



NOR News – June 2022

Upcoming Events



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Our next event will be at Waterloo Park in Norwich on Sunday, 26th June 2022, followed by the club AGM.

The format for the day will be:

- 10:00 Individual Races (White, Yellow & Orange).
The Orange course will effectively be an adult sprint course.
- 11:00 Relay Briefing
- 11:15 Relay Start
- 12:00 AGM

More information will be posted on the [website](#).
Enter relay using this [form](#).

Don't forget the regular club nights on Wednesday evenings. Meet at 18:45. Drinks afterwards.

15 th June	Run @ Mousehold Heath
22 nd June	MapRun @ Wreningham
29 th June	Beach Run @ Sea Palling

It still has to be decided whether club nights will continue over the summer. Keep an eye on the website and facebook.

Congratulations

Congratulations to Glen Richardson who took 3rd place at the British Sprint Championships in the M40 class, held over the weekend at Leeds University and hosted by AIRE.

Unfortunately, there was no podium photo at the time of issue and I couldn't find any action shots.

In This Issue

Following the quick survey last time, you will see that I have continued with the PDF format for this issue. Of people who wanted an electronic newsletter, 5 out of 7 preferred the new format and only 1 person was unhappy about continuing with it. Of people who preferred a print format, both felt that the new format met their needs.

In This Issue:

- A few of us travelled south of London for a weekend of orienteering at the British Orienteering Championships and the [British Relay Championships](#) in March. In the individual event Glen Richardson was our best placed runner, coming 7th. The relays were somewhat more successful.
- The [Interview](#) is back this issue, with Tom Bartram.
- With the help of Daniel Cowley and John Ward, we found some pictures of NOR [Members at the JK](#)
- A chance meeting at the King's Lynn Urban - [What are the Odds?](#)
- [Volunteers – Are we reaching crisis point?](#)
- And, not forgetting the usuals – [Chairman's Chat](#), [Captain's Corner](#), [Tech Tips](#), [Fixtures](#) & [News](#).

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

From The Editor

I know that urban races are not everyone's cup of tea, but they have become very popular over recent years. As an example, this weekend there is 2 days of urban orienteering with events in Coventry and Birmingham city centres – both attracting almost 400 entries each. The London City Race often attracts double this number. For those sceptics, I say, give it a go – you might surprise yourself. I've met plenty of people who were very “anti” at the beginning and are now committed converts.

For those that ran at King's Lynn, I hope you enjoyed the courses. It was interesting to see that less than a quarter of the entries were from NOR members (29 out of ~130). It does seem to show a general aversion to “urban's” among club members and maybe an aversion to travelling to West Norfolk! For reference the Norwich Urban, held in November, attracted 35 club members out of a field of 114.

What skills are tested in urban orienteering?

Route Choice:

A well planned urban will have some sort of route choice on almost every leg. Choosing the right route is different to forest orienteering, as you cannot actually enter most of the terrain due to houses etc. and there may well be dead-ends and blocked passages.

Navigation:

Navigation in urban orienteering is different to forest orienteering, as very often you are thinking 1st right, 2nd left etc. The more of the route you can internalise (map memory) the quicker you will be.

Staying in contact with the map:

If you don't stay in contact with the map, you can get lost very quickly. Housing estates are often very repetitive, so it is very easy to convince yourself you are in a certain place, when you are not. Relocation can be very tricky.

Fast Decision Making:

Very often, the planner will not have made the distances of the possible route choices that much different. So, you have to make a quick decision and stick with it. If you dither, you lose the time advantage of choosing the shorter route. This is exacerbated in sprint orienteering.

Running Speed:

Urban orienteering does favour people with good running speed. Many critics of urban orienteering think that this is all there is to it, but I have been beaten on numerous occasions by, say, Clive Wilkinson, who I am generally quicker than, but he is the better navigator.

[Jonathan](#)

Chairman's Chat

It's hard to believe it is 3 years since I took on the role of Chairman. It has been one of the most challenging 3 years that we have had, with so many events cancelled due to COVID-19 and then the uncertainty as to when we would return to normal orienteering activities.

