Area Manager West Devon  
Peninsula Forest District  
Forest Enterprise England

To all:

The SWOA website, [www.sworienteeringassociation.co.uk](http://www.sworienteeringassociation.co.uk) now has an RSS feed. If you click on the icon on the home page and subscribe, you will get notice when updates and additions are made. Useful when SINS and Galoppen results are added.

Please spread the news.

Arthur Vince  
SWOA Secretary

**Minutes of the Devon Orienteering Club Committee Meeting  
Held at Chudleigh Town Hall on 23<sup>rd</sup> June 2011**

**Present : John Dyson (chairman), Nick Maxwell, Alan Simpson, Jill Green, Roger Green , Tom Lillicrap, Steve Perelle, Wilf Taylor, Graham Dugdale, Nick Hockey**

**Apologies :** Anthony Dew.

The minutes of the previous meeting (12/5/11) were approved with one amendment.

<b>COACHING</b>	<b>ACTION</b>
Wilf T. wants to set up physical fitness programme to complement technique training.	Wilf T
Wilf T. to contact coaches to discuss next season's training programme. Additional to ongoing Club sessions, Wilf has run a session with c.20 Girl Guides.	Wilf T
Alan S. has an enquiry from a Plymouth Girl Guide group for training in the Autumn term.	Steve P
Steve P. will look at coordinating Schools approach across the county for next season.	John D

**TRAINING DAY**

Event Safety course was run on June 11<sup>th</sup> by JG & RG, followed by an Autodownload session by AS. John D. thanked the course leaders.

**MAJOR EVENTS**

<p><b>Caddihoe Chase 17-18/9/11 Burrator</b> Tom L. has received updated map &amp; has a site meeting with John Pearce on June 25<sup>th</sup>. It was noted that some felling was still taking place. Alan S. had no organisational issues to raise.</p>	Tom L
<p><b>Tamar Quadruple May 2012</b> DNP responded with a 'No' for Virtuous Lady – due to nesting birds. Nick M. to go back with supporting evidence and check the situation in other National Parks. John D. to pursue Braunton Burrows as alternative</p>	<p>Nick M</p> <p>John D</p>

<p><b>Holne Galloper</b>  To include a round of Yvette Baker trophy.  DNP had said “No” to use of area to N. &amp; W. of reservoir because of potential damage to ancient earthwalls. (Although cattle &amp; ponies have access to this area !!). Nick M. to check with DNP which areas we can use</p>	Nick M
<p><b>OTHER FIXTURES</b></p>	
<p>The published fixture list was reviewed.</p> <p>Saltram New Year event Mon Jan 2nd. Nick M. to speak to Nat Trust &amp; to Lew Bean re. map.</p> <p>Compass Sport Cup Haytor 19<sup>th</sup> Feb 2012. Organiser &amp; Planner now defined.</p>	Nick M
<p><b>OTHER ITEMS RAISED</b></p>	
<p>Relay events – the Club had rcvd several invitations from other clubs, but distance was a problem.</p> <p>Again noted that Jill Green wishes to retire as Fixture Sec. in Sept, and a replacement is needed. (AGM 4<sup>th</sup> Sept). Also that Tom L. will retire as Club Captain after 3 years.</p> <p>East Devon kit – could be stored temporarily by John D. while JG &amp; RG move house.</p> <p>SWOA Com Mtg 29/6 – JD &amp; AS to attend.</p>	John D
<p><b>Next Meeting</b></p>	
<p>Proposed for Sept 8th at Chudleigh Town Hall 7.30pm – this is after AGM on 4/9, so membership fee for 2012 will need to be decided before the AGM, and if not changed, we shall discuss any changes for 2013 at the AGM.</p>	Nick H Nick M

**by Mike Hosford**

With its siren wailing nothing interfered with the speedy progress of the ambulance, even at the notorious Tweenaway bottleneck. Meanwhile, ambulanceman John, having bollocked me for waiting from 0630 till 0940 before dialling 999, had plugged me in to a monitor and was continually on the 'phone to Torbay Hospital. Within seconds of arriving at the relevant entrance I was asked to sign a document – clearly that was not the occasion to demand to read an A4 page of small print – and I was wheeled in to the operating theatre where a sizeable audience awaited.

