



Essex Stragglers Orienteering Society (SOS)



accredited

Newsletter Volume 21 No. 11 June 2012

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

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Editorial - Geraldine Russell

Many thanks to those of you who sent in photos and articles for this edition. After the busy period including the JK and British Championships the summer series is now in full swing so please keep taking those photos to share in the next newsletter.



Essex Stragglers support the [Woodland Trust](http://www.woodlandtrust.co.uk) and its objectives



Essex Stragglers' development activities are supported by [Awards For all](http://www.awardsforall.co.uk)



View from JK Assembly area

Notes from the Chair - John Collyer

With rain beating down on the conservatory roof, it is hard to think that summer is just around the corner. However, our Summer Series (co-ordinated this year by David Lumby) will soon be kicking off, fortnightly on Thursdays, interlaced with Suffolk's on alternate Wednesdays. I know many of you with busy lives and some distances to events may not be able to take part, but on a pleasant evening a run around a local area may be just what many people need.

Also coming up are some of the holiday events, many of which are abroad and listed in CompassSport. The home-bred ones in Surrey for Jubilee Weekend (there are others in Cornwall and Scotland), the Welsh 6-days and the White Rose provide runs in interesting areas that help test our Essex skills and fitness!

I must also mention the work that Julie Laver and Nancy Powell-Davies have been doing with St. Andrews in Halstead. The parents have been so appreciative that they nominated them (along with teacher Sue Hartley) for a British Schools Orienteering Association, Certificate of Appreciation. It was presented at a recent after-school club.

I was particularly impressed with the youngsters at the recent British Champs in the Lake District, where after surviving the open fells of Dalegarth in the individual races, they produced stirring performances in the Mini-Relay (coming 6th and 8th) on a limestone area which once again, provided a new set of challenges.

P.S. Thanks also to the parents who did all the travel and domestic sides.

Captain's Corner - Jenny Colyer

At Easter we entered five teams in the JK Relays near Dunkeld in Scotland. The assembly area was an arena with wonderful views over the surrounding hillside with scattered woods and good for watching the progress of the teams.

Four weeks later seven SOS teams ran in the British Relays on limestone moorland near Kendal in Cumbria. Again the assembly area provided good views especially of the later stages of the competition. As usual proceedings began with the "mini relay" for M/W12's and under and we had two teams of juniors in this - a girls team with Daisy Partridge, Chloe Cracknell and Lucy Edwards and a boys team with Jack Edwards, Joshua Buist and Dominic Emmerson. Not only was this a competition between our two teams where the boys just beat the girls (the girls were in the lead after the second leg) but against teams from clubs all over the UK. Our two teams did brilliantly and finished in 6th and 8th out of 21 teams.

The club is planning to enter a team or teams in the Harvester Relays on the 1st July near Aldershot. This has night and daytime legs. Peter Warland is putting teams together so contact him (smwarland@aol.com) or me (jcollyer48@btinternet.com) if you are interested.

We are off to the Surrey Jubilee Weekend - 4 days of orienteering while others will be going to the more far flung events either in Scotland and Devon. At the end of June we are off to the World Masters in the Harz Mountains in Germany and then hopefully will meet up with lots of Stragglers at the Welsh 6 Days at the end of July.

I hope you all enjoy a summer of sunlit forests and good orienteering.

Services to Schools Orienteering Awards - Alison Cracknell

Julie Laver, Nancy Powell Davies and Sue Hartley (PE teacher at St Andrews Primary School) were presented with BSOA Services to Schools Orienteering Awards at a recent Monday after-school Orienteering Club session which Julie and Nancy run.

They were nominated for the award as a sign of appreciation and to say a 'huge thank you' for all the time and effort they put in helping the children - they really do appreciate it. I can honestly say Julie, Nancy and Sue were all taken by surprise and, I hope, very pleased.



