

e - P U N C H

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**The next edition of
PUNCH to be
published in**

May 2014

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

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CHAIRMAN'S CHAT



Two weeks ago the boatyard where we keep our boat in the winter rang to ask when we wanted to go back in the water. At the time, with the wind threatening to blow the house down, my reaction was 'you must be joking'.

Now the snowdrops are in full swing, the daffodils are opening and it feels like spring

By the time you read this the night events have finished and there seems to have been solid band of orienteers who have braved the elements. The varied formats have been popular as has been the chance to meet up in the pub afterwards. Now we return to day-events only for a period with emphasis on the Forest League before Summer events start later in the year.

We feel that simple events (from an organisational view) are very useful to provide continuity and keep newcomers to our sport engaged. In this respect, the spring and autumn periods are rather quiet. We are working on initial plans and ideas to fill in between the Forest League events. All being well we will be able to expand on this soon.

Meanwhile, the next event is the re-arranged Polly Joke event that we were forced to postpone in early February for general safety and access concerns in the face of the winds and rain. You will be able to stretch your legs over the Kelsey's and re-acquaint yourselves with the sand dunes in daylight.

By the way, we agreed with the boatyard that we would launch on the 14th March, so I hope spring is here in earnest.....

Have Fun and Enjoy your orienteering.

Richard

SINGLE LIST ORIENTEERING RANKINGS at 1st March 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
253	-2	81	Scott Collier	7564	1256, 1260, 1273, 1264, 1256, 1255
340	+1	29	Ian Hargreaves	7453	1245, 1241, 1244, 1239, 1245, 1239
513	-2	15	Chris Moncaster	7248	1196, 1205, 1202, 1214, 1209, 1222
549	-25	76	Phil Newall	7218	1199, 1217, 1199, 1199, 1213, 1191
720	+16	57	Mark Lockett	7066	1171, 1182, 1197, 1170, 1171, 1175
811	+1	38	Stephen Eastley	6986	1152, 1197, 1143, 1142, 1144, 1208
939	-4	103	Graham Pring	6889	1136, 1159, 1182, 1138, 1149, 1125
1306	-1	96	Barry Olds	6602	1086, 1128, 1089, 1105, 1079, 1115
1500	+1	41	Adele Newall	6457	1069, 1130, 1096, 1067, 1049, 1046
1599	+2	97	Roger Hargreaves	6380	1073, 1061, 1065, 1047, 1068, 1066
1754	+5	118	Ken George	6266	1050, 1052, 1031, 1059, 1026, 1048
1772	+5	160	Steve Beech	6249	1067, 1081, 1018, 1005, 1050, 1028
1810	-2	171	Ian Ashton	6227	1228, 1236, 1236, 1241, 1286
1828	-107	134	Peter Morton	6212	1003, 1046, 1030, 1069, 1057, 1007
1834	+5	197	Michael Beadel	6209	1065, 1038, 1078, 998, 1012, 1018
2089	+8	163	Peter Heywood	5985	1003, 1000, 1003, 984, 995, 1000
2165	+9	10	Arthur Boyt	5917	950, 966, 1007, 1004, 964, 1026
2271	-7	73	William Hancock	5835	1306, 1208, 1163, 1116, 1042
2303	-7	179	Rod Allday	5810	966, 1003, 912, 973, 996, 960
2442	-1	84	Bernard Pullen	5674	939, 975, 988, 914, 966, 892
2551	+2	39	Elsie Hargreaves	5555	906, 950, 982, 917, 907, 893
2574	+1	127	Hannah Jenkins	5527	900, 938, 1023, 953, 922, 791
2581	+2	264	Robert Sneyd	5522	867, 918, 953, 966, 911, 907
2697	-23	94	Arthur Vince	5386	925, 874, 915, 863, 880, 929
2773		237	Simon Freer	5273	1055, 993, 1074, 1039, 1112
2837		68	Pauline Olds	5170	847, 867, 874, 852, 856, 874
2882	-3	82	Shane Ohly	5101	1219, 1277, 1304, 1301
2972	+6	237	Richard Bown	4977	983, 956, 1003, 1031, 1004
2984	+8	117	Annabel Pring	4943	849, 834, 829, 806, 819, 806
3038	-5	86	Gavin Henderson	4852	1212, 1214, 1209, 1217
3097	+12	111	Sandy Cowan	4743	773, 761, 773, 853, 821, 762
3112	+11	83	Sarah Middleton	4709	981, 774, 718, 788, 744, 704
3116	+11	129	Hilary Eastley	4706	854, 863, 751, 833, 712, 693
3329	+21	262	Ivor Marshall	4292	1077, 1014, 1081, 1120
3436	-4	106	Christine Vince	4037	714, 728, 660, 653, 646, 636
3653	-18	275	Richard Smith	3505	918, 922, 728, 937
3662	-15	171	Helen Donovan	3474	921, 1041, 856, 656
3744	-29	279	Alan Middleton	3304	767, 903, 711, 923
3758	-27	107	Dan Alsop	3263	1150, 994, 1119
3816	-14	164	Ian Raggett	3105	1038, 1030, 1037
3923	-17	308	Alan Peters	2820	944, 973, 903
3929	-17	170	Malou George	2812	464, 629, 586, 253, 720, 160
3976	-13	146	Roger Venn	2651	858, 862, 931
4018	-355	140	Jeannie Bown	2523	884, 859, 780

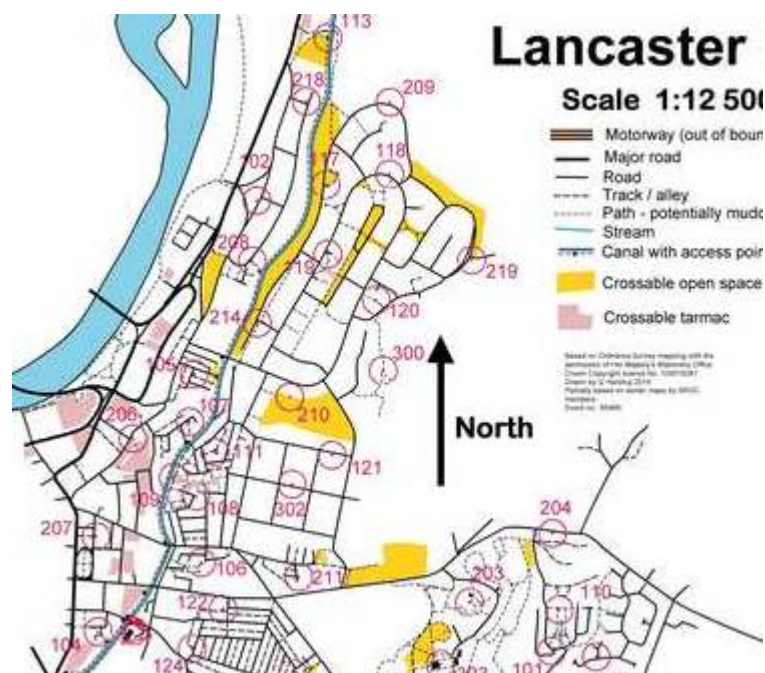
4200	+1	95	Tracy Freer	2115	659, 718, 738
4211	+3	152	John Burrows	2105	646, 627, 832
4252	-1	188	Chris Pawley	2056	985, 1071
4462	+4	395	Derek Smith	1709	892, 817
4534	+3	88	Sara Dowler	1550	636, 914
4539	+2	191	Liz Whitley	1523	814, 709
4626	+7	198	Elizabeth Brunyee	1236	601, 635
4629	+9	199	Fiona Sneyd	1231	40, 369, 273, 257, 292
4750	+11	356	Lee Bradley	1089	1089
4853	+13	420	Tim Andrews	1021	1021
4887	+15	368	David Lockett	996	996
4908	+12	365	John Dennis	987	987
5311	+9	183	Susan Morton	567	567
5354	+12	28	Ruth Pullen	447	447
5368	+15	135	Patricia Shuttlewood	402	402
5378	+19	187	Sue Boyt	352	352

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

Membership stands at about 85 with still some stragglers not having yet renewed. The registration team will have a copy of the up to date list at each event so have your membership card handy if requested. I have created a poster to have at Registration to encourage newcomers to join and enjoy the benefits of membership. Steve Beech - Membership Sec.

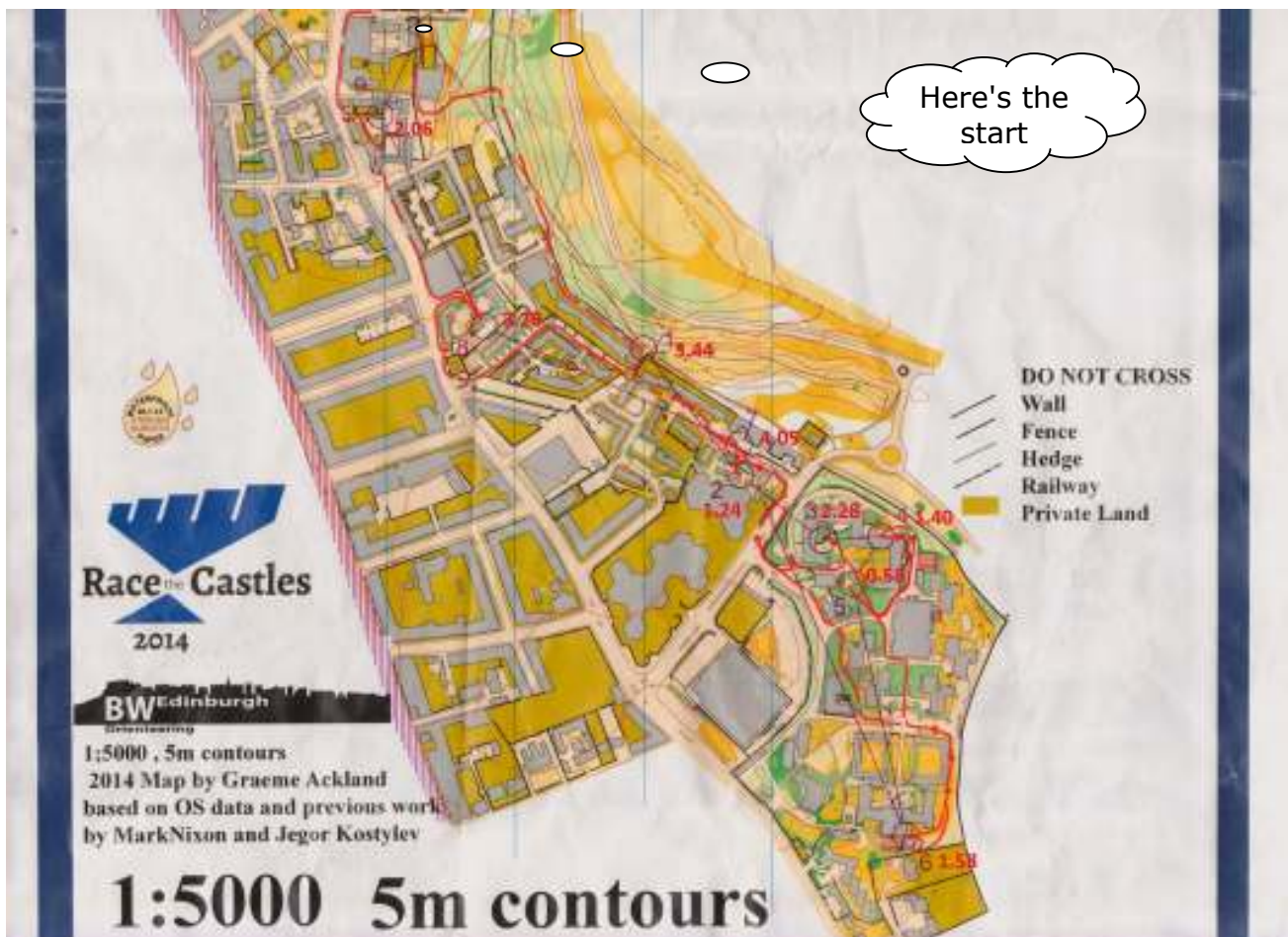
THE COMMITTEE has been investigating how to produce urban maps without a great deal of expense - and time. This is an example of what may come out of the exercise. Source World of O, maps from Routegadget.



