



# T'VOICE

January 2017



NEWSLETTER AWARDS 07 09 10 11 12 15

**CompassSport**

The Thames Valley Orienteering Club Newsletter

# Phot-O Gallery 1



*The Neville Baker 'twins' at Stowe*



*Front-of-house team at Black Park in November*

# T'VOICE

## Thames Valley Orienteering Club Newsletter January 2017 Issue 237

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*Front cover: SCOA championship medallists at Long Valley – photo by Mikhail Gryaznevich  
Back Cover: Annual dinner at Brill Memorial Hall*

### From the Chair

This is my first article as TVOC Chair, and I want to start by saying a massive thank you to the outgoing Chair, Alun Jones. He has done a fantastic job over the last six years and will be a very hard act to follow.

Looking back to the end of last year – we had a well-attended AGM, with an interesting and entertaining talk by our own Fiona Bunn, who focussed on her experiences of competing for GBR at the 2016 Junior World Orienteering Championships. I found that it was also a good coaching session, as Fiona explained how she approached championship races, and how she handled things going well and going badly. Many wise words.

I'm writing this on the evening of the Didcot event on 2nd January. There seemed to be a really good feel about this event, with great diversity among participants, from newcomers through to highly experienced competitors, and everyone enjoying their own challenge. After my run, as I manned the road crossing for the under 16s



*Carol Edwards at Winchester*

course, it was fun to watch orienteers coming and going, in and out of all the side roads and little paths. Many local people stopped to ask what was going on, and I think the whole show was a great shop window for the sport.

I'm always so proud of the TVOC events teams that roll into action to do their bit towards the event organisation. On this occasion, however, they were very stretched, and there were a few areas where they reported back that they weren't able to function as well as they wanted because of lack of manpower on the day. Perhaps this was because it was so close to New Year, and people were away, but to prevent this happening again I suggest that any club member not already in an events team takes a look at the different teams they can choose to join and gets in touch with the appropriate team leader to offer their services.

You can choose from Signs and Car Parking, Information, Registration and Emit, Start, Finish, String, and Control Collection. Just pick a team and send an email to the team leader (listed in the back of the newsletter)...

- you get a big discount off your entry to any TVOC event if you are helping
- you can always change teams if you find you'd rather do a different job
- you'll always be able to run as well as help, and
- you won't need to help every time: the more people in the teams, the fewer times each person needs to help

Lastly, Waddesdon has chosen orienteering again for its activity for the February half term week (beginning 13th Feb). Yvonne Hodson is coordinating the TVOC rota of helpers, so please get in touch with her if you can cover any shift on any day that week. It was massively popular last year, and fun to be helping.

Happy orienteering!

*Carol Edwards / TVOC chair*

## News in Brief

### String course help for Nettlebed 26 Feb?

Yvonne and I are going to be away for most of February and March. In particular we won't be able to run a String Course at Nettlebed. I haven't had all that much luck persuading anyone else to step in, so please do have a think about whether you could have a go at doing this. We can help plan it and offer advice.

*Ben Green / benjosephgreen@gmail.com*

### Recent Club Successes

In the 2016 UK Urban League, TVOC had the following top 6 final placings:

- 1st Young Junior Men 12-, Joel Taylor
- 1st Womens' Super Vet, Carol Edwards
- 2nd Young Junior Men 12-, Nathan Taylor
- 4th Men's Veteran, Roger Thetford
- 6th Women's Ultravet, Yvonne Hodson

TVOC placed 5th in the 2016 UK Orienteering League, out of 115 clubs. The people who contributed to the score are:

David Bunn (M16), Bethany Kippin (W16), Fiona Bunn (W18), Anne Edwards (W21), Tim Must (M45), Robin Bishop (M45), Simon Kippin (M45), Roger Thetford (M50), Alison Smith (W50), Nigel Bunn (M50), Carol Edwards (W55), Mikhail Gryaznevich (M60), Jim Prowting (M70), John Thompson (M80), Roger Baker (M80)

*item provided by Carol Edwards*

## Didcot Urban Event in the news

The Didcot Urban Race got front page coverage in the Didcot Herald today! Not sure I remember saying all those things to the journalist... but it all sounds good. The journalist has already promised to send a photographer to our Abingdon urban event in August too.

*Mike Shires*



*Didcot Herald front page*

## Chiltern Challenge

TVOC's Chiltern Challenge (including the SCOA Championships) is on 9th April. Entries are now open. If you are helping on the day, the helper discount code on fabian4 is tvoc17

## Waddesdon Activity Week

Now that Christmas and Didcot are over, please turn your thoughts to helping at Waddesdon during half term Sat 11th - Sunday 19th February. It's only a few weeks away now. So far, I have only had 2 definite offers of help and 1 possible - thanks go to these members. Even one shift of 2 hours would be helpful. You get free admission to Waddesdon as helpers!

Waddesdon staff were very pleased with the help we gave them last year when almost 1400 children took part over the week. *Yvonne Hodson / yvonne@phod.net*

# Membership News

## Membership News

I am delighted to introduce the following new members to the club: Antony Moore, Ann Miller, Amelia Collins-Patel, Robert Neal, Aleks, Anna, Essi and Heta Kankainen, Roger, Nicola, Daniel and Emma Cliffe; and to welcome back returning members Luke Woodward and Andy Lawrence. I'm sure everyone will look out for them at events, and make them feel very welcome.