BOC Individual Day

Awards - Julie Laver

The following SOS Juniors and members of the St Andrews and the Ramsey after school club have been awarded colour code badges and Explorer Challenge Certificates -

Tree Explorer Challenge	Owen Tuthill Phoebe Pearse George Pearse
Copse Explorer Challenge	Becky Howard Olivia Baldwin
Wood Explorer Challenge	Ben Partridge Zoe Hartnup
White colour code badge	Zoe Hartnup Olivia Baldwin Phoebe Pearse
Yellow colour code badge	Jack Edwards Josh Partridge
Orange colour code badge	Georgia Gower Daisy Partridge Kieran Palmer

To enter for the Explorer Challenge you need to pick up a log book from enquiries at any SOS event, record the number of controls you visit in your first run (even if you do not complete the course), then for every 25 points you get a certificate is awarded. Participants may be shadowed for this award.

To obtain a colour code badge you must complete 3 1st runs at that colour course in par time without shadowing. For the white badge only pairs may be counted if neither partner has earned their colour badge at that level and the course just has to be successfully completed. Open to Adults and Juniors.

To obtain any of these awards please contact Julie Laver julie.laver@virgin.net.

ESSOL News - Julie Laver

The Final results for this years ESSOL are as follows -

Up to Y6 Boys

1st	Matthew Clarke	Barnardiston Prep
2nd	Jack Edwards	St Andrews, Halstead
3rd	Joshua Buist	St Andrews, Halstead

Up to Y6 Girls

1st	Daisy Partridge	St Andrews, Halstead
2nd	Chloe Cracknell	St Andrews, Halstead
3rd	Alys Phillips	Barnardiston Prep

Y7/8 Boys

1st	Timmy Harrison	Barnardiston Prep
2nd	Kieran Palmer	CRGS
3rd	Angus Dudley	Barnardiston Prep

Y7/8 Girls

1st	Bronwen Mansel	Beyton Middle
2nd	Ellie Harrison	Barnardiston Prep
3rd	Georgia Gower	The Ramsey College

Y9/10 Boys

1st	Bryn Wilkinson	Copleston High
2nd	Roderick Mansel	County Upper
3rd	Andrew Stemp	Impington College

Y9/10 Girls

1st	Rachael Harrison	The Perse
2nd	Jennifer Higgins	3rd Billericay Scouts

Y11/12/13 Boys

1st	Alex Ware	Colchester 6th form
2nd	Sam Bolam	St Helena

Y11/12/13 Girls

1st	Rhiannon Ware	Colne Community
2nd	Beth Albon	Saffron Walden CHS
3rd	Elena Lumby	CRGS

Whole Team Trophy

1st - Barnardiston Preparatory School
2nd - St Andrews, Halstead
3rd - The Ramsey College

Well done to all of the above!

For full listings please go to ESSOL page on the SOS website
<http://stragglers.info/schools>.

As we were unable to present the winners with their trophies and medals at the last event I will endeavour to get them to all concerned as soon as possible. Certificates will be on their way shortly also.

There has been a review of the rules and a new class has been added. Details are on the website.

If you know any schools which might be interested in the League I would be happy to send further details.

To be included in the League you do not have to enter through your school but please ensure your school and year are included on the registration form when you fill it in. No shadowing is allowed, although junior pairs are.

Full details and comprehensive rules are available on the SOS website <http://stragglers.info/schools> but I can deal with any enquiries or corrections. julie.laver@virgin.net or phone 01206 826152.

Preliminary ESSOL fixtures for the new season

16 Sep 2012	Mildenhall South	WAOC
07 Oct 2012	Chalkney Woods	SOS
14 Oct 2012	Ickworth	SUFFOC
11 Nov 2012	Wivenhoe Park	SOS
20 Jan 2013	Daisy's Wood	SUFFOC
27 Jan 2013	Pods Wood	SOS
14 Apr 2013	Roman Valley	SOS
28 Apr 2013	Langdon Hills	HAVOC
19 May 2013	The Naze	SOS

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

<http://stragglers.info>
<http://www.suffoc.co.uk>
<http://www.waoc.org.uk>
<http://www.orienteering-havoc.co.uk>

Fixtures - David Skinner

Fixtures in East Anglia and Nearby Regions - National Events which SOS members regularly attend are also included

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, but this may vary.

SOS Club Nights are generally not included - see SOS website for details.

