



What have we got for you in this issue? Naomi Drewitt Pinned Down!

And now with interactive links to  'The Niche' and other useful places.



Our Chair reveals
secret of his 2019
S6D



Sprint orienteering
indoors from the
Australian Orienteer

From your EDITOR

Hi members,

Here is the first edition of Dartbord for 2020, our CompassSport award winning DFOK newsletter. As always, thank you to all of our contributors for this and previous editions of Dartbord. Please remember to send any articles and/or pictures through to me at editor@dfok.co.uk if you would like them included in Dartbord, and also any requests for what you'd like to see in Dartbord.

In this edition of Dartbord, we have the first of our 2020 Focus articles, on "Mental Toughness" from Rachel Collins, a report from our Chairman Andrew Evans on his best run at the 2019 Scottish 6 Days, we've pinned down Naomi Drewitt, and our Dartbord Publisher Philip Basford keeps us updated on his Scotland adventures.

There's also our usual events update, SEL scores, and we are including a new addition for 2020, some of the "Know Your Sport" articles reproduced with the kind permission of Berkshire Orienteers, starting with Orienteering Relays.



We have also included an article on indoor orienteering (ahead of the Saxons Indoor Orienteering event on Saturday 28 March, part of the Kent Orienteering weekend, <https://www.saxons-oc.org/events/discovery-park-day-1-of-our-kent-orienteering-weekend-28-mar-2020>).

This article is reproduced with the kind permission of the Australian orienteer, and covers a recent indoor orienteering event held at Monash University outside Melbourne in Australia.

Happy reading members.

Sheralee

From the CHAIR

Are you wanting to improve your orienteering skills? For some this is not the be all and end all, but isn't it still very rewarding to feel that you have been able to complete a course to the best of your ability without any significant loss of time? For others, it is a nirvana we are aiming for. For most of us, it doesn't happen very often, if at all. This can be attributed to our technique. Orienteering consists of a series of mental as well as physical challenges. We deviate off our compass bearings, we reach paths at places different from we think we are and we have that difficult conundrum - oh, I am not sure where I am. I may be near the control so should I keep on looking ... or should I cut my time losses, go out confidently to relocate and try again once I am certain of where I am? Hindsight is a wonderful thing.

One of the key tips brought to my attention recently was the definition of Insanity as "doing the same thing over and over and expecting a different result". It is so easy to fall into this trap, especially if one does no analysis of one's run after an event. Going over your routes and seeing where you think you lost time, why you think you lost that time and what are the things that you could do differently to avoid that loss of time can become key parts of a training plan to improve your orienteering. Comparing your time on a leg with others or looking at your pacing on that leg can also help.

Looking at route choice and determining your plan for a leg is one of the exercises we do collectively most frequently at our club activity evenings, often in conjunction with another topic. These are held monthly to help us improve our orienteering technique and skills. There's rarely a right or a wrong answer; we each have to use our judgement but the thoughts of other club members can be stimulating. If you haven't been to one of these, do come along to one, if you can, to see what they have to offer. It is also a good chance to meet other club members in a relaxed environment. Allison Page has kindly agreed to coordinate these for 2020. We will again have a series of different activities including a mix of local outdoor training in the Summer when daylight permits supplemented by indoor sessions, almost always on the last Wednesday of each month. There's a separate page for Activity evenings on our website. Alison has also said that if anyone has had particular problems with a leg or course then they can contact her so that she can provide some specific help to you.

Whilst I understand that the Rungrado 1st of May Stadium in Pyongyang, North Korea is reputedly the largest stadium in the world with a capacity of 114,000, I think it was Helmut Schmidt who said the biggest room in the world is the room for improvement.

Andrew Evans

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Our Chair reveals secrets of his 2019 S6D

A New Year's resolution was to change my London based Personal Trainer (PT) to one more local and to try to go twice a week. Our Dartbord editor, Sheralee Bailey, offered to PT me, and in February we began a series of sessions that were either strength, spin bike or high intensity interval training. The variety was immense and the puffing and panting in the first sessions became less noticeable despite the increasing difficulty of the sessions. My fitness was improving significantly!

Other tips that helped my O were buying a new Polar watch, using my orthotics for orienteering as well as on the streets, tape on my shoe laces (which has saved 30secs every alternate run when I needed to lace up on the course) and reduced portions of the healthy vegetarian food we eat at home.