Most people have now renewed their TVOC/BO membership, but a significant number are yet to do so. It's very easy to do via the BO website, and you'll need to do it soon if you are to retain BO discount when you enter events.



*Carol Edwards  
(photo: Rob Lines)*

**Carol Edwards, Membership Secretary**

# Club Tops and Jackets

The stock of jackets is now much diminished but I still have a few at £45 and in a range of sizes. Use the Trimtex guide to assess your size, check with me to make sure I have one, then I will ask you to pay the club direct. Junior sizes work on height, but this link may help: <http://trimtexsport.com/measurements-table/>

As to running tops I have a few left and will be making a fresh order, so if you want one, please email me with your size and whether short or long sleeved. These are still priced at £25.

To remind members, the club will supply shirts free of charge to juniors, after they have completed 2 colour coded courses on their own.

Any questions, then best way is by email: [petercriches@gmail.com](mailto:petercriches@gmail.com)

Stop press: Just a short note to those who are waiting for new stock, this has been delayed due to a lack of the blue material.



*Peter in club kit*

**Peter Riches**

## SCOA Junior Squad

### Future training sessions:

Saturday 10th December	Henley Gate Pirbright, with SN Junior Squad
Saturday 14 January 2017	TBA. We will be supporting the BKO event at Langley Park on 14 Jan to raise funds for the squad
17-19 February 2017	Sheffield Area (SCJS Training Camp)
Saturday 18 March 2017	Long Valley
Saturday 1 April 2017	TVOC area

We welcome all SCOA juniors of about Orange standard and above and aged 10 or so to 18 years to join us at the Saturday training days. We meet at 1015 hrs and finish about 1500 hrs. You need to bring your lunch, a drink, £1 to cover map and access costs, and your orienteering kit. Please contact Simon Kippin ([juniorsquad@scoa-orienteeing.org.uk](mailto:juniorsquad@scoa-orienteeing.org.uk)) if you want to know more.

**Simon Kippin / SCJS squad manager**

## Schools League

Season 7 of the TVOC schools league is now underway, and 4 events have been completed. There are some 'new faces' among the schools this year as students move up from Y6 to Y7 and secondary school – and one of those newcomers, Sir William Borlase's Grammar School in Marlow has made an impressive start. Last year's winners, Holy Trinity, are hard on their

heels in second place. The current leaderboard is shown below.

Pos	School	Points
1	Sir William Borlase's Grammar	1165
2	Holy Trinity Marlow	600
3	Charlbury Primary School	380
4=	Queen Margaret's York	100
4=	Westbrook Hay School	100

**Ian Buxton / Schools League co-ordinator**

## Colour-coded award badges

Are you eligible for a colour badge? You can qualify for a colour award badge by successfully achieving the 'standard' for that colour course (at a level C event or above) on 3 separate occasions. For yellow, orange, red, light green, green, blue & brown courses the standard is generally set by either the winner's time +50%, or the top 50% of those who started the course, whichever gives the most qualifiers. The white standard is achieved by all who complete the white course.

If you believe you are eligible for a colour badge, collect together the relevant results and contact Roger Baker who maintains the TVOC stock.

*email: rogerhbaker@btinternet.com phone: 01235 520447  
post: Ludwell, Faringdon Road, Abingdon, Oxon OX14 1BQ*



*Yellow & Orange badges*

**Roger Baker**

## Permanent Course Certificates

Along with Instructions on the back of TVOC Permanent Course maps there is the offer of an attractive certificate to commemorate achievement if the secret codes that have been discovered are sent to me. This gives me the opportunity of including publicity material along with the certificate and making suggestions for further involvement in a personal letter.

Thanks to Mike Shires (design) and John Farren (production) I now have new certificates as illustrated here.



### TVOC Permanent courses:

you can download maps from the TVOC website, using  
username **maps** password **tvocmaps**

**Roger Baker**

# Waddesdon Activity Week

You may have seen in TVOC meeting minutes that we have agreed to help out at Waddesdon again during their February half term activity week in 2017. The dates are Saturday 11th - Sun 19th February.

Similarly to this year, there will be 3 courses along the various paths around the Manor grounds on all days. In addition, at Waddesdon's request, it is likely that we will offer a 45 minute score event to attract the older children. This will just be available on Sunday 12th, Saturday 18th and Sunday 19th perhaps between 11:30 and 12:30. The activity will be available each day between 11am and 3pm. Waddesdon staff will be organising map issue and collection.

I am writing to ask for some help and support during this week to 'meet and greet' and give advice to families and children who want to have a go. We can also have our 'Information' display set up if possible and flyers to hand out. I'm suggesting 2 shifts of 2 hours each per day, so time to have a go yourselves. We will need some extra helpers for the score event as this will have a start/finish further away from the Manor.

February is not that far off now, so please, if you can spare some time during that week to come and help, let me know and put it in your diaries. I'd like to spread the help over the week, so first-comers get their pick!

**Yvonne Hodson**

## CompassSport Cup – Free entries!

The first round of the annual inter-club competition, the Compass Sport Cup, will be at Cold Ash (near Newbury) on Sunday 12 March. For TVOC to do well at this event we need lots of runners. We are especially short of runners on the junior and younger end of the senior courses (M/W 40 and under), so even if you are relatively new to orienteering it would be great to see you there. This year, for the first time, TVOC will pay for everyone's entry fees to encourage a good turnout.