2012

June

7th SOS **SOS Summer Evening Series 2**, Admirals Park, Chelmsford
EAOA Organiser: Emma Johnson , duckfacefeet@hotmail.com , 01245 442866
Level D stragglers.info/home/index.php

- 10th NOR
EAOA
Level D **NOR Informal Score Event and AGM**, Holt Hall, Holt, [TG079398](#)
No dogs allowed.
Organiser: Pat Bedder , alanb.noroc@btinternet.com
[www.norfolkoc.co.uk](#)
- 10th SMOC
EAOA
Level D **Keyne-O** , Caldecotte Lake, Milton Keynes, [SP887355](#)
Dogs allowed.
Organiser: Ros James , ros.james@btinternet.com
[www.smoc.info/](#)
- 10th HAVOC
EAOA
Level D **Langdon Hills Score Event**, Langdon Hills Country Park, Basildon, [TQ697858](#)
Entry times: 10am to 12noon. Dogs: Dogs must be kept under control.
[www.orienteeing-havoc.co.uk](#)
- 13th SUFFOC
EAOA
Level D **Alton Water Summer Series ~ Event 2**, Alton Water, Ipswich, [TM139364](#)
Entry times: Starts between 6.30 pm â “ 7.30 pm .
Organiser: Simon Peck , simon589@btinternet.com
[www.clive.coles.freeuk.com/Summer_Series.htm](#)
- 16th WAOC
EAOA
Level D **WAOC Summer Series**, Hinchingsbrooke Country Park, Huntingdon, [TL221717](#)
- 17th SOS
EAOA
Level C **SOS Hatfield Forest Colour Coded Event**, Hatfield Forest, Bishops Stortford
Organiser: Jack Isbester , IsbesterJ@aol.com , 01621 815501
[stragglers.info](#)
- 21st SOS
EAOA
Level D **SOS Summer Evening Series 3**, The Broaks, Halstead, [TL792312](#)
Organiser: Daniela Brohm , danielabrohm@gmx.de , 01787 829294
[stragglers.info/home/index.php](#)
- 23rd NOR
EAOA
Level B **Junior Inter-Regional Championships**, Sandringham Country Park, King's Lynn, [TF690290](#)
Organiser: Alan Bedder
[www.norfolkoc.co.uk](#)
- 23rd SAX
SEOA
Level C **SAX Sprint**, university of kent, Canterbury
- 24th NOR
EAOA
Level B **Junior Inter-Regional Championships**, Sandringham Country Park, King's Lynn, [TF690290](#)
Organiser: Alan Bedder
[www.norfolkoc.co.uk](#)
- 24th SAX
SEOA
Level B **SAX Canterbury Urban Race**, Canterbury, Canterbury, [TR152579](#)
Organiser: Sarah Howes , sarahmhowes@hotmail.co.uk , 01892 723327
[www.saxons-oc.org](#)
- 27th SUFFOC
EAOA
Level D **Hardwick Heath Summer Series ~ Event 3**, Hardwick Heath, Bury St Edmunds, [TL857626](#)
Entry times: Starts between 6.30 pm â “ 7.30 pm .
Organiser: Simon Peck , simon589@btinternet.com
[www.clive.coles.freeuk.com/Summer_Series.htm](#)
- 30th WAOC
EAOA **WAOC Summer Series**, Milton Country Park, Cambridge, [TL476621](#)

Level D

July

- 1st BAOC **Harvester Relays**, Bordon Heaths, Aldershot, [SU787362](#)
SCOA Dogs: On lead near livestock.
Level B Organiser: Tom Murphy , club.treasurer@baoc.info , n/a
- 1st NOR **Summer Score Event**, University of East Anglia & Earlham Park,
EAOA Norwich, [TG190076](#)
Level D Dogs: On Lead.
Organiser: Alan Bedder , alanb.noroc@btinternet.com
- 5th SOS **SOS Summer Evening Series 4**, Notley Country Park, Braintree
EAOA Organiser: Edwin Banks , banksy.eddie@gmail.com , 01376 321658
Level D [stragglers.info/home/index.php](#)
- 7th HH
SEOA **HH Saturday Series**, Highfield, St Albans
Level D
- 8th SOS **SOS Relays Highwoods Colchester**, Highwoods Country Park,
EAOA Colchester
Level D Organiser: Geraldine Russell , grmrussell@gmail.com , 01206 272761
[stragglers.info](#)
- 11th SUFFOC **Belstead Valley Summer Series ~ Event 4**, Belstead Valley, Ipswich,
EAOA [TM143417](#)
Level D Entry times: Starts between 6.30 pm â “ 7.30 pm .
Organiser: Simon Peck , simon589@btinternet.com
[www.clive.coles.freeuk.com/Summer Series.htm](#)
- 14th WAOC **WAOC Summer Series**, Cambourne, Cambourne, [TL320596](#)
EAOA No dogs allowed.
Level D
- 19th SOS **SOS Summer Evening Series 5**, Danbury Common, Danbury,
EAOA [TL779046](#)
Level D Organiser: Rhiannon Ware , rhiannon.ware@virgin.net , 01206 826152
[stragglers.info/home/index.php](#)
- 25th SUFFOC **Rushmere Heath & Foxhall Summer Series ~ Event 5**, Rushmere
EAOA Heath & Foxhall, ipswich, [TM206445](#)
Level D Entry times: Starts between 6.30 pm â “ 7.30 pm .
Organiser: Simon Peck , simon589@btinternet.com
[www.clive.coles.freeuk.com/Summer Series.htm](#)

