

terrain, and provided excellent technical courses. Most of us had stories to tell about the mistakes we made.

two areas Creag Vinean and Craig a Barns were first class 'O'

The 'JK group' at Birnam.

The Scottish Drienteering Association put on a very fine JK. The

The accommodation, in four six-berth caravans, made all the difference. We had comfortable beds to sleep in! ... and hot showers. Luxury. The club group was forty strong. In fact the club tent was extremely crowded at times. JK90 will go down as

one of the most memorable. One of the best features of the SDA organisation was the grouping of runners from the same club, giving them similar start times. This allowed for sharing of transport to the venue, and for company to the start. Devilla forest for the relays provided a most pleasant conclusion to the weekend. Over the years we have been lucky with injuries. However, caravan number one sustained two! Uni Parkins hurt her foot at the training event, and was rewarded with crutches, while Cliff Ford split his knee open on Day 2, and is still limping. Hard

June 10 is the date for our National event in Miterdale. Don Scarrott is taking the entries and at any time now he is going to be swamped with envelopes as the closing date of May B

let Dave Fenwick (Workington 605835) or John Scott (Whitehaven 692095) know. About forty people will be needed but there will always be something for the late volunteer to do. The planners, Tony Pennick and Howard Loughlin, have the responsibility of overprinting the maps. It is a very big job as there may be 1800 competitors. They would welcome help. If you would like to help please contact Tony (Egremont 822495). On the Saturday following the National event we are planning to hold a social a barbecue with a little bit of 'D'. Fingers crossed for the weather. Details so far,-

approaches....and passes. An entry form is enclosed with this

available on the day so everyone can attend. If you are going to enter, and will be available for an hour or so to help, please

newsletter. There will be colour coded and string courses

Barbecue with small 'O' event Venue: Seaton Mill, near Workington. Parking: In a field at GR 018295 Date: Saturday, June 16th., 1990.

'D' event: Using map of Seaton, drawn by Roger Jackson. Starts: 5.30 to 6.30 pm. Courses: 60 minute score, Yellow and String.

Event fee: FREE

place. Tel: Workington 602083.

Organisers: Rob Holder and Roger Jackson. Barbecue Cost: to be decided.

We will need to know numbers attending. Please ring and book a

The club is just about to set up two NEW permanent courses. The two forests are Setmurthy and Bowness Knott (Ennerdale). About fifty posts need to be put into specially dug holes! Help would be very much appreciated. Rob Holder is presently preparing the sets of posts, painting the top half red and white.

The Parish Relays on July B need a bit of thought. Any three

mass start of all runners will ensure that no one sits about

people from the same area can make up a team (eg Cockermouth,

Workington, Egremont, Cleator Moor etc.). This year Ad Hoc teams

those who can't fit into an 'area' team. There will be about six

legs to be run by the team, in any order, by any team member. A

of any three people will be allowed to run, but they should be

getting cold. Full details of the competition in due course. Included in this newsletter is information about Southern Navigator's 25th birthday event. It looks most interesting - 3D O'. It is a long way to go. Anyone interested in a minibus? Briefly: Tony Brand-Barker wants event results for the championship. Harvester Trophy teams are needed. Want to go? New order of tracksters and sweat shirts have arrived.

and looking back over the years to see who is likely to attend. Therefore, along with a casual approach at say, a colour coded or Thursday evening event where a lot of club members are present, saying "are you going to such & such an event", it is all very difficult.

Something that would help me tremendously would be for people to

participate in a relay day. The best time to do this would be

providing another two individuals fit into the same category.

when you fill in the form for your individual day. This will

give a ring or drop a line, to me, saying, you intend to

guarantee you a run, and hopefully in your age class too,

to help one of the problems a relay manager has. The saga

continues when we actually get to the event.

since age and sex are not limiting factors.

***** The next relay is in Scotland on Sunday, May 27. If you would like to form part of a team I need to know by May 4. Entries are also due soon for the Harvester Trophy seven person Relay to be held in Grizedale Forest on June 23/24.

