

SOCK 182

The Newsletter of Southampton Orienteering Club



In this Issue . . .

Welcome to the February 2012 edition of SOCK and **junior SOCK**.

As befits the first SOCK of the year, we have reviews of last year and some ideas for orienteering in the coming months. Andrew Nash gets us started with a tongue-in-cheek study of the club initials. Robin Smith gives us a run down of his orienteering in 2011 and also we have part two of his very enlightening article on urban orienteering. This does seem to be a growing area of our sport with many new urban leagues making an appearance - including the soon to be announced Southern Urban League.

We have event reports from Jenny Dickin, Kevin Bracher and Pete Davis. Anthony Simmons provides another thought provoking article, this time on the benefits of practise.

The Club officials' reports are followed by the latest standings in the Club Championships, an overview of the latest SCOA bulletin and the all-important Event Calendar for the next few months.

I hope you enjoy this issue. Thank you to all subscribers.

Pete Davis, SOCK Editor.

What's in an acronym?

Andrew Nash

Southampton Orienteering Club is not alone in having the acronym SOC; in fact SOC is short for very many things. Here's just a selection . . . all genuine terms, although I admit liberty with the definitions:

State of Confusion = Initial consequence of a 180 degree error

Spin Orbit Coupling = Meeting a friend who is also running around in circles

Statement of Capability = Admission to said friend that you've made a mess of it

Standard Obstacle Course = Route you shouldn't have taken through a dark green area

State of Charge = Distance between you and the approaching bull



Follow Us:

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Membership Cards:

If you get SOCK in an envelope your club membership cards are included. Otherwise pick them up at your next SOC event. The remainder will be posted out separately.

Date for your diary:

This year's Club AGM will take place at Fleming Park on 18th May. More details in the next edition of SOCK.

Next SOC Event:

Ocknell Inclosure Level D.
Saturday 25th Feb. Organiser:
simon.bevan@ordnancesurvey.co.uk – volunteer helpers needed.



Species of Concern = The bull

Self-Organised Criticality = Looking at the map and realising you shouldn't have gone into the bull's field anyway

Selectable Output Control = A problem faced by early runners who reach the correct location but that punch hasn't been placed yet

Scene of Crime = Location of the Selectable Output Control

Special Operations Command = The November Classic Organiser!

2011 Review

Robin Smith

87 events, featuring the good, the bad and the ugly.

| | |
|--------------------------------------|---|
| Most unexpected area | Telegraph Hill |
| The Ultimate urban area | Venice |
| Most unusual venue | Brownsea Island |
| Most visited area | Barrosa |
| Most not want to go there again area | High Vinnals (SINS) |
| Most talked about leg | Guildford urban road crossing |
| Best confusing area | London (Barbican) |
| Best technical area | Tyrella (JK) |
| Most potential | Savernake Forest |
| First result | Ashridge Park |
| Last result | Bordon (Southern Nights) |
| Least best result | DSQ in London urban* |
| Best use of a small area | Sandy Balls Holiday Centre |
| Most surprised public event | Brighton night urban |
| Most complicated race format | Blandford Camp |
| Most depressing weather | Burrator (Caddihoe) |
| Best weather | British Sprint & Middle Championships, Sussex |
| Best first-time area | Wellington College |
| Most daft event | Boxing day score at Moors Valley Country Park |

Other races and venues that deserve a mention include Nut Wood & Gatton Park, Hodgemoor, Poundbury, Tankersley and Whiteknights Park.

*A possible award winning mistake - details on application.

Event Reports

Kevin Bracher

Hasley Hill level D 7th Jan

I always take a break from orienteering over the Christmas/ New Year period so the level D event at Hasley Hill on the 7th of January was my first of the year and my first event for 3 weeks. I planned 5 courses to give everyone a course they could complete. Initially I had around 40 controls but decided to prune them down as that seemed a little excessive for a level D event where I was both planner & organiser. I cut the number down to 33 which was a

little more manageable but did compromise the courses a little, the long run in from the last controls across the green was a result. It was not just me being mean.

Bill helped put out controls on the Friday afternoon so on Saturday all I had to do was run round and check them all before we set up the Start/ Finish and Registration. Everything ran smoothly thanks to a strong team of helpers on the day. We had over 130 entries so it was good to have a good number of helpers. We cannot put on these events without this support so I thank all those that helped at the event.

Wimbourne Level D event at Inside Park Blandford Forum.

This was my first run of the year and my first run in nearly a month, well that's my excuse for all the errors in my navigation or lack of it. In reality my poor performance was due to laziness. I never took accurate bearings or took notice of the features I should have and it showed as I missed the line on several controls and lost time.

A shame as the planner had worked hard to plan the courses on such a small patchwork of wooded areas surrounded by fields. It just shows what is possible now with electronic punching, we can use quite small areas to produce some good orienteering. Something we could look at more. It could open up some more opportunities to orienteer.

SO Level D Stoughton West Sat 20th Jan

Steep, undulating typical South Downs terrain but quite runnable. Kieran planned some excellent courses, that kept us out of the worst of the undergrowth, and it showed with some really fast times. The 6K blue was won in 35 mins. I was much more focused on my navigation and pleased with my time of 45 mins. These small events can be great fun with good orienteering to be had. In the discussion in the pub afterwards we all agreed what a good event it was and it was good to study the map and see the different route choices we had made and look out for the ones we had missed.

NWO West Woods Level C event 21st Jan

Yes two events in two days! Another blue course with some well-planned legs which kept us off paths and again away from the worst of the brambles. A couple of small errors cost me a couple of minutes or so and my legs were still feeling the previous day's run but it was a very enjoyable event. We try to fill a car and share out the driving to events. We also get twice the pleasure as we stop off at an inn to compare our courses, route choice and splits over a pint.

Knightwood & Valley Park Street O Thurs 26th Jan

If you have not tried one of our Thursday Street events yet try and make the February one. The maps are very good and it is a challenge plotting your best route around the map spotting the small footpaths and cut-throughs that can save time. The 60 minute informal Score format means that they are fairly straight forward to put on and provide an interesting mid-week outing instead of just another training run. Thanks to Bill for putting this one on. Come along next time and see what you are missing!

Event Reports

Pete Davis

NWO West Woods Level C 21st Jan

The sun was out, the birds were singing. It seemed like a good day to step back up to a Blue course after six months recovering from an achilles tendon injury. At least it did seem that way initially. The map was West Woods, on the edge of Savernake Forest. A runnable area but a bit hilly for a south of England wimp such as myself. Even the climb from registration back to the car park was a bit steep. But none of that mattered when the whistle blew and the diligent young woman at the start wished us all a good run.

Yes, it was time to head into the forest and the challenge of running, slowly, from control to control in ever increasing circles. Between falling over five times, yes, that's five times, I could be heard counting my paces to the tune of "Oh the Grand Old Duke of York....". But the sun was still out and the course led us through some nice runnable parts of the wood. And the circles did actually look more like straightish lines as I got to grips with the map. I made it safely back to the finish with only minor cuts and bruises. Just had the challenge of the climb back up to the car.

BKO Concorde Chase Level B 29th Jan

A bitter morning for the Concorde Chase at Yateley Heath & Minley Woods for the Level B event put on by BKO. Sky Sports were filming there - I saw them interviewing a JOK runner at Registration and there was talk of filming out on the courses. Did anyone catch any of it? The start area was bustling with shivering orienteers and efficient officials dealing with late comers and those hoping for an earlier slot.

Going out on the Blue course I struggled a bit with the first control as I tried a route choice that pushed my cold brain to its paltry limits. No matter. It could only get better. Which it did to an extent. I really enjoyed 2, 3, 4 & 5, controls that came in quick succession in very runnable terrain. As we crossed to the west side of the road the legs and terrain changed with route choice and attack points becoming more important. I made a bit of a hash to 14. As I came out of 13 I dropped too low and then turned left at the fight thinking I was close to the track. I wasn't close at all, so that lost me some time. If I had finished at control 21 I would have been very pleased with my time. But I made such a complete hash of 22 and 23 that I couldn't figure what I had done until the GPS revealed it back at home! Oh well, there's always next time.

Weekend and Multi-day Events 2012

Pete Davis

In this coming year there are plenty of opportunities for multi-day events where you can make the most of the travelling by fitting in two or more events in or around the same venue. It is good to see SOC events forming part of the first and last weekend orienteering opportunities for this year.

Our February event forms part of a weekend of Orienteering, starting on Saturday afternoon with our event at Ocknell. This is followed by the British Night Championships hosted by Sarum. A good night's sleep and you should be ready for the Sarum Saunter on Sunday morning. Then in November we have a sprint event on the Saturday as a pre-cursor to the November Classic.

