



T'VOICE

(late!) September 2016



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NEWSLETTER AWARDS 07 09 10 11 12 15

CompassSport

The Thames Valley Orienteering Club Newsletter



Phot-O Gallery 1



Roger Baker on the podium, Welsh 6-days



Surprise meeting with the Harpers from BKO, Worms Head - Welsh 6 days (rest day)

T'VOICE

Thames Valley Orienteering Club Newsletter September 2016 Issue 235

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*Front cover: Jim Prowting 'How not to be seen': photo courtesy of CompassSport
Back Cover: New TVOC jacket gets airing on podium of Swiss O week: Photo by Nigel Bunn*

From the Chair

I am penning this whilst waiting for my flight home from Porto after a fun weekend of urban orienteering. There were three races, including a round of the Euro City Race tour. It's a great way to go to cities you might not otherwise visit, and a chance to compete against orienteers from other parts of Europe.

We had another excellent 'end of August' Urban Race, this time on a new map at Grove. With nice weather, a good turnout and some well-planned courses, it made for a very successful event. Many thanks to all the event officials, and all those of you who contributed to the day.

Our AGM and club dinner is coming up fast. See the invitation later in this issue. And if you were in any doubt about attending, then the guest speaker should be enough to make you realise this is an event not to be missed. Our very own Fiona Bunn will be talking about the trials and tribulations of this year's Junior World Championships, and maybe some other stories as well. I am really looking forward to hearing all about it.



Alun Jones / TVOC Chairman

Meanwhile, and as I have said several times, I will be standing down at the AGM after six years as club Chairman. I have yet to find someone to replace me. It really is not a huge role, but it is a vital one. And we do need someone with new ideas as to how the club should move forward. So PLEASE do volunteer. Just drop me an email (chairman@tvoc.org.uk)

Meanwhile, the Saturday Series continues very successfully. This Autumn sees several events in the east of our area. Obviously we are delighted to see lots of TVOC members attending. But if you plan to come, please do volunteer to help as well, ideally before the day itself. Nat has introduced a spreadsheet where you can say what you want to do to help. You can access it at <https://goo.gl/RL8Q4a>

See you at an event soon.

Alun Jones – Chairman

News in Brief

Controller Calling...

I'd like to invite people to consider entering the Level C event at Stowe on Sunday 30th October. It's up against Greenham Common that day, but I'm hoping TVOC people would prefer to take a look around Stowe rather than run at Greenham again.

It's my first job as a controller, so it would be nice to see some friendly faces there. Also, the park is very beautiful, and will be great fun to navigate around. With any luck the Autumn colours at that time will be spectacular. Here is the event information:

<http://www.smoc.info/Fixtures/2016/Stowe.php>

Carol Edwards

Recent club successes

World Masters, Estonia: Carol Edwards placed 4th in the A Final of the W55 Sprint, which was around the historic centre of Tallinn. Carol was absolutely delighted with that result, as it was a very well attended WMOC, being close to Scandinavia, so there was plenty of top competition.

USA Championships: Carol Edwards won the two day classic USA Champs this weekend (by 4 mins)

Annual Dinner and AGM

A reminder for your diaries, the Annual dinner is on Saturday 3rd December at Brill Village Hall (as last year). There should be a menu sheet included in this newsletter, please make your selection and send your cheque to Sue Jones as soon as possible. If you have any trophies that need returning, please bring them along on the evening.

Membership News

Membership News

I am delighted to introduce the following new members to the club: Chris Gilligan, Beatrix Li, along with family group Andy, Jo, William and Sophie Marshall. I'm sure everyone will look out for them at future events, and make them feel very welcome.

Secondly, a reminder that from 1st November new members can join for rest of this year and whole of next.