Despite the lack of normal orienteering we were able to use new technology to put on MapRun and Turf competitions. We have produced MapRun courses for a total of 22 different areas from Kings Lynn to Diss and to Sheringham, with many around Norwich City. We have run leagues for MapRun for around 2 years and now use areas for mid-week training sessions. The Turf competitions during COVID were useful in giving members some competitive map reading and these are also proving useful in mid-week training sessions. We have been very lucky to have several members who were keen to use the new technology, giving members a form of orienteering during the COVID restrictions.

This year we have been able to get back to regular orienteering events. We started with Catton Park which was followed by the club champs at Bryants Heath. This was a new area near North Walsham, small but intricate terrain. The event was very well attended with 86 competitors and most found the courses both challenging and enjoyable. Club champions were Will Bartram (Ella Gilbert Trophy for best junior); Nicky Nicholls (Carol Towler Salver for best age graded female); Ian Renfrew (Barry Chilvers Cup for best age graded male).

Next was our Norwich City Urban event which was a SEOUL and UKUL with many competitors coming from outside our normal area. This was followed by Lynford, Beeston Regis and Sandringham Royal Park. Beeston had a new professional map produced for the event and Sandringham was also updated by our mapping advisor Julia Paul. The latest event was the Kings Lynn Urban, again this was a SEOUL and UKUL event with several competitors from the Midlands and Southern regions. The event was on a new area, North Lynn, with the map being produced by Jonathan Gilbert who also planned the event.

Notable performances during the past year include:

- Will Bartram - 2nd place in British School Champs (Year 13 Boys)
- Marcus Richardson - 2nd place in British Midland Champs (M10)
- Glen Richardson - 1st place at Midland Champs (M40)
- Glen Richardson - 3rd place at British Sprint Champs (M40)

As usual I cannot give enough thanks to all the volunteers that we have at all our events - without these people we would not have our sport. So anyone who hasn't helped for a while please contact the organiser when they ask for help and join the team of volunteers. None of the jobs are difficult and there is plenty of advice and support for new helpers young or old!!

There is an enthusiastic group who are keen to have weekly training events throughout the year.

We also have 3 new coaches with Ben Bethell, Glen Richardson and David Vinsen having completed the British Orienteering coaching course. Well done to them.

The club competed in the Compass Sport Trophy heat at Mildenhall in February 2022 and qualified for the final. This is the competition for small clubs which due to the decline in our membership numbers we are now eligible for. The final is to be held in Central Scotland in October 2022 and we are in the process of putting together a travel and accommodation package to get as many NOR members to the event as possible. It should be a really good weekend around the Stirling area, keep an eye on the website for more details.

Finally after my 3 years as Chairman I must say a big thank you to my committee members who have put up with me, but helped so much! The committee will be changing at this AGM as a few of the long standing members are looking to stand down.

A big thank you to Steve Nobbs who has been Club Secretary for a number of years; A massive, massive thank you to Alan Bedder who has been Fixtures Secretary for over 30 years. Alan will continue to look after all our equipment and to help with organising events, but will no longer be on the committee; And lastly to my wife Kim, who has been Event Official Co-ordinator for 6 years and has served on the committee for numerous more. All three members have made a significant contribution to the running of the club and their roles will be hard to fill.

I wish the new Chairman every success with the club and to us moving forward.

[Tim](#)

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Captain's Corner

Things wind down, from an orienteering perspective, over the summer months. No let up for me though, as I head off to Italy to take part in the [World Masters Orienteering Championships](#) (WMOC) being held in Italy from 9th to 16th July. Realistically, my best hope of a good place is in the sprint. No doubt Jonathan will ask me for a report of how it went for the September issue of NOR News.

Compass Sport Trophy

It's not too late to express an interest in running for the club at the CompassSport Trophy Final to be held in Central Scotland in October. 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.

Good Luck to everyone going to the [The Lakes 5](#) in August. The closing date is 30th June for anyone tempted, but not yet entered.

