



NOR News – March 2022

Upcoming Events



Our next event will be at Sandringham Royal Park (note name change) on Sunday, 20th March 2022. Julia Paul has made extensive map updates and has also planned a full range of colour coded courses. Details are now on the [website](#). If you can spare some time to help, then please drop Alan Bedder an [e-mail](#).

Don't forget that we are running Maprun Events each month – this month's is around [Old Catton & Sprowston](#). And, we are holding regular club nights on Wednesday evenings, rotating round runs from The Ski Club & Lingwood and Turf Events. More details on the [website](#) or [facebook](#).

In This Issue

Whilst the overwhelming preference (from the NOR News Survey) was for the newsletter to be delivered as an e-mail, there were a number of requests for an offline / printed version to be provided. I have therefore attempted to address both of these preferences using this new format. I hope you like it. I have created a very short [survey](#) for your feedback.

In This Issue:

- Glen, Ben, Matthew and I ventured up to Yorkshire for the [British Night Championships](#) in February. It was not an altogether successful trip, at least from a results perspective. Glen achieved another first in his orienteering career.
- Have you ever wondered what it is like to organise / plan a major event such as The British Middle Distance Championships. With the help of Freya Askham (Organiser) and Michael Chopping (Planner), let's look at [The Anatomy of a British Championships](#).
- BAOC (British Army Orienteering Club) has for many years been running a series of events on Wednesday afternoons in the Berkshire /Wiltshire area. I've always meant to go to one, as they use some lovely areas, such as Mytchett Common. Steve Nobbs has a report on a couple of [Army Orienteering](#) events he went to recently.
- The Junior Regional Orienteering Squads (JROS) hold an annual training weekend in The Lake District, taking over Hawkshead Youth Hostel. This is for M / W 16's, so was Matthew Bethell's turn to make the trip. We have his report on the [JIRCs and Hawkshead](#).

- Another request from the NOR News Survey was to have some Technical Tips. Julia Paul agreed to take on the mantle, and the first of her [Tech Tips](#) is in this issue. Note, that these are aimed at people new to orienteering.
- We also have the results from the [NOR News Survey](#).
- And, not forgetting the usuals – [Chairman's Chat](#), [Captain's Corner](#), [Fixtures](#) & [News](#). Note: again as a result of the survey, Puzzle Corner is taking a rest, maybe permanently!

Once again, thanks for everyone that has contributed to this issue.

From The Editor

From an orienteering perspective, things seem to be getting back to something like normal. There is more often than not an event in East Anglia each weekend, and I have managed to run most weekends this year.

A few of us travelled up to the British Night Championships, hosted by AIRE on Saturday, 19th February at Ilkley Moor – see Glen's report later in this issue, where he echoes some of the same feelings as me.

I did a quick check and found that I have only done 7 night events, so a fairly rare occurrence. I'm not sure why I keep going to them, as I can't remember a single night event where, at some point, I have not been horrendously lost, haven't seriously thought about retiring and taken less than 90 minutes – I always opt for an early start. There is also the internal struggle on the day of the event about whether to actually turn up or not. The thought of going out on a cold, wet February evening can be difficult to find the motivation for. In this country, they are generally held in mid-winter so that the event can end by 10pm and for the British Night Championships there are strict rules about no start being before the end of [nautical twilight](#) (or start of astronomical twilight), i.e. it has to be dark!

I can remember the event at Cademan and Thringstone Woods where I got so cold that I couldn't untie my shoe laces when I got back to assembly. That was also the event where I couldn't see any contours on my map, and they were important for navigation in that area. This was mainly because the area seemed to be mostly mapped with dark green. I remember the time I was half scared out of my wits by Pippa Dakin appearing from nowhere and charging on to the next control – a real force of nature. At Ilkley Moor, I ended up scrambling up through boulders – something not to be taken lightly on a summer's day, but somewhat foolhardy on a winter's night with the ground covered in snow – Glen had a similar experience. The first control of a course always seems to cause me a problem, and this seems to be exacerbated on night events. At Ilkley, I took 20 minutes to dib the first control after a major relocation almost back to the start. It didn't get much better as I got to #3 just shy of 50 minutes.

However, despite all this there is something magical about orienteering at night. I tried to write a piece about the feeling you get when being out at night with just a map and a head torch, but to be honest my writing is just not up to doing it justice, so I will leave it at that.

The event at Ilkley was on the Saturday after Storm Eunice (on the Friday) and before Storm Franklin (on the Monday), but as I travelled up to Yorkshire on Saturday, the weather was atrocious (not predicted on the weather forecast) and when I reached Leeds there was a carpet of snow on the ground. I seriously wondered whether the event would be called off, but the weather cleared and in fact it turned into a beautiful clear evening. Being above Ilkley, looking down on the twinkling lights of the town was quite beautiful. Again, it was a magical experience.

The next day, AIRE put on another event on Ilkley Moor, but it was an entirely different experience. The conditions were some of the worst I have ever orienteered in – high winds and driving rain. Not quite as bad as at Kilnsey in 2016 during the JK, which I am sure Michael Chopping and Glen remember, where I was lucky enough to finish before the hail and snow really started. At Ilkley, I had another rubbish result, but was pleased to have got round and look back on the event as being a positive experience. Getting back to Leeds was a bit more problematic as the River Wharfe had burst its banks and flooded the A65, which was closed. I had to take a rather circuitous route back, via Keighley and Bradford.

[Jonathan](#)

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Chairman's Chat

Spring has finally arrived although the weather still feels like November!

Welcome to the following new members (or lapsed members), Neil Stockham, Kay Goldsworthy, Noah Mather and Ian Shephard who have all joined (re-joined) this year. I look forward to meeting you all at one of our events in the near future.

