

*Mole***JOURNAL**



Mole Valley Orienteering Club

Spring 2013



Picture by Mark Cheesman

Tony Burton in full flight during his top-scoring run in the CompassSport Trophy knock-out round at Headley Heath on 17 February. Doesn't Headley look great, too?

There are many good things in this edition of the Journal, so a brief word from me will suffice.

The decision to which the heading refers is to distribute this edition electronically rather than in paper form. I think this will enhance readers' enjoyment since it will enable the illustrations to be viewed in colour rather than black and white. The photographs are generally of very good quality and it is a shame that I am the only one able to appreciate them fully (apart from those on the front and back covers). The same goes for the maps. It is a weakness of the hard copy arrangements that the maps, which derive much of their value from their multi-colour composition, are only visible in monochrome. New technology allows the Journal to incorporate material in varied formats. It is wasteful not to exploit it further by using it for distribution too. This innovation is intended as an experiment. Please let me know what you think. If most people are happy with electronic distribution it can be continued. If not, we can revert to paper.

Below is a letter from David Fisher (who figures widely in this edition). I am grateful to him for his plaudits, and welcome his suggestions. Do you share his views or disagree? Please let me know. He uses the word "quarterly" to describe the Journal. It hasn't been of late. Perhaps it could be again, but it needs a regular input of material to make it so. That's also up to you. journal@mvoc.org

Letter to the editor

Hi Graham

In response to your editorial piece in the recent MV Journal I'd just like to say I enjoyed reading it last night from cover to cover so keep up the good work. The French bit was lost on me but I will endeavour to have it interpreted as soon as I can.

If you want some feedback my only comment is that as a quarterly journal it might be worth publishing a list of events being held in the next quarter that Moles should be encouraged to enter if possible ie SE League, relays, team events etc together with some local events perhaps. Also events planned by MV in the next quarter that will require helpers. I know the e-mailed Mole News does this admirably but sometimes a bit more notice would be useful and I think it useful to have the dates in print form as I often forget to print off the e-mails.

I also personally like to see results of events to see how my club mates have done at events. Often it gives me and maybe others something to aspire to. A bit sad but hey ho. For example Caz was leading her age group in the Southern Urban league last time I looked and Keith Masson/ Kenny Leitch did well again in the Original Mountain Marathon in October.

Cheers

David [Fisher]

Orienteers tend to be strong-minded individuals with their own opinions. I suppose the sport selects for this character trait. If you don't have the self-confidence to go out alone and make your own decisions, orienteering is not for you.

This can have a downside though. Orienteers make up their own minds independently, and can be surprised and upset when others come to different conclusions.

This has been brought home to me in recent discussions about electronic punching. A number of club members have very firm and sometimes incompatible views. As most of you will know, there are two competing systems, SportIdent and EMIT. SportIdent (SI for short) is the one used by all South-East orienteering clubs. Move a little west into the South-Central area, and you will find EMIT used.

Each system has its fans, and some of them intensely dislike the other system. One long-standing club member told me recently that he would rather we went back to pin-punches than use EMIT! In South-Central, I'm sure you can find people who refuse to travel to South-East events because we use SI.

There is now a third option in the offing, from the company that makes EMIT, but totally different. This goes under the name of E-Tag, and differs from the other two in being touch-free – no need to fit the electronic card you carry into anything, just pass it within a couple of inches of the control.

I mentioned this as a possible future to someone I had always thought of as one of our milder-mannered club members. "Totally unacceptable!" he exclaimed, waving his hands in the air as I took a hasty step backwards to avoid an unintentional blow.

It seems that we are never going to achieve universal agreement on the best e-punching system. And I haven't even mentioned the issue of what stakes should be used to hold up the boxes in the forest, which is just as controversial.

So this article is a plea for a little tolerance. Clearly there are some matters on which orienteers are going to passionately disagree. We all need to accept that we aren't going to get our own way every time, and that those who take a contrary view are not being stupid or obstructive. By all means argue your case, but if you can't persuade people of what seems perfectly obvious to you, it may be necessary to bite your lip and accept the majority view.

At the end of the day, it's important to keep a sense of proportion. What matters is a good forest (or maze of streets for the urbanites), a good map and a good course. Punching systems are a minor sideshow that aren't really worth getting worked up about.



David Fisher recently became the club's Publicity and Development Officer. Here he sets out some thoughts on his role.

Having been a member of MVOC for nearly 30 years, with a few brief lapses due mainly to injury, I thought it was about time I made myself useful. So at the last AGM I volunteered to join the committee. At the first meeting I went totally overboard and filled the gap made vacant by the resignation of Peter Martin.

Firstly, I'd like to pay tribute to Peter's efforts over the last 5 years. He designed and amassed a huge amount of great publicity material and individually went to great lengths to distribute it and promote the club and its activities. Clearly he will be a hard act to follow.

So how do I see myself helping? I have joined the management at a time when the membership level has nearly halved in the last 8 years. I have also observed that the average age of our membership is increasing which is a worry with the longevity of the club in mind. There are, however, signs that the membership level has stabilized and we have welcomed recently several new members and families that will be great assets to our club. To help solve the problems of age and retention, I intend to initially publicise the club to a younger audience and an audience that is perhaps involved with other outdoor physical activities who may not have considered orienteering as another outlet for their leisure time.

As a club we are competing for membership with other 'athletic' boom sports like running, triathlons, and mountain biking. I think we must make our sport as appealing as possible to these people by putting on other types of Orienteering based events such as Trail Challenges and mini 'mountain' marathons. There are some fit athletic types out there. If we can begin to attract younger people, others will hopefully follow. I don't want to lose our identity as an orienteering club as the events we put on are first class, but if the club wants to catch up with the SO's and the SLOW's of this world we will have to attract and retain some younger, fitter members. Some of you are involved with these other sports and it would be great if you could take the initiative to invite some of your colleagues along to see what orienteering is all about.

Our existing web-site, Ian's superb Mole News and Caz's regular e-mail bulletins all do a great job in publicising forthcoming events so everyone within the club is kept very well informed on that score. I will initially concentrate on publicising our Summer and Winter mid-week series of events, our major Urban event in Dorking in May and the Come and Try Orienteering (CATO) events planned for the Autumn.

Finally, if you happen to work within a large organisation, perhaps one that even has a Sports and Social Club, and you think that you may be able to publicise our club and events within that organisation, please let me know and I will try my best to provide you with the necessary publicity documents. Enjoy your orienteering.

MV 2012 Club Championship

3 March 2013

Worth Lodge

The competition for the 2012 (sic) edition of the club's Velvet Flier (men) and Molasses (women) titles took place at the SO event at Worth Lodge on 3 March 2013. The men ran the Blue course and the women the Green. Here are the results for the competing Moles. The first number indicates the overall position in the course run. The number in brackets shows the position in the club championship. Well done to the two new champions.

VELVET FLIER: Blue Course

(1	Alexander Lines	SO	M18	46.38)
3	(1)	Rob Hardwick	M35	47.21
4	(2)	Ian Ditchfield	M55	48.08
24	(3)	Jon Coles	M45	60.12
34	(4)	Antony Schofield	M50	67.03
41	(5)	Graham Sutton	M65	69.43
44	(6)	Philip Squire	M45	72.01
46	(7)	Nigel Bush	M55	73.34
49	(8)	Ted McDonald	M70	75.16
55	(9)	George Engelhardt	M60	78.42
56	(10)	Chris McDonald	M70	79.01
65	(11)	Mike Elliot	M60	86.01
71	(12)	Peter Martin	M50	88.58
75	(13)	Jon Moore	M65	107.46
76	(14)	Michael White	M75	144.42

The competition for the Velvet Flier title was very close. Rob Hardwick managed to finish ahead of defending champion Ian Ditchfield by just 47 seconds.

MOLASSES: Green Course

(1	Geoff Wright	GO	M65	49.28)
10	(1)	Alison Gourd	W45	56.27
11	(2)	Nicky Masson	W45	56.51
30	(3)	Sandra Vogel	W45	68.50

It was even closer in the Molasses competition with Alison Gourd just edging out Nicky Masson by 24 seconds.

OTHER RESULTS

Brown Course

(1	Dane Blomquist	BAOC	M18	51.28)
(5	Alistair Masson	SO	M16	53.06)
8	Keith Masson		M50	60.19

Although he is no longer a Mole, Alistair Masson's performance deserves a mention. Not only did he beat his father, he also finished ahead of Sarah Rollins of UK fame (not shown).

