



# DARTBOARD

Issue 8 August/September 2023



Scottish 6 days 2023



Meet the Members

## GAMES!

Anagrams!!

UPCOMING

EVENTS:

**P12**



# DFOK at the 6 days!





# DARTBOARD

## Editorial

I hope everyone has had a relaxing summer either taking a break from orienteering or taking part in events like the Scottish 6 Days. This issue features content from the S6D. Well done to all DFOK members who made the long journey up to Scotland and ran in the challenging terrain.

Apologies for the late release of this edition. More school work has lead to a little less time to edit and publish the newsletter! I will still be producing the newsletter but I will potentially change the style and format of the newsletter to make it easier to edit and publish and I will be publishing on more of a bi-monthly basis during my GCSE period.

Any content is greatly appreciated, however, and if you have a story or an achievement you would like to share, please do get in touch with me and I will include it into the next Dartboard issue. ([editor@dfok.co.uk](mailto:editor@dfok.co.uk)).

## Orienteering News

In recent news, our club championships were held on 1st October 2023, held in Epping SW. This part of the forest is particularly familiar to me as I have been for runs there many times, although local knowledge didn't help when I made a huge error going to number 7, costing me 1st place on the Blue course! Congratulations to everyone who took part in the club championships and a reminder that the AGM is on the 18th October at the Malt Shovel, Dartford.

In addition, Rachel Collins recently presented a webinar with British Orienteering on the mental side of orienteering. There are 4 follow-up sessions in the coming months which are available for £25.

Finally, the South East Junior Squad (SEJS) travelled to the Junior Inter-regional Championships (JIRCS) on the 23rd-24th September. Maddy and myself were part of this travelling squad. My team came 4th in the Mens race and Maddy's team won the adhoc relay! Overall SEJS came 3rd on the relays and 4th with the combined relay and individual scores!

Luke Bennett (Editor)

Photo: Tina Bennett



Photo: WOC2017



Mindaugas and Thierry Georgiou

## Contents:

Editorial	2	Controlling	12
Chair's message	3	SE League	14
CSC Review	4	Games	16
Ranking points	7	Thierry Georgiou	18
About the JK	8	Photo of the month	16
Meet the members	9	Calendar	18
BOC Long	10	Answers	19



# Message from the Chair

Dear orienteers,

I hope that you managed to get a cool summer.

Neil Speers is about to finish mapping the Thamesmead area, which will become a new urban map for our club. The first race has been set on 26 October 2024 and will be a level C event! Thank you Neil!

The main 10 events organised by DFOK for the coming 14 months are the SE League event, the City of London event, the Thamesmead event, the five KOL events, the park race event and the GLOSS event. We need 13 people for these as the first three events need separate organiser and planner (as they are level B and C events). We have already 8 volunteers, so 5 more are required. Please come forward by sending an email to [chair@dfok.co.uk](mailto:chair@dfok.co.uk)! Please note that you will get plenty of support if it is your first event or one of the first ones.

The plan is to fill the roles now. Each organiser/planner will get a free run at each of the nine 2023/24 events as a thank-you from the club. Furthermore if the organiser/planner does help at an event, which would have given her/him another free run, she/he will accumulate £5 voucher per event instead that can be redeemed at the SE League event or/and at the 2024 AGM dinner. I will do the counting!

The SE League event will take place at Westerham on 14/01/2024. The KOL events will take place on 22/10/2023, 09/12/2023, 03/02/2024, 06/04/2024 and 18/05/2024. We have pre-selected the following areas: Foots Cray Meadows, Beacon Wood, Buckmore, Cobham Great Wood and Jeskyns Community Woodland, but you can choose another DFOK map if you prefer. The park race and GLOSS events will take place in June or July.

Finally this year's club championships took place on Sunday 1st October at the HAVOC event at Epping Forest South West; I hope that you were all prepared and enjoyed the event!