Since the last newsletter we have had an event at Beeston Regis on the north Norfolk coast, on 23rd Jan. Unfortunately, there was a limited area for parking but despite this we still managed to get a good turnout with 86 competitors. The courses were very well planned and made good use of the heavily contoured area and the new map. Good comments were received from many competitors. All helpers and competitors had the added bonus that the weather stayed dry although there was a cold wind later on.

The next event was the Compass Sport Trophy heat hosted by WAOC at Mildenhall North on 13th Feb. This was the first time that NOR have been in the Trophy event due to always being in the large club category with a high number of BO members. We had a good range of age group competitors although we could do with more junior women. The club did very well and managed to finish in 2nd place to WAOC and qualified for the national Compass Sport Trophy final. Congratulations to all those that competed and especially to Laurence Ball winner on Brown, Glen Richardson winner on Short Brown, Ian Renfrew winner on Blue (Men) and Jonathan Gilbert winner on Green (Men). We also had some very close finishes on the Green and Short Green courses. The final is a little further away than Mildenhall. It's on Sunday 16th October in a place called Tulliallan (Devilla Forest). It's near Stirling in Central Scotland. More details on what the club are planning to do to get have been sent out in a separate e-mail..

The next events are in the west of the county with Sandringham Royal Park event on 20th March and King's Lynn Urban on 29th May. Planning for the Royal Park event is going well and the map has been updated by Julia Paul. Details are now on the website, with Alan and Pat Bedder dealing with entries and organising the event. They are looking for helpers for starts, parking, control collecting and registration. Let them know if you are able to help and claim your discounted entry fee.

As I said last time, we are always in need of more helpers and we really do need some new younger helpers.

For those of you looking for more orienteering and training events, please check the website as a programme of weekly Wednesday evening training is now listed. We have a combination of MapRuns (which can be done at any time during the month), Turf events in Norwich and training runs at either Lingwood Village Hall or Trowse Ski Club. There is friendly group of people who meet each week and they usually get together for a drink and chat afterwards.

Finally, during this difficult time with everything that going on, let's hope there will be peace in the world and people can turn to sport and competitions to resolve their differences rather than hurting each other.

Let's hope for life to get better for everyone and we can have more orienteering opportunities and sunny forests.

[Tim](#)

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Captain's Corner

Compass Sport Trophy

Well done and many thanks to everyone who took part at Mildenhall. We came 2nd out of the 8 clubs in the East Anglian Heat, winning a close battle with LOG for the crucial runners-up spot. This means we qualify for the final near Stirling in October. Can we get a team up there? A summary of the plan is as follows:

- Hire minibus (or two?)
- Leave Norwich Friday evening
- Stay somewhere on A1 (motorway hotel)
- Complete journey on Saturday morning in time to do Stirling City Race
- Team meal on Saturday evening
- Stay in hotel near Stirling
- Win the CST final on Sunday
- Get back to Norwich Sunday night
- Back to work on Monday morning

Any takers? Any thoughts? The club will pay your entry fee; travel and hotel costs will be met by each competitor. Here's the [link](#) to complete the Google Form to let us know that you are coming and some indication of your travel plans.

British Nights

The CST success wasn't quite repeated on Ilkley Moor the following weekend. Ben, Matthew and Jonathan each managed to beat a single finisher, while I failed to complete my course before the closing time. I'm not sure if it was the darkness, the heather, the snow, or the rock-climbing that slowed me down the most.

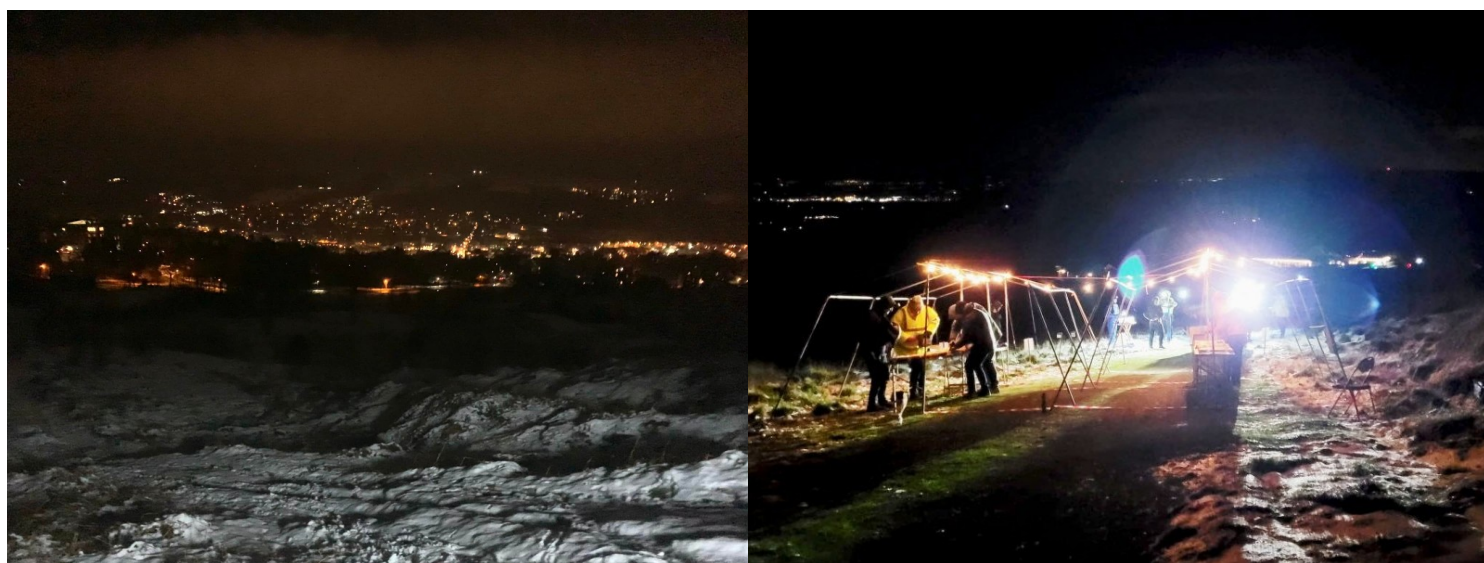
British Long / Relays Weekend

We've got something of a club weekend away at the end of March, with 10 of us heading down to Surrey for the British Long Distance Championships and Relays. We have relay teams in the junior, M40 and M60 classes, plus a joint NOR / SUFFOC adhoc team. We're all staying together in Aldershot on the Saturday night and planning a team meal. Hopefully we can do more of this in the future (like Stirling in October).

