



Essex Stragglers Orienteering Society (SOS)



Newsletter Volume 20 Number 1 July 2009

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

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Photographs by Hannah Newton, Rachel Archer, and Jack Isbester.



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



Essex Stragglers' development activities are supported by [Awards For all](#)



Pond, Pod's Wood. Our first event there will be in two years time.

Editorial - Geraldine Russell

You will see there are some new training initiatives later in the newsletter that our coaches are planning which will be of benefit to most of our members.

This should place the club in good stead for the **COMPASS SPORT TROPHY FINAL** on **18TH OCTOBER** at Stamford.

Please keep this date free!

Chairman's Chat - Martin Sellens

After the frenetic activity reported in the last newsletter, things on the Orienteering front have gone relatively quiet, though admittedly that might be a largely Sellens perspective as we seem to do less and less as we work up through the age groups. However, we did make it to Springtime in Shropshire for the May bank holiday and I can thoroughly recommend this low key three days of regional level Orienteering for its beautiful locations and laid back organisation. A great introduction to multiday orienteering for anyone who might be intimidated by the JK or the O-Ringen. It helped that the weather was good and the areas open moorland and pasture rather than some of the impenetrable woods that have been used occasionally in the past. The highlight for us though was the wonderful view over classical English (and Welsh) countryside from the top of the Long Mynd after a breathless ascent by mountain bike.

A couple of weeks ago I was reminded of an earlier Chairman's chat when I concluded that it was a good idea to start planning an event well before its scheduled date as it always takes longer than you think, even for a small colour coded event like the one Chris and I recently planned and controlled (respectively) at Wivenhoe. Even though the map had been updated less than a year ago, contemporary expectations of map quality meant another update, taking several hours, was necessary. Even then a new fence appeared that affected the brown course between taping the controls and putting them out a week later. Then the control boxes only arrived at 4.00 pm the day before the event after being used by HAVOC and there was a bit of a panic that there were only just enough boxes and stakes for the 58 or so controls we were putting out at 6.00 am the following morning. Then, just as the last control was placed at 9.00 am, with plenty of time to spare, we lost the car key in long grass with the event computer and start boxes locked inside. Amazing how tough window glass is. Shortly after breaking in, the key was located by a further finger-tip search among the foliage. I wouldn't want to put anyone off the valuable and rewarding experience of either planning or controlling, but I strongly recommend reading the BOF planning guidelines on time line, and then compromising between that and your natural tendency to leave it 'till the last minute. Or is that just me? A supply of Valium, a resident counsellor and an unflappable personality would also help. Sadly I was blessed with none of these. No-one complained, so presumably the tissue of figurative tape holding the whole creaking edifice together wasn't too obvious. It helps to have a brilliant organising team, this time with Geraldine Russell at the helm, at the front line.

I'd just like briefly to indulge in a little paternal pride and report that Chris Sellens recently completed the iconic Three Peaks (Snowdon, Scafell, Ben Nevis) Yacht Race, running with partner Alan Smalls and winning the accolade of King of the Mountains for the fastest aggregate time for all three running legs. In fact they won all three in (as far as I can ascertain) record times. Over 12 hours running and more than 12000 ft of climb, plus a fair spell of rowing a 40 ft yacht because there was almost no wind throughout the event. Mad, but brilliant and British.

Antepenultimately, you might have seen on the website and in the local press that the High Woods permanent course was officially opened by local MP Bob Russell at the East Anglian Schools Championships on 17th May. Well done to John Collyer for driving this forward. Penultimately, Julie Laver and the coaching team ran a successful series of 'Club Mark' events at Maldon and Julie is making progress with the organisation for the British Schools Score Championships that will be held at Hylands Park on 10th October. Helpers will be required for this event and the Roman Valley event on 13th September, so if you are keen to cut your teeth as a member of the helpers' team, please contact Julie (Hylands) or Jenny Collyer (Roman Valley). And finally, the AGM will be held on 14th October (details in the next newsletter and online in the next few weeks) and vacancies, not least for the position of Chair, will be available on the committee. Search your hearts over the summer. Your club needs you!



