



NOR News – December 2022

Upcoming Events

Our next event will be the CompassSport Cup/Trophy Heat at Great Hockham Woods near Thetford on Sunday 12th February 2023.

Experienced orienteers should enter the course for their age class.
Inexperienced orienteers will have White, Yellow and Light Green Colour Coded courses available.
See more in [News](#)



Don't forget the regular club nights on Wednesday evenings. Meet at 18:45. Drinks afterwards.
Remember torches/headlamps and hi-viz. Some events use paper maps so you will need a pen.

Other events of interest:

February 5 th	Tangham, Suffolk (East Anglian Championships)
February 18 th	Cambridge Science Park (Icenian Weekend - Sprints)
February 19 th	Croxley, Thetford Forest (Icenian Weekend - Forest)
March 4 th	NOR Bryant's Heath (Night Event)
March 5 th	NOR Hockering Wood (Club Championships and YBT Heat)
March 25 th and 26 th	Reading (British Championships with relays)
April 9 th	Lake District (JK Weekend with relays)

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From The Editor

I haven't had many contributions this time, but thanks to Ben whose "Chat" covers a lot of recent news, and Jonathan for his review of the EA Championships over the years.

It would have been nice to have a report from the CompassSport Trophy Final, it sounds like a great event. I also don't have a lot of photos, but have included some from Kelling Heath, where the frost made the scenery really stunning!

I'm hoping this will reach you all in time for Christmas, so I send you all Season's Greetings and hope you have a Christmas filled with love and laughter to set you up for 2023!

Julia Paul



Chairman's Chat

Firstly, I hope you're all well and looking forward to the Christmas break. It's been another interesting year for many, I know. I'm really looking forward to a year of orienteering in 2023 and there's plenty in the calendar.

Over the next few years it seems that we (NOR) have our fair share of bigger events to host. That's great in many ways, but does mean that the Committee will be busy. We've been pulling together much needed processes and guides which will help us to run events more easily and efficiently - but this is on top of the usual burden of event organisation. We're lucky to have a group who want to get stuck in but we could always do with more help. We have several members who, whilst not on the Committee, regularly help us with various things. We really could do with more. If you have any spare time and would like to get involved, please contact me.

On the subject of getting involved, my thanks to all those who volunteer at our events - it's appreciated. If everyone volunteered once each year, we'd get everything covered. We (event organisers) probably need to do a better job of asking for help, but if you can spare an hour before or after your run we'd be very grateful.

The Committee is planning to run a Schools event next year for schools in and around Norwich. We hope to hook a few new juniors and their families by linking the event in to our Summer Series events. It's vital that we retain the flow of 'new blood' and we need to find ways to bring in new people. Thoughts welcomed!

Our Juniors have had some success, with three more being selected to join the East Anglian Junior Squad. Matthew disappeared to Northern Ireland for the Junior Inter-Regional Championships in September and attended the training weekend at Hawkshead in November. There's plenty to offer the youngsters, but we need to bring them into the sport.

We recently ran a training session at Felbrigg which saw around 35 orienteers learning and practising some key skills. The session was run by Dave and Glen who have now qualified as coaches. Well done and thanks to them both for stepping up.

Our Club Nights have continued to prove popular and we've been out and about doing various things. We meet at 18:45 on a Wednesday evening for an orienteering activity of some kind, and usually manage a drink and chat after. We'd love to see more of you.

I wish you all a happy Christmas and hope to see you fit(!) and healthy in the new year.

Ben (Bethell)

Captain's Corner

I am delighted to report that the CompassSport Trophy final trip was a big success. 30 of us enjoyed a weekend away together. Many of the team were relative newcomers, and will have learnt a lot from their experience in Scottish terrain. And we even managed to top the leader-board for a while. Many thanks to the Chairman for being the driving force behind the whole enterprise.

We also had the club champs in rather less convivial weather conditions at Felbrigg. Many thanks to Peter Carlill for planning his first set of courses for the club. Due to the weather, the presentations were postponed until the next event, and will take place at 10:00 at Kelling. Winners' names are on the website.

Also, back at the end of September, Norwich School retained the East Anglian schools title, narrowly beating Barnadiston and Perse at Haughley.

And Matthew Bethell travelled over to Northern Ireland with the East Anglian Junior Squad for the Junior Inter-Regional Championships.

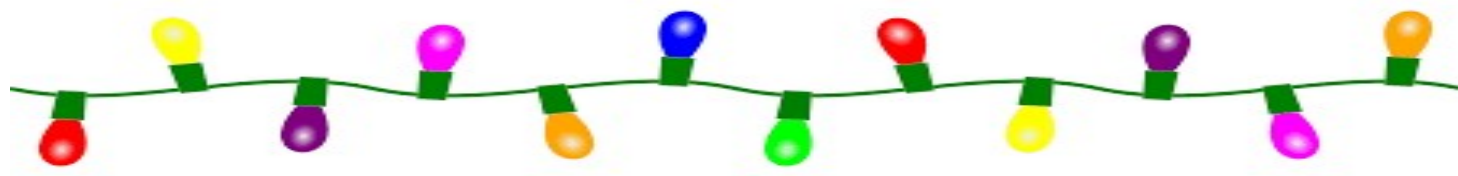
The Club went to the East Anglian Championships in November, and came back with 5 champions - Jonathan Gilbert has written more about it below.