[Glen](#)

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British Relay Championships Glen Richardson & Ben Bethell



Glen in the Mass Start
Photo by Rob Lines



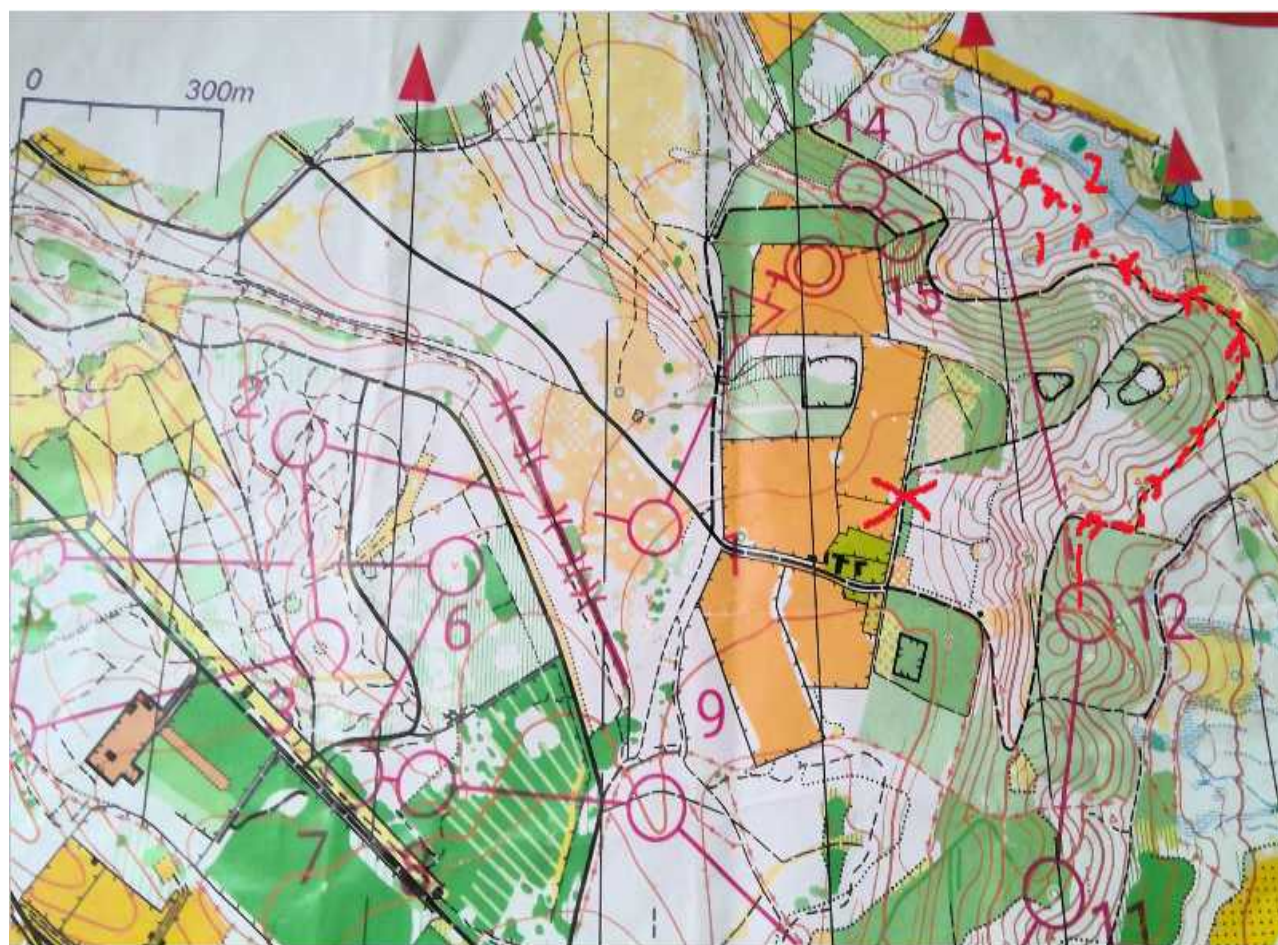
Marcus handing over to Eden in Junior Relay
Photo by Rob Lines

Leg 1 – Glen Richardson

All of my previous limited relay experiences had been purely in the mindset of “it's the taking part that counts”. BOC 2022 was the first time I went to the start line thinking that if we ran well, medals were not out of the question. Could I cope with the pressure?