Bob Russell MP presents the club with the cheque for lottery funding for the permanent courses.

Schools League Update - Julie Laver

The final results for this season's (08-09) league are as follows -

Up to Y6 Boys

Thomas Birkett
Kit Phillips
Jack Gilbey

Up to Y6 Girls

Bronwen Mansel
Elspeth Harrison
Emma Clarke

Y7/8 Boys

Nicolas Harrison
Bryn Wilkinson
Roderick Mansel

Y7/8 Girls

Rhiannon Ware
Rachael Harrison
Matilda Selby

Y9/10 Boys

Alex Ware
Michael Park
Will Hooton

Y9/10 Girls

Isobel Chandler
Bethany Heybrock

Y11/12/13 Boys

James Park
Ben Armitage
Jonathan Cronk

Y11/12/13 Girls

Hannah Newton
Ellen Sanderson
Jacqueline Heybrock

The top three schools are

Barnardiston Preparatory
Beyton Middle
Copleston High

Congratulations to all the winners - trophies were presented to all the first place participants at the last event at Wivenhoe Park and medals to the second and third places. Barnardiston Hall Preparatory again retained the School Trophy so a BIG well done to all those runners who regularly turn out for their school.

All who have taken part in this season's league will receive a certificate if they scored over 100 points during this season and any who earned a trophy or medal and were not around to collect them will be able to do so at a future event, or I will post it to you if you send me your contact details.

For the full list of competitors please visit the ESSOL pages of our website <http://www.cordle.net/essol>. If I have missed your details please contact me and I will amend them.

Next year's provisional dates are as follows so put them in your diary NOW. Do not forget any person up to Year 13 can enter the League by just turning up to the designated events and entering your school details on the registration form.

ESSOL Fixtures 2009-2010

17th September - Roman Valley - SOS
11th October - Hatfield Forest - SOS
8th November - Ickworth - SUFFOC
29th November - The Broaks - SOS
7th February - Chalkney - SOS
25th April - Ickworth - SUFFOC
9th May - Danbury - SOS
20th June - Wivenhoe SOS

Please note these are preliminary fixtures and participants are advised to check Club websites before travelling -

<http://stragglers.info>

<http://pdl.demon.co.uk/suffoc>.

Stragglers' League - Andrew Cordle

Top ten positions are (position at time of last newsletter in brackets) -

Posn	Prev Posn	Name	Best	6 Runs
1	(1)	Richard Bonnett	600	14
2	(2)	Jenny Collyer	589	12
3	(10)	John Collyer	578	12
4	(3)	Martin Sellens	571	6
5	(4)	Hannah Newton	568	13
6	(6)	Geraldine Russell	559	11
7	(7)	Tracey Apperley	557	13
8	(7)	Chris Childs	541	16
9	(5)	Claire Harrison	539	15
10	(9)	Duncan Harrison	524	16

Congratulations to John Collyer on rocketing up the table, and to those of you have made less spectacular progress.

Your next chances to progress are -

26 Jul 2009 HAVOC Epping SW

12 Sep 2009 SLOW London (City)

13 Sep 2009 SOS Roman Valley

11 Oct 2009 SOS Hatfield Forest

17 Oct 2009 CUOC Cambridge (City)

18 Oct 2009 LEI Fineshade (CompassSport Trophy)

25 Oct 2009 WOAC Mildenhall

8 Nov 2009 SUFFOC Ickworth

Check the website <http://www.stragglers.info/league> for latest information and scores.

SOS Notice board

Coaching/Training

Two of our coaches, Richard Barker and Steve Cartwright, have written some very useful training ideas to improve anybody's technical orienteering skills based around permanent courses in our area. This will enable members to practice a variety of techniques on specially printed maps whenever they want.