Here are some of the weekend and multi-day events scheduled for 2012:

- 25/26 Feb - British Night Championships, SOC Event & SARUM Saunter. Salisbury and Lyndhurst.
- 24/25 March - British Sprint & Middle Distance Champs. York.
- 6 - 9 April - JK. Dunkeld.
- 5 - 7 May - British Individual and Relay Championships and Urban event. Kendal
- 19/20 May - Twin Peak. Kendal
- 2/3 June - Scottish Individual and Relay Championships. Braemar.
- 2 - 4 June - Tamar Triple. Exeter.
- 2 - 5 June - SE Jubilee Weekend. Surrey.
- 16/17 June - Veteran Home International, Individual and Relay. Northern Ireland.
- 22 - 28 July - Welsh 6 Day CROESO. Aberystwyth.
- 25 - 27 August - Three urban events counting to the Southern Urban League in Guildford, Basingstoke and Didcot.
- 25/26 August - White Rose. Scarborough.
- 15/16 September - Caddihoe Chase. Longleat.
- 13/14 October - Junior Home Internationals. Dorking.

- 13/14 October - October Odyssey. Whitby.
- 3/4 November - Urban & November Classic. New Forest.

Southern Urban League 2012

The provisional events for this year's Southern Urban League have been published. Most have been confirmed.

- Saturday 21st April, Huntingdon
- Saturday 26th May, Poole
- Sunday 27th May, Frenchay, near Bristol
- Saturday 19th May or Saturday 23rd June, Shaftesbury or Kingston Maurward College, Dorchester
- Sunday 24th June, Canterbury
- Sunday 5th August SLOW, Kingston-upon-Thames
- Saturday 25th August, Guildford
- Sunday 26th August, Basingstoke
- Monday 27th August, Didcot
- Sunday 30th September, Windsor & Eton
- Sunday 14th October, St Albans
- Saturday 20th October, Oxford
- Saturday 3rd November, Southampton
- Saturday 24th November, Woking
- Saturday 15th December, Brighton

Sprint and Urban Events (Part Two)

Robin Smith

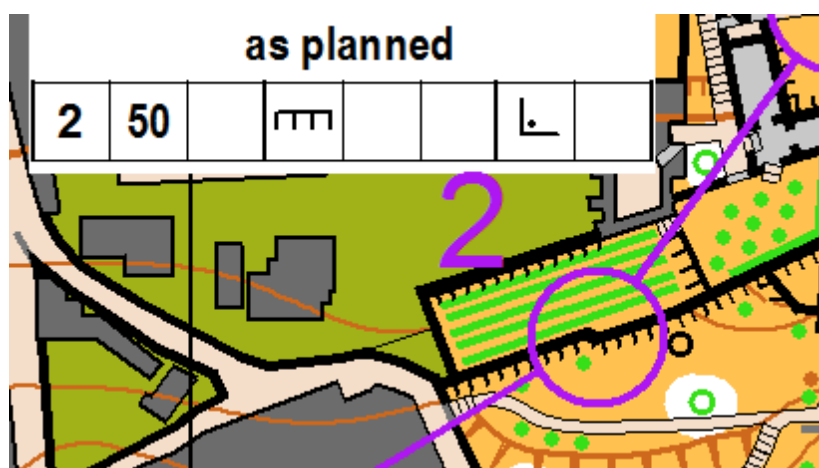
What is the difference between a sprint race and an urban race? Answer: course length and thus winning time. In part one of this article Robin described the special features of sprints and urbans. Part two lifts the fog on some of the tricky issues faced by planners and competitors.

Ambiguous descriptions.

Bit of a nightmare. There can be so many similar features within the control circle it is possible to describe the control location in seemingly completely different ways. More about that in the next edition of SOCK.

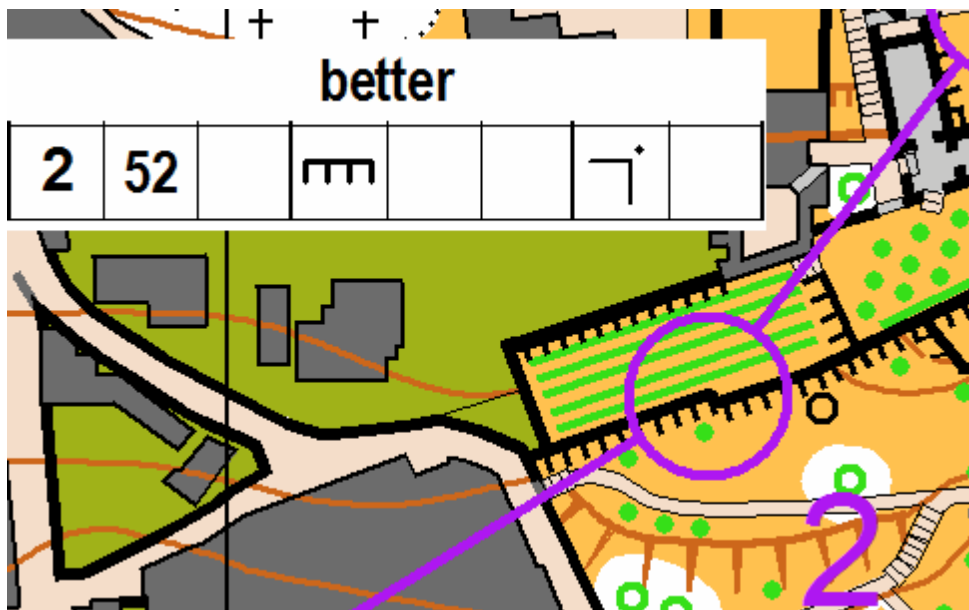
Here is an example from the recent Lincoln city urban race. Report from the planner;

'I did moot the idea of placing the control at the cliff foot, the south side, to vary the challenge and to wrong-side those who have got into the 'planner always puts controls on the far-side of uncrossable features' mind-set. We decided to keep the challenge of the run to the north side and the complex navigation within the Bishops Palace. This was the leg in discussion (control 10 on course D): -

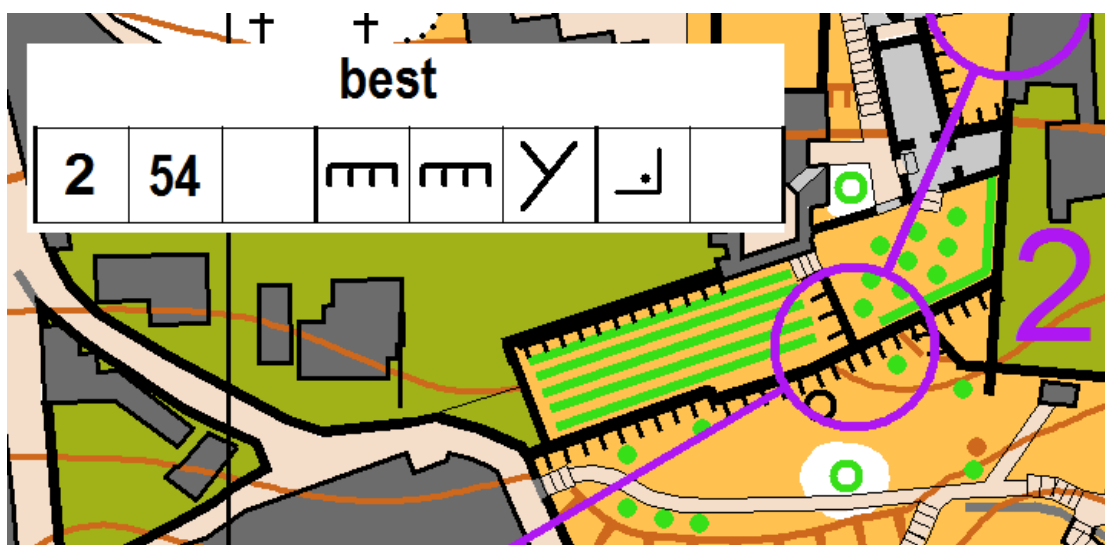


If the crag had been mapped with the impassable wall symbol (ISSOM 521.1) then there is no further reasonable debate as the description would have been unambiguous. I accept what some competitors have said about this. Although it is common, though not strictly to ISSOM, to map such very high stone walls as crags.