Club members co-operating with this request are certainly going

Usually the day before, team members' names have to be declared. This creates another nightmare, since injuries and other excuses develop, thus leaving some teams short of a man. It then becomes a mad manipulation of all those left to get some decent running order. There is certainly something to be said for the idea that the club enters only one category, the "short open". This would be within the scope of all members distancewise, and would

provide a club competition on the day. Also when it came to

declaring teams, it would be very easy to move people around

West Cumberland 'O' Club gives a good deal to relay participants. It costs between £10 and £12 to enter a team of three (£3.50 - £4.00 each). You are only charged £2: a subsidy of 50%. Until recently that subsidy has been even more. I said at the beginning "I have always enjoyed relays in athletic meetings". Perhaps the intervening paragraphs make you feel that I now feel differently. No. Since elected to the post of relay team manager last year I have worked on two events. Yes, the problems are there. Please try to help me. Just let me know if you want to go, and I do the rest, and hopefully the

Many thanks for reading this. I now pass on to the next man! All enquiries to:-Rob Holder, Derwent Hill, Portinscale, Keswick CA12 5RD Tel: 07687 72855.

Wasdale C5 8.4.90 Thanks to all those who braved the severe ultraviolet radiation, to Margaret and John Calvert for help at the start, and especially to Vi & Ray Nelson, the controller, for their help

and patience in guiding us through our first planning of an

best for you.

event.

Position

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Name

81 180 Howard Leslie

Sandy Burgon

Rhys Stanwix

Steven Holmes

Alan Shepherd

Paul Roberts

Andy Warner

Rob Holder

194 Richard Warner

194 Terry Kirton

Richard Johnson

Michael Goodwin

Peter Atkinson

75 Stephen Pollington

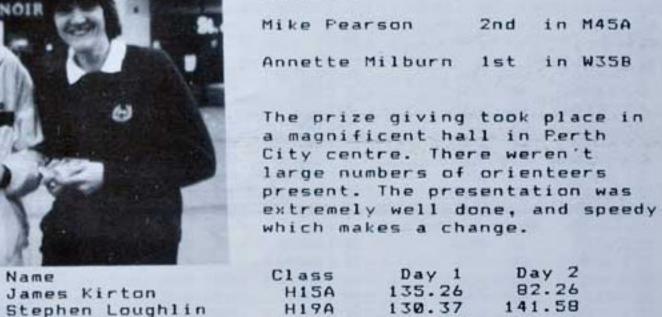
Roger Jackson

Mark Todd

13-16 APRIL 1990 JK90

Val & Steve Sullivan (W&M40)

Rob Holder (M35)



H35A

H35B

H35B

H35B

H4ØA

H4ØA

H4ØB

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winners .-

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	М	A weekend of C		
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the b	est reaso	n to don ones 'O' shoe	s this summer.	
SN offe than 48	er you, th	ne orienteer, the opportu The opportunity to enjo	onity that may on by up to seven rur	ly
Day 1 offered	The fan	nous SN O-Cross - a m	race will be enjoy	y

1990! Two short courses will be available.

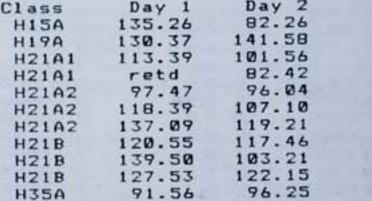
FACILITIES:

Name & Addresss:

DAY 2 SUNDAY

then runs in the grand spectator final, for the club trophy.

from any class (including four M21) and from the same club.



128.32

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70.42

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116.34

116.35

retd

106.39

28

43 Sheila Loughlin

41 Margot Pennell

the short course in the quickest possible time.

team may be four M21s.

team with the least number of points.