Notley, Hylands and High Woods are the three areas designated so far, with hopefully more to follow.

These packs containing the maps and training notes will be available soon by emailing Geraldine Russell - geraldine@russell2.fsnet.co.uk or tel - 01206 272761 and they will be sent by post.

The coaches will also be very willing to hold armchair workshops when members can talk through their courses and discuss how best to avoid those dreaded errors. Please inform Geraldine Russell if you think you might like to do this and she will collaborate with the coaches to find a venue, date and time suitable for everyone.

The monthly Saturday Club Activity Sessions are starting again on Sept 5th 10.30 - 12.30 with an optional drink in pub/café afterwards. Venues to be confirmed - see website for further details nearer the time.

The sessions are open to ALL club members. All ages and abilities welcome. Come and meet your fellow club members and learn new skills or help to pass your own skills on to others.

Coaching Course

The club are to be hosting a level 1 coaching course in the autumn - dates to be confirmed. Any club members who would like to become involved in coaching can apply for a place. CRB checks will have to be made and funding may be available if a minimum number of coaching hours are committed to in the first year of obtaining the qualification.

If you are interested please contact Richard Barker barkersuff@aol.com - Head Coach or Julie Laver julie.laver@virgin.net - Development Officer.

Annual General Meeting

The club's AGM will be held on Friday 16th October, venue to be confirmed in the September Newsletter. The agenda will include -

Reports of Officers

Statement of Accounts

Subscription Rates for Ensuing Years

Any Proposals for Amendment of the Society's Constitution

Election of Officers for the Ensuing Year.

Put the date in your diary now!

Dave Birkett and Stragglers Copse at Fordham

For a number of years we have had a tradition of making a donation to the Woodland Trust in memory of members who die. Often individual members have added to the club's donation as they wish to mark the passing of a friend. This has gradually built up until we have now sponsored quite a copse in the woodland being planted at Fordham and hope, in time to have an area marked on the map as 'Stragglers Copse'. I shall be sending a donation from the club in memory of Dave Birkett at the end of July. If anybody would like to add a personal donation to this would they please send their contribution to me before that date. Thank you to those who have already sent their contributions to me - Nancy Powell Davies.

Fixtures in East Anglia and Nearby Regions

The information provided below normally consists of **Event Date**, **Region** (eg EA = East Anglia), **Event Grade**, **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.

July

- 8th EAOA **SUFFOC Summer Series Event 4**, Martlesham Heath
SUFFOC Woodbridge, TM244454
Local Organiser: Simon Peck, simon589@btinternet.com, 01473 461395 Entry On Day: Senior £1.00, Junior £0.00, Student £TBC. , Punch Type: None, Dogs: On Leads Start Times: 6:30 - 7:15 PM
- 11th EAOA **WAOC Wandlebury Country Park Smile:** , Wandlebury
WAOC Country Park Cambridge, TL492533
Local Organiser: Frances Cooper, aouq61@dsl.pipex.com, 01223 210046 Entry On Day: Senior £3.00, Junior £1.00, Student £1.00. , Punch Type: None, Dogs: Dogs allowed if on a lead. Start Times: 10.30 to 12.00 www.waoc.org.uk
- 12th EAOA **NOR Summer Series Score Event followed by EAOA AGM (at 12:15)**, Taverham Hall School Norwich, TG151138
NOR Organiser: Alan Bedder, alan.bedder@virgin.net, 01603 424589
Local Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. Start Times: Score Event: Mass Start at 11.00 Orange Course: Starts from: 10.30 to 11.00
www.norfolkoc.co.uk

