

e - PUNCH

January 2014

The next edition of
PUNCH to be
published in

March 2014

All copy for the next
edition to be with the
Editor ASAP

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CHAIRMAN'S CHAT



The Christmas holiday festivities are over and now is the time to take action on those New Year resolutions. If one of yours is to get fitter and lose some weight then the next event at Lanhydrock is the ideal time to get started.

Winters in Cornwall are generally wet and windy, but recently it has been a challenge. I have a weather instrument and keep track of wind and rain. Normally I record gusts of 50-55 mph maybe twice or three times a year.

At the moment we seem to be having 50 mph gusts every week and this December we have had three periods with winds gusting over 60 mph! Fortunately, the rain gauge has stopped working (waterlogged?), but I gather December's rainfall has been about 50% above normal locally. So far our events have been relatively unaffected, but spare a thought for the planners and controllers checking sites and putting out controls.

Looking ahead, this year we will try to press ahead with mapping some new areas and will be up-dating maps when we can. This is all part of our determination to make orienteering as attractive as we can and provide a varied mix of events at roughly two week intervals. Urban events are becoming more popular and we now have several good maps for local areas and, for the first time, the Tamar Triple event will have an urban event on a new map.

Our activities in 2013 produced good revenues so we can afford to use professional help for mapping. We have excellent volunteer mappers in the club, but it takes a lot of time for even a small area.

Happy New Year.

Richard

Enjoy your orienteering.

SINGLE LIST ORIENTEERING RANKINGS at 1st January 2014

The competitor's total is the sum of the best six scores from the events held over the previous 12 months.

| O/A | ± | class | Name | Points | Contributing scores |
|------|-----|-------|------------------|--------|------------------------------------|
| 269 | +1 | 87 | Scott Collier | 7550 | 1253, 1252, 1254, 1258, 1271, 1262 |
| 348 | -1 | 28 | Ian Hargreaves | 7447 | 1235, 1244, 1242, 1244, 1239, 1243 |
| 522 | | 15 | Chris Moncaster | 7239 | 1194, 1203, 1200, 1213, 1208, 1221 |
| 536 | | 74 | Phil Newall | 7225 | 1206, 1197, 1216, 1197, 1197, 1212 |
| 738 | -2 | 57 | Mark Lockett | 7048 | 1169, 1180, 1195, 1166, 1169, 1169 |
| 820 | +2 | 41 | Stephen Eastley | 6975 | 1150, 1195, 1141, 1140, 1142, 1207 |
| 940 | +2 | 100 | Graham Pring | 6879 | 1134, 1157, 1181, 1137, 1148, 1122 |
| 1254 | -1 | 93 | Barry Olds | 6625 | 1117, 1083, 1125, 1086, 1102, 1112 |
| 1495 | -2 | 42 | Adele Newall | 6440 | 1066, 1127, 1093, 1064, 1046, 1044 |
| 1584 | -4 | 98 | Roger Hargreaves | 6371 | 1055, 1070, 1058, 1062, 1064, 1062 |
| 1722 | -4 | 118 | Peter Morton | 6274 | 1080, 1043, 1027, 1065, 1055, 1004 |
| 1730 | -4 | 121 | Ken George | 6271 | 1044, 1047, 1050, 1029, 1056, 1045 |
| 1774 | -5 | 162 | Steve Beech | 6231 | 1064, 1078, 1015, 1002, 1046, 1026 |
| 1781 | -6 | 166 | Ian Ashton | 6222 | 1227, 1235, 1235, 1241, 1284 |
| 1825 | | 197 | Michael Beadel | 6190 | 1008, 1062, 1037, 1076, 997, 1010 |
| 2093 | -2 | 166 | Peter Heywood | 5958 | 1003, 999, 1002, 983, 993, 978 |
| 2148 | -2 | 12 | Arthur Boyt | 5910 | 950, 966, 1007, 1003, 961, 1023 |
| 2241 | -7 | 78 | William Hancock | 5826 | 1304, 1207, 1163, 1113, 1039 |
| 2285 | -3 | 182 | Rod Allday | 5792 | 963, 1000, 909, 970, 993, 957 |
| 2412 | -4 | 84 | Bernard Pullen | 5665 | 936, 972, 988, 913, 966, 890 |
| 2522 | -4 | 45 | Elsie Hargreaves | 5537 | 902, 947, 979, 915, 904, 890 |
| 2534 | -2 | 122 | Hannah Jenkins | 5521 | 896, 940, 1021, 953, 922, 789 |
| 2647 | -4 | 93 | Arthur Vince | 5375 | 948, 922, 858, 873, 914, 860 |
| 2702 | -6 | 274 | Robert Sneyd | 5299 | 863, 918, 953, 966, 911, 688 |
| 2737 | -8 | 232 | Simon Freer | 5258 | 1052, 990, 1071, 1036, 1109 |
| 2773 | -4 | 67 | Pauline Olds | 5196 | 888, 863, 870, 848, 855, 872 |
| 2841 | -11 | 83 | Shane Ohly | 5094 | 1218, 1275, 1302, 1299 |
| 2949 | -9 | 116 | Annabel Pring | 4927 | 845, 830, 825, 819, 804, 804 |
| 2991 | -16 | 85 | Gavin Henderson | 4858 | 1224, 1211, 1215, 1208 |
| 3009 | -9 | 104 | Sandy Cowan | 4825 | 816, 800, 768, 770, 851, 820 |
| 3074 | -6 | 128 | Hilary Eastley | 4696 | 854, 862, 692, 748, 832, 708 |
| 3083 | -4 | 84 | Sarah Middleton | 4680 | 978, 772, 714, 785, 691, 740 |
| 3307 | -4 | 152 | Helen Donovan | 4240 | 780, 918, 1038, 852, 652 |
| 3383 | -1 | 109 | Christine Vince | 4060 | 684, 709, 723, 655, 649, 640 |
| 3418 | -1 | 263 | Richard Bown | 3963 | 980, 953, 1002, 1028 |
| 3628 | -4 | 273 | Richard Smith | 3384 | 828, 915, 919, 722 |
| 3629 | -4 | 122 | Jeannie Bown | 3381 | 736, 910, 880, 855 |
| 3661 | -4 | 276 | Alan Middleton | 3296 | 762, 903, 708, 923 |
| 3681 | -4 | 101 | Dan Alsop | 3255 | 1148, 991, 1116 |
| 3722 | -3 | 289 | Ivor Marshall | 3163 | 1074, 1012, 1077 |
| 3733 | | 164 | Malou George | 3145 | 504, 461, 625, 587, 251, 717 |
| 3751 | -5 | 160 | Ian Raggett | 3097 | 1035, 1027, 1035 |
| 3767 | | 79 | Tracy Freer | 3063 | 962, 655, 713, 733 |
| 3928 | -4 | 144 | Roger Venn | 2596 | 883, 854, 859 |
| 3929 | -3 | 347 | Derek Smith | 2595 | 891, 890, 814 |
| 4066 | -3 | 315 | Lee Bradley | 2235 | 1149, 1086 |
| 4142 | +1 | 320 | David Lockett | 2108 | 1115, 993 |
| 4181 | +1 | 184 | Chris Pawley | 2049 | 982, 1067 |

| | | | | | |
|------|----|-----|----------------------|-------------|------------------------|
| 4260 | | 372 | Tim Andrews | 1917 | 899, 1018 |
| 4266 | -1 | 337 | Alan Peters | 1912 | 942, 970 |
| 4382 | -2 | 419 | Andy Brumby | 1720 | 779, 941 |
| 4457 | -5 | 87 | Sara Dowler | 1543 | 632, 911 |
| 4463 | -4 | 189 | Liz Whitley | 1515 | 810, 705 |
| 4541 | -5 | 172 | John Burrows | 1264 | 642, 622 |
| 4561 | -4 | 193 | Elizabeth Brunyee | 1226 | 596, 630 |
| 4564 | +3 | 194 | Fiona Sneyd | 1216 | 38, 367, 269, 254, 288 |
| 4756 | -8 | 93 | Heather Ohly | 1031 | 1031 |
| 4831 | -6 | 364 | John Dennis | 984 | 984 |
| 5061 | -7 | 294 | Tandy Brumby | 809 | 809 |
| 5208 | -6 | 185 | Susan Morton | 567 | 567 |
| 5224 | -7 | 196 | Keith Goldsworthy | 533 | 533 |
| 5249 | -7 | 228 | Diane Talling | 453 | 453 |
| 5256 | -9 | 28 | Ruth Pullen | 442 | 442 |
| 5277 | -8 | 136 | Patricia Shuttlewood | 397 | 397 |
| 5296 | -8 | 189 | Sue Boyt | 350 | 350 |

No massive movements in this table but I'm looking forward to club members maximising their six scores by going to club events throughout the year!!