108.47

Congratulations to worthy prize

15	39	Don Scarro John Scott	tt	H6ØA H65A	74.32 253.14	retd 163.05
		SN's	s 25th Birth	iday Pa	rty!	
	м	A weekend of lytchett, Surrey - Are	Orienteering Ecstar ea of the 1989 Britis	sy on 14th/15 sh Relay Cha	oth July 1990. mps. (GR SU92:	5564)
		O-Cross	3D Oriente	ering	Sprint-O.	
the b	est reaso	on to don ones 'O' sho	es this summer.			
SN offe than 48	er you, the	he orienteer, the oppor The opportunity to en	tunity that may only joy up to seven runs	arise once in 2 (dont worry so	5 years. Three qua me of them are sh	ality events in less ort!)
offered	. Whate	mous SN O-Cross - a ver standard, a thrillin n (2 maps); Short = 3k	g race will be enjoyed	competition, v d. Start time m	vith three 'relay st idday. (Long = 10	yle' courses Km (3 maps);
Colour	coded c	courses £2.00/£1.00. Y	ellow to Green, string	g course, EOD	from Midday till	3.00pm.
3D Ori	first tin	ng - Mid afternoon an ne you can try O-ing w	ith a 3D map - orien	ake you into th teering 2020 b	e 3rd Dimension of rought to you cour	of Orienteering. rtesy of SN in

Please include 2 SAEs (9x6)

Send Entries to: M. Bell, 40 Mendip Road, Bracknell,

Berks, RG12 3XD

.... @ £1.50/person

.... @ £2.00 (Sen), £1.00 (Jun)

The 'Club' team event comprises four runners from the same club, one from each of the four classes as outlined below, and one of which must be a female runner (runners may competitively run up a class): Class 3: W40+,M55+,W19 Class 1: M21,M35,M19 Class 4: M11,M13,M15,W11,W13,W15,W17 Class 2: M40,M45,M50,M17,W21,W35 Teams are divided into groups of ten. Competitors within each group race against the others in their class, in

a head-to-head race, earning points for their team. The winning team from each group, after three rounds,

The 'Open' team competition over four rounds runs in the same manner, however, team members may be

Day 2 - The 'piece de la resistance' - all the excitement of 'Head-to-Head' Sprint-O in a team event. Two

separate competitions, Club Team (with runs of 1-2 km per round) and Open Team (3 km each round):

Campsite (free); Toilets; Disco, Bar & Social (subject to demand); Dogs Welcome. Contact (General Enquiries): Steve McKinley 0344 - 55784 ENTRIES TO BE RECEIVED BY 16TH MAY 1990 Entries after this date subject to available maps - Competitors take part at their own risk

Tel. 0344 - 487994 Club: Tel. £ -Number of Long O-Cross Runs @ £3.50/person DAY I SATURDAY Number of Medium O-Cross Runs @ £2.50/person

Number of OPEN Team Entries @ £24.00/team

Number of CLUB Team Entries @ £21.00/team

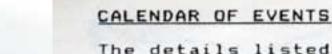
(Two Juniors in a team @ £18.00 per team)

Number of Short O-Cross Runs

Number of People Camping

Number of 3D Entries

	TOTAL (Cheque		yable to Southern Navigators)	£ -	
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the event.

The details listed below are the fullest details available at the time of going to print. If you have any doubts about an event then ring Roger Jackson, Workington 602083.

May - July 1990

Thursday, May 3: Start of the Summer Evening Event Series. Venue will be Masmill, with planning by Dick Warner. Starts from 6.30 to 7.30. Parking at the Visitor Centre, Whinlatter. Cost

Keswick. Parking at GR 303204 at the side of the A591. Courses Yellow to Brown by Pete & Uni Parkins. Starts 10.30 to 12.00. Cost 50 pence. Thursday, May 10: Evening event at Blakeley Raise near Ennerdale. Courses by Rhys Stanwix. Starts from 6.30 to 7.30.

Sunday, May 6: Colour coded event at High Rigg, near

Cost 50p. Parking either GR 063133 or GR 061119. Saturdays, May 5, 12 & 19: Series of Saturday morning CDME-AND-TRY-IT events for juniors and younger members of families. Courses WHITE, YELLOW and DRANGE. Ideal for those

learning how to orienteer. All venues will be forest.

May 5: Bowness Knott. Parking is at GR 108155 on the northern shore of Ennerdale Lake. Starts from 10.30 to 11.30. Cost 20p. May 12: Setmurthy Forest. Parking on side of road at

GR 165313. Take care with traffic on the road. Starts from 10.30 to 11.30. Cost 20p. May 19: Whinlatter Forest. Parking on forestry roads just off the B5292 Braithwaite to Lorton road at GR 213244.