Orange Course

(1	Aaron Taylor	SO	M12	31.18
8	Martine Juillan		W14	53.51

SOME WORTHY MOLES

Photos by Peter Martin



Tony Schofield and Rob Hardwick



Sandra Vogel and Jon Coles

THE CLUB hosted the seventh round of the **SE League** at Balcombe on 10 March. Well done to Mike Bolton, Keith Masson and Mike Elliot for all their efforts in, respectively, organising, planning and controlling, and to the team of helpers. Fortunately the weather, although cold and windy, otherwise largely behaved itself, but the going in the field containing the registration tent was decidedly on the muddy side of squelchy. Nonetheless, everything seemed to work out, including the car parking which had given Mike several pauses for thought.

In the competition, MV finished fourth overall on the day with 672 points – SO being the run-away winners with 2079, followed by SAX on 872 and SLOW on 781. At the time of writing, that leaves us still hovering above the relegation zone in 5th place in Division 1 on 22 match points, just 4 points above CHIG and 9 clear of the current bottom club, DFOK. SO head Division 1 with 41 points, followed by SLOW on 37, HH on 36 and SAX on 28. With two clubs to go down, our fate will be decided at the GO event at Verdley Wood on 24 March which is the final league event of the season.

CompassSport Trophy: Headley Heath

17 February 2013

It can hardly have escaped any Mole's notice that the club has qualified for the national final of the CompassSport Trophy competition. For those who remained determinedly unaware, here are MV's individual results (borrowed from the Mole News) followed by (in no particular order) brief messages about the day from Mole runners and others, and a letter from a Northern Mole. I asked for messages in Tweet format (ie no more than 140 characters), but have happily accepted all offerings.

Brown (M21, M35, M40)

(1 st	Jonathan Albon CHIG	56:48	100)
4 th	Keith Masson (M50!)	67:22	97

Blue Women (W21, W35, W40)

1 st	Sarah Scarborough	72:05	100
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Blue Men (M20, M45, M50, M55)

1 st	Tony Burton	55:45	100
3 rd	Ian Ditchfield	59:38	98
19 th	Ashley Tilling	87:13	82
25 th	Peter Martin	100:25	76
26 th	Philip Squire	101:10	75
31 st	Tim Keogh	109:06	70

Green Women (W20, W45, W50, W55)

(1 st	Linda Pakuls GO	47:02	100)
5 th	Caz Moon	62:09	92
6 th	Nicky Masson	65:17	90

Green Men (M60, M65, M70)

1 st	David Fisher	43:45	100
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9 th	Simon Ling	54:49	84
11 th	Graham Sutton	56:35	80
13 th	Mike Bolton	59:27	76
16 th	Philip Gristwood	62:04	70
17 th	Ted McDonald	63:22	68
20 th	Chris McDonald	67:12	62
27 th	Jon Moore	82:47	48
30 th	Bill Alexander	113:15	42

Short Green (M75+, W60+)

(1 st	Jenny Collyer SOS	50:13	100)
4 th	John Davies	57:17	94
10 th	Pamela Crisp	76:04	82
16 th	Michael White	99:59	70

Light Green Women (W16, W18)

(1 st	Katie Blackford BADO	32:15	100)
2 nd	Harriet Fisher	44:00	96
4 th	Florence Tilling	68:45	88

Orange Women (W14-)

(1 st	Daisy Partridge SOS	30:06	100)
2 nd	Isabel Parke	54:30	96
3 rd	Imogen Squire	58.04	92

0630 no racehorses but fog on Downs; set 12 controls, had a job to find one site and slid down same earthbank three times on Barbour. Had map folded and leaving control 8 thought course name (Green) on map was aligned North (it was West). Took 8 minutes to work out error and why my route was not matching the map! Grumpy thereafter. A new mistake every time.....

Chris McDonald

Sorry I missed the event, delighted to see top performances, especially from our women juniors. Looking forward to F of Dean #GoMoles

Sandra Vogel

A joy rediscovering old haunts on Headley
and a bonus to find we're in the final

Tony Burton

For the first time I can remember, more
girls than boys scored points for us. So
well done Florence, Nicky, Caz, Mog,
Harriet, Isabel & Sarah. Particular
congratulations to David Fisher on what
may have been his best-ever forest run.

Ian Ditchfield

Fab team effort, especially from our young
Ladies & new Mole, Sarah. Let's see more
out in FOFD in Oct. #GOMVGO

Caz Moon

First event the Parke family have attended
since becoming Moles. Great fun and
sense of achievement all round as no one
got lost, and got to meet some Moles face
to face. And very proud of Izzy for scoring
points. See you all next time!

Bryan Parke



Picture by Mark Cheesman

Nicky Masson in control

It was possible to go straight sometimes. However failure to concentrate would soon be
punished if one miscounted path crossings or junctions. Vegetation confusing, good map.

Simon Ling

Good start then after a 1min mistake on 5 tried to navigate from 8 to 7 instead of 5 to 6 -
crazy- OK for most of the rest. Good course.

Keith Masson

What a beautiful day, certainly an improvement on Christmas common. Course fast and
varied but me with my little legs slow as usual.

Nicky Masson

Qu: When is a distinctive tree not? Ans: When it is hiding in a wood and looks just like the
one 100m to the N – which I found no problem!

Mike Bolton (aka Boltmole)

The sun shone. Very efficient bussing service. I found all the correct controls. Legs
needed to be a bit faster.

Pamela Crisp

Green 7 to 8. Lost map contact. Found bench. Sat for chat with walkers. "Must be going".
Found control. Lucky. 4 minutes lost.

Graham Sutton

Arrived to find I'd left my shoes behind; much slithering up and down steep valleys and I
was met by Harriet who finished in half my time.

Andrew Fisher

As CompassSport photographer I was in for a right good day at Headley. Foggy to start with then the sun came out. I just hung around an open spot to catch some rays and O'people through the lens. Topnotch snapping from me!

Mark Cheesman

I thought the terrain was great with much variety. On Green Men I mostly ran straight picking off features that were accurately mapped. But, for 7 to 8, I tried to avoid losing height and lost 6 minutes (equal to 12 places) after drifting far to the left.

Ted McDonald

This was my first event as an M60 so I was looking forward to doing reasonably well. Jon's course didn't disappoint. I found my green course very runnable and fast and enjoyed it a lot. But the most pleasing aspect of the event for me was the entry from Moles. I counted 34 which is great. Let's hope this enthusiasm continues with all our events planned for the Summer.

David Fisher

Jon did well to find a different set of control sites from those I used for the recent JHI on the same area, and I saw a few new bits of forest!

Philip Gristwood

No cunning running for a year so great to be out - sun appearing as I started elevated spirits. Rusty nav so two over-run controls but good to be part of a qualifying team.

Ashley Tilling

Well done everyone! Great turnout, lovely weather, excellent courses, and congrats to all the Juniors and Sarah, John D, David F and Nicky.

Tony Schofield

Dear Caz & all Moles

Congratulations on winning through to the Final at the Forest of Dean. DVO also won on Sunday at Fineshade, beating SYO!! I think the last time both clubs were in the Final was 1986 at Clowbridge, before it was split into Trophy & Cup comps. We had to draw up our own master maps on a 3 colour map! Our son, Martin, had just moved to Derby, as he had a job with British Rail before going to Sheffield Uni. He was actually lodging with 3 DVO members, but still running for MV. There were comments in the DVO newsletter about a "mole" being planted by the opposition!! Hope to meet up with Moles at the British & JK, then the Forest of Dean.

Best wishes

Pauline Ward DVO / MV

P.S. I know it's too long for a tweet, I just wanted to congratulate you.



Picture by Mark Cheesman

Michael White shows orienteering is fun

The Pilgrims' Wey Challenge: 29 December 2013

David Fisher

As both a runner and orienteer, this type of event is ideal for me and with it being so close to home I jumped at the opportunity to do it. The format was very similar to the Surrey Hill Races in that there were 3 courses planned and to get around each a 1:20000 map was provided. This included 1:10000 inserts around some of the controls situated in detailed or forested areas.

Keith Tonkin of GO devised tough courses with quite a lot of ascent in each. The weather was drizzly rain but relatively mild and conditions under foot were ..soft to say the least. The A course was particularly tough. It was measured as 17.2 Km in a straight line so was effectively at least ½ marathon length but with controls on the top of most of the outlying hills to the south of Guildford the ascent was quite formidable. MV's Rob Hardwick was our only competitor on this course and ran a very creditable 117.39 which would have placed him 4th out of 14 finishers, just ahead of hill race expert Kenny Leitch, had he not mis-punched (or possibly forgotten to punch) the first 2 controls.