[Glen](#)

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The British Night Championships Glen Richardson



DNF on Ilkley Moor, Saturday 19th Feb 2022

We made the trip up to Leeds at the end of half-term, so we could visit some friends, attend their son's 8th birthday party, and I could do the British Night Champs on Ilkley Moor. You may recall that this was the weekend of storms Doris, Eunice and Franklin. Our plans were changed before we even left Norwich, with travel forbidden

on the Friday, we travelled up on the Thursday night. The birthday party was on the Saturday evening, at the same time as the orienteering. Fortunately, the O was easily accessible by public transport, so I planned to get the bus to Ilkley. However, after 30 mins at the bus stop, I found out that buses to Ilkley had been cancelled because of the weather. So, plan B was required. I nipped back to the house and purloined the car, leaving 3 adults and 4 kids to squeeze into their car to get to the party.

I got to Ilkley and found the church hall in good time for my 19:57 start. Given the weather forecast, everyone had to get their kits checked on the way to the start – spare torch, waterproofs, warm clothes, hat, food, whistle. It was more like a mountain marathon than an O event. It so happened that Saturday night was something of a lull between storms. The wind had died down, but there had been a good dump of snow during the day, knee deep in places. I don't think I've ever competed in such conditions in daylight, never mind in the dark.

Setting off at 19:57, I was one of the last starters. It occurred to me this may be an advantage in the snow, with lots of trails to follow. If it was, I didn't make the most of it. Less than 2 minutes in, I had that feeling of not really having much idea where I was. There were plenty of footprints. But too many, in all directions. And how could I tell where the mapped paths were, under the snow. I was very relieved to find #1 after only 5 minutes. The second leg was much longer, liberally strewn with boulders, crags and tightly packed contours. I imagine in daylight it might have been easier to pick a sensible route. As it was, I found I had to stick my map and compass in my pocket and use both hands for clambering up over boulders and crags, and had to come back down several times when I couldn't climb any further. Eventually I made it up to the relatively flatter moor and found #2. 21 minutes gone.

#3 was a completely different challenge, across a relatively featureless, flat moor. With hindsight, there must have been elephant tracks I could have followed. As it was, I was clearly so far off course that nobody else had soiled the virgin snow. I found myself labouring through knee-deep heather / snow, feeling like I was going where no man had been before. Ben had taught me how to judge distance by pacing the week before, but I wasn't confident that my 38 paces per 100m would be accurate in these conditions. Thankfully, just when I was feeling very lost, I did find some footprints and they led me back to the control. 3 down, 30 minutes gone. I continued on at this steady pace of a control every 10 minutes for the next few legs. At #7, I realised I was back near the start / finish area and glanced at my watch. 70 minutes gone. Only 50 left until the courses closed, and I still had 10 legs to complete. I would need to speed up considerably. This didn't happen. The next leg was another long uphill one. As I got to the right area, I could hear, then see, other people running around with headtorches. I was surprised to find that they weren't orienteers! They were seemingly some local youngsters out building a snowman, on Ilkley Moor in the middle of the night! After this distraction I eventually found #8, then #9. Then came decision time. Leg 10 was a very long one, over to the far side of the map. Having taken 80 minutes to complete the first half of the course, I had 40 minutes left for the second half. Never before in 25 years of orienteering had the closing time ever come into my thinking, but I felt I had to make the sensible decision. If I retired here, I could at least get back to download by 10pm, so that's what I did.

I trudged back to the church hall, consoling myself with the thought that probably lots of people would be in the same boat. Surely everyone would be out for ages, slowed down by this combination of terrain, darkness and snow. Not a bit of it. I was the only DNF in my class. My course was won in 70 mins. Alex Wetherill (WAOC) who I had beaten twice in February, completed it in 77mins. Even Ben Bethell managed to get round! Looking at other splits, it turns out that the later legs on the course were shorter and easier, and I might just have beaten the cut off time, but even so, the most optimistic estimate of my time would be about 120 mins. Proof, if any were needed, that I haven't got this sport licked yet.

So why do I want to do it again? Night orienteering gives me those moments of absolute joy and relief when I feel completely lost, then see a control, and it turns out to be mine. In daylight I expect to find controls quickly, and get frustrated at the lost time when I don't find it straight away. At night, every leg completed is something to celebrate. I feel out of my depth, and not burdened by any expectation of success. Maybe this is how the Canaries feel in the Premiership? And in what other circumstance will I ever find myself running through virgin snow on Ilkley Moor in the middle of the night?

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The Anatomy of a British Championships



Arena



Graham Gristwood / Will Gardner / Alastair Thomas

Freya Askham (Organiser)

When did EAOA get allocated the event?

We began discussing the event in April 2019 with a proposed date of Feb / March 2021. Rushmere had previously been rejected as a suitable area to hold a level A middle distance event for BMDC 2017 when Wendover Woods was used instead. After another look at the report, Rushmere was then approved.

When did you get the job of organiser?

Peter Woods approached me straight away in April 2019 as I'd been the Assistant Organiser at the Middles at Wendover in 2017 working with Mike Cope. That had been a good learning experience and something I would recommend to anyone who is considering getting involved with organising or planning at Level A. I also only live about 25 minutes from Rushmere.