During May, we developed a specific Scottish 6 Days (S6D) training plan, focusing predominantly on leg strength and stability for the expected rough terrain. As the S6D neared, we added exercises using a few old S6D maps, where I had to practice route choice while tired and under pressure. A couple of weeks before the S6D, I also ran Parkrun for the first time, with the instruction of "put the hammer down!", and managed a time of 23:41.

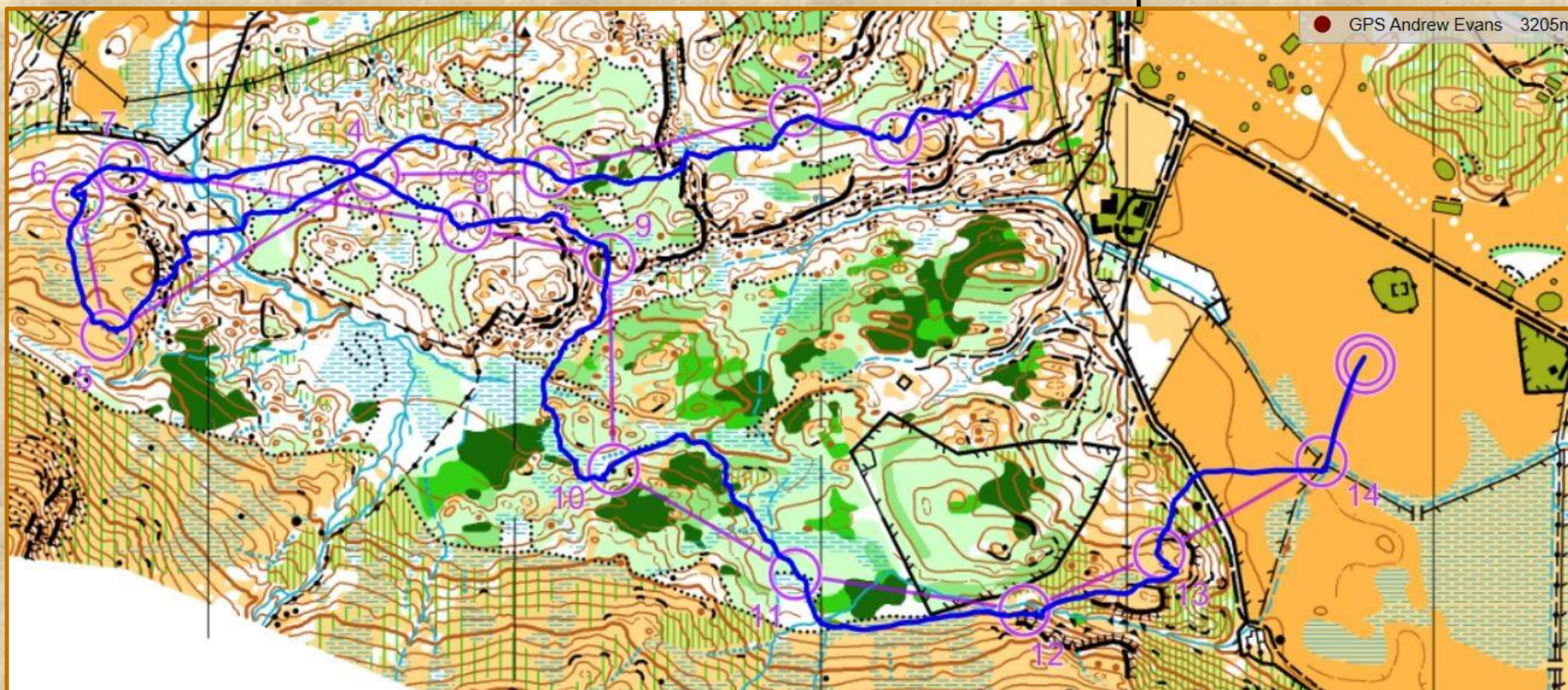
The final S6D advice from Sheralee was to have a plan for every leg, keep to it and stay in contact with the map. I also knew I needed to improve my concentration so resolved not to look at work emails on the morning of each event.

Given my results in previous S6D, I wasn't sure what to expect this year. However I felt better prepared than ever before. I was really pleased with my 24th place on Day 1. Day 2 was less good but things had started well and I was fired up for Day 3, but with no expectation of any placing.

A potentially tricky first control so I kept to the reentrant with the higher ground on my left and swung round to the control.

Even though everyone else seemed to be going in a different direction from where I thought my 2 was, I kept to my plan to go straight and the light green was runnable although it was quite dark. But this meant that the light beyond the forest of the open area at the control gave a good early indication of its location.