EDINBURGH STREET RACE- EUOC

I was stood outside the Students' Union in Pleasance Courtyard, Edinburgh, watching the first competitors coming through the spectator control. I stood there in my full waterproofs wondering if I could get away with keeping my waterproofs on and not look like a southern softy. It's wet and cold and the dress state of the competitors coming through varies considerably, from full running waterproofs to singlet and shorts. Whatever I decided on I wouldn't look out of place that's for sure. I decided to keep my waterproof top on and abandon the trousers (waterproofs that is).

I jog to the start, 8 min to go, I join the shivering crowd whilst watching competitors running to a control in a small park across the road. 4 min to go I stand shivering in pre-start trying to work out how to fit my 33 control long descriptions into the holder. Decided not to worry about the last 5 controls so fold descriptions accordingly. Managed to get that sorted in time for my start just.



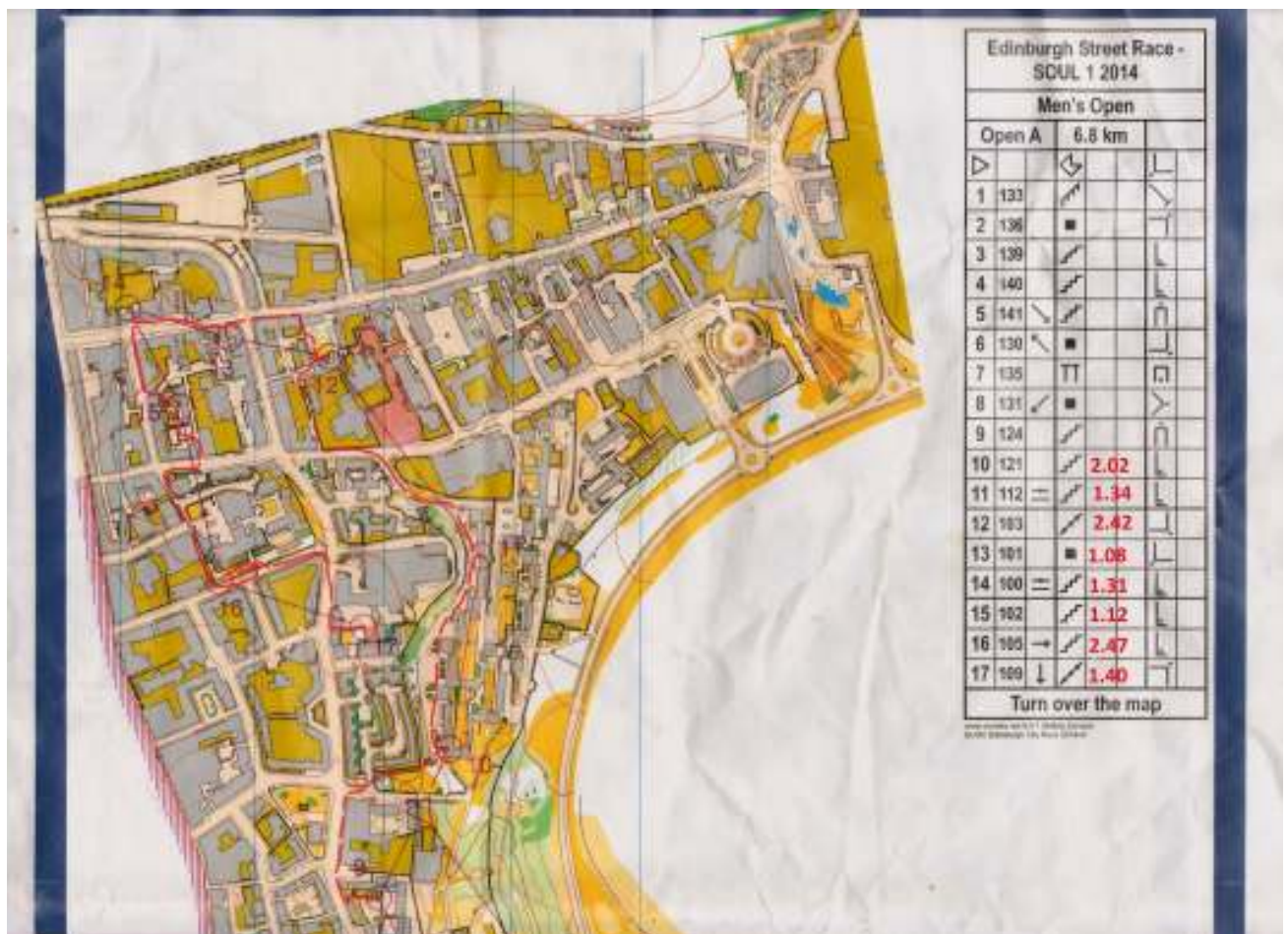
So off I go, I pick up my **Men's Open** map (still trying to avoid running the veterans course, sounds so old!) and start off down the path in front, long leg to #1 important to get it right. Decide to go east and follow path through woods. Then back onto road for final run into control. All good. #3 is situated on another University campus (how many are there?) turn north after entering the campus before realising I can't / shouldn't run through the building. Coming out of #6 missed path after control so doubled back and headed south to small fence between building and wall. Unsure whether I should jump it, decided to head back up east side of building. #8 thought I had this one sussed but small gate to west closed so had to loop

around to the north. Finding the right ally is key to #14 which I nail, then stand trying to workout where the control is. Control description said steps bottom. However nothing there..... soon a whippet turns up and seeing my predicament, and without breaking stride points to the control at the bottom of the upper set of steps.

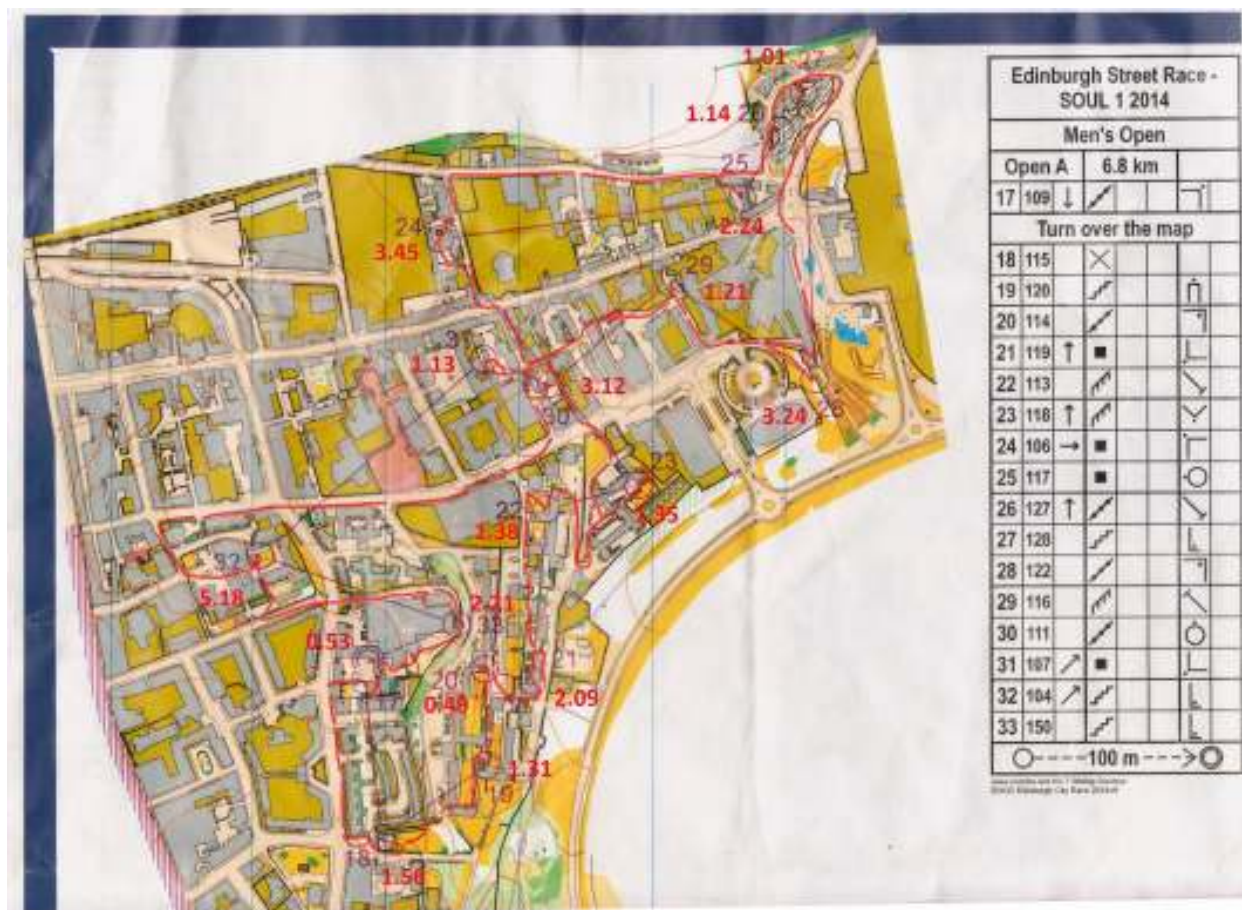
If only I could read control descriptions! He's gone before I can even thank him. **The Educational Bit** - Apparently (reading after the event) the symbol in the first column means upper so Upper Steps Foot. *[The red 1:31 is my split!]*



Anyway onwards #16 was of those urban controls where you can see the control but have to run past it to get to it, a few people stand looking at it longingly!! #17 spectator control, don't care about splits at these just make it look like you know what you are doing!! 36 min gone, turn the map over. Lots more to do..... clean through to #20, then the fun begins.



