



Essex Stragglers Orienteering Society (SOS)



Newsletter Volume 20 Number 10 September 2008

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Club website - <http://stragglers.info>

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Photographs by Dave Birkett and Andrew Cordle



Essex Stragglers support the [Woodland Trust](#) and its objectives



Coming soon - autumnal forests

Editorial - Andrew Cordle

It's that time of year when we wonder where the summer has gone and start looking at the Fixtures List hoping for an interesting event each week to take our minds off the shortening of the days. It's also the time for the club committee's annual game of musical chairs. This is an unusual version of the game, as there is usually more chairs than contestants, so some of us end of sitting on more than one chair, and some of the chairs are left empty. Perhaps you could help us out. Why not come along to the [AGM](#) on October 4th and volunteer your services?

You may recall that I spent a weekend in August undertaking the Three Peaks Challenge. Our team efforts (eventually 11 of us took part) have raised £8,400 for the [Anthony Nolan Trust](#) so far. You can see how we got on at www.cordle.net/3peaks, and make a donation at <http://www.justgiving.com/andrewcordle>. I can honestly say I really enjoyed the training for this event, being an excuse for two weeks in Scotland, a week in the Lake District, a visit to Snowdonia and a few weekends in the Peak District. Now I need another map-and-compass-related challenge. There's the 303 British 3,000ft peaks, the 214 Wainwright Lakeland fells, the Penine Way, the Coast-to-Coast ... It makes me tired just thinking about them. Perhaps I should concentrate on getting my body running again, and aim for some decent EAGAL points, a top-20 position in the Stragglers League, a sub-60 minute Blue course, a Regional event silver Badge standard, and the satisfaction of being fit enough to run a course at a decent pace without making too many stupid mistakes. September really is the start of the orienteering year, despite what the rules say, so perhaps it's time for you to set yourself some orienteering targets too?

Chairman's Chat - Martin Sellens

So how was the summer for you? (I'm using the term summer to describe that period between two winters when the days are longer and we can indulge in our national obsession for complaining about the weather and ponder the irony in the term "global warming"). Did you get wet at the Welsh, or soaking in Scarborough at the White Rose? Forgive me if I gloat for a moment, but you really should have ventured farther afield for your seasonal fix of Orienteering. Back in July a few far sighted and peripatetic Stragglers returned from the O-Ringen, five days of Swedish Orienteering, nicely bronzed by the Scandinavian sunshine. The cosmetic effects of running in Swedish forests for five days have, of course worn off, but the memory lingers on. The Collyers, sundry Sellenses, Clive Tant and Daniela Brohm all ventured by their separate ways to Salen, a ski area just the Swedish side of the Norwegian border, for this epic multi-day festival of "O". Surely this is the orienteering equivalent of a trip to Mecca; you should do it at least once. But you may have missed your best chance to do it in the sunshine and from the comfort of a ski lodge or chalet. Few forested areas can accommodate the 23,000 or so competitors and groupies other than in tented cities, so this year was unusual in being able to provide a guaranteed, leak free, roof over your head with showers and proper beds. The Sellens and Tant group were able to hob-nob with the elite competitors of the world cup race who were sharing the rustic ambiance of the Lindevallen ski lodge, at the heart of the event centre and within staggering distance of the last day's start line. Sadly we were not to share a position at the top of the results table and I conclude that propinquity to talent has no discernible effect on performance. I'll pass over the details of our results because, as we all know, it's the taking part that's important, and we were only really competing with ourselves to become better orienteers and more complete and balanced people. Unfortunately that didn't happen either. However, the experience of being part of one of the world's biggest sporting events is one I won't forget. Milling around in the sun with thousands of fellow competitors in their multicoloured nylon and under hundreds of fluttering club banners; watching on the big screen for a familiar face sweating on the run-in; a bedlam of bodies, a babel of voices, a multitude of starts and a flood of finishers streaming over purpose built bridges to a railway terminal of finish lanes. Do try to go to one. Nothing quite compares with being utterly lost in a Swedish forest and wondering where the other 20,000 competitors have disappeared to.