I chose the B course which was measured at 11.8 Km but thought to be around 14.6 Km optimum. There were a few route choices and on close inspection afterwards I think I chose the longest alternative on each occasion! So much for my navigation. There was a punching start a la Orienteering so my group of 17 set off from the top of Newlands Corner at regular intervals instead of all together. As one of the earlier starters, I found myself leading the field down the Southern escarpment to the first control. I carried on in front up the first part of St Martha's Hill. This was my first route option: take a left that zig-zagged around field boundaries to Chilworth Manor or carry on up the hill a little and face a very steep descent straight down to the control? I chose the former (but maybe longer) option which was a joy to run. The angle of descent was perfect for fast descending without feeling you have to dig in or lose control. From there the course took in field paths to the south of The Chantries then via Shalford Mill to the River Wey. On the approach to the river from Shalford, with the rain still falling, the course ran across submerged duck boards placed across a small tributary flood plain that ensured all competitors experienced a brief "foot ducking". Shortly after this, whilst still leading the pack, I made a silly error of visiting the first of 2 railway bridges near St Catherine's lock, which cost me a few minutes and the lead. The route continued along the river to Guildford, then up the long steep climb to the top of Pewley Down. The next control was at the top of St Martha's which meant a long descent across the Pewley Down escarpment on sandy, stodgy paths followed by the long ascent to the church. Finally a drop down to the road on the north side of the hill and the last long ascent to the final control near Newlands Corner. I was very impressed with a tough and challenging course, and happy with my run. I came in 2nd in 88.37 with the first runner SN's Tony Fogarty finishing in 83.19. So, even without my mistake at the railway bridge, I'm sure I would have been overtaken eventually on the final hills.

MV's Ted McDonald, our only other runner, chose the C course of 7.3Km (so about 10Km actual). This course went down from Newlands, up to the top of St Martha's, straight down the very steep descent (that I chose to avoid) to Chilworth Manor, across the southern flanks of the Chantries, then back up and over The Chantries to a control on the Pilgrims Way. Finally the long ascent back to Newlands. In itself, with some steep descents and long ascents, not a course to be underestimated. Ted finished in a creditable 74.10 with the leader about 25 minutes in front and an M21 finishing 18 minutes behind him!

This event didn't actually attract many non-orienteers, possibly due to lack of promotion to others. However, this is the type of event that I feel will gain in popularity and MVOC should try to put one on with an aim of attracting running types to orienteering and our club in particular. SLOW have done this with their Trail Challenge series with some success. I for one would be happy to try and put one on and I'm sure people like Rob and Ted would endorse the idea.

Holmbush and Buchan Country Park:

9 December 2012 Our F and V correspondent

Registration for this MV event incorporating the Families and Veterans competition was in a farm building. A splendidly multi-coloured cockerel came visiting from the adjoining barn. I was told that he was a cross between a couple of exotic species. He had been hatched alongside a group of goslings. Like a number of species, he identified with the creatures he first saw on hatching, and had adopted the habit of roosting alongside the geese at night. (I once read of a mallard whose first sight had been of the man who went on to rear it. The bird thought that the man was its mother and went everywhere with him. The article was accompanied by a splendid photograph of the mallard flying alongside the car being driven by the "mother".)

Neither the cockerel nor, as far as I am aware, the geese ventured to sample the orienteering. If mine - the blue - was typical Mike Elliot had planned some challenging courses, with lots of route choice. Helping on the start after an early run, it was somewhat disconcerting to find one runner chasing back past the registration boxes, rather than going forward via the start kite, because he had spotted what he thought - possibly correctly - was a better route to the first control. A later runner, on a different course, did the same. Judging from the map, the advantage of that route was less obvious. When asked about it later, the runner said that he had gone that way because he had confused the control numbers on the map, and was mistakenly making for a later control a little distance away from the correct first control.

The start is a crucial time in orienteering. I do not know if statistics are available, but I should be surprised if more mistakes were not made en route to the first control than at any other point on the course. We have not had the opportunity to get fully in tune with the map and the terrain and to work out how the two are brought together. We are under self-induced pressure to do well, which is strengthened when we see those starting at the same time, having done no more than take a quick glance at the map, confidently striding off. Clever planners take advantage of this early tension. I remember running one course some time ago where the first control was within 50 metres of the start kite. At least one runner told me afterwards that he had missed that control and run straight to number two. There he rather ruefully realised his mistake, which meant that he ended up running the leg between the two controls three times. The planner's cunning was that he had foreseen the possibility of that mistake, and made the leg between the first and second controls the longest on the course.

There were no such vicissitudes for me on this occasion, although I did have trouble locating the first control, and having done so ran off at an angle of 90 degrees from my intended route to number two. Relocation. Relocation. Relocation. Another special challenge. This time an east/west stream - the only one anywhere near where I thought I might be - came to my aid. Thereafter, there were no particular horrors, although I did have a tussle or two with some particularly unfriendly rhododendron bushes - probably because I was off the optimum route. For me, there is too much green on this map to make it one of my favourite areas, but Mike's courses skilfully avoided the worst of it. And, most thankfully of all, I did not become a paintball target.

Junior Home Internationals: Headley Heath and Wisley Common 13/14 October 2012

Mark Cheesman

Last year saw the Ward Junior Home Internationals come to the South East and appearing on Mole territory at Headley Heath – and I was the official photographer! This closed competition was between Scotland, England, Wales and Ireland. The runners were all aged between 14 and 18, both M and W. Day 1 was the individual competition and day 2 the relays. On the Saturday, the kids ran round Headley Heath and the Sunday event was at Wisley Common.

As big chief photographer man I had been out over the last couple of months taking landscape shots of the areas, knocking into cows and wardens on my early and mid day excursions. Those choice images were showcased on the SE WJHI web page that had been made up for the occasion. Then the actual day shots were put on to my flickr web page for everyone to see.



Headley, Day 1. A study in sunlight.

On the day they were running around all over the place with track junctions and flag placements working well for a good shot. Saturday night was dance time with a Ceilidh at the event HQ - High Ashurst Outdoor Centre. As an interlude, Sarah Rollins of GB Orienteering presented the individual prizes and overall trophy to England.

Sunday turned out to be a bright and fantastic day for photos. Mass starts for the men and women with Simon Greenwood of SAX [and Chairman of the SEOA] dishing out the pots to the winners. Wales beat Ireland in their own tit for tat comp and I surprised a few tired internationals by hiding in a ditch with a control, then snapping away to get the best pose.



A Scotland hand-over in the Day 2 relay

It was a big weekend and Catherine Galvin of LOK did a sterling job as Event Coordinator. CompassSport had a write up and the BOF magazine put a few words together as well on the event.



Wales won the Judith Wingham Trophy. Simon Greenwood stands beaming by.

The OMM 2012

Not Buddhist chanting but the Original Mountain Marathon, which was formerly known as the Karrimor International Mountain Marathon (KIMM). For those who may not be familiar with it, the OMM involves teams of two navigating against the clock through rugged terrain over two days, carrying all their kit. Two Moles report on their (separate) participation in last autumn's event which was held in the Howgill Fells in Cumbria on 27-28 October.

First, Rob Hardwick describes how orienteering with Mole Valley helped him meet the challenge.

Hi, fellow Moles. I just wanted to write and say thank you for your help and support over the last year.

In August 2011 my brother gave me the present of entry into the OMM (KIMM) training weekend and we set our minds on doing the 2012 event. My role in the team was navigator which at the time was a bit of a stretch having not orienteered in 20 years. So I joined Mole Valley and set about an intense programme of events and learning. Starting with green courses, I moved quickly to blues and I was reasonably competitive except for one blue that I pushed my son around in the buggy: not advisable for river crossings. In November I moved up to brown which was a painful, muddy and enlightening experience. By December I achieved my first target: a black within 25% of the leader. At this point I worked out I was navigating faster than I could run, which I decided was a good problem to have. So I changed my training plan to include a spring marathon. After the marathon I did a combination of orienteering, running and adventure racing which led me to the OMM.

We entered the C course: 45km over 2 days with 3,200m of climb. The course was roughly half linear and half score. Day one was bright and sunny. I felt very prepared on the start line and apart from a navigation error on control 2 (which I put down to over thinking) we got round with no issues. It turned out most people had a good day and we finished 22nd out of 144 starters (which I was both surprised and happy with). Day 2 was tougher with rain, low cloud, strong wind and a course with options of climb up steep sides of hills or down them and not much in between. Although it was tough, the time seemed to pass quickly. We got to the finish in just over 5 hours which put us 12th on the day and 13th overall (45 teams having dropped out). I think my body is going to take a few weeks to recover but it was worth it. To any of you who haven't experienced this event I'd recommend it.