The courses are shown below - you will only be able to score points for the club if you run the correct course for your age group, or a harder one. Juniors who are under 14 (or who turn 14 this year) need to be able to get round an Orange course on their own and those between 14 and 18 need to be able to get round a Green course. There are also white, yellow and light green courses available for non-competitive runners who want to come along and run (maybe to support other family members) but don't want to do their age class course.

If you can make it, please email me by 20 Feb so that I can enter you. I need to know:

- Your name
- Your age class (or your age, if you are not sure what your class is)
- Your e-mit card number, if you have one (otherwise we will hire one for you)
- Your BOF (British orienteering federation) number, which you should have been given when you joined TVOC
- Any preferences for your start time (starts will be between 10.30 and 12.30, so let me

know if you prefer an early, middle or late start)

## Courses:

Course 1	Brown	Men Open
Course 2	Short Brown	M40+ M20-
Course 3	Blue	Women Open
Course 4	Blue	Men M50+
Course 5	Green	Women W45+ W20-
Course 6/8A	Green	Men - M60+ M18-
Course 7/8B	Short Green	M70+ W60+ W18-
Course 9A	Orange	M14-
Course 9B	Orange	W14-

Plus light green, yellow and white non-competitive courses (these will not score points for the club)

More details and a map are at <http://www.bko.org.uk/event/cold-ash-12-mar-17>

Hope to hear from you soon!

***Alison Smith / TVOC Club Captain***

## Relay entries – JK & British Championships

If you would like to run in the JK or British relays this year please let me know. The JK relays are at Pippingford Park in the South Downs National Park on Monday 17th April (Easter Monday). The British relays are at Summer House Knott near Newby Bridge in the Lake District on Sunday 7th May. Costs are £16 per runner for seniors (plus e-card hire at £2.15) for the JK relay and £15 for the British relay. TVOC will pay the entry fee for any junior runners.

If you would like to run, please e-mail me at [Alison.smith@virginmedia.com](mailto:Alison.smith@virginmedia.com) by 28 January at the latest for the British (prices go up on 5 Feb) and by 10 March for the JK (closing date 19 March).

Tell me your name, age class, SI card number (if you have one), and any preferences (e.g. prefer first or last leg).

For the British champs you need to either be a British citizen or a member of British Orienteering for the last 3 years, to be in a competitive team.

I will try to fit everyone into teams with other runners of similar ability levels – I can't guarantee a place in a team, as it depends on who else is available in a suitable age category, but as always I will do my best. Once the teams are confirmed, I will send details of how to pay. Hope to hear from you soon!

***Alison Smith / TVOC Club Captain***

# Summer Series 2017

The proposed dates for the summer series 2017 are below, all we need now is some very kind individuals to come forward and take on one of these events, I know many of you are involved with the Saturday Series and other TVOC events, but these are very low key events that last about an hour (5k for longest courses). They are intended for experienced and developing orienteers, and are not suitable due to no first aid cover, for newcomers. There is usually 1 loop at yellow/orange level at 1.5k, then two other loops of 1.5k and 2k where we aim for a TD5 controls if possible. What the event entails is entirely up to you.

Dates for events will be allocated on a first come, first served basis. 20 June has already been allocated to Peter and Mark for an event at Whiteleaf

## Proposed dates:

Tue 9 May	Wed 17 May	Tue 23 May	Wed 31 May
Tue 6 Jun	Wed 14 Jun	<i>(Tue 20 Jun)</i>	Wed 28 Jun
Tue 4 Jul	Wed 12 Jul	Tue 18 Jul	

Many thanks for your support,

***Chris Poole / Summer Series Co-ordinator***

## Thank you and goodbye!

Hello everyone: Just to say that as I continue to be plagued by minor injuries and slightly more serious health problems (though not THAT serious), I have reluctantly decided that it's time to stop falling over on orienteering courses. Yes, I know the idea is to stay upright but... So, we're not renewing our membership this year but I would like to say a public thank you to all of you for your friendship over the years and wish you all the best of luck. We may still turn up at Saturday events as I shall keep following your activities on facebook and also on the website. Mike Shires continues to do a brilliant job on keeping your profile raised and I do put Kings Wood and Penn Wood/Common Wood events on the Village website to encourage locals to give orienteering a go. So thanks for all the fun and now it's back to the walking as we have the Ridgeway to finish and also the Coast to Coast path but that needs some serious "get fit" before crossing the North York Moors to Robin Hoods Bay from Richmond. Very best wishes, Hilary (and Ian of course who misses "thrashing around a bit" to find his controls!)

***Hilary Forbes***

# Future major event plans

The chart below sets out TVOC's plans for our bigger events for 2017 and 2018. You can access the chart at any time at <http://tinyurl.com/TVOC-plans>