Best

Antoine (chair)



*Antoine battling in a sprint finish at Worthlodge!*

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**DECATHLON**

London City Race  
LONDON ORIENTEERING  
DARTFORD ORIENTEERS  
SLOW  
CITY RACE EURO TOUR

**XXXX Kent**  
Orienteering league

2023/24  
Preliminary Fixtures

21.10.23 Foots Cray Meadows  
09.12.23 Beacon Wood  
03.02.24 Buckmore Park  
06.04.24 Cobham Great Wood  
18.05.24 Jeskyns Woodland

[DFOK.CO.UK](http://DFOK.CO.UK)  
DARTFORD ORIENTEERS

# Scottish 6 Days 2023

By Rachel Collins

The Scottish 5 days is always an important date in my calendar. Not just for the quality orienteering areas but for spending time with family, clubmates, fellow orienteers and not least forgetting the majestic scenery. Leading up to the event I had had several months of consistent training and lots of technical training on Swedish maps. I decided to run W21S this year as I had O-Ringen planned the week before which is always tough. I knew my physical limits would be too far pushed for W21L / W21E but that was ok because W21S would still provide me with the hardest technical challenge that the given area could offer.

As mentioned above, I had competed in O-Ringen the week before which meant two things. Number 1, my physical form would be slightly under par after a tough week of competing. Number 2, my technical ability would be on point as I got to practice all my skills during that week. Due to travel logistics, I had to unfortunately miss the first day of the Scottish, which meant I only had four days left to score four good results! The race was on...

I was keen to show myself what I was capable of on Day 2 at Darnaway. Having arrived at the accommodation at midnight the night before and having our earliest start block that morning, it wasn't the best race preparation. That aside, I told myself it was only a 3km course and I could switch 'it' on and just hold my concentration for about least 30 minutes. So that was exactly what I did, attack points and pre-planning were key. When I came into the finish, I was coming in first and managed to hold third place after all competitors were in. This race gave me the motivation for the rest of the week. The challenge now though would be keeping it up for another three days...

On Day 3 at sunny Roseisle I was the last starter out on my course. This gave me the advantage of knowing what the current winning time was. I don't ordinarily check this, but I was determined to run a good time and knew that if I could keep my focus on my orienteering then I could use the winning time to push myself physically. This race really stands out for me. The pressure was on, and I delivered, hitting all the controls (minus some small wobbles) whilst being somewhere near my maximum speed. About three controls from the end, I knew I had to hold it together technically and then just run my socks off! I came into the finish in 3rd place again, only 9 seconds ahead of 4th place – so knowing the winner's time in this case was definitely advantageous.

Day 4, Culbin Forest long race, an area I had unfinished business with. For the first time in the week, I felt some apprehension beforehand. I only had 50 seconds to spare when I arrived at the start, but I took some keep breaths and didn't let it phase me. I had 15 controls and 13 of them went very well. The other two, number 10 and 11, I lost roughly 5-6 minutes in total. One of my rules in orienteering though is to never give up or let your foot off the gas until you are over that finishing line. The reason why I say this was proven this day as after making those mistakes, I managed to take third place again.

Day 5, final day, Culbin middle race and I still had unfinished business! Physically I felt tired and knew that I would really have to nail my orienteering. After a wobbly start to number 1 (under a minute lost), and a bad route choice to number 9, I found all my controls with no issues. I was rather shocked when I took 9th place that day. However, I knew that was mainly down to my physical form and I didn't dwell as I can continue to improve on this. After waiting in the arena for the combined results to come out, I was quite surprised to come in 3rd place overall and very satisfied indeed.

The most challenging part of the week was keeping my focus during the races to secure that podium finish. This meant believing in my technical ability and pushing away any negative thoughts about my physical form.

The most enjoyable parts were of course spending time with family, fellow orienteers, and DFOK'ers past and new. I enjoyed my cake after every race, the weather, and this unique terrain. The racing was so much fun, and the podium was a bonus after an unforgettable week.