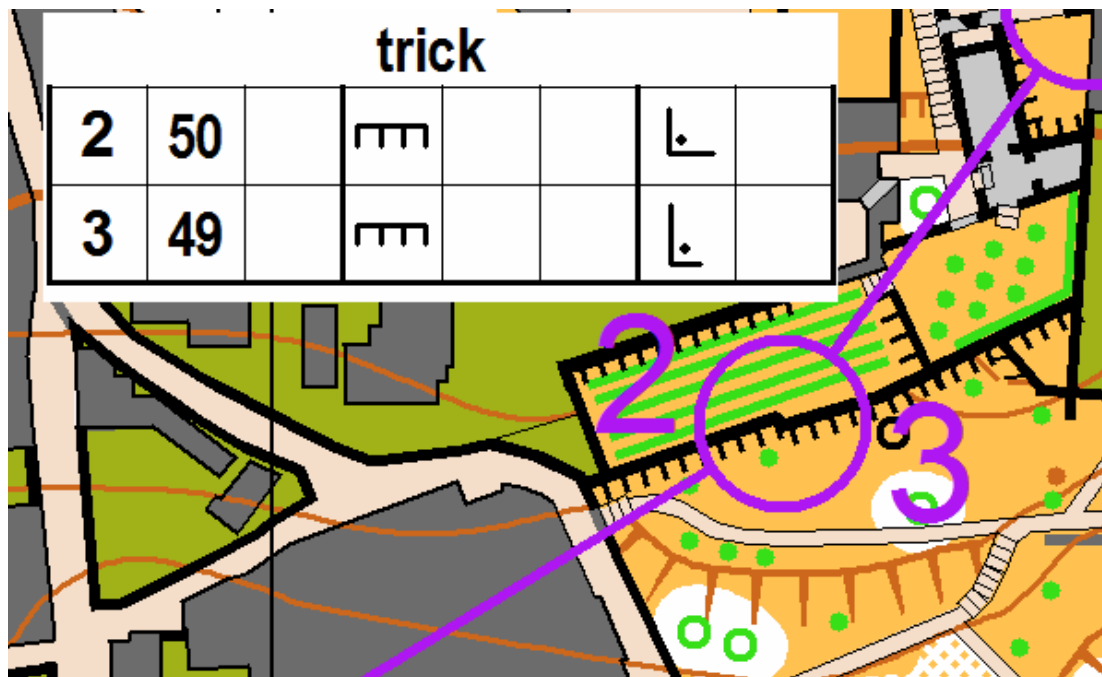
The 'SW inside corner' qualifier in column 7 is too similar in design to the qualifier for foot of (see the last map). This was unintentional and was certainly not done to trick competitors as some suggested in our post race discussions. What we were trying to do was make the description unambiguous and we certainly failed in that! My sincere apologies to those who thought that we were trying to be devious. With the benefit of hindsight we could have easily avoided this by moving the control 2m to the next bend: -



This is a better solution than just using a generic description of 'crag top' and making the decision to go to the top literally flagged up. There are also better placements for the site such as: -

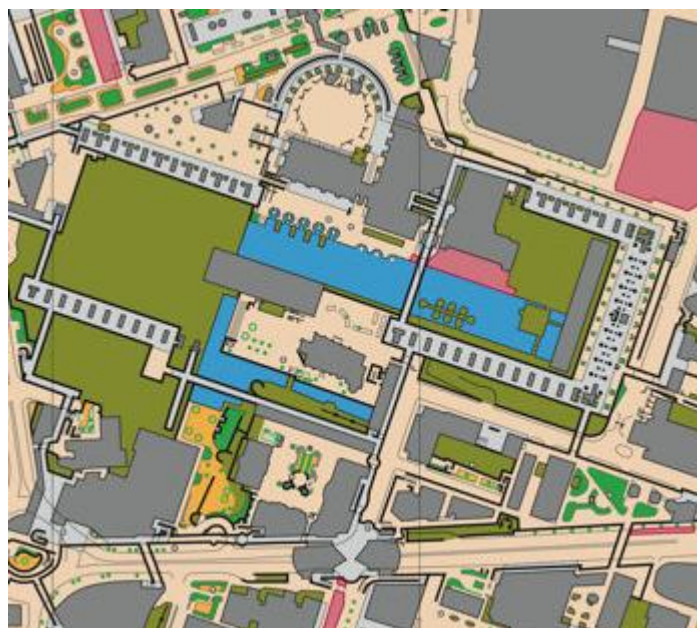


I consider that the competitor should be tested to work out the correct side of the feature to run to, being one of the key tests of urban orienteering, but should not be tested to distinguish between two very similar control qualifiers. This kind of trick has no place in races at this level, but could be 'entertaining' at Level D fun events: -



It has also been suggested that the circle should be centred on the flag position (or a dot added) rather than on the centre of the feature. For example where a knoll (or solitary tree) is used, current planning rules require the control circle to be centred on the knoll (as it is out of scale on the map), and the flag position indicated on the description sheet (ie west side). Where no description is given, the competitor can assume the flag is on the top/centre/middle.

Another fun topic with urban races are 'pass throughs/unders'. These are shown in light grey and indicate there is a route through a building. This might take the form of a covered passageway, or just a canopy or roof over the path (and you may not even notice it). Two parallel rows of black dots mean a tunnel under the default level. The recent London urban event around the multi-level Barbican housing complex had tunnels and pass unders in abundance. The trick was knowing a) which level you were at, b) which level you needed to be at, and c) how to get there!



In the Barbican, ground or the default level, is higher than real ground level outside. Note particularly the tunnel at the top centre.

At Guildford, the grey 'pass under' on the map extract here on the right, is a high level pedestrian bridge over a dual carriageway, linking a car park to the shopping centre. Several competitors went into the buildings (not permitted in urban events) to gain access to the bridge (seemingly in bounds) in order to cross the road. The purple cross hatching was equally confusing as it was interpreted as either 'busy with traffic' or ('dangerous' - out of bounds). I managed to cross the road at a pedestrian crossing that was conveniently showing the green man as I arrived! Due to the ambiguity the controller removed the leg from the results.



Finally as part of my 60th birthday celebrations next year, I am planning and organising (with the assistance of BADO), a (sub)urban event in Basingstoke (Hatch Warren) on Sunday 26th August. The event will be sandwiched between GO's event in Guildford and TVOC's in Didcot (Ladygrove). Part of the map is shown below. Who said Basingstoke was boring?



<http://www.basingstoke.me.uk/>

Practice Does Not Make Perfect

Anthony Simmons

"Practise makes perfect" is one of the most dangerous axioms in sport; particularly for the self-taught amateur. The following thoughts come from some coaching material I dug out recently, originating from a coaching course I attended many years back. The sport wasn't orienteering but I have always believed that the precepts involved are more applicable to O than most sports. OK, so I just wander round an orange course these days; but read on and I'll let you be the judge of how much is pure drivel and how much is pure gold.

Watch most starters hare off at an informal / low level / colour coded event. What exactly is their aim for the day? Are they trusting in some 'hit or miss' techniques, getting some fitness and just attempting to get round as quickly as possible and hoping to beat their usual rivals. Probably. And it has been the case for as long as I can remember. Orienteers, in the main, have never been good at practising to improve performance.

Orienteering can be a very technical activity, distinct from other more natural and spontaneous activities - that's stating the obvious. Therefore improving performance calls for a need to isolate the various components ... or does it? Coaches in some sports, talk about 'SHAPING' & 'CHAINING'.

[Not to be confused with the use of these terms in behavioural therapy.] What do these terms mean for the sportsman?

Take the golf swing or tennis serve. Head position, backswing, ball toss, follow through, ... ad infinitum. These are links in a chain. The coach can have you *chaining*, perfecting each item alone until they feel natural. If you try *shaping* - you will be practising stringing them all together repeatedly without ball contact. But attempt to hit the ball and it all goes to pot. Does this all this ring a bell? Worked on your distance judgement? sighting ahead on bearings? reading brown only features? red-lighting near the flag? stopping your concentration from slipping away?...whatever, you select. But then you find one or several techniques disappear down a Black Hole when you want or need it most at the Regional and National Events. For years I practised double-pace counting running to and from work with the Southampton City OS 1:10,000 map, starting again and again at various road junctions. It should have become ingrained but the moment the heat of an orienteering race took over, it all went out the window. I think, and I only say think, that I know what I was doing wrong and what would have been more effective.

The more years you 'practise' with a lousy golf swing the more ingrained it becomes. One best-selling golf guru asks the question - Why do so many golfers go onto the practise putting green and practise missing puts? And we as orienteers should ask ourselves - why do I practise making mistakes week after week? That, if we are honest, is what most of us are doing.