Find the steps to take me down to #21. Head north along the building, I jink left into the control, no control! Definitely in the right place. Check control description hmmm, must be on next level up. Idiot! My split was 2:09 - fastest split 0.35. Run through #23 punching and turning left around building, confronted with uncrossable fence, competitor on other side thinking same thing, at least I wasn't alone. Clean through to #29, although probably a couple of poor route choices to #28 at start and end. Hesitate to #30 but nothing major. On the way to #33 I run down the little ally on the right but as I turn the corner realise it's a dead-end! Then into the finish, 6.8km 72.09, actual distance ran 11.2km. A really excellent race, well



organised and a great map and terrain. Very happy with my run, and especially happy when I saw this [Time Loss Graph](#) . Apparently my time loss was about 3 min! I was 57th/87, won by Murray Strain (who's he) in 43.11.
Mark Lockett

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?"*

Here is the next one in the series.....

THE THREE LOST FARMS OF DAVIDSTOW MOOR

Most people will know the wartime history of Davidstow and its legacy of the Airfield, the Woods and later use for Formula One. This appeared in a recent article by members of Cornwall OC in Compass Sport Magazine and there is a great deal of information on the Internet. But what of its earlier history?

Well a quick Internet search did not reveal a great deal of documentation. But there was an excellent source at <http://www.rafdavidstowmoor.org/pre-military/archaeological-information/> which revealed its earlier antiquities, I shamelessly plagiarise:

“Wartime Excavations By C.K. Croft Andrew

During the winter of 1941-42 the late C.K. Croft Andrew carried out an eight month examination of the area destined for RAF Davidstow Moor. Croft Andrew worked on behalf of the Ministry of Works Ancient Monuments Inspectorate. He sent a synopsis of his work to the Chief Inspector in September 1942. When he started work the O.S. Map showed three tumuli on the threatened site. Croft Andrew carried out a detailed study of the airfield site and the immediate area around it. He excavated 28 potential barrow sites identifying both prehistoric and medieval remains. Much of the archaeology was almost intact with only surface peat cutting to disturb the moor.

Pottery Finds

The pottery found during C.K. Croft Andrews wartime excavations included examples of early Trevisker ware, fragments of a collared urn, beaker ware and three shards of Grooved Ware. Grooved Ware circa 2500 BC is found across Britain. Bradley [1984] has suggested it is found in areas that show evidence of economic dynamism and social complexity.

Lithic Finds¹

Croft Andrew found a total of 423 items of lithic worked material on Davidstow Moor. Many of them were broken or edge damaged. The material found included 214 flint flakes from the Mesolithic, Neolithic and bronze age, 20 scrapers, 52 blades and 36 holed or cupped stones mainly made of slate.

Lithic material used by the inhabitants of Davidstow Moor were of both flint and chert [a flint like quartz]. They came from the coast, the moor and further afield. There was evidence that they had been worked on site.

Barrows

Amongst the barrows examined by Croft Andrew he found a variety of building techniques ranging in period from 4200-3340 BC. They included cairn rings, internal cairns, flat topped turf mounds and both ditched and un-ditched sites. One unusual barrow in the group had an internal wooden stake circle.

The three ditched barrows that he found are possibly the earliest of Davidstow's barrows. The turf mounds examined appeared to have been flat topped. The flat area on top could be used for ritual activities. Flat topped mounds were current in Cornwall in the early Bronze Age.

The largest site at Davidstow does not appear to have contained a burial but to have been used for ritual purposes involving fires, pottery and wooden objects. The activity was carried

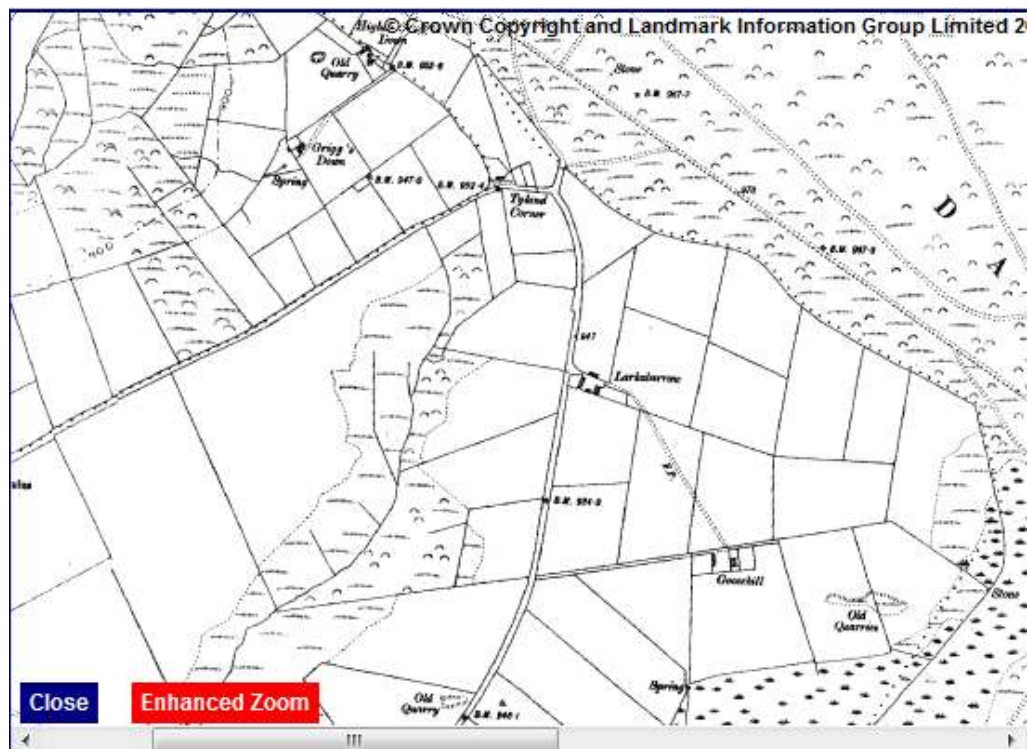
¹ In archaeology, **lithic analysis** is the analysis of stone tools and other chipped stone artefacts using basic scientific techniques.

out within a wooden palisade on top of the mound. The appearance of the wooden objects seemed to be that of agricultural implements.

Medieval Davidstow Moor

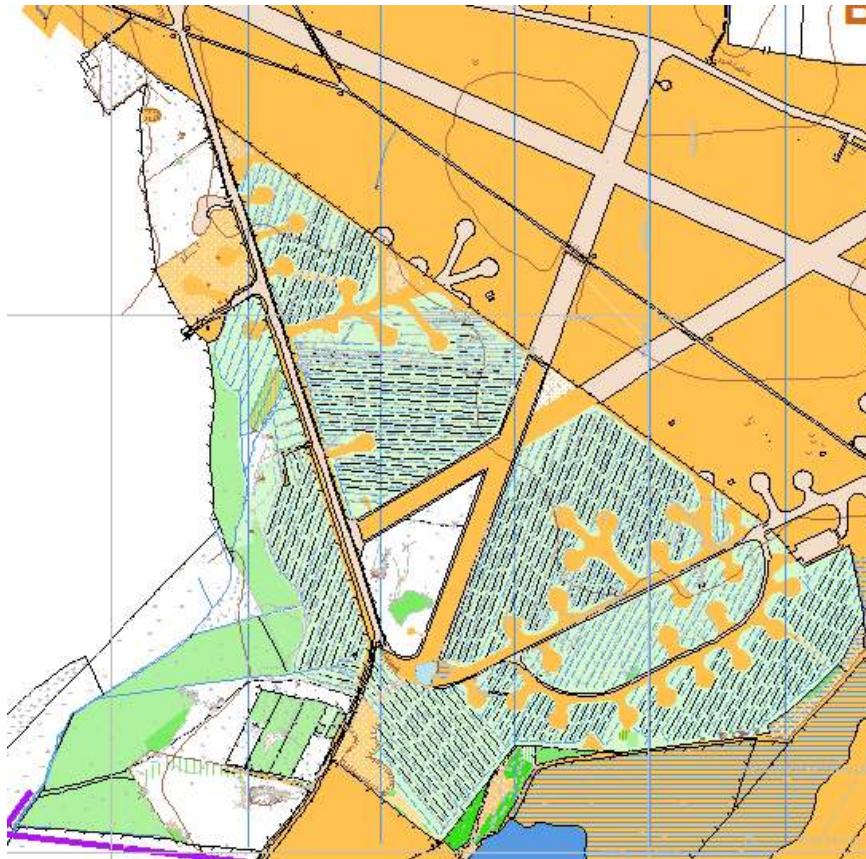
C.K. Croft Andrews examination of the site destined for RAF Davidstow Moor revealed 28 potential barrow sites. About half of these sites were proved to be certainly or possibly prehistoric. The remainder were of unknown or more recent date. The post prehistoric pottery was sent to Cathy O'Mahony at the University of Lampeter for dating.

The land on which RAF Davidstow Moor was built was the site of three farms, Goosehill, Larkaburra [Lark Borough] and Griggs Down. Croft Andrew identified what he believed to be the site of medieval Goosehill. Goosehill was first mentioned in Minister's Accounts for the Earldom of Cornwall [1280] [Gover. 1948. 41. Goosehill]. The land was in use for grazing and turf cutting. The first reference to a settlement at Goosehill is in 1337 [Caption of Seisin. Hull. 1971.16.18]. Roger Knight, Henry Dogel and Walter Sibili each held 40 acres of waste in 1 "ferling" of land at Goosehill."



Shown above is a 1906 Map of Davidstow showing the three lost farms of Goosehill, Larkaburra and Griggs Down. Traces of the old field systems can be seen on our Orienteering map – some of you will have entered Griggs Down and Larkaburra during the recent night event. The old quarries in the N and S of the map are still visible, but that in the SE has disappeared, perhaps levelled during the construction of the Airfield. The archaeology of the adjacent Fowey Moor, including Leskernick Hill is even more impressive. When our map is expanded to cover that I will write another article! So make sure you get along to our Winter Series event in April to discover The Three Lost Farms of Davidstow!