Of course I could. After 100m, as we left the assembly field, I had stormed into the lead. Full of confidence, I decided to take a straight route to #1, cutting off the corner before the path junction. As I waded through the rough open ground, a glance over my shoulder told me that some others had found a control far off to my left. A different gaffle, I presumed. It then became apparent that either everyone else was on the other gaffle, or I had messed up the first leg. So I had to turn round and go and get it, 30 seconds down on the pack after 1 leg.

Thankfully, things got better after that. Checking the control code saved me from mis-punching in the wrong copse at #3, but apart from that, I then strung together a series of 10 decent legs, working my way through to the FVO and SYO runners who I assumed were near the front of the race. As I punched #12, I was on my own, and faced with an almost identical finish to the individual race. Time to put the head down and run. I knew the drill from yesterday, when I had executed it to perfection; take the path NE, turn left at the T-junction, follow path NW as it snakes left then right; dive off into the valley when the path bends left again; cross stream 1, then keep heading in the same direction with stream 2 on my right till I hit #13. (marked in red on the map)



where I actually was

It was crossing stream 1 that I first felt something wasn't quite right. The crossing felt harder than yesterday, quite an expanse of bottomless marshy ground. Then I came to a bit of boardwalk that I hadn't seen yesterday. I assumed I'd gone a bit left, and started following the boardwalk to the right, feeling slightly puzzled. Then came the first thing that stopped me dead in my tracks. I arrived at a fence, beyond which lay an open field, with a farmhouse in it. With hindsight, what my brain did next must be one of the low points of my orienteering career. Seeing the building, I frantically searched the map for this easily identifiable feature. There weren't many buildings on this map, so I came to the conclusion I must have taken the path to the southwest and ended up at X, facing the farm. My brain chose to ignore the 13 contour lines I would have crossed to achieve this, among other evidence.

So, naturally, I turned right, thinking I was following the path heading NNE towards the control, cursing my stupidity, but at least I'd figured out where I was. Imagine my surprise when, what should I meet after a few yards, but a road! Not a path/track, but a proper tarmac road. Clearly I wasn't at X, or anywhere near it. In fact, I couldn't see a single road anywhere on the map. I think it was this fact that finally jolted my brain back into some sort of gear. The farm and road must be off the map altogether. I figured I must have veered right, rather than left, had crossed both streams, and was now east of #13, on the wrong side of stream 2. So I did an about turn, figuring I'd head NW until I could either see the control, or an easy crossing point.

Then I got my final surprise. I arrived at a pond. I had clearly gone even further right than I imagined. At least this final discovery didn't require any further change of plans. Just further ground to cover to get back on track. A short time later, I duly arrived at #13.

If you think it has taken you an eternity to read this account, this is nothing to the time that I imagined had elapsed during all of this. In my mind there was no doubt about the fact that the entire field had gone past me, and I

expected to be lapped by second leg runners at any moment. I still had to make my way steeply uphill to the finish. To say the wind was out of my sails is an understatement. I trudged up the hill and handed over to Ian convinced I had blown it for everyone.

I couldn't believe it when I found out that this fiasco, which felt like it had taken an hour, had in fact 'only' cost me 5 minutes, and we were still in 3rd place!

Leg 2 – Ian Renfrew

Ian followed up with a great leg - 3rd fastest and beating Nick Barrable in the process.

Leg 3 – Ben Bethell

I'm still being reminded how new I am to orienteering - 2022 has seen my first JK, my first British Championships, and my first relay. But I've enjoyed them all!

The British Orienteering Championship seemed like a good event to attend and several of us were making the journey to Hampshire. It was no surprise that our wonderful Club Captain came looking for relay competitors. I said yes without much thought - sounds familiar.