Thanks again for your coaching, support and advice.

PS: I believe Keith Masson from MV came second in the Long score which is an amazing achievement.

And here is Keith's characteristically under-stated account of what I agree is an amazing achievement.

As has often been the case, Kenny [Leitch of SO] picked me up around mid-day on the Friday to start another mountain marathon adventure. Again, as usual, the traffic wasn't great but we arrived at registration (Sedbergh School) in decent time and got our dibber attached to my wrist; browsed around all the stuff for sale and got a meal in the school café. It was 30 mins back to our travel lodge on the M6 for final packing of packs and a reasonable sleep.

The next morning we got to the start without incident and we were off! The temperature was about minus1 and there was a breeze blowing but the sun was almost shining. After a 1k compulsory leg we stopped (like everyone else doing score) to decide on our route which usually gets modified

during the run. We have 7 hours to collect as many points as possible. The controls are scattered over much of the map (1:40,000, 10m contours) and are worth variable points depending on difficulty and location. Points are lost if you are late to the finish/camp which will be a low lying field near clean running water.

So, after 6 minutes we were off to our first control. This went OK but we lost 10 minutes at the next when we couldn't find the right crag on a slope full of crags! After the following control we were up on a broad ridge fighting our way into a really stiff wind. With wind chill, it was probably about minus 15! However this didn't last long and we made steady progress around our route, which had a lot of ups and downs of about 100 – 300m.

After 5 hours we were down at a road crossing, a few minutes behind schedule. At this point we are always very tired but the end is, sort of, in sight. Heading up from the road we lost concentration and followed the wrong stream for several minutes. This cost us about 5 minutes so we cut out a low 10 pointer control for the next, probably saving about 7 minutes. We were pretty strong for the remainder of the loop and made it down to the finish, not far from the earlier road crossing, with just over 2 minutes to spare – a 'normal' run in for us! Overnight, this put us in 2nd place with 230 points – 10 points behind the leaders.

The ordeal of the overnight camp is never much fun and this time was no different. We have always taken close to the minimum amount of gear and overnight is where I suffer – probably a bit more than Kenny. On day 1 we had been running with 2 long sleeve tops and our waterproof tops on. Unfortunately for me, neither of my tops dried out sufficiently during the evening so I was down to 2 dry tops and my cagoule for the top half – which ain't enough!!!

At 5:30 the next morning I'd had enough of trying to sleep and got slightly out of my damp sleeping bag to get our last super noodle ready – Yum Yum??? – we ate 6 the previous afternoon/evening.

We started day 2 at 7:00 – a random draw for the first 20 in score classes over the first hour and we had to be first off!! It's not being first off we mind - its getting ready on time!!! The weather wasn't good – cold, rainy, windy, cloud/mist – lovely.

After taking a few minutes to figure out our route (6 hours on day 2) we headed off up into the cloud to our first control. We missed it by about 10m! It was on a bend of a small stream, so small that we didn't think it was a stream and 20mins later we arrived back there to find it – visibility was about 50m – which is our only excuse.

Carrying on with our plan, another 3-4 minutes were lost on 2 other controls, but that is to be expected giving the conditions. After 3hrs 20min we left out a 20 pointer to get back on schedule and headed down to more controls before getting to a road crossing where Kenny had calculated we needed about 90mins to get 3 controls and make it to the finish on time. We had 86mins left and, yet again, another huge effort was required - but we did it with exactly 2 minutes to spare. Our closest call has been by 7 seconds!

So, on day 2 we came 2nd with the same points score, but slightly slower, as the overnight leaders to come 2nd overall. The lost 20 minutes at our first control had cost us a possible win, but these days we get some consolation from still being competitive.

A slip up on some advertising means we are fairly certain that The OMM 2013 is in South Wales – probably where I broke my leg in the 1995 KIMM – can't wait!!!

Ian Ditchfield often encourages Moles to consider trying summer events overseas and I strongly agree, having visited some delightful spots off the beaten track over the years. Using Easyjet flights from Gatwick, and booking modest accommodation (or packing a tent in your suitcase!), these trips need not be too expensive as long as you avoid the high entry fees of huge events like the Swedish O-ringen. Eating-out is often much better value than in the UK, especially in places like Hungary, Croatia and USA. Of course, you need time to fit in these trips, but being retired helps enormously and I entered three overseas events in 2012, in Slovenia, USA, and Italy (the sole Mole in each case). All were memorable but I'll just cover the highlights here.

Negative-O in Slovenia

At first glance the maps from all five days of the OO Cup seemed to portray runnable forest with many 2-3 contour isolated hills and plenty of rock detail. On closer inspection, most of those 'hills' had tags on their contour lines, and they are in reality huge depressions so that in a sense this is negative terrain. The reason for this landscape is a vast expanse of limestone that has been undermined over millions of years by slightly acidic rainwater falling on the surface and leaching through tiny cracks to create vast caves with mighty rivers flowing for hundreds of miles just below the surface. Over time, the thin remaining crust has collapsed in places to form many surface pits, sometimes very large ones with irregular rocky detail on the sloping walls. This terrain, named Karst after the Geologist who first described it, covers much of Slovenia (and parts of neighbouring Croatia), and results in slow-growing forest but very poor agriculture as there is so little surface soil. But that means good visibility in the forest, very little green on O-maps, and excellent running provided you can place your feet carefully at speed on the ever-rocky surface. It took me half the week to become familiar with reading these unusual maps and to develop strategies for navigating successfully but it was most satisfying to have reasonably clean runs by the closing days.

The limestone may detract from Slovenia's agro-economy, but one compensation is tourist income from the many visitors who come to see the magical underground landscape in World Heritage caves especially near Postojna. I visited two of these; spent one afternoon cycling around the beautiful capital Ljublianka with many grand buildings; another exploring vast salt pans on the unspoilt Adriatic coast; and a third at the Lipica stud farm that has been providing pure breed white dancing horses since the sixteenth century for the Court at Vienna.

North American O-Champs in Pennsylvania

This may seem a long way to go for an O-holiday, but we lived in Princeton NJ from 1996-2000 and, as a member of Delaware Valley OC, I knew that the terrain in the wilderness areas not far from Philadelphia or New York City is superb, and that the foliage would be at its peak at this time of year. The clinchers for me were that controls would be set on several WOC maps in the Hudson Valley for DIY orienteering in the days before and after the 4-day Champs; and that two bonus local events would be held in nearby Connecticut the following weekend. In the event I managed to run on 8 maps during a two week holiday.

Our return flight was booked to depart from New York's Newark airport at 20 30 on 22 October, but those of you with a good memory for dates will recall that this was exactly the time that Hurricane Sandy hit NYC. Forty eight hours before departure we learnt from BA that Newark would be closed and that no seats were now available out of New York for at least the next week. Fortunately I asked about Boston, and was allocated seats on the 07.30 flight to London on Monday 22nd. We drove 200 miles North through torrential rain as the vast storm approached, and next morning found Boston's Logan airport almost deserted as it was closed for domestic flights and our North-bound departure seemed to be the last one out that day. Back home we watched on TV the devastation that happened just after we left.

Splash-O in Venice

For the past 30 years the Italians have held an Urban-O event around the traffic free streets of the mediaeval city. I had heard good reports of this event from many O-friends who have taken part in previous years, and Pat was happy to join me for a long weekend in a nice hotel. I found the event website very confusing but thought I had entered, albeit without paying on line. However, when I showed up for the model event around midday on Saturday the officials had no record of my booking. Fortunately though, they were happy to accept my Euros and I ran off around the delightfully picturesque course, managing to avoid any significant errors. I found the event slightly easier than UK urban-O, because there is far less clutter in the narrow Venice streets and the control flags can be spotted instantly provided you maintain concentration and turn correctly at each street corner. Venice has no pavements, no open fields, no trees, no fences, and so the map is almost monochrome, with an overall blue-grey background. Perhaps this was a portent for what happened the next day.