Carol Edwards, Membership Secretary



*Carol Edwards
(photo: Rob Lines)*

JWOC 2016 Report By Fiona Bunn

After making my *début* at the Junior World Orienteering Championships (JWOC) last year in Norway (and struggling with an ankle injury) I was hoping to build on my previous performances at this years' competition in the Engadin valley, Switzerland (10th-15th July). After the 6 selection races throughout the spring, I was selected for the Middle distance, Long distance and Relay B team. This year, as I still have 3 more years left in the W20 age category, the focus was again on experience and I can safely say that I have a lot to take away from it (both positives and negatives) which I will summarise below.

The team arrived on the 6th July and spent the following days on the training and model maps gradually becoming more confident in the terrain. It was also important to acclimatise to the altitude and heat, but without overdoing it to ensure we arrived at the races feeling physically fresh. Nutrition and hydration were a key focus, with the use of Beet-it shots to help oxygen uptake when racing at higher altitudes, and hydration tablets. Every morning our hydration score was recorded using an osmo-testing machine, with the aim to optimise it for our race days.

My first race was the Long distance at Val Mustair. I was quite tense whilst waiting to start. This was the race that I had been waiting and preparing for ever since arriving 4 days ago, and in my mind it was the race that I had focussed on throughout much of my training, as I believed it was my best chance at a top 20 position. Having not run the Long last year, I was also taking a step into the unknown and could not be sure of what to expect.

The first 4 controls were in a technical semi open area. I started with a safe route choice to #1, trying to get into the race and settle my nerves. You can't win a race on the first leg but you can definitely lose it, so



Long race - photo by Wendy Carlyle

I was relieved to find the first control with no major difficulties. I was in 40th position here, but it is all so close and by managing to stay pretty clean through the technical area I moved up to 6th position at the first radio control #4 (and ahead of the eventual winner!). The two legs after this were the crucial long legs, and were my downfall.

Having lost confidence in my direction on the steep and rough descent on 4-5, I misidentified the path bend I was on as a larger one about 400m further East and entered the forest in the wrong direction. This caused a mistake that dropped me down to 52nd and played on my mind when making the route choice to #6. I changed from my safe path route which I had previously thought was obvious, in favour of an "all or nothing" straight route. 2 more minutes lost. The other long leg went better for me, catching 10 places and getting 4th fastest split which showed that my fitness was there after all, but I was scrappy around some controls after this and struggling to maintain concentration, so finished exhausted and disappointed in 47th position.

A rest day followed to pick ourselves up for the next race: the Middle distance qualification in Ftan. I focussed on the positives: I had been in the mix for podium at #4 which was effectively half way through a middle distance length course and clearly had the fitness to carry me through. All I needed to do was focus on being clean.

Top 20 in each heat qualify for the A final, which was my main target. Last year I had missed out on qualification by 5 seconds and I wanted to safely qualify this year. I took safe routes with clear attack points and double checked everything. It was intense all the way round as I was so terrified of making a mistake that I would regret, but each control ticked off safely was a relief and it was not until the final control that I could finally relax and run in happily, knowing that I had succeeded in my aim to be clean. It had not felt fast as I had been safe, but clearly paid off as I finished 2nd in my heat (Heat3), only beaten by Simona Aebersold, who came out of JWOC with 3 Gold medals.

The middle final at Susch-Lavin was exciting as I was one of the last starters due to my qualification result. I was hopeful of a top 10, or with a perfect race even a podium, but thought that everyone would step up the pace a level in the final. I started in a blur and nailed the first control. 1-2 was the most technical leg on the course, in a complex contoured area that none of us were really expecting (as there were no old maps of the area to prepare from). However I did not take time to look at this before running off, succumbing to the pressure I had put on myself for the final. I began to lose contact with the map, leading to a very large time loss. It took me until #3 to clear my mind, and again try to focus on bringing some positives out of the race. I lost a small amount of time on 2 more controls, and ran in to 50th position, not even able to appreciate the giant 4m high inflatable Capricorn that was the feature of the last control in my



Middle final - photo by Wendy Carlyle

disappointment. Of the 4 GB girls in the A final, 3 of us lost significant time on #2, and the other, Meg, finished in 4th position, matching the GB record highest women's performance. It was nice to have something to celebrate, and GB were definitely the most vocal supporters at the prize giving ceremony that evening.