Quick decision needed for my plan to 3, north of the crag with less dark green or the shorter straighter route through the gap between the crags? Chose the latter not being sure how easy it would be to get up between the



crag but it was fine. Through the narrowest part of dark green which wasn't as bad as I had expected and straight to the reentrant with the open area to guide me in.

The next legs were straightforward and I was running strongly, concentrating hard and seeking to stay focused.

Control 8 looked a bit tricky, a longer leg with varied vegetation before the control. I planned to attack from control 4 and headed due east out of 7 up the reentrant to the already familiar sight of control 4 to my right ahead of me. My best leg per the statistical analysis on Routegadget, which I only came across by chance during this year's S6D by clicking twice on my name after loading my route.

The plan to 9 was to keep out of trouble by using all the low ground, heading east initially and then south to the control on the east side of the reentrant. Executed well.

I planned 10 keeping west of the greener forest and avoiding some height. Executed the first half to the small knoll in open area as intended but drifted a bit south in the marsh and lost 30 secs at the control.

11 looked to have a lot of green on the direct line so I planned a cautious route keeping to the marshes. Hit the control but lost 20 seconds compared with those going straighter.

Obvious route to 12 keeping to the edge of the open area and although I was a fairly early starter, there was an elephant trail through the bracken leading to the control.

Kept to the most easterly of the tracks through the bracken and emerged into the open on top of the first hill before 13. Fast to the control but where was it? A quick look at the CDs highlighted it was a reentrant and there is was, 10m to my left.

Could see the crossing point in the fence into the arena field from the control. Very steep downhill so went cautiously. Lost 15 secs compared with others but my knees and ankles remained intact.

Feeling strong so pushed hard to finish a near perfect run 12th out of 76, and my best ever S6D result. Whilst I didn't repeat my Day 3 run on the following 3 days, all the other 5 runs were reasonable and overall I finished 24/89 on M60L, an improvement from 86/98 in 2017.

When I reflect on my build up to the S6D, it is now clear that I had previously plateaued in my training at a low level of fitness. A lot of credit for the dramatic improvement has to go to Sheralee who provided the right balance between pushing me hard and providing motivating comments when I performed well. The work outs were far more varied and intensive than I had received previously and progressed in difficulty in line with my improving fitness and reducing heart rate. The final training involving old maps highlighted that doing well at S6D was not just about fitness but would depend on orienteering well, a light bulb moment. These sessions were an inspirational end to my training plan.

Thanks a lot. Really well done, Sheralee!

[return to index](#)

M60L - Results							
2.8km 175m							
Pos	No.	Name	Club	Country	Age Class	Time	Behind
1st	2784	John Tullie	RR		M60	28:14	
2nd	1310	John Embrey	DEE		M60	29:15	+1:01
3rd	3680	Martin Dean	FVO		M60	29:17	+1:03
4th	3263	Rob Parkinson	DEVON		M60	32:28	+4:14
5th	1161	Ian Ditchfield	MV		M60	32:32	+4:18
6th	1812	Donald Petrie	CLYDE		M60	32:52	+4:38
7th	3010	Thomas Ericson	Alfta-Osa OK		M60	32:53	+4:39
8th	1952	Roger Coombs	MAROC		M60	33:32	+5:18
9th	1353	Barry Elkington	OD		M60	33:38	+5:24
10th	2524	Richard Zeiner-Gundersen	Aker Brygge Orienter		M60	34:03	+5:49
Championship time 35:18							
11th	1531	Nick Hale	MAROC		M60	35:29	+7:15
Gold time 36:09							
12th	1035	Andrew Evans	DFOK		M60	36:35	+8:21
13th	2145	Alex Finch	SROC		M60	37:04	+8:50
14th	1271	Keith Tonkin	BL		M60	37:15	+9:01
15th	2997	Richard Tiley	LOC		M60	37:43	+9:29
16th	1557	Robert Daly	GRAMP		M60	38:32	+10:18
17th	2916	Robert King	AIRE		M60	38:39	+10:25
18th=	2984	Per Willads Torgersen	Oddersjaa		M60	38:46	+10:32
18th=	1513	Peter Jones	AIRE		M60	38:46	+10:32
20th	1702	Paul Bradbury	SYO		M60	38:47	+10:33

Pinning down Naomi Drewitt

What do you do when you're not orienteering?