After Saturday dinner, we returned to our hotel and saw a notice at reception explaining that breakfast would be served upstairs where all the furniture had been moved in anticipation of flooding at high tide at 08.31. Sure enough, when we looked out of our window next morning the canal had overflowed and the adjacent street was flooded to a depth of about 18 inches. The marble ground floor of the hotel was flooded to the same depth with apparently clean water, albeit with a faint but definite smell of sewage. On the staircase was a box containing miscellaneous wellies and, after breakfast, I borrowed a pair and set off for the O-start keeping my O-trainer shoes dry in my rucksack. En route I discovered that Venice is not completely flat, and that St Mark's Square is a low point. Here the water was up to my knees and the wellies were useless. At the start there was a 50 metre queue, 3-5 deep, but it cleared rapidly as the officials had decided to ignore normal procedure and were allowing punching starts as soon as we had found the correct map, with runners setting off at roughly 5 second intervals. We then all ran the entire race through an average of 15 inches of water. This was OK for the competitors, but the shoppers hated our splashing and yelled angrily 'Piano, piano!'. After finishing a good run I returned to the start to recover my wellies. Here the officials were clearing up long before the last scheduled start, and disappointed runners were being turned away because 'the carabinieri have stopped the race'. What a disappointment for those who had travelled from all over Europe for this classic race!

Apparently Venice experiences a flood every few years but this was the most severe for over 30 years. It was caused by a spring tide coinciding with very low pressure over the Alps resulting in strong Southerly winds driving the water into the lagoon. There will be no Venice race in 2013, because the organisers want to use the City for WOC in 2014 and cannot risk a total ban if there should be a repeat of the 2012 fiasco.

What we did on our O-Lidays

Mike Bolton (aka Boltmole)

Thanks to many years sharing a car to events and analysing our runs afterwards, Peter Heywood and I are old O-friends. His retirement to Cornwall rather put a crimp in this so we have evolved an annual summer reunion whereby we head off to foreign lands to sample the O-delights on offer.

2010 saw us in Norway for Fjord-O (see an earlier edition of the Journal for a report on this one). In 2011 we headed for the World Champs in SE France, taking part in the parallel events for mere mortals (obviously). Last year we decided to sample the famous Swedish O-Ringen.

In 2012 the events were based on the town of Halmstad, on the SW coast of Sweden, north of Malmo and south of Goteborg – 5 days of competition, at 3 locations each less than an hour's drive from the event centre, culminating in a chasing start to decide the overall placings. I could bore you with details of the terrain, the quality of the maps and the minutiae of our runs, but frankly I don't believe anyone would be interested. However I will share some of the highlights (and if you want to know more, just accost me at an event and I'll get the maps out to talk you through them).

Day 0

We flew to Copenhagen – the easiest/cheapest option from Gatwick – picked up our rental car – turned right out of the airport and set off across the Oresund Bridge to Sweden and a couple of hours later pulled into the Event Centre at Halmstad. This turned out to be an army camp which had been commandeered for the week by the O-Ringen organisers. Quick look round – very palatable meal in the 'restaurant' tent for about £8 each – picked up our bibs and goody bags and headed off for our accommodation. Peter had found a self-catering place to hire for the week on a 'farm' off to the north of Halmstad. Despite detailed directions from the owners, it proved hard to find but by early evening we had arrived at our lodgings. Turned out we were sharing kitchen and bathroom facilities with an elderly Swedish couple whose daughter, son-in-law and grand-children were attending the O-Ringen as well. He was quick to let us know that he used to orienteer at international level but was retired from competition now – more later – and so to bed.

O-Wow for the day? O-signs on the motorway for the turn off to the event centre! Anyone fancy putting signs up on the M25 for our next event at Nut Wood?

Day 1

Early start to make sure we had plenty of time to park and walk the 2km to the Assembly Area (Arena), plus the 2.25km *uphill* to our Start (there were 5 different Starts!). There certainly doesn't seem to be any problem with lengthy distances between key places at Swedish O events ... Check out the organisation – convoys of buses bringing in competitors from the Event Centre, local roads closed to allow O-Traffic free rein, a scaffold bridge over the road to bring competitors off the forest into the run-in, a crèche, shops, restaurants, showers, 100s of toilets and 1000s of people (we reckon there were some 15000+ competitors).



Off for our runs, jaws sagging at the scale of it all. A steady pace to get a feel for it – not as complex as we experienced in France or Norway, but well worth the effort of getting there. Results: Peter beat me by over 7 mins but we soon knew our place relative to the rest of the field, 182nd and 187th out of 193. Kerno 1 – MV 0.

Off to Halmstad to see what else we might be able to do whilst on our O-liday. Ended up in a cafe overlooking the town beach watching the kite-surfers – now that looks like fun, could we maybe book a day for the ‘Rest Day’? Nah – we were reliably informed that it would take a week to become vaguely competent, a day just to learn to handle the kite. I reckon Peter has designs on a kite surfing week for next year though – definite gleam in his eye?

O-Wow for the day? Well the whole set up took some beating but on our return home we started talking to our elderly Swedish neighbour. Peter wearing his JK2000 t-shirt explained what it was all about, in memory of Jan Kjellstrom etc. Turned out this guy used to be in the same Swedish National Orienteering Team as Jan and knew him well – Blimey O-Riley!

Day 2

Back to the same Arena as day 1 so we knew what to expect this time, however using the forest on the West side of the valley today, so a new area. Results: This time I beat Peter. Kerno 1 – MV 1.

O-Wow for the day? Sitting there minding our own business, getting ready for our runs, when all of a sudden stirring music and an operatic singer interrupted the euro-pop the PA was putting out and the whole field stood up! They started that day with the assembled throng singing the Swedish National Anthem (maybe every day, we weren’t in the Arena at the same time again?). Now if we did that in the UK – would we have ‘God save The Queen’ or the ‘local’ anthem, say ‘Land of my Fathers’ if we happened to be in Wales (in Welsh of course!)?

Day 3

Off to the coast for this one – a scorching day. The picture below shows the orienteering horde descending on the Assembly Area – a seemingly never ending column!



Our course started in the pine forests behind the beach and ended in the dunes along the sea shore. Should have been my sort of terrain – technical suits me better than Peter – but I succumbed to the searing midday heat and managed to mess up a couple of controls. Kerno 2 – MV 1.

O-Wow for the day? The last few controls were a series of re-entrants and depressions hidden amongst the dunes. This is the first time I can recall spectators at an O-event cheering us on, in swimwear. Can't see it catching on at the November Classic?

Day 4

Rest Day! So as with previous trips we determined to do something seriously strenuous ... Kite surfing was out and there were no glaciers or white water rafting as in Norway, so we settled for a 20km cycle ride along the coast to Falkenberg, plus a quick dip amongst the jellyfish to cool off.

Day 5

The first of two days in the mixed forests of the army training grounds to the North of Halmstad. Made a horrible mess of number 2 – 14 minutes to do 300 metres – so plodded on more in hope than anger. Turned out Peter had made some even bigger errors. Kerno 2 – MV 2.

O-Wow for the day? As it was relatively near to the event centre, the organisers had encouraged competitors to use bikes to get to the event. There was an entire field given over to bike parking and it was full!



Day 6

The final day of competition – a chasing start. Despite orienteering for 27 years I have never experienced one of these and as I was going only 45 seconds ahead of Peter the nerves were jangling – it was all on this one! Well I hit the first couple of controls spot on, even overtaking a couple of folks who had set off 30 and 45 seconds before me. However number 3 proved to be my Waterloo – overshot it by miles and spent 25 out of the 32 minutes it took to eventually find it, casting around the wrong hill ...

Now as luck would have it we had decided to fly back that day as it was much cheaper than leaving on the Saturday. Our class had the last starts and I was now 50 minutes into the 90 minutes I had available before I needed to be back at the arena, pick up the car and get back on the road to Copenhagen. Nothing else for it but to abandon my run. Final Score: Kerno 3 – MV2.

Would I recommend the O-Ringen? – Absolutely. The event is impeccably organised and despite the large numbers of competitors the forest never felt crowded. Food and accommodation were not as expensive as we feared – splitting the cost 50:50 we spent £760 each including entries, flights, car hire, accommodation, food, petrol, bike hire and post cards!

It seems that 2014 sees the 50th anniversary event – might be one to consider?

JUST AFTER the last edition went to press, the Journal received a request to give a plug to **Forest Challenge!** the orienteering board game, in time for the 2012 Christmas market. Looking ahead to Christmas 2013, for all you armchair orienteers here is what you may have been waiting for. All profits go to the Woodland Trust.

Forest Challenge! - the orienteering board game for 2-6 players

"Forest Challenge!" is an exciting board game where even the most "average" orienteer can beat that fit M21 or W21 on a Blue, Brown or even Black course. Saturday evenings will never be the same again as you strive to relive the triumphs and disasters of those afternoons spent in the Forest.



