

Portuguese Orienteering Meeting (POM) 2016

Some of you may remember the POM 2015 article this time last year and how I enthused about the event. Well, Adele and I have just returned from the 2016 event, and I think if anything, we enjoyed this more.

POM 2016 was centred on the town of Penamacor in Northeast Portugal and comprised two Middle distance, two Long, and an Urban event. The whole event was a WRE qualifier, so as usual, this event attracted a very high quality field of over 1700 people, with the majority from Scandinavia, although there were some 77 Brits present including the Eastley's and Moncaster's from Kernu.

The Middle and Long areas were in intricate granite terrain, with lots of bare rock, variable vegetation, and limited man-made features. This all meant for some very technical orienteering and some long finish times!

The format for the event was similar to last year in that there was a model event on the Friday to let competitors get used to the areas, followed by four days of orienteering, with a Night Urban event at Penamacor thrown in on the Saturday after the first Middle race.

First up was the Middle distance at Memoria (course shown Men's Super Elite):

Day1

Middle Distance - Memória

Scale: 1/10.000 | Contour Interval: 5m

February 6th

Penamacor
February 5th - 9th

POM 2016 Day 1			
MSE	7,5 km	85	
--- 75 m ---> Δ			
▶	▲	○	○
1 165		∧	
2 163	○	○	
3 158	▲	○	○
4 184	↓	∧	○
5 186	∧		
6 194	∧		
7 135		∧	
8 204	▲		○
9 198	↑	∧	
10 205	∧		○
11 187	∧		○
12 208		∧	
13 142	↓	∧	
14 180			
15 174	∧		∧
16 206	∧	∧	∧
17 181	▲	▲	
18 154	↑	∧	∧
19 152	∧		∧
20 202	∧		∧
21 111	▲	▲	
22 179	∧		
23 102	▲		○
24 117	∧		○
25 114	↓	∧	○
26 175	↓	∧	○
27 150	∧		∧
28 200	∧		∧
○ --- 100 m ---> ○			

PDF MAP Nº 005/2016
BASE MAP RGB Image
MAP MAKER Rui Antunes LIC. OOAD 14828 Nov. 2015
APPROVAL Rui Moraes

A atividade de Orientação nesta área, só pode ser realizada mediante a autorização prévia de Câmara Municipal de Penamacor Clube de Orientação do Centro

R1

R2

R3

www.coc.pt

Essentially the area was pretty runnable, relatively flat and with major rock features which provided for many of the control sites. Great fun, but fairly relentless on the navigational front.

Next up the same evening was the Night Sprint around Penamacor which was unfortunately spoiled by the only rain of the event:



An old village perched on a hilltop with a castle and cobbled streets – what’s not to like (apart from the thick mist and slippery roads!). Bloody freezing running round in shorts and O top and glad to finish, although really good fun, albeit pretty tricky.

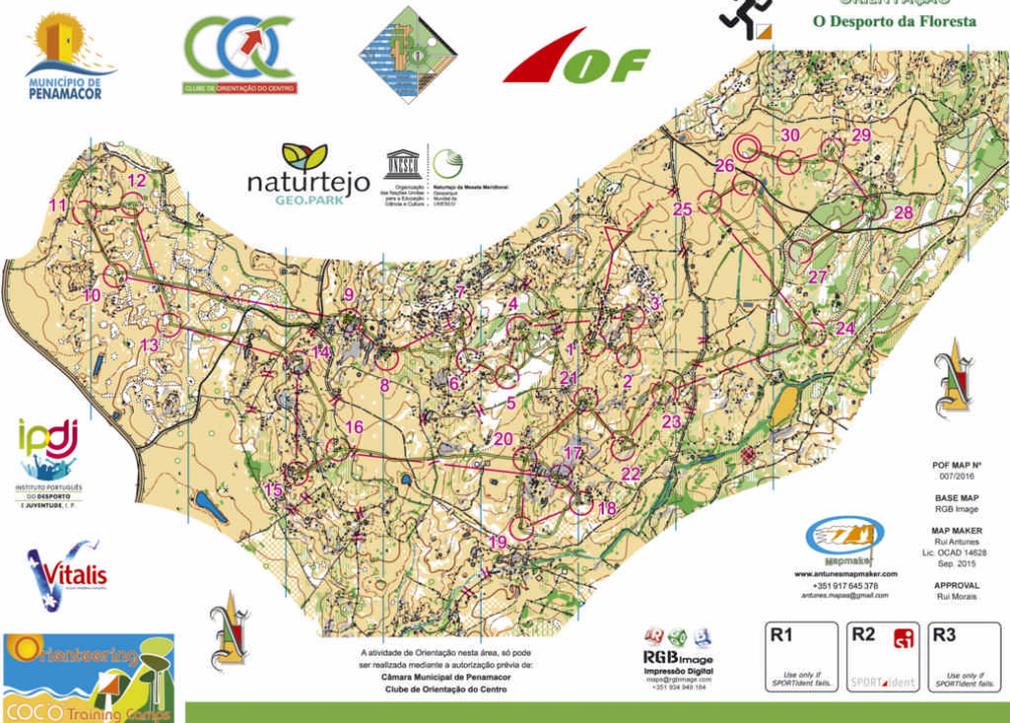
Sunday was another Middle race, this time at Serrinha - Racha which was a little hillier, but again dominated by a lot of rock features including many slabby areas, all of which were mapped well.