*Focussing on the run-through
Photo credit Nick Barrable*

I was running 1st leg for the B team in the relay the next day at Tarasp. My job was to have a clean run so that we could be a backup if the A team made a mistake. I started in my allocated position at the back of the pack and gradually moved up on the run-out. I took care on the first control on a forested slope and nailed it, punching in second just behind Megan! A lot of the pack may have had a slightly harder or longer gaffle here and many teams (including the Swiss A team) lost time, but Meg and I emerged from the chaos in the lead and with only a small pack of about 5 other countries chasing us. The feeling of the two of us leading the world was amazing, but we had a job to do. We briefly checked our next control codes and were on different gaffles so put our heads down and focussed. The small pack were together for most of the middle of the race. I fell to the back when I was too high on #5, then the gaffles split to #6. At the spectator run-through I was in 3rd having overtaken the Norwegian runner who I was chasing by going the right side of the hill (always check control descriptions ;)).

A steep hill out of the arena allowed me to catch the French in 2nd, but then the navigation started again and I forgot about positions and focussed. Having had such a good run up to that point, the only disaster would be to make a mistake in the last loop and lose chunks of time. Luckily the French lost some time behind me and I stayed ahead, sprinting in to hand over to Jenny Ricketts in 2nd position just 8 seconds down on Valerie Aebischer from the Swiss B team. The GB Women's A team went on to finish in 5th which is the best ever GB women's relay team result, and the B team backed it up in 16th, also 5th out of all the "B" teams to finish. It is probably my best performance, alongside GB's best ever performance, and gives me confidence going into next year. Whilst I may not have delivered the individual final results that I wanted, I still showed that I have potential to perform well and have learnt a lot about the psychological pressures and how to overcome them. The only thing standing in the way of a top 10 or podium next year is my mentality, and I already feel much better prepared after this JWOC!



*Family support on relay run-in Photo credit
Wendy Carlyle*

I would like to thank everyone who has helped me this year. I have been generously funded by GLL and Sports Aid, the John Taylor foundation, the Athlete support fund and South Central Orienteering association. My club TVOC has also been a huge support throughout the years. British orienteering were supported by kit sponsors Noname, and by Fuel-it, MMU and High5, and by paid and voluntary staff. Particular thanks to Heather Thompson who provided physiotherapy support on a voluntary basis! And of course a particular shout out goes to my super-supportive family who have helped in so many ways that I cannot even begin to describe. I love this picture of David cheering me in on the relay looking happier than I do myself!!!!

Full details, including all maps, GPS tracking, videos/live TV feed, photos and results of all the races can be found at the website <http://www.jwoc2016.ch/> .

I have focussed on my own experience of JWOC as there are good athlete written articles on the British orienteering news archive of all disciplines (some linked below) that cover the whole team's results:

Arrival and trainings <http://bit.ly/29wBROK>, Sprint, Long, Middle qualifier, Middle final <http://bit.ly/2aewzHh>, Relays <http://bit.ly/2abbBfO>



Team spirit in both success and disappointment Photo credit Wendy Carlyle

Fiona Bunn

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://trimtexport.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



Peter in club kit

Peter Riches

SCOA Junior Squad

Well done to all the athletes that represented SCOA at the Junior Inter Regional Championships in Scotland last weekend. Special congratulations to Fiona for 3rd place on the W18. It was a long way to go but I think you will all agree that running in Scotland is great!

I've added a few photos to the gallery on the SCJS website and also below are some links to Wendy Carlisle's photo gallery (please mention her name on any photos you use for publicity):

www.flickr.com/x/t/0094009/gp/wendles56/qiD2T9/

www.flickr.com/x/t/0092009/gp/wendles56/017y42/



SCJS in Scotland - Photo by Simon Kippin

Future training sessions:

Wednesday 26th October	New Forest with South West Junior Squad
Thursday 27th October	Kings Garn Gutter, New Forest
Saturday 10th December	Henley Gate Pirbright, with SN Junior Squad

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) if you want to know more.