The first qualification we must make to the dreaded expression "practise makes perfect" is "Practise makes perfect only what you practise". I became expert at pace counting on the way to work, the silliest and most useless skill imaginable; but that was all I achieved. I needed to be practising whilst orienteering in O terrain and with, I would suggest; an element, no more, of competition. I referred to Gordon Pirie in the last SOCK. In his track heyday, his training regime, which involved running up and down sand hills in army boots became legendary. He was probably a world beater at running up and down sand hills in army boots! But was he more effective on the track with spikes ?

So back to *Shaping* and *Chaining*. Practising putting most or all of the ingredients together - the various techniques already mentioned, and all the others, whilst orienteering, is *Shaping* which as a running sport will entail slowing down. The decision to *Shape* or *Chain*, to balance one against the other, is of course a lot simpler or more manageable if working with a coach. Just having a second pair of eyes, and an outsider's view of what is going on, is a luxury that many SOC members will not have experienced in their 'formative' orienteering years. But we must at this juncture add the remaining qualification to "practise makes perfect". "Practise makes perfect only what you practise and you understand what you are practising". If you are unclear what it is you are practising to achieve it is unlikely to stick.

For me orienteering represents or should do, the ultimate concatenation in sport - of many things happening at the same time, in the head - techniques aplenty and with the body - the physical co-ordination to enable one to read map and compass without falling over. Identifying all the many components and electing how much to *shape* or *chain* is something most elite internationals have probably done without having heard of these terms. There is a terrific variety of practise opportunities available on Club nights and the chance to share ideas; however transferring skills into the forest may possibly leave you feeling you're on your own again. Also it is evident that many amateur sportsmen are able to say what their

weaknesses are, but not be able to identify their strengths and aptitudes. The post event post-mortems where we pore over our maps gives our sport a unique edge. We lament our mistakes but do we take home an understanding of why we executed some legs without difficulty? Orienteers are a diverse bunch; an ex-CompassSport editor once told me “We’ve discovered there’s no such thing as a typical orienteer.” But I know one thing. Orienteers are definitely ‘Smarter than the average bear.’ It’s more than likely you are capable of the self-diagnosis of what you need to practise and how to go about integrating that practise into competition. Under 1) self imposed pressure 2) wavering concentration and 3) fatigue : we revert to bad habits when orienteering. Practising appropriately will break those habits.

It obviously can be done. As some of you know I follow orienteering in the same way as many follow professional Football or Cricket. (Thanks be! for CompassSport / Route gadget / World of O / Ranking Lists ... etcetera for we armchair / couch potato orienteering junkies.) I’ve monitored the careers of some notable success stories in British orienteering, people who have started ‘late’ in life and became sufficiently technically proficient to become class leaders. That is inspirational. More edifying to me is the example of those who started in the early days and frankly for years couldn’t orienteer consistently to save their lives, but whose performances now, show they went back to the drawing board.

No need to ask - would you like to improve? Of course. But do you have the will power and desire and the thinking to make it happen? You may surprise yourself. Remember “It’s only in a dictionary that *success* comes before *work*.”

“Practise makes perfect only what you practise and if you understand what you’re practising ! ”

A Music Chart for Sprint/Urban/Street Events

Colin Hicks

In response to Keiran's rock top 10 titles for a bad days orienteering and having a bit of spare time over the Christmas / New Year holiday period here is my top 10 for sprint/urban/street events. To add another dimension to this I have also included the youtube url.just for fun so you can see and listen to the selection as well !

PS I don't like all these tracks eg No 10 - my late Father was a great Country & Western fan, so I grew up with that tune!

No10. - Doing the Southampton City Parks event (NB it's in the 2012 Summer Series)

- Rose Garden - Lynn Anderson
- <http://www.youtube.com/watch?v=WO4wcNVbYQQ>

Equal at no.9

- Street life - Roxy Music
- <http://www.youtube.com/watch?v=arct2SuLcZs>
- Street life - Randy Crawford
- <http://www.youtube.com/watch?v=btkWDo8-Cdk>

No7.

- We built this city - Starship featuring Grace Slick
- <http://www.youtube.com/watch?v=TxGGckAc1rs>

No6.

- On the road again - Canned Heat

- <http://www.youtube.com/watch?v=QexOuH8GS-Y&NR=1>

No5. - The control is at the top of the...

- Stairway to heaven Led Zeppelin
- <http://www.youtube.com/watch?v=9Q7Vr3yQYWQ>

No4. - For juniors doing the Guildford Urban Race:

- Park Life - Blur
- <http://www.youtube.com/watch?v=4J0dC-oUUVg&feature=related>

No3. - For anyone who has run the leg to Bank on the Lyndhurst Urban event:

- The long and winding road - The Beatles
- <http://www.youtube.com/watch?v=JrcYPTRcSX0>

No2. - Thats the problem with urban events!

- Where the streets have no name - U2
- <http://www.youtube.com/watch?v=rRFwIFU67ro>
- <http://www.youtube.com/watch?v=HOIbhXLEJdc> (Glastonbury 2011)

And topping the chart at No1. - Falling foul of the rules! - you know who you are! (Sandy Balls sprint), running into the out of bounds on a Sprint/ urban race -

- Whose Garden was this? Tom Paxton
- http://www.youtube.com/watch?v=JSb_XAZsrhw

Mountain Bike Orienteering Training

Jenny Dickin

19th November 2011

Having trained at Blackwood on foot a few weeks before, training there on bikes really did make quite a difference. We started at about 10am with a warm up course to help us get used to the terrain and the bike map boards we'd either handmade or borrowed from Emily Benham, the British No. 1 who was there leading the session with the Junior European bronze medallist Michaela Maresova. After the warm up we tried a variety of different courses including a flow course, long and short. The maps for mountain bike orienteering are quite different from foot orienteering as there are no depressions or other earth features mapped as you have to stay on paths during the course. Instead the focus is on route choice. On a mountain bike orienteering map the paths are shown with different lines depending on how fast you could cycle along them which made you think more about the fastest route choices.

In the afternoon we moved further into the woods and paired up for a relay. There were two courses and each person did both making 4 legs in total. They were both good courses which made you think about route choice and speed and were good fun too, although cleaning the mud out of the gears when we got home was quite interesting. Mine and Tamsin Moran's team was *obviously* the fastest but we had to finish with two mini-mass starts to finish on time.

I think everyone had a really good time and learnt a lot from the experience and I hope we get the chance to try mountain bike orienteering again.

British Orienteering Incentive Schemes

The newly introduced British Orienteering Navigation and Racing challenges are incentive schemes that enable you to track your progress through the colour coded courses and their corresponding technical difficulty (TD).

The Navigation Challenge

Members are eligible for a Navigation Challenge certificate after successfully completing 3 colour coded courses at the same Technical Difficulty (TD) standard. The certificates are 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5.

| Technical Difficulty (TD) | Colour Coded Courses |
|---------------------------|---|
| 1 | White |
| 2 | Yellow |
| 3 | Orange, Long Orange |
| 4 | Light Green |
| 5 | Very Short Green, Short Green, Green, Short Blue, Blue, Short Brown, Brown, Black |

The Racing Challenge

Members are eligible for a Racing Challenge certificate after successfully completing 3 colour coded courses (of the same TD) within the following times:

Gold Award. Participants time < Course Length (KM) x 12.5mins

Silver Award. Participants time < Course Length (KM) x 15mins

Bronze Award. Participants time < Course Length (KM) x 20mins

Receiving Your Certificate

The certificates will be automatically generated via the results that clubs have uploaded into the website and you and the Club Secretary will be informed.

AGM, return of trophies and trophy nominations

Andrew Nash

The 2012 SOC AGM will be held on Friday 18 May at Fleming Park Leisure Centre, Eastleigh. More details will be provided in the April edition of SOCK.

The AGM will include the usual presentation of club trophies. I need to get the trophies back from their current holders in good time so they can be engraved. The events I plan to attend over the coming weeks are:

Sun 12 Feb - Dorset Delight (WSX), New Forest

Sun 4 Mar - Woolbeding Common (GO), Midhurst

Sun 18 Mar - Queen Elizabeth Country Park (SOC)

If you cannot or do not see me, please return your trophy to another Committee member.

Most of the trophies are, as one would expect, for good performance. However, we also have a couple of more light-hearted trophies, The Depression and The Pits, for which we seek nominations:

The Depression is awarded to someone who has suffered an orienteering-associated misfortune which deserves sympathy. Last year's winner had endured a broken nose and serious ligament damage after an unfortunate encounter with a rabbit hole. A previous example was an event official who had her bike stolen from Southampton Common.