Cost of the game is £8-00 (you can buy your copy at an NGOC event or through the post from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG (please add £2-00 for postage, cheques made out to NGOC or pay by PayPal or bank transfer). All profits to the Woodland Trust. Email legend@ngoc.org.uk for further information.

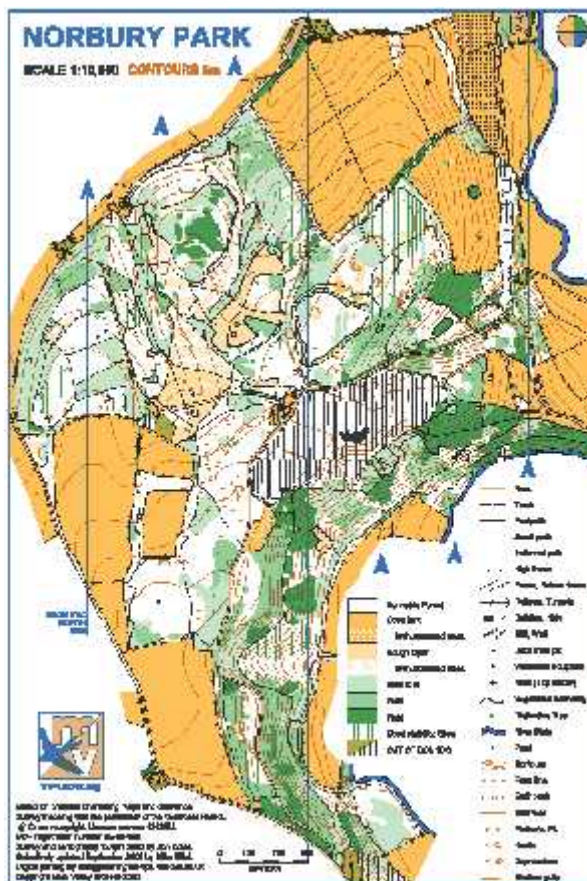
Norbury Park is for us Bookham residents a peaceful little gem set between it's more illustrious and loftier neighbours, Box Hill and Ranmore, about a mile to the south of Leatherhead. The park, originally known as Northbury, is an ancient place with a varied history. In 2003 Bronze Age artifacts were discovered on the park whilst a grove of Yew Trees once use by Druids for rituals and ceremonies and mentioned in the Doomsday Book of 1086, are thought to be some of the oldest trees in Britain. In more recent years, but before the area was extensively forested, cattle grazed on the hillsides, evidenced by the presence of 2 Dew Ponds still visible today.

The most striking feature within the park is Norbury Park House. The house with its white-washed walls is in an imposing position, set high up on the escarpment overlooking the Mole Valley and is clearly visible from the A24 and hillsides around. The estate was owned through the centuries by only a few wealthy families until William Locke purchased the land in 1766 and had the house built in 1774 to replace a former manor house sited on the Mole flood plain. Locke died in 1810 and his family left Norbury Park 9 years later. After that the house was owned by the great and the good of the area including Leopold Salomons who gave Box Hill to the nation in 1914, and writer and scientist Marie Stopes until her death in 1958. She then bequeathed it to the Royal Society of Literature who eventually sold it to the present owner, a wealthy industrialist. In 1939 Surrey County Council purchased 1340 acres of land to protect the Park from development. Today the Park is managed by The Surrey Wildlife Trust on the council's behalf and is very much a working estate.

The Wood Mill has had a precarious history and has been threatened with closure many times. It benefitted for a while from the 1987 hurricane that devastated much of the woodland escarpment, but in 2012 it ceased to trade for a while for economic reasons. However, in October it was granted a reprieve and is now flourishing, particularly benefitting from the massive amount of felling of mature conifer woods in recent months. On the edge of the park, Bocketts Farm has developed into a very popular family visitor attraction whilst Norbury Park Farm produces Norbury Blue cheese from its own dairy herd. Coppicing is carried out at regular intervals by both the land management and private businesses for fencing and charcoal burning whilst survival companies and groups use the woodlands for the teaching of shelter, hide and hurdle construction, much in evidence as you walk through the forest.

The park has been sparingly used in recent years for Orienteering. It is, in my opinion, an ideal playground for the sport, lacking only a lake for optimum interest. I can only imagine the lack of use is down to the forestry work that has changed the landscape in recent years and the fact that sections of the park are designated areas of Special Scientific Interest which together combine to limit or prohibit access. MVOC have recognized the merits of the park by constructing a POC (Permanent Orienteering Course) many years ago. Although the course is intact and usable, some of the posts are showing signs of age and I believe the course is earmarked for restoration soon. Maps of the Norbury Park POC can be obtained for £1 from Bocketts Farm and I can vouch for the fact that it makes a pleasant training exercise or "walk of discovery" with a young family.

I hope it isn't too long before Orienteering is back within the Park. The map will have to be revised but I think most of the major felling has now been completed. There is an extensive path network, glorious open spaces and ancient woodland to enjoy. In the meantime I will continue to walk there every day and enjoy the sights and sounds of a wonderful place.



THE FIXTURE LIST for the 2013 South-East Orienteering Urban League (SEOUL) has been finalised. The fixtures are

Sat 13 Apr - St Ives - KERNO
 Sat 27 Apr - Hampstead - LOK
 Sun 28 Apr - St Albans - HH
 Mon 6 May - Dorking - MV
 Sat 1 Jun - Poole -Wessex
 Sat 8 Jun - Poundbury - WIM
 Sat 13 Jul - Swindon - NWO
 Sat 20 Jul - Goldsworth Park - SN
 Mon 26 Aug - Rutherford Labs (near Didcot)- TVOC
 Sun 8 Sep - Bristol - BOK
 Sat 28 Sep - Guildford - GO
 Sat 26 Oct - Cambridge - CUOC
 Sat 2 Nov - Salisbury - SARUM
 Sat 14 Dec - Brighton - SO

The best 7 from 14 races count, and for once the Nopesport Urban League (NUL) is weighted in the South, with 7 SEOUL races also being in NUL.

SEOUL is on FACEBOOK: <http://www.facebook.com/SeoulDiscussion>



Philip lives in Woking with his wife, Helen, who is also a member of MV. He is the father of Graham, one of the UK's top orienteers. As the interview shows, he is full engaged in all aspects of the sport.

More biographical details of all three below.

When did you start orienteering and what made you start?

We had friends (in SAX) who orienteered and as I was interested in maps they showed me their O maps and over a year or two I learnt to orienteer in an armchair. We also 'ran' courses on a Sinclair Spectrum computer! In December 1986 on a frosty morning when Graham was 1½ years old we finally went out to a real event – the Devil's Punch Bowl near Hindhead - and did a Green course beating par time at our first attempt. Quite pleasing as I was very unfit having had no proper exercise for 15 years or so, I could not even keep running for a minute at the time. Also I was carrying Graham around on my shoulders which made things a bit tricky.

Why did you choose to join Mole Valley?

After going to many events for several years as Independents we eventually thought it might be easier to find out about events if we joined up. We got literature from several clubs and in the end it came down to would we prefer being Gophers or Moles. Both clubs seemed to have lots of friendly people but Moles won. Not quite sure whether SN featured then as they are really the club covering Woking.

How often do you go orienteering? Would you go more often if you had the time?

Originally 20 times per year then increasing to 40 or 50. Prior to retirement I was up to about 80 times a year and then nearly 4 years ago I retired early so I could go even more often! Now I do the Wednesday army events, SN midweek training events, Mole Nights, some Saturday events (if near) and most Sunday events. Not to mention multiday events and odd trips abroad to things like WOC and EOC where I can run as well as supporting Graham. Health and fitness seem to limit things occasionally.

Do you just do forest races or do you do other forms of the sport as well?

I have a go at nearly everything. I like Urban best as it is easiest running conditions, although maybe not so good for the legs. I seem to get higher in the results for this, maybe due to planning legs in advance and avoiding dead ends (usually). I also do pretty well in Sprints having won silver medals a couple of times in the SE Champs. I am not so keen on Score although I seem to do relatively well, perhaps down to picking good routes to get a lot of controls. I don't mind relays but don't like first leg as not able to keep up with all the other people and don't like head to head racing. I did quite like night orienteering but having done it successfully for a few years the attractions of driving any distance to run somewhere you cannot see anything has diminished. I also used to like the Harvester but being awake in the small hours is not so good now I am getting old. Evening urban races are OK as they are quite good fun, and usually have the attraction of a social gathering afterwards.

Do you orienteer just for fun, or is doing well against others important to you?