MEMBERSHIP NEWS

Firstly I'd like to welcome the Cade family who have just joined Kerno. We look forward to seeing you at our events.

As I write this it is the 1st of January, and, as for racehorses, the day that orienteers change age. So some of you will now have moved up an age group. Please remember to enter the correct age class when you register at events.

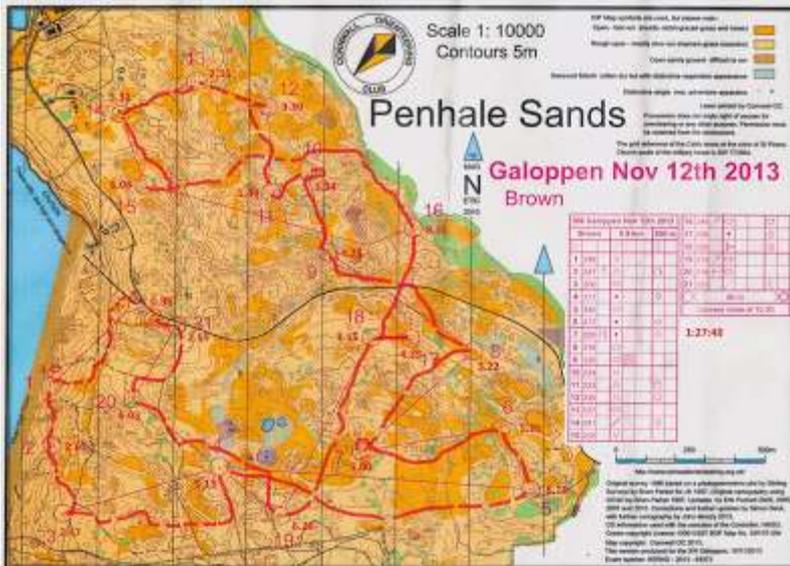
And by now you should have renewed your membership - if not hasten over to the BOF website - <http://www.britishorienteering.org.uk> and do it now. With the discount you get on entry fees at events it represents really good value. With the remaining winter and night events plus the summer series and the Tamar Triple, Kerno has 17 events planned between now and the end of August. Plenty to take advantage of.

It's not just with entry fees either as BOF has arrangements with several companies and organisations to give members discounts on a range of goods and services. Full details are in the membership section of the BOF website.

And while you're on the website please check that contact details on your membership record - email address and phone numbers - are correct. They are what we use to keep you informed of what's happening in Kerno.

Finally, as I also look after the Kerno website, please let me know if you spot anything wrong. Steve Beech - Membership Sec.

PENHALE SANDS, SOUTH WEST ORIENTEERING LEAGUE - 10TH NOV



It's unusual to get a second run on Penhale in the same year, that doesn't however make it any easier! I love Penhale the orienteering is incredibly absorbing and at the same time very physical. I had in the back of my mind the 2hrs 5min it took for my 11.8km course at the Southern Champs. It was important get the pace right early on and as I was feeling pretty average to get the navigation right. I started off well and was clean through to #3. Got dragged south by better terrain and lack of concentration to #4. Long leg to #5 Ok but got confused by lack

of veg changes near to control which are usually so obvious on this map. Slight miss at #7 but nothing major. At #10 had it spot on but failed to spot the last climb to the control, lost confidence and went west down the valley until I realised.

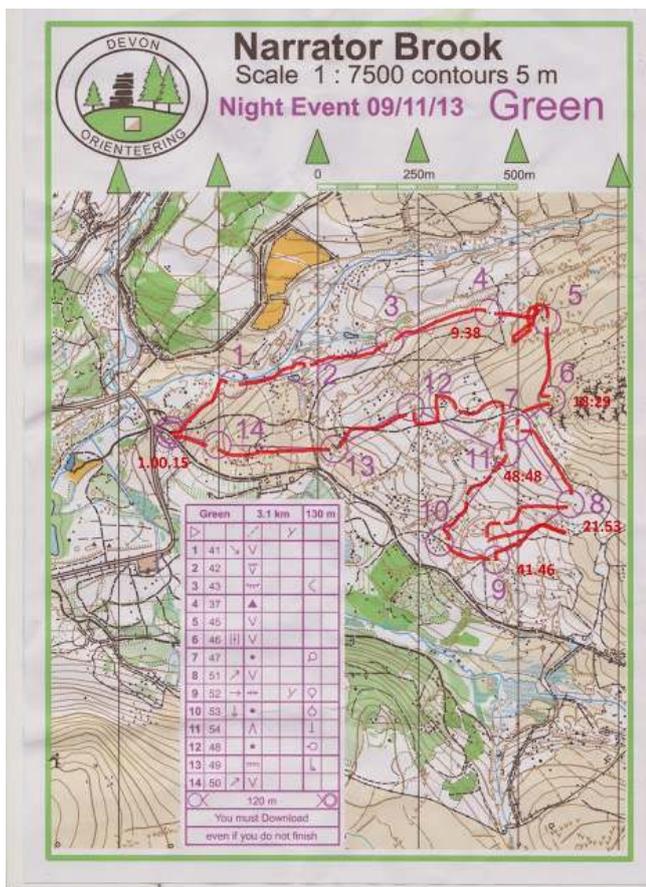
Major mistake of the day to #15 ran confidently into fast run section but entered to far west and tried to make it fit, stood by large knoll scratching head until I worked it out. Decided to loop north to #16 and run down veg boundary but probably good running took me too far north. Really tried now and struggling, lined up #17 after cresting the hill after #16, and concentrated on keeping moving. Got to the control to find it was wrong code! Luckily it was my #18 only 200m away so over to #17 before doubling back to #18. Last long leg to #19 decided to run on rough bearing and relocate off fence. Ben Chesters charged past, thought about asking for a lift, but he was gone before I got chance. Managed to keep it going through #20 and was happy to get onto the path for the run to #21 and the finish. I was happy to finish the 8.9km course in 87:48 and lay on the soft grass the planner provided at the finish to celebrate.

and finally.....



BURRATOR, NARRATOR BROOK TO START THE NIGHT "O" SEASON!

That's an interesting call I thought, but hey who needs to ease themselves in! The rain set in as I was leaving Plymouth just to make things even more interesting. I picked up the map and set off 3 or 4 minutes after Nigel Worsley. I knew the area quite well from previous orienteering events, so decided to slow it down to #1, hit the river got slightly confused by the wall not seen on the map. It's always difficult to read the map at night, but add a plastic bag and rain it ramps up the difficulty. Pass Nigel just before #2. Locate #2, #3 and #4 clean but cautious. #5 going to be difficult, I cross the wall and straight into boulders, try to keep on a bearing but which boulders are mapped? (Post event I question if you blow up a 1:10000 map to 1:7500 do the features retain the correct position?) I relocate on wall corner and eventually stumble on the



control, a pit some distance from boulders! Out of control #8, make big error by deciding on wall option over path option and then get confused by where I have crossed the wall. Try to relocate but, can't, on brink of retiring. Eventually see Nigel on the path south of me and join him. (Nigel was retiring as he had taken his map out of the bag as he couldn't read it and it had disintegrated). Path through bracken takes me too high, follow the wall south come to another path which is the one marked!! 20 min split to #9!! Follow wall to #10 (At night the earth wall symbol blends with the contour lines making reading this map all the more difficult). From #11 I follow the gully north, over the path, over the wall, back over the wall to hilltop then down the hill north!! Think my brain's gone!! Back up to large path, down path, then NE on wall to control..... Clean through to the finish but disappointed by number of stupid mistakes! The good news is it can only get better! 1:00:15 for 3.1km!!

Mark Lockett

THE IDLESS PERMANENT COURSE POST PARTY

You'll be aware, I hope, that the permanent course at Idless Woods near Truro has been out of action since the felling of larch after infestation by *Phytophthora Ramorum* - we had been asked to remove a dozen or more posts to facilitate felling. Now that new planting is proposed a working party was assembled to replace the posts.



Missing from the picture is Ivor's dad who declined the photo shoot



It takes 4 to hold the borer



And one to clear the hole of loose stuff



What have they struck down this hole?



