



T'VOICE

May 2016



NEWSLETTER AWARDS 07 09 10 11 12 15

CompassSport

The Thames Valley Orienteering Club Newsletter

Phot-O Gallery 1



Bethany and Fiona help with coaching at Cuttleslowe



Jon & Glynis in new TVOC jackets



Dougie Cochran at Cuttleslowe

T'VOICE

Thames Valley Orienteering Club Newsletter May 2016 Issue 233

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Front cover: TVOC's certificate at the Cutteslowe Saturday Series event.

Back Cover: Roger Thetford at the British Long Distance Championships 2016.

From the Chair

Three big issues are front of mind as I write this edition's report:

1. Club of the Year.

This is an annual award by British Orienteering, and this year's winner isTVOC! This is a great accolade, and recognition of the all the hard work put in by many people in the club. Big thanks to Mike Shires, not only for his work on promoting us on social media – which I believe was one of the key drivers of our win – but also because it was Mike who encouraged us to apply ... and indeed drafted our application. And for readers of CompassSport, despite what it says in the latest edition, there is no cash prize for winning.



Alun Jones / TVOC Chairman

2. Club Jackets.

If you haven't seen them yet, you soon will, because a good proportion of club members have already bought one. And they look really great – just look at the picture on the front cover, behind our 'club of the year' certificate. It was really good to see them in use at the Chiltern

Challenge and at the British Championships. It makes us look a truly professional sports club. Many thanks to Peter Riches for the work he put in to select an appropriate jacket, create the design, and then place the orders. If you have not ordered one yet, speak to Peter – he still has a few available.

3. Chiltern Challenge.

Another successful major event for the club. It may have been a chilly day for April, but we had over 500 satisfied competitors. A good number of newcomers too, more than we usually get, which is great news – although it did cause a few headaches for our Registration and Start teams. We are used to accommodating newcomers at our Saturday Series, but less so at our bigger events. We are therefore rethinking one or two of our processes and manning levels for those events, to ensure we can better handle newcomers in the future.

Meanwhile, now we have lighter evenings, our Summer Series is underway. Do take advantage of these events. Several of them will include training exercises this year, so they provide the opportunity to practice and improve your technique as well as a chance to stretch your legs. Chris is still trying to fill a couple of slots later in the season (see page 10), so there is also the opportunity for budding planners to cut their teeth (plenty of help provided). Please do volunteer.

And looking further ahead, Nat is working on the schedule of Saturday Series events through the Autumn and Winter – see page 20. Again this is an excellent first step in getting into event planning, so do contact Nat to volunteer – again plenty of help provided for first timers.

Alun Jones – Chairman

News in Brief

TVOC successes

TVOC had a large number of successful runners at the JK in April and at the British Championships in May – for a full listing of the top placings, see page 8. Particular mention goes to Geoff Geere who collected the M85 British championship title and the associated 'Old Father Thames Trophy', which was donated a few years ago by TVOC!

Fiona Bunn selected for JWOC and JEC

We are pleased to announce that TVOC's junior representative Fiona Bunn has met the selection criteria and has been selected to represent Great Britain in the 2016 Junior World Orienteering Championships which are being held in Scuol, Switzerland 9th - 15th July 2016, and has been provisionally selected for the 2016 Junior European Cup, which is being held in Central Scotland 30th September – 2nd October 2016. Congratulations!



*Geoff with M85 trophy -
© Yvonne Hodson*

Date for the diary: Event safety course

Provisional date for TVOC event safety course Saturday 18th June 09.00 - 13.00
(attendance at a course is mandatory for all wishing to officiate from 2017 onwards)

Coaching Sessions

I plan to get some coaching sessions for beginner adults going in the near future, in the evenings at Shotover (and perhaps other places). Anyone who is interested please get in touch with me via email at benjosephgreen@gmail.com. *Ben Green*

Membership News

Membership List 2016-17

With this newsletter you will have received a copy of the 2016-17 Membership List.

If you are not included then either you have asked to be excluded, or you have not replied to my emails and newsletter articles asking for permission to include your details. Can everyone please check their entry and let me know if there are any inaccuracies. If enough changes are needed we can send out a sheet of amendments with the next newsletter. I'm hoping, however, that the details are accurate.



Carol Edwards
(photo: Rob Lines)

Membership News

I am delighted to introduce the following new members to the club: Jill Eyre, Andy, Lauren and Alice Jones, Vanessa and Ben Rhone, Dave Weldon, Sarah Gales, George Benwell, Christophe De Belder, and the rest of Matt Hill's family: Karen, Katy, Maya and Zoe. I'm sure everyone will look out for them at future events, and make them feel very welcome.

Carol Edwards, Membership Secretary

SCOA Junior Squad

The Junior Squad has met once since the last newsletter, at a joint session at Park Wood with the West Midlands Junior Squad. We welcomed several new members, including Carys Sharp from TVOC. The session focussed on developing and refining control flow skills, compass skills and navigating when tired. The more experienced were challenged by a corridor course and a Sævig intervals exercise. The Sævig intervals involved running up a hill for 200m in a staggered start, followed by navigating a short course – the idea being to develop strategies for coping with navigation when tired and under pressure. The beginners focussed on visualisation and attack points. The day was finished by a Harris Relay, which enabled the juniors to work together as a team and meet athletes from the other squad.