When did your planning start?

I had to start trying to get permissions straight away although people don't always want to talk about an event so far in advance! The area is managed by The Greensand Trust which is primarily a conservation organisation, so getting permission was always going to be a challenge but we already had a contact there who knew a little bit about orienteering and we'd held the East Anglian Champs there in 2017, which had gone well. However, it took nearly 9 months to secure permission which was agreed in January 2020. Then COVID-19 struck and our event got bumped from 2021 to 2022 so everything went on hold. My contact at Rushmere retired during lockdown and so I had to start building a relationship with the park team all over again when lockdown started to lift in February 2021. In April 2021, areas we'd used before were then ruled out by the rangers and I began to think it would never happen but we looked at the area we had left and decided we could probably make it work. Michael Chopping came on board as planner in April 2021 and I then had to start looking for a field adjacent to the park to use as parking and I eventually made contact with Rushmere Nurseries who were keen to be involved and made using the arena area at the Country Park a sensible option.

What was the budget for the event?

It was very difficult to budget for the event as having the Middles de-coupled from the British Sprints made it difficult to know how many people would want to enter. WAOC originally agreed to host the EA Champs on the Saturday at Salcey, but somewhere along the way the event was downgraded to a regular level C. The fee for the use of the Country Park was mostly pro-rata on revenue and other costs were relatively low. I decided against commentary quite early on as the costs for that start to escalate quickly. [Note: From the minutes of the EAOA meeting held in January 2022, fixed costs were ~£5,000 and income from the 300+ competitors entered at that time was ~£4,500.](#)

Any issues in the build-up to the event?

The only major issue was the size of the car park. For various reasons no one picked up on the fact it was going to be too small until quite near to the event date, but I managed to secure parking for 100 cars at the country park

(with an additional payment to them) and we squeezed everyone in on the day! I would definitely recommend collecting vehicle information with entries on Fabian 4!

How many helpers did you have on the day?

There were about 80 helpers in total including officials. 7 Officials (Organiser, Ass. Organiser, Event Safety Officer, Planner, Controller, Ass. Controller, Entries secretary), 24 on the start (all WAOC), 12 on parking (HAVOC), 15 on download (7 SUFFOC, 2 SOS, 1 NOR & 5 SMOC) and the rest (22) were a mixture of marshals, enquiries, string course, control collection who were all SMOC members + 1 NOR member.

How many competitors were there?

858 people entered.

Any issues on the day?

I'm pleased to say that there weren't any organisational issues. The only issue was that 2 controls on similar features were placed too close together. There was a mis-punch on one of these 2 controls which led to a protest and the jury had to be called to give a verdict (which you can read on the [website](#)). Other than that, it all went smoothly! Phew!

Michael Chopping (Planner)

When are you ready to plan a major event? I cannot say, but I was very honoured to support the late great John Ward as assistant planner for the Midland Championships. This was my first step to becoming a Grade A Controller. As a Grade A, I always take a great interest in what my planner is doing and why. As my experience increased, it has made it easier to advise them. I would say that any good planner has the requirements to become a Grade A Planner, as although there are more rules to address, the basics of good planning are the same - "Is it fair course?" and "Is it the right length and climb for the area?"

How many controls?

I started with nearly 90 at the beginning of the armchair planning but after the check site visit cut this down to 73.

How many courses?

14 separate age rated courses were needed. The rules give you a template for the number of courses and which ages will run which course. There were 3 more none competitive colour coded courses.

Predicted / Actual winning time on M21E

The rules give guidance on expected winning times, this being 30 -35 minutes on Course 1, I did a good deal of research on the last 3 British and JK Middles, which averaged out at just over 8km including climb. The winning time was 30:56 so I got that bit right.

Length / Climb of M21E

The course was 6.2km with 190m of climb.

Predicted / Actual winning time on W21E

This relates back to the length and winning times expected from Course 1, which would work out at a course length of ~6.7km. You will see below, my course was planned for a little longer than this, including climb ([Note: using 100m climb equivalent to 1km](#)). The formula suggest a winning time of ~35 minutes, The actual winning time was 33:46. Listening to the feedback from one of the top 5 runners indicated that this was about the right length.

Length / Climb of W21E

The course was 5.3km with 200m climb

When did you start planning?

First site visit was last May, armchair planning started just after that. I had a "real" Purple Pen file in Oct 2021.

How many visits?

6 in total including Map check with controller and mappers, 2 tagging visits, 1 tagging confirmation visit with Controller and Mapper.

When did you have to have courses finalised by?

Not truly until 15th Feb when it was decided we needed an extra course 9 due to the number of entries. [Note: Course 9 covered a whole host of age classes \(M75, M80, M85, W16, W55, W60, W65\), which were split into 9A - M75, M80, M85 & W55 and 9B - W16 W60 & W65.](#) With a bit of “gaffling” ([Note: or forking](#)) this was achieved with exactly same length, climb and number of controls.

When did maps go to printing?

On the 16th Feb ([Note: event was on 6th Mar](#)). Although we had proof maps sent to myself and the controller 3 weeks before that, but did not go to final print until after the final entry date and competitor numbers were confirmed.

Any issues in the build up to the event?

The extra course 9 was a reasonable issue as I wanted them to be as close as possible to the each other without them having too much following. I found out from someone on course 9A that this seemed to have worked because she noticed that a runner in the distance was not following the same route.

Obviously the 3 consecutive storms caused lot of damage to trees and some fencing in the park. But the work of the foresters and park ranger sorted most of this before the event. We were also lucky that the work they could not complete did not affect any of the courses.

How long to put out / collect controls?