Starts from 10.30 to 11.30. Cost 20p. Thursday, May 17: Evening event on Harrot and Graystones near Lorton. Planning by Annette Milburn. Starts from 6.30 to

7.30. Cost 50p. Parking at 6R 169257. Thursday, May 24: Evening event in Dodd Wood using the new map by Faul Roberts. Faul is also doing the planning. Starts

from 6.30 to 7.30. Cost 50p. Parking at GR 235282. Planning by Paul & Vincent Fussell. Starts from 6.30 to 7.30.

Thursday, May 31: Evening event in Parkgate near Gosforth. Cost 50p. Parking at GR 119012.

Thursday, June 7: Evening event on Southerndale. New area and map by Paul Watson. Planning by Paul Watson. Starts 6.30 to

7.30. Cost 50p. Parking at GR 235296 on forest road. Or Canoe 'O' on Derwentwater; see details elsewhere. Saturday, June 9: Score event and sprint-D at Newton Manor, near Calder Bridge. The BOF AGM will be held at Sellafield after

Sunday, June 10: National event at Miterdale. Planning by Tony Pennick and Howard Loughlin. Please let John Scott (Whitehaven 692095) or Dave Fenwick (Workington 605835) know if you intend to compete. About forty helpers will be needed so please offer your services for an hour or so, either before or after your run. Half price entry fee for helpers! Entry form

included with the newsletter. Sunday, July 8: Parish Relays on Slate Fell near Cockermouth. Planning by last year's winners, Workington, Roger Jackson and Len Scott. Teams of three from the same area to compete for the Parish Relay Trophy. There will be a mass start of ALL runners!



fast exciting finish is displayed, involving a team effort of sprinting and change-over tactics. and blue with cold can be a little embarrassing. Fortunately most competitors treat the concept with a certain amount of

September 1989.



The athletic prowess doesn't readily show in the orienteering equivalent, with the athletic mobility confined to the forest and fell, mainly hidden from the spectator. Doubtless we all do our best, with that underlying feeling of guilt if out for a long time. Setting off a number two, or number three man, stiff

orienteers, fast times are the order of the day, since areas chosen for relays tend to be small and runnable. This doesn't rule out technical areas; it enhances my admiration of those who can be quick and accurate.

seriousness but blended with good sportsmanship. For the top

Most of the premier events in the orienteering calendar have a relay day; the British, the Jan Kjellstrom at Easter, and the Scottish Championships at the end of May. As with individual entries, there is a date by which all entries must be in. This of course gives the organisers time to process the entries and send out information. The final entries date, however, is usually a long time before, so the event is not foremost in our minds. As relay team manager I have to enter teams, in a variety of age badge classes, plus a few 'open' classes where ages and sexes can mingle. A lot of this is done by guesswork,

8.4.90 WASDALE MCOC C5 4.9k 160m RED 100m DRANGE 2.8k YELLOW 1.8k 60m Club Tine Pn. Competitor Pn. Competitor Club Time Club Time Pn. Competitor 1 M BARNARD +1 IND 57.48 IND 38.35 I W ASHBRIDGE 1 J SWIFT 19.85 WCDC 58.54 2 M RADFORD 2 J RADFORD WCOC 48.42 WCCC 28.28 2 M RADFORD LDC 69.24 3 S HOLMES MCDC 42.38 IND 21.10 3 P KINGSLAND 3 L GRIFFITHS WCDC 78.45 4 A STOUT LOC 45.18 4 K WESTON WCOC 22.48 4 S EMERSON MCOC 74.43 5 A THOMPSON 100 20 02 WCCC 78.28 & K STOUT IND 81.28 7 MAA JOULE WCCC 82.18