- 19th EAOA **SMOC Summer Event**, Marston Vale Country Park Stewartby,
SMOC TL005419
Local Organiser: Keith Downing, keith@keith-o.demon.co.uk, 01234
270018 Entry On Day: Senior £3.00, Junior £2.00, Student
£2.00. , Punch Type: None, Dogs: On leads Start Times: 10.30
to 12.00 www.smoc.info
- 22nd EAOA **SUFFOC Summer Series Event 5**, Holywells & Landseer Park
SUFFOC Ipswich, TM177433
Local Organiser: Simon Peck, simon589@btinternet.com, 01473
461395 Entry On Day: Senior £1.00, Junior £0.00, Student
£TBC. , Punch Type: None, Dogs: On leads Start Times: 6:30 -
7:15 PM
- 23rd SEOA **SAX West Kent Series - evening**, Knole Park Sevenoaks,
SAX TQ544540
Local Organiser: Peter Martin, p.martin349@btinternet.com Entry On
Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type:
SI, No dogs allowed. Start Times: 19.00
- 25th SEOA **SO - Sussex Sprint Series 2009 - Horsham Park**, Horsham
SO Park Horsham, TQ175310
Local Organiser: Ian Curtis Entry On Day: Senior £3.00, Junior
£1.00, Student £1.00. , Punch Type: SI, Dogs: Please keep
under control. Start Times: 10.00-11.00am [www.southdowns-
orienteers.org.uk/index/events](http://www.southdowns-orienteers.org.uk/index/events)
- 26th EAOA **HAVOC FROLIC** , Epping South West Chingford, TQ394949
HAVOC Organiser: Chris Shaw, fixtures@orienteeing-havoc.co.uk,
Local 01375 677377 Entry On Day: Senior £TBC, Junior £TBC,
Student £TBC. , Punch Type: SI, Dogs: On lead

August

- 12th SEOA **DFOK Evening Event**, Shooters Hill Woodlands Eltham,
DFOK TQ438762
Local Organiser: Philip Basford, philb@ntrg.u-net.com Entry On Day:
Senior £4.00, Junior £0.00, Student £0.00. , Punch Type: None,
Dogs: On leads only. Start Times: 6 pm to 7:15 pm
www.dfok.co.uk
- 16th SEOA **SAX West Kent Series** , Tunbridge Wells Common Tunbridge
SAX Wells
Local Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch
Type: SI, No dogs allowed. Start Times: 10.00-11.30
- 19th SEOA **DFOK Evening Event**, Bostall Woods/Heath Abbey Wood,
DFOK TQ480785
Local Organiser: Philip Basford, philb@ntrg.u-net.com Entry On Day:
Senior £4.00, Junior £0.00, Student £0.00. , Punch Type: None,
Dogs: On leads only Start Times: 6pm to 7:15pm
www.dfok.co.uk

- 20th SEOA **SAX West Kent Series - evening Street O**, Tonbridge
 SAX Tonbridge
 Local Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. Start Times: 19.00
- 26th SEOA **DFOK Evening Event**, Lesnes Abbey Woods Abbey Wood,
 DFOK TQ480785
 Local Organiser: Philip Basford, philb@ntrg.u-net.com Entry On Day: Senior £4.00, Junior £0.00, Student £0.00. , Punch Type: None, Dogs: On leads only Start Times: 6pm to 7:15pm
www.dfok.co.uk