Will Hancock



Ed says - can you find the same features on both maps?

MAP SCALES

The Editor has been contacted by the Chair and Vice Chair of Lakeland OC asking that their proposed motion at the AGM re map scales be given an airing. I don't propose to devote two pages to their whole submission - I'm sure it will appear elsewhere. The reason I have not published in its completeness is that, in my opinion, they take "unprofessional" swipes at BOF. They have done this before in previous AGM motions.

In essence LOC have asked the Map Advisory Group [MAG] to allow them to use a map scale of 1:7500 instead of 1:10000 in complex areas. MAG have generally refused as it is contra to the general ethos of mapping in this country.

If you really want to read it I'll send you a copy. LOC submitted map extracts as an example of complexity at the two scales - although too difficult to insert into PUNCH. As you might expect 7500 is bigger than 10000. Both elements of cartography were easy to read.

Roger

NIGHT LEAGUE 2013-14

Scores so far are.....

Green

			2 or more completed				Best 3
			Burrator	Lanhydrock	Davidstow	Virtuous Lady	
Phil Newall	KERNO	M50	797	977	1000	590	2774
Mark Lockett	KERNO	M40	783	1000	872	658	2655
Graham Pring	KERNO	M55		986	812		1798
Steve Edmonds	DEVON	M55	1000			651	1651
Rob Naylor	DEVON	M40	887	763			1650
Ian Raggett	KERNO	M40		806	818		1624
Paul Glanville	DEVON	M55	1000			586	1586
Andrew Reynolds	DEVON	M45		888		626	1514
Nigel Worsey	DEVON	M55	0			573	573

Jade

			2 or more completed				Best 3
			Burrator	Lanhydrock	Davidstow	Virtuous Lady	
Arthur Boyt	KERNO	M75	1000		1000	714	2714
Barry Olds	KERNO	M60		1000	1000		2000
Adele Newall	KERNO	W50		983	855		1838
Roger Hargreaves	KERNO	M65			805	756	1561
Richard Smith	KERNO	M65		674	864	0	1538
Sue Boyt	KERNO	W55		490	1000		1490
Kim Boswijk	DEVON	W50		705		650	1355
Bernard Pullen	KERNO	M70		577	765		1342
J Robert Sneyd	KERNO	M55		812	495		1307
Alison Reynolds	DEVON	W45		794		0	794

I was uploading my CD collection to computer - still am as it happens - and I found a track that could be **the anthem for night orienteers**. It's called "Clear White Light" by Lindisfarne - check it out at http://www.youtube.com/watch?v=2_IPFOTUpEo

DORSET COAST PATH RELAY - update

Ken George - the current KERNO strategist - has received the following emails - June? Yes, June - read on and update your calendar immediately.....

Dear All,

Happy new year to you. I hope you've had a good break over the holiday. It's about that time of year when people begin asking me about the next Coast Path Relay so I thought I'd pre-empt your emails.

I took on the organisation of the DCPR back in 2006 and have very much enjoyed being in the

thick of it every year, watching the excitement of the race as the day progresses, as well as taking part in the racing too. But as last year proved, now that I have a young family my time and flexibility isn't what it used to be, and the organisation of the DCPR is just one thing too many. Gavin Clegg of WSX has kindly volunteered to take over the organisation of the event from me. I will continue to manage the DCPR website but under the direction of Gavin.

I am sure Gavin will do a splendid job at the helm, and I look forward to this year's race in which I hope to still compete for BOK.

*All the best
Tim*

and then.....

Dear All

*After a lot of consultation and compromise the date for this year's Coast Path Relay will be **Saturday 28 June**. On the Orienteering front there is nothing on that day, just the NWO relays on the Sunday.*

I do hope you will all be able to make up a team this year and we can get some good head to head racing. Same rules as before. I will try and clarify some of the more confusing parts of the route, please let me know if you have any queries or are aware that certain parts don't exist anymore!!

If you can give me an indication that you will be putting in a team I will get it announced on the website so we can see who's going to be there.

*Regards
Gavin*

LANHYDROCK PARKRUN - WEEKLY FREE 5KM TIMED RUN

What is Lanhydrock parkrun?

It is a 5km run - it's you against the clock.

When is it?

Every Saturday at 9:00am.

Where is it?

The event takes place at Lanhydrock House, Bodmin,

What does it cost to join in?

Nothing - it's free! but please **register** before your first run. Only ever register with parkrun once. Don't forget to bring a **printed** copy of your barcode. If you forget it, you won't get a time.

How fast do I have to be?

We all run for our own enjoyment. Please come along and join in whatever your pace!

Lanhydrock parkrun needs you!

It is entirely organised by volunteers;- email lanhydrockhelpers@parkrun.com offer to join the helpers.

We're friendly!

Every week we grab a post parkrun coffee in a local café - please come and join us!

Lanhydrock parkrun takes place every Saturday at 9:00am

Tips

- Don't forget your paper barcode! See your initial registration email, your weekly parkrun newsletter, previous results emails, or you can request a reminder email.
- We operate a "No barcode, No result" policy. If you forget your printed barcode, you won't get a time.
- Coming along for the first time? Please make sure you have registered and also read the course description.
- Did you run this week? Check out the results page and news page which includes event reports - we normally update these a day or two after the event.
- Not received your results email? It may be in your spam folder. We've a few tips on our support site to help you.
- You look great! Have a look at the event photos.
- Want to know more? Read about us and the event.
- Our links page connects you to local and national running resources.
- This event is run by volunteers who love running; if you want to join us, find out more on our volunteering page.

Check it out at <http://www.parkrun.org.uk/lanhydrock/>

ORDNANCE SURVEY MAPS TO CHANGE AS MAGNETIC NORTH HEADS EAST OF GRID NORTH

A new icon will be displayed on Ordnance Survey maps so that hikers and orienteers can adjust their compasses after magnetic North shifted east of grid North for the first time since their charts began.

Ordnance Survey maps are to change after magnetic north shifted East of grid North for the first time since the first charts were drawn in 1791. They have been a mainstay for orienteers, hikers and Scouts for centuries. But Ordnance Survey maps are to change after magnetic north shifted East of grid North for the first time since the first charts were drawn in 1791.

Although the discrepancy is less than one degree, maps will now be printed so that compasses can be adjusted accordingly. The effect will initially only be noticed in the South West of Britain, between Land's End and Penzance will gradually move further east. To mark this change Ordnance Survey maps will now carry a new icon to show the relationship between the three Norths's (magnetic, grid and true).

Robert Andrews at Ordnance Survey said: "One thing that many people don't realise when they're new to outdoor walking and navigation is that their compass doesn't point to grid north – except by coincidence in some areas."

The compass needle is attracted by magnetic force, which varies in different parts of the world and is constantly changing."

For the first time in over 220 years Magnetic North lies to the East of Grid North, rather than to the West."

This won't affect the majority of people who are just out for a day's hike, but we know some people like to make these adjustments so the new maps will reflect this change and allow them to do that."

There is a difference between true north, grid North and magnetic north. Grid North is derived from the central meridian on the OS National Grid; true North from the geographical pole (roughly the centre of Earth's rotation axis) and magnetic from the magnetic North Pole, which shifts around. The magnetic variation throughout Great Britain has been a few degrees West of grid North with the amount of variation changing every year. This is printed on maps with the date that it was measured. To being with, only maps west of Penzance will show the new icon until the effect moves further east.

Daily Telegraph

GRID NORTH, MAGNETIC NORTH AND TRUE NORTH

There are three Norths commonly in use in Great Britain.

Grid North the direction of a grid line that is parallel to the central meridian on the National Grid.

True North is the direction of a meridian of longitude that converges on the North Pole.

Magnetic North is the direction indicated by a magnetic compass. Magnetic North moves slowly with a variable rate and currently is west of Grid North in Great Britain.

Differences

The horizontal angular difference between True North and Magnetic North is called **MAGNETIC VARIATION** or **DECLINATION**. The horizontal angular difference between Grid North and Magnetic North is called **GRID MAGNETIC ANGLE**. It is this angle that needs to be applied when converting between magnetic and grid bearings.

Differences between the three norths are given on our 1:50 000 scale OS Landranger and OS Explorer 1:25 000 maps.

On OS Landranger Maps, the difference between True North and Grid North is given for each corner of the map and is shown in the legend as is the difference between True North and Magnetic North. The information is shown diagrammatically in the middle of the North margin. In both cases the year for which the value was compiled is given and once its value has been corrected for the current year, its value can be accepted for the whole sheet.

Calculating magnetic variation

Example – Penzance

The Magnetic North to Grid North is predicted to be $0^{\circ} 00' ^2$ west of grid north at the centre of the sheet in July 2014, with an estimated rate of change of 11' east a year.

The difference between True North and Grid North at the sheet corners are given and, by interpolation, the difference at Penzance (approximately central to the map), is that True North is $2^{\circ} 40'$ east of Grid North.

Thus the predicted difference in 2014 between Magnetic North and True North is $2^{\circ} 40' - 0^{\circ} 00'$ plus $2^{\circ} 40'$.

² To state the obvious, maybe. Degrees are split into minutes and seconds and are shown like this $0^{\circ} 00' 00''$

Example – Lowestoft

Magnetic North to Grid North is predicted to be $3^{\circ} 18'$ west of grid north at the centre of the sheet in July 2014, with an estimated rate of change of $10'$ east a year.

The difference between True North and Grid North at the sheet corners are given and, by interpolation, the difference at Lowestoft, which is close to the SE corner, is that True North is $3^{\circ} 00'$ west of Grid North.

Thus the difference between Magnetic North and True North is predicted to be $0^{\circ} 18'$ in 2014 – $3^{\circ} 18'$ minus $3^{\circ} 00'$.

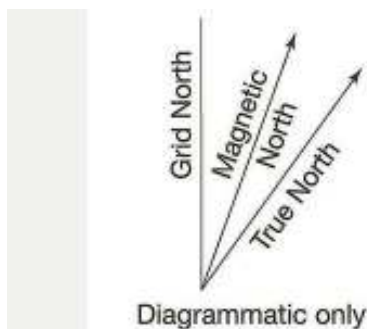
Grid magnetic angle calculator

The magnetic data shown on Ordnance Survey maps are supplied by the British Geological Survey (BGS). The BGS website includes a tool which will calculate the angle between grid north (British National Grid) and magnetic north at a given location from either coordinates or post code

For more information see the [BGS Magnetic angle calculator](#).

NEW MAP FOR 'NEW' NORTH

The Cornishman



Order a map of the far west of Cornwall from the Ordnance Survey and, at least for a while, it will be different from any other map in the UK. For the very first time in hundreds of years, magnetic North is starting to move east of grid north – and the area of mainland Britain that is the first to be affected is west Cornwall.