Simon Kippin / SCJS squad manager

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

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

Jim's Ode to the Un-opposed...

How to become TVOC Ultra Veteran Champion (or how others missed their opportunity)

An email from BO had come
That told me how well I had done
My 52nd best (*First worst*)
Had defeated the rest
Cos nobody else chose to run!

Jim Prowting

Saturday Series 15/16 Final accounts

My last job as the outgoing coordinator is to publish the final accounts statement for the last season, July 2015 to June 2016.

Date	Location	Planner	Number runners	Income	expenses	land access	BOF levy	maps printing	Net profit	Cum profit
18th July 15	Penn Wood, Penn Street	Nat Skidmore	110	448	0	0	92	93	263	263
15th Aug 15	Wycombe Abbey, High Wycombe	Sue Jones	126	568	4	0	123	170	271	534
19th Sept 15	Kingswood, High Wycombe	Alun Jones	112	444	93	57	92	78	124	658
17th Oct 15	Wittenham Clumps, Didcot	Ben Green	155	664	24	0	120	73	447	1105
14th Nov 15	Brill Common, Brill, Nr Oxford	Brad Sutherland	79	285	10	0	67	142	66	1171
5th Dec 15	Big Wood, S Oxley, Watford	Jim Prowling	69	260	5	50	64	135	6	1177
30th Jan 16	University Parks, Oxford	Marie-Anne Fischer	100	388	0	0	94	91	203	1380
20th Feb 16	Waddesdon, Aylesbury	Yvonne Hodson & Andrew Chalmers	176	800	7	100	175	180	338	1718
5th Mar 16	Wittenham Clumps, Didcot	Luke McNeill	115	414	30	0	101	100	183	1901
16 th Apr 16	Shotover	Peter Riches	101	445	15	60	99	93	178	2079
7th May 16	Cuttislowe, oxford	Ben Green	108	426	0	60	100	97	169	2248
18 th Jun 16	University Parks, Oxford	Peter Priest	89	340	0	0	82	98	160	2408
										2408
										67
										2341

My final thanks to all who planned events and turned up to help.

Mark Thompson / Retiring Saturday Series Coordinator.

Saturday Series 2016-17

Our University Parks event in June brought to a close another successful year for the Saturday Series. I'd really like to thank Mark for all his efforts and his many many hours of support for planners through his controlling of these events. The series continues to be a friendly, accessible and most importantly enjoyable experience for many newcomers to the sport – thanks in a large part to the generosity of the TVOC members who regularly volunteer their time, and particularly to Mike Shires and his excellent publicity campaign.

With that said, we are now looking forward to our 2016-17 season. I'll be picking up the coordinating of the series going forward, while Mark will be supporting planners as the Series Controller.

I'm pleased to say we have an excellent line up of events for the



Nat Skidmore at Kingswood

remainder of 2016. Mike took us on a tour of the Oxford Brookes campus again in July, with the popular Wycombe Abbey School event held in the August school holidays, thanks to Sue and Ian. We continued our events around the South/East of the region in September, where Brian planned an event at Bradenham in possibly our last event there this decade (soon embargoed for 2019 JK relays)! Onto King's Wood in October, where Alun will be challenging us among the vegetation (and leafy paths?), on Jigor's superb new map of the area. We'll close the year with a shared event in late November with BKO at Black Park, where Robin will be hopping over the fence from his house to plan.

Kings Wood, Tylers Green	Black Park, Slough	TBC
22nd October 2016	26th November 2016	???
Organiser: Alun Jones	Organiser: Robin Bishop	
SU898937 / HP10 8DS	TQ005832 / SL3 6DT	

Thanks to all the above for planning this coming season. Next year I'd really like to give some new faces a chance to put on some of the events – especially if you've been on Mark's recent planning course! Please get in touch if you have an idea for an event in 2017 – I'm starting to build up a calendar now.