The audience

FEEDBACK FROM READERS

The Editor was delighted [and astonished] to receive some feedback on the content of PUNCH. This rarely happens. The suggestion was; *"How about getting people to write articles about the history of areas where orienteering events are planned?"*

So we have just been to Mt Edgcumbe for a winters series event and are about to go back in the night. Equally we'll be in Tehidy Woods in the darkness and later in the year for the Summer Series. So, courtesy of that internet source, Wikipedia, I have culled the following about Mt Edgcumbe and Tehidy; both Country Parks.

Mount Edgcumbe Country Park is one of four designated Country Parks in Cornwall. It is 885 acres (3.58 km²) situated on the Rame Peninsula, overlooking Plymouth Sound and the River Tamar. The Park has been famous since the 18th century, when the Edgcumbe family created formal gardens, temples, follies and woodlands around the Tudor House. Specimen trees such as Californian Redwood, stand against copses which shelter a herd of wild fallow deer. The South West Coast Path runs through the Park for nine miles (14 km) along the coastline.

The Park also contains the villages of Kingsand, Cawsand, as well as Mount Edgcumbe House itself. The Formal Gardens are grouped in the lower park near Cremyll. Originally a 17th Century 'wilderness' garden, the present scheme was laid out by the Edgcumbe family in the 18th Century. The Formal Gardens include an Orangery, an Italian Garden, a French Garden, an English Garden and a Jubilee Garden, which opened in 2002, to celebrate the Queen's Golden Jubilee. The Park and Formal Gardens are open all year round and admission is free. The Park and Gardens are jointly managed by Cornwall Council and Plymouth City Council.

Although the park covers a large area, the park has limited formal maintenance. This gives it a rough and ready rural feel in all except the formal gardens.

Features of the Park - although where they are inaccessible and/or not on our map they are shown in red below.

Barn Pool

A sheltered deep water basin anchorage used by the Vikings in 997. Offshore there is a shipwreck of the Catharina von Flensburg. On 27 December 1831, HMS *Beagle* set off from here on her second survey voyage, captained by Robert FitzRoy with Charles Darwin on board.

Barrow

c.1200 BC - a Bronze Age burial mound, re-used as a "Prospect Mound" in the 18th century.

Blockhouse

c.1545 - a small fort built on the shoreline in King Henry VIII's reign, to defend the mouth of the Tamar and the Edgcumbes' town of West Stonehouse opposite.

Coastguard Station at Rame Head

Originally a Lloyd's Signal Station, where signalling was done from passing ships to the station by flags during the day and by lights at night, it became a radio station in 1905, then transferred to the Coastguards c.1925.

Cremyll Ferry

c.1204 - a major ferry crossing between Devon and Cornwall since medieval times.

Deer

In 1515 Sir Piers Edgcumbe was given permission by King Henry VIII to empark deer: the deer of today roam freely on the Rame Peninsula.

Deer Wall

c.1695 - A stone wall with outer ditch to protect the Amphitheatre from deer.

Earl's Drive

In early days called the Terrace. A driveway from the House round the coast to Maker Church by 1788, extended to Penlee Point by 1823.

Folly

1747 - an artificial ruin which replaced a navigation obelisk. It was built from stone from the churches of St. George and St. Lawrence, Stonehouse.

Formal Gardens

From circa 1750 to 1820 - gardens in Italian, English and French styles. New Zealand, American (1989) and Jubilee Gardens (2003) have now been added.

Garden Battery

c.1747 and 1863 - an 18th-century saluting platform, originally mounted with 21 guns to greet visitors. Re-built in 1863 as part of Plymouth's Naval defences, with granite casemates for 7 large 68-pounder guns.

Harbour View Seat

18th century - a much damaged ornamental seat also known as White Seat, with a magnificent view north up the River Tamar.

Higher Deer House

19th century - in the Grotton Plantation the ruins of a two storey fodder store for deer; and the ruined 18th century Pebble Seat facing south.

Ice House

From around 1800, this ice house is situated under the bridge leading to the House. It is only open on special occasions.

Maker Church

First mentioned in 1186, it was enlarged in the 15th century. This is the family church of the Edgcumbes.

Milton's Temple



A circular temple from 1755, with a plaque inscribed with lines from Paradise Lost; *overhead up grew, insuperable heights of loftiest shade.....*

The Orangery

Situated in the Italian Garden the Orangery is thought to have been built as early as 1760. The building is now a fully licensed restaurant.

Penlee Battery

1892 - the remains of a Victorian fort armed with 3 guns in both World Wars. A granite sculpture by Greg Powlesland, (1995), is in the nearby nature reserve.

Picklecombe Fort Seat

A seat made from a doorway and enclosing a small niche with a piscina at the back. The carved stone comes from the churches of St. George and St. Lawrence at Stonehouse.

Queen Adelaide's Grotto

18th century cave used as a watch house, enhanced with an arched stone building after Adelaide's visit, 1827.

Rame Church

Rebuilt from a Norman church in 1239, and enlarged in the 15th century.

Red Seat

19th century - a ruinous rest house, sometimes called the Kiosk, which was painted red. Below is another ruined seat known as Indian Cottage or The Verandah.

Stables

c.1850 - The stables, dairy, smithy, sawmill and stores, all essential to the running of the estate. The stables are not open to the public.

St. Julian's Well

A very small 15th century chapel and holy well, which was restored c.1890.

St. Michael's Chapel

14th century - a chapel and simple lighthouse, with a beacon site nearby. Across the neck of the headland are the earthworks of an Iron Age fort.

Thomson's Seat

From around 1760, a Doric pavilion with seats looking across to Plymouth Sound. Verses from Thomson's "The Seasons" are inscribed on the wall.

West Lodge and Arch

The Arch may have been built to mark the creation of the Viscount in 1781.

Zig-Zags

The Zig-Zag walks were from the 1760s, and became famous in the 19th century as *The Horrors*. Intricate paths on a dramatic cliff, surrounded by exotic shrubs. The lower cliff paths and some stone seats have been lost to cliff erosion.

Tehidy Country Park is located on the north coast of Cornwall about 2 miles north of Camborne, 2 miles west of Redruth, and about 1 mile south of the small harbour of Portreath. It was once part of an ancient manor owned by the Basset family which later gained much wealth from local tin mining. Covering 250 acres (1.0 km²), the estate was purchased by Cornwall County Council in 1983. It is one of four Country Parks in Cornwall.



Flora and fauna

The woodland at Tehidy is composed of distinct vegetation layers. Trees such as Ash, Alder, Oak, Beech, Sycamore, Birch, Japanese Maple, Conifers and Chestnut are the tallest, most dominating trees, followed by lower growing shrubs including Holly and Hazel. Typical woodland plants such as Bluebells, Wild Garlic (*Allium triquetrum*), Daffodils and a range of native ferns inhabit

the park as well as many different varieties of Rhododendron. The park is home to, amongst others, swans, geese, rooks, jackdaws, coots, moor hens, grey squirrels, otters, and badgers.

Historical remains

Within the boundaries of Tehidy Country Park, evidence of man's activities can be found dating back many centuries. In the North Cliffs area there is an ancient earthwork nestling in the woodland whilst in Oak Wood, earth banks that were once field boundaries can still be seen. The Basset family obtained the "Manor of Tehidy" in the middle of the 12th century and much of what we see there today is the result of their activities. Many of the features created by the Bassets have now disappeared, however some relics of this great estate can still be seen.

House

The Basset family owned the estate since Norman times and obtained the manor of Tehidy in the middle of the 12th century when William Basset married Cecilia, the heiress of the great house of de Dunstanville. Tehidy was originally known as 'Tehidin' in the 12th –13th centuries, derived from the Cornish language 'ti', meaning house, followed by a personal name. By 1330 a substantial building existed under William Basset but during the Cornish Rebellion of 1497 it was dismantled by a group of rebels under Richard Pendyne of Pendeen in revenge for John Basset's (then Sheriff of Cornwall) loyalty to the Crown. In 1734 a large mansion was commenced by John Pendarves Basset and in 1739 Francis Basset took possession of the estate and the almost completed house. The old mansion remained until 1861 when John Francis Basset commenced a rebuild from vast income from mining and land rents (during 1860–61 his income from Dolcoath mine and the Basset mines amounted to £20,000) and the new house was complete by 1863. By 1882 Arthur Basset had inherited the estate but due to diminished income from the mining industry it was becoming increasingly difficult to finance the estate. In 1915 the mansion was vacated and after 700 years of Basset ownership, the estate was sold in 1916. In 1918 the house became a hospital for tuberculosis sufferers. On 23 February 1919 the house was destroyed by fire but by January 1922 had been completely rebuilt.