The Pits is awarded to someone who has suffered an orienteering-associated misfortune of a more embarrassing, self-inflicted nature. Last year's winner had managed to get disqualified three times in one day. A previous winner had tripped over a stone near the start of an event and needed first aid. That deserved sympathy: however, what won her The Pits award was that, having started again after treatment, she promptly managed to trip over the same stone!

I'd like to know who deserves these trophies . . . who has the best sob story, or who deserves the most ridicule?! If you are a SOC member you may either nominate yourself or someone else in the club, giving me a description of what happened. May the best (or is that the worst?) misadventure win!

I look forward to hearing from you.

Chairman's Report

Colin Hicks

Firstly thanks to Terry Smith and Graham Harrison for the new map of Hincheslea and to Terry for planning the level C event ably assisted by Di. Thanks also to Brian Watkins and his team for well run and organised event.

Thanks to Kevin and his small band of helpers for the excellent level D event on Hasley Hill and Ogdens Purlieu - a piece of the New Forest I really enjoy running on, and don't think we make enough use of, mainly because of the parking limitations. So it was good to see that 130 competitors turned up and ran. It was especially gratifying to see 26 on the yellow course (no white course), with a large proportion of newcomers.

This makes an interesting comparison to the previous SOC level C event (190 competitors) and the upcoming WIM and WSX level C events which as I write have 160 and 130 entries respectively, with WIM 7, and WSX 5 competitors on the yellow / white courses combined. I hope they both get a lot of EOD.

Perhaps our orienteering families are becoming more cost conscious?

Non-BOF family 2 adults and 2 children all competing separately: SOC level D £14 compared to more than twice that amount for non-BOF members competing and hiring dibbers on the WIM and WSX events. To equate the comparison the last SOC level C event on Hincheslea in Dec 2011 had 6 competitors on the yellow / white courses combined, and a non-BOF family would have paid £26.

It seems as though level C events are pricing upwards towards level B rather than downwards to level D, resulting in less families doing level C events than did the older styled District or colour coded events, where there was only EOD and quite often master maps, so the club didn't end up with a surplus of unwanted overprinted maps, or no maps available at all for some courses. The other major variable is the increasing transport costs and Level D events are generally more local.

Conclusions - level C events are pricing more towards level B and getting lessening competitor numbers just above the level D events.

In future this could worsen as clubs will have to raise entry fees on level C events to cover the lower numbers, in order to generate enough income to cover the fixed overheads. This could start a vicious circle, resulting in clubs level D events bailing out their level c events!

At the much more informal level, thanks to Jon Forster for planning the December night street-O in Marchwood, which I thoroughly enjoyed despite getting drenched! Also thanks to Bill Davidson for planning the Chandlers Ford Knightwood and Valley Park night street-O, which had an impressive turnout of 14. There are still 2 more in the series and they are free! Details will be posted on the website for February in Romsey and March in Hythe.

The end of December always has an end of term report time feeling about it, as it is the end of our financial year, and time to revise the club development plan. So how are we faring? It is encouraging to report that the club has a steady membership level, is in a sound financial state, which is commendable considering our asset purchases of EMIT cards and laptop computers, and incurring a loss at the British Schools Score Championships, where only 40 or so more children competing would have seen us in the black.

As regards the development plan for 2012 it is a case of consolidating what we are currently doing and enhancing with an introductory orienteering course at The Gregg School in the Spring, Spring, Summer and Autumn training club nights and 3 or 4 Autumn low key Saturday morning level D events following on from the Summer Series, which will have 9 events in it this year.

For the insomniacs amongst you the plan will be published in the members' only area of the website!

My final bit is a plea to members in that despite my best efforts I have thus far failed to convince, cajole or bribe anyone from taking over from me as Chairman at the AGM which will be in May.

So if any member wonders how much volunteer effort is required and is interested to know more about it please phone or email and I am more than happy to discuss - preferably over a pint.

Membership Secretary's Report

Peter Stewart

The membership currently stands at 165, divided between 163 British Orienteering members and 3 associates.

We would like to extend a warm welcome to Catherine Hutchison.

If you haven't renewed yet, please be aware that this will be your last copy of SOCK until you renew.

Captain's Update

Kevin Bracher

This Year's JK is in Scotland based around Dunkeld, 6th - 9th April.

Individual Days are at Dunalastair (Sat 7th) & Craig a Barns (Sun 8th). The Final Cut-off date for individual entries is **11th of March**.

For the Relays I need to put our entries in by the **26th of February**. **Cost per Senior Team £36, Junior team £22.50**. The price of entering relay teams goes up after this date to £45 Senior & £28.50 Juniors. Closing Date 18th March.

The British Championships are in the Lake District in May.

Individual Day 5th May at Dalegarth. **Entries by 10th February cost £19 Senior & £8 Junior**. Cost increases to £24 Senior & £10 Junior until 18th March, then increase to £29 & £12 until closing date 15th April.

The Relays are on 6th May at Helsington Barrows. **Entries by 18th March. Senior teams £48 & Junior teams £24**. Last Chance to enter teams until 15th April but costs £60 senior team & £30 for junior teams.

I would like to know ASAP who would like to run in the Relays for both events. As the Club puts in half the entry fee I want to get our entries in before the fees go up.

Please let me know as soon as you can if you would like to run in a relay team for either event.

Kevin.

kevin.bracher@talktalk.net

Fixture Secretary's Update

Jillian Devine

Coming soon

The next club event is on 25th February at Ocknell Inclosure, New Forest. Simon is planning a combination of regular courses as well as a long and short 'technical'. This event forms part of a weekend of orienteering which also includes the British Night Championships and the Sarum Saunter, both hosted by SARUM.

Looking ahead

| Date | Day | Event | Level | Planner | Organiser |
|----------|-----|--|-------|---------------|------------|
| 25/02/12 | Sat | Ocknell Inclosure, New Forest - Cross Country with Campsite Sprint | D | Simon Bevan | |
| 18/03/12 | Sun | Queen Elizabeth Country Park -SCOA league | C | Kieran Devine | Jes Dickin |

The summer series

Planning is now well underway for the Summer Series. Look out for final details coming soon. These events are a great way for newcomers to have a try at orienteering in and around Southampton, as well as giving club members a chance to try their hand at planning or organising an event.

Club Championships

Peter Stewart

The current standing in the Club Championship:

Boys

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|---------------|-----------|--------|------------|----------|-------------|-------------|-------------|------------|----------|------------|------------|-----------|-----------|
| 1 | Tim Morgan | M14 | 2878 | <u>910</u> | --- | <u>1000</u> | --- | --- | --- | --- | --- | <u>968</u> | --- | --- |
| 2 | Sam Costley | M12 | 1884 | --- | --- | --- | <u>1000</u> | --- | <u>884</u> | --- | --- | --- | --- | --- |
| 3 | Sam White | M10 | 1622 | --- | --- | --- | --- | <u>1000</u> | --- | --- | <u>622</u> | --- | --- | --- |
| 4 | Jakub Vronsky | M10 | 759 | --- | --- | --- | --- | <u>759</u> | --- | --- | --- | --- | --- | --- |

Junior Men

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|----------------|-----------|--------|------------|------------|------------|----------|----------|----------|----------|----------|------------|------------|-----------|
| 1 | Jamie Hicks | M16 | 2450 | <u>831</u> | <u>930</u> | --- | --- | --- | --- | --- | --- | <u>689</u> | --- | --- |
| 2 | Nicholas Moran | M16 | 1375 | --- | --- | <u>768</u> | --- | --- | --- | --- | --- | --- | <u>607</u> | --- |

Open Men

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|------------------|-----------|--------|------------|----------|----------|----------|------------|----------|----------|----------|------------|-----------|------------|
| 1 | Chris Williamson | M21 | 2437 | <u>846</u> | --- | --- | --- | <u>852</u> | --- | --- | --- | <u>732</u> | --- | <u>739</u> |
| 2 | Matthew Whipple | M21 | 896 | --- | --- | --- | --- | --- | --- | --- | --- | <u>896</u> | --- | --- |
| 3 | Andrew Beverley | M21 | 523 | --- | --- | --- | --- | --- | --- | --- | --- | <u>523</u> | --- | --- |