	A	B	C	D	F	G	H	I	J
1	Date	Level	Where?	Map update	Organiser	Planner	Controller	Comments	
2	<b>Note: location of events is subject to obtaining appropriate permissions</b>								
3	<b>2017</b>								
47	Mo	02/01/2017	C	Didcot Ladygrove	Martin Ricketts	Martin Ricketts	Mark Foxwell, BKO	Subject to permissions	
48	Su	26/02/2017	C	Nettlebed	Robin Bishop - tbc	Ed Nicholas, AROS	Bever Rogers, B&G		
49	Su	09/04/2017	B	Hambleden	Mark Thompson & John Farran	Mark Thompson & Peter Riches	Terry Smith, SOC		
50	Mo	28/08/2017	C	North Abingdon	Martin Ricketts	Luke McNeill	John Orton, NVO		
51	Mo	28/08/2017	C	Common Wood & Penn Wood	Bob Beresford	Alun Jones	Mike Pemberton, BKO	Southern Night Champs.	
52	Sa	02/12/2017	B	Penn Wood	Bob Beresford	Alun Jones	David Frampton, HH		
53	Su	03/12/2017	C	Common Wood & Penn Wood	Bob Beresford	Alun Jones	David Frampton, HH		
54	Su	21/01/2018	C	RAF Halton East + Wendover	??	Nat Skidmore	??		
55	Su	15/04/2018	B	Great Hampden	Mark Thompson	John Dalton	Mike Edwards, RAFO		
56	Su	??/05/2018	C	Coombe Hill	??	??	??		
57	Su	??/05/2018	C	Bicester Urban	??	??	Charles B-G, SARUM		
58	Mo	27/05/2018	C	Bicester Urban	??	??	??		
59	Su	??/11/2018	C	Shotover	??	??	??		
60	Su	??/11/2018	C	Shotover	??	??	??		
61	Fr	19/04/2019	A	RAL	Wheatcrofts	Colin Duckworth			
62	Mo	22/04/2019	A	Bredenhall	Neville Baker	Steve Long			
63	Mo	22/04/2019	A	Bredenhall	Neville Baker	Steve Long			
64	Mo	22/04/2019	A	Bredenhall	Neville Baker	Steve Long			
65	Sa	??/??/2020	A	Hambleden	??	Neville Baker?	??	British Night Champs	
66	Su	??/??/2020	B	Hambleden	??	Carol Edwards	??	Chiltern Challenge	
67	Su	??/??/2020	B	Hambleden	??	Carol Edwards	??		
68	Su	??/??/2020	B	Hambleden	??	Carol Edwards	??		
69	Su	??/??/2020	B	Hambleden	??	Carol Edwards	??		

We have planners and organisers in place for all the 2017 events. The planner slots for 2018 are also going fast. So do volunteer now to plan or particularly to organise for 2018.

**Carol Edwards / TVOC chair**

# Oxford Street-O series

Currently the season is identical to the last one, with the best four races from eight counting in the league tables. Separate leagues for men and women. The events will be held on Tuesdays and Wednesdays during the coming months. The format of the events is still a sixty minute score.

After 5 races so far, we now have Nigel Bunn in a commanding lead followed by Marcin Krzysztofik and Matt Hill. For the women, leader Sarah Gales has displaced Marie-Anne Fischer into second place, with Fran Harvey and Rose Harvey now in joint third place.

Many thanks to Ben for planning and organising a great event at Marston with an new style of control

collecting/punching/touching. Touch-O, had favourable comments, and as most were road signs this led to controls being at junctions of roads which allowed good route choice and run through. Thanks also to the OXSRAD centre for hosting us on what proved to be a dry (wet underfoot), mild (well not sub-zero), evening.

Thankfully the forecast was correct in that Oxford was clear of rain from 18:30 onwards. Also a bonus that there was less wind about so not too chilly.

The next race of this season will take place in the Kidlington area on Wednesday 15th February – Carol Edwards is planning this one. Further details will appear on the website event page soon: <http://oss.markandblanka.com/> (Linked off the TVOC website via the QuickLinks bar <http://www.tvoc.org.uk> )

Hope to see you all during the season.

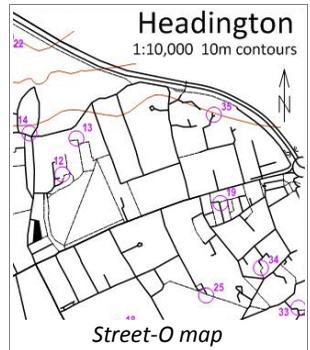
**Robin Bishop / Street Series Co-ordinator**

## Coaching tips from the top

### Some thoughts on Orienteering Technique from the great French Orienteer. “Thierry follows his compass to Boden”

I got the idea of this article when watching the GPS replay of the Swedish Ultra long distance championship some days ago. The two first men over there were struggling with their running direction in the very final part of the race – a very common mistake in orienteering whatever the level of the runners.

How many times I have been writing "compass!" in my own race's analysis, meaning that I had to put more focus on it. I would still say that around 60% of my mistakes are due to inefficient use of my compass; the



other mistakes being due to too low map reading frequency or wrong map interpretation mostly.

## Consistency

I have heard many Scandinavian runners saying that, even if they were carrying a compass, they almost never looked at it. And I think it became even trendier when the extremely skilled Finn Pasi Ikonen managed to win World Championship without a compass at all in 2001.

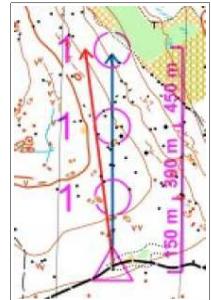
Of course, I can see the point, especially in very detailed areas, where contours will give you easily the directions to follow. And I can also remember an experience where I broke my thumb compass right after the start, and still had one of my best performances, being even more focussed on selecting the most remarkable features of the terrain for my navigation. But, in France, where I grew up, most of the maps are so less detailed compared to Scandinavia and your only chance to “survive” with consistency is to follow carefully the direction given by your compass. “Consistency“, that’s definitively the key word when we talk about compass!