Ordnance Survey maps of Cornwall have been updated to reflect the historic shift in magnetic North. The magnetic North Pole of the Earth currently lies in the Arctic Ocean, west of Ellesmere Island, to the north of mainland Canada. But the pole moves around 25 miles a year and in the past 150 years, the pole has wandered around 685 miles in a roughly northerly direction, meaning constant adjustments have to be made if using a compass.

Gemma Nelson, from Ordnance Survey, said: "The magnetic variation throughout Great Britain has been a few degrees west of grid North with the amount of variation changing every year.

"For years the number has decreased, and now in the far south west of Britain, the north on your compass lies to the east of the north on your map for the first time since before the Ordnance Survey came into existence in 1791.

"This is currently only affecting people west of Penzance and the new magnetic variation will be shown on any of our custom-made maps centred in that area.

"Magnetic North is currently moving around 30km every six months, so for example, it will take four or five years to make it over to the Ordnance Survey office in Southampton."

FOREST LEAGUE 2013-2014

Name	Age Class	Common Towans	Penhale	Mount Edgcumbe	Lanhydrock	Polly Joke	Hustyn Woods	Davidstow	Events	Total	Best 4
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YELLOW

1	Krystyna Cade	W9			1000				1	1000	1000
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ORANGE

1	Sam Cade	M12		1000	1000				2	2000	2000
2	Beryl Smith	W60			726				1	726	726
3	Maisie Billing	W1			464				1	464	464

LIGHT GREEN

1=	Ian Harvey	M60	1000						1	1000	1000
1=	Catriona Beadel	W21			1000				1	1000	1000

SHORT GREEN

1	Elsie Hargreaves	W65	1000	906	901	1000			4	3807	3807
2	Annabel Pring	W55		754	1000	877			3	2630	2630
3	Liz Whitley	W55	797	683		975			3	2456	2456
4	Elizabeth Brunyee	W55	650	626		936			3	2212	2212
5	Arthur Boyt	M70		1000					1	1000	1000
6	Malou George	W55	474	406					2	880	880
7	Pauline Olds	W60		0		801			2	801	801
8	Amy Borland	W40				711			1	711	711

GREEN

1	Roger Hargreaves	M65	1000	1000	990	1000			4	3990	3990
2	Arthur Boyt	M75	791		1000	899			3	2690	2690
3	Jeannie Bown	W60	0	745	670	821			4	2235	2235
4	Sandy Cowan	M70	623	0	615	703			4	1941	1941
5	Rod Allday	M65	948	0		948			3	1897	1897
6	Roger Venn	M70		695		986			2	1681	1681
7	Bernard Pullen	M70	587			930			2	1517	1517
8	Richard Smith	M65				995			1	995	995
9	Derek Smith	M55	791						1	791	791
10	Sarah Middleton	W60				756			1	756	756
11	Hilary Eastley	W55	0			749			2	749	749
12	Annabel Pring	W55	708						1	708	708
13	Arthur Vince	M70		696					1	696	696
14	Christine Vince	W60		516					1	516	516

	Name	Age Class	Common Towans	Penhale	Mount Edgcombe	Lanhydrock	Polly Joke	Hustyn Woods	Davidstow	Events	Total	Best 4
BLUE												
1	Barry Olds	M60	1000	973	954	898				4	3825	3825
2	Richard Bown	M65	889	912	1000	846				4	3647	3647
3	Peter Heywood	M65	754	717	898	842				4	3211	3211
4	Michael Beadel	M50	879	764		862				3	2506	2506
5	Steve Beech	M60		791	811	831				3	2434	2434
6	Ken George	M65	0	785	811	837				4	2432	2432
7	Alan Peters	M60		670	949	747				3	2365	2365
8	Peter Morton	M65	0		978	978				3	1956	1956
9	Ivor Marshall	M45		892		1000				2	1892	1892
10	J Robert Sneyd	W55			759	750				2	1510	1510
11	Graham Pring	M55		1000						1	1000	1000
12	Adele Newall	W50			911					1	911	911
13	Stephen Eastley	M60				829				1	829	829
14	Derek Smith	M55		544						1	544	544
15	Chris Moncaster	M55		0						1	0	0
16	John Moody	M55			TBA					0	0	0

BROWN												
1	Gavin Henderson	M35	788	849	1000	1000				4	3637	3637
2	Ian Ashton	M21	1000	1000		869				3	2869	2869
3	Phil Newall	M50	769	684	854					3	2307	2307
4	Graham Pring	M55	631		771	701				3	2102	2102
5	Mark Lockett	M40		788	954					2	1742	1742
6	Alan Cade	M45			879	714				2	1593	1593
7	Chris Pawley	M40	714		778					2	1491	1491
8	Ivor Marshall	M45	652		772					2	1424	1424
9	Chris Moncaster	M55	875							1	875	875
10	Stephen Eastley	M60	696							1	696	696
11	Steve Beech	M60	690							1	690	690
12	Will Hancock	M21	681							1	681	681
13	Ian Raggett	M40	676							1	676	676
14	Ali White	W45			0					1	0	0

The Planner, Controller and Organiser for each event gain the average of their other scores

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:



DON'T PUT YOUR ORIENTEERING SHOES AWAY THIS SUMMER!

Come to the SUMMER SERIES!

CORNISH SUMMER ORIENTEERING SERIES 2014

**Fun in the Sun events,
Suitable for All, including
Newcomers of all Ages!
Try a New Adventure! All
Welcome!**

**Adults £7 / £5
Juniors £3**

BBQ or Picnic after!



SATURDAYS (except *) Start 1600-1700

14 JUN	TEHIDY	REDRUTH
28 JUN	HOLYWELL	NEWQUAY
12 JUL	MOUNT EDGCUMBE	TORPOINT
26 JUL	TRELISSICK	FEOCK
16 AUG	CARDINHAM WOODS	BODMIN
24 AUG*	LANHYDROCK	BODMIN



More: www.cornwallorienteering.org.uk

Whilst one of the aims of this series of left field, low key, fun events is to attract newcomers to the sport, experienced Orienteers should also come and have a go! Freed from the constraints of the colour coded course planning guidelines our Planners can offer something totally different to get the best out of these areas! Indeed past years have shown that these events arguably offer the truest "Total Orienteering" experience. For those that appreciate the competitive side of the sport an age handicapped league operates throughout the series.

So make sure you get these dates in your diary now! Exact formats will be announced nearer the time, so keep checking the website for info. Don't forget the après-O social too!

Will Hancock



Dear KERNO,

Thank you for being a part of our World Champs Event Team. We'd like to wish you a Happy New Year and give you some updates in this first newsletter.

New Event Director – Paul McGreal

We would like to introduce Paul, who was appointed by British Orienteering and Event Scotland. Paul is an orienteer, a member of Roxburgh Reivers. He is also Event Director of the Celtman, an extreme Scottish triathlon and was Event Director of the World Duathlon Championships, held in Edinburgh in 2010.



Event Director's Vision for WOC 2015

- **We will be ambitious.** We are not producing 'just another orienteering event'. This is the World Championships!
- **We are aiming at the highest possible quality presentation of an elite sport.** Everything we do will be guided by the 'show' and presentation.
- **TV, internet and media coverage is essential to the success of WOC.** We need to make the event look great, and make the competition attractive and understandable to the orienteering and wider general public.
- **WOC2015 will be a great athlete experience.** After taking on exceptional courses in outstanding terrain, athletes will leave Scotland saying 'best WOC ever'.

WOC2015 is an amazing opportunity for us to tell the real story of Orienteering and to change perceptions. We can shout loudly about our incredible challenging, adventurous, fast, physical, enjoyable elite sport.

Where are we with WOC right now?

We're in a bit of a transition phase. We're doing a lot of dull but essential work behind the scenes to determine the best structures and objectives that will allow us to deliver the best possible Championships - these are important building blocks to give us a firm base. This phase should be complete in early 2014, and then it's full steam ahead to deliver a great event.

A chance to join the Event Team

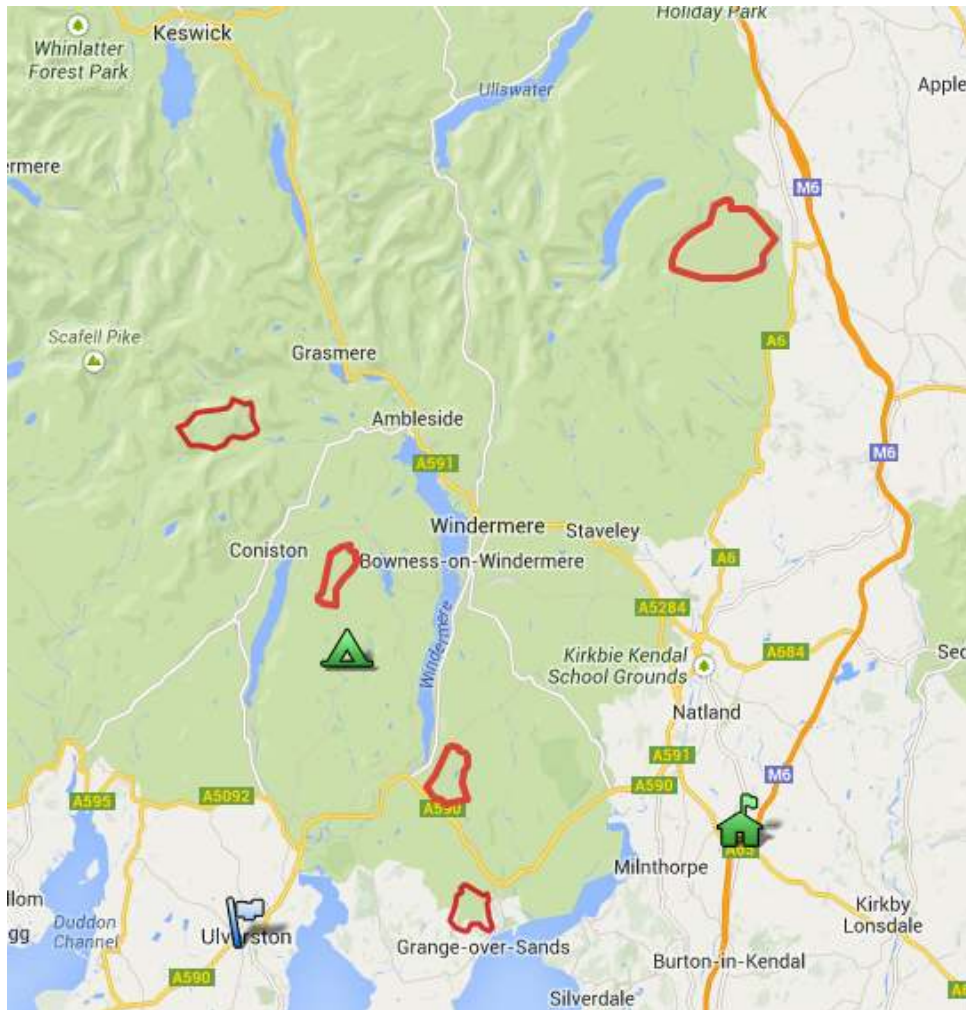
We will shortly be writing to all British Orienteering members letting them know about ways to get involved with this World Champs and we are adding new opportunities all the time. If you have any club mates or family that would like to get involved please send them to <http://www.woc2015.org/info/join-the-event-team> where they can register for e-mail updates. We've got roles for everyone to enjoy, including those who've never orienteered before.