Although the map looks pretty straightforward, the large number of controls coupled with the complex rock scenery meant that total concentration was needed to not lose map contact.

Two days down, two to go. Up to this point, we were all thinking the orienteering was tough, but not impossible. Well, Day 3 soon sorted these views out.

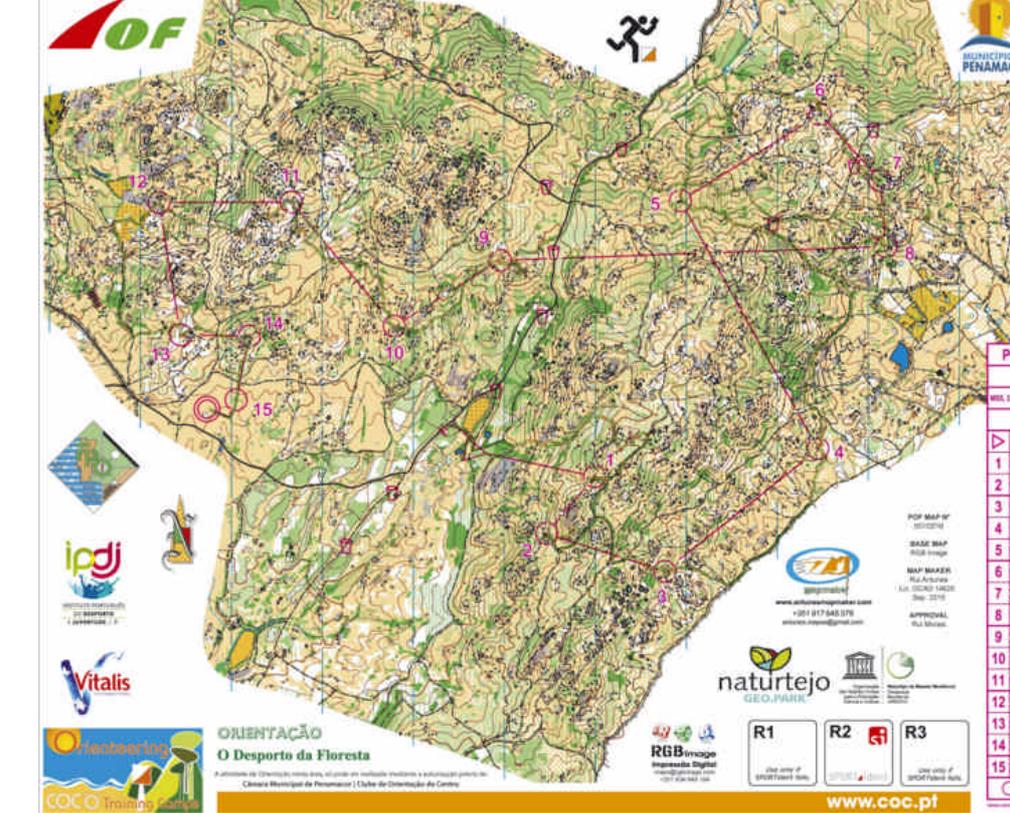
The event was on the main Serrinha area which was much hillier with very complex vegetation, some of which was totally impenetrable! The long legs up and over the hills, with little or no path network proved a fantastic navigational challenge, albeit slow. At the end of Day 3 I could fully appreciate why my course lengths seemed so short!