There was a lot of pre-work on putting numbers and SI boxes into groups (small lengths of rope help with the boxes); I also pre-fixed the pin-punches to all the canes. 5 hours on the Saturday with the help of Daniel Cowley and 1 hour on Sunday morning again with the help of Daniel. Collecting was achieved in just over an hour and a half. I had a good team and they only missed one, which gave me an 800m sprint to go get it.

Any issues on the day?

Well the next two answers show that the end of the day was not clear cut We did have an issue with negative splits due to 2 SI boxes drifting about 25 to 40 seconds. This was a little annoying, especially as I had synchronised all the box esusing SI Config, But our SI guru worked out the difference and amended the results.

The main contention was the placement of 2 controls on similar features. See below for the answer

What happened with #149 & #150?

These two were only used on the White course together so as such the rules differ. They were the correct distance apart and placed for the safety of both public and runners crossing the main track. The Jury were called over this and the final answer is in the next question.

Why didn't M40 have a medal presentation?

For those that who have never had as issue at a major event you will probably not know that a Jury of senior controllers is appointed to oversee independently of the event officials. With any official complaint the organisers will firstly decide what if anything needs doing, which the controller will then ratify or disagree with the decision. If they cannot agree or if the complainant does not accept the decision, the jury will convene to look at the issue and the appropriate rules. The hold on the M40 results and in fact the results of the M45 ([Note: the fact that the M40 trophy was not presented was in fact a mistake, as the protest only affected M45](#)), were because sometimes the jury need time to consider the implication to the event and all competitors. The final jury decision was on Tuesday, and I am happy to say that the complaints about control placement and similar controls were considered and that the competitors mis-punching was just that and the result was confirmed. I learnt some lessons, but if we were all perfect, we would never learn and get better at what we do. I know that the competitors involved have been contacted by the jury. A report will go to the events committee at British Orienteering so that the rules can be reviewed, as in this case some ambiguity exists depending on event type.

All but 4-or-so competitors mis-punched correctly marked and positioned controls. But for this the day would have been a 100% success. I have heard that my plan to make people think over the last few controls worked and observing the first few controls these were a challenge for some too. Note: Courses can be seen on [routegadget](#).

Jonathan Gilbert (SI Help desk)

Were there any issues on the day?

Very few. The main issue was people using a different dibber to that with which they had entered. This was compounded by the fact that SI Timing had been setup to create a new entry for any “unknown” dibber, i.e. one not in the entry list. When it does this the software looks in the SI database for the name of the competitor and matches the result to the course with the same controls. As the event used a timed start, this lead to people getting a result with a “missed start”. It was easy to fix when the person owned “both dibbers”, but in some cases people in the same family had used each others dibbers, which caused quite a lot of confusion.

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Army Orienteering – Steve Nobbs



It is a little known fact that the British Army Orienteering Club (BAOC) runs a fine league season - mainly events in the south of England in the Army heartland. These are held weekly on Wednesdays, what the Army calls a sports afternoon.

In my Army days, the league was not as big as it is today, and it does seem to be very popular at the moment. This may be down to the fact that about 50% of the competitors are civilians – mainly from the retired fraternity of course, all from several O clubs in the South. In my day, there were only a handful of civilians attending events. I noticed last week though, that it was mainly civilians helping to run the event, from car parking to running the start and download. All seemed very happy to get their midweek “O” fix.

I go down to a garrison in the south roughly every 3 months, as I have trainees assigned to me, working on one of our awards. It was December, and I was driving between Bulford and Tidworth Garrisons in Wiltshire. I was driving along when I saw an O sign pointing to car parking at the bottom of Bulford Ridge. Immediately I carried out a handbrake turn and drove in. I had some spare time (it was coming up to dinner time) and I had some running kit in the car. Soon I was hiring an EMIT pad and I was ready to go.

I used to be stationed here, so knew the area fairly well. This is classic Salisbury Plain Training Area. Bulford Ridge is a steep escarpment, overlooking a load of firing ranges. The start was on the top, so it was a hand and knees job to walk up this steep path to the top of the hill, to the start.

I have orienteered here before, many moons ago. It is mainly open, interspersed with small copses. Long tufty grass, which is physical to run through, and many vehicle tracks but not that many paths.

I only did a short green course, well I was suppose to be working!, around 4km long. Fairly hilly as well, so I got my money's worth. Not too technical, but one control did give me some consternation, which I had trouble in finding. In fact, I did a big circle around it, and then when I got back to my 360 degree start point, I noticed it! Grrrr!

I enjoyed the course, despite it being a cold windy day. Back in the car – heater on!

I was back this way the first week of March. Looking at the website, I was pleased to see that this week's event was close to the garrison again. Upavon Down was the location, parking in what was RAF Upavon, on another part of Salisbury Plain.

It was raining hard, and the start was about a 1km away. In fact you could see the start from the car park, and you were very wet and cold by the time you reached it, (you have to be a die-hard fan of this sport sometimes!).

Typical Salisbury Plain area again – long grass, occasionally broken up by tank tracks. Only two small woods on the map, which we visited twice, and plenty of undulating hills, and mud. Again, not particularly technical, but I enjoyed the run, and it did eventually stop raining by the finish.

Wonder where it will be on my next visit South!

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JIRCs and Hawkshead Matthew Bethell



In the autumn of 2021 I was lucky enough to attend two of the largest national orienteering events specifically aimed at juniors.

The first was the 2021 Junior Inter Regional Championships, held at South Gare in Middlesbrough, it was an event where every regional junior squad in Britain came to compete, with the individual races on the Saturday, and the relays on the Sunday. This event also took place during the fuel crisis, despite this, me and dad had no trouble on the way up, nor on the way down, as it seemed the north had not been severely affected by the shortages. It was one of the more important events I had been to, one in which every region had their respective team flags out, as well as their own tent. I had never run in such a competitive event before, so I wasn't sure to expect. The M16 course that I ran was a challenge for me, the dunes were difficult terrain both to navigate and to run on, as well as unlike anything I had run on before. While I didn't get lost on any of my controls, there were a few times where I had to be sure of where I was. I got round in decent time but was annoyed to see that I had finished only 9 seconds behind Theo, another friend on the squad.