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1 D SCARROT 2 C ISHERWO 3 E LOVE 4 R JACKSON 5 S CHOBRZY 6 J BROCKLE 7 6 HAGAN 8 BOARDMAN 9 6 ANDERSO 10 B MACLURS 11 P RADFORD 12 NT BIBBY 13 J MEEKS 14 S MANSERG 15 C POLLING 16 K CHURCH 17 A SMITH 18 B CROFT 19 P SMITH 28 J FRYER 21 CAP ISHES 22 SM LDUGHI 23 C HUNT 24 J SCOTT	T WCOC OD LOC WCOC WCOC WSKI WCOC BANK LOC WCOC +1 IND W HALO WCOC WCOC WCOC WCOC	46.85 52.55 55.48 56.32 62.55 63.18 63.50 64.45 65.84 65.86 65.28 66.12	1 2 3 4 5 6 7 8 9 18	P NIELD S SMITH H GOODWIN S LOUGHLIN C EMHERSON L SCOTT P ATKINSON HG WOOD	ATRE LOC MCOC MCOC MCOC MCOC MCOC LOC	46.25 68.29 61.46 62.48 63.89 63.58 66.29
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P RADFORD THE PROPERTY THE PROP	MCOC MCOC MCOC	65.28 66.12		D BOOTH N HUNT +1		
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13 J MEEKS 14 S MANSERG	WCOC			D NEILD		
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15 C FOLLING 16 K CHURCH 17 A SMITH 18 B CROFT 19 P SMITH 20 J FRYER 21 CAP ISHES 22 SM LOUGH 23 C HUNT 24 J SCOTT	MINE BUTTON		15	UNA WOOD	LOC	74.28
16 K CHURCH 17 A SHITH 18 B CROFT 19 P SHITH 28 J FRYER 21 CAP ISHES 22 SM LDUSHI 23 C HUNT 24 J SCOTT		75.58	16	HM LOUGHLIN		74.24
17 A SMITH 18 B CROFT 19 P SMITH 28 J FRYER 21 CAP ISHES 22 SM LDUSHI 23 C HUNT 24 J SCOTT	LOC	76.25		1 ISHERWOOD		75.45
18 B CROFT 19 P SHITH 28 J FRYER 21 CAP ISHER 22 SM LOUGH 23 C HUNT 24 J SCOTT	LOC	77.02	236/60	A MANSERSH	MCOC	76.17
19 P SMITH 28 J FRYER 21 CAP ISHES 22 SM LOUGH 23 C HUNT 24 J SCOTT	MCOC	79.16	1000	colou		
28 J FRYER 21 CAP 1SHEF 22 SM LDUSHI 23 C HUNT 24 J SCOTT	LOC	84.57	19	R DOUGLAS	MCGC	
21 CAP ISHER 22 SM LOUGH 23 C HUNT 24 J SCOTT	LOC	85.84	20	S FOLLINGTO	N WEDE	77.84
22 SM LOUGH 23 C HUNT 24 J SCOTT		89.17	21	A MCKIMLEY	MCDC	
24 J SCOTT		98.28	22	P HUDSON	LOC	
	LOC	101.24	23	AE MILBURN	MCCC	
	MCDC	113.58	24	S POOTH	FOC	
			25	C DALY	LOC	
RETTRALS			26	J AGRING	LOC	
S WHALLEY	LOC	W no.4	27	J CALVERT	MCOC	
			28	J WARNER	L00	
			29	FE WESTON	FOC	
			36	V FUSSELL	MCOC	
			31	H NEILD	MCOC	
			32		ULDS	
			RE	TIRALS		
				MCCONNELL	MCGC	F 1-8
			R	STEWARDSON	FOC	No no.9
				W 4 5 1		