Having never run a relay, I was interested to see how it all worked. There was a little mystique but, when it came to it, little complication with the process. In fact, just from looking at the way the arena had been set-out on the Sunday for the relays made things make more sense. One way out, one way in, and two lanes once back in the arena - one for legs one and two, and one for final leg.

I had been given the third leg. Being teamed with Glen and Ian meant I was comfortably the weakest of the three (but better looking if that counts for anything). Glen and Ian are both veterans and I certainly felt the occasion!

Glen looked keen as he lead out on the first leg. We'd estimated it may be around 35-40 minutes for him, and Ian had moved into the holding pen ready for his return. Glen returned in a little over 40 mins and in third place. Ian disappeared into the forest.

I met Glen as he came away from download and he took no time in telling me he'd made a mistake near the end and run off the map! It's actually nice when someone with the experience he has makes a mess, as it takes the pressure off others. I moved into the holding pen and waited for Ian to return.

Ian had a great run. He ran in, still in third place, and handed over to me. Unrolling my map as I left the arena, the first leg was fairly straight forward - or so I thought.

The first control was in front of a fence to the right and just in front of a thicket. Crossing the scrubby ground on the approach, following my compass, I was pleased to see the control flag in front of me. I checked the control number and realised I wasn't at the right control. First lesson of a relay learned - lots of controls and likely close together. I now had little frame of reference and didn't know where on the fence I was. I turned right and soon realised I was too far north. I retraced my steps, past the control I'd previously found and now found the right control.

From here things seemed more straight forward. I made pretty reasonable progress, though the terrain (it was very hilly) tested my aerobic fitness! Some of the area was familiar following the long distance event of the day before and making a big error like running off the map seemed unbelievable... (sorry Glen!)

As I entered the arena (an uphill struggle) Glen and Ian jumped the fence and ran in to the finish with me. That was nice, but I had no idea why... They told me we were third and were extremely pleased to see a NOR team placed for the podium. We then heard that we were fourth and that the Octavian Droobers team had finished less than two minutes ahead of us. Ian and Glen clearly need to pay more attention.

My mistake at the first control had potentially cost us the podium place. But so had Glen's error. So we can share the blame and only Ian can hold his head high. All that said, who cares? We all had a riot. It was a treat to be at the event, running as a team and enjoying the orienteering and camaraderie. It was great to see so many others doing the same.

I'd recommend a relay to anyone who hasn't tried one. Don't take it too seriously - as with so many things, you can only do your best on the day. Go out, have fun, and give your team mates some stick. Even if they tell you they'd rather have had someone else in their team (who wouldn't choose Dan Cowley?).

Thanks to all those who shared the experience. I'd like to see more of the club at future events having the same fun that I did.

Note: NOR entered an almost unheard of 3 teams, at least in recent years, in M40 (4th out of 8), M60 (8th out of 24) and Junior Ad Hoc (5th out of 12). And, Daniel Cowley ran in the Mixed Ad Hoc in a joint SUFFOC / NOR team.

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Interview Tom Bartram



Tom at Norwich Urban 2019

Age Class:	M21
Clubs:	NOR
Orienteering Achievements:	2 nd last in the JK 2 years running
In 5 words or less describe what sort of orienteer you are?	I'm just a lost runner
Think of a word beginning with O that best describes you:	Opinionated
When and why did you start orienteering?	2016 because my brother Will started doing it with Dr Richardson at school
What made you carry on orienteering?	Something different to running
What do you do when you are not orienteering?	Other sports – running, triathlon, football, cricket