Hospital

In the centre of the park, but now private property, is a large building which was once Tehidy Hospital (sometimes referred to as Tehidy Sanatorium). It was originally converted from the Bassets' home into an isolation hospital for patients with tuberculosis, but in later years also dealt with patients who had strokes, head injuries and various respiratory disorders. Like many old TB Hospitals there were several wards distributed throughout the extensive grounds and the operating theatre was refurbished in the early 1980s although was never reopened. Over the years most of the wards closed and finally the hospital shut completely in April 1988, and has now been converted into luxury apartments. Several new luxury houses have now been built around the former hospital buildings. There is no public right of way through this section of the park.

ROUTE TO CHRISTMAS: DAY 23 2013

Posted by Jan Kocbach, 23 Dec 2013@5:00 [World Of O](#)

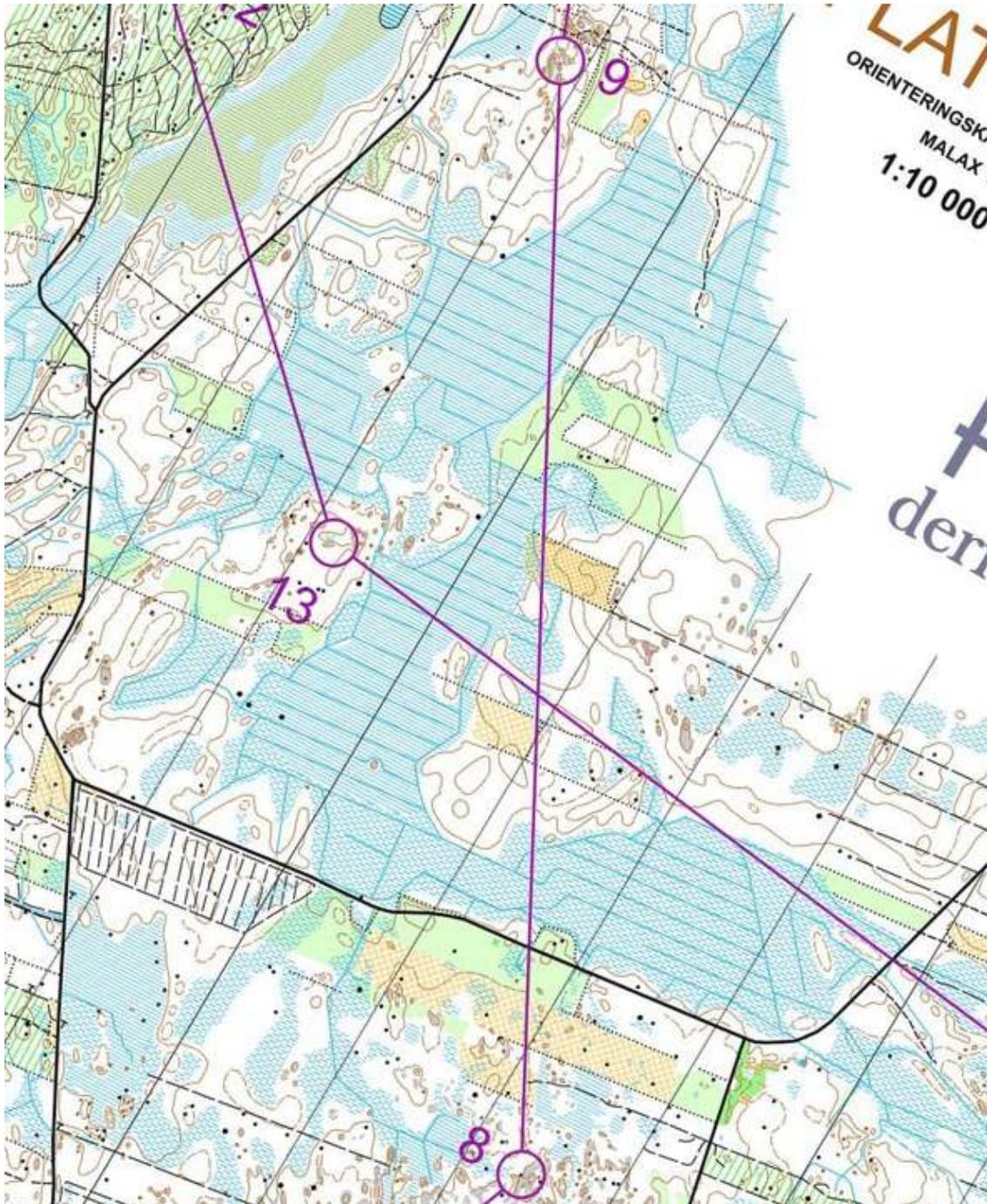
For today's leg in Route to Christmas we travel to "Julenisse-land" – to the north of Finland. is leg 1 in the M21E course from the "Finnish champions for Swedish speaking people" (FSOM Long) at August 10th 2013. Thanks a lot to Anders Backstrom for the tip!

Anders writes the following about the course today:

It was in my opinion a very tough course, technically difficult orienteering all the way and soft ground mostly the time so it was very tired people at the Finish line.

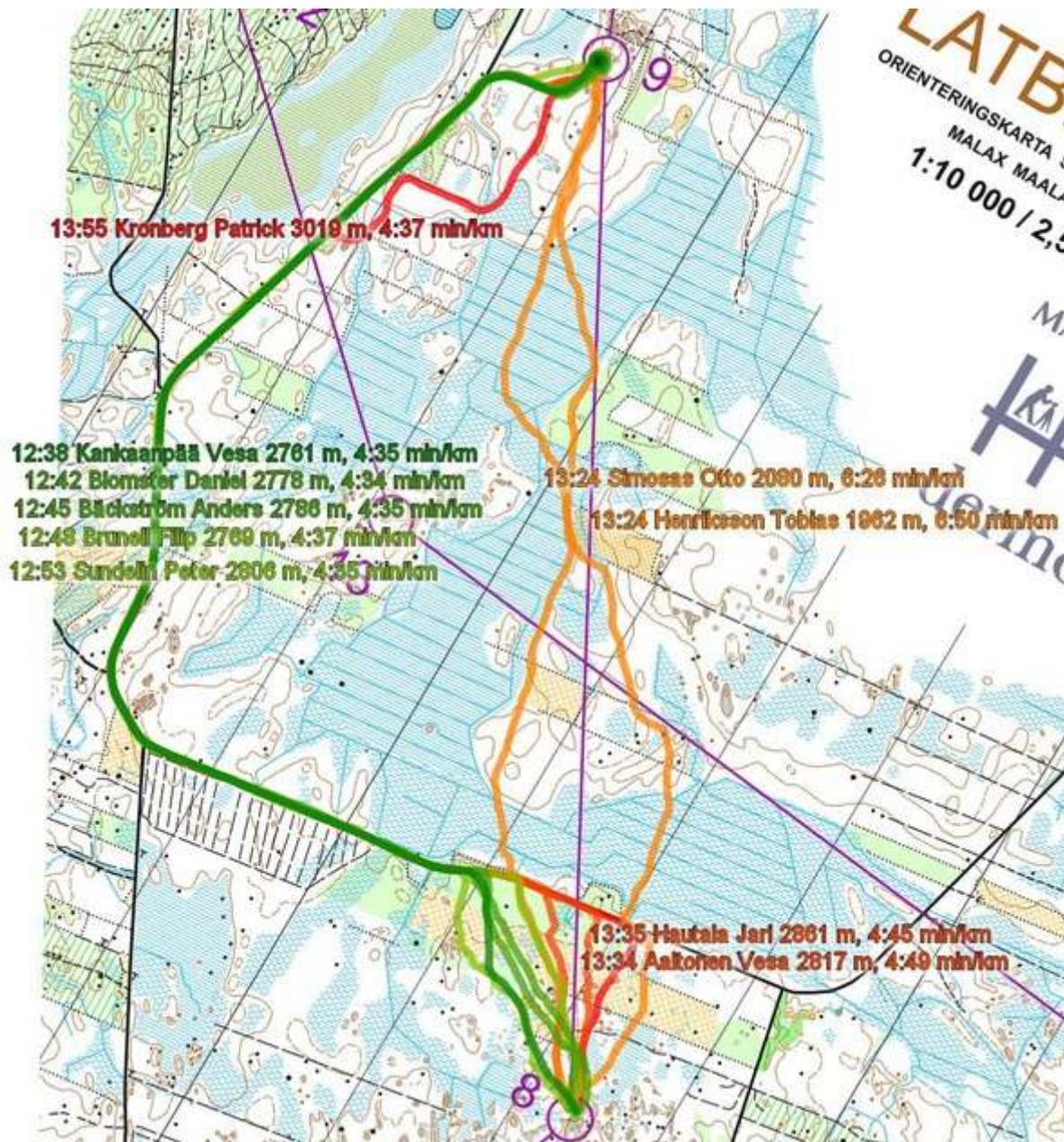
Based on the running speed in the terrain using the GPS-data, you can assume a speed of around 6:45 min/km in the marshes, around 5:30 min/km in the white forest and around 3:45 min/km on the road for the runners in question.