After I won my first WOC gold medal in 2003, people became interested to hear about my technique and there was some kind of misunderstanding with Skogsport’s journalist as Swedish readers start to believe that I was just following my compass, and not reading the map much. Of course, it is wrong – a high map-reading frequency is what defines my technique the best, compass acting more like a security belt. But I strongly believe that you can’t orienteer with consistency only with the map.

The usual confusion we do when we talk about compass is only to talk about flat or green areas. Of course, those are the areas where it is the easiest to lose direction. But I would also highlight that parallel mistakes (the most common mistake among elite orienteers?) can almost happen everywhere and the only way to avoid them with efficiency is good compass abilities.

## Staying into the tunnel

With this map extract, you can easily see that, for a short leg, 90% of the work is already done if you run with an accurate direction. And if you check your compass regularly, it will apply to your whole performance as you will always stay in a narrow tunnel, making the range of possible mistake rather small. Thus, at any time, you should know in which precise direction you are running. Especially nowadays, where the position of the features in the terrain are more and more in their correct location on the map due to the new mapping methods (i.e. lazer curving, gps, etc).



## Compass in steep terrain

Let’s now have a look at some examples in O-Ringen 2013 terrain. I guess that when you thought about Boden, you mostly imagine those steep slopes and you may rather think that compass won’t be really precious. In fact, it is

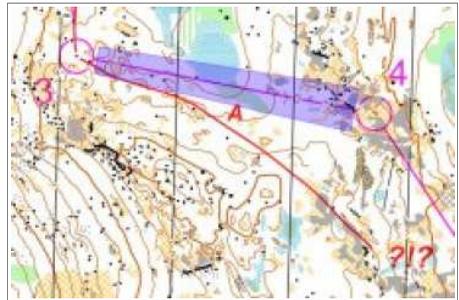


the opposite. Here is a leg of a course I ran with the students of Älvsbyn last autumn. I suspect the course setters of O'ringen to use a lot this trick: leaving a detailed area, crossing a flatter hill top and going down to pick a tricky control. My execution for this leg was pretty bad when I didn't properly check the direction on the middle part of the leg, and I ended too far on the right. I relocated quickly because luckily no feature was really looking the same in the area I was, but I could have lost a lot more time.

## Control your direction

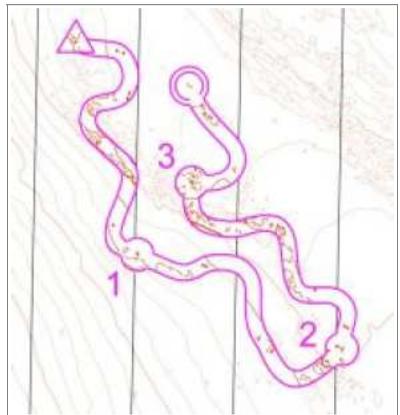
Let's now have a look at a situation where you can definitely lose a lot more time indeed.

Again here, the whole execution is very much dependant on how you handle the middle part of the leg. If you don't properly check your direction when you pass around the "A" area, there is a big chance to start to deviate, little by little, and break the "tunnel". And finally find yourself in an area where your mind will have no difficulty to make everything coincide with where you were expecting to be.



## The better your habits are, the better they'll be in a pressure situation

I now realize that I have been talking a lot, but not been giving much advice to improve your compass skills. Well, may be because there is, unfortunately, no real recipe. At the beginning, I think you have to force yourself to have a glimpse at your compass about every 3-5 times you look at your map, meaning you don't spend more than 20-30 seconds without looking at your compass. Slowly, it will become a routine and you won't have to invest energy on this anymore. But if you want to accelerate the process, you should consider including regular "corridor" exercise in your training. The goal is to stay inside the corridor of course. But to get the best of it, the corridor has to be as narrow as possible to show just a few details (a map with only contours works best then), with several bends. You will definitely need to rely on your compass to complete the training. This is my favorite one and the best way I found to keep my compass abilities to an acceptable level.



## A hot knife through butter!

There is a last point why compass is so important in orienteering and especially in a multiday event like O-Ringen. No matter who you are, no matter how good an athlete you are, I have always believed that everyone has a limited amount of focus to invest for a race. You simply

can't maintain a very high focus from start to finish, even if the race would last only five minutes. Thus, the key is to be able to understand the dynamic of the race and be totally concentrated when it really matters, like when you are attacking a control in a very detailed area. Your compass is also there to help you to save some mental energy, time to time, while cutting through the terrain like a hot knife through butter!

**Thierry Gueorgiou /  
reprinted from 'Orienteering Australia' supplied by Clive Wrench**

## Helpers List

We rely on club members to put on our Saturday series events, and we welcome anyone new who would be able to help. Ever wondered what people are doing on that computer..., want a sneaky look at the map while taking the money..., or getting lost once more control collecting!! Drop me a note and we'd be very grateful for your support.

### HELPERS LIST

<https://goo.gl/RL8Q4a>

### INSTRUCTIONS

1. Click the link
2. Choose the tab with the right event (you can sign up for more than one!)
3. Put your name down!
4. That's it! No need to save, it does it automatically

**Nat Skidmore / Saturday Series Co-ordinator**



*See no evil, hear no evil, speak no evil...*



## THAMES VALLEY ORIENTEERING CLUB

# Saturday Series

events in Oxfordshire/Buckinghamshire  
November 2016 to April 2017

Do you enjoy challenge, excitement, maps, just being out in the countryside? Then come and try Orienteering – an adventure sport for all – at this series of Saturday morning events organised by TVOC. These events are specially designed for juniors, school and youth groups, and adult newcomers, in Oxfordshire and Buckinghamshire. Courses on offer will be easy to moderate and a 5km course for experienced orienteers.