Sat Series Coordinator, Nat.skidmore@gmail.com, 07966 046142

Summer Series 2016

Firstly a very big thank you to all those who organised, planned or assisted in the summer series this year. This allowed 65 different competitors to run with an average of 17 at each event. We were able to put on 10 events varying from Urban, Parks to normal running up and down the woods in places like Whiteleaf. There was a great variety in the type of events that were put on, from standard 3 courses (or variants of), training events of multi controls, to score events. As you can see there was a great variety, and some surprises, often completed with the potential for a social drink after. So given the variety of this year, lets think forward to next year, what type of events do you wish to see, or is the "lets see when we get there" option adding sufficient variety? Let me know, and also could people consider if they would like to put on one of these low key events next year?

The top 3 on the A course were Jamie Parkinson (OUOC) on 200, Ed Nichols (AROS) with 196 and Ben Green (TVOC) in 3rd with 187.

For the B course, Yvonne Hodson with 196, Heather Walton (SLOW) 184 and Peter Riches on 179

Finally the C course, Yvonne Green 153 and Claire Skidmore and Carys Sharp tying on 50.

Well done all, and looking forward to next year.

Chris Poole / Summer Series Co-ordinator

Future major event plans

The chart below sets out TVOC's plans for our bigger events during the rest of 2016 and through into early 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									
2									
3									
46	Su	20/11/2016	C	Shotover	John Farren	Gary Mills	Ben Green	Alan Keraley, BADO	Fallback date if car parking not available is 18 Dec
47		2017							
48	Mo	02/01/2017	C	Dietcot Ladygrove	Martin Ricketts	Ian Pickering	Martin Ricketts	Mark Foxwell, BKO	Subject to permissions
49	Su	26/02/2017	C	Nettlebed	Robin Bishop - tbc	Richard Sharp	Ed Nicholas, AROS	Dave Rogers, BKO	
50	Su	09/04/2017	B	Hambleden	Mark Thompson & John Farren	Jon & Glynis Wheatcroft	Mark Thompson & Peter Riches	Terry Smith, SOC	
51	Mo	28/02/2017	C	North Abingdon	Martin Ricketts	Luke McNeill	Fiona Bunn	Charles B-G, SARUM	
52	Sa	02/12/2017	B	Common Wood & Penn Wood	Bob Beresford	Alun Jones	Neville Baker	Mike Pemberton, BKO	Southern Night Champs
53	Su	03/12/2017	C	Common Wood & Penn Wood	Bob Beresford	John Dalton	Gary Walford	??	
54		2018							
55	Su	21/01/2018	C	RAF Halton East + Wendover	??	??	Nat Skidmore	??	
56	Su	15/04/2018	B	Great Hampden	Mark Thompson	??	??	Mike Edwards, RAFO	
57	Su	??/06/2018	C	Coombe Hill	??	??	??	??	
58	Mo	27/08/2018	C	Bicester Urban	??	??	??	??	
59	Su	??/11/2018	C	Shotover	??	??	??	??	
60		2019							
61	Fr	19/04/2019	A	PAU	Wheatcrofts	Colin Duckworth			
62	Mo	22/04/2019	A	Bredenhem	Neville Baker	Stere Long			
63		2020							

I am glad to say we have a full set of officials through to the end of 2017, which is a great position to be in. Meanwhile we are starting to firm up on our plans for 2018, so if you fancy planning or organising an event, now is the time to volunteer. Just drop an email to chairman@tvoc.org.uk

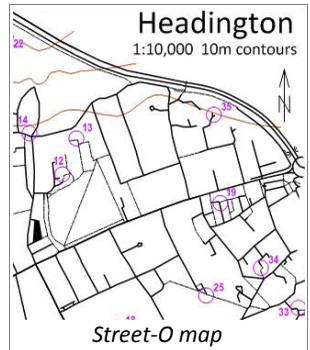
Alun Jones

Oxford Street-O series

It's September and the start of the Oxford Street-O Series 2016-2017 season. Preparations are well under way for the new season, with planners preparing to give your mind a challenge as you run around the Oxford Streets. Or some town quite close.