A tube was inserted into an artery in my right wrist and, with the aid of monitor screens, was guided around to where a blood clot was blocking the right radial artery near my heart. A stent was inflated allowing the blood clot to move on (to where I hope to find out), and shortly after I was taken to the Coronary Care Unit ward. Not then feeling full of energy I lay in bed and did nothing – a most unusual circumstance for me. A pleasant sandwich while others enjoyed dinner (at 1730!) went down well, as did Nicole's visit later with spare clothing and reading matter.

There was some little episode during the night, of which I had no recollection, and then I was awake at my usual time of about 0600 feeling absolutely superb.

While reading my Daily Telegraph I watched some of the work of the nursing staff and appreciated I was observing excellence in their professionalism and their friendliness with the patients. The hospital meals were a revelation, such a contrast to my only previous short stay twenty years ago in a different ward because of an infection after my first replacement hip operation. The meals reminded me of those one sees on TV cookery programmes, with small portions nicely presented, and very tasty. However, the four courses for dinner (at 1730!) were too much for my appetite. Unfortunately, no medication from the vineyards of France or Italy accompanied dinner.

Whether or not a blood clot in a critical artery counts as a heart attack I have yet to find out, but the medics are treating me as a heart patient with pills morning and night and restrictions on what I can do; very frustrating. But I am concerned that other senior club members (I am merely the club's grotty geriatric) might be as ignorant as I of the significance of the symptoms I experienced. I shall be an M85 next January; one other club member became a W80 this year, 4 club members are M75, and 7 club members are M/W70. They, presumably are in the zone for these problems (I read in the press of much younger people suffering fatally) and, like me, consider they are much too fit and healthy to worry about such things. So, please bear with me for writing this article.



So, what were the symptoms. During a visit to a garden centre the previous Saturday afternoon I experienced a slight ache across my chest and breathlessness. After some minutes I found a chair and rested while Nicole carried on looking for flowers to plant in the front garden to make it more respectable for my sister's visit the following weekend. 0630 Monday morning, while stripping my bed for the washing machine as Nicole was coming that evening I felt the same symptoms, but stronger. Again, after sitting down for a few minutes I was OK and remade the bed. Three hours later, having finished a very light breakfast, the symptoms recurred, but more strongly and I dialled 999.

I was discharged from hospital on the Friday, only four days after the ambulance took me there, and have made slow progress since. The following Friday I walked a couple of hundred metres to the nearest bus stop, and realised I should not have. I had to hang on to the bus stop signpost. But I carried on down in the bus, did my little bit of shopping, caught the bus up and very slowly walked the 200 m up hill back home. Three weeks later I walked all the way down town and felt super while having a much needed haircut and doing some shopping. The lesson seems to be: hasten slowly.

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On a rather lighter note, my sister Daphne, became a trainee nurse in the Royal Devon & Exeter Hospital on her 17<sup>th</sup> birthday in 1945. She progressed well and became the youngest nursing sister the hospital had ever had.

Nearly 60 years ago she was night sister in a big ward; they were big in those days with 10 or 20 beds down each side. On one occasion it looked likely that a poor old soul might peg out during the night, so her bed was wheeled to the end of the ward opposite the nurses' station so they could more easily comfort her if needed. Well, she did peg out, so they put screens around the bed, cleaned and tidied her, took dentures out of the tumbler on the bedside locker and put them in her mouth. Rosencrantz and Gulderstern were then summoned to take her away.

Reveille at 0600 next morning – still wartime discipline, and you had to be tough to survive in those days - the woman in the adjacent bed called out:

“NURTH, WHERE’TH MY TEETH, WHERE’TH MY TEETH!”

## **Twenty Years**

In late 1990 and early 1991 I helped the previous editor of the club's newsletter - a much younger person than me - with a view to taking over from him when he wished to retire. In the spring of 1991 he took umbrage with the club committee over some minor matter and in May he published issue 391/2. In July he then published issue 40, his last and a year later he left the club. This issue is my 106th since taking over in July 1991. At the Caddihoe a couple of years ago Nick Barrable told me I was then the longest serving editor in the country.