Mostly work (I'm a civil servant at the Department of Health and Social Care) and look after my children! I am a keen embroiderer (cross stitch, crewel, hardanger and blackwork mostly). I also have an interest in archaeology and I always like orienteering in areas where there is some visible archaeology, and it does make me wonder what all those earth walls we come across were marking out.

When did you first try orienteering, and what made you come back for more?

I'd done a permanent orienteering course as preparation for a Duke of Edinburgh's Award expedition but as a child I didn't know anyone who orienteered (my family was definitely not a sporty one). A friend in my first year at university asked me if I wanted to come along to an inter-college competition and I said yes. I wasn't very good (I'm still not...) but I really enjoyed it and then went along with the orienteering club to a local colour coded event the week after. And the week after. And a few weeks after that, a badge event (as they were then called). And that was it, I was hooked. I liked the sense of achievement I got from successfully navigating around all the controls. Even if you're not very fast, if you get to each control and finish then in at least one way you've been successful. And getting out into bits of countryside I wouldn't otherwise see.

What skills do you need to develop to improve your orienteering?

As I never really had much formal orienteering training or coaching, probably most of them! Having picked most of it up along the way, after leaving university I finally read one of Carol McNeill's books on orienteering and it was a revelation. But these days, definitely navigating on a bearing. My heart always sinks a little when I see a relatively featureless expanse of forest between two controls. I know I always drift to one side or the other.

What is the best piece of advice you have ever been given?

Apart from everything in Carol's book? Seriously, if you can't find the control or feature you're aiming for, relocate immediately. Rather than spend time thrashing around thinking "it must be here", when it obviously isn't. I'm getting better at this, although I still spend far too long wandering around looking for a control even as a little voice is telling me to relocate.

Do you do any training, and if so, what is a sample training week for you?

Training??? Hahahahaha! Domestic responsibilities mean I don't get the chance to really properly train for orienteering but I do try to keep my fitness up. I do an outdoor bootcamp once a week and then get to the gym once or twice a week depending if I am orienteering at the weekend or not. I am definitely trying to work on muscle strength and stability as well as the cardiovascular endurance. Unfortunately a dodgy knee and ankle mean I'm staying away from long runs at the moment.

What has been your proudest sporting achievement and how did you prepare for it?

Up until the Ashridge event a few weeks ago, it was never abandoning an event (at Ashridge I fell and got a nasty cut on my face which wouldn't stop bleeding, so I decided discretion was the better part of valour and stopped half way around). Now, I'd say coming second in the SE League in my age category in 2017. This just goes to show that just regularly turning up and completing at events brings points irrespective of your final position.

What is your earliest memory as a child and why do you still remember it?

Running around on the beach at Hayle Sands in Cornwall and jumping in the puddles left by the retreating tide. I must have been 4 or so. I have no idea why I remember it but I guess I was enjoying myself.



Photo Steve Rush

Where is your favourite place for holidays, and why do you like it so much?

I am a complete Francophile so it has to be France, and particularly the French Alps - whether for skiing in the winter or walking in the summer. Although these days in the summer I am more likely to be found staying at a slightly cheesy campsite near the coast thanks to children. I've not yet managed to find an orienteering event (sorry evenement d'orientation) to go to whilst I've been on holiday there, although I was bemused to find an orienteering kite hanging up on the gondola station in Courchevel.



Do you read Dartbord, and if so, what would you like to see more of/less of in future editions?

Yes always - in fact I read it today! I'd like to see more about route choice, ie looking at recent courses and discussing different people's route choices, why they picked them and how they worked (or not).

Who would you like to be Pinned Down in the next edition of Dartbord?

Antoine Pesenti



Photo Steve Rush



Photo Wendy Carlisle

Mental Toughness - Rachel Collins

I would like to wish everyone a very happy 2020 and may this be your best orienteering year yet! Going into the New Year is a perfect time to remind yourself of some of the tools already mentioned in the sport psychology Dartbord articles. Today's article though will focus on mental toughness.

The term mental toughness has become popular amongst elite athletes whom claim that winning medals is due to their mentally tough attitude. If someone asked you what mental toughness is, how would you respond? Some other words to describe it are; hardiness, confidence, ability to overcome adversities and resilience. The definition of mental toughness is an ambiguous one, researchers are struggling to agree. Mental toughness is difficult to explain because it is an umbrella term, that is, a term used to cover lots of different psychological constructs.