Fun is maybe not the right word, enjoyment is better. I like the challenge of finding the controls in difficult terrain, or good routes in urban events. It would be nice to do well against others but that does not happen very often as the M60 class in the UK is so strong. When I orienteer overseas, I often do much better as there are fewer good people in my class: I even have certificates and trophies for coming second a couple of times. I like to see if my own running speed is holding up (unfortunately not at the moment), and to see if I can cut down on time lost due to mistakes. If I can beat Mike Elliot then that is quite satisfying. For many years it was also satisfying to be faster than all the ladies in our club.

What have been the biggest influences on your orienteering career?

Probably following Graham. Going to all the World Champs for the past 9 years has meant I have competed in some great places including Japan. Before that we had to take him all round the country for qualification races and competitions so that regularly got us away from the South East. Seeing Yvette Hague performing was inspiring for both of us.

What is your best orienteering achievement?

Nothing very special, I managed eventually to get all the colour coded standards up to brown and the one below chocolate for night O. I got a few gold certificates in the age classes but never managed to get to championship level. As I said before, I have a few certificates and trophies for coming second, and odd mementoes for being in winning Harvester and relay teams. I think the achievement which pleases me most was on last year's Interland trip at the Citadel de Montmedy (the Saturday warm up event) where I beat John Rye (and quite a few others) in a very unusual urban type race. Winning the Mole of the Year award was very satisfying a year or two back.

What have been your funniest/scariest orienteering experiences?

I don't recall anything special in these categories. Running past an ambulance several times in the middle of a sprint race was not too good!

Which is your favourite area for orienteering and why? (1) Mole area (2) Other

(1) Difficult to say, I am so familiar with all our areas but don't really have a favourite. I would say perhaps the most challenging are Pippingford Park and South Ashdown, but the White Downs/Sheepheas area is interestingly varied.

(2) Other areas I like include Guildford urban map and the City of London. I used to think that Venice was the most interesting area until I visited Morocco last year. There I ran in the walled city of Chaouen, without cars a bit like Venice (except almost no water), but with a lot of contours and a river through the middle. Oddly any passageways that were dead-ends had the ground painted blue.

How do you keep fit for orienteering?

By orienteering regularly! Also trying to lose weight following health problems. Sometimes run on a treadmill to both lose weight and keep fit, but don't enjoy going out running just for the sake of it.

What technical training do you do?

Nothing special unless it is a feature of a Mole Night or SN's training evenings.

What tips would you give others to help them improve or enjoy their runs more?

Tell them nothing so I have more chance of beating them! But seriously, when I am plodding slowly around I sometimes see people stationary studying their maps. On occasion I chat to them and suggest that they could actually read their maps while walking and they would not lose quite so much time.

Besides running, what other aspects of the sport are you involved in?

All kinds of things. I am on the Mole committee again, some time ago I was club Fixtures Sec. I am now the SEOA Fixtures Secretary and host 2 SE fixtures meetings and attend 2 BOF Event Scheduling Group meetings each year. I am a Grade B Organiser, not sure what grade Planner, and a Grade A Controller. I am also an IOF licenced Event Adviser which means I can oversee things at World Ranking Events, currently working on the JK Sunday event looking primarily at the M/W21E courses. Somehow I got persuaded to become Chairman of the English Orienteering Council, the body that looks after English teams for Home Internationals and Interland. Not such an easy job as it sounds as we now have problems with funding following withdrawal of BOF support – if anyone knows any possible source of sponsorship for the English team then please get in touch. See <http://www.orienteeringengland.org.uk>

Just to make sure I have plenty of things to do I am also the co-ordinator of the SE League and process about eight sets of results a year plus club statistics. Associated with that is working out candidates for the Peter Burt Trophy for the most improved orienteer each year. I also process the results for the club Handicap Champs and the George Murray Trophy. Just as a side-line I got roped in to checking out all the clubs Permanent Orienteering Courses a couple of years ago. Subsequently I have made approaching 60 POC posts, some as replacements and others for completely new courses, and of course that included getting teams together to help install most of the posts.

How does it feel to be the father of a world champion?

Very proud. When Graham was away at a SEJS training weekend he once wrote that his objective was to become World Champion. With the help of 2 others he has managed to achieve that in the relay, now he just has to manage it as an individual.

Potted Biographies

Born and raised in Watford. Went all through the scouts and gained Queens Scout award, and learnt a bit about map-reading. Gained a degree in Nuclear Engineering at Queen Mary College, London University. When young only involved with 'soft' sports – tennis, cycling, ice skating and canoeing – nothing very seriously and definitely no running. After training worked as an engineer at power stations for the first 7 years, including a year in Brazil. Became a Chartered Engineer, then office based in London working on power-station combustion system design and latterly environmental control systems to reduce pollution. Travelled extensively overseas during career. Gained an MSc in Power and Process Engineering as a mature student at Brunel Uni. Retired at age 60 so I could have a longer retirement and do what I wanted to do, in particular spend more time orienteering.

Met Helen when aged 19 and married in 1974. She is a Chartered Librarian and prior to having Graham in 1984 worked for Surrey County Library, and from 1990 for the MOD as an Archive Manager. Helen is 'directionally challenged' and not good with maps so never took to orienteering, but she does regularly go out running and has done several charity runs to raise money for Cancer Research ranging from 5km to 10 miles. Her main O interest is supporting Graham, but she is also involved as Kit Officer for both MV and the England teams. In recent years she gained a BA and MA in English Local History and is currently actively involved in the Local History Society and Scouting.

Graham has grown up with a map in his hands and has his name on most of the SE and British trophies. He did his first degree in Maths at Warwick University and recently gained an MSc in Sport and Exercise Science at Sheffield Hallam University. He is currently as near as you can be to a professional orienteer. He now lives in Sweden, works part time for Scania and runs for Södertälje-Nykvarn Orienteering club. His best result to date was being in the Great Britain relay team which won the World Championships in the Czech Republic in 2008. He still supplements his income by producing orienteering maps (www.ggmmaps.co.uk) and in 2011 won the Silva Trophy (Best Professional Map) for his Guildford urban map.

Common Orienteering Mistakes

Graham Sutton

Mistake 1: Entering the event

Not all events, clearly. If nobody ever entered events the sport of orienteering would die. But sometimes after an event, I feel that it would have been better not to have entered. An example was a recent event. Rarely have I had such a bad run in such spirit-sapping weather conditions: persistent, fine, icy rain driven by a light but cutting wind. I was out in the forest for what seemed like the best part of a day, in sopping clothes, frozen to the centre of my bones, for much of the time hopelessly out of sync with the map, all the time utterly miserable and wishing I was anywhere but at an orienteering event. With hindsight it would have been better not to have taken part in the event. But the trouble with hindsight is that you never experience it early enough to inform your decision-making. I am now working on a method of bringing hindsight forward.

Mistake 2: Believing the map

For me, orienteering maps are a necessary evil. As with participation in events, if there were no maps there would be no sport. But in my experience the information they contain needs to be treated with a considerable amount of suspicion. As I know from my own limited experience, mapping is very, very hard and I pay tribute to those who do it. But when we pick up the beautiful image that a modern orienteering map undoubtedly is, we should not be lured into thinking that because it is so well drawn we can safely rely on it to be accurate in all respects. Many things, including the passage of even a short period of time, can mean that the representation that you hold of the piece of land that you are standing on, is not perfect. Above all, creating a map involves a considerable amount of interpretation. And therein lies one of the main problems for the runner. Is his or her interpretation the same as that of the mapper? Is that patch of bushes and undergrowth sufficiently dense and impenetrable as to merit being given the darkest shade of green? Or can a way reasonably be found through it, albeit at the cost of some diving and weaving, so that it can be shaded less severely? The mapper may take one view, the runner another.

So it was on my day of deep despond. Standing at one of the few controls that I managed to find without a struggle, I saw that the map showed a large area of dark green on the direct line between me and my next objective. This made me

decide to detour round the impenetrable obstacle rather than running straight. I do not want to go into the detail of what happened during the next few minutes: some embarrassment simply cannot be shared. But after much to-ing and fro-ing and upping and downing I reached the conclusion that I did not know where I was and had better return to the previous control and have another go. I managed the return journey successfully and decided that, since my first attempt had not been altogether successful, this time I would be direct. I set off on a bearing straight for the control which I found with no trouble. One thing that I did not find, though, was anything that could be represented on the map as an extensive area of thick green ficht. There were a few scrawny trees, fairly close together admittedly, but easily the right side of runnable. But that, of course, is only my interpretation.