Senior Men

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|-----------------------|-----------|--------|------------|----------|------------|-------------|------------|------------|------------|------------|------------|------------|------------|
| 1 | Andrew Nash | M35 | 2915 | <u>943</u> | --- | --- | <u>1000</u> | <u>843</u> | <u>972</u> | --- | --- | <u>668</u> | --- | --- |
| 2 | Daniel Williams | M35 | 2325 | <u>752</u> | --- | <u>610</u> | <u>644</u> | <u>683</u> | --- | --- | <u>890</u> | <u>676</u> | --- | --- |
| 3 | James Raymer | M35 | 1720 | <u>505</u> | --- | --- | <u>690</u> | <u>510</u> | --- | --- | --- | --- | <u>520</u> | <u>429</u> |
| 4 | Roderick Johnstone | M35 | 1604 | --- | --- | --- | --- | <u>560</u> | <u>474</u> | <u>570</u> | --- | --- | --- | --- |
| 5 | David Kesby | M40 | 1328 | --- | --- | --- | --- | <u>832</u> | --- | --- | --- | <u>496</u> | --- | --- |
| 6 | Marcus White | M40 | 1195 | --- | --- | --- | --- | --- | --- | --- | <u>708</u> | <u>487</u> | --- | --- |
| 7 | David Currie | M35 | 950 | --- | --- | --- | --- | <u>950</u> | --- | --- | --- | --- | --- | --- |

Gerry Barrell Memorial Class

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|------------------|-----------|--------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 1 | Mike Goldthorpe | M50 | 2406 | <u>827</u> | --- | <u>828</u> | --- | <u>743</u> | --- | --- | <u>675</u> | <u>751</u> | <u>668</u> | --- |
| 2 | Peter Smith | M45 | 2354 | --- | --- | --- | <u>636</u> | --- | <u>719</u> | <u>742</u> | <u>871</u> | <u>741</u> | <u>652</u> | <u>628</u> |
| 3 | Ian Moran | M50 | 2278 | --- | --- | <u>774</u> | --- | <u>791</u> | --- | --- | --- | <u>574</u> | <u>713</u> | --- |
| 4 | Simon Bevan | M45 | 2187 | <u>715</u> | --- | --- | <u>735</u> | <u>690</u> | <u>666</u> | --- | --- | <u>687</u> | <u>737</u> | --- |
| 5 | Jes Dickin | M50 | 1867 | --- | <u>723</u> | --- | --- | --- | --- | --- | --- | <u>588</u> | <u>556</u> | --- |
| 6 | Neil Adams | M50 | 1855 | <u>685</u> | --- | <u>426</u> | --- | --- | --- | --- | <u>744</u> | --- | --- | --- |
| 7 | Jon Forster | M45 | 1748 | <u>822</u> | --- | --- | --- | --- | <u>926</u> | --- | --- | --- | --- | --- |
| 8 | Tomas Vronsky | M45 | 1732 | --- | --- | --- | --- | <u>928</u> | --- | --- | --- | <u>804</u> | --- | --- |
| 9 | Calvin Stanfield | M50 | 1346 | --- | --- | --- | --- | <u>784</u> | --- | --- | --- | <u>562</u> | --- | --- |
| 10 | Ian Wells | M50 | 1197 | --- | --- | --- | --- | --- | --- | --- | <u>684</u> | <u>513</u> | --- | --- |
| 11 | Robert Norley | M50 | 1131 | --- | --- | --- | --- | <u>622</u> | --- | --- | --- | <u>509</u> | --- | --- |
| 12 | Peter Stewart | M50 | 759 | <u>759</u> | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 13 | Mike Maliphant | M50 | 660 | --- | --- | --- | --- | --- | --- | --- | --- | <u>660</u> | --- | --- |

Veteran Men

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|------------------|-----------|--------|------------|------------|------------|------------|------------|------------|------------|-------------|------------|------------|------------|
| 1 | Tim Sands | M60 | 2912 | --- | <u>982</u> | --- | --- | --- | <u>930</u> | <u>886</u> | <u>1000</u> | --- | <u>888</u> | <u>755</u> |
| 2 | Kevin Bracher | M55 | 2633 | <u>912</u> | <u>761</u> | --- | <u>810</u> | --- | <u>869</u> | <u>852</u> | --- | <u>711</u> | <u>719</u> | --- |
| 3 | Roger Pleasant | M60 | 2615 | --- | --- | --- | <u>929</u> | <u>886</u> | <u>683</u> | --- | <u>800</u> | --- | <u>776</u> | --- |
| 4 | Robin Smith | M55 | 2605 | <u>894</u> | --- | <u>817</u> | <u>861</u> | <u>682</u> | --- | <u>850</u> | --- | <u>746</u> | <u>842</u> | <u>649</u> |
| 5 | Philip Eeles | M55 | 2521 | --- | --- | --- | --- | --- | --- | --- | --- | <u>880</u> | <u>965</u> | <u>676</u> |
| 6 | Jack Hutchison | M65 | 2504 | --- | --- | --- | <u>783</u> | <u>821</u> | <u>844</u> | <u>839</u> | --- | <u>819</u> | <u>734</u> | --- |
| 7 | Peter Davis | M55 | 2496 | <u>727</u> | --- | <u>643</u> | <u>919</u> | <u>850</u> | --- | --- | <u>702</u> | <u>722</u> | --- | --- |
| 8 | Julian Hartwell | M55 | 2473 | --- | --- | <u>805</u> | <u>724</u> | --- | --- | --- | <u>896</u> | <u>772</u> | --- | --- |
| 9 | Bill Davidson | M60 | 2344 | <u>576</u> | --- | --- | --- | <u>853</u> | <u>758</u> | --- | <u>733</u> | --- | <u>692</u> | --- |
| 10 | Colin Hicks | M55 | 2298 | <u>760</u> | <u>843</u> | --- | --- | --- | --- | --- | --- | <u>695</u> | --- | --- |
| 11 | Ray Massey | M70 | 2234 | <u>638</u> | <u>749</u> | --- | --- | <u>796</u> | <u>634</u> | <u>590</u> | <u>689</u> | --- | <u>681</u> | --- |
| 12 | Kieran Devine | M55 | 2152 | <u>669</u> | --- | --- | <u>698</u> | --- | <u>648</u> | --- | <u>785</u> | <u>448</u> | <u>647</u> | --- |
| 13 | Brian Watkins | M65 | 2062 | <u>705</u> | --- | --- | <u>768</u> | --- | --- | --- | --- | <u>589</u> | --- | --- |
| 14 | Norman Wilson | M60 | 1962 | <u>567</u> | --- | --- | <u>678</u> | <u>705</u> | --- | --- | <u>519</u> | --- | <u>579</u> | --- |
| 15 | Philip Cooper | M60 | 1905 | --- | --- | <u>688</u> | --- | --- | --- | --- | --- | <u>640</u> | <u>577</u> | --- |
| 16 | Terry Sankey | M60 | 1813 | --- | --- | --- | --- | --- | <u>618</u> | --- | <u>578</u> | <u>556</u> | <u>617</u> | --- |
| 17 | Barry Sowerbutts | M55 | 1771 | <u>707</u> | --- | --- | --- | <u>491</u> | --- | --- | <u>573</u> | <u>356</u> | --- | --- |
| 18 | Nick Bosbury | M55 | 1648 | <u>519</u> | <u>633</u> | --- | --- | <u>496</u> | --- | --- | --- | --- | --- | --- |
| 19 | Graham Harrison | M70 | 1479 | --- | --- | --- | --- | --- | --- | --- | <u>762</u> | <u>717</u> | --- | --- |
| 20 | Terry Smith | M60 | 1426 | --- | --- | --- | --- | --- | --- | --- | <u>838</u> | <u>588</u> | --- | --- |
| 21 | Steve Pullen | M55 | 1203 | --- | --- | --- | --- | <u>807</u> | --- | --- | --- | <u>396</u> | --- | --- |
| 22 | Peter Robson | M75 | 837 | --- | --- | --- | --- | <u>494</u> | --- | --- | --- | <u>343</u> | --- | --- |
| 23 | Alastair Moir | M55 | 700 | <u>700</u> | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 24 | Timothy Angel | M70 | 679 | --- | --- | --- | --- | <u>679</u> | --- | --- | --- | --- | --- | --- |
| 25 | Ron Cartwright | M60 | 655 | --- | --- | --- | --- | --- | --- | --- | <u>655</u> | --- | --- | --- |
| 26 | Simon Whipple | M55 | 620 | --- | --- | --- | --- | --- | --- | --- | --- | <u>620</u> | --- | --- |
| 27 | Robert Jackson | M75 | 620 | --- | --- | --- | --- | --- | --- | --- | --- | <u>620</u> | --- | --- |

| | | | | | | | | | | | | | | |
|----|--------------|-----|-----|-----|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 28 | David Bonser | M70 | 578 | --- | <u>578</u> | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|----|--------------|-----|-----|-----|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|