Later that evening, the squad had a meal at the Toby Carvery next to the Premier Inn we were staying at. We sat on one side of the room, and the adults on the other. This was the first time that I had been able to engage with the members of the squad outside of an orienteering setting and it was a good opportunity to talk and get along as a group.

Sunday's event was a relay. I had never taken part in a relay before, so I was even more apprehensive than on the Saturday. The mass start was nothing like anything I'd ever done before and as I was running off I managed to rip my map a little when removing the tape. My course was obviously shorter than the previous day, but no less complex and I made a number of navigational errors. It was one of my worst runs and I was one of the last to come in and pass on my metaphorical baton to Hebe (Darwin, WAOC). While I didn't perform too well on the Sunday, the squad as a whole did well and we ended up finishing 6th overall for the two days, which we were all very happy with given we are a small squad.

I was also able to attend the Hawkshead training camp in the Lake District. Once again it was split over a weekend, but we, as well as everyone else, travelled up the night before. The camp is exclusively for those in the M / W 16's age categories, so the East Anglian crowd consisted of me, Oli (Prince, SOS), Theo (Steventon-Barnes, SUFFOC), and Milly (Askham, SMOC). All the orienteers stayed in one hostel that is rented out exclusively for the weekend so that we have the place all to ourselves. As there were only a few of us from East Anglia, we had to share rooms with other squads, so us three boys were in with the Scots, and Milly was in a room with a mis-match group from all over. This was a large part of the experience of Hawkshead, as it greatly encourages interaction with people from around the country. This was the aspect of the weekend I enjoyed most, as we were able to enjoy our evening's playing cards or pool and I met new people from all over the place who I still regularly keep in touch with.

After a late night, we travelled to the location of our first training event, where we were mainly focusing on improving on rough compass bearings. The area we worked on was hilly and very open in places, so the wind was very apparent. The training itself however, was very enjoyable and challenging as it was interesting to be running in such a complex area. Our second lot of training for the day was focused more on reading the contours, and the Lakes is a very good place to improve that for obvious reasons. Both of these training sessions helped to improve a number of aspects to my general orienteering and the collaboration between people both in and out of the squad would help me in later events and in more complex areas.

Once we got back to the hostel, we had a while to relax before the sprint event, and we all took the opportunity to discuss the days training with other orienteers, as we weren't all in the same areas. It was good to be able to talk to so many people who are all of similar mind to you, and consider mutual interests. Next up was the night sprint. It took place all around the grounds of the hostel with a number of closely grouped controls. It was vital that you checked your control descriptions, as you could easily mis-punch if you weren't paying attention. A number of people made this mistake however, and I was able to place reasonably well on the leader board!

Sunday's event was a classic orienteering event, on which both me and my dad were running a green. Given this, he made a bet with me, saying that if I beat him he'd give me £100. I took him up on this, despite having little confidence that I'd beat his time. This wasn't my first time running in that kind of terrain, but having a little experience didn't make it any easier. The area was tough both navigationally and physically, but I felt pretty good about my run and finished comfortably middle table which wasn't a bad result. The highlight of my weekend came when I discovered that my dad had mis-punched, and therefore owed me £100. Walking away from Hawkshead with a few new friends and an easy £100 made it a very memorable weekend for me.

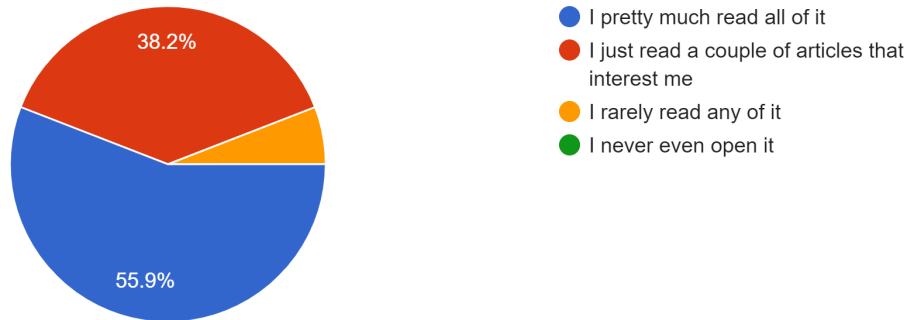
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Results from NOR News Survey

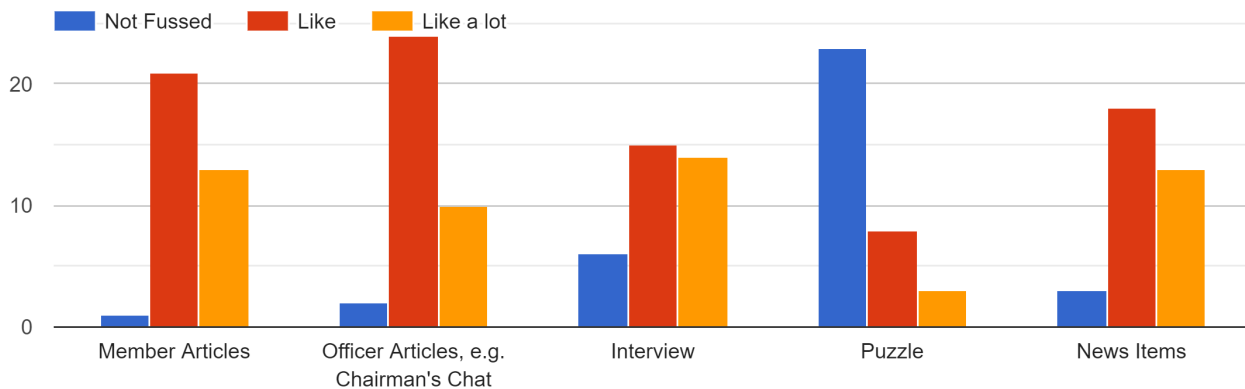
Thanks to everyone that completed the survey. It was a useful exercise and has already influenced the content and format of this issue. You will see that most people's preference is to have 6 issues of the newsletter a year. Unfortunately, due to pressures of time, I have moved to a quarterly cycle. We will continue to review this.