September

- 2nd SEOA **DFOK Evening Event**, Shooters Hill Woodlands Eltham,
 DFOK TQ438762
 Local Organiser: Philip Basford, philb@ntrg.u-net.com Entry On Day: Senior £4.00, Junior £0.00, Student £0.00. , Punch Type: None, Dogs: On leads only Start Times: 6pm to 7:15pm
www.dfok.co.uk
- 5th SEOA **SE Sprint Champs Kent Uni.**, Kent University Canterbury
 SAX Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
- 6th SEOA **SE Middle Distance Champs Blean:** , Blean Faversham,
 SAX TR075604
 Local Organiser: Sarah Howes, sarahmhowes@hotmail.co.uk, 01892 723327 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
- 12th SEOA **The Second London City Race**, The City of London London,
 SLOW TQ327811
 Regional Organiser: Vince Roper Postal Entry: Mike Garvin, 30 Belvedere Place London, SW2 5TD, 020 7738 6570, mikegarvin1@googlemail.com. Cheques payable to Mike Garvin Online entry through fabian4 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs: must be on lead at all times www.slweb.org.uk
- 12th SEOA **Hainault CATI** , Hainault Forest Country Park Romford,
 CHIG TQ475933
 Local Organiser: Ray Weekes, RayWeekes@BTIntenet.com, 020 8530 3011 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. www.chig.org.uk
- 13th EAOA **SOS Colour Code Event . EA League & Essex & Suffolk SchoolsLeague (ESSOL)**, Roman Valley Colchester, TL985209
 SOS Organiser: John Collyer, johncollyer@live.co.uk, 01787 370947
 Local Entry On Day: Senior £7.00, Junior £2.00, Student £2.00. , Punch Type: SI, No dogs allowed. www.stragglers.info

- 19th EAOA **WAOC Come And Try It Event**, Wimpole Hall Cambridge,
 WAOC TL343511
 Local Organiser: Peter Heybrock, peter.heybrock@ntlworld.com Entry
 On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type:
 SI, No dogs allowed. Start Times: 10:30 to 12:30
www.waoc.org.uk
- 20th EAOA **NOR Try-O Event & Score Event**: , U.E.A Norwich, TG196078
 NOR Organiser: Alan Bedder, alan.bedder@virgin.net, 01603 424589
 Local Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch
 Type: None, Dogs: Dogs on Lead Start Times: Registration: 10.00
 to 12.00Starts from: 10.30 to 12.30 Courses Close at 14.00
www.norfolkoc.co.uk
- 20th EAOA **HAVOC Score Event**, Bedfords Park Romford
 HAVOC Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch
 Local Type: None, No dogs allowed.
- 26th SEOA **KOL Local Event**, Downe Activity Centre Biggin Hill, TQ419631
 DFOK Organiser: Philip Basford, philb@ntrg.u-net.com Entry On Day:
 Local Senior £6.00, Junior £1.00, Student £1.00. , Punch Type: SI,
 Dogs: On leads only and only in the car park Start Times: 11 am
 to 12:30 pm <http://www.dfok.co.uk/>
- 26th SEOA **HH Local**, Stanborough tbc
 HH Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch
 Local Type: None, No dogs allowed.
- 27th SEOA **Local Event**, Hampstead Heath Hampstead
 LOK Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch
 Local Type: None, No dogs allowed.
- 27th SCOA **BKO Colour coded event**, Hawley & Hornley Camberley
 BKO Organiser: Andrew Graham, drumble55@hotmail.com, 0118
 Local 9433029 Entry On Day: Senior £TBC, Junior £TBC, Student
 £TBC. , Punch Type: EMIT, Dogs: Under control - dog walking
 area Start Times: Registration: 9.30am - 12.00pmStarts:
 10.00am - 12.30pmCourses close: 14.30pmEMIT charge - Seniors
 only www.dfok.co.uk

October

- 1st SEOA **DFOK Kent Night Cup**, Jeskyns tbc, TQ663693
 DFOK Organiser: David Cave-Ayland, dave.cave@tesco.net Entry On
 Local Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type:
 None, No dogs allowed. www.dfok.co.uk
- 3rd EAOA **WAOC Come And Try It (CATI) Event**: , Therfield Heath
 WAOC Royston, TL348406
 Local Organiser: Ian Lawson, ianh.lawson@ntlworld.com Entry On
 Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI,
 Dogs: Dogs allowed on a lead. Start Times: 10.30 to 12.30
www.waoc.org.uk