Girls

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|-------------------|-----------|--------|------------|------------|----------|------------|------------|------------|----------|------------|------------|-------------|-----------|
| 1 | Jenny Chapelhow | W10 | 2091 | --- | --- | --- | <u>906</u> | <u>517</u> | --- | --- | <u>580</u> | --- | <u>605</u> | --- |
| 2 | Jenny Dickin | W14 | 2006 | --- | <u>594</u> | --- | --- | <u>647</u> | --- | --- | --- | <u>489</u> | <u>765</u> | --- |
| 3 | Rachael Chapelhow | W10 | 1988 | --- | --- | --- | <u>449</u> | <u>490</u> | --- | --- | <u>498</u> | --- | <u>1000</u> | --- |
| 4 | Ella Sowerbutts | W14 | 1425 | <u>552</u> | --- | --- | --- | <u>477</u> | --- | --- | --- | <u>396</u> | --- | --- |
| 5 | Pippy Dickin | W12 | 1326 | --- | --- | --- | --- | <u>743</u> | --- | --- | --- | <u>583</u> | --- | --- |
| 6 | Rachel Forster | W14 | 1282 | <u>725</u> | --- | --- | --- | --- | <u>557</u> | --- | --- | --- | --- | --- |
| 7 | Lauren Newitt | W12 | 972 | --- | --- | --- | --- | --- | --- | --- | <u>735</u> | <u>237</u> | --- | --- |
| 8 | Kyle Ovans | W12 | 243 | <u>243</u> | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |

Junior Women

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|------------------------|-----------|--------|----------|----------|------------|----------|------------|----------|----------|------------|------------|------------|-----------|
| 1 | Tamsin Moran | W18 | 2551 | --- | --- | <u>816</u> | --- | --- | --- | --- | --- | <u>834</u> | <u>901</u> | --- |
| 2 | Marie Bethan Norley | W16 | 842 | --- | --- | --- | --- | <u>258</u> | --- | --- | <u>390</u> | <u>194</u> | --- | --- |
| 3 | Freya Elise Norley | W16 | 195 | --- | --- | --- | --- | --- | --- | --- | --- | <u>195</u> | --- | --- |

Open Women

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|------------------|-----------|--------|------------|------------|----------|------------|------------|----------|------------|------------|------------|------------|-----------|
| 1 | Clare Hutchison | W21 | 2146 | --- | --- | --- | --- | <u>549</u> | --- | <u>819</u> | <u>590</u> | <u>737</u> | --- | --- |
| 2 | Olwen Rowlands | W21 | 2030 | <u>660</u> | <u>616</u> | --- | <u>497</u> | <u>754</u> | --- | --- | --- | <u>498</u> | --- | --- |
| 3 | Christine Currie | W21 | 1336 | --- | --- | --- | --- | <u>660</u> | --- | --- | --- | <u>676</u> | --- | --- |
| 4 | Jill Choudhury | W21 | 938 | --- | --- | --- | --- | --- | --- | --- | --- | <u>461</u> | <u>477</u> | --- |

Senior Women

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|--------------------|-----------|--------|------------|----------|------------|------------|------------|------------|------------|------------|------------|------------|-----------|
| 1 | Caroline Moran | W45 | 2011 | --- | --- | <u>674</u> | --- | <u>708</u> | --- | --- | --- | --- | <u>629</u> | --- |
| 2 | Wendy Smith | W40 | 1974 | --- | --- | --- | <u>422</u> | --- | <u>965</u> | <u>536</u> | <u>473</u> | --- | --- | --- |
| 3 | Jillian Devine | W45 | 1957 | <u>603</u> | --- | --- | --- | <u>778</u> | <u>544</u> | --- | --- | <u>503</u> | <u>576</u> | --- |
| 4 | Elaine Chapelhow | W40 | 1723 | --- | --- | --- | --- | <u>701</u> | --- | --- | <u>602</u> | --- | <u>420</u> | --- |
| 5 | Jessica Stanfield | W45 | 1630 | --- | --- | --- | --- | <u>942</u> | --- | --- | --- | <u>688</u> | --- | --- |
| 6 | Lisa James | W40 | 1030 | --- | --- | --- | --- | --- | --- | --- | --- | <u>454</u> | <u>576</u> | --- |
| 7 | Martina Kaucka | W35 | 769 | --- | --- | --- | --- | <u>769</u> | --- | --- | --- | --- | --- | --- |
| 8 | Deborah Thuesen | W35 | 660 | --- | --- | --- | --- | --- | --- | --- | <u>660</u> | --- | --- | --- |
| 9 | Ann Kristin Raymer | W35 | 435 | --- | --- | --- | <u>435</u> | --- | --- | --- | --- | --- | --- | --- |

Veteran Women

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|-------------------|-----------|--------|------------|----------|------------|------------|------------|------------|------------|------------|------------|------------|-----------|
| 1 | Jane Morgan | W50 | 2644 | <u>845</u> | --- | <u>806</u> | --- | <u>686</u> | --- | --- | --- | <u>993</u> | --- | --- |
| 2 | Barbara Davidson | W60 | 2322 | <u>475</u> | --- | --- | <u>833</u> | <u>775</u> | <u>554</u> | --- | <u>714</u> | --- | <u>643</u> | --- |
| 3 | Carol Sands | W60 | 1994 | --- | --- | --- | --- | --- | <u>576</u> | <u>628</u> | <u>696</u> | <u>670</u> | <u>596</u> | --- |
| 4 | Gill Thomlinson | W60 | 1919 | <u>528</u> | --- | <u>570</u> | --- | --- | --- | --- | <u>821</u> | <u>468</u> | --- | --- |
| 5 | Julia Loring | W50 | 1790 | <u>534</u> | --- | --- | --- | <u>685</u> | --- | --- | <u>510</u> | <u>524</u> | <u>571</u> | --- |
| 6 | Mary Adams | W50 | 1658 | <u>680</u> | --- | <u>515</u> | --- | --- | --- | --- | --- | --- | <u>463</u> | --- |
| 7 | Diana Smith | W55 | 1656 | --- | --- | --- | --- | <u>524</u> | --- | --- | <u>639</u> | <u>493</u> | --- | --- |
| 8 | Helen Wheelwright | W50 | 1585 | <u>581</u> | --- | --- | --- | --- | --- | --- | <u>539</u> | <u>465</u> | --- | --- |
| 9 | Judith Norley | W50 | 1227 | --- | --- | --- | --- | <u>541</u> | --- | --- | <u>686</u> | --- | --- | --- |
| 10 | Jean Velecky | W85 | 937 | --- | --- | <u>340</u> | <u>272</u> | <u>321</u> | --- | --- | <u>276</u> | --- | --- | --- |
| 11 | Elaine Beard | W50 | 695 | <u>311</u> | --- | --- | --- | <u>384</u> | --- | --- | --- | --- | --- | --- |

Could not be grouped automatically

| Pos | Name | Age Class | Points | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> |
|-----|-----------------|-----------|--------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|
| 1 | Jeremy Choppen | MX | 363 | --- | --- | --- | --- | 363 | --- | --- | --- | --- | --- | --- |
| 2 | Zachary Choppen | MX | 360 | --- | --- | --- | --- | 360 | --- | --- | --- | --- | --- | --- |

SCOA Bulletin**JK 2013**

Work on organising the JK is continuing well. All major day officials have now been appointed. A first meeting for the major officials has taken place. The proposed competition area for the Sprint race on Day 1 has fallen through. Day 2 and Day 4 are being held at Hambleden.

SCOA Relay championships

The inaugural SCOA Relay championships will take place on Saturday 16th June 2012 at Bagshot. SN are hosting the event, in parallel with the SEOA relays. The event follows a handicap structure, details at

http://www.moorenet.co.uk/seoa/events/eventinfo/seoa_competitions.pdf

Other SCOA leagues and championships

The 2012 SCOA Championships will take place at the Sarum Saunter at Hamptworth on Sunday 26th February. Click [here for the flyer](#). Entries are now open on [Fabian4](#). The SCOA league is a well-established format. More details on the [SCOA website](#).

The intention is to hold a SCOA Urban Championship in 2012. A decision about which event will host it will probably be made at the March Committee meeting.

Yvette Baker Trophy

With effect from 2013, the Yvette Baker Trophy final will take place in the summer rather than the traditional date of December. As a consequence, regional rounds will be brought forward to the spring.

PR and publicity

It is recognised that Club Publicity Officers have a challenging role with limited support from British Orienteering or elsewhere. To facilitate joint working, Liz Yeadon (SCOA's Development Committee Representative) will organise a meeting of SCOA club Publicity Officers early in 2012.