Highland 2015 will combine a World Championship and the Scottish 6 Days into the biggest orienteering event the UK has hosted. We are going to need plenty of help, and we can't do it without you.

PUNCH Editor says; If you have never thought of going as far as Scotland for an event, or even 6 of them, why not give it a try for 2015 - you'll be amazed! Come and help KERNO!



In August 2014, the 6th Lakes 5 event will take place in the English Lake District, home of some of the country's most beloved scenery and finest orienteering areas. The event will incorporate five individual regional events between Sunday 3rd and Friday 8th August 2014 with one rest / activity day.



- Day 1: Swindale South
- Day 2: Simpson Ground
- Day 3: Grizedale North West
- Day 4: Pike O'Blisco and Blea Tarn
- Day 5: Hampsfell & Eggerslack Woods



Event Centre

There will only be an event centre for Registration on Saturday 2nd August. This will be based at the Kendal Auction Mart, about 1 minute drive from Junction 36 on the M6. It will be open from 1100 until 1900 hrs.



Grizedale Camping

We have arranged for Bowkerstead Farm to have a specific orienteering camping field with additional facilities during the week of the event. The campsite also has a few camping pods and a yurt; all bookings are on a first come first served basis and should be made directly to Arthur, the proprietor at the campsite, through their website at <http://www.grizedale-camping.co.uk/>



Ulverston Urban Races

Wednesday 6th August Rest day activity



The Welsh Orienteering Association invites orienteers to visit South Wales in April for the 48th JK International Festival of Orienteering.



"**The JK**" is Britain's premier annual multi-day competition and regularly attracts competitors from around the world each Easter. The competition comprises a Sprint race on Good Friday, a two-day individual competition on Easter Saturday/Sunday and a three-person Relay on Easter Monday. Each can be entered separately if desired.

There will be a programme of [training days and events](#) in the week leading up to the Easter weekend where the 4 days of orienteering start as usual with the Sprint on Good Friday. This will be at Swansea University and Singleton Park. Swansea Bay Orienteering Club will be taking the lead on this day.

Days 2 and 3 will share an assembly area and parking and both days have been approved by the IOF as **World Ranking Events**. The areas are Merthyr Common and Llangynidir. South Wales Orienteering Club is hosting Day 2 and Leicestershire Orienteering Club leads on Day 3. Finally for Day 4, the Relays are being held on Pwll Du and Bristol Orienteering Klub are leading that day.

Entries are now open [here](#)

- Map of event areas [here](#)
- Details of embargoes [here](#).
- Days 1 & 3 will be part of the [UK Orienteering League](#) 2014.
- Days 2 & 3 are IOF World Ranking Events.

Dragon's Back Race™.

Shane Ohly confirms the dates for the third iconic Dragon's Back Race™ in 2015. The race will depart from Conwy on Monday 22nd June and finish five days later at Carreg Cennen Castle in South Wales.



In the last few weeks there has been a comprehensive update of the Dragon's Back Race™ website and the majority of details for the 2015 race are now available [online](#).

Shane continues;

"There is bound to be much speculation about the first day of the race, which in 2012 included all the Welsh 3000ft peaks, and the notoriously exposed Grib y Ddysgl ridge between Crib Goch and Garnedd Ugain. Some competitors felt that the route was too hard. This is something I have consider very carefully and just like 2012, I shall be keeping the details of the final route secret until the competitor briefing on the night before the race. However, the keen eyed will have spotted that the estimated distance for Day 1 in 2015 is 7km / 600m less than 2012. Competitors can certainly infer that the Day 1 route in 2015 is going to be slightly different, but they should not make the mistake of thinking it is going to be easier!

"The 2015 course will be similar, but not identical, to the 2012 route. The 2012 route took its inspiration from the original 1992 Dragon's Back Race™ and again for 2015, it is our absolute intention to stay true to the original concept of running the mountainous spine of Wales.

"Also new for the 2015 race will be live tracking of the competitors so that friends and family can watch all the action unfold in real time each day."

The deadline for Dragon's Back Race™ 2015 applications is Monday 8th September 2014. Please do not delay if you are intending to enter and get yourself registered and familiar with the online process.

If you were interested in volunteering as a marshal at the Dragon's Back Race™ the application process is now open.

In other exciting news, Ourea Events (the company, which organises the Dragon's Back Race™) has just taken on the organisation of the popular [Rab Mountain Marathon™](#), this event is would be great preparation for competitors in their build up to the Dragon's Back Race™ and early bird discounts are available now.

The best possible preparation for the Dragon's Back Race™ is to test yourself against the elite course at the Great Lakeland 3Day™ this May. The GL3D™ is a three day mountain running race held in the Lake District and the format (transportation of competitors kit and flexible start times etc) is very similar to the Dragon's Back Race™. However, the entry limit is 230 competitors and with 200 places already sold the event is likely to sell out soon.

The new Marmot24™ on the 2nd-3rd August 2014 combines the very best elements of the predominantly British mountain marathon phenomenon with aspects of the more international, 24-hour rogaining events. It will be another endurance test of fairly epic

proportions for those that take on the non-stop 24-hour mountain marathon. However, there are also 12-hour and 6-hour options available in this score only format event.

Finally, if you are looking for a more relaxed trail running experience, on the 16th-17th August the [Berghaus Trail Chase™](#) will see competitors tackling full signed and colour coded courses over two days with a big, friendly overnight camp that competitors kit is transported to. Day two of the event is where the fun really starts as the chase takes shape. Competitors will set off in the order that they finished the first day, attempting to close the gap from the previous day. With a real head-to-head race developing, competitors will know that if they pass someone they will have improved their overall position, and the first people to cross the finish line will be the winners!

Regards,

Shane Ohly, Race Director, Dragon's Back Race™

Marmot24™

The UK's first 24-hour mountain marathon, the inaugural Marmot24, will be held on the weekend 2nd and 3rd August 2014. This exciting new event combines the very best elements of the British mountain marathon phenomenon with aspects of the more international, 24-hour rogaining events.

[Want to be a volunteer marshal?](#)



Rab Mountain Marathon™

Famously relaxed and welcoming, the fun and friendly atmosphere of the Rab Mountain Marathon™ is epitomised by the lack of prescribed start times, the wide spread of prize categories (including Veteran and Super Veteran) and the opportunity for younger competitors (aged 14+) to participate.

[Want to be a volunteer marshal?](#)

Berghaus Trail Chase™

The Chase is on! Set in the stunning North York Moors National Park the new Berghaus Trail Chase™ is an exciting new event that provides a weekend of trail running adventure. The mammoth chasing start on day two, ensures ensuring thrilling head-to-head racing all the way to the finish line.

[Want to be a volunteer marshal?](#)



Great Lakeland 3Day™

Just 30 places left. The GL3D™ is a small but adventurous three-day mountain marathon with a relaxed and friendly atmosphere that attracts both runners and long-distance walkers who enjoy the challenge of three long, consecutive days in the hills.

[Want to be a volunteer marshal?](#)

THE BANFF FILM FESTIVAL

A few KERNO went to this at the Hall for Cornwall last year and I'm sure all would recommend you going to have a look. It's not too expensive - a summary of the films follows but if you don't ride, kayak, fly, ski, surf or climb don't worry - just watch those who can and be amazed!

Best Short Mountain Film Winner

Follow climber Derek Craig's birthday challenge - to climb thirty-five routes on his thirty-fifth birthday. This film celebrates the billions of tiny moments that make up our lives and remind us to take the time to remember these moments, and be motivated by them.

Beyond the Drop

Six pro kayakers from around the world connect in the rainforests of Southern Mexico to explore the impossibly blue water of the Agua Azul. When it comes to running waterfalls, there's a lot more to it than just the drop.

Keeper of the Mountain - Special Jury Mention

Elizabeth Hawley bucked the conventions of her time by settling alone in Kathmandu in 1960, where she began chronicling Himalayan expeditions for The Himalayan Database. Even as she turns 90, she continues to update these records with rigorous accuracy and dedication, challenging the truth of even the most adamant of mountaineers.

North of the Sun - Grand Prize & People's Choice Winner

Tucked between the cold Atlantic Ocean and the rocky slopes of a remote, arctic island, two young Norwegian adventurers discover their own private playground. They build themselves a cabin out of flotsam while clearing the beach of debris, then spend the long winter skiing and surfing in the haunting low light.

Split of a Second

99.9% of time is spent in preparation for living a few moments of joy. The other 0.1% is to only be here now, and step off that cliff! An up close and personal look at the motivations behind Wingsuit World Champion Espen Fadnes!

Supervention (Special Edit)

A documentary on modern skiing and snowboarding. Join an intense and unpredictable journey together with the world's most talented skiers and snowboarders. Share their delight as they tackle big mountains and gnarly rail slides in spectacular Norwegian locations.

The Sensei (Reel Rock 8) - Radical Reels People's Choice Award

East meets West and old meets new. Forty-three-year-old Yuji Hirayama is one of the great legends of modern climbing while twenty-something world-class boulder(er), Daniel Woods is one of the strongest humans in the climbing worlds. The duo team up for an expedition of a lifetime. But when Daniel-san travels to Japan to prove himself worthy of Hirayama's mentorship, the question becomes, who learns from whom?

Mountain Bike Film

A mountain bike film will be added to the programme shortly.