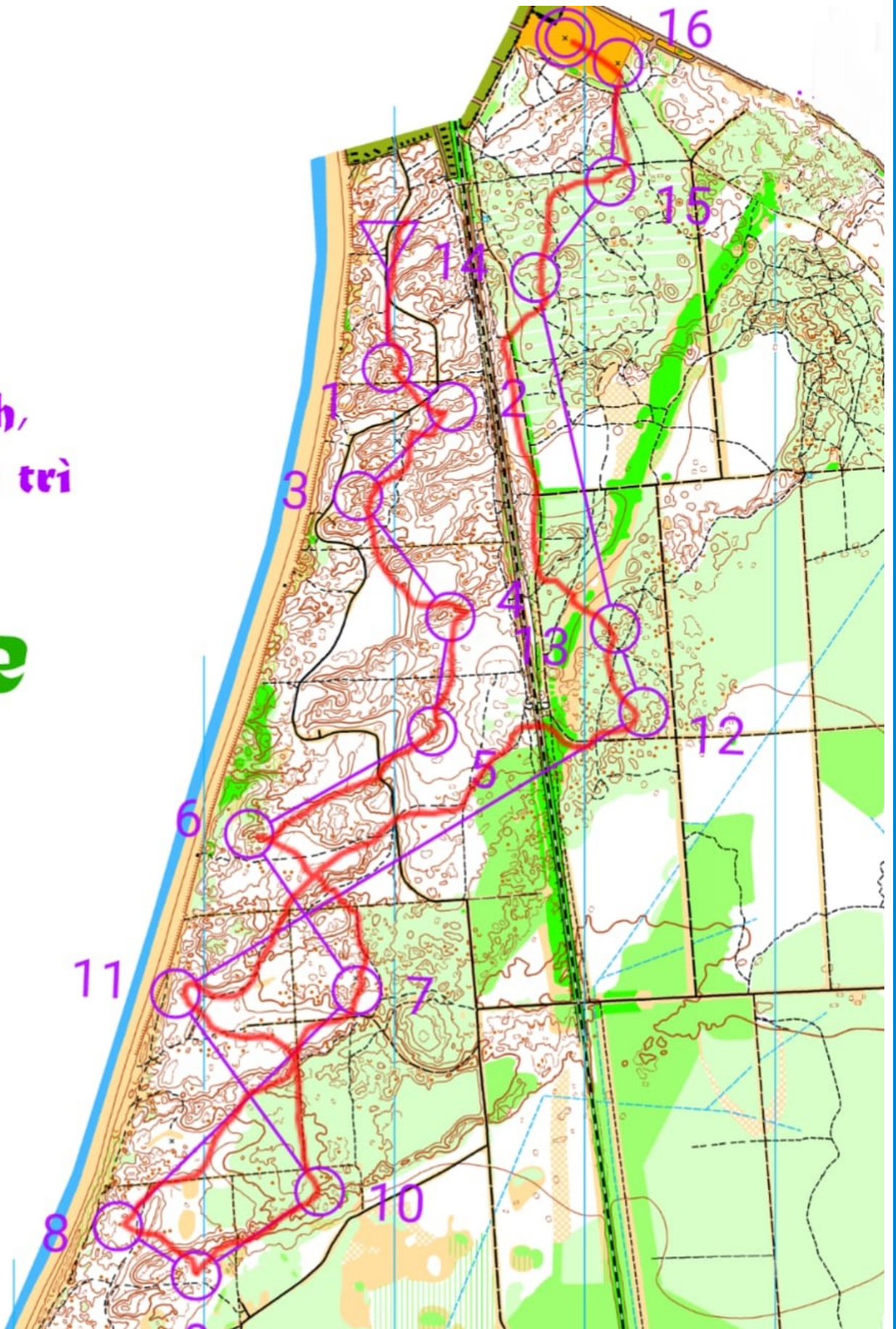
My take-aways would be the trust I have built in my ability to calm myself before a race so that I can keep my composure throughout. Renewed motivation to build on my physical form and that there is always room for technical improvement. For me, not rushing whilst relocating, give myself the time to avoid making an even bigger error.





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● *GPS Rachel Collins*

Roseisle  
W21S  
Scale: 1:10,000  
Contours 5m



# Event Spotlight: London City Race

The 14th London City Race weekend kicked off on Friday 15th September 2023 with DFOK's very own Southwark Park race!