- 4th EAOA **SMOC Colour Code Event & EA League**, Stockgrove &
 SMOC Rammamere Heath Leighton Buzzard, SP917294
 Local Organiser: Keith Downing, keith@keith-o.demon.co.uk, 01234
 270018 Entry On Day: Senior £TBC, Junior £TBC, Student
 £TBC. , Punch Type: SI, No dogs allowed. www.smoc.info
- 10th EAOA **British Schools Score Championships**: , Hylands Park
 SOS Chelmsford, TL680048
 Regional Organiser: Julie Laver, julie.laver@virgin.net, 01206 826152 No
 Entry On Day. Entries Close: TBC, Punch Type: SI, No dogs
 allowed. www.stragglers.info
- 11th EAOA **SOS Colour Code Event & Essex & Suffolk Schools League**
 SOS **(ESSOL)**, Hatfield Forest Bishops Stortford, TL547203
 Local Organiser: Jack Isbester, IsbesterJ@aol.com, 01621 815501
 Entry On Day: Senior £7.00, Junior £2.00, Student £2.00. ,
 Punch Type: SI, No dogs allowed. www.stragglers.info
- 17th EAOA **CUOC Cambridge City Race & Icenian Trophy**, Cambridge
 CUOC City Cambridge, TL453592
 Regional Organiser: Clare Sutherland, cs492@cam.ac.uk, 07789871376
 Online entry through www.fabian4.co.uk No Entry On Day.
 Entries Close: TBC, Punch Type: SI, No dogs allowed.
<http://www.cuoc.org.uk>
- 18th EMOA **Compass Sport Cup Final**, Fineshade Corby, SP990985
 LEI Organiser: Chris Phillips, onecphillips@lineone.net, 0116 255
 National 0330 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. ,
 Punch Type: SI, No dogs allowed. Start Times: 10.30 to 13.30
www.leioc.org.uk
- 25th EAOA **WAOB Colour Code Event & Yvette Baker Trophy Regional**
 WAOB **Qualification Round**, Mildenhall Woods Thetford, TL728750
 Local Organiser: Ian Lawson, ianh.lawson@ntlworld.com Entry On
 Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type:
 SI, No dogs allowed.

Informal Score Eventing for D I Y Training - Derek Keeble

The map is your local Ordnance Survey sheet. The controls are church symbols on that map. The clippers are people within those churches waiting to greet you with a smile, a signature and sometimes a drink if you have time to swallow it. The date is Saturday 12th September 2009. The Organisers are Friends of Essex Churches Trust. Their motive is to raise funds from sponsored visitors visiting as many churches as they can that day. The Event is called Ride and Stride.

I think it should be Ride or Stride; thus making rural score events for equestrians, runners and cyclists, and urban score events more suited to slower pedestrians like me. The cost to you is how much you are prepared to sponsor yourself. The method is to gain entry via a local church. Decide how much of the Saturday you can spare and then give yourself a reasonable target to achieve within that time. You know the score!

In 2008 I knew I could walk hard without stick-aid for two hours so I selected a target of 13 churches within Colchester to visit within 120 minutes. The going rate imposed by me on myself was £2 a church visited with 2 hours, going on £4 for any I failed to reach in time. I beat me and duly handed over my money to St Leonard's Lexden, which is my local church. It receives a 50% return of my input to the Friends of Essex Churches Trust.

It was enjoyable. The sweat was familiar. Map-reading, even in my home town, was necessary; neither bramble nor bracken impeded me.

Similar events occur simulataneously in many other parts of England.

Keep happy feet

East Anglian Junior Squad Training in South Wales - Nicholas Harrison

On Saturday 23rd and Sunday 24th of May the EAJS went to Broughton Burrows on the Gower Peninsular and Merthyr-mawr Warren near Bridgend both of which are mainly sand dunes.

For Saturday's training Eleanor and Jo West had prepared a variety of exercises for us which included relocation, simplification and line exercises. The maps we used were different to anything that we use in East Anglia because of the 2.5 metre contour detail and the lack of any other features other than sand dunes on them!