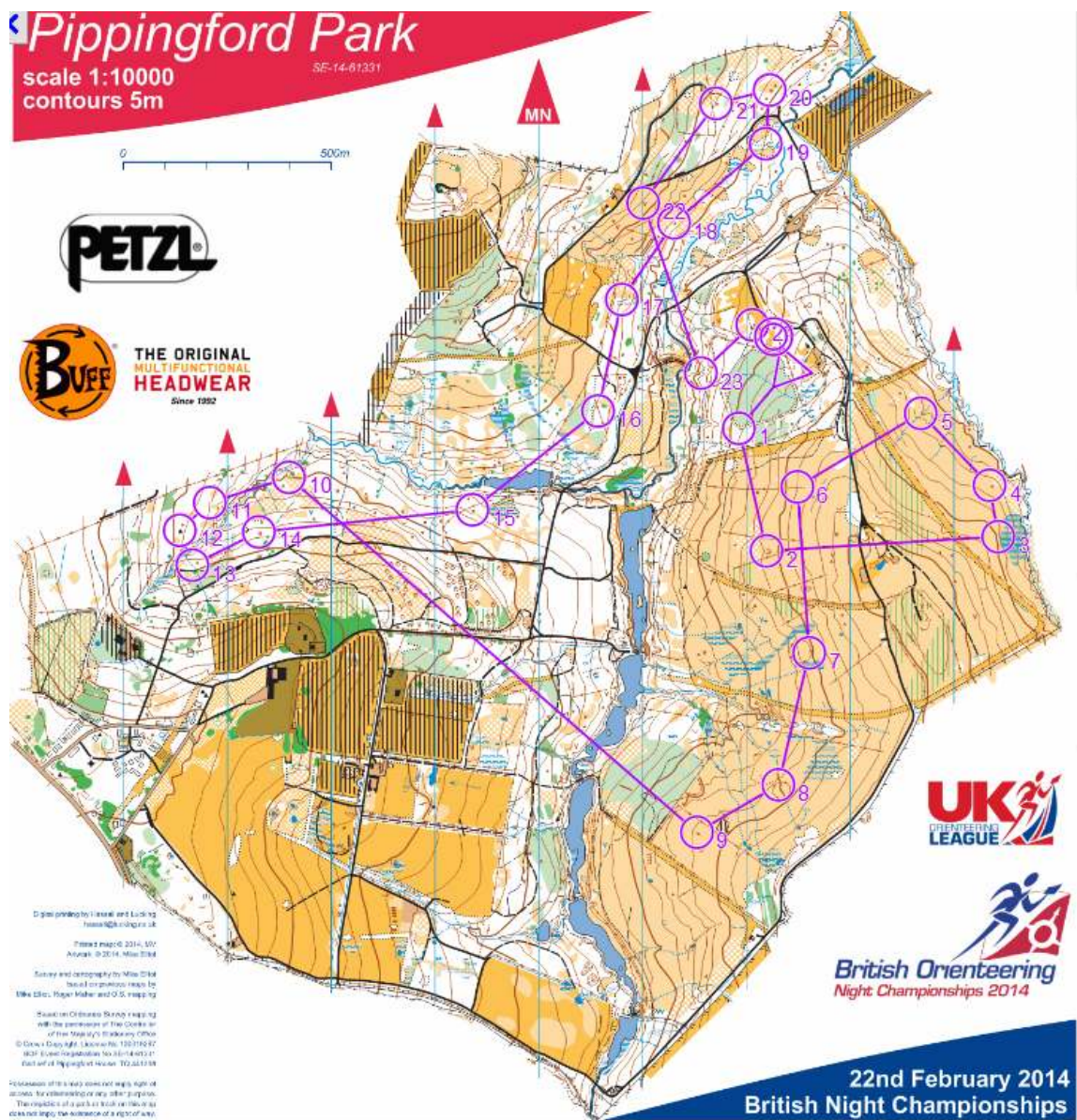
Don't miss this inspiring evening of exhilarating films from some of the most talented adventure filmmakers of today. Book your seats today at the Hall for Cornwall - March 21st.

BRITISH NIGHT CHAMPIONSHIPS

With the exception of Scott, Arthur and Sue, Adele and I were the only Kerno members to venture to the southeast of England for the 2014 BNC, held this year in the beautiful Pippingford Park, an MOD controlled forest and heathland a few miles to the southeast of East Grinstead. An added attraction was a Level B event on the Sunday in the same area which had certainly attracted a very high quality field.

We decided to make a long weekend of it and I took Friday off, so drove up to my brother's on the Thursday evening, stayed there, then early Friday headed for the delights of the railway station car park at East Grinstead where we left the car. Headed into London on the train and had a lovely day before catching up with my sister and husband on the Friday night for dinner, then Saturday morning a long walk from Hampstead Heath back into town, back on the train to East Grinstead, then off to the event.

We arrived in plenty of time and had a chance to scope out the area which looked superb. We weren't to be disappointed, and although a bit muddy in places, it really was a great place to orienteer and a very fair area for a night event.



Phil's M50 map

The map was a mix of light forest, scattered trees and heathland which was pretty runnable, dissected by streams and a north-south line of lakes with distinct crossing zones. There was also a basic track network which helped in some place, but broadly with the exception of the lakes, you could attempt to run point to point.

I was doing Course 3 (M50) which was 7.6km, 235m of climb with 24 controls (see map), so plenty of scope for error.

Both Adele and I were running quite late, but eventually got underway. For those that like the blow by blow, here is the very brief summary:

Cautious to 1, followed the earth banks (1 minute lost), direct to 2, then up and over to 3, traversed around to 4 and 5, then back over to 6. All going well to this point, then continued traversing through 7, 8 and 9 before the big leg across to 10. Got a bit confused by some of the tracks in the middle of this leg (1 minute lost), and a bit hesitant towards the control, but found it well enough in the end.

Made a bit of a mess of 11 (wasn't far enough along and wasted 2 minutes), then straightforward to 12, 13, 14 and 15, didn't quite go far enough to 16 (30 seconds lost), then OK but steady through to 22, but at 23 again didn't quite go far enough so lost maybe 30 seconds. A good run in and it was all over.



Here's Adele

4.9km 145m				
1st Jane Morgan	SOC	W50	50:35	
5th Adele Newall	KERNO	W50	64:26	



And Scott

11km 420m				
1st Graham Gristwood	FVO	M21	63:41	
10th Scott Collier	KERNO	M21	94:01	

I was pretty pleased as I'm still recovering from injury and am not very fit. 75.12 was my time (12th out of 25 competitors) and ended up running 9km on the GPS. The course was won by Quentin Harding in 52.40, some 10 minutes ahead of the field. I don't know how he does it, and in the dark!

Adele was still feeling pretty poorly with a bad cold, but went out and surprised herself with her performance. Adele did Course 5, 4.9km, 145m of climb and 16 controls, and she did this in 64.26 (5th out of 16) with the winner Jane Morgan managing 50.35, only 7 seconds ahead of second place!

We both really enjoyed it – a beautiful forest, good running, and technical enough to keep you on your toes. Best of all, neither of us got lost! Eventually got back to my brother's quite late and crashed out, ready for an early start on Sunday.

Again got back to Pippingford in plenty of time, but needless to say in a high quality field and our lack of fitness, results were disappointing, and even though I had a good run on the Short Brown (no significant errors), I was miles of the pace! I finished 34th out of 52 for my 8.2km, 265m of climb and 23 controls (I actually ran 9.6km on the GPS) with Quentin winning again in 49 minutes!

Adele was really suffering by Sunday and finished her Short Blue course which was 5.6km with 225m of climb and 18 controls in 77.13, somewhat slower than the winner.

We then just had time to distribute our Tamar Triple leaflets before heading home – what a great weekend!
Phil

And Sue and Arthur?

3.2km 100m

1st	Roger Maher	SO	M75	43:07
2nd	Arthur Boyt		KERNO	M75 45:32
				While Sue Boyt retired

SPRING IS HERE

Well, not quite as we are still in Winter but the urge to "spring clean" redecorate and tidy up has hit the Hargreaves household a little early. A few drawers have been turned out and a treasure trove of old photos have emerged. Here's one that feature the Editor [not a grey hair in sight], Steve and Rod. The photo quality isn't great but what's event, year and location??



Note the Paper Sacks sponsored bibs, nylon O suits and the tyvek control cards

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

April

- 18th SBOC WOA **Jan Kjellstrom Orienteering Festival - Sprint (UKOL)**, Swansea University & Singleton Park, Swansea Entry times: 12.00 - 16.00pm. Dogs: Dogs are allowed in assembly on a lead. They are not allowed in the buildings.. Organiser: Niall Reynolds www.thejk.org.uk
- 19th SWOC WOA **Jan Kjellstrom Orienteering Festival (UKOL)**, Merthyr Common, Ebbw Vale, SO118132 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: 10.00 - 2.00pm. Organiser: Chris Phillips , anne@themays.org.uk www.thejk.org.uk
- 20th WOA **Jan Kjellstrom Orienteering Festival (UKOL6 - uses combined results of Day 2 & 3)**, Llangyndydr, Ebbw Vale Entry times: 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 - 11.00pm. No dogs allowed. Organiser: Dave Urch www.thejk.org.uk

May

- 4th SROC NWOA **Northern Championships (UKOL)**, Gummer's How & Blakeholme, Newby Bridge, SD390884 Organiser: Tony Marlow , antonymarlow@gmail.com www.sroc.org/menu2/2014/May/130211.htm
- 31st NEOA **British Long Championships (UKOL)**, Thrunton and Callaly, Newcastle Organiser: Boris Spence www.boc2014.org.uk/

June

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

LEVEL B

March

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

April

- 13th BOK SWOA **BOK Mike Nelson BOKTrot**, Wye Valley Forests, Trellech/Tintern, SO501055 Entry times: 1030 - 1300. Dogs: On lead at all times in car park and forest.. Organiser: Greville Mills , 01225 858435
- 18th WOA **Jan Kjellstrom Orienteering Festival Trail O**, Swansea University, Swansea Organiser: Anne Braggins www.thejk.org.uk
- 20th WOA **Jan Kjellstrom Orienteering Festival Trail O**, Trefil, Methyr Tidfil Organiser: Anne Braggins www.thejk.org.uk