How much of the Newsletter do you read?

34 responses

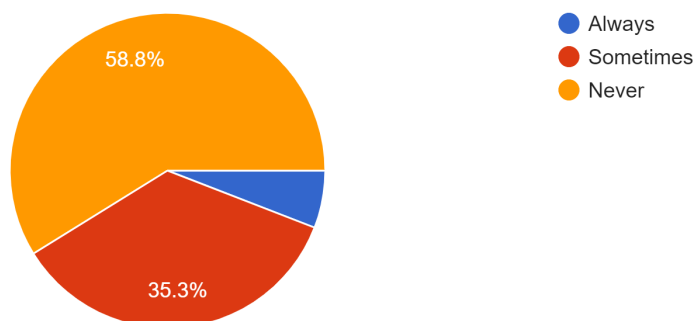


Which bits of the Newsletter do you like the best?



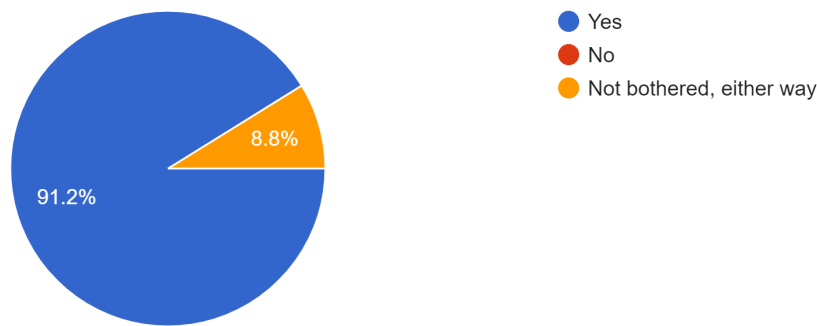
Do you ever do the Puzzle?

34 responses



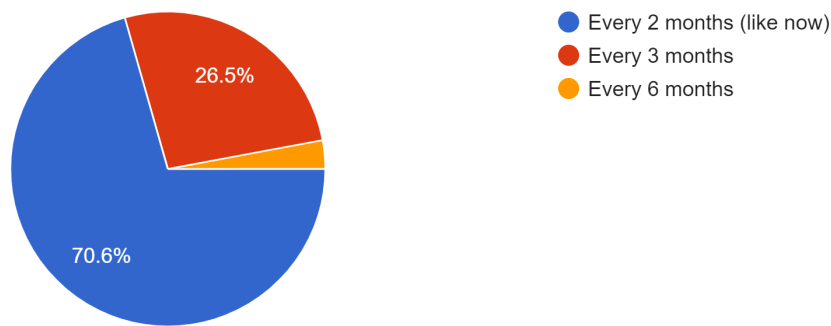
Thinking of the future, do you want the club to continue distributing a Newsletter?

34 responses



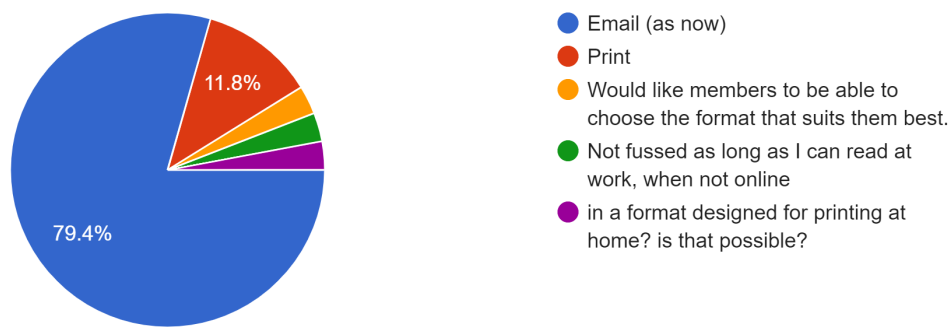
How often would you like to receive the Newsletter

34 responses



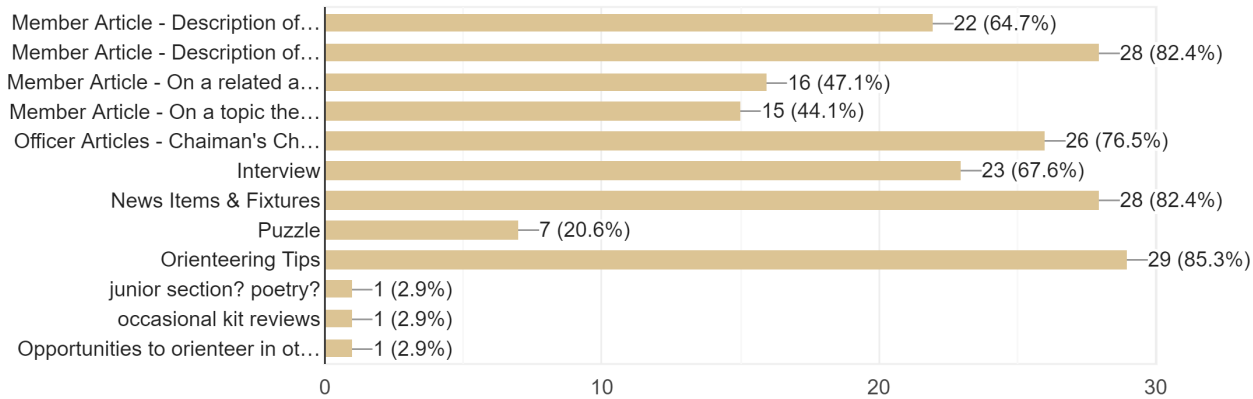
In what format would you like the Newsletter

34 responses



What types of article would you like in the Newsletter?