Day2 Middle Distance - Serrinha - Rachã
 Scale: 1/10.000 | Contour Interval: 5m
 February 7th



POM 2016 Day 2					
ME	7,0 km	160			
---125 m---					
1	137	/	△		
2	172		△		
3	210		△		
4	192	→	mm		
5	228	mm			
6	201	mm	▲		
7	208		mm		
8	149	▲	▲		
9	159		▲		
10	165	▲	▲		
11	166		△		
12	167	mm	mm		
13	161		△		
14	158		△		
15	186	✓	▲		
16	154	↓	mm		
17	130	→	mm		
18	129	▲	▲		
19	203	▲	▲		
20	113	↑	○		
21	216	mm	mm		
22	175	mm	mm		
23	176		mm		
24	104	mm	mm		
25	169	mm	mm		
26	168	mm	mm		
27	120	mm	mm		
28	107	mm	mm		
29	110	mm	mm		
30	200	mm	mm		

Day3 Long Distance | WRE- Serrinha
 Scale: 1/10.000 | Contour Interval: 5m
 February 8th



POM 2016 Day 3 - WRE					
M55, Difficult Long					
M55, Difficult Long	6,3 km	275			
---125 m---					
1	133		△		
2	164		△		
3	176	○	mm		
4	143	↓	mm		
5	155	→	mm		
6	119	→	△		
7	201		▲		
8	182		△		
9	219		△		
10	144		△		
11	105		△		
12	214		△		
13	196		△		
14	207		△		
15	200	△	△		

Day 4 proved to be more of the same and it really was an achievement to finish.

Day4 **Long Distance | Serrinha - Dongalinho**
Scale: 1/15.000 | Contour Interval: 5m

Portugal "O" Meeting '2016

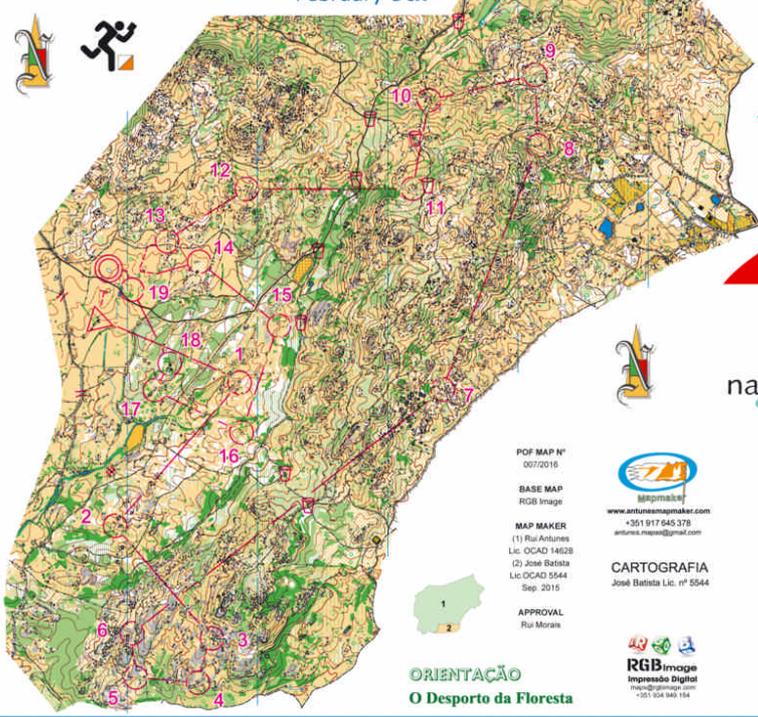
February 9th



POM 2016 | Day 4

WE	9,4 km	260
---125 m--->△		
1	126	∧
2	183	∧
3	218	▲ 4.5
4	199	∧
5	192	∧
6	217	∧
7	171	∧
8	130	→
9	128	↑
10	154	∧
11	134	∧
12	170	∧
13	151	↓
○---250 m--->		
14	108	∧
15	149	∧
16	178	▲
17	104	∧
18	123	∧
19	200	∧
○---150 m--->○		

www.coc.pt





ORIENTAÇÃO
O Desporto da Floresta

www.coc.pt

When the dust settled, the Newall's fared quite well with Phil 24th out of 70 in M50 with a best individual position of 18th, whilst Adele in W55 finished 12th out of 23 with a best of 11th.

Unfortunately, Steve, Hilary and Chris all had a MP, so didn't count for all days, although Chris was running very well and had an 8th on one day (what might have been!).

Whilst there, publicity was available for POM 2017, so to cut a long story short, on our way back to Lisbon airport, we drove via the area to be used in 2017 (further south), checked out some accommodation, and have already booked!

Anybody fancy joining us?

Phil Newall