May

18th	SLOW SEOA	Harvester Trophy , Winterfold and Pitch Hill, Peaslake
June		
July		
6th	SO SEOA	Yvette Baker Trophy Final , Capite Wood, Ashington, (just off A24, south of Horsham), Horsham (10 miles), TQ184173 www.southdowns-orienteers.org.uk/index/events
August		
3rd	NWOA	Lakes 5 Days Day 1 (UKOL) , Swindale, Shap
4th	NWOA	Lakes 5 Days Day 2 (UKOL) , Simpson Ground, Newby Bridge
5th	NWOA	Lakes 5 Days Day 3 , Grizedale NW, Hawkshead
7th	NWOA	Lakes 5 Days Day 4 , Pike O'Blisco and Blea Tarn, Ambleside
8th	NWOA	Lakes 5 Days Day 5 , Hampsfell and Eggerslack Woods, Grange over Sands
23rd	EBOR YHOA	White Rose Individual - 1 Classic Distance and YHOA Superleague , South Cliff and Holbeck Ravine, Scarborough, TA041861 Entry times: 10.00 to 12.00. Dogs: On lead and in assembly area only. Organiser: Bill Griffiths , wr2014org@gmail.com , 01751 467020 www.whiteroseweekend.org.uk
24th	EBOR YHOA	White Rose Individual - 2. Middle Distance , Olivers Mount and The Mere, Scarborough, TA041861 Entry times: 10.00 to 12.00. Dogs: On lead and in car park only. Organiser: Bill Griffiths , wr2014org@gmail.com , 01751 467020 www.whiteroseweekend.org.uk
31st	BOK SWOA	BOK Blast: Day 2. Inaugral City of Bath Race , Bath, Bath www.bristolorienteeing.org.uk

LEVEL C

March

2nd	DEVON SWOA	Devon League Event , River Dart Country park, Ashburton, SX735698 Organiser: Steve Perrelle , steveperrelle@blueyonder.co.uk , 01803 401805 Devon Orienteering club
16th	WIM SWOA	WIM Regional , North Ringwood Forest, Verwood, SU108078 Entry times: 10.30am - 12.30pm starts - courses close 2.00pm. No dogs allowed. Organiser: Kirsty Staunton , thestauntons@aol.com , 01425 653629 www.wimborne-orienteers.org.uk/wim/index.htm
23rd	KERNO SWOA	Kerno, Polly Joke Entry times: 10.30-13.30. Dogs allowed. www.cornwallorienteeing.org.uk/main/index.php
30th	KERNO SWOA	Hustyn Woods Forest League 6 , Hustyn Woods, Wadebridge, SW984691 Entry times: 10.30-13.30. Dogs allowed. www.cornwallorienteeing.org.uk/main/index.php

April

6th	WSX SWOA	Wessex Galoppen , Chase Woods, Tollard Royal, ST965185 Entry times: 10.00 to 12.00. No dogs allowed. www.wessex-oc.org
27th	KERNO SWOA	Davidstow Forest League 7 , Davidstow, Camelford, SX144854 Entry times: 10.30-13.30. Dogs allowed. Organiser: Roger Hargreaves , rogerh9999@hotmail.co.uk , 01872 277320 www.cornwallorienteeing.org.uk/main/index.php

May

11th	SARUM SWOA	SARUM Galoppen & SCA League , Grovely West, Salisbury Dogs: In car park area on leads only; not on the course. Organiser: Charlotte Thornton
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- 24th DEVON **Tamar Triple Day 1 - Fernworthy**, Fernworthy, Chagford, [sx670838](#) Organiser: Alan SWOA Simpson
- 25th ESOC **Scottish Championships - Relays**, Newtyle Hill, Pitlochry SOA Organiser: Angela Dixon
- 25th CLARO **YHOA Urban League**, Jennyfields, Harrogate, [SE285565](#) Entry times: 10:00 - 12:00. YHOA Dogs: Dogs allowed under control at all times.. Organiser: Richard Kirk
- 25th KERNO **Tamar Triple Day 2 - Inny Foot (SW Middle Distance Championships)**, Inny Foot, SWOA Callington, [SX373761](#) [www.tamartriple.org.uk/](#)
- 25th KERNO **Tamar Triple Day 2 Tavistock Urban**, The Wharf, Tavistock, Devon, PL19 8SP, SWOA Tavistock, [SX47947410](#) Entry times: 17.00-18.30. Dogs allowed. [www.tamartriple.org.uk/](#)
- 26th KERNO **Tamar Triple Day 3 - Cookworthy**, Cookworthy Forest, Holsworthy, [SS415012](#) SWOA [www.tamartriple.org.uk/](#)

June

- 8th DEVON **League event**, Haldon Forest, Exeter, [SX882847](#) Dogs allowed. SWOA Organiser: Ella Bowles, ella.bowles@hotmail.co.uk, 01803762480
- 21st WIM **South of England Urban League**, Wimborne, Wimborne Entry times: 1.00-2.00pm SWOA Courses close 3.30pm. No dogs allowed. Organiser: Christopher Branford, candl.branford@btinternet.com, 012584 53716 [www.wimborne-orienteers.org.uk/wim/index.htm](#)

July

August

- 25th EBOR **White Rose Team Event**, Olivers Mount, Scarborough, [TA041861](#) Entry times: No YHOA entry after 16.00 on Sunday 24th August. Dogs: On lead and in car park only. Organiser: Bill Griffiths, wr2014org@gmail.com, 01751 467020 [www.whiteroseweekend.org.uk](#)
- 30th BOK **BOK Blast: Day 1. Sprint**, Bath University, Bath, [ST773639](#) No dogs allowed. SWOA Organiser: Paul Gebbett [www.bristolorienteeing.org.uk](#)

LEVEL D

March

- 1st DEVON **Night league Event**, River Dart Country Park, Bovey Tracy, [SX735698](#) SWOA Entry times: registration 17.30 until 18.30pm. Dogs: Dogs under control at all times.. Organiser: Steve Edmonds, pedmonds@plymouth.ac.uk, 01752 406519 [Devon Orienteering club](#)
- 22nd DEVON **Devon Training for TBGS**, Penhale, Penhale, [SW766560](#) No dogs allowed. Organiser: SWOA Steve Perrelle, steveperrelle@blueyonder.co.uk [Devon Orienteering club](#)
- 23rd DEVON **Devon Training for TBGS**, Hayle Towan, Hayle Towan, [SW579412](#) No dogs allowed. SWOA Organiser: Steve Perrelle, steveperrelle@blueyonder.co.uk [Devon Orienteering club](#)

April

May

June


- 14th KERNO **Tehidy Woods - Summer Series 1**, Tehidy Woods, Camborne, [SW63514346](#) SWOA Entry times: 16.00-17.00. Dogs allowed. Organiser: Ian Raggett, ianraggett@gmail.com, 01209 219248 [www.cornwallorienteeing.org.uk/main/index.php](#)
- 28th KERNO **Holywell Dunes - Summer Series 2**, Holywell Dunes, Newquay, [SW76705874](#) Entry times:

- SWOA 16.00-17.00. Dogs allowed. Organiser: Dan Alsop , danalsop@yahoo.co.uk , 447966965852 www.cornwallorienteering.org.uk/main/index.php
- 28th WSX **Dorset Coast Path Relay**, Along Dorset Coast Path, Lyme Regis Entry times: 08.00. No
SWOA dogs allowed. Organiser: Gavin Clegg www.wessex-oc.org
- July**
- 6th WSX **South West Sprint Championships**, Bournemouth University/Slades Farm, Bournemouth,
SWOA SZ074938 Organiser: Ian Sayer www.wessex-oc.org
- 12th KERNO **Mount Edgcumbe - Summer Series 3**, Mount Edgcumbe, Torpoint, SX45005252 Entry
SWOA times: 16.00-17.00. No dogs allowed. Organiser: Steve Beech ,
stevebeech@waitrose.com , 01579 362301
www.cornwallorienteering.org.uk/main/index.php
- 20th DEVON **Devon Relays** , Hound Tor, Bovey Tracy, SX738793 Dogs: On lead - sheep area.
SWOA Organiser: Alan Knight , alan@geckotek.fsnet.co.uk , 01404 822176 Devon Orienteering club
- 26th KERNO **Trelissick - Summer Series 4**, Trelissick, Truro, SW83553973 Entry times: 16.00-17.00. No
SWOA dogs allowed. Organiser: Phil Newall , pnewall@wardell-armstrong.com , 01326 373020
www.cornwallorienteering.org.uk/main/index.php
- August**
- 16th KERNO **Cardinham Woods - Summer Series 5**, Cardinham Woods, Bodmin, SX10046675 Entry
SWOA times: 16.00-17.00. Dogs allowed. Organiser: Graham Pring , graham@pringfamily.co.uk ,
01208 873502 www.cornwallorienteering.org.uk/main/index.php
- 24th KERNO **Lanhydrock - Summer Series 6**, Lanhydrock, Bodmin, SX08666410 Entry times: 16.00-
SWOA 17.00. No dogs allowed. Organiser: William Hancock , william.hancock@environment-
agency.gov.uk www.cornwallorienteering.org.uk/main/index.php

FROM THE ARCHIVES - WHERE AND WHEN WAS THIS PHOTO TAKEN?



No prizes for the answer but the Editor would like to know!

<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>www.cornwallorienteering.org.uk</p>	
	<p>I must be getting old! There were two events this weekend that I could have gone to. Why didn't I? Well the first was a night event 2 hours drive away. I reckoned that 4 hours driving for a 45 minute run didn't seem the sort of ratio I enjoyed. I did some gardening instead. The next event was in the same place - 4 hours driving again - for an probable 60 min run in the rain. I suppose I could have found a B&B and stayed over but £100 for the two of us.....</p> <p>This constant rain and showers is playing havoc with the mapping of the urban event for the Tamar Triple I really need a couple of dry [sunny would be nice] days and I could just about crack it. We'll see what the weather over the first two weeks of March is going to be like and get stuck in. I trust that leaves enough time to plan the courses and let the Controller in on the action.</p>
<p>ODDS & ENDS</p> <p>This half page of PUNCH is usually the place to put little bits of information [or gossip!] - the first one is from the BOF website and Tips for Controllers; here's the link..... http://www.britishorienteering.org.uk/images/uploaded/downloads/Tips for Controllers - SPORTident punching 11 January 2014.pdf KERNO has a wide range of controllers so I trust they'll all have a look at this document.</p> <p>I came across a link in Nopesport - on the few occasions when its contributors weren't slagging off BOF - when I found BOF had named the top ten orienteering areas in the UK. I wasn't hopeful of finding anything useful. Maybe I'm biased but I had a grin on my face to find Penhale Sands came in at #10! The citation included <i>"is a former military training area and its barren nature makes for some of the best orienteering in the south west of England"</i>. I still think squaddies train there but the camp has been sold off and the army have better accommodation at RAF St Mawgan.</p> <p>Again from roaming the web and another discussion post on Nopesport there is a link to an IOF guide to course planning. If you are an existing or aspiring planner have a look at http://orienteering.org/wp-content/uploads/2010/12/Guidelines-for-Course-Planning-World-Class-Events_v2.pdf</p> <p>You will recall that I like to put my route on Routegadget so I can compare against others on the same course. However Routegadget is now on version 2 and looks entirely different. What's more JAVA has also become less secure. That means that some computer users will find that their web browser won't support the two upgrades together. I might have mangled the technologies there but in essence that's what it is.</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>	