The East Anglian Junior Squad joined our training session at Felbrigg in December, planned by myself and Dave Vinsen, newly qualified coaches. Training sessions focus on techniques that will improve your results, rather than running, and are usually suitable for all levels and ages. It was scheduled for a Saturday, immediately followed by our event at Kelling Heath where they could try out their new skills.

There are a number of events in our region coming up, but let's see if we can put on another good show for the CompassSport Trophy 2023. The qualifying round will be held at Hockham Wood (near Thetford) – home turf. Put the date in your diary: 12th February 2023.

Glen Richardson

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East Anglian Championships

Congratulations to our East Anglian Champions, the championships being held at Brome Hill & Santon Warren on 27th November:

- W85 Barbara George
- M40 Glen Richardson
- M60 Rini Hoogkamer
- M65 Roger Parker
- M70 Mick Liston

The 4 men all won by less than 1 minute, with Roger only winning by 5 seconds. Apologies, if I missed anyone off, but the official results are not on the EAOA website, so I collated these myself.

This article came about as a result of an e-mail conversation with Glen. He had picked up the M40 (for himself) and M60 (for Rini) trophies, and on comparing the trophies he found that no M40 winner had subsequently gone on to win the M60 class, and wondered if this was common.

This got me thinking about all sorts of stats, so here we go.

When analysing the results, the following had to be factored in:

- There are complete sets of results going back to 2004, but before this there are some obvious gaps.
- The oldest set of results is from 1985, when the championships were held by CHIG in Epping Forest.
- Interestingly there are also some Happy Herts winners in the results, so I guess there must have been some sort of realignment of the regions at some point.
- The M/W80 class was added in 2014.
- The M/W85 class was added in 2019.

Most successful club:

Club	# of winners
WAOC	247
NOR	177
SOS	162

It's surprising how close SOS are to NOR, but SOS have some prodigious winners, such as Jenny & John Collyer, Jack Isbester and the Sellens family.

Most wins at a championship:

Club	# of winners
WAOC	16 in 2006
NOR	12 in 2019

Number of times a club has hosted the championships:

Club	# of times as hosts
NOR	7 (9 if WASH included)
WAOC	7
SOS	6
HAVOC	4
SUFFOC	3
SMOC	3
WASH	2
CHIG	1
WASH / WAOC	1
RAFO	1
CUOC	1
SOS / SUFFOC	1

Most used areas:

Area	Club	# of times
Croxton Heath	WAOC	3
Sandringham	NOR / WASH	3
Lynford	NOR	3
Various bits of Epping Forest	HAVOC / CHIG	3

Other NOR / WASH areas used:

Area
Cockley Cley
Hockham
Kelling
Sheringham

Most competed for class:

Since 2004

All of these classes have been competed for at every championship:
W45, W50, W55, W60, M10, M14, M45, M50, M55, M60, M65, M75

Since 1985

The only class that has been competed for at every championship (and for which there is a record of the result) is M45.

The following classes have had a winner for all but 1 championship: W55, M50, M55

Least competed for class:

As might be expected this is a female junior class. Since 2004, W20 has only been competed for on 8 occasions. Note, that I have not included M/W80 & M/W85 as these classes have only recently been instated.

Most classes competed for at a championship:

At the 2017 championships, held by SMOC at Rushmere, all 34 classes (no M/W85) were competed for. But for a lack of W20, the 2012 championships at Lynford would have had a clean sweep of classes.

Most wins by a competitor: *[Editor's note – NOR members' names appear in **bold**]*

Chris Morley (WAOC) has won the most titles (21); the first being in 1991 as an M50 and the last being in 2021 as an M80. Our own **Barbara George** has won the most female titles (18); the first being in 1991 as W55 and the last being in 2022 as a W85. NOR's most successful man is **John Peel** back in the 90's and early 2000's.

Unsurprisingly, **Barbara** and Chris also have the most wins since 2004. The most successful NOR men, since 2004, are **John T Ward** and **Glen Richardson**.

The most successful junior is Thomas Louth (WAOC), with 7 wins. The most successful NOR junior is **Ella (Gilbert)** with 5 junior titles.

Most consecutive wins by a competitor:

To achieve a string of consecutive wins can be difficult due to such things as injury, illness, officiating or having something better to do on the day. **Barbara George** won 8 consecutive titles from 2007 to 2014, missed a year and then won another 4! Dil Wetherill (WAOC) had 5 consecutive wins from 2005 to 2009. Thomas Louth (WAOC) and **Ella** had 6 consecutive wins amongst the juniors – for those still following, **Ella** also won the Women's Open / W21.

Biggest gap between wins:

These are all from NOR. **Peter Leverington** won in 1986 and then not again until 2006; **Fiona Coventry** won in 1986 and 2002; and **Karen Goldsworthy** won in 2000 and 2016.