Photo by Kirsten Strain



Photo by Kirsten Strain

The Squad is continually looking for ways to raise funds. We were delighted to be offered the profits from a BADO event on 8 May, provided we led the organisation and helped on the day (and provided a cake stall). Hopefully many of you came along and enjoyed the event at Pen Wood (near Newbury). Thank you BADO!

Future training sessions:

Saturday 21 May	Frith Hill, Frimley (with SN Junior Squad)
Friday 3 Jun	Swinley East
Sunday 9th July	Location to be decided
Saturday 3rd September	Windmill Hill (with SN Junior Squad)
24/25 September	JIRCS - Aberdeen
Thursday 27th October	Location to be decided
Friday 28th October	Location to be decided

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-orienteering.org.uk) if you want to know more.

Simon Kippin / SCJS squad manager

Schools League

With just one event left in the series (University Parks on 18 June) it appears that The Kings School in Witney has pulled into the lead. It's not over yet, and a final push from Charlbury Primary school could just see them take the lead, but it will need a concerted effort. The leaderboard stands as follows.

Pos	School	Points
1	Kings School, Witney	840
2	Charlbury Primary School	580
3	Harwell Primary School	420
4	Westbrook Hay School	390
5	Holy Trinity Marlow	360

If you are competing regularly at events but have not yet signed up for your school, please sign up at one of the events so that points can be awarded. Certificates and medals will be sent out to schools shortly after the June event, for those competitors in top 3 class positions who have competed at more than one event.

Ian Buxton / Schools League co-ordinator

Club Tops and Jackets

Thanks for all the nice comments about the jackets, nice to see everyone so smart at recent events, after it took so long to decide upon.

On the club jacket front, we still have a range of sizes and these are available at £45 while stocks last. After that it will be full cost, which currently we expect to be £55 but this will vary with the exchange rate.

Currently we have a good stock of shirts in most sizes, and still available for £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



Peter in club kit

Peter Riches

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.



New certificates...

TVOC Permanent courses:

you can download maps from the TVOC website, using

username **maps**
password **tvocmaps**

Roger Baker

Recent Club Successes

TVOC had a number of recent successes, the most notable of which are listed below!

JK Sprints:	JK Day 2
<ul style="list-style-type: none">• Fiona Bunn, 1st in W18E• Carol Edwards, 1st in W55• Jim Prowting, 1st in M70• Alun Jones, 2nd in M60• John Thompson, 3rd in M80	<ul style="list-style-type: none">• Fiona Bunn, 1st in W18E, and beat all those competing at W20E (they had the same course)!• Roger Baker, 3rd in M80• Ben Green, 4th in M35L• Nigel Bunn, 5th in M50L
JK Day 3	JK Relay
<p>Those with late starts on day 3 really suffered as the weather turned nasty, with a hail storm driven by very strong winds.</p> <ul style="list-style-type: none">• Roger Baker, 2nd on M80, and 2nd over the two days combined.• Nigel Bunn, 5th on M50L, and 5th overall• Fiona Bunn was only 10th today and was certainly out when the hail storm raged. Nevertheless she was still 4th over the two days.	<ul style="list-style-type: none">• T-Rex, in the shape of Nigel Bunn, Dave Kingham and Alun Jones won the Veteran Men (M165+) category, thanks to an absolutely storming run by Nigel on first leg.

British Championships: Long Distance	British Championships: Relay
<ul style="list-style-type: none">• 1st in W18E Fiona Bunn, who also beat all but one of the W20E (they were running the same course). Awesome performance.• 1st in M85 Geoff Geere• 3rd in M80 Roger Baker <p>Other strong performances were:</p> <ul style="list-style-type: none">• 4th in M60 Neville Baker• 4th in M80 John Thompson• 5th in M60 Dave Kingham• 6th in M16 David Bunn	<p>There were no podiums in the relay this year, but some good performances:</p> <ul style="list-style-type: none">• 4th in Womens' Premier (Fiona Bunn/Bethany Kippin/Anne Edwards)• 5th in M60 (Mikhail Gryaznevich/Jim Prowting/Dave Kingham)• 6th in W50 (Carol Edwards/Inara Gipsle/Alison Smith)

From J Dalton et al.

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

Oxford Street-O series

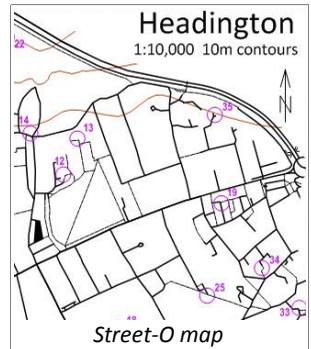
The Botley results have been published. Many thanks to Roger Thetford who planned and Heather Walton for hosting and providing food for the post race gathering.

As this was the final event of the season the overall standings are now complete.

Congratulations to Roger Thetford and Sarah Gales who took the Men's and Womens overall title respectively. Commiserations to Ben Green, Nigel Bunn, Carol Edwards and Marie-Anne Fischer who narrowly missed the top spot!

If you have enjoyed this year, why not have a go at planning an event for next season? The suggested format is a one hour score event on a Tuesday or Wednesday evening with starts from 6:30 to about 8pm. Usually there are about 30 controls with a variety of points available for each control. As it is evening a head torch is appropriate, especially as some lanes may be quite dark. For full details see the website at <http://oss.markandblanka.com/>

Thank you to all those who organised an event this season. If you haven't yet but would like to next season, contact me at one of TVOC's regular events.