8 8 CROUCH

9 H PAICE

18 V LOVE

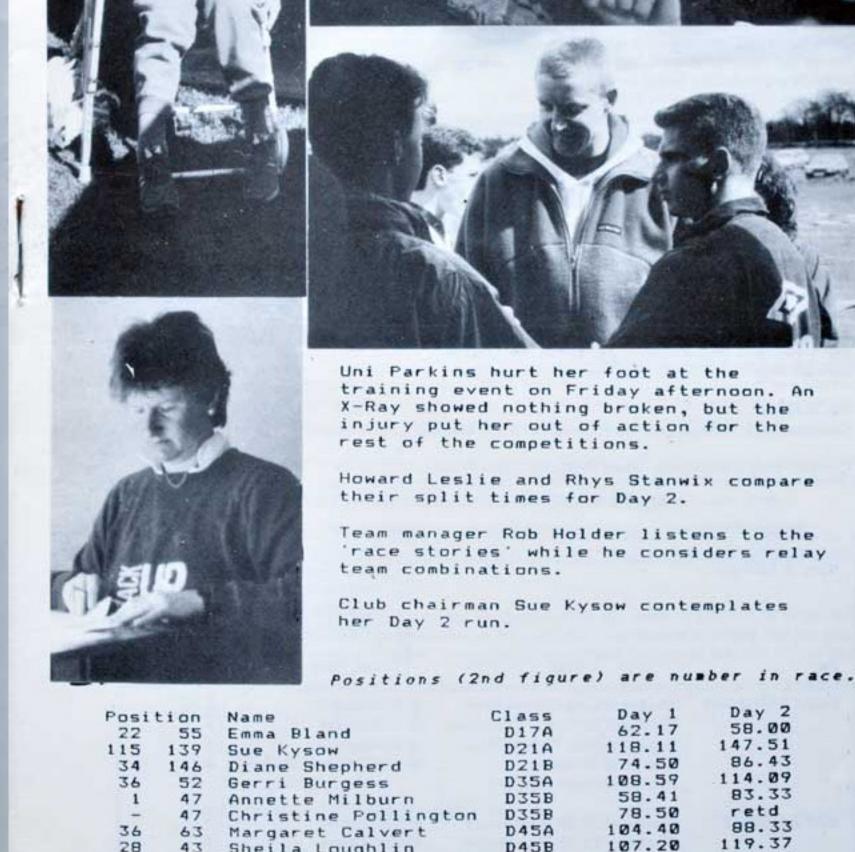
11 WEST FAMILY

-----colour award-----

LOC 85.55

WCOC 94.48

IND 126.38



Dear fellow orienteer, This is a short letter written to you and your club to ensure that you do not miss out on probably one of the most exciting events organised in 1990. Southern Navigators are providing, as a celebration to their 25th Birthday a weekend of orienteering that is aimed to be both unique and exciting. Enclosed within this letter is a copy of the fly sheet that is being distributed at forth coming events, this letter is not only a personal invitation to your club but also a short explanation of what the weekend has to offer your club. Many of you will be already familiar with the SN O-Cross and this year the format will be the same with three courses approximately 3, 6, and 9km. For those of you unaware, this event is best described as a relay type event with all the running done by the one orienteer, with 'map-snatches' approximately every 3km. To make this into a special weekend SN are offering two novel events aimed to provide entertainment as well as atypical orienteering. There are many ideas of what Orienteering 2000 may be like, and SN are offering a possible insight in providing 3D Orienteering. A unique software package has taken all the hard work out of contour interpretation. Each competitor in this event, run as a very low key

affair, is given a pre-marked map with four projections of the area, onto which the course is premarked. The final ingredient then, is the enthusiasm and imagination of the orienteer in getting round

You may, or may not be aware of the increasing interest in Sprint-O throughout the orienteering circle. However to many this is thought of as an elitist option of the sport. However, SN are looking

to change all that by holding two special Sprint-O events on the same day. The main competition is

for Club teams, selected by choosing one runner from each of the four classes as outlined on the entry form, (at least one runner to be female). The secondary competition (Open) is primarily

orientated towards seniors, and University teams and may constitute runners of any choosing, i.e. a

Each team is randomly selected into a group consisting of nine other teams, groups A-J. These groups then race against each other throughout the day, the Club teams competing over three rounds and

the Open teams compete over four. At the end of each round the points accumulated by each team

member are calculated (winner = 1 pt, second 2 pts) and the eventual winner is decided by the

In the Club competition, competitors race against runners of the same class of the same group with