August

- 4th WAOC **WAOC Summer Series**, Ampthill Park, Ampthill, [TL023382](#)
EAOA Dogs: Dogs welcome if kept on a lead.
Level D
- 18th WAOC **WAOC Summer Series**, Cambridge, [TL343511](#)
EAOA No dogs allowed.
Level D
- 19th SMOC **Keyne-O** , Campbell Park, Milton Keynes, [SP867398](#)
EAOA [www.smoc.info/](#)
Level D
- 24th EBOR **White Rose Sprint Race**, Park Far, Wood near Scarborough,
YHOA Scarborough, [SE932867](#)
Level D Dogs: On lead and in assembly area only.

- Organiser: Bill Griffiths , wr2012organiser@gmail.com , 07710002961
www.whiteroseweekend.org.uk
- 25th EBOR **White Rose Individual 1**, Wykeham Forest, Scarborough, SE932867
 YHOA Dogs: On lead and in assembly area only.
 Level B Organiser: Mike Ridealgh , wr2012organiser@gmail.com , 07710002961
www.whiteroseweekend.org.uk
- 25th EBOR **White Rose Night Score**, Wykeham Forest, Scarborough, SE932867
 YHOA Dogs: On lead and in assembly area only.
 Level D Organiser: Bill Griffiths , wr2012organiser@gmail.com , 07710002961
www.whiteroseweekend.org.uk
- 25th EBOR **White Rose Trail-O event**, Halleykeld Rigg, Scarborough, SE932867
 YHOA Entry times: 1430 to 20:00 . Dogs: On lead and in assembly area only. .
 Level D Organiser: Christine Roberts , wr2012organiser@gmail.com , , 01759
 371258
www.eborienteers.org.uk
- 26th EBOR **White Rose Individual 2**, Wykeham Forest, Scarborough, SE932867
 YHOA Dogs: On lead and in assembly area only.
 Level B Organiser: Mike Ridealgh , wr2012organiser@gmail.com , 07710002961
www.whiteroseweekend.org.uk
- 27th EBOR **White Rose Team Score**, Wykeham Forest, Scarborough, SE932867
 YHOA Dogs: On lead and in assembly area only.
 Level C Organiser: Bill Griffiths , wr2012organiser@gmail.com , 07710002961
www.whiteroseweekend.org.uk

September

- 1st DFOK
 SEOA **DFOK North West Kent Series**, Crystal Palace Park, tbc
 Level D
- 9th COBOC **Peter Palmer Junior Team Relays**, Sutton Park, Sutton Coldfield
 WMOA Organiser: Dave Ellis
 Level B www.coboc.org.uk
- 9th HAVOC **Weald SWELL Event**, Weald Country Park, Brentwood, TQ573940
 EAOA Dogs: Dogs to be kept under control.
 Level C
- 9th SMOC **Keyne-O** , Open University and Woughton, Milton Keynes
 EAOA www.smoc.info/
 Level D
- 16th NOR **Colour Coded & Try-O**, University of East Anglia & Earlham Park,
 Norwich, TG190076
 EAOA Entry times: 10.30 to 12.30. Dogs: On Lead.
 Level D Organiser: Nicky Nicholls , membership@noroc.co.uk
www.norfolkoc.co.uk
- 16th WAOC **WAOC Mildenhall South Colour Coded**, Mildenhall, TL740741
 EAOA www.waoc.org.uk
 Level D
- 21st CHIG **Southern Championships Training Event**, Epping NW, Loughton
 SEOA Organiser: Ray Curtis , curtis.rosemount@sky.com , 01279 418699
 Level D www.chig.org.uk
- 22nd SLOW **The Fifth City of London Race**, London City, Temple
 SEOA No dogs allowed.
 Level B Organiser: Vince Roper , london@cityrace .org