Mistake 3: Following the compass

The compass is a strange animal. A floating magnet, it purports to show you which way is north, but it is selective in the north that it shows you. If you are able to tame it, it might, with luck, also show you in which general direction, in relation to the north of the day, you should be running. (I speak of the standard, hand-held compass of the variety that is known by the trade name of Silva. In my experience of trying to make sense of it, the so-called thumb compass shows you nothing at all, except, perhaps, the way to madness.) What I have never been able to do, though, is persuade the compass to guide me, within acceptable margins of error, straight to my chosen destination. Indeed, there have been times when the compass has seemed to inform me, always with the same apparent degree of conviction, that my route was both thither and thither's polar opposite.

On this occasion, rather less than halfway round the blue course (so named, I believe, after both the frigid condition in which it left this competitor and the language, which had I been less well brought up, I might have used to describe it) I was confronted with a long pathless leg, across varied, rough terrain, briefly downhill then with a long, long slog uphill. In such circumstances the compass comes into its own: take a bearing, run, (then shuffle, then stagger) on the compass needle. Across the valley, through the trees out on to rough, open moorland: still the trusty needle points the way. Past a control in a pit. Clearly not mine, but can I identify it on the map? No matter. Excelsior. Through a young, waist-high plantation, across the track prominent on the map – less so on the ground – into mature trees. Everything fits, except the prominence of the track. But that must be mapper's interpretation. On towards the fence marking the limit of the mapped area, and I should fall into the control. Only I don't. It's strange how disturbing being alone in the forest can be. Most controls attract people and people running through the forest reveal their presence. Here,

nothing. Only the biting cold, the wind and the rain for company. I run along the fence hunting for the control and find the biggest depression you could wish to see when you need a relocating feature. Scouring the map reveals an absence of huge depressions beside boundary fences. It takes a while before reality penetrates my gelid brain: I have run off the map. I have no idea where I am, so it must be providence that leads me back to the competition area and the control I passed hours (or so it seems) before. But I still can't identify the pit on the map so I have to wait until a runner appears and then – o shame, o ignominy – ask where I am. That I should be led to this, because my compass didn't lead me to my control.

Three Common mistakes. Christmas Common on 10 February 2013. Merry Christmas!

COMINGS AND GOINGS

We say farewell to the following now ex-Moles who did not renew their membership for 2013: Paul Blanc, Mark Burrows, Alexander, Daniel and Christopher Fisher, Nathan Goddard, Emily Higgs, Stanley Tilling, Steven Turner, and Andrew, Claire, Graeme, Cathy and Nicola Verra. We wish them well in whatever new sporting venture they may undertake.

We welcome to the club Bryan, Isabel, Rachel and Zoe Parke, and Ralph, Sarah and Tim Scarborough. We look forward to meeting you and hope you enjoy your orienteering with Mole Valley.



Picture by Jon Darley

THE PETER BURT TROPHY

The trophy is awarded annually to the most improved orienteer in the south-east. The award is in memory of former Mole, the late Peter Burt. For many years he calculated all the scores for the South-East League. This was a formidable task in the days before computers. The trophy winner is selected according to a fiendishly complicated scoring system of which we hope Peter would have approved.

The 2012 winner was Aimee Darley of GO. The presentation was made by Ian Ditchfield at the Chelwood Vachery event on 17 March 2013. Aimee had just won the Orange Girls course at the south-east heat of the Yvette Baker Trophy, despite still being W10.

SE Galoppen 2012 Final Rankings

The Galoppen is a virtual competition in which the rankings are determined by a fearsomely complex system of calculation using individuals' results in each of the SE League events within a calendar year. In 2012 they were based on runners' best five results from the nine such events. Those who ran in fewer than five events thus forfeited scoring opportunities. Points are allocated according to finishing position within the age group, with 100 going to the age group leader in each event, 99 to the second placed runner and so on. Here are Moles' rankings. Numbers in brackets show the number of scoring events. Particular congratulations to Keith Masson for winning his age class.

W14

(1	Abigail Bateman (SN)	198 (2))
2=	Imogen Squire	100 (1)

M20

(1	Ling Sang Angus Liu (SN)	200 (2))
3	Chris Schofield	99 (1)

M35

(1	Jevgenijs Petrovs (SLOW)	500 (5)
23	Rob Hardwick	94 (1)

M40

(1	Laurence Townley (SN)	498 (5))
10	Jon Coles	292 (3)
23	Philip Squire	94 (1)

M45

(1	Alan Velecky (SO)	500 (5)
2	Tony Burton	493 (5)
10	Tim Keogh	419 (5)

W45

(1	Woo Allen (BAOC)	500 (5))
8	Sandra Vogel	385 (4)
9	Nicky Masson	370 (4)

M50

1	Keith Masson	499 (5)
15	Tony Schofield	342 (4)
22	Peter Martin	259 (3)
27=	Mark Feltham	187 (2)

M55

(1	Colin Dickson (BAOC)	500 (5))
10=	Ian Ditchfield	393 (4)
15	Nigel Bush	372 (4)
42	Ashley Tilling	95 (1)
47	David Fisher	88 (1)
56	Andrew Fisher	79 (1)

M60

(1	Axel Blomquist (BAOC)	500 (5))
10	Mike Bolton	458 (5)
11	Mike Elliot	455 (5)
12	Philip Gristwood	454 (5)
18=	George Engelhardt	363 (4)
24	Jon Moore	254 (3)

W60

(1	Frances Goldingay (HH)	496 (5))
12	Jackie Olive	95 (1)

M65

(1	Tom Edelsten (CHIG)	491 (5)
10	Simon Ling	293 (3)
15	Graham Sutton	199 (2)
18=	Ted McDonald	186 (2)

M70

(1	Mike Baron (SO)	498 (5))
4	Chris McDonald	490 (5)
12=	John Davies	94 (1)

M75

(1	Pat Maher (SO)	496 (5))
3	Michael White	484 (5)

In Memoriam

Roy Whitehead 26 October 1930 – 3 November 2012



Picture by Mark Cheesman

Roy Whitehead, stalwart of Mole Valley over many years, died on 3 November last year. Although, in his last years, he had been unable to orienteer competitively, he still frequently travelled to events just to be close to the sport at which he had excelled. I shall remember Roy as a rather shy but kind man, a fellow cyclist and an Alpine explorer, as well, of course, as a gifted orienteer. Here are some memories from fellow Moles and others.

Roy was one of the club's first members and one of its most successful. Roy came to the sport from cycling and was a British and JK champion in his time among numerous orienteering achievements. He was ever present at events for over 40 years and crafted the Velvet Flyer trophy. Those who knew Roy well, however, will remember him best for his empathy and acute understanding of the natural world. Roy's love of nature suffused everything he did and he will be sadly missed.

Tony Burton

I remember Roy as a very good relay runner. In the early 1980's, MV had a very competitive M50 relay team, but in 1984, one of the team members had retired from orienteering and I was asked to take his place in the British Relay Champs at Wendover Woods. I accepted with some trepidation, being a relative novice at the time, with no experience of relays. Our first leg runner (Peter Burt – ranked in the top 5) came back in the lead & I followed my instructions as best I could i.e. don't try anything fancy; do a steady run; try not to lose too many places! I duly handed over to Roy who put in a fast run & overtook the rest of the field to make us Champions. This team format was repeated on numerous occasions – we didn't always win but we would usually finish in the top 3. My two team mates were very different personalities – Peter was highly extrovert & by contrast, Roy was the quiet one, but the combination was very successful.

Brian Ward

I would just like to pass on my sympathies having just read in Compass Sport that Roy Whitehead had died. Roy and I (and Allan Mason) shared some wonderful cross country expeditions in the 80's and kept in touch until relatively recently....he was completely at one with the natural world and an inspirational companion in wilderness situations. I have some wonderful memories of him.

Carol Mc Neill

I had a card from Clarissa Naapier (not a Mole, but one of my age group from CHIG, with whom I often competed; she is now in N Yorks). She read about Roy's passing in CompassSport, and writes: "Sorry he has gone. I always remember him going off to look at badgers, when we were expecting to take him back to a camp etc."

That sounds like Roy to me.

Margaret Stedman

VAULTING FOR THE OVER SIXTIES



Here is another of the excellent photographs that Mark Cheesman took at the Headley Heath CompassSport Trophy event. This one features Ted McDonald showing off his gymnastic skills. The picture was due to have appeared in the Dorking Advertiser. I hope it did, because it deserves a wide audience. The caption above the picture is Mark's. Can any reader do better? No prizes but the best offerings will be published in the next edition of the Journal.