The leg is as usually first provided without routes – you may take a look at it and think about how you would attack this leg :



Here is Anders' analysis of the leg:

The road looks very long around, but it was the fastest. My memory tells me that it was about 1 minute faster than straight. If I remember correct the strongest name in the field Otto Simosas (now B national team runner in Finland) went straight and lost 45 seconds. We who took the road (myself included) have been running in this Ostrobothnia terrain all our life, and saw that straight would be "suicide". Even if it maybe not looks so bad in the map, the brushwood in the marches is very high here. But you had been running in it the first 8 controls so you should have been able to notice that for your route choice. But generally the people from Southern parts of Finland went straight (they have only nice fast terrain at home where straight is always the fastest) and we living in this part of Finland took the road choice. Staffan Tunis, was fastest on leg – but without GPS. He took more or less same route choice as me.



PUNCH Editor says: I can't even run downhill with a following wind at 4:30 min/km for 12 minutes

WESSEX DORSET DELIGHT – 17 NOVEMBER 2013

WSX have recently mapped the heathland at Agglestone near Rempstone. We had visited it on the new map's first outing earlier this year, on the eastern part of Agglestone, and were looking forward to our second visit to the western part.

Agglestone is described as "a wonderful undulating open heathland that has, in its higher parts, great sea views; a challenging orienteering area with marshes, heather and point features left over from WW2". No arguments there ... we were told that the marshes might have standing water but were firm underfoot – well, a bog is a bog and the one I fell in was decidedly soggy!

A brisk 1.3km trot out to the start on the edge of the heath gave me a bit of a warm-up for my Green course. The marshes here were, as promised, firm underfoot and the heather nice and short. The first five controls progressed steadily uphill to the fence bordering one of the main bridle-paths across the National Nature Reserve, alongside the local golf course. There's a sensitive area of marsh stretching N-S across the map at this point, which is OOB, and the fence is a significant one. The planner took us across the fence at marked crossing points onto the bridle-path, then round to a control on the far side of the OOB area. This meant quite a long path run; I don't mind this but some folk grumbled a bit and said it was boring. If you weren't watching your map and overshot the crossing point, well I bet it stopped being boring then. And just to liven things up, we were sharing the path with an off-road cycling event, but they were considerate and no-one ran me down.

The heather in the western part turned out to be man-eating, mixed with aggressive gorse bushes. The 6th control was on a tree on a very steep spur, and not for the faint-hearted. There was route choice to the 7th control – either across the heath or back across the fence and round the path to another crossing point. I went back to the path, and comparing notes with Arthur later, this seems to have been the best route (unless you were a deer). Some of the crossing points were pipe-insulation wrapped barbed wire (not my favourite); so I took a path that looped round and through what looked like (and was) a gate on the map – much more to my liking. The heathland looked very rough and I was relieved that I wasn't trying to cross it. After this, things improved and there were some animal tracks which made life easier. Another two controls, and we were back over (or in my case, under) the fence and into the forest for the last four controls. One of these was in an enormous re-entrant, from which I took a most peculiar route out and then had great difficulty in re-orientating myself. I've still got no idea what I did ... I ended up in some really horrible boggy tussocks and eventually hauled myself out onto a track. Fortunately this track ran just south of my 12th control so, once I'd sussed that, I knew I was nearly home (if not quite dry). Many thanks to WSX for some good entertainment.

The highlight of our trip home was our first visit to Poundbury Waitrose. It's a small store, open 8-8 and just off the Dorchester bypass. The essential item was a lemon tart, which promised to deliver a good chunk of our daily calories plus most of the saturated fat (lots of red lights on the nutrition info). It was a great success, especially with a good dollop of Cornish clotted cream on top!

Christine Vince

UKOL

What's UKOL when it's at home? It's the UK Orienteering League for both individuals (by age class and by club). There were, for 2013, 116 clubs scoring and KERNO came 58th! Who helped the scoring for this prestigious result? Here they are;

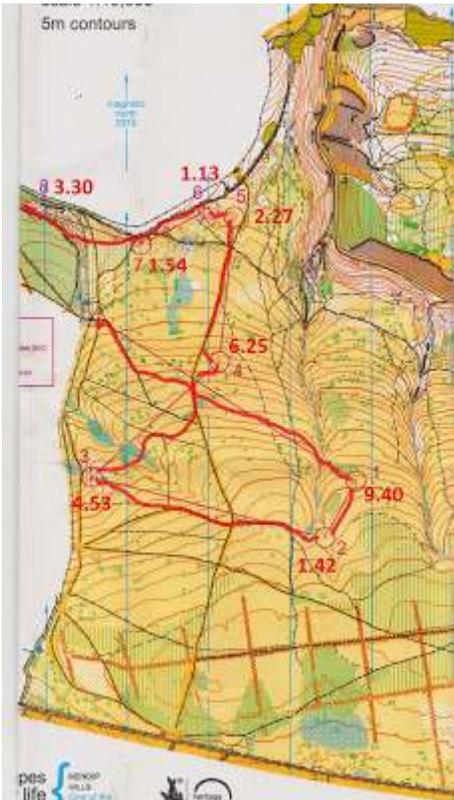
Arthur Vince (M70), Bernard Pullen (M70), Graham Pring (M55), Barry Olds (M60), Phil Newall (M50), Adele Newall (W50), Mark Lockett (M40), Roger Hargreaves (M65), Ian Hargreaves (M35), Elsie Hargreaves (W65), Tracy Freer (W40), Sandy Cowan (M70), Scott Collier (M21)

1903 was the KERNO points haul compared to 6587 by South Yorkshire Orienteers.

Top Scorer from KERNO?

Adele Newall

MENDIP NORTH - BRISTOL ORIENTEERING CLUB - 24TH NOVEMBER



A 1.6km walk/jog to the start meant that I was raring to go once I got there. The remoteness meant that we carried our own rolled and taped map to the start. I had difficulty folding the map to start with and ended up setting off up the wrong path. I soon recovered, but my legs felt heavy as I started up the hill; was I paying the price for the previous nights blast around Davidstow?

The leg to #1 was a long one, not the norm in orienteering races but I quite like the challenge of getting into the map on a long leg. I made a pretty good job of it but as I thought the splits suggest I wasn't moving very quickly. Clean to #3 and making good progress to #4, I impressed myself by checking out the attack point one the way to #1. I lost confidence from the attack point and avoided the wooded area looking for the depression. Then I realised the depression was in a wooded area and I was straight onto it. Blast down the path to #5 and quickly I was through #7 and off down the track. Overshot #8 didn't notice the parallel track. Fell short to #9 entering the wood to early.

Went direct to #10 but track option quicker. Took the track option to #13, then back onto the track along the valley, pace counted 300m then climbed diagonally to #14, took a deep breath for the nasty climb up to #15, 54 min gone. 8 controls left, decided to push the running speed and was happy not to make many mistakes just a slight miss at #20, through the final control and pushed hard on the 350m run in to be greeted by Jamie Hayward with his camera!! Really enjoyable race 7.8km 310m in 71:21 and 10th/26.