D45B

D50A

113.35

83.54

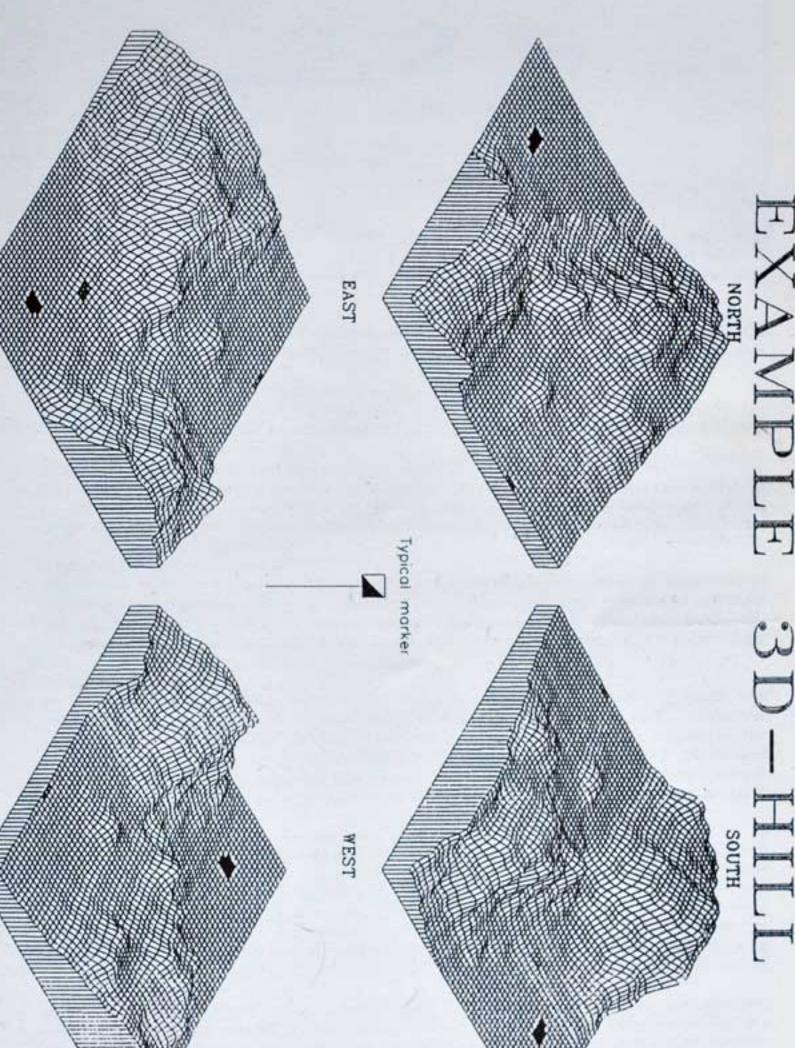
the winner of each round being the first past the post. That is, all juniors within group A race against each other, all seniors race against each other, etc. At the end of the 3rd/4th round the winners of each group go forward into the grand spectator final. Clubs are encouraged to enter as many teams as they wish. SN would be very interested in any other orienteering club that is celebrating an anniversary within 1990, so that one of the groups can consist of entirely Anniversary teams to ensure that at least one anniversary team is in the final.

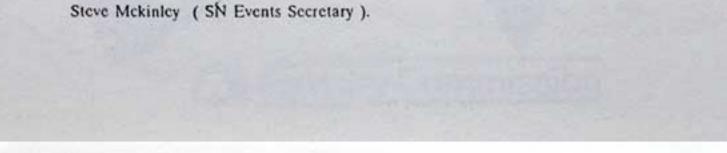
The whole weekend has a strong social emphasis, with the SN anniversary being celebrated by a party/disco taking place on the Saturday evening located at the campsite provided, adjacent to the

SN do not aim to make any profit from this weekend, and if any profit is made it is to be split

between a local tree restoration charity and the BOF squad. SN look forward to seeing you and your

fellow club members competing in these events and feel sure that a journey to the area will be well Yours' faithfully,







CA12 5TW Tel: Braithwaite 469

Forestry Commission

Treasure Hunt for Youngsters Start/Finish at Bowness Knott car park, Ennerdale Valley. Entry/sponsorship forms available from Forestry Commission Whinlatter Visitor Centre Brai thwai te KESWICK