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.

The second race of this season will take place around Iffley, Rose Hill and Cowley on Wednesday 19th October and has been planned by Marcin Krzysztofik. The event centre will be the Prince of Wales pub in Iffley (73 Church Way, OX4 4EF)



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

Could it be you?

Ladies and Gentlemen,

TVOC is Club of the Year. Well done to all who contributed to our being awarded the title for 2016.

I believe the greatest individual credits for this achievement go to Mike Shires and Alun Jones. Mike for his widely recognised exceptional work as Publicity Officer and to Alun for his chairing of the Club for the past five years, the usual period of office is two to three years. Alun is also the king-pin of the Emit timing system and results processing plus the Key Officials recruiter, ensuring the Club's commitment to putting on a healthy series of events through the year.

Alun is DEFINITELY standing down as Chairman of the Club at our AGM on 4th December!

It is vital that all the success of the Club and the hard work put in by Alun is not allowed to unravel. We need a competent Chair person to take over from Alun and keep the Club running at the high level it is at today.

I understand that Alun will continue in his role with Emit timing and finding Key Officials but NOT as club Chairman.

Could you do this job for the Club - for orienteering?

Quite a few Club members have had a spell in the Chair and they might like to consider another go, maybe for just one year.

We are all volunteers, we all do other things that have call on our time but chairing the Club need not take up too much time, there is always delegation. If you wish to know more about what the job entails have a word with Alun.

The new Chair will have the support of a highly efficient and willing Secretary in John Dalton and the goodwill and support of all members.

If you cannot take on the role of Chair yourself but think another member could do it well, who might be reticent in coming forward, then please encourage them or pass the task on to me.

I write this letter as a long standing member (43 years) who dearly wishes the Club to continue with its current successful phase.

John Thompson.

Our next Chair

At last year's AGM, I announced that I would resign as Chair at this year's AGM. By then I will have completed 6 years in the role.

The AGM is now just four months away. So far, my attempts to find someone to replace me have come to naught. I would be pretty disappointed to walk away with no-one to replace me. I am therefore writing this article to encourage each of you to think long and hard as to whether you would be prepared to take on the role.

So what is involved? I could summarise the Chair's role as having overall responsibility for the efficient and proper running of the club, and to provide leadership and direction. Specific tasks include:

- taking the lead in devising and monitoring strategy and plans
- acting as ambassador for the club – both internally and externally
- chairing committee meetings and AGMs; agreeing agenda and minutes with the Secretary
- recruiting individual members to specific roles in the club, leading and enthusing them, and ensuring that they understand their roles and responsibilities.



Alun Jones in full 'chairman mode'

Overall, it is not a big job but it is a pretty fundamental one for the success of the club. And note that I will continue with my other roles for the club - as leader of the Registration and Results team, and managing fixtures (jointly with Neville).

As mentioned, I have now been Chair for nearly six years. Colin was my immediate predecessor, and he was Chair for seven years. Before that, Chairs only seemed to be in post for two or three years at a time. Whilst there are some benefits from having long experience in the role (mainly that you have some idea of what you are or should be doing!) there are also some significant disadvantages:

- The Chair become stale, and no longer bring the same inspiration to the job. By comparison, new blood brings new ideas, and an enthusiasm to make changes.
- The Chair becomes so experienced that they can become overbearing and hard to challenge.

I therefore intend proposing an amendment to the club constitution to impose a maximum single term for the Chair of three years. That is not to say that a previous Chair cannot stand again. In fact, quite the opposite – I think there are a number of ex-Chairs who would be excellent candidates to return for another session.

So please, all of you (including previous Chairs!). Do consider seriously whether you are up for it. I WILL step down in November, and I would be VERY disappointed if, like BKO, we end up without a Chair.