34 responses



In order, these were:

- Member Article - Description of a run
- Member Article - Description of an O event, e.g. JK
- Member Article - On a related activity, e.g. outdoor, running, cycling
- Member Article - On a topic the member is interested in
- Officer Articles - Chairman's Chat, Captain's Corner, From the Editor
- etc.

Any other comments:

I much preferred it when I received a paper copy. I used to read it and contribute articles. But the e-format is less appealing to me, probably because I get so much stuff on line.

Some years ago we had the debate about whether we should continue with a printed newsletter and for a while we did, because it was felt that people didn't bother to read electronic newsletters fully. I think that argument may still be valid.

I've found all the info confusing, between the newsletter, socials and web. I'd hoped to do beginner training and junior training. I'd often see it posted up on socials w, out knowing when it was on. Articles about what ppl have done are interesting. I wouldn't do puzzles etc.

Despite no longer being a member I like to read the nornews to see what's been happening and recall memories and friends from my time in Norfolk. Perhaps it would be less relevant if I was still regularly doing events there but anyway the features are good, I like the know your member interviews particularly. I find the email format very convenient, well designed and I like it much better than when it was a printed magazine

More on upcoming events to encourage more members to get involved.

Think orienteering tips would be very useful, particularly to newcomers.

Both of us would definitely read it if it was published in print, as it is currently published only one of us reads some of it as we don't like reading on a screen

Although I ticked the two month box, I do understand that it takes effort and time to put together a newsletter (from experience!) and everyone involved is volunteering their own time to put it together. So I wouldn't mind if it were less frequent. From my point of view, the main use of the newsletter is upcoming fixtures, both club and regional. I know many organisations use social media to relate that sort of thing but that would be of no use to me. If the desire is to reduce the frequency of newsletters, could I suggest a simple e-mailed fixture list from time to time? Generally, keep up the good work everyone running the Club, it is much appreciated!

Perversely, I don't think the newsletter is a forum for news any more. We get that instantly online. But I enjoy reading printed magazines that I receive from other clubs and societies. I relax by getting away from my computer/phone. I appreciate that this is expensive and wasteful, so maybe an emailed printable version would be a better solution.

I really enjoy the newsletter and it makes me feel connected to the club

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Tech Tips by Julia Paul

Technical Tips #1

Following the NOR News Survey, there was a comment that it would be helpful to have some orienteering tips, especially for beginners, and I felt it would be worth writing a regular item. Most of us can improve our techniques in some respect, so let me know what you would like to see in this section.

[E-mail Julia](#)

So I'm going to start with some basic questions about equipment.



Then



Now

What should I wear?

For cross-country events – basically anything off-road – you will need to have “full leg cover”, which you can achieve in many ways. You may encounter brambles and nettles, and ticks are more and more prevalent these days. It is rare, but it is possible to catch Lyme disease from a tick bite, but we had one of the earliest reported cases in our club. Check out the [NHS website](#).

At our local events you are likely to find some hard surfaces (forest tracks) as well as grassy areas and muddy paths, so it's hard to recommend shoes. Just wear something sensible and comfortable. Be prepared to get your feet wet! As for the rest of your clothing, layer up. I often start an event wearing a showerproof top that ends up tied round my waist when I get hot.

Do I need a compass?

For our small events and easier courses, not really, but it's reassuring to have one, especially if you get to a “starfish” junction – one where 5 paths meet. You can usually borrow one – ask at Registration – and you don't need anything complicated. Orienteers rotate the map every time they change direction, so North on the map always matches North on the ground. That way, every time you look up from the map, what you see on the map will appear before you in the correct orientation. Green blob on the map to the left of the path? Yep, that's the large holly bush. Brown dot on the map to the right? Yep, that's that bump in the ground (aka knoll).

Do I need to buy a “dibber” (the electronic device that records your progress)?

No, you can hire them cheaply from the club. As you start going to more events, including those at other clubs, it becomes more cost effective to buy your own. There are specialist orienteering shops, but you're probably best to go direct to the manufacturer's [online shop](#), where they give full details.

The cheapest “SI cards” start at about £30 and can be used at any event. The more modern ones are contactless “SIAC” so you don’t need to take the few seconds to “dib”. Again you can use them at any event. NOR doesn’t usually program the boxes to work in contactless mode, so you still need to “dib”, even with a SIAC card. On the other hand, if you really get bitten by the bug, major events usually offer contactless “dibbing” which can justify the £65 or so for a contactless card. [Note: There is another system called EMIT, which is used by some clubs, particularly in the South Central region. You can always hire an EMIT brick, as they call it, and the hire cost is often included in the entry fee.](#)

Finally don’t forget we have a section on the website with [Hints and Tips](#), so I will end up repeating some of the same information here – just not word for word!

In the end, it’s up to you to decide what your weakness are, and work to improve your technique in these areas. I turned up to a National event in the Lake District having forgotten to pack my favourite orienteering shoes. I went out in a pair of casual trainers that were rubbish and which I blamed for my poor performance. It’s always good to have an excuse for a poor run!

[Julia](#)

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News

First Aid Course

The club is holding a First Aid Training Course on Saturday, 7th May. If you would be interested in attending and would be prepared to use that training to support our events, then please contact Karen Goldsworthy.

[E-mail Karen](#)

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Fixtures

[Regional \(Level C\) Fixtures in East Anglia](#)

[National \(Level B\) Fixtures](#)

[Major \(Level A\) Fixtures](#)

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