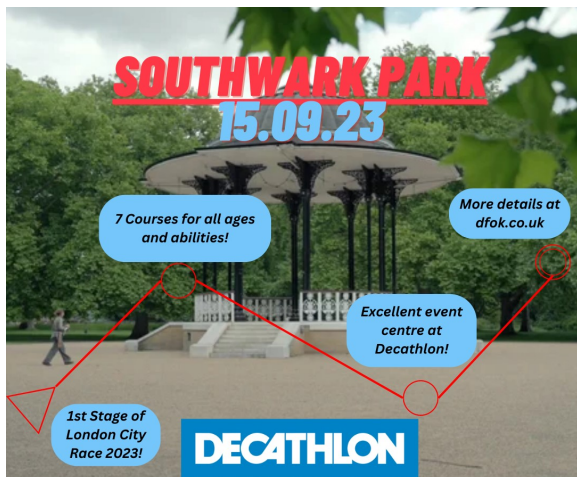
This year, the weekend was included in 3 different leagues; Southern England Urban League, UK Urban League and the City Race Euro Tour!

**DAY 1: Southwark Park DFOK**

**DAY 2: Rotherhithe SLOW**

**DAY 3: Brunel University LOK\***

\*British Sprint Relay Championships



SLOW>ORG>UK

*Ariel view of Rotherhithe*



@South London Orienteering Club

*Extract of 2018 Rotherhithe map*



# Meet the members

## Richard Bostock

Next Issue: Allison Page

### When and why/how did you start orienteering?

I came at orienteering through the interest in maps rather than the running – I've always been fascinated by them. I remember I tried plotting the contours in the back garden using a theodolite I made of Lego when I was about 9. At about the same time I did a permanent orienteering course on a holiday near Pickering which always stuck with me. I did a bit of orienteering at university but picked it up again about 14 years ago in an attempt to find something keep my son busy at weekends. It didn't work, but I stuck with it, usually on my own, for a couple of years (joining the Saxons), then I lapsed again after an illness. I've taken it up once more now I have more time on my hands.

### Where's your favourite area to go orienteering?

I'm tempted to say Writtle Forest just to annoy David Lobley! I haven't done much outside the South East but I really enjoy some of the MLS areas South West of London – Windmill Hill, Long Valley etc. I'm definitely a forest rather than urban person. Being out in nature is a big part of the attraction of the sport to me. When I'm running through the woods, and the features are popping up left and right as I predict them then its like I'm a part of the landscape myself and it's a terrific feeling.

### What's a funny/embarassing moment from an event?

A fair few embarrassing moments. I'm particularly prone to a 180 degree error, especially when emerging from a block of

woodland. Also, I've run straight past controls entirely without dishing sometimes – usually when they were at the sides of roads/bridges to enforce a route. Then there was Wick Woodland where I had the map upside down and thought I was at control 9 instead of 6, the list goes on and on... I find there are endless ways to make new and unusual mistakes.

### Do you have any hobbies or do any other sports?

Definitely no other sports. I actually find virtually all sport really boring. I'm not a naturally competitive person at all and one of the things I like about orienteering is that you can make it as competitive (or not) as you like. I like birdwatching and am compiling a list of unusual birds seen or heard when actually running orienteering courses (not before the start or in the carpark after, that doesn't count!) Best spots so far are Dartford Warbler and Wood Lark. I'm very fond of modern automata and have a



*Richard after finishing at CompassSport heats 2023*

### What advice would you give to a newcomer?

I probably wouldn't dare give advice, but I was really surprised at a recent training event to find how few people were regularly using pacing. I find it incredibly useful and do it all the time. I have a special technique which I bore people with when I've had a drink.

Also – check yourself for ticks! I kept seeing the warnings but was a bit careless, until I caught one a couple of months ago. Now I'm on high alert.

### What's your biggest achievement/ proudest moment?

I set myself the challenge of breaking into the top 1000 on the rankings list during 2023 and I made it in June. I reckon breaking the 900 is doable as well – that's my next challenge. I think I'll need another 12 months.