So, back to the reality of our domestic orienteering Universe. Firstly, Happy Birthday to us! SOS is 40 this year and we are hoping to have a party to mark the occasion. Unfortunately I have been distracted from Chairmanly duties by the rest of life and, unless there is an announcement elsewhere in this newsletter, a date and venue are yet to be finalised. So check your email and log into the web site frequently in the hope that a happening happens. Meanwhile, I would like to draw your attention to some imminent opportunities to get involved. The first event of the new season is the club championships at Danbury on 21st September. Don't let the word "Championship" put you off. This will be a low key event that is perfect to enable you to get those running muscles going again in the unthreatening environment of a little pocket of

Essex parkland. More substantial fare is to be had a scant three weeks later on October 12th, when we host a regional event at Hatfield Forest. Jenny Collyer is recruiting helpers so book your job with her by emailing jcollyer48@btinternet.com. Also contact Jenny if you would like to join the Stragglers team travelling to the CompassSport cup and trophy final in Sutton Park (Near Birmingham) on 19th October. All welcome whatever standard you think you are! Finally (for the time being) the AGM is to be held at Somakam, Mersea Road, Colchester CO2 0BX (The Sellens residence) on Friday 3rd October at 7.30 pm. See the official notice [later in the newsletter](#). All members are welcome to attend. The official business will be followed by a "Pot luck supper". Contact me on sellm@essex.ac.uk or at home on 01206 766560 if you intend to come. A number of positions will be available on the committee. If you would like to get more involved in the running of the club, particularly if you are an under-employed accountant or would like to throw your weight around as Chair, then contact me for an informal chat about opportunities. Your club needs you!

Captain's Corner - Jenny Collyer

Our summer has had its usual ending at the White Rose in North Yorkshire - slopping around in knee deep mud and struggling along, up and down the steep slopes of Barnscliffe and Langdale.

Our thoughts go now to the Autumn events - the most important for us as a club being the **Compass Sport Trophy Final** at Sutton Park, Sutton Coldfield on the **19th October**. I am hoping to make a huge entry from our club so please let [me](#) know as soon as possible if you are able to go. Entry fees are £8 and £3 (juniors and students).

Colour coded courses are used according to your age class with Orange being the easiest/shortest. Contact me if you would like further information.

Please send cheques to me (payable to "SOS") along with your current age class, SI and BOF numbers. My address is 48 Meadow View Road, Sudbury, Suffolk CO10 7NY.

If there is sufficient interest, we may be able to hire a coach for the journey as we did last year. The cost would be £15 for Seniors and £5 for Juniors, capped to £30 per family. Let me know if you would be interested.

Schools League Report - Julie Laver

Final results for 2007-2008 are as follows -

Y7/8 boys

Rachael Harrison
Bryn Wilkinson
Nicolas Harrison

Y7/8 girls

Isabella Coutts
Elspeth Harrison

Y7/8 boys

Rory Coutts
Joshua Jones
Michael Wilkinson

Y7/8 girls

Rhiannon Ware
Lucinda Wilkinson
Emma Vidler

Y9/10 boys

Michael Park
Will Hooton
Jonathan Cronk

Y9/10 girls

Sarah Roach
Alice Rigby
India Hayes

Y11/12/13 Boys

James Park
Conor Weed
Dean Miller

Y11/12/13 girls

Hannah Newton
Sarah Park
Ellen Sanderson



Nicholas Harrison with his medal

School Team Trophy

Barnardiston Preparatory

Well done to all of the above and thank you to all the other young people who took part this year. I hope you all got your certificates but I still have a few so look out for them at the enquires point at this season's ESSOL events.

If I got your details wrong please contact me at julie.laver@virgin.net or at an event.

I hope to see you all again this year and bring your friends along. We are always happy to help newcomers.

ESSOL Fixtures 08-09

2008

21st September - Danbury (SOS)
9th November - Baddow Ridge (SOS)
23rd November - Tangham (SUFFOC)

2009

18th January - Sutton Common (SUFFOC)
25th January - Roman Valley (SOS)
22nd February - Knettishall Heath (SUFFOC)
22nd March - Hockley Woods (SOS)
17th May - Highwoods (SOS)
14th June - Wivenhoe (SOS)

Please note these are preliminary fixtures and participants are advised to check Club websites before travelling - <http://stragglers.info> and <http://pdl.demon.co.uk/suffoc>.



Hannah Newton and James Park receive their Y11/12/13 winner's trophies from SOS Chairman Martin Sellens

Stragglers' League - Andrew Cordle

We've had only one event since the last newsletter, as the Norwegian course at High Woods didn't materialise. However, after good runs at Wivenhoe Park, Chris Childs moved up from fourth to second place, and James Park climbed from 10th to 8th. Steve Robertson completed his six scoring runs to move from 28th right up to 11th place. Hilary Sellens might achieve a similar feat on her next run, currently lying 23rd after only five runs.