Alun Jones

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



THAMES VALLEY ORIENTEERING CLUB

Saturday Series

events in Oxfordshire/Buckinghamshire
July 2016 to December 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		
23rd July 2016	Mike Shires	Oxford Brookes University SP533065 / OX3 0FJ
20th August 2016	Sue Jones	Wycombe Abbey School SU864925 / HP11 1PE
24th Sept 2016	Brian Palmer	Bradenham SU823974 / HP14 4HF
22nd Oct 2016	Alun Jones	Kingswood SU898937 / HP10 8DS
26th Nov 2016	Robin Bishop	Black Park, Slough TQ005832 / SL3 6DT
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 Nat Skidmore - 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

Annual Dinner, Guest Speaker, Prizegiving and AGM

The TVOC Annual Dinner and AGM will be on Saturday 3rd December at Brill Memorial Hall, 19 Church Street, Brill, Aylesbury, Bucks, HP18 9RT (map ref: SP655138). The AGM will be at 6pm. Dinner at 7pm..

The caterer is Jane Varney who has supplied our dinner in the past. The price is £20 per head. For full recipe details see www.janevarnecatering.co.uk

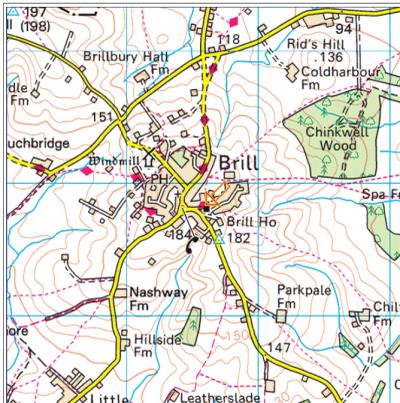
Please send your choice of menu to me at: Wycombe Abbey School, Abbey Way, High Wycombe, Bucks HP11 1PE with a cheque made out to Thames Valley O.C. to reach me by Friday, 25th Nov, so that Jane can have time to prepare. Special dietary requests – contact me well in advance to arrange.

Tel: 01494 895582

jones@wycombeabbey.com

Please bring along all your trophies! Also bring your own drinks – glasses supplied. The AGM will start at 6.00 pm followed by the dinner and prizegiving at 7.00 pm (finish approx 9pm)

Following the dinner will be a talk by our guest speaker for the evening , Fiona Bunn!



Menu
Starters
Melon Cocktail, with Florida Grapefruit & Orange
Stuffed Peppers with Goats Cheese on a bed of Rocket Leaves with Balsamic Dressing
... with crusty bread and butter
Main Courses
Beef Madeira -Pieces of Beef with Mushrooms in a Rich Madeira Sauce
Chargrilled Salmon Steak with Marinades of Lemon & Tarragon, Lime & Coriander or ginger and Orange served with a Tangy Citrus Sauce
Potato & Leek Roulade served with a Tangy Orange Marmalade Sauce
Desserts
Blackcurrant Meringue Mousse with a Fruit Coulis
Profiteroles with a Warm Rich Chocolate Sauce, filled with Fresh Cream
Followed by Tea, coffee, mints

Sue Jones



Brill Memorial Hall

Minutes of club meeting

Highlights from meeting held 20 September 2016

The recent club meeting discussed items such as:

- Waddesdon next February half term
- Membership fees
- New EMIT equipment
- Club jackets
- Subsidising entry fees for TVOC members on major competitions
- Permanent course completion badges
- M90 British champion trophy

You can read the full minutes online at
<http://www.tvoc.org.uk/application/documents/meeting%20minutes/Mins20thSep16.pdf>

The next meeting is on Tuesday 15th November 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.