Street-O map

Robin Bishop / street-o series organiser

Summer Series 2016

The proposed dates, after consultation and feed back from many, for the summer series is below. There are still some vacant dates so what is needed now are volunteers from any members that are willing to organise, please let me know as soon as practicable what date and location you would like to use. First call gets the pick.

Tue 10th May	Coombe Hill	SP 851062 Postcode HP17 0UR	Robin Bishop	7.15pm start
Wed 18th May	Brill Common	SP 652142	Jamie Parkinson	7.15pm start
Tue 24th May	Parkwood	SU 830986 / HP14 4XU	Chris Poole - 07851 184816	7.30pm start
Wed 1st Jun	Vacant			7.30pm start
Tue 7th Jun	Whiteleaf	SP 611117	Pete Riches, Mark Thompson	Spanish Score 7.30pm start
Wed 15th Jun	Vacant			7.30pm start
Tue 21 Jun	Wittenham Clumps	SU 563926	Richard Sharp - 01235 835567 Parking at Hill Farm/Earth Trust, not the public car park to the south.	Carefully cross the road to the start/finish area. 7.30pm start
Wed 29th Jun	Bernwood	SP 611117	Ben Green	7.30pm start
Tue 5th Jul	Wycombe Abbey	HP11 1PE off Abbey Way roundabout.	Sue Jones	7.30pm start
Wed 13th Jul	Youlbury	SP 483032	Johanna Michl	7.30pm start
Tue 20th Jul	Bicester		Roger Thetford	7.30pm start

For events potentially at Brill or Shotover, earlier dates avoid the undergrowth, which may become a little boisterous given the mild winter.

Please send offers to chimpruns@gmail.com - Many thanks,

Chris Poole / Series Organiser



Cuttleslowe - training group

OMM LITE Chilterns event

Date: 16-17 July 2016

Location: Path Hill outdoors, Goring Heath, Reading

www.theomm.com/omm-lite-chilterns-2016

About the OMM LITE:

The OMM LITE is a fun, relaxed weekend for friends, family and clubs who love being in the hills. A perfect training weekend or chance to explore the trails. Ideal for families and groups who want to spend the day exploring the trails and the evening socialising back at camp.

All abilities are welcome from seasoned OMM veterans looking to get the training miles in to competitors new to navigation events. Open to ages 14 and over.

OMM LITE follows the same 2 day orienteering score format as the October OMM with teams choosing their own routes and visiting as many checkpoints as they can.

But with a few crucial differences:

- Trails, bridleways & footpaths only. (not open access, due to the time of year)
- Return to HQ at the end of day 1 and park next to your tent, bring everything you need for a comfortable weekend.
- Based on a campsite with food and catering all weekend.
- Make it as hard as you want, you can even go for a pub lunch during the race if you want.

OMM LITE is about experiencing the OMM mountain marathon format without some of the more gnarly aspects. Allowing you time to practice/train and enjoy the freedom that comes from the score course format.

Contact details:

Alistaire MacGregor / Marketing & PR

m: +44 7784 773 886 | p: +44 1524 287287

e: a1@theomm.com | w: www.theomm.com

a: Lowbrook Barn, Lancaster Road, Lancaster, LA2 6AL

By email sent to John Dalton, club Secretary



Future level B and C events

If you find this table hard to read, have a look at <http://tinyurl.com/TVOC-plans>

	A	B	C	D	E	F	G	H	I	J	K
1											
2											
3											
39											
43	Su	05/06/2016	C	Kings Wood	Alun Jones & Peter Riches	Jegor Kostylev	Mark Thompson				
44	Mo	29/08/2016	C	Grove + Wantage	Luke McNeill	Neville Baker	Liz Yeaton, SARUM				
45	Sa	23/10/2016	C	Hedgermoor	??	??	??				
46	Su	20/11/2016	C	Shotover	Gary Mills	Ben Green	Alan Kersley, BADO				Fallback date if car parking not available is 18 Dec.
47											
48	Mo	02/01/2017	C	Didcot Ladygrove	Ian Pickering	Martin Ricketts	Mark Foxwell, BKO				Subject to permissions
49	Su	26/02/2017	C	Nettlebed	??	Ed Nicholas, AROS	??				May be dropped if Didcot Urban goes ahead
50	Su	09/04/2017	B	Hambleden	Jon & Glynis Wheatcroft	Mark Thompson & Peter Riches	Terry Smith, SOC				
51	Mo	28/08/2017	C	North Abingdon	??	Fiona Blunn	Charles B-G, SARUM				
52	Sa	02/12/2017	B	Penin Wood & Penin Wood	Alun Jones	Neville Baker	Mike Pemberton, BKO				Southern Night Champs.
53	Su	03/12/2017	C	Common Wood & Penin Wood	John Dalton	Gary Wallford	??				
54											
55	Su	??/02/2018	C	??	??	Nat Skidmore	??				
56	Su	15/04/2018	B	Great Hampden	??	??	??				

We are now pretty well there in terms of event officials up to the end of 2017, which is a nice position to be in. My ambition has always been to get to a state where everything was fixed for at least 12 months ahead. There are just a couple of gaps and uncertainties to resolve:

1. We have yet to decide if we should hold a level C event in February 2017. A recent club meeting suggested shelving it bearing in mind the Urban planned for 2 January, and the monthly Saturday Series. But there is also a thought about cutting back on the frequency of Saturday Series in the December to February period. Were this event to go ahead, then we will need an organiser (and controller).