What we already know: mental toughness is made up of four constructs; confidence, challenge, control and commitment. It has been found to improve sporting performance, with elite athletes displaying higher levels than their club or regional level counterparts. The next question to be asked is how can one improve their mental toughness? Research has found that out of the four psychological constructs, confidence, has the greatest effect on performance (refer back to confidence article for techniques to improve this). The second construct is emotional control, that is, how well one can regulate emotions. Different ways to increase emotional control have been researched and the following techniques have been advised.

Firstly, a race must be approached through a challenge state as opposed to a threat state. Through a challenge state a person feels as though they have the resources to carry out the task at hand which is closely linked to confidence as well. Secondly, if someone responds well to competition stress then performance rates will improve. Competition stress can be helped by meditating or carrying out focused breathing before or potentially during competition which is part of coping effectiveness training. Commitment to orienteering will also improve performance, this can be obtained and assisted by goal setting. A task that can help commitment is to write down short, mid and long-term goals at the beginning of the year and work towards them with a main long-term goal always in mind. Motivation is also key and it can be difficult to stay motivated throughout the year. Researchers have found that being motivated by internal factors (mastery of orienteering skills, improved fitness etc) are more rewarding and beneficial than being motivated by external factors (results, prizes etc).

Another part of mental toughness is related to resilience, the ability to bounce back after adversity. In orienteering this adversity may be because of injuries or a bad race due to mistakes made. A person who is mentally tough will have the ability to accept what has happened and carry on. Try in the near future to not dwell too much on what has happened and concentrate on upcoming races.

In conclusion, to improve performance via mental toughness; confidence, emotional control and commitment need to be focused on using the previous techniques mentioned.



DFOK Standings South East League Cup 2019/20								
	DFOK Member		Total Score	Age Class	Av Score	Windmill Hill 17/11/19	Hankley Common 24/11/19	Epping East 8/12/19
1	Andrew	Evans	251.7	M60	83.9	97.4	88.1	66.2
2	David	Dawson	201.0	M60	67.0	63.9	63.5	73.6
3	Sheralee	Bailey	197.4	W45	98.7	98.9	98.5	
4	Geoff	Goodwin	196.9	M65	65.6	41.9	72.7	82.3
5	Antoine	Pesenti	180.8	M45	60.3	88.3	92.5	0.0
6	Vadim	Pesenti	175.3	M10	58.4	1	101.7	72.6
7	Julie	Collins	173.3	W55	57.8	46.8	44.5	82.0
8	Mark	Collins	166.5	M55	55.5	0	64.6	102.0
9	Julie	Lobley	156.5	W50	78.2		66.7	89.8
10	Maxime	Pesenti	149.2	M14	74.6	74.3		74.9
11	Keith	Parkes	136.2	M70	45.4	60.1	56.6	19.5
12	Naomi	Drewitt	118.4	W40	39.5	39.3	33.6	45.5
13	David	Lobley	85.6	M50	42.8		85.6	0.0
14	Neil	Speers	83.4	M50	83.4			83.4
15	David	Dorling	52.6	M45	26.3	0	52.6	
16	Philip	Craven	42.5	M60	42.5			42.5
17	Luke	Bennett	41.8	M10	41.8			41.8
18	Rod	Harrington	24.8	M50	24.8	24.8		
19	Keith	Bennett	23.9	M45	23.9			23.9
20	David	LeFevre	9.7	M60	9.7			9.7
21	Jake	Bennett	1.3	M10	1.3			1.3
22	Ian	Catchpole	1.0	M35	1.0			1.0
=22	Daniel	Ronnau-Bradbeer	1.0	M14	1.0			1.0
=22	Francis	Ronnau-Bradbeer	1.0	M60	1.0			1.0
	KLUBB Total		<u>2471.5</u>			<u>636.7</u>	<u>921.2</u>	<u>913.6</u>

Monash Sprint Orienteering - Indoors

BILL BORRIE (EUREKA ORIENTEERS)

It is the bags that give it away. Bags full of gear, all neatly lined up on benches at the assembly area. Just like at a cross country meet or the biggest Orienteering relay event, Jukola (held annually in Finland). Each squad is clustered, the young athletes huddled together with their matching jackets, heads down against the wind, with freshly laced shoes and excited faces. This was an event worth calling the squad together for. Today, we would really see who was the fastest.

And powerful running it would be, too. Leaning into the corners, racing down the corridors, in and quickly out of classrooms, then fast dashes up or down the stairs. No time for hesitation, because seconds count. A quick glimpse at the map, a short glance at the obstacles in front of you and then sprint. Sprint!