October 2016

Sat 08/10/16	B	LEI British Schools Score Championships, Bagworth Common and Woods http://www.leioc.org.uk
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-orienteurs.org.uk
Sun 09/10/16	C	SARUM Galoppen & SCOA League, Collingbourne Woods http://www.sarumo.org.uk
Sat 15/10/16	D	BKO Winter Saturday Series (Bramshill), Bramshill http://www.bko.org.uk

Wed 19/10/16	D	TVOC Oxford Street-O Series http://www.tvoc.org.uk
Sat 22/10/16	D	TVOC Saturday Series Kings Wood, Kings Wood http://www.tvoc.org.uk
Sun 23/10/16	C	LOG EMUL League, Bourne Town http://www.logonline.org.uk
Sun 23/10/16	C	SAX District Event, Blean http://www.saxons-oc.org
Sat 29/10/16	C	BKO/BADO joint Night event (Greenham Common), Greenham Common http://www.bko.org.uk
Sun 30/10/16	C	BADO SCOL 2 - BKO/BADO Colour coded SCOA League event and prize giving, Greenham Common http://www.bado.org.uk
Sun 30/10/16	C	SMOC Colour Coded, Stowe Park, Stowe Park http://www.smoc.info

November 2016

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
Sat 12/11/16	D	SN - Saturday Series 3, Alice Holt http://southern navigators.com
Sun 13/11/16	C	CHIG District event, Epping Highams Park http://www.chig.org.uk
Sun 13/11/16	C	GO Level C event, Norbury Park http://www.guildfordorienteers.co.uk
Sat 19/11/16	C	OUOC Oxford City Race, Oxford City Centre http://www.ouoc.org.uk
Sun 20/11/16	B	OD British Schools Orienteering Championships, Sutton Park http://www.octavian-droobers.org
Sun 20/11/16	C	TVOC Regional Event & SCOA League, Shotover Country Park http://www.tvoc.org.uk
Sat 26/11/16	D	TVOC Saturday Series Black Park (TBC), Black Park http://www.tvoc.org.uk
Sun 27/11/16	C	SAX District Event, Ightham http://www.saxons-oc.org
Sun 27/11/16	C	SOS Colour Coded, ESSOL & EA League, Brandon http://stragglers.info

December 2016

Sat 03/12/16	D	BKO Winter Saturday Series (Bucklebury Common), Bucklebury Common http://www.bko.org.uk
Sun 04/12/16	C	SOC Level C & SCOA League, Ashurst wood / Matley http://southampton-orienteurs.org.uk
Sat 10/12/16	C	HAVOC Belhus Woods , Belhus Woods http://orienteing-havoc.co.uk
Sun 11/12/16	B	SN Trophy event, Long Valley North http://southern navigators.com
Tue 13/12/16	D	TVOC Oxford Street-O Series, Britannia Inn, Headington http://www.tvoc.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.londonorienteing.co.uk
Sat 31/12/16	D	BKO Winter Saturday Series (Whiteknights), Whiteknights http://www.bko.org.uk

January 2017

Mon 02/01/17	C	TVOC Level C Urban Event, Didcot Ladygrove http://www.tvoc.org.uk
Sun 08/01/17	B	CHIG Mitre SE League event, Epping East http://www.chig.org.uk
Wed 11/01/17	D	TVOC Oxford Street-O Series http://www.tvoc.org.uk
Sat 14/01/17	D	BKO Winter Saturday Series (Langley Park), Langley Park http://www.bko.org.uk
Sun 15/01/17	C	BOK SWOA Galoppen, Cannop Ponds http://www.bristolorienteing.org.uk
Sun 22/01/17	B	GO SE League event, Woolbeding http://www.guildfordorienteurs.co.uk
Sun 22/01/17	C	SOC Level C & SCOA League, Denny http://southampton-orienteurs.org.uk
Sun 29/01/17	B	BKO Concorde Chase, Hawley and Hornley http://www.bko.org.uk

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



New Forest ponies at TVOC club champs



Mikhail Gryaznevich at Wycombe Abbey Saturday Series



Wycombe Abbey Saturday Series - competitors at the start



Fiona receiving her prize for winning the overall D18 category at the end of the 6 day Swiss O week