2. We need an organiser for our Urban planned for Monday 27 August 2017. It is in Abingdon. Surely someone who lives in or around Abingdon can take this on. Please volunteer.

All offers to chairman@tvoc.org.uk.

Alun Jones

Chiltern Challenge 2016: Wendover Woods

I have been very pleased with all the competitor feedback for our event on the 24th April. But it could have been very different. As I admitted in my Organiser's Comments:

The assurances that, in April, "the car parking field would be dry", never resonated with me. And rightly so! Every time I visited the field it has had standing water on it, and it "squelched" under-foot.

Ten days before the event, we had significant rain. A week before, the mountain bikers had used the field for parking at their event, and it had churned up badly. On Friday afternoon before the event I watched in growing terror as my own rain gauge slowly filled to 10mm. On the day itself, I drove up through sleet and rain with an increasingly heavy heart.

But on the day, everything clicked into place.

What worked well?



Boards in the car park entrance - © J Dalton

- The boarding we bought, plus the boarding we were lent, did the job of getting everyone on and off the field without major problem. Three of us had to push to get Tom going on his way home. But that was all the pushing needed.
- The TVOC teams kicked in, and did their work magnificently. Thank you very much indeed.
- Mike Shire's inclusion of the event on his promotions served very well to encourage a larger-than-normal entry-on-the-day. (More on this later)
- Carol's courses obtained universally positive feedback
- Mark's map also received a lot of very positive comments, too
- I tried to create an event "arena" by siting Ultrasport and Tom on one side of a wide route between the car park and Start, and our TVOC infrastructure (Registration, First Aid etc.) on the other side. I thought this worked very well, and gave the event a "beating heart"

centre to it.

It is always useful to consider what might be improved for next time. I have canvassed comment from a number of people (including all the TVOC team leaders). Having reviewed and collated all comments, here are a few of the things I would perhaps do a little differently next time.

1. Promotion of the event to new-comers

I asked Mike Shires to include the Chiltern Challenge in the events he promotes, which he did willingly. The Planner plans White, Yellow and Orange courses, so why not encourage our Saturday Series target market to come to a Sunday event? As a result, we had an excellent EOD turnout.

Feedback has been that this was a good thing to do. We should be encouraging a wider spectrum of people to our larger, Level C and B events. People who have experienced a Saturday Series event should be encouraged to witness a “race” environment. However, we need to be conscious that more promotion means more beginners means more help is needed...

2. Beginners

We did have a lot of beginners. And they did put some stress on the system. Both at Registration, and at the Start.

It makes sense, under similar circumstance in the future, to:

- Set up another tent (like we do for the Saturday Series) to “receive” EOD people, to learn about their experience, and where necessary, advise them of the right course to enter, how to fill out their entry form, and where to go next.
- Increase the number of people available at this tent (as we try and do at the Saturday Series) to step in and help all new-comers as they arrive
- Provide some additional help at the Start to guide new-comers through the Start process. This fell on the shoulders of the Start team, who were themselves short-staffed because of illness



Assembly arena - © J Dalton

3. Speeding up Queues at Registration

In addition to setting up an additional tent to take the pressure off Registration, we are looking at other ways to speed people through the registration process. Some of the issues arise because of the need to issue start times at Level B events. We are looking at:

- A better way to manage the identification of available start times for EOD people
- A switch up from Colour software to Mercs software that is better at handling events with

allocated start times

- Registration by wandering through any queue with an iPad or tablet capable of registration
- An alternative way to handle changes to start times that doesn't impact on Registration. But without the need for start time changes to be made at the Start.

4. Dogs

To allow, or not to allow?

Given the landowners were both accepting of dogs, it seemed churlish to ban them. Carefully-worded instructions about dogs were given in the Final Details, including:

“Dogs must be under effective control”

However, it appears that not all dogs were under effective control. Or quiet... Least of all at the Start.

The easiest decision would be (at least for a Level B event) to go with “no dogs”. For further discussion.

5. Clothing Transfer

We debated about setting up a Clothing Transfer. Given the locations of the Start, Finish and car park field, a clothing drop would not have sufficed. A transfer would have required significant resource to operate.

I timed the walk from the stile at the car park exit to the Start as 12 minutes (and reported this in the Final Details). A few people were reported as a bit cold arriving at the Start. But I am happy with my decision, though each Organiser should make their own decision for each event.

6. More Helpers...

We could, perhaps, have done with a few more helpers, at least at busy times. Certainly to support the Registration and the Start team.

Perhaps it is time to formally establish the “Front of House” team (that works so well informally at Saturday Series events) at Level B and C events, too?