### Who would you like to see interviewed next?

Allison Page



# SE League Monthly Round up

## 23/24 Fixture list

19/11/23 SAX Kingswood Challock  
26/11/23 SN Mytchett/Windmill Hill  
03/12/23 CHIG Epping NW  
14/1/24 DFOK Westerham  
04/2/24 GO Redlands (S Champs)  
11/2/24 MV Holmbush & Buchan  
25/2/24 HH Ashridge  
12/5/24 SO Houghton Forest

Congratulations to the following 11 people who competed in 7 or more SE league events last season. You will all receive a DFOK buff which will be presented at the AGM. A special congratulations to Geoff Goodwin who competed in all 10 of the events!

Geoff Goodwin	Naomi Drewitt
David Lobley	Andrew Pitcher
Antoine Pesenti	David Dawson
Keith Parkes	Julie Lobley
Phil Craven	JB Rae-Smith
Andrew Evans	

Let's kick-off the 23/24 season at Kingswood Challock with a high DFOK attendance and put points on the board early!





# Captain's Comments

I hope you have all had a wonderful summer. DFOKers have been travelling far and wide:

large numbers enjoying the Scottish 6-Day;

Andrew E travelled to Slovakia to compete in the World Masters[

Keith B and Luke went to the Gdansk City race;

And Andy P and Maddy made their way to Las Vegas (no doubt with a very circuitous but very cheap routechoice) to race in the Nevada sunshine like

Others, like me, stayed at home to enjoy the numerous more informal local events such as the Park Race series.

Stand out results that I noticed were Rachel's 3rd in W21S at Scotland and Luke's 3rd in Gdansk but my apologies if I have missed any others!

The 2023/4 season however is now underway, starting last weekend where we had 290 entrants for our event in Southwark Park, 25 DFOK entrants in the City Race on Saturday and 5 teams for the Sprint Relays on Sunday. Highlights were Luke winning his class on both days, and Elaine Eyers, Dimitre and Jake completing their first ever relays.

Moving on, our next big focus is the Club Championships to be held the at the Havoc event at Epping SW on 1 October, Full details, including suggested classes are on our website - <https://www.dfok.co.uk/info/club-championships> but key thing to note is that this is an event for everyone with lots of trophies and medals to be won in all categories. In order to get everyone together, we are suggesting everyone enters in the 1100 - 1130 time slot then gather afterwards at The Queen Elizabeth, 95 Forest Side, E4 6BA (selected following extensive on the ground research, by Keith B) for post-race analysis and results. Please mark it in your diaries and get your entries in. As at time of writing we already have 17 entrants, so let's hope for a super well attended and super competitive Club Champs!

After the Club Champs, events come thick and fast. We have events at Milton Creek on 7 October and Fooks Cray Meadows on 21 October, both of which are very suitable for newcomers and those not wanting to travel too far! (details on our website <https://www.dfok.co.uk/events>).

Further afield, there will likely be sizeable DFOK contingents at the following events:

8 Oct - SLOW Regional event at Holmwood - <https://slow.org.uk/events/holmwood-08oct2023>

15 Oct – SO Regional Event at Eartham - <https://www.southdowns-orienteers.org.uk/events/eartham-s-north-hill-2023-10-15> OR HH Jack of Herts event at Peshanger.

28 Oct – CUOC Regional Urban City Race in Cambridge – <https://cuoc.org.uk/calendar/5289/> (always one of the best urban races of the year and a great chance to see inside some of the colleges)

29 Oct - GO Regional Event at Ambersham - <https://www.guildfordorienteers.co.uk/events/chobham-common-2023-10-29>

And finally, there will be lots of DFOKers at the first of the 23/24 season of midweek Street-O events taking place on the streets of Acton on Tuesday evening 10 October <https://slow.org.uk/streeto/series2324> with apres-O drinks afterwards,

Good luck to all, and hope to see lots of you at upcoming events

David Lobley

# Games!

All of these anagrams are DFOK areas! Can you work out which ones they are? Answers on page 13

Anagrams:

- 1) hellish roots
- 2) Jody swooned
- 3) cod whole
- 4) Konrad naps
- 5) booed Cowan
- 6) lack woodwind
- 7) homes roadshow
- 8) mba och
- 9) Martha wretches
- 10) roof Stacy





# Photos of the Month!

This year, there is a photo competition. Take photos at events and send them to me [editor@dfok.co.uk](mailto:editor@dfok.co.uk) to enter them. Each month, there will be a 'photo of the month' and will be entered into the 'photo of the year' competition!