Mark Lockett

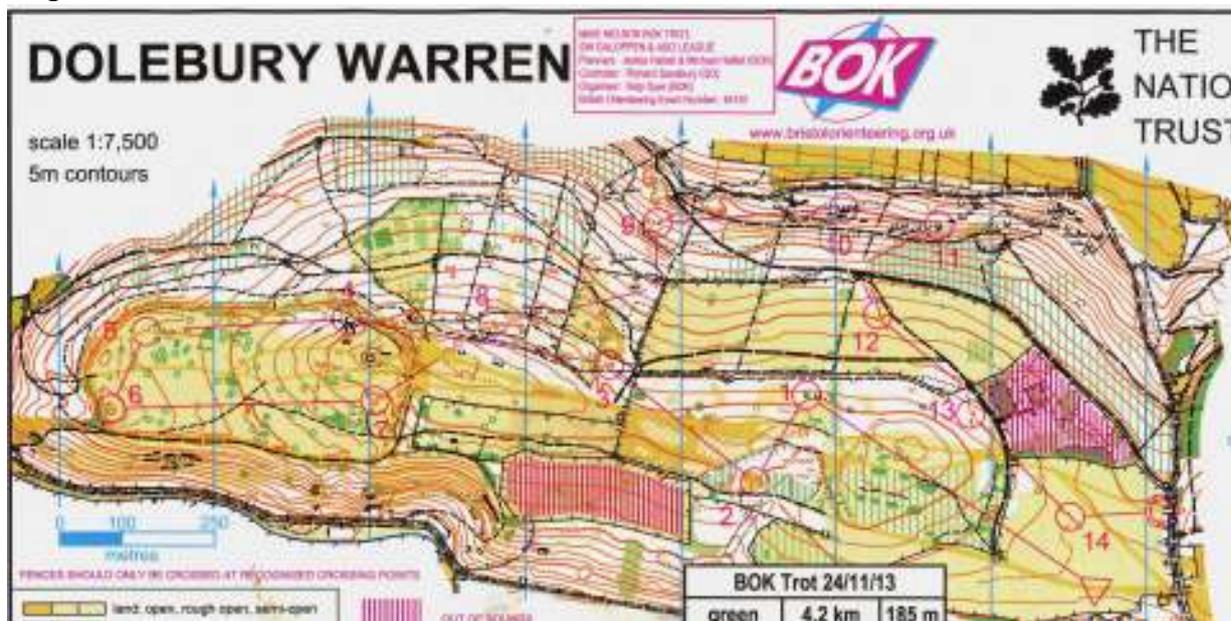


The shorter courses didn't start way out where the "big" boys played. Here's a short account of the Green course on a big-print 1:7500 map;

The start was in a wide open space and there were three good route choices to #1 - it seems I chose the worst by going over the top of the hill! The course was simple enough when running on the ridge; it got more difficult as the course came back east on the way to the end. The controls at 10 and 11 were particularly, in my opinion, rather "dangerous" - I went in at what I took to be the vegetation boundary of the right but maybe too early. I had no control on my progress on that slope; I slid a good 5m before branches and other undergrowth stopped me. I couldn't get a grip on the surface even with dobbs. Almost 10 minutes lost on

those two controls turning a good run into a disaster. How more elderly folk managed on that slope is a mystery to me. Elsie tells me that the Short Green was great! The shopping at Street on the way home was more successful.

Roger H



BRITISH ORIENTEERING RULES OF ORIENTEERING 2014

The Rules and accompanying appendices are now available on the 'events' and 'documents' pages of the website.

The [Rules](#) are presented in one document but are divided into three separate sections:

- Definitions and explanations (sections 1 – 5)
- Rules for competitors (sections 5 – 11)
- Rules for event officials (sections 12 – 31)

The intention is that the Rules for competitors will eventually be made available as a 4 page document for clubs to refer new participants to download and read.

The Rules for event officials cover all the essential elements of staging orienteering events at all levels. Whilst this document seems to have expanded to be many more pages than before, it contains all the mandatory elements that must be complied with.

The exceptions are Mappers and those carrying out seeding and selection. These requirements are contained in the Appendices as to add them into the Rules would make the document very unwieldy.

The conventions have changed. The key words in the rules are '**MUST**' and '**PERMITTED**'. They have replaced 'shall' and 'allowed'.

'**SHOULD**' and '**MAY**' are still used. '**Will**' is used but not in the context of being a mandatory requirement.

There undoubtedly will be mistakes; any changes have already been advertised. These are effective from the 1st January 2014.

Some people will disagree with the use (or not) of capital letters and other changes. Please send full details of any mistakes to Helen Errington

There are now 5 Appendices:

- A: Event systems is a consolidation of many of the old Appendices.
- B: Course planning is a consolidation of all the Event Guidelines, so all the planning advice and guidance is now in one place.
- C: Event officials is yet to be updated for content.
- D: Mapping will be added when the Chair of MAG has reviewed the final version.
- E: Event safety has been reviewed but has not changed much.

The Appendices give guidance on how to apply the Rules and the use of "should" is there to indicate that wherever possible this is to be done.

Helen Errington, **Ex-Events Manager**

[Ed. says - all controllers of all grades should be interested in the new format; the words may be slightly different but largely the intent is the same - have a read!]

FATHER CHRISTMAS CAME TO OUR HOUSE!

And he brought a Garmin 110 for the Editor to record how slow/fast he runs or even walks. I've been road testing the device over the few days since then and found it easy to use but I did think you might be interested to read a more formal report on what the watch can do. This is from the HEXUS website.

Review: Garmin Forerunner 110 GPS sports watch

by [Parm Mann](#)

Quick Link: HEXUS.net/qa2bg

Introduction

For anyone who's mildly interested in using the great outdoors to keep fit, Garmin's Forerunner range has been a highly-coveted gadget for years. But it hasn't been without its drawbacks. GPS-enabled watches are traditionally expensive, they can be fiddly to configure, and they're usually bulky in size. If those are the reasons you've yet to pick one up, Garmin's hoping to change your mind with its latest addition; the entry-level Forerunner 110.

The GPS watch that actually looks like a watch



It's important to highlight the size of the Forerunner 110. Unlike GPS watches of yesterday, it doesn't look like a mini computer strapped to your wrist. Measuring 4.5 x 6.9 x 1.4 cm and weighing just 52g, the Forerunner 110 is Garmin's smallest-ever GPS solution and it's perfectly-passable as an everyday watch.

The rubber strap is notably comfortable against the skin, and once you're up and running, you soon forget you're wearing it. And that's probably the idea.

Unlike previous Forerunner products, the new 110 is designed to be very easy to use. After the first charge, the watch will ask you to input basic user data - weight, age, etc - and you're good to go after a few simple steps.

Time is automatically updated based on your GPS location - an excellent feature for frequent flyers - and tracking your activities is as easy as pressing the start/stop button twice; once when you set off and again when you come to a stop. It really doesn't get much simpler than that.



Using GPS functionality is of course going to take its toll on battery life, but the Forerunner 110 is rechargeable. Four contact points at the rear of the 110's main body attach to a USB adaptor, and the watch can be recharged from



either a computer's USB port or a mains power socket.

When charged, the 110 is said to be good for eight hours of training (GPS mode) or three weeks of standard use. This, clearly, is a watch designed for users who want GPS training data with minimal fuss. Just four buttons are found on the watch itself, and unlike other Forerunner watches, there's no cumbersome touch interface. Technophobics should feel right at home, and Garmin has ensured the Forerunner 110 functions well in standard watch mode by including a one-touch blue backlight and a built-in alarm. There's plenty to keep GPS newcomers entertained, but how well does the Forerunner 110 cater for serious athletes?

Forerunner 110 in action



In use, the Forerunner 110 is something of a mixed bag. Its simplicity has to be applauded, but a lack of features can leave you feeling short changed. Let's start with the simplicity. Take the 110 outdoors and its integrated high-sensitivity SiRFstarIV receiver will quickly lock on to orbiting satellites. On average, I've found the watch takes under 20 seconds to get a fix on my location; that's about as quick as it gets, and the 110 has shown no trouble finding a satellite when used in heavily wooded areas.

When you're locked on, hit start and away you go. Although designed primarily for running, there's nothing stopping you from tracking data during other activities such as cycling and hiking. Whilst on the move, the 110 displays the distance covered in miles (or kilometres if your prefer), the duration of your exercise, and the average pace of your current lap.

Once you've reached the end of your route - or in my case ability - hit stop and you'll be able to see two crucial pieces of information; how far and how fast. Reset the counter and your workout is saved onto the 110's internal memory. Up to 200 hours of data can be stored, and though previous workouts can be viewed on the watch itself, the data can be brought to life by synchronising the 110 to the Garmin Connect website.