www.sloweb.org.uk

23rd
CHIG
SEOA
Level A

Southern Championships, TBC, Epping, TQ428985

Dogs: Keep under control.

Organiser: Jennifer Taylor , jennifer.taylor4@btinternet.com

chig.org.uk

30th
WAOC
EAOA
Level D

WAOC Amptill Park Colour Coded, Amptill Park, Amptill,

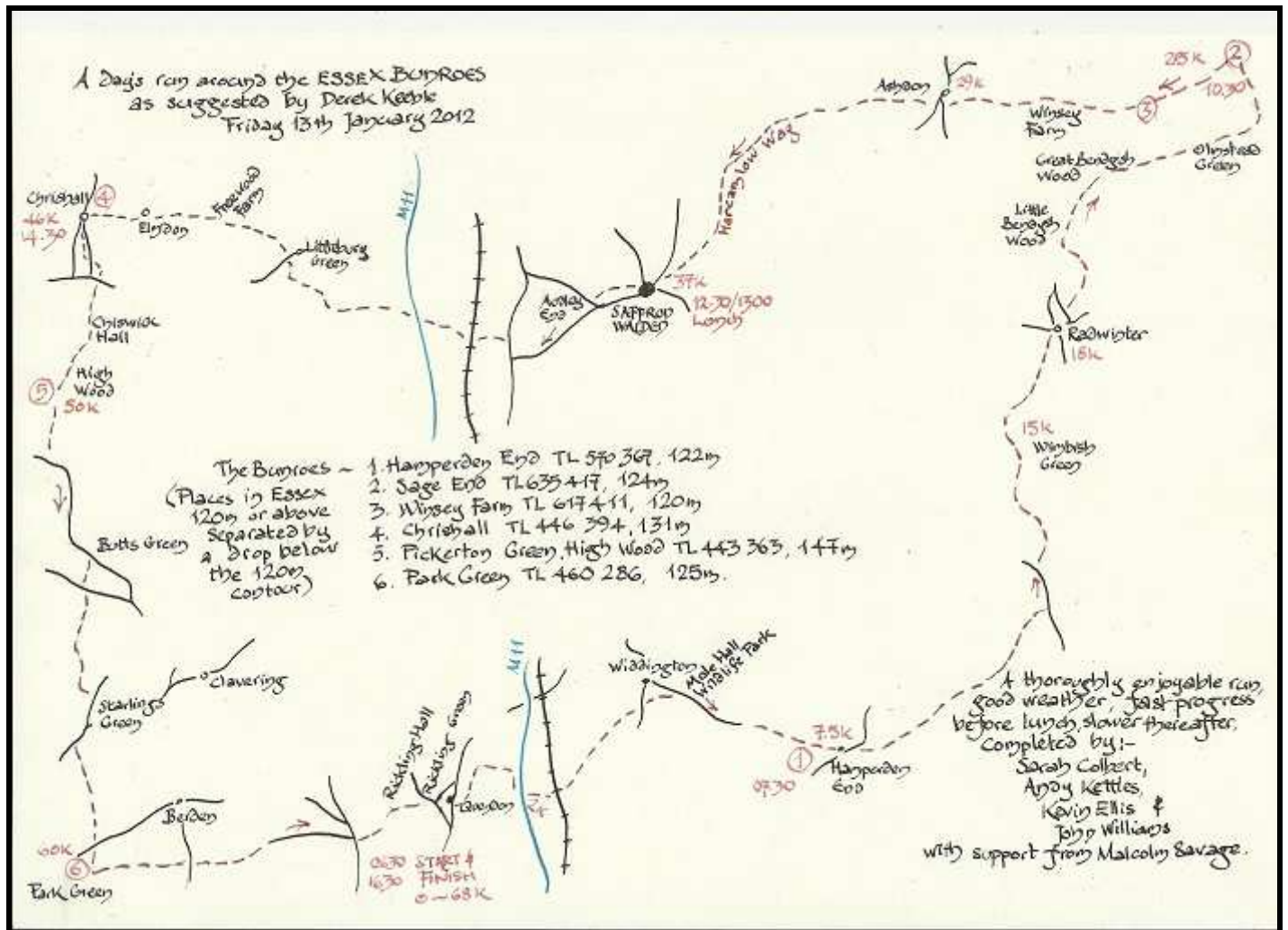
TL023381

Dogs: Dogs allowed if kept on a lead..

www.waoc.org.uk

An Essex Bunroe run - John Williams

A run that a few of us did earlier in the year, 60th birthday celebration(!) in my case.



To see the map at full size, click

<http://www.stragglers.info/newsletter/vol21no11bunroesbig.jpg>.

Malvern Urban Race (March 2012) - John Collyer

In woods every Sunday, out of public gaze,
Ordinary folk don't see our strange kit, or ways.
In parks, other sports have their own coloured strip,
But what do 'townies' think, of our urban trip?

On side of bare heights, serrated, Pre-Cambrian,
Here from many wells, spout waters Malvernian,
Across Severn's plain, where streams tumble and run,
What do locals make of our street race fun?

Thorpe Park, festooned with O banners and signs,
An isolated man, with Tai Chi, unwinds.
Watch early runners, over first route choice ponder,
Then out to town centre, where slow shoppers wander.

Local crowds wait, for green man's beep and flash,
We, swift and decisive, o'er busy roads dash,
Whizzing round corners, up steep steps we stride,
Surprised weekend shoppers; the lanes are not wide.

We're of all ages, up to Septuagenarian, alright!
In trainers, tights, shorts and thin club tops, bright.
Mixing strangely with locals, work and school free,
Dressed up, or down, for their Saturday spree.

Across some Commons, twice under rail line,
Near Tennis Club courts, brambles entwine.
At Bluebird Café, it's control 51,
Next, Elgar, 34, to whose stone feet we run.

Right around playground, children are screaming,
Along past Priory, shoppers stare, with bags bulging,
Once more into town, then to the Finish in park,
But what does Joe Soap think, of our weekly lark?

Our first experience of the British Orienteering Championships by Daisy Partridge and Chloe Cracknell age 11