Provisional fixtures for the rest of the year are -

- 21 Sep 2008 SOS Danbury
- 28 Sep 2008 HAVOC Epping SW
- 12 Oct 2008 SOS Hatfield Forest
- 19 Oct 2008 OD Sutton Park
- 2 Nov 2008 WAOC Warden Warren
- 9 Nov 2008 SOS Baddow Ridge
- 16 Nov 2008 NOR Lynford
- 23 Nov 2008 SUFFOC Rendlesham
- 29 Nov 2008 WAOC Rowney (Night)
- 13 Dec 2008 HAVOC Thorndon Park South

But remember these are subject to change. Jenny Collyer will lose a couple of her 100-point scores in November as events over a year old are dropped from the calculation, so she will need to score well to be sure of maintaining her lead!

SOS Notice board

Notice of Annual General Meeting

2008 Annual General Meeting of Essex Stragglers Orienteering Society

To be held on Friday 3rd October 2008 at 7.30 pm at [Somakam, Mersea Road, Blackheath, Colchester CO2 0BX](#), followed by an informal supper and social.

Please come along as this is also the time you can express your opinions about how the club is working (or not) for you and an opportunity to influence club activities for the next year and beyond. It is also an excellent time to socialise with other SOS members.

Catering will be Pot Luck - or similar! Would people let Hilary know what they are going to bring so that she can co-ordinate. Either phone on 01206 766560 or email: hilary.sellens@essexebp.org.uk.

Agenda -

1. Apologies for Absence
2. Minutes of the 2007 AGM
3. Matters Arising
4. Chairman's Report
5. Treasurer's Report
6. Subscription rates for the coming year
7. Election of Chairman
8. Election of Other Office Holders
9. Any Other Business
10. Presentation of Awards

Membership fees for 2009

British Orienteering are raising their membership fees, so the SOS committee have decided to reduce our own club fees to the following -

	National	Local
Senior members	£5	£2.50
Junior members	nil	nil
Family members	£8	£3.50

This means that the total fees payable including the BO fees for 2009 will be -

	National	Local
Senior members	£25	£10
Junior members	£4.50	nil
Family members	£36	£16.50

Reducing our own club's revenue will mean that the total amount to pay will only have a very small increase or none at all.

Saturday Coaching Sessions

As last season's Saturday coaching sessions were so successful the coaching team have decided to continue to offer them starting with Saturday 4th October at Wivenhoe Park, 10.00-12.30.

This will be a 'Brush Up Your Basics' to get you into the swing after the summer break for those of us who did not make the Welsh 6 days, White Rose etc. There will also be some more advanced exercises for those who have not been idle.

So come along to meet your clubmates, learn some new skills and have some fun! Come dressed suitably for the weather and bring a drink and a snack. There is no charge for these sessions so do come along.

November's session will be 1st November, - Night Training at Black Notley Country Park near Braintree 5.30 – 8.00. Bring drink and snack plus torch and dress warmly.

Under 16's to be accompanied by adult

Please contact Julie Laver julie.laver@virgin.net or 01206 826152 for more information or if you want to attend either session.

Badge Awards

Congratulations to Alex Birkett for achieving Silver Badge status at JM1 and Tom Birkett for achieving Gold Badge standard at M12.

These awards are based on performance at Regional and National events - see http://www.britishorienteering.org.uk/downloads/documents/Appendices_JBadgeScheme.pdf for details of what you have to do to qualify and claim a badge or certificate and to get your name in *Focus* magazine.



Alex and Tom with their Badge Awards

British Relays and British Championship 2009

Members should note that that it has been necessary to change the date of British Relays and British Championship in 2009 from 14th/15th March 2009 to 28th February/1st March 2009. Please see <http://www.britishorienteering.org.uk> for details.

40th Birthday Party

Details of this are still to be finalised, but preliminary thoughts involve a Saturday in November, Fordham Village Hall, a short run around the Fordham map in the dark, supper and a big cake. Probably some alcohol and possibly some dancing. It would be great to see former Stragglers there too, so if you know any, invite them now!

Fixtures in East Anglia and Nearby Regions

The information provided below normally consists of **Event Date**, **Region** (eg EA = East Anglia), **Event Grade and Type** (Grade 1 is highest grade, Grade 5 is lowest. Type C is a conventional Cross Country event in which controls must be visited in the sequence listed on the description sheet). **Event & Location Names** and **map reference**. **Organiser's contact details**. Contact details, costs, closing date etc. for **Pre-entry** when provided. Whether **Entry on the Day** (EOD) is possible and the surcharge payable. The range of **courses** offered. The address of a **website** from which additional information can be obtained. Additional information in plain language.