Final thoughts



If you're in the market for a Garmin GPS-enabled sports watch, you have to ask yourself; are you interested in the bells and whistles, or are comfort and simplicity more important? Those who demand numerous features and a long list of configuration options will likely be better served by previous-generation models. Spend a little time shopping around and you'll find that Garmin's latest entry can be had for as little as £110 from a number of UK retailers. At that price point, the Forerunner 110 can be seen as a comfortable, well-sized and streamlined GPS sports watch that excels at all of the basics.

Whenever I'm out cycling, running or hiking, I always wonder; how far and how fast? The Forerunner 110 provides the answers and it's a shining example of how technology needn't be complicated. It's simple to configure, easy to use and it does what you want it to at the touch of a button.

The Good - Small enough to wear as an everyday watch Incredibly easy to use Quick GPS location - acts as a fun motivational tool

The Bad - Streamlined feature set may not appeal to serious athletes - limited on-screen information

DID YOU READ?

In the latest edition of CompassSport magazine, KERNO - with a bit of help from DEVON - featured quite often. There was the Fernworthy article by Brian Parker as well as a piece by Phil Newall about the Mylor Bridge score event - with a contribution by Mark Lockett. Then there was the advert for the Tamar Triple and multiple photos by, and of, the ever present Mark Lockett. Well done everyone.

DARKNESS RETURNS.....

Cornish Night Orienteering Series 2013/14

So summer is over and the nights are drawing in once again. But fear not as it will soon be time to embrace this with the Cornish Night Orienteering Series of 2013/14! Never had a go at Night O? Then come and give it a go – all events have courses suited to Night Newcomers.



These are low key, informal events, with as much emphasis on the Social side – in the Pub afterwards - as the competition and we're really keen to see some new people trying it out. All you need is a decent torch – fitness and speed are less important than in day orienteering (most of us would be quicker if we walked round anyway!). And with the amazingly bright, super-duper LED head-torches retailing at around £20-£30 [or even less - Ed] on eBay there is no need to be afraid anymore!

You can run on your own or with Friends and Family. Taking place on Saturday evenings with Registration from 1730, Starts will be available between 1800 and 1830. We've truncated the start window this year to ensure that the heroic Organiser gets to the Pub in time for last orders!

So see you out there this Winter!
Will Hancock

HAPPY NEW YEAR

As Hugie Green¹ would have said - "and I mean that most sincerely" Happy New Year and you know what that means? The opportunity of a new age class for a lucky few. Why lucky? You may now enjoy a shorter course more suited to your advancing years - or maybe not depending on age class combinations. So who are they?

| | | | |
|-----------------|-----|-----------------|-----|
| Tim Andrews | M55 | Sue Boyt | W60 |
| Micheal Beadel | M55 | Pauline Olds | W60 |
| Arthur Boyt | M75 | Ali White | W50 |
| Simon Freer | M45 | Michele Smith | W55 |
| Will Hancock | M35 | Victoria Smith | W20 |
| Chris Moncaster | M60 | Ann Martin | W40 |
| Dan Alsop | M35 | Sarah Middleton | W60 |
| David Lockett | M45 | Mo Pearson | W65 |
| Lee Bradley | M45 | | |
| Steve Eastley | M60 | | |

Mind you - some of you need to renew your membership soon!

¹ Born, Hugh Hughes Green. 2 February 1920 Died, 3 May 1997 (aged 77)

Green's most successful show format was his self-developed long-running talent show, *Opportunity Knocks*. It started as a UK-wide touring show produced for the radio, and one of Green's early finds was singer Frankie Vaughan. When the show transferred to television on the ITV network, first in 1956 and again from 1964, it began the show business careers of Les Dawson, Lena Zavaroni, Pam Ayres and Mary Hopkin, among others.

IDEAS FOR BIRTHDAY PRESENTS

The club shop has a range of items which would make ideal presents for orienteers.

Firstly there are a couple of really useful gifts:

CONTROL DESCRIPTION HOLDERS Keep your control description sheet clean, dry and instantly visible. Wear on the wrist of your map-holding hand. **£5.50**

COMPASSES Quality baseplate compasses. **£10**

BUFFS Specially made in our own design. **£12**

Then there are trousers and tops to wear whilst orienteering, running or relaxing afterwards:

O-TROUSERS Standard top quality black orienteering trousers made by Silva and Trimtex of Sweden. Light weight, snag resistant and hard wearing, these are really comfortable for orienteering through all types of terrain. Full range of sizes. **£18 (Juniors) / £24 (seniors)**

O-TOPS Specially made for us by Trimtex in Sweden using the latest fabrics with a zipped neck. Nothing can beat these for comfort when orienteering. Some members wear them for other runs too. Range of sizes. **£36**

TEE SHIRTS Made in technical fabric and suitable for running, orienteering or normal wear. Range of sizes. **£14**

RUNNING VESTS Suitable for training runs, races, even orienteering in non-forest locations, (BOF rules do not permit vests to be worn except in open terrain). Range of sizes in both male and female styles. **£13**

To top this off we have our very own club jackets:

JACKETS Made by Ron Hill and printed with club logo and/or name (you choose). Lightweight, comfortable and wind resistant. Range of sizes available. **£36 (to order only)**

Finally the shop has items of older style club kit at bargain prices.

For everything else related to running go to our friendly local specialist running store at Carlyon Bay, St Austell, where Andy will give you a discount if you tell him you are a member of Cornwall Orienteering Club:



FIXTURES – FROM THE BOF WEBSITE

The fixtures are sorted into the 4 levels of events. Check each club's web sites for more details. I have only included Level C and D events from the SWOA region. For up to date event information and further details please visit the BOF website. This list includes most relevant fixtures registered. **It's a long list but you might want to think about booking accommodation - very soon.**



LEVEL A

2014

January

BKO **Southern Championships**, Star Posts, Bracknell, [SU905631](#) Entry times: 10:00am to
26th SCOA 12:30pm. Dogs: Dogs on leads in the assembly area please.. Organiser: Fiona Clough
Level A bko.org.uk/event/star-posts-26-jan-14

February

MV
22nd SEOA **British Night Championships (UKOL)**, Pippingford Park, Crowborough
Level A Organiser: Mike Bolton www.mvoc.org

April

SBOC **Jan Kjellstrom Orienteering Festival - Sprint (UKOL)**, Swansea University & Singleton
18th WOA Park, Swansea Entry times: 12.00 - 16.00pm. Dogs: are allowed in assembly on a lead.
Level A They are not allowed in the buildings.. Organiser: Niall Reynolds www.thejk.org.uk

SWOC
19th WOA **Jan Kjellstrom Orienteering Festival (UKOL)**, Merthyr Common, Ebbw Vale, [SO118132](#)
Level A Entry times: 10.00 - 2.00pm. Organiser: Nigel Ferrand www.thejk.org.uk

20th WOA **Jan Kjellstrom Orienteering Festival (UKOL)**, Llangyndydr, Ebbw Vale Entry times:
Level A 10.00 - 2.00pm. Organiser: Chris Phillips , anne@themays.org.uk www.thejk.org.uk

21st WOA **Jan Kjellstrom Orienteering Festival Relays**, Pwll Du, Blaenavon Entry times: 10.00 -
Level A 11.00pm. No dogs allowed. Organiser: Dave Urch www.thejk.org.uk

May

SROC **Northern Championships (UKOL)**, Gummer's How & Blakeholme, Newby Bridge,
4th NWOA [SD390884](#) Organiser: Tony Marlow , antonymarlow@gmail.com
Level A www.sroc.org/menu2/2014/May/130211.htm

31st NEOA **British Long Championships (UKOL)**, Thrunton and Callaly, Newcastle
Level A Organiser: Boris Spence www.boc2014.org.uk/

June

1st NEOA **British Relay Championships**, Cragg Estate and Chesterhope Common, Newcastle
Level A Organiser: Paul Taylor www.boc2014.org.uk/

LEVEL B

2014

February

16th DEVON **CompassSport Cup Heat**, Hay Tor, Bovey Tracy, [SX765773](#)
Level B Organiser: Jill Green , jill-green@blueyonder.co.uk , 01392 278512

March

SARUM **Sarum Saunter** , Great Ridge , Salisbury, [ST930360](#) Entry times: Starts: 10 - 12.30pm
9th SWOA with pre-allocated Start times. Dogs: On leads in CP & on courses. Organiser: Pat
Level B Hart , b.hart@tiscali.co.uk , 01794 390593