Registration: 10.00-11.30 a.m. Starts: 10.30 -12.00; courses close 13.00. Cost : £6 seniors (£4, BOF or TVOC), £2 juniors per map.

Come prepared wearing suitable outdoor clothing. No equipment needed though a compass may help.

*The fixture list below is very provisional as permissions have yet to be sought. Check website nearer the time for details of any alterations.*

### Saturday Series fixtures – check [www.tvoc.org.uk/saturdayseries.html](http://www.tvoc.org.uk/saturdayseries.html) for any changes

26th Nov 2016	Robin Bishop	Black Park, Slough TQ005832 / SL3 6DT
21st Jan 2017	John Owens	Hill End
11th Mar 2017	Tom Venn	Wittenham Clumps
1st April 2017	Seamus Cunnane	Christmas Common or Brill / tbc
27th May 2017	Carol Edwards	Cuttesslowe Park, Oxford
17th June 2017	Ben Green	University Parks, Oxford
22nd July 2017	Neville Baker	Oxford Brookes University & Heddington Hill Park

Future events will appear on the website shortly, subject to volunteers willing to plan them!

The TVOC Schools league will run alongside the 10 events from September to June each year. Further details: [www.tvoc.org.uk](http://www.tvoc.org.uk) contact Nat Skidmore - [nat.skidmore@gmail.com](mailto:nat.skidmore@gmail.com)

**Competitors take part at their own risk.**

**PLEASE CHECK WITH THE WEB SITE BEFORE SETTING OFF!**

**WANTED! Planners for 2016/17 events. Contact Nat Skidmore with offers!**  
[nat.skidmore@gmail.com](mailto:nat.skidmore@gmail.com)



**TVOC Level C & SCOA League 7,  
Nettlebed  
Sunday 26th February 2017  
Emit Electronic Timing      Courses for beginners**

Location:	Nettlebed Woods, 4 miles NW of Henley-on Thames.
Parking:	Parking in the grounds of the Sue Ryder care home, signposted from the junction of the A4130 and B481 (GR SU703866). A parking fee of £1.00 per car will be donated to the Sue Ryder care home.
Terrain:	Mixed forest with intricate path network and gentle slopes.
Map:	Scale 1:10,000. 5m contours. Pre-marked on waterproof paper. Updated Winter 2016-17 by Robin Bishop and Martin Ricketts.
Courses:	White, Yellow, Orange, Light Green, Short Green, Green, Blue, Brown. Free string course. Beginners welcome.
Starts:	From 10:30 to 12:30. Courses close at 14:30.
Entries:	Pre-entry preferred, via <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> , by 19th February when map numbers will be determined. Entry on the day, subject to map availability. Entry on the day registration from 10:00 to 12:00.
Fees:	Pre-entries up to 19th Feb - Seniors £8.00 (£10.00 non BOF), Juniors £3.00. After 19th Feb/on the day - Seniors £10.00 (£12.00 non BOF), Juniors £4.00. Seniors on White, Yellow or Orange - £6.00 in advance and on the day Emit card hire £1.50 per card - seniors and juniors. Lost card charge £45.
Facilities:	Squash, Toilets, First Aid, attendance of traders tbc. Dogs permitted in woods and in car park on leads.
Organiser:	Richard Sharp (TVOC) 01235 835567 or 07805 971586 <a href="mailto:richard.sharp@ieee.org">richard.sharp@ieee.org</a>
Planner:	Ed Nicholas (AROS)
Controller:	Colin Duckworth (TVOC)

The personal data you give will be used by the event organisers and their agents only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate British Orienteering insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure.

[www.tvoc.org.uk](http://www.tvoc.org.uk)

**Orienteering is an adventure sport**

**All competitors take part at their own risk and are responsible for their own safety.**



# Chiltern Challenge 2017 - Hambleton

Sunday 9th April 2017

Emit Electronic Timing      Level B Ranking event  
SCOA Championships (subject to eligibility)