At Essex Stragglers' events registration normally opens at 1000hrs, starts are from 1030hrs until 1230hrs and courses close at 1430hrs.

September 2008

- 7th SE HH District Event. Sherrardspark Wood, Welwyn Garden City. [TL228141](#).
C4 Colin Webster, 01582 765546. jngostick@ntlworld.com tbc/tbc. EPS-SI. White to Long Blue, String course. Parking £1.00. Tea and cakes in aid of disabled riding school who are providing car parking. www.happyherts.org.uk
- SE MV District & YBT Round. Norbury Park, Leatherhead. [TQ148550](#).
C4 Neil Lewer, 01737 769453. neil.lewer@madasafish.com EPS-SI. www.mvoc.org
- 21st EA SOS Local Event incorporating SOS Club Championships & Essex & Suffolk Schools League (ESSOL). Danbury Park, Danbury.
C5 Mark Lyne, 01787 478524. m.lyne@writtle.ac.uk £5.00/£2.00. EPS-SI. White to Blue. www.stragglers.info
- 28th EA HAVOC District Event & EAGAL. Epping SW, Chingford. [TQ394949](#).
C4 Janet Biggs, 020 8883 2338. jbiggs6@tesco.net £7.00/£2.00. EPS-SI. String course. www.orienteering-havoc.co.uk

October 2008

- 4th EA SOS Saturday Coaching, Wivenhoe Park, 10.00-12.30. 'Brush Up Your Basics' and some more advanced exercises. No charge. Julie Laver julie.laver@virgin.net 01206 826152. www.stragglers.info
- 5th EA SMOC District Event & Yvette Baker Trophy Regional Qualifier. Reynold & Holcot Wood, Near Milton Keynes. [SP966387](#).
C4 Neil Carter, 01933 405108. dorothy.carter@homecall.co.uk Fees TBA. EPS-SI. White to Brown, String course. No dogs.

www.smoc.info

- 12th EA **SOS Regional Event and Interland Junior Selection.** Hatfield Forest, Bishop's Stortford. [TL547203](http://www.smoc.info).
C3 Organiser: Jenny Collyer, 01787 370947. sos.collyer@btinternet.com
Entries: On-line preferred at <http://www.oentries.com> ; postal to Lyn West, Grove Hill House, Dedham, Essex, CO7 6DX, 01206 322905. lyn@stragglers.info CD: 28/09/08. £10.00/£4.00. Lim EOD +£2.00/£1.00. Chq: SOS. EPS-SI. String course. CC courses - White/Yellow/Orange - £7.00/£3.50. Parking £1.00. Late entries accepted subject to map availability and £2/£1 surcharge. www.stragglers.info
- 19th WM **OD Compass Sport Cup & Trophy Final.** Sutton Park (Streetley Gate), Sutton Coldfield. [SP087987](http://www.smoc.info).
O3 Bob Brandon, 024-7650 5050. robertbrandon06@aol.com £8.00/£3.00. EPS-SI. Parking £1.00. SI punching (not Emit). NO EOD. www.octavian-droobers.org
- 26th EA NOR District Event. Cawston & Marsham Heaths, Aylsham. [TG166238](http://www.smoc.info).
C4 Karen & Paul Goldsworthy, 01603 44540. alan.bedder@virgin.net £5.50/£1.00 Family units/Groups £6.50. EPS-SI. Dogs allowed on Lead. www.noroc.co.uk

November 2008

- 1st EA SOS Coaching. Notley Country Park 5.30-8.00 - night orienteering. www.stragglers.info for details or phone 01206 826152.
- 2nd EA WAOC District Event & District Event. Warden Warren, Old Warden, Biggleswade. [TL139442](http://www.smoc.info).
C4 Brian Williams, 01480 462426. £7.00/£2.00. EPS-SI. White to Green. Dogs allowed in car park on lead. www.waoc.org.uk
- 9th EA SOS District Event & EA League, Essex & Suffolk Schools League. Baddow Ridge, Danbury.
C4 David Skinner, 01245 381266. dave.skinner@binternet.com £7.00/£2.00. EPS-SI. String course. www.stragglers.info
- 16th EA NOR District Event & EA League Event. Lynford, Thetford. [TL819940](http://www.smoc.info).
C4 Alan W Bedder, 01603 424589. alan.bedder@virgin.net Fees TBA. String course.
- 23rd EA SUFFOC District & EA League & ESSOL Event. Rendlesham Forest, Woodbridge. [TM355482](http://www.smoc.info).