On Friday 4th May Chloe and I set off for the Lake District and arrived just in time for the training session. We didn't know what crags were until then - but we definitely do now! It was Chloe's first time camping and it was great fun. We got wet playing on the rafts. On the Saturday Chloe and I were running in the British Orienteering Championships against children from all over the country. It took us 45 minutes just to climb the mountainside to get to the start. We really enjoyed running around the hills but it was very tiring. The course was very different to the courses here and the marshland was very tricky to get across without getting very muddy bottoms. Chloe hasn't run many orange standard courses and she found the map reading a bit tricky but did really well on the second half of the course. I had a couple of little hiccups but managed to secure tenth place. We also enjoyed watching the other SOS competitors running up the home straight, especially Alex Ware with his flowing hair as he sprinted to the finish. The weather was lovely and we all got sun tans.





On Sunday we were joined by Joshua Buist, Lucy and Jack Edwards and Dominic Emmerson for the relay championships. All the SOS relay team names were made up by the children from the St Andrew's School orienteering club. The boys were called SOSpicious STOATS and the girls team who were joined by Lucy Edwards from The Ramsey were called Two STAGs and a Ram. Daisy and Jack took part in the mass start with 21 other children - it was very exciting to watch. I then stood in the pen waiting for Daisy to return and touch my hand before I could go. Jack and Daisy came back together sprinting up to Joshua and me then we were off, It was hard running and opening my map at the same time! Luckily the hill wasn't as high as the day before and there was a good path network. I found my 9 controls as quickly as I could and then returned to touch Lucy's hand. We then went to the finish to cheer everyone in. We all had a really good time and did very well against the other teams from all over Britain with the boys finishing 6th and the girls finishing 8th.

On Monday we had a day off so we took the little steam train up the mountain before we drove home. We are so glad we were introduced to this really great sport - we love it!