April

BOK **BOK Mike Nelson BOKTrot**, Wye Valley Forests, Trellech/Tintern, [SO501055](#)
13th SWOA Entry times: 1030 - 1300. Dogs: On lead at all times in car park and forest..
Level B Organiser: Greville Mills , 01225 858435

LEVEL C

2014

January

DEVON
5th SWOA **League Event**, Norsworthy Bridge, Yelverton, [SX569690](#) Entry times: 1030 - 1230.
Level C Dogs: On lead - sheep in area. Organiser: Graham Dugdale

KERNO
12th SWOA **Lanhydrock Forest League 4**, Lanhydrock, Bodmin, [SX087641](#) Entry times: 10.30-
Level C 1.30. No dogs allowed. Organiser: Annabel Pring [www.cornwallorienteing.org.uk](#)

NWO **SWOA Galoppen League**, West Woods, Marlborough, [SU165667](#) Dogs: On a lead in
19th SWOA car park and assembly area and under close control if on a course. Organiser:
Level C Rebecca Jackson [www.northwilts.org.uk](#)

February

QO
2nd SWOA **QO Galoppen**, Castle Neroche/Staple Common, Taunton, [ST267158](#)
Level C Organiser: Roger Craddock

KERNO **Polly Joke Forest League 5**, Polly Joke, Newquay, [SW783603](#) Entry times: 10.30-
9th SWOA 13.30. No dogs allowed. Organiser: Elsie Hargreaves
Level C [www.cornwallorienteing.org.uk](#)

NGOC **Galoppen**, Knockalls Enclosure, Coleford, [SO537124](#) Entry times: Registration 10.00 -
23rd SWOA 12.00. Starts 10.30 - 12.30 . Dogs: Dogs on lead in Parking / Assembly area only..
Level C Organiser: Chris James [www.ngoc.org.uk](#)

March

DEVON
2nd SWOA **League Event** , River Dart Country park, Ashburton, [SX735698](#)
Level C Organiser: Steve Perrelle , steveperrelle@blueyonder.co.uk , 01803 401805

WIM
16th SWOA **WIM Regional**, North Ringwood Forest, Verwood, [SU107077](#) Entry times: 10.00am -
Level C 12.30pm starts - courses close 2.30pm. No dogs allowed. Organiser: Christopher
Branford, candl.branford@btinternet.com , 012584 53716
[www.wimborne-orienteers.org.uk](#)

KERNO
30th SWOA **Hustyn Woods Forest League 6**, Hustyn Woods, Wadebridge, [SW984691](#) Entry
Level C times: 10.30-13.30. Dogs allowed. [www.cornwallorienteing.org.uk](#)

April

- 6th WSX
SWOA Level C **Wessex Galoppen**, Chase Woods, Tollard Royal, [ST965185](#)
Entry times: 10.00 to 12.00. No dogs allowed. www.wessex-oc.org
- 27th KERNO
SWOA Level C **Dunmere Woods Forest League 7**, Dunmere Woods, Bodmin, [SX041689](#) Entry times:
10.30-13.30. Dogs allowed. www.cornwallorienteeing.org.uk/main/index.php

May

- 4th DEVON
SWOA Level C **League event** , Mutter Moor, Sidmouth, [SY109873](#)
Organiser: John Dyson , john@dysonz.com , 01395 512416
- 11th SARUM
SWOA Level C **SARUM Galoppen & SCOA League**, Grovely West, Salisbury Dogs: In car park area
on leads only; not on the course. Organiser: Charlotte Thornton
- 24th DEVON
SWOA Level C **Tamar Triple Day 1 - Fernworthy**, Fernworthy, Chagford, [sx670838](#)
Organiser: Alan Simpson
- 25th KERNO
SWOA Level C **Tamar Triple Day 2 - Inny Foot (SW Middle Distance Championships)**, Inny Foot,
Callington, [SX373761](#) www.tamartriple.org.uk/
- 25th KERNO
SWOA Level C **Tamar Triple Day 2 Tavistock Urban**, The Wharf, Tavistock, Devon, PL19 8SP,
Tavistock, [SX47947410](#) Entry times: 17.00-18.30. Dogs allowed.
www.tamartriple.org.uk/
- 26th KERNO
SWOA Level C **Tamar Triple Day 3 - Cookworthy**, Cookworthy Forest, Holsworthy, [SS415012](#)
www.tamartriple.org.uk/

LEVEL D

2014

January

- 11th DEVON
SWOA Level D **Devon/ Cornwall night league** , Virtuous Lady, Yelverton Entry times: 1800 - 1900.
Organiser: Paul Ames , paulames@bucklandmonachorum.org.uk , 01822 854362
- 18th KERNO
SWOA Level D **Polly Joke Night League 4**, Polly Joke, Newquay, [SW783603](#)
Organiser: Phil Newall
- 25th KERNO
SWOA Level D **Tehidy Night League 5**, Tehidy Woods, Camborne, [SW636435](#)
Organiser: Gavin Henderson

February

- 1st KERNO
SWOA Level D **Mount Edgcumbe D & C Night League 3**, Mount Edgcumbe Country Park, Torpoint,
[SX449525](#) Organiser: Mark Lockett

| | |
|--|---|
| <p align="center">THE NEWSLETTER OF CORNWALL ORIENTEERING CLUB</p> | <p>Editorial</p> |
| <p>Please send all contributions to the Editor: Roger Hargreaves,</p> | <p>2014 already - whew! What are your orienteering plans for 2014? I have to admit to have entered most of the bigger events online to take advantage of the lower [slightly] entry fees. Compared to the cost of accommodation, travel and food the entry fees are small but don't seem so at the time of going on Fabian4 or SIEntries. So the JK and Lakes 5 Day as well as the Oringen are booked. I'm not sure yet about the British Champs as the North East is a bit of a trek for just a weekend.</p> |
| <p>www.cornwallorienteering.org.uk</p> | <p>Just to note that if you want to travel and stay overnight Premier Inn have a £25 per night offer on - now.</p> |
|  | |
| <p>ODDS & ENDS</p> | |
| <p>BOF are recruiting new posts - a Development Manager to replace Ed Nicholas, and two Participation Officers - not for SWOA but further north. Also there is a need for some volunteers for Group Chairs as well as the Independent Director. Interested?</p> | |
| <p>Forestry Commission/British Orienteering National Agreement 2014</p> | |
| <p>FC and British Orienteering have an important relationship built over many years. Orienteering encourages active recreation in woodlands that provide an ideal setting for the sport. Due to a busy year for FC and British Orienteering they have agreed to roll over charges for a further year. What this means for KERNO is that we'll pay £100 to use FC woodland for a Level C event with between 25 and 99 competitors - over 99 and we'll pay £150. For the same numbers for a level D event the charge is £50. Fewer than 25 runners there is no charge. That's where part of your entry fee goes.</p> | |
| <p>GOOGLE - do you Google? Try putting "images Cornwall orienteering" into the search engine and then select images. What will you find - other stuff too - but I saw Steve Beech, Arthur Boyt, Graham Pring, Barry and Pauline Olds to name a few - good fun if you have some time spare</p> | |
| <p>I don't want to worry you but did you see this article in BOF news?</p> | |
| <p>Tick-borne diseases are the most common vector-borne diseases in Europe. "Vectors" are organisms that spread disease by feeding on humans, such as mosquitoes, ticks and sandflies. In October 2012, the EU recognised the impact of tick-borne diseases by adding tick-borne encephalitis (TBE) to the official list of mandatory notifiable diseases. This means that doctors in all EU countries are required by law to report cases of TBE. Despite this, reporting varies considerably from country to country. <i>[Ed says Elsie and I have had the jabs before we go to Sweden later this year].</i></p> | |
| <p>Now that you have renewed your membership don't forget that there are discounts to be had by using your BOF membership number or producing your membership card. Not got a membership card? You will have had an email from BOF headed Membership 2014. In the bottom right hand corner is a credit card sized "confirmation" - just cut it out and keep it in your wallet or purse. I'm going to laminate mine - see http://www.britishorienteering.org.uk/page/discouts.</p> | |
| <p>AT EACH KERNO DAYTIME EVENT THE FIRST START IS [usually] AT 1100 HRS. THE LAST START WILL BE 1330 HRS SO THAT THE VOLUNTEERS CAN CLOSE THE EVENT DOWN PROMPTLY. Times are different for the Summer Series and Night events</p> | |