Location:	Hambleton, Buckinghamshire. (venue for JK2013 Days 2 & 4) Signed from A4155 between Marlow and Henley. OS SU 772 855 (sheet 175) Nearest postcode RG9 3GH, <a href="https://map.what3words.com/ranks.blotchy.runners">https://map.what3words.com/ranks.blotchy.runners</a>
Parking:	On the Henley showground. No charge. NB this not in or near Hambleton village! (Assembly, String & Finish easy 400m from parking, Start 400m easy from Assembly)
Terrain:	Undulating slopes, some steep, with a complex path and track network. The area is covered in mature beech, mixed deciduous and conifer. The woodland is open and very runnable.
Map:	Scale 1:10000. 5m contours. Updated for 2017 by John Farren & Mark Thompson. Pre-marked, waterproof paper.
Courses:	Full range of colour-coded courses White – Black. See website for full details and SCOA eligibility. Beginners welcome. Free String Course for youngsters.
Starts:	From 10.00 to 12.30. Courses close 14:30.(approximate start times: V.Early 10.00-10.15.Early 10.15-10.45, Mid 10.45-11.45, Late 11.45-12.15,V.Late 12.15-12.30) Registration: 09.30 – 12.00
Entries:	Online at <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> . We expect you will enter a colour course unless entering the SCOA Championships although you may enter by age class if you wish. To enter the SCOA Championships, you MUST enter the AGE CLASS in which you wish to compete. (NB There are no Short or B classes) – see website Pre-Entry closing date - midnight on Sunday 2nd. April 2017. There will be limited EOD by colour only, but this will be subject to map availability.
Fees:	Pre-entries - Seniors £14.50 (£16.50 non BOF/IOF), Juniors & Students £6.00. Late & eod - Seniors £16.50 (£18.50 non BOF/IOF), Juniors & Students £7.00. Adult beginners on Wh, Y & O £8 Emit electronic timing system card hire £1.50 per card - seniors and juniors.
Facilities:	Toilets, First Aid, Tom's burger+ van, Ultrasport. Well-behaved dogs allowed on their leads in car park and Arena area. Dogs are not allowed in the forest (Game, deer, lambs). Please clean up after your dog.
Organiser:	Glynis & Jon Wheatcroft (TVOC) 01491 837923 <a href="mailto:Wheatcroft(at)waitrose.com">Wheatcroft(at)waitrose.com</a>
Planner:	Peter Riches & Mark Thompson (TVOC)
Controller:	Terry Smith (SOC)

The personal data you give will be used by the event organisers and their agents only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate British Orienteering insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure.

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# Minutes of club meeting

## Highlights from meeting held 17 January 2017

The recent club meeting discussed items such as:

- Waddesdon February half term
- New EMIT equipment & new kites
- Clubmark re-accreditation
- Safety workshop
- Club development & social events

You can read the full minutes online at

<http://www.tvoc.org.uk/application/documents/meeting%20minutes/Mins17thJan17.pdf>

The next meeting is on Tuesday 15<sup>th</sup> March 2017, 8pm at the Merry Bells, Wheatley

*John Dalton, Club Secretary*

## Fixtures

This information is not guaranteed to be correct or complete. Please check on web site or phone numbers given before travelling. If no details are given, consider the event as doubtful. See also <http://www.britishorienteering.org.uk/page/event> or the event aggregation site at <http://oevents.info>

**Key: A = (Inter-)National, B=Regional, C=District, D=Local** CD: Closing date for entries.

### February 2017

Sat 04/02/17	D	SN - Saturday Series 6, Horsell Common <a href="http://southern navigators.com">http://southern navigators.com</a>
Sun 05/02/17	C	BOK Club and ASO Orienteering, New Beechenhurst East <a href="http://www.bristolorienteering.org.uk">http://www.bristolorienteering.org.uk</a>
Sat 11/02/17	C	SOC Level C & SCOL 6, Queen Elizabeth Country Park <a href="http://southampton-orienteers.org.uk">http://southampton-orienteers.org.uk</a>
Sun 12/02/17	C	SAX District Event, Hindleap <a href="http://www.saxons-oc.org">http://www.saxons-oc.org</a>
Sun 12/02/17	C	WSX Wessex Galoppen, Holmsley Campsite <a href="http://www.wessex-oc.org">http://www.wessex-oc.org</a>
<b>Wed 15/02/17</b>	<b>D</b>	<b>TVOC Oxford Street-O Series <a href="http://www.tvoc.org.uk">http://www.tvoc.org.uk</a></b>
Sat 18/02/17	D	BKO Winter Saturday Series (Swinley East), Swinley East <a href="http://www.bko.org.uk">http://www.bko.org.uk</a>
Sun 19/02/17	B	HH SE League event, Northaw Great Wood <a href="http://www.herts-orienteering.club">www.herts-orienteering.club</a>
Sat 25/02/17	A	LOC British Night Championships (UKOL), Great Tower <a href="http://lakeland-orienteering.org.uk">http://lakeland-orienteering.org.uk</a>

## February 2017

Sun 26/02/17	A	LOC Northern Championships (UKOL), Bigland <a href="http://lakeland-orienteeing.org.uk">http://lakeland-orienteeing.org.uk</a>
Sun 26/02/17	C	<b>TVOC Regional Event &amp; SCOL7, Nettlebed Woods</b> <a href="http://www.tvoc.org.uk">http://www.tvoc.org.uk</a>