But let's not forget (as one person put it to me):

- Every competitor was happy
- Everyone who wanted a run got a run
- Everyone got home safely

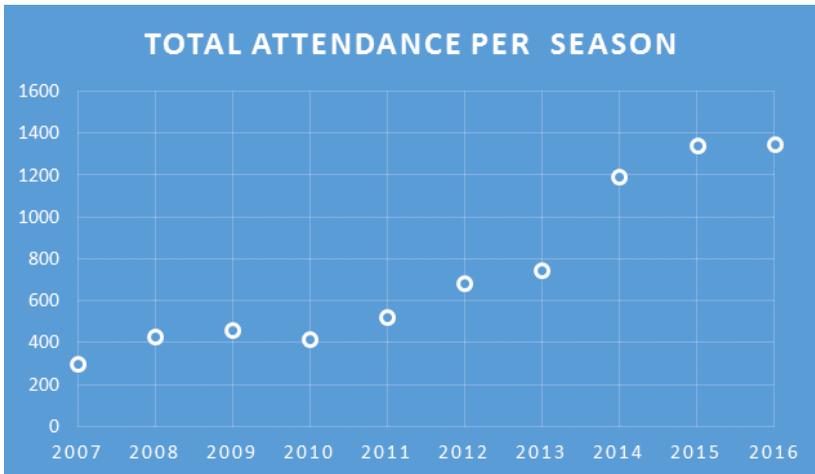
Thank you to everyone for making it such a success.

John Dalton / Organiser, Chiltern Challenge 2016

Saturday Series Coordinator

After 10 years in the role I have decided to step down and get some new enthusiasm in the role. Not bad because I said I'd do five years! Nat Skidmore is taking over from me at the end of this season (June 2016). The role will be split. Nat will take over my coordination role but I will retain my armchair controller role to ensure the courses are up to our high standard and I will help out with safety aspects.

The first event was on 30th September 2006 at Hill End planned by Roger Baker. Since then over the last 10 seasons we have had 104 events, an average of 10 per year and a total of well over 7000 competitors, an average of ca 70 per event. Attendance was somewhat sporadic in the first years with the record low still held by Peter Riches on a very bleak day in December 2007 at Green Park with a turnout of 18. The record attendance is 182 held by Mark and Blanka Collis at Shotover in April 2015.



The graph of attendance per season shows that it took 5 years to get established. Attendance started to gradually increase until Mike Shires was appointed publicity officer; it's easy to see when this happened!

We have set events at 29 different locations across the region. The leading areas are:

- Shotover and Wendover with 10 events each,
- University Parks and Wittenham Clumps with 9 events each,
- And Brill Common with 8 events.

In this time we have had 45 different planners, with the leading planners being:

- All tied on 6 events: Jim Prowting, John Dalton, John Spence, Mark Collis and Peter Riches
- And on 5 events Yvonne Hodson.

I would like to thank these people especially as they are the ones that I had to strong arm especially in the earlier years. Thanks all it would not have been possible without you.

So what are the benefits of all this hard work by many people.

- There have been articles by Carol Edwards in the newsletter showing that TVOC is one of the few clubs with rising membership.
- This has been a great opportunity to bring on some planners. I estimate that 17 out of the 45 planners had not done it before and at least 3 have gone onto planning level C and B events.
- We are Club of the Year for our efforts in introducing new members.
- Thanks to Mike Shires and his article in Focus magazine we are leading the way into getting the next generation into our great sport.

This would not have been possible without the help of many, too numerous to mention. It's been a pleasure being involved and please lend your generous support to Nat.

One tip Nat - go on an arm twisting course – it's essential to fill the fixture list.

Mark Thompson / retiring Saturday series co-ordinator

Helping at events

This article is primarily targeted at those members who are relatively new to the sport.

In most sports, those who compete tend to be younger. Those who are more senior tend to move into organising things rather than competing. Orienteering is unusual in that it is a very inclusive sport, with the age range of competitors stretching from young juniors through to people of quite advanced ages. Indeed I was delighted that young Geoff, now into his late 80s, was crowned British Champion earlier this month; long may it continue.

So how does orienteering run its events if all members take part, you may wonder. Basically by club members mucking in and lending a hand. And as a small reward for helping, we usually give a discounted entry to helpers at our bigger, more expensive, events.

TVOC is unusual amongst clubs in having a team-based system. All the organiser needs to do for an event is to write to the team leaders, and ask them to mobilise their teams – the team leaders then do the rest. This takes a load off the event organiser's shoulders, But the principle remains the same – it is down to all the club's members to lend a hand and make the event happen.

I mention all this so that newcomers to the club do not miss out on the opportunity to get involved, and indeed to benefit from the discounted entry price. It is also a really nice way to meet other club members, and to feel much more part of the club. I also mention this because I am the organiser for our next event, at Kings Wood on Sunday 5th June, and am keen to ensure we have enough helpers. Details of the event can be found on page 21.

And as ever, a few more helpers are always good to have, to ensure that we are not overstretched, to ensure we can greet newcomers properly, and so that everyone can have a run as well as helping.

So if you are prepared to help at Kings Wood, use the helper code tvoc16 when you enter through Fabian4. If you are already in an event team, then let your team leader know you are

available to help. If you are not yet in an event team, just drop me a line (chairman@tvoc.org.uk) to let me know you are available.

Alun Jones / Chairman

Chairman's ramblings

I included a long article in the last T'Voice on various subjects. Let me update you on the various subjects:

Membership fees

You will recall (I hope) the concern I expressed in the last T'Voice about the proposed increase in British Orienteering's membership fees from £5 to £15. I was clearly not the only person exercised about it, because National Office had more than a few comments on the subject. Indeed, the President of the Scottish Orienteering Association encouraged all SOA members to vote against the proposal.

A vote never actually took place. Instead, British Orienteering's Board decided to reconsider, and will be taking soundings from the membership over the Summer prior to presenting an alternative proposal at an Extraordinary General Meeting to be held later in the year. I am not sure about timescale – I heard informally that it may well be the Autumn before that EGM takes place.