- C4 Rob Coulter, 01473 258430. rob.coulter@ntlworld.com
£7.00/£2.00. EPS-SI. Dogs allowed on leads only.
www.pdl.demon.co.uk/suffoc
- 30th EA WAOC Rowney Weekend District Event. Rowney Warren,
Ampthill.
- C4 Ursula Oxburgh, 01223357199. uoxb00@esc.cam.ac.uk
£7.00/£2.00. EPS-SI. String course. Dogs allowed in car park on
lead. www.waoc.org.uk

World Masters Orienteering - Portugal - John Collyer

This annual competition, aimed at the 35+ age groups, took place in the coastal pine forests near Marinha Grande in Portugal. The forests were planted to stabilise the Atlantic coastal sand dunes and provide fuel for the glass industry based around Marinha Grande. These two necessary parts of glass making, also provide excellent orienteering terrain; steep complicated dune patterns and strength-sapping sand.

We decided to go by train; Eurostar to Paris, TGV to the Pyrenees and then an overnight sleeper to Lisbon. This was longer and more expensive than flying, but far cheaper and more reliable than our recent experiences of UK railways.

We opted for a B&B hotel and drive package, arranged by the WMOC team; it worked well and all the Portuguese we met were friendly and helpful. English is not spoken freely as a second language and as they are heavy meat and fish eaters, vegetarianism is not at all understood – we have resolved not to eat another mushroom omelette for 6 months!

The competition is the now accepted dual format of a two-round Sprint and a three-round Long distance race. The qualifying round of the sprints took place in the regional capital, Leiria, which was closed for the competition. Maps were at 1:4,000. Races started near the top of the castle overlooking the town, and wound this-way-and-that through alleyways and roads to a square near the river. Jen made the A final, and I was pleased with a place in the B. These took place on the coast at Praia de Vieira with the initial section through lovely forest, followed by dunes and scrub, then into the even-tighter network of alleyways in the old town, before finishing on the sea-front square. Jenny was 57th and I was pleased with 22nd.

A rest day enabled us to switch back to forests on 1:10,000 maps. The two qualifying rounds were based at Pataias and used the same start and finish areas, but with loops into different areas of forest. The first day was on a steeper set of dune ridges with some difficult undergrowth, whilst the second was on flatter, faster terrain. After a difficult Day 1, Jen recovered well enough on Day 2 to make the A final, whereas I was satisfied with a place in the C (3rd of 5 races).

The second rest day was spent exploring the geological delights of the region – two sets of limestone caves and the largest set of dinosaur tracks in the world. Signage in Portugal is variable once off the main roads and we found our sites only with dogged determination.

Finals day was at Pedrogiao, in the hottest running weather of the week, the area being a mixture of steep ridges of dunes and flatter areas, but often with either low ground vegetation impeding running speed, or bushes reducing the visibility. Jen finished 31st in W60A and I managed 59th in M60C.

Then it was back to Lisbon to drop off the car, spend a day sightseeing and then back on the trains. The orienteering was very well organised with large numbers of helpers, and many army and police doing all the necessary traffic control. Next year is Australia, with a follow-up multi-day in New Zealand – can't wait!

Orienteering - Work and Social - Steve Cartwright

Recently we had our yearly coaches meeting to review the activities of the year and to try and get a grip of both what we as coaches want for the coming year and what others seem to want too.

The first thing that came out very clearly was that most of us have been very busy. Mr Birkett was for quite an extended period working similar to a full-time job in Orienteering; Mrs Laver has been very busy with the CATI's and coaching (Both David and Julie have had to turn down work), Mr Barker has been at most of the SOS CATI's and coaching, and I've spent most of my time outside work involved in orienteering or athletic activities. Emma J now also coaches swimming. Is that really right and are we becoming too work orientated rather than doing things for the love of orienteering? Reading a while back I came across this comment 'Some treat their recreation so much like work it ceases to be recreation'. Perhaps if there's genuine enjoyment and time for family, friends and other activities in it all its not so bad, but then perhaps it is serious really.