I can assure you I have enjoyed the task immensely all that time, except for last winter and spring when I suffered TIA problems and was under the weather. But my recent episode described on pp 16/17 of this issue has had no adverse effect in this respect, and I am enjoying producing this issue.

While lecturing at the Britannia RN College, I organised 27 Joint Services Colleges Expeditions, NORPED, to icecaps and mountains in Norway. The principal icecap we went to, Jostedalsbreen was just a large hunk of ice about the same size, shape and orientation as Cornwall perched on cliffs 1000 m high, with icefalls and glaciers tumbling down the mountain sides (photo opposite). I surveyed three glaciers and was quite upset to see how much they retreated over the decades. Also, I have sung as a first bass with the Britannia Choral Society for over 50 years.

I doubt the Almighty will allow me to emulate those achievements as Editor.

## **JK2011 and Scottish 6 Days**

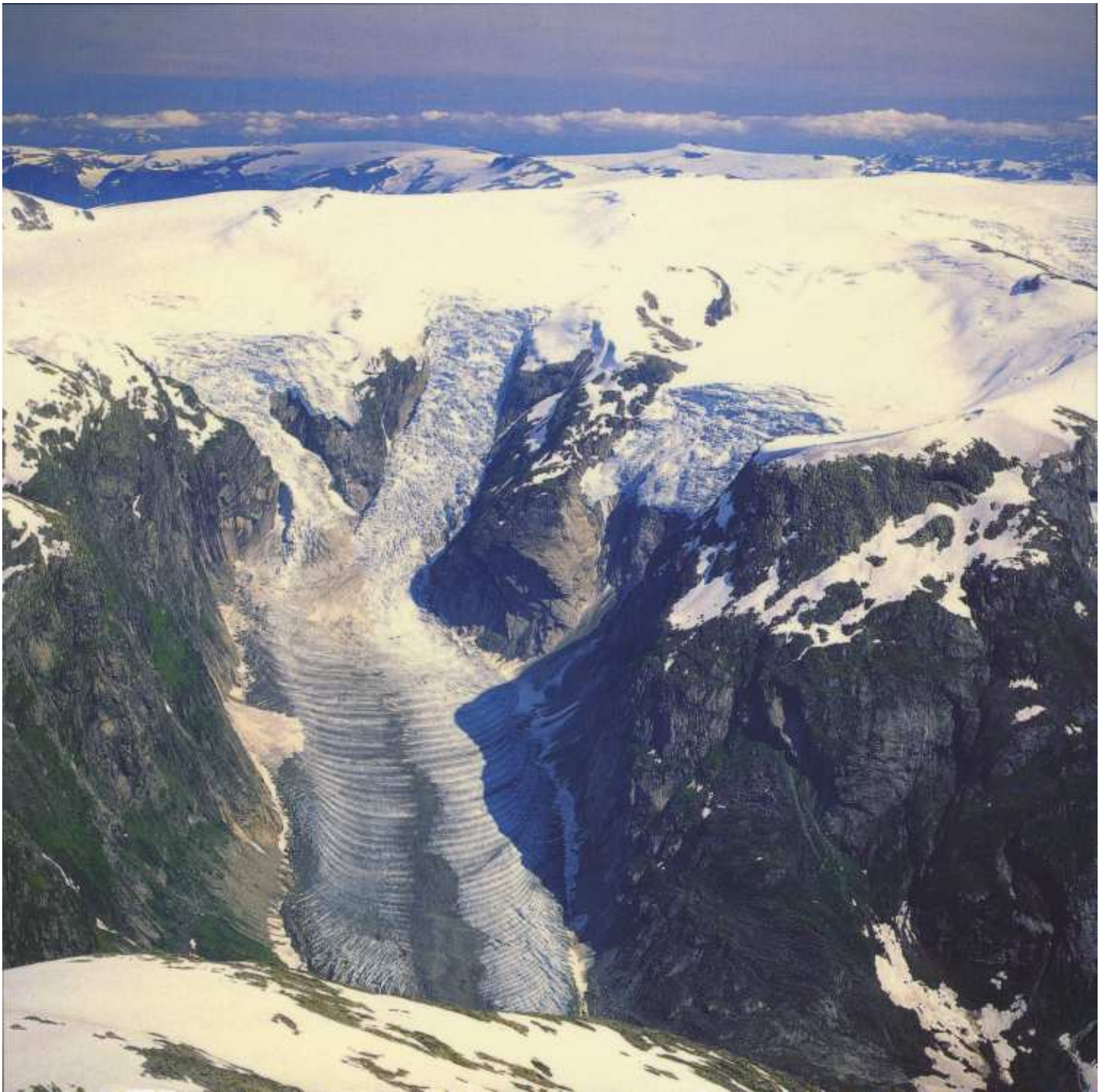
Jan Kjellström (1940 -1967) was an orienteer from Sweden who played an important role in the development of the sport of orienteering in Great Britain. Kjellström, a son of Silva compass founder Alvar Kjellström, travelled to Great Britain to promote the sport. There, he helped to accelerate developments in orienteering competition, mapping and coaching. Kjellström died in a road accident 1967. The annual Easter festivals of orienteering are named after him.