Interestingly despite their opposition to the increase in the British Orienteering membership fee, the SOA is now proposing to increase its Association fee from £7 to £10 in three steps over the next three years. It is also proposing to remove the by-law requiring SOA members to be members of British Orienteering. Thus a significant number of the 1000-odd British Orienteering members in Scotland may decide not to renew their British Orienteering membership. This will no doubt put further pressure on British Orienteering not to increase its membership fee. By comparison, a higher levy would continue to be paid by orienteers in Scotland, whether or not they are members of British Orienteering.

TVOC surpluses

I had quite a few comments back from readers following my article in the last T'Voice. And that was really pleasing because I usually hear nothing in response to what I write. Many thanks to those of you who got in touch.

And there was a surprisingly consistent picture from those responses:

- Little support for reducing our club membership fee.
- Little support for reducing our entry fees for events.
- Strong support for free or reduced price entry for club members to club competitions such as CompassSport Cup, Yvette Baker, JK and British Relays.
- No support for free (rather than half-price) entry for all helpers at our level C and B events,
- Limited support for investing in a defibrillator for the club.
- Strong support for investing in more training, in coaching, in support for juniors, and to

encourage schools to put on events and/or bring their children to our events.

Just to give you a flavour of the constructive responses I received, this is a typical one:

I agree that our entry fees are broadly in line with other clubs events. Personally I believe that the priority for spending any surpluses would be to increase participation and development leading to more regular orienteers and active members.

Mike Shires has done a fantastic job in increasing numbers of new people trying our Saturday Series events. If Mike needs more resources then I would support that especially if more could be done to target young adult runners (we are very short of MW21's) in addition to families (where he has been very successful).

The challenge then is to encourage and help people transition to becoming regular orienteers who will then become hooked on the sport, join as members, attend regional events and then become regular helpers, planners organisers etc. Therefore I think it is import that we invest in more training/coaching for both adults and juniors. It will be interesting to see how popular the coaching for runners at Cutteslowe Park will be. More of this type of activity would be good : but I guess that mainly involves more volunteer time rather than money.

Specific funding could for example cover:

- *Buy a batch of simple compasses that could be used for training beginners and lent out at Saturday Series events*
- *Subsidise a club training weekend: Travel somewhere further afield with complex terrain: training on Saturday, stay overnight in bunkhouse/hostel, attend a regional event on Sunday.*
- *Free entry for club members to club competitions such as Relays and CompassSport Cup (most running clubs do this and it may encourage more people to make the step up)*
- *Any expenses club coaches need to put on more training*
- *Any support to schools to encourage them to bring a minibus load of kids to an event.*

I also agree that we owe a huge debt to our mappers and hope they are happy and don't feel out of pocket or taken for granted.

This is one of several suggestions that we should invest more into promotion. So Mike, if you feel you could get a decent return by spending more, please make a bid.

In the meantime, do let me know if you disagree with the trend of the comments already in. Otherwise, I will be proposing that we move to free entries for relays and other team competitions, and look to further investment in coaching, in training and in encouraging juniors.

Alun Jones / Chairman



THAMES VALLEY ORIENTEERING CLUB

Saturday Series

events in Oxfordshire/Buckinghamshire

Aug 2015 to July 2016

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 for any changes

5th Mar 2016	Luke McNeill	Wittenham Clumps (change of date!) OX14 4QZ
16th Apr 2016	Peter Riches	Shotover (change of location!) OX3 8TD
7th May 2016	Ben Green	Cuttesslowe (tbc) (change of date & location!)
18th Jun 2016	Peter Priest	University Parks, Oxford. OX1 3PL <i>Use park-and-ride.</i>
23rd July 2016	Mike Shires	Oxford Brookes University SP533065 / OX3 0FJ
20th August 2016	Sue Jones	Wycombe Abbey School SU864925 / HP11 1PE
Sept 2016	tbc	tbc
Oct 2016	tbc	tbc
Nov 2016	tbc	tbc
Dec 2016	tbc	tbc

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 contact Mark Thompson - markxt777@gmail.com or phone 01753 893590 evenings **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



TVOC Level C & SCOA League Event

Kings Wood

Sunday 5th June 2016

Emit Electronic Timing Ranking Event

Location:	Kings Wood is about 1 mile north east of High Wycombe
Parking:	In the grounds of Kings Wood School, Hollis Road, High Wycombe. GR SU 885936, postcode HP13 7UN. Car park fee £1 towards school funds.
Terrain:	Typical Chiltern mixed woodlands, with a complex path network.
Map:	Scale 1:5000. 2.5m contours. Pre-marked, waterproof A3 paper. Totally resurveyed Spring 2016 by Jegor Kostylev using LIDAR data.
Courses:	White, Yellow, Orange, Light Green, Short Green, Green, Blue, Brown. Beginners welcome. Free String Course.
Starts:	From 10.00 to 12.00. Courses close 14:00. Start and Finish approx 500m from car park.
Entries:	Pre-entry preferred, via www.fabian4.co.uk , by Sunday 29th May when map numbers are determined. Entry after this date is subject to map availability. Entry on Day registration from 9:45 to 11:30.
Fees:	Seniors £8 (£10), Juniors/Students £3 up to 29th May. Seniors £10 (£12), Juniors/Students £4 after 29th May and on the day. Figures in brackets are for non-BOF competitors. Seniors on White, Yellow and Orange courses £6. Emit card hire £1.50 – seniors and juniors. Lost cards charged at £45.
Facilities:	Toilets, First Aid, Ultrasport, Tom's cafe.
Dogs:	Dogs permitted in woods under strict control. NOT ALLOWED in CAR PARK
Organiser:	Alun Jones and Peter Riches, TVOC. 07967 605307 or alun.orienteeing@gmail.com
Planner:	Jegor Kostylev, INT
Controller:	Mark Thompson, 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