Apart from orienteering what is your most unusual hobby?	Chess
If you were not an orienteer which sport (that you have never tried) do you think you would have excelled in? and why?	Chess Boxing because I only have to pick up the boxing part. Ed – Yes it is a real thing!
Where is the strangest (or best) place you have ever orienteered?	At a military base in Zaragoza, Spain
Why do you normally make mistakes?	I run without planning a route
What is your favourite discipline?	Urban
What is your favourite area? And, if different what is your favourite area in Norfolk?	University of Nottingham Campus / Sandringham
How many countries have you O'd in?	2 – England and Spain
Is there anything you would ban from or change about orienteering?	EMIT tags because they're useless
What is your favourite O top?	My NOR top of course
How many pairs of O shoes do you possess?	3
What is your favourite food?	Burger and chips
If you could have dinner with a sporting star (past or present) who would it be? and why?	Lance Armstrong – it would be interesting to hear his side of the story
What do you eat for breakfast before an Orienteering Race?	Weetabix
Do you have any orienteering ambitions?	Not to finish 2 nd last at JK

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Members at the JK



Steven Denby



Daniel Cowley



Ben Bethell – Is he lost?



Steven Denby (again) – Having Fun

It takes ages finding photos of members, especially at large events like the JK. If you come across a photo of a club member, please drop me an e-mail with a URL. Thanks, Jonathan.

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What are the Odds? - Julia Paul

Probably pretty good, to be honest!

Doug Dickinson, M75 from DVO



John Ward, M50 from NOR
(originally WASH)

In the Event Centre at King's Lynn Urban, John was about to take over on SI when he met someone he knew from many years ago – his old schoolteacher, Doug Dickinson. Doug was responsible for introducing the Ward family to Orienteering, when John was only 9 – a quick calculation told us that was 45 years ago! All the family got involved, most notably John Ward Senior produced many fine maps for our Club, but Mum, Sally, has also helped at many events and I believe brother Peter is still an active orienteer in the South West (NGOC).

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Volunteers – Are we reaching crisis point?

Julia Paul

Note: These are Julia's personal opinions and do not necessarily reflect the views of the committee.

Did you notice how short we were of helpers at the King's Lynn Urban? Two factors made it less appealing I think

- King's Lynn is a long way from Norwich, and
- As we enter early summer, there are other events that attract, especially if you aren't keen on Urbans.

We are very lucky to have a pool of people who run the SI download system at our events and produce results. They usually sort themselves out.

Very often the Planners, Controllers and Organisers who give up many hours to creating the event are also Committee Members, wearing other hats and contributing more hours there.

We have a small and aging membership. There were 29 NOR entries, but only 12 offers of help, including 1 person recovering from surgery and an M85. A normal event needs about 18 helpers (including SI), but this one included a road crossing that had to be marshalled, so that took priority as a safety issue, and needed an extra 3. As a result, several people did double shifts, and a few were "persuaded" at the last minute to help with control collecting.

Thank you to the person who sent apologies – at least you thought about helping. Meanwhile, if we can't get enough volunteers, the hard truth is that an event will have to be cancelled or postponed. So if you want to carry on orienteering, please play your part by volunteering to help at an event.

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Tech Tips by Julia Paul

Technical Tips #2

This one is aimed at relative beginners again, who may ask themselves what if I get lost?

The really reassuring fact is that once you have entered, you are in the system. After everyone has started, the SI Team check the "Start Box", which everyone must "dib", so the organiser knows who actually went out. If we have asked for pre-entries, then we can also use it to check that you actually turned up and started. Then we can run a report to find out who hasn't visited download yet.

This is why we always say, even if you retire, you must report to download so we know you are back safely. If you do get lost, we will come looking for you.

One of the key skills is to estimate distances by pace counting. This saves you running at high speed past the control! First, find a friend to measure 100m, or use an area you know the size of, such as a football pitch. Run the distance, counting in double-paces. How many double paces did you run for your 100m? Everyone I've talked to comes in around 60. Try again, walking: it's probably very similar. Even uphill/downhill doesn't make a lot of difference.

So now look at your map and check the scale. Our maps are very often 1:10000, which makes it very easy: 1cm on the map is 100m on the ground. So if you start off running and need to slow down after 3cm, you know you can run fast for 300m; just count the paces to know when to slow down.

Try this at your next event, even if it's only for one leg. (This does not mean I expect you to hop: a leg is like a lap, but it's what you do between one control and your next one.)

That's all for this time, so do let me know if there is anything you would like explained or techniques that need to be cleared up for you.

[Julia](#)

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