One of our troubles at present is the request from higher authority to consider frequent local activity as a means of developing orienteering. Over the past year or so we've been considering different options as a region and as far as I know the only one that seems probable to go ahead with schools events too is an Orienteering after school club in Clacton. While obviously that's a good thing, will it really help the club? The Colchester and Tendring Athletic Club experience so far is that satellites do not necessarily help in feeding the club for the future. Perhaps that's something we've always known from Schools day and other schools work though. If the Clacton group does get up and running I will probably have to step back from other SOS coaching activities.

One of the particular benefits of frequent local activity is deemed to be the social aspect - building the club through building relationships. Frequent at Clacton is not frequent for SOS though. For us as coaches I guess our main social interaction is related to committee meetings. I can even remember on one occasion when Julia Robertson and Lyn West scheduled a Development Committee meeting for Valentines day! I still struggle with that one even if I did have nothing else planned that evening.

What about events? Is orienteering really a lonely sport? In the past I seem to remember a book title 'The loneliness of the Long Distance Runner'. Perhaps we carry that in life a little too. Obviously though people are different, some car share and some come with or leave families at home, but I get the impression that for most our social interaction is limited to Orienteering and we haven't really made friends as some would perceive friendship in terms of enjoying each others company and doing other things together. Do we really like each other? Should some consider a meal together after an event or visiting a local landmark? The South West Night League nominate a pub of the evening that people can congregate at afterwards should they so wish and put it in the details. Should we?

In the past I understand the multi-day events have been popular in terms of a SOS camping group. Today that seems a bit of a lonely experience.

From last year I do remember nice social gatherings at the Compass Sport Cup and other with Geraldine's soup kitchen and the friendliness of the chatting in download tents. I'm sure others have particularly fond memories of their own. With the 40th bash coming up, and it being nice to have a chat and be social - 'Vivre love, and Vivre le social' in pigeon French.

Yet Another Stragglers Newsletter from 1970 - Ron Russell

(This is the third of three newsletters from 1970 sent to the current Chairman by contemporary member Keith Marshall.)

S.O.S. STRAGGLERS ORIENTEERING SOCIETY S.O.S.

Dear Straggler,

Yes, you are still one, & it seems are likely to remain so providing you fork out your 'sub.' in the next month or so!). Despite my own inactivity, I have gathered the impression from both personal visits and a few letters, that the majority of our small membership are only too keen to keep the flag flying, and seeing as we've broken just about every section of our Constitution, you all seem to feel there is little point in being very much concerned about it now.

Members who are still very much active, are, Mike Downs, of course, at (N. Weald 467), Howard Rider, doing 6 months at a Northern University, although Mrs. G. Rider, can always be contacted (Hornchurch 42271), Dennis Seabeck, who would rather not motor-cycle (H'ch 44404), Raymond Feake, who tells me we've over £10 in the kitty! Barry Faiers, who is keeping contact with the R.B.Y.C., Barry James, who is in fact active in Suffolk! Keith Marshall, a newcomer to the sport, occasionally has one spare seat in his sports car (Blackmore 232), and like Robin Harris, of Squirrels Heath Road, Romford, may well join the club in the New Year.

So all in all, the picture is very much brighter than it seemed to be a month ago. Oh yes Colin Lago, at the R.B.Y.C. would appreciate any moral support and/or advice in getting a trip organised one Sunday. November 23rd looks a particularly likely Sunday, although whether this will be to the New Forest (Hants.) or Tunbridge Wells (Kent) is as yet undecided. Anyone wanting a seat should try ringing Colin Lago as soon as possible at Hornchurch 50609.

It seems a little strange, that our most inactive member (me!) should be attempting to keep everyone in touch with the news. For all I know, you may all be seeing each other anyway? If not, well, let me have YOUR OWN news and experiences, and maybe we can build up some club spirit.

My own orienteering venture of this year, has been to introduce over 100 scout masters and leaders to the sport, at a mammoth gathering at Gilwell Park, Chingford, last month, when I was very

glad to have the help of the S.E.O.A Equipment Officers Jon and Hilary Spicer.

By the way there are "Training Days" at the Tanners Hatch Youth Hostel on 25/10 and 13/12 (Details Sophie Rex), and there is discussion on the possibility of an Eastern O.A. being formed, which would remove us from the S.E.O.A. -

Ron Russell,
19 The Limes Ingatestone, Essex
(Messages at Southend 68049)

p.s. If anyone would like to replace me at S.E.O.A. Committee Meetings, let me know - I can't go!

SOS Newsletter Volume 20 No. 11

The next edition of the newsletter will be available on the 9th November. Copy for this edition should be sent to the Editors editors@stragglers.info before 31st October.