Orienteering is an adventure sport

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

Minutes of club meeting

Highlights from meeting held 15 March 16

The recent club meeting discussed items such as:

- Photography at events
- Purchase of new power supply / inverter for registration and download
- Updating of various maps
- Equipment officer post still vacant
- Possible night event series

You can read the full minutes online at

<http://www.tvoc.org.uk/application/documents/meeting%20minutes/Mins15thMar16.pdf>

The next meeting is on Tuesday 17th May 2016, 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.

May 2016

Sat 21/05/16	D	SOC Summer Series 4, Stoke Park Woods http://southampton-orienteers.org.uk
Sat 21/05/16	I	European Orienteering Championships 21-28 May / World Cup Rd 2
Sun 22/05/16	C	SAX SE relays, Knole Park http://www.saxons-oc.org
Sat 28/05/16	C	DEVON Tamar Triple Day 1, Plymouth http://www.devonorienteering.co.uk
Sun 29/05/16	C	KERNO Tamar Triple Day 2, Davidstow Moor http://www.cornwallorienteering.org.uk
Mon 30/05/16	C	DEVON Tamar Triple Day 3, Mount Edgcombe http://www.devonorienteering.co.uk

June 2016		
Sat 04/06/16	C	WSX Poole Town Race, Poole Town Centre http://www.wessex-oc.org
Sat 04/06/16	D	SOC Summer Series 5, IBM Hursley http://southampton-orienteers.org.uk
Sun 05/06/16	C	TVOC Regional Event & SCOA League, Kings Wood http://www.tvoc.org.uk
Sat 11/06/16	A	British Sprint Championships (UKOL), Olympic Park
Sun 12/06/16	A	British Middle Championships (UKOL), Leith Hill
Sat 18/06/16	D	BKO 'Come and try Orienteering' Saturday event (Wildridings), Wildridings http://www.bko.org.uk
Sat 18/06/16	D	TVOC Saturday Series Oxford University Parks, University Parks http://www.tvoc.org.uk
Sat 18/06/16	I	Jukola Relay 18 - 19 June
Sun 19/06/16	C	SO Capite Wood Level C (incorporating event 4-of-7 of 2016 SO Champs), Capite Wood http://www.southdowns-orienteers.org.uk
Sat 25/06/16	C	SMOC Milton Keynes Urban and Keyne-O, Westcroft/Howe Park Wood http://www.smoc.info
Sun 26/06/16	B	NGOC Harvester Relays, Cleeve Hill http://www.ngoc.org.uk

July 2016		
Sat 02/07/16	C	WIM SEOUL Urban Event - Fordingbridge, Fordingbridge http://www.wimborne-orienteers.org.uk/
Sat 02/07/16	D	SOC Summer Series 7, Telegraph Woods http://southampton-orienteers.org.uk
Sun 03/07/16	B	HH Yvette Baker Trophy Final, Wormley Woods http://www.happyherts.org.uk/
Sat 09/07/16	D	BKO Summer Series 2016 - Lower Earley Urban, Lower Earley http://www.bko.org.uk
Sun 10/07/16	I	Junior World Orienteering Championships 10-18 July
Sat 16/07/16	C	SN Urban Event, Goldsworth Park http://southern navigators.com
Sat 16/07/16	D	SOC Summer Series 8, RVCP http://southampton-orienteers.org.uk
Sat 23/07/16	D	TVOC Saturday Series Headington Hill Park and Oxford Brookes, Headington Hill Park and Oxford Brookes Campus http://www.tvoc.org.uk
Sat 23/07/16	I	Oringen 23 - 29 July
Sat 30/07/16	I	World University Orienteering Championships 30 Jul to 5 Aug, Miskolc