Biggest gap between first and last wins:

Amazingly, John Collyer won M40 in 1985 (the first year we have records) and also in 2022 as an M75. **Barbara George** has a similarly impressive record of first winning in 1991 as a W55 and also in 2022 as a W85.

The answer to Glen's question:

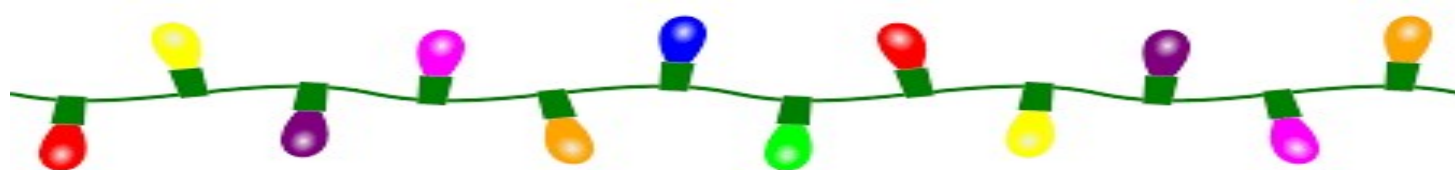
So, who appears on trophies that are 20 years apart (in age class).

Name	Club	Age Classes
Jenny Collyer	SOS	W35 & W55
John Collyer	SOS	M45 & M65, M50 & M70, M55 & M75
Fiona Coventry	NOR	W35 & W55
Kim Eden	NOR	W35 & W55, W40 & W60
Lindsey Freeman	WAOC	W35 & W55
Barbara George	NOR	W55 & 75, W65 & W85
Jack Isbester	SOS	M50 & M70, M55 & M75, M60 & M80
Peter Leverington	NOR	M50 & M70
Mick Liston	NOR	M50 & M70, M55 & M75
Chris Morley	WAOC	M50 & M70, M55 & M75, M60 & M80
Gillian Pilgrim	NOR	W55 & W75
Hillary Sellens	SOS	W35 & W55

Note the large number of W35 & W55 winners and also the large number from NOR.

Jonathan Gilbert

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Tech Tips by Julia Paul

Technical Tips #4

A note about cancellations: with the very cold weather we had at Kelling Heath, I received a couple of calls about whether the event was going ahead. If ever we have to cancel it will be published on the **website**, on **Facebook**, and if you have pre-entered, you will also receive an **email**.

The previous articles have been aimed at beginners, and cover the basic navigation techniques. I thought this time I should do something about more advanced techniques.

As you get more advanced, you will be leaving the footpaths more, cutting corners or even going straight through a block of woodland. You may be looking for something small that is obscured by the trees. These techniques help you when you're off the path.

There are other items on the map, drawn using a line, so rather obviously called **line features**. You can find a fence or a wall that you can follow as if it were a path. You could follow a ditch, mapped in blue, or an earthwall, mapped in brown. Have a look at a map and see how many linear features you can spot. If you want to check exactly what they all mean, get a copy of the symbols used on our maps from <https://www.maprunner.co.uk/map-symbols/>.

An **attack point** is a large feature, close to your control point. Choose something large and visible from a fair distance. Examples of good attack points might be a large knoll or a large thicket; poor attack points might be a large depression or a distinctive tree, which can't be seen until you are close.

Navigate to your attack point; once you are there, you know exactly where you are on your map. You can check your map is orientated again, work out the distance, and if you're lucky, when you look up you may see that glimpse of orange that is what you're looking for! Even if not, you can proceed with confidence that you are close and looking in the right area.

I thought I'd finish with a **challenge** for you all: can you produce an orienteering term, or something orienteering related, for every letter of the alphabet? No promise of a prize, just for fun!

Julia

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News

CompassSport Cup and Trophy

This is a national competition between Clubs – the Cup is for larger Clubs, the Trophy for smaller Clubs. We will be competing for the Trophy.

There are strict rules if your score is to count for your Club. Primarily, you need to enter the course for your age class (in the right-hand column). The table below shows how these are allocated, and the colour-coded equivalent.

CS Class	CompassSport Course	BOF Age Classes
1	Brown	Men Open
2	Short Brown	M20- M40+
3	Blue Women	Women Open
4	Blue Men	M50+
5	Green Women	W20- W45+
6	Green Men	M60+
7	Veterans Short Green	M70+ W60+
8A	Junior Men (Green)	Men 18-
8B	Junior Women (Short Green)	Women 18-
9A	Orange Men	Men 14-
9B	Orange Women	Women 14-
10	Super Veterans Short Green	M80+ W70+

We would really like to see everyone competing on the correct course as you don't have to win to score points! (It's far more complicated than that!). We should also have Light Green, Yellow and White courses available.



Photos from Kelling Heath



[Picture credits: Clive Wilkinson, Nicky Nichols; Karen Goldsworthy]

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Fixtures (to 31/3/2023)

These links take you straight to the British Orienteering website, with filters pre-applied. Apologies, I hadn't realised this for the last issue!

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

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

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

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