



**Powter How** -Thank you to Nick and Janet Evans for this week's challenging event. They have written an account (below) of their planning experience and the trials and tribulations of trying to plan courses that are suitable for all. This shows what hard work it can be and as a Club we should be very grateful that we have so many willing people who put in the time and effort to make events happen.



**Reflections of a right pair of night planners**

*Many of you will have had a full value-for-money night orienteering experience at Powter How last week so here's a few reflections from the planners.*

*Janet and I volunteered to plan last week's night event at Powter How mainly because the date was good for us and it was relatively close to home. We also thought it would be quite easy as it's such a small area and at a low level. However, our first visit in early October was something of a shock. We set out for a walk round to remind ourselves of the map and check potential control features thinking it would all be straightforward. After about 90 minutes we met back at the car and agreed it was perhaps more of a challenge than we had anticipated. Janet had covered the eastern slope and hadn't even managed to find all the boulders as the bracken was so high, while Nick checked the crags on the western side and realised it was much steeper than he remembered. Ah well, the bracken will have died down by late November and we will just have to minimise use of the crags*

*Back home we consulted maps from previous events and the results from the Juniors event there in December 2020. So far, so good. We downloaded Purple Pen and off we went planning our first courses. The Novice was fairly straightforward, just a decision on whether to do a full circuit on the lower path or use the path over the top, which we did as we thought it would be more interesting. At only 1.1km the course looked to be on the short side but there was no easy option to lengthen it so we decided to leave it at that. For the Short and Long courses we decided to try some butterfly loops but found that the overprint soon looked like a cobweb and was very difficult to read. Plan B was to have an extended single circuit of the area for the Short and a double circuit for the Long. We planned these and set off on a fine bright day to test jog / walk them. In our minds we thought that Janet should be able to get round a Short in about 45 minutes and Nick a similar time on the Long. Again we met back at the car shaking our heads. Nick hadn't even completed the Long and was on track to take 90 minutes – in daylight!*

*Plan C was to shorten the courses but still try to minimise path running and the number of times competitors had to go up or down the steep western side. This we did and ended up with a Short course of 1.6km and a Long of 2.8km. They seemed to be on the short side, especially compared to last December's event. We didn't actually go back and walk the entire courses as we were convinced they were on the short side. Instead we spent time in the area bashing down bracken around the controls and cutting back the worst of the brambles.*

*Come the day of the event we were still convinced we had under-cooked the Short and Long courses, particularly given the balmy weather. Perhaps Nick should have thought differently as he struggled to find one of the western crags (170) to put out the control, having been there many times before! We were ready in good time and, as expected, Liz Elliott was first to arrive and start. We had constantly referred to Liz throughout the planning as we wanted to plan a Short that she would enjoy. When she still wasn't back after 60 minutes we realised we perhaps hadn't under-cooked the courses after all. By the end of the event we realised that, for all but our fastest runners, the courses were on the long side, so apologies to all who were out longer than they wanted or had to retire. There are also some unnamed members who persuaded friends to have a go at the Long course as '...its only 2.8km...'.*

*Looking back, what did we learn? (continued on pg 2)*

**Reminder -Mapping Tech Session (From Pete Nelson) -Saturday 4th December, in the morning.**

We're having a club session on using mapping software - both OCAD and the free Open Orienteering Mapper program. We've already got a mix of experienced and novice users signed up. We can look at anything you like. Contact Pete Nelson if you want to join in. (Full details were in last week's newsletter.)

### Powter How (continued)

*A technical wooded area is much more difficult at night than an open fell, where visibility and running speed in darkness is much less affected.*

*The controls on the Novice course were either on or close to the path, but even those just a few metres from the path were difficult to spot in the dark, especially for children. We used the small kites for all controls and should have used the standard larger kites for the Novice course controls.*

*The winning times were slightly long but not unduly so. The stronger runners were obviously less affected by the terrain and the dark. We compared some of their times to their runs in the December 2020 event and they were very similar.*

*The Live Results system was very easy to use and gave finishers an immediate display of their time and any problems. Thank you to Jamie Rennie and Steve Holmes for preparing this for the event.*

*Hopefully, we didn't put anyone off trying another night event and for most it was a good value-for-money night out!*

*Nick & Janet Evans*

*Full results are available on the Club website, but on the Long the win went to Steve Birkinshaw with Ruben Razzetti 2nd and Simon Hunter 3rd. In the female competition Daisy Rennie as 1st, Karen Parker 2nd and Caitlin Pearson 3rd. On the Short course Emma Crawford took the win, with Roger Thomas 2nd, Ben Wetherill 3rd., Roger Jackson 4th, Helen Rennie 5th and George Rennie 6th. On the novice course Lily Clarkson took the win, with Wilf Clarkson 2nd and Abby Rutter.*

### Great Tower Galoppen -



Thank you to LOC for putting on the event today in the beautiful Autumn sunshine, and well done to Club members who earned valuable Galoppen points. On the 6.4km Brown course Alastair Thomas (EUOC) took the win in 49:26, with Joe Sunley (WCOC) 2nd, Steve Birkinshaw 5th, and Ian Cumpstey 14th.

On the 5.1km Blue course, Wilf Teasdale was best Club finisher in 4th, Isabel Sunley was 16th (4th lady) and James Birkinshaw was 18th.

On the 3.9km Green course WCOC took the top three places, with Daisy Rennie taking the win by over 3 minutes from Isaac Hunter in 2nd and Roger Thomas was 3rd. Lynne Thomas was 11th and Susan Skinner 12th.

On the 2.8km Short Green course, it is good to see Ian Teasdale continuing to regain his full fitness, finishing 2nd, Myrtle Ashworth was 12th, Elizabeth Elliott was 17th and Malcolm Ruckledge was 20th.

On the 3km Light Green course, Sophie Crawford was 3rd, Toby Heppell was 6th and Enzo Phillips was 15th. On the 2km Orange course, Hannah Birkinshaw was 6th, and on the 1.3km Yellow course, Sola Holmes was 6th and Rafferty Phillips was 7th.

Full results and splits are now available on the LOC website.

### News in Brief

- Next event - WCOC Night Series - 25/11/2021 -Camerton near Seaton. Enter via [racesignup](#). Entries close 23:59 Tuesday.
- Reminder that CSC payments need to be made as per email from Deborah Goodwin.
- Message from Helen Rennie - The stock of loan/hire dibbers is getting very low, if anyone has one that they are no longer using, please can you return it at an event, to an active Club member or send an email/message and someone may be able to collect.
- Bad luck to Jon Eaton who tore his left quad whilst taking part in the Tim Watkins Blodslitet event. Wishing you a speedy recovery Jon.