All our club members will wish to congratulate Rob Parkinson for winning M55L in the JK, and Jamie for coming second in M20L.

What also gave me very great pleasure was to discover how many of our Juniors had taken part in the JK, and to read the stimulating articles by James Dean and Jake Belsten on p3 of this newsletter. They highlight the infectious enthusiasm of all our Juniors. Well done Lads, all of you, - you really are an asset to our club.

The JK results on pages 4 and 5 and those for the Scottish 6 Days on p9 highlight how very few members there are in our club in the age range M21 to M60.

My request to all those listed on pp 4 & 9 was sent much too late and resulted in zero positive response. Hence my icecap photograph opposite.



**Next issue of Devon Orienteer**

**Early October with AGM minutes etc**

**Press deadline: 30 September**

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**Email: [mike.hosford@btinternet.com](mailto:mike.hosford@btinternet.com)**

**Updated fixture information and results always available on our club website**

**[www.devonorienteering.co.uk](http://www.devonorienteering.co.uk)**

## FORTHCOMING EVENTS

Sunday 4 Sept	1100	Devon Club Champs & AGM	Fire Beacon	SY 110 915	Jill Green 01392 ???
Sat/Sun 17/18 Sept	TBA	Caddihoe Chase	Burrator	SX 555 691	Alan Simpson 01752 311367
Sunday 25 Sept	1030 1300	Forest League 9	Hardhead Down	SX 158 704	KERNO No contact published
Saturday 15 Oct	1030 1300	Forest League 10	Hayle	SW 580 406	KERNO No contact published
Sunday 16 Oct	1000 1230	League 1	Whitchurch Common	SX 525 729	Graham Dugdale 01626 852944
Sunday 13 Nov	1000 1230	Devon Gallop	Holne Moor, Vennford	SX 694 703	John Dyson 01395 512416
Saturday 19 Nov	1800 1900	Night League 1	King Tor	SX 561 749	TBA
Sunday 20 Nov	1030 1300	Forest League 11	Smugglers Cove	SX 096 515	KERNO No contact published
Sunday 4 Dec	1000 1230	League 2	Hound Tor	SX 740 793	Hana Skukova 01803 403 696
Saturday 10 Dec	1800 1900	Night League 2	Five Tors	SX 531 751	TBA
Sunday 11 Dec	1000 1900	Forest League 12	Idless	SW 820 478	KERNO No contact published
Wed'day 2 Jan	Mas start 1000	New Year Novelty	Saltram House	SX 521 555	Anthony Dew 01752 301238

**NOTE! All events will use Sport Ident (SI) electronic punching (unless advertised).**

**Bring your own 'dibber' or buy / hire one at the event.**

**Please check the club's website for any late changes before travelling.**

*Orienteering takes place over terrain that is sometimes rough and may be overgrown with vegetation. Weather conditions may be adverse. Competitors take part at their own risk.*

**All Devon League events have courses suitable for novices: most have string courses.**

If you click on a blue symbol in the fixtures on the KERNO website a map appears