What is Orienteering?

Orienteering is a sport where you run in the forest and find your way between control points using a map.

Orienteering can be highly competitive and elite class athletes compete at the very top level in world competition. But many people participate in the sport for fun and there are many events throughout the year catering for the very widest possible range of ages and ability levels. Many orienteers enjoy the social side of the sport - seeing regular faces around the UK (and abroad too), and making new friends from different walks of life. And speaking of 'walks', people participate at their own pace - from fast taxing runs to comfortable jogs and leisurely walks. The choice is yours. Southampton Orienteering Club, like other orienteering clubs, welcomes members of all standards and all ages.

If you are interested in finding out more, including advice on how to get started, please visit our website - just search for Southampton orienteering to find us.

Event Calendar

An extract from the British Orienteering Fixtures List showing Level A UK wide, Level B from our adjoining regions, all events from SCOA and events from our adjoining clubs. Check the British Orienteering website for updates.

| Date | Event (click for details) | Level | Club | Region | Venue/Map | GridRef |
|--------------|---|---------|-----------------------|--------|--|--------------------------|
| Sat 11/02/12 | Wendover CATI | Level D | TVOC | SCOA | Wendover Woods | SP889090 |
| Sun 12/02/12 | Dorset Delight | Level C | WSX | SWOA | Bisterne Close | SU233030 |
| Sat 18/02/12 | Saturday Series | Level D | BKO | SCOA | Bloom Wood | SU860890 |
| Sun 19/02/12 | SEOA CompassSport Cup & Trophy Heat (SO) - Worthlodge Forest, Crawley | Level B | SO | SEOA | Worthlodge Forest | TQ324359 |
| Sun 19/02/12 | SWOA CompassSport Cup & Trophy Heat | Level B | DEVON | SWOA | Haytor | SX768773 |
| Sun 19/02/12 | SCOA CompassSport Cup & Trophy Heat | Level B | TVOC | SCOA | Bradenham | SU822973 |
| Wed 22/02/12 | BADO Club Night | Level D | BADO | SCOA | Costello Technology College | |
| Sat 25/02/12 | British Night Championships | Level A | SARUM | SWOA | Hamptworth | SU228167 |
| Sat 25/02/12 | SN Saturday Series 7 | Level D | SN | SEOA | Merrist Wood College | SU964528 |
| Sat 25/02/12 | SOC Cross country and sprint | Level D | SOC | SCOA | Ocknell Inclosure and Camp site | SU252120 |
| Sat 25/02/12 | SO SOG 12 - Angmering Park, Arundel | Level D | SO | SEOA | Angmering Park | TQ050076 |
| Sun 26/02/12 | SARUM Saunter Regional Event | Level C | SARUM | SWOA | Hamptworth | SU228167 |
| Sun 26/02/12 | SLOW Wimbledon Colour-coded Event | Level C | SLOW | SEOA | Wimbledon Common | |
| Wed 29/02/12 | BADO Club Night | Level D | BADO | SCOA | Costello Technology College | |
| Wed 29/02/12 | Military League South | Level D | BAOC | SCOA | Godshill | |
| Thu 01/03/12 | SONIC 6 / KNC (SO night league / Kent night cup), East Grinstead | Level D | SO | SEOA | | |
| Sat 03/03/12 | SO SOG 13 - Devils Dyke, north of Brighton & Hove | Level D | SO | SEOA | Devils Dyke | TQ258110 |
| Sat 03/03/12 | WSX Informal | Level D | WSX | SWOA | | |
| Sun 04/03/12 | GO Regional & SE League | Level B | GO | SEOA | Furnace Ponds & Woolbeding | SU880270 |
| Mon 05/03/12 | WIM/WSX Monthly Evening event | Level D | WIM | SWOA | Verwood | SU088087 |
| Sat 10/03/12 | Saturday Series | Level D | BKO | SCOA | Snelsmore Common | SU463712 |
| Sat 10/03/12 | SO SOG 14 - Southwater Country Park, Southwater | Level D | SO | SEOA | Southwater Country Park | TQ158255 |
| Sun 11/03/12 | Midlands Championships | Level A | HOC | WMOA | Foxley and Garnstone | SO423471 |
| Sat 17/03/12 | SN Saturday Series 8 Score event | Level D | SN | SEOA | Frith Hill from Tomlinscote School | SU891586 |
| Sat 17/03/12 | SO SOG 15 - Stoughton Forest (south), NW of Chichester | Level D | SO | SEOA | Stoughton Forest (south) | SU814125 |
| Sat 17/03/12 | Dorset Schools and Informal | Level D | WIM | SWOA | Moreton Forest and Estate | SY801892 |

| Date | Event (click for details) | Level | Club | Region | Venue/Map | GridRef |
|--------------|---|---------|------------------------|--------|--|--------------------------|
| Sun 18/03/12 | SOC SCOA League Queen Elizabeth Country Park | Level C | SOC | SCOA | Queen Elizabeth Country Park | SU719185 |
| Sat 24/03/12 | British Sprint Orienteering Championships | Level A | EBOR | YHOA | York University | SE620504 |
| Sat 24/03/12 | Park Wood CATI | Level D | TVOC | SCOA | Bradenham | SU834974 |
| Sun 25/03/12 | British Middle Distance Orienteering Championships | Level A | EBOR | YHOA | Srensall Common | |
| Sun 25/03/12 | Cross Country | Level D | WIGHTO | SCOA | Ventnor Downs | SZ573785 |
| Sat 31/03/12 | SO SOG 16 - Knowlands Wood, Barcombe | Level D | SO | SEOA | Knowlands Wood | TQ421168 |
| Sun 01/04/12 | BADO Level C and SCOA League Event | Level C | BADO | SCOA | Butter Wood | SU726529 |
| Mon 02/04/12 | WIM/WSX Monthly Evening event | Level D | WIM | SWOA | To be confirmed | |
| Fri 06/04/12 | JK Weekend - Day 1 - Sprint | Level A | | SOA | Livingston Centre | NT048667 |
| Sat 07/04/12 | JK Weekend - Day 2 | Level A | | SOA | Dunalastair | NN712594 |
| Sun 08/04/12 | JK Weekend - Day 3 | Level A | | SOA | Craig a'Barns | NO021433 |
| Mon 09/04/12 | JK Weekend - Day 4 - Relays | Level A | | SOA | Newtyle Hill | NO065412 |
| Sat 14/04/12 | SOC Summer Series 1 | Level D | SOC | SCOA | Southampton Common | |
| Sat 14/04/12 | SO SOG 17 - Eartham Wood, Fontwell (between Arundel-Chichester) | Level D | SO | SEOA | Eartham Wood | SU938106 |
| Sun 15/04/12 | TVOC Chiltern Challenge Regional Event | Level C | TVOC | SCOA | Nettlebed | SU702865 |
| Sat 21/04/12 | Youlbury CATI | Level D | TVOC | SCOA | Youlbury Scout Camp | SP485035 |
| Sat 21/04/12 | Saturday Series | Level D | BKO | SCOA | Rushall Wood | SU576733 |
| Sat 21/04/12 | JOK Chasing Sprint | Level C | JOK | SCOA | Greythwaite | |
| Sun 22/04/12 | SARUM Galoppen | Level C | SARUM | SWOA | Grovely East | |
| Sat 28/04/12 | SOC Summer Series 2 | Level D | SOC | SCOA | Southampton City centre Parks | |
| Sat 28/04/12 | SO SOG 18 - The Hyde Estate, Handcross (south of Crawley) | Level D | SO | SEOA | The Hyde Estate | TQ250305 |
| Sun 29/04/12 | Mike Nelson BOKTrot & ASO Ind Champs | Level B | BOK | SWOA | Beechenhurst | SO614120 |
| Sun 29/04/12 | SN Regional | Level C | SN | SEOA | Merrist Wood | |
| Sat 05/05/12 | British Orienteering Championships | Level A | | NWOA | Dalegarth | NY170000 |
| Sat 05/05/12 | WSX Informal at Buddens | Level D | WSX | SWOA | Buddens Farm Scout Centre | SY865888 |
| Sun 06/05/12 | British Relay Championships | Level A | | NWOA | Heslington Burrows | |
| Sat 12/05/12 | SOC Summer Series 3 | Level D | SOC | SCOA | Mayfield Park | |

Material for the next SOCK should reach the editor by March 28th

Send all copy to sockeditor@gmail.com or 4 Coltsfoot Walk, Romsey, SO51 7RH