## March 2017

Sat 04/03/17	D	SOC Wessex Night League Event, Lyndhurst <a href="http://southampton-orienteeers.org.uk">http://southampton-orienteeers.org.uk</a>
Sun 05/03/17	B	SARUM Sarum Saunter, Fonthill <a href="http://www.sarumo.org.uk">http://www.sarumo.org.uk</a>
Sun 05/03/17	C	DFOK District event, Brasted Chart <a href="http://www.dfok.co.uk">http://www.dfok.co.uk</a>
Sat 11/03/17	D	<b>TVOC Saturday Series Wittenham Clumps, Wittenham Clumps</b> <a href="http://www.tvoc.org.uk">http://www.tvoc.org.uk</a>
Sun 12/03/17	B	BKO CompassSport Cup Heat, Cold Ash <a href="http://www.bko.org.uk">http://www.bko.org.uk</a>
Sat 18/03/17	D	SOC Level D - Anderwood, Anderwood <a href="http://southampton-orienteeers.org.uk">http://southampton-orienteeers.org.uk</a>
Sun 19/03/17	B	SAX SE League Event, Millbank <a href="http://www.saxons-oc.org">http://www.saxons-oc.org</a>
Sun 19/03/17	C	BADO SCOL8: BADO Colour Coded & SCOA League Event, Harewood Forest <a href="http://www.bado.org.uk">http://www.bado.org.uk</a>
Sun 19/03/17	C	BOK (C) BOK Club and ASO League, Westonbirt Arboretum <a href="http://www.bristolorienteeing.org.uk">http://www.bristolorienteeing.org.uk</a>
Sun 19/03/17	C	HOC WM Yvette Baker Trophy Heat, Baggeridge Country Park <a href="http://www.harlequins.org.uk">http://www.harlequins.org.uk</a>
Sat 25/03/17	B	OD Warwickshire Orienteering Weekend Rugby Urban (UKOL) (UKUL) (UK Elite League) (WMUL), Rugby <a href="http://www.octavian-droobers.org">http://www.octavian-droobers.org</a>
Sun 26/03/17	A	OD Warwickshire Orienteering Weekend - Midlands Championships (UKOL), Bentley Wood <a href="http://www.octavian-droobers.org">http://www.octavian-droobers.org</a>
Sun 26/03/17	C	CHIG District event, Hainault Forest <a href="http://www.chig.org.uk">http://www.chig.org.uk</a>
Sun 26/03/17	C	SO District Event, Tilgate <a href="http://www.southdowns-orienteeers.org.uk">http://www.southdowns-orienteeers.org.uk</a>

## April 2017

Sat 01/04/17	D	<b>TVOC Saturday Series Christmas Common (TBC), Christmas Common</b> <a href="http://www.tvoc.org.uk">http://www.tvoc.org.uk</a>
Sun 02/04/17	C	SLOW SE Middle Distance Champs, Wimbledon Common <a href="http://slow.org.uk/">http://slow.org.uk/</a>

<b>April 2017</b>		
Sun 02/04/17	C	SOS Colour coded, ESSOL & EA League, Writtle Forest <a href="http://stragglers.info">http://stragglers.info</a>
Sat 08/04/17	D	BKO Winter Saturday Series (Bloom Wood) , Bloom Wood <a href="http://www.bko.org.uk">http://www.bko.org.uk</a>
<b>Sun 09/04/17</b>	<b>B</b>	<b>TVOC Chiltern Challenge &amp; SCOA Championships, Hambleden</b> <b><a href="http://www.tvoc.org.uk">http://www.tvoc.org.uk</a></b>
Fri 14/04/17	A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL), Brunel University
Fri 14/04/17	B	Jan Kjellstrom Orienteering Festival - Temp-O, Brunel University
Sat 15/04/17	A	Jan Kjellstrom Orienteering Festival (UKOL) Middle Distance, Ambersham
Sun 16/04/17	A	Jan Kjellstrom Orienteering Festival (UKOL) Long Distance, St Leonards and Holmbush
Sun 16/04/17	B	Jan Kjellstrom Orienteering Festival Pre-O, Leechpool
Mon 17/04/17	A	Jan Kjellstrom Orienteering Festival Relays, Pippingford Park
Sat 22/04/17	I	World Schools Orienteering Championships 22-28 April, Palermo
Sat 22/04/17	C	WAOC Royston Urban <a href="http://www.waoc.org.uk">http://www.waoc.org.uk</a>
Sun 23/04/17	I	World Masters Orienteering Championships 23-29 April
Sat 29/04/17	C	SARUM 0007 Weekend - Urban race, Amesbury Town <a href="http://www.sarumo.org.uk">http://www.sarumo.org.uk</a>
Sun 30/04/17	C	SAX District Event, Knole Park <a href="http://www.saxons-oc.org">http://www.saxons-oc.org</a>

<b>May 2017</b>		
Sat 06/05/17	A	LOC British Long Championships (UKOL), High Dam <a href="http://lakeland-orienteeing.org.uk">http://lakeland-orienteeing.org.uk</a>
Sun 07/05/17	A	LOC British Relay Championships, Summer House Knott <a href="http://lakeland-orienteeing.org.uk">http://lakeland-orienteeing.org.uk</a>
Sat 13/05/17	C	SO Southdowns weekend 1/3 SO Middle Distance Event, Angmering Park, Arundel, Angmering <a href="http://www.southdowns-orientees.org.uk">http://www.southdowns-orientees.org.uk</a>
Sat 13/05/17	C	SO Southdowns Weekend 2/3. Level C Urban event - Chichester, Chichester <a href="http://www.southdowns-orientees.org.uk">http://www.southdowns-orientees.org.uk</a>
Sun 14/05/17	B	SO Southdowns Weekend 3/3. Arundel Estate (Rewell East). SE League / SO Champs, Arundel Estate <a href="http://www.southdowns-orientees.org.uk">http://www.southdowns-orientees.org.uk</a>
Sat 20/05/17	C	SOS Ultra Sprints, Maldon <a href="http://stragglers.info">http://stragglers.info</a>
Sun 21/05/17	C	BKO SCOL9: BKO Level C event, Black Park Country Park <a href="http://www.bko.org.uk">http://www.bko.org.uk</a>

# Contacts

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## TVOC on line

Home page: <http://www.tvoc.org.uk>

facebook: <http://www.facebook.com/groups/163648160391703/>

E-mail list: <http://groups.google.com/group/tvoc-members?hl=en>

twitter: @tvoclub

# Phot-O Gallery 2



Historic maps on display at the TVOC dinner



Snacks at Hill End!



Hill end Saturday Series