## Photo Of The Month!



*Mark Collins is enjoying Roseisle!*



# Calendar

## September 2023

Sat 2 Sep	Park-O P6 Goffs Park - Goffs Park	SO	Crawley
Tue 5 Sep	HH Street O - Stevenage South - Stevenage South	HH	Stevenage
Sat 9 Sep	Park-O P7 Lancing Manor - Lancing Manor	SO	Lancing
Sat 9 Sep	HH Saturday Series - Burnham - Burnham Beeches	HH	Farnham Common
Fri 15 Sep	DFOK Regional event - Southwark Park	DFOK	Bermondsey
Sat 16 Sep	City of London Race (UKOL) - Rotherhithe	SLOW	London
Sun 17 Sep	British Sprint Relay Championships - Brunel University	LOK	London
Tue 19 Sep	Mole Winter Series - Little Bookham	MV	Bookham
Sat 23 Sep	SN Saturday Series - Farnham Park	SN	Farnham
Sat 23 Sep	SAX local summer Street O - Milton Creek & Kemsley	SAX	tbc
Sat 23 Sep	Park-O P8 Hove Park - Hove Park	SO	Hove
Sun 24 Sep	GO Local Event - The Chantries	GO	Guildford

## October 2023

Sat 7 Oct	SO - SOG A1 - Newtimber Hill, Pyecombe - Newtimber Hill	SO	Pyecombe (A23 just north of Brighton)
Sat 7 Oct	HH Saturday Series - Verulamium - Verulamium Park	HH	St Albans
Sat 7 Oct	SAX KOL event - Milton Creek	SAX	tbc
Sun 8 Oct	SLOW Regional event & OK Nuts - Holmwood	SLOW	Dorking
Sun 8 Oct	CHIG Local and SWELL event - Wanstead Park and Bush Wood	CHIG	London
Tue 10 Oct	SLOW London Street O Series - Victoria	SLOW	London
Sun 15 Oct	SO Regional Event - Eartham Wood (south) & Nore Hill - Eartham South & Nore Hill	SO	On South Downs between Chichester & Arundel
Sun 15 Oct	HH Jack of Herts - Panshanger	HH	Hertford
Tue 17 Oct	Mole Winter Series - Ewell	MV	Ewell
Sat 21 Oct	SO - SOG A2 - Cowdray Forest & Burnt Place, Crawley - Cowdray Forest & Burnt Place	SO	Crawley
Sat 21 Oct	Foots Cray KOL2 - Foots Cray Meadows	DFOK	Bexley
Thu 26 Oct	SO Kent Night Cup 1 - Maidenbower & Pound Hill street-o - Maidenbower & Pound Hill street-o	SO	Crawley
Sat 28 Oct	SO - SOG A3, Abbot's Wood (north), Polegate - Abbots Wood North	SO	Polegate
Sun 29 Oct	GO Regional Event - Ambersham Common	GO	Midhurst
Tue 31 Oct	SLOW Night O Series - Wandsworth Common	SLOW	London

\*Events sourced from seoa.org.uk. Correct as of 24.09.23

### Club Contacts

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# Answers!

Did you get them all? Here are the unscrambled anagrams

Anagrams:

- 1) Shooters Hill
- 2) Joydens Wood
- 3) Chelwood
- 4) Danson Park
- 5) booed Cowan
- 6) Wick Woodland
- 7) Shoreham Woods
- 8) Cobham
- 9) Westerham Chart
- 10) Foots Cray

If You have any suggestions for games or any fun content, feel free to email me on [editor@dfok.co.uk](mailto:editor@dfok.co.uk)