August 2016		
Fri 05/08/16	I	World Masters Orienteering Championships 5-14 Aug
Sat 06/08/16	D	BKO Summer Saturday Series 2016 , Lily Hill Park http://www.bko.org.uk
Sun 14/08/16	C	NGOC League 7, Gloucester City Centre http://www.ngoc.org.uk
Sat 20/08/16	I	World Orienteering Championships 20-28 Aug / World Cup Rd 3
Sun 21/08/16	C	LOK - SE Sprint Champs, Bloomsbury http://www.londonorienteering.co.uk
Sun 28/08/16	C	MV Urban Event, Leatherhead http://www.mvoc.org
Mon 29/08/16	C	TVOC Urban Event, Grove http://www.tvoc.org.uk
Sat 03/09/16	C	BOK Blast Sprint Orienteering including SWOA Championships, Yate http://www.bristolorienteering.org.uk
Sun 04/09/16	C	BOK Blast - UK Urban Orienteering League , Wells http://www.bristolorienteering.org.uk
Sat 10/09/16	B	SLOW London City Race, City of London http://slow.org.uk/
Sat 17/09/16	D	SOC Level D - Salisbury Trench, Salisbury Trench http://southampton-orienteers.org.uk
Sun 18/09/16	C	GO Guildford City Race, Burpham http://www.guildfordorienteers.co.uk
Sun 25/09/16	C	NWO Urban Event, Royal Wootton Bassett http://northwilts.org.uk
Sun 25/09/16	C	SLOW OK Nuts Trophy (middle distance), Glovers Wood http://slow.org.uk/
Fri 30/09/16	I	Junior European Championships - Sprint
Sat 01/10/16	B	WSX Caddihoe Chase Day 1 (UKOL), Agglestone Heath http://www.wessex-oc.org
Sat 01/10/16	I	Junior European Championships - Relays
Sun 02/10/16	B	WSX Caddihoe Chase Day 2 (UKOL), Agglestone Heath http://www.wessex-oc.org
Sun 02/10/16	C	HAVOC Epping Forest SW and EAL http://orienteering-havoc.co.uk
Sun 02/10/16	I	Junior European Championships - Individual
Sat 08/10/16	C	WAOC Ely City Urban Race, Ely http://www.waoc.org.uk
Sat 08/10/16	D	SOC Level D - Ocknell, Ocknell http://southampton-orienteers.org.uk
Sun 09/10/16	C	SARUM Galoppen & SCOA League, Collingbourne Woods/Everleigh? http://www.sarumo.org.uk
Sun 09/10/16	C	SO SE score event, Devils Dyke (north of Brighton & Hove), Devils Dyke http://www.southdowns-orienteers.org.uk

August 2016		
Sun 23/10/16	C	BKO Level C and SCOA league event, Cold Ash http://www.bko.org.uk
Sun 30/10/16	C	HH Urban Event http://www.happyherts.org.uk/
Sun 30/10/16	C	SMOC Colour Coded, Stowe Park, Stowe Park http://www.smoc.info
Sat 05/11/16	B	SARUM Salisbury City Urban , Salisbury City http://www.sarumo.org.uk
Sun 06/11/16	A	SOC November Classic & Southern Championships, Fritham / Islands Thorn http://southampton-orienteers.org.uk
Sun 06/11/16	C	WAOC Colour Coded, Mildenhall http://www.waoc.org.uk
Sun 13/11/16	C	CHIG District event, Epping Highams Park http://www.chig.org.uk
Sat 19/11/16	C	NOR Double Dumpling County Event, NT Blickling Estate http://www.norfolkoc.co.uk
Sat 19/11/16	C	OUOC Oxford City Race, Oxford City Centre http://www.ouoc.org.uk
Sun 20/11/16	C	NOR Double Dumpling City Event, Norwich City Urban http://www.norfolkoc.co.uk
Sun 20/11/16	C	SO District Event, Broadstone Warren http://www.southdowns-orienteers.org.uk
Sun 20/11/16	C	TVOC Regional Event & SCOA League, Shotover Country Park http://www.tvoc.org.uk
Sat 26/11/16	B	QO Southern Night Championships http://www.quantockorienteers.co.uk
Sun 27/11/16	C	SOS Colour Coded & EA League, Brandon http://stragglers.info
Sat 03/12/16	C	SO SOG A6, Borde Hill http://www.southdowns-orienteers.org.uk
Sun 04/12/16	C	BOK Club and ASO Event, Leigh Woods http://www.bristolorienteeing.org.uk
Sun 04/12/16	C	SOC Level C & SCOA League, Ashurst wood / Matley http://southampton-orienteers.org.uk
Sun 11/12/16	B	SN Trophy event, Long Valley North http://southern navigators.com
Sat 17/12/16	C	SO Night City Race, Brighton http://www.southdowns-orienteers.org.uk
Sun 18/12/16	C	MV SE Families & Veterans Champs, White Downs/West Ranmore http://www.mvoc.org
Mon 26/12/16	C	LOK/HH Boxing Day Score Event, Trent Park http://www.londonorienteeing.co.uk
Sat 31/12/16	D	BKO Winter Saturday Series (Whiteknights), Whiteknights http://www.bko.org.uk
Mon 02/01/17	C	TVOC Level C Urban Event, TBC http://www.tvoc.org.uk

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TVOC on line

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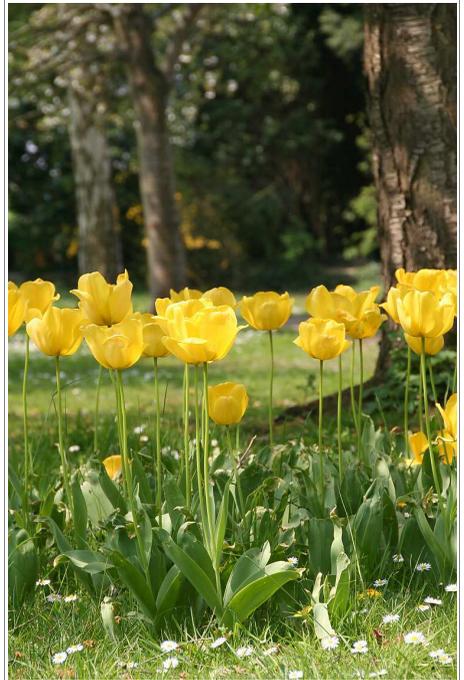
facebook: <http://www.facebook.com/groups/163648160391703/>

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

Phot-O Gallery 2



Roger Baker at the British Championships



Tulips at Cutteslowe Park



Dave Kingham at Cutteslowe Park Saturday event