After training, because the weather was so hot, we decided to cool down by going to the beach where we splashed around in the sea and slid down some massive sand dunes. Then we went to our overnight accommodation at the West Glamorgan Guides Activity Centre at Parkmill and unpacked our stuff. We

played a couple of card games, had some delicious pasta and then had a few more games of cards before bed.

On Sunday we went to Merthyr-mawr Warren and started with some relocation exercises followed by a small course and then a relay to finish off. Then everyone headed back home to East Anglia, apart from me and my Mum and my Dad because we decided to stay in Wales an extra day and visit some more of the area.

The whole weekend was really good fun, it helped me improve my orienteering skills and I would recommend it to anyone.



East Anglian Junior Squad Training in the Lake District - Hannah Newton

On the evening of Friday 17th April the EAJS and EAJPS squads made their way up to the Lake District for a weekend of orienteering training and competition. We were staying at the Cartmel Scout Hut, which is known to the junior squad and confidently holds the title of 'The Coldest Scout Hut' I have stayed in! Nevertheless, we all awoke on Saturday morning feeling prepared for a day of orienteering. Our destination was the BOF Training Day at Dockney Parrock and, after a period of confusion in which we almost drove up a very steep 'road' (which actually turned out to be the path to the start), the organisers turned up and informed us that we were in the right place and they just hadn't put up any signs yet. We got our o-kit on and made the short but steep walk to our first base of the day. The courses were divided into a 'North' and a 'South' area, and within these there were several starting places, with a set of courses planned for each. The weather was beautiful, and we were in good spirits as the sun shone and the marshes were reduced to mere puddles, saving the inevitable fight over radiator positions for drying shoes and gaiters in the evening.

After our traditional warm up (an unplanned running loop usually led by a group of M16/M18s trying to outrun one another), we started our first exercise of the day. We were pleasantly surprised by an unusual relocation exercise, in which a part of the map had been removed and we were told to run into this mystery area until we felt thoroughly lost before relocating and navigating our way to a given control nearby. After this we ran a few loops, having to cross the area several times between controls, making us rely on our bearings for parts of the legs. Having exhausted the 'North' area of the map, we had a light lunch and then made the slightly longer walk to a different start in the 'South' area. Here we ran courses using compass bearings and a control pick using distinctive contour and rock features.

Later in the afternoon we did a route choice exercise in pairs, where each person in a pair chose a different route to the next control, and once we both reached the control we decided whose route was the more effective before planning the next leg. As always our competitive sides shone through here - without admitting it, everyone races to try and arrive at the next control before their partner and then appear indifferent when beaten. The afternoon finished with a race, all of juniors ran the same course and set off at minute intervals. The M18s were very unimpressed to be beaten by an M14, but with the rules simply being 'you must touch the control kite' there were no SI print-outs to lend weight to the suggestion that there was some cheating going on amongst male squad members (cough, cough).

The next day the Graythwaite Regional event loomed and we were confidently told that it was one of the most challenging and detailed areas in the country, and we were not disappointed. For some of our younger squad members the 2.8km climb to the start was longer than the course itself, and for me the morning was made worse by the discovery that I had been entered for the

W18E course. Afterwards I decided that the 'E' could have meant anything from 'Extremely long' to 'Excessively painful' and my experience of the course was somewhere in between! Despite this, I found it a very good experience and I now find the gentle incline of East Anglia a welcome relief after the trauma of 300 metres climb. After we had finished our runs, we enjoyed remedial Wilf's in the sun, with some people even cooling off by taking a paddle in the stream beside the car park.

It was a tiring but fun weekend, which was a brilliant reminder of the enjoyment and challenge of the Lake District, and a fantastic opportunity for the younger members to really get stuck into some difficult terrain and push themselves outside their comfort zone. On behalf of the whole squad, I would like to thank Richard and Graham for organising the weekend and coaching us, and all the parents who drove us there and supported our training, as well as cooking some delicious food in the evenings!



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