The youth are built for this, finely tuned running machines. They wear their muscles on the outside. But, it is a tightly wound calculation of when to



carefully read the map. As always, the wrong route choice costs too much time. But, there is no time to think. Everything happens all at once. And the young racers are ready for it, fully engaged, all systems go. A strong focus, a few grimaces as they push harder, and the occasional agony of realizing they'd gone the wrong way.

The team mates are cheering at the spectator control. There's real encouragement, urging just a bit more effort. And, there's a gentle joshing and teasing. A signal of friendship and an understanding of just how fast everyone is going. They know the struggles, the worthy

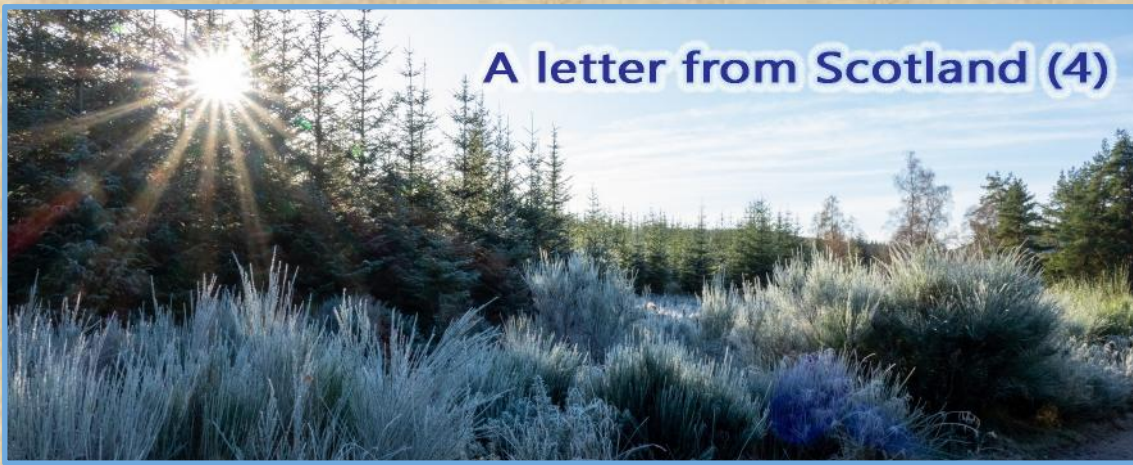
challenges, and it is all on display as folks dash by. Around the lecture theatre one more time, where's the final control? Punch, turn for the doors, out into the sunshine and done.

Gasp, grab the splits printout, check the times, and gather with the crew. How did everyone do? Where did you get those few extra seconds? You went outside? I went around. Dang, yours was better. Why didn't I see it? Next time, I'll be faster, smarter and stronger

Monash University Indoor-Outdoor Double Sprint - 1:1000 - M/W1 Long Hard



A letter from Scotland (4)



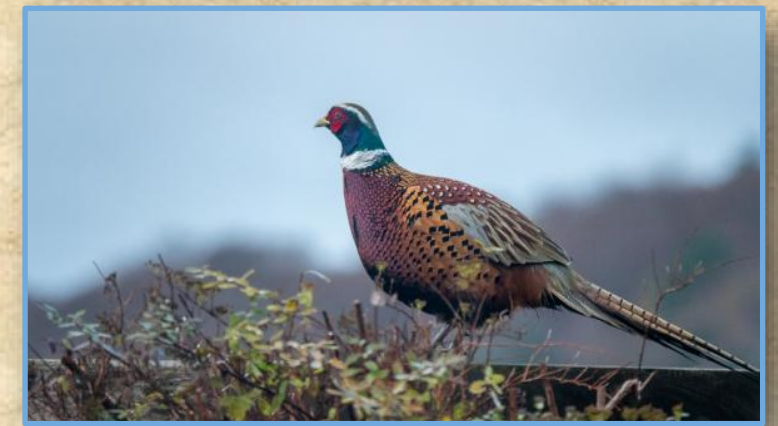
First Christmas in Scotland and if we needed reminding that it might be cold we were soon shopping in -4 degrees after overnight temperature of -8 degrees, that certainly brought it home. However, a lovely day and being well wrapped up made it bearable especially when Glen Tanner was covered in frost, see above.

Orienteering has picked up now that we are mainly sorted in Tarland. Phil has now taken over as Mapping Officer in Maroc and we have attended a couple of events to take photos. First proper run yet to happen, we need to be a bit fitter I am afraid. However, we have been having some walks on the courses at later dates to get used to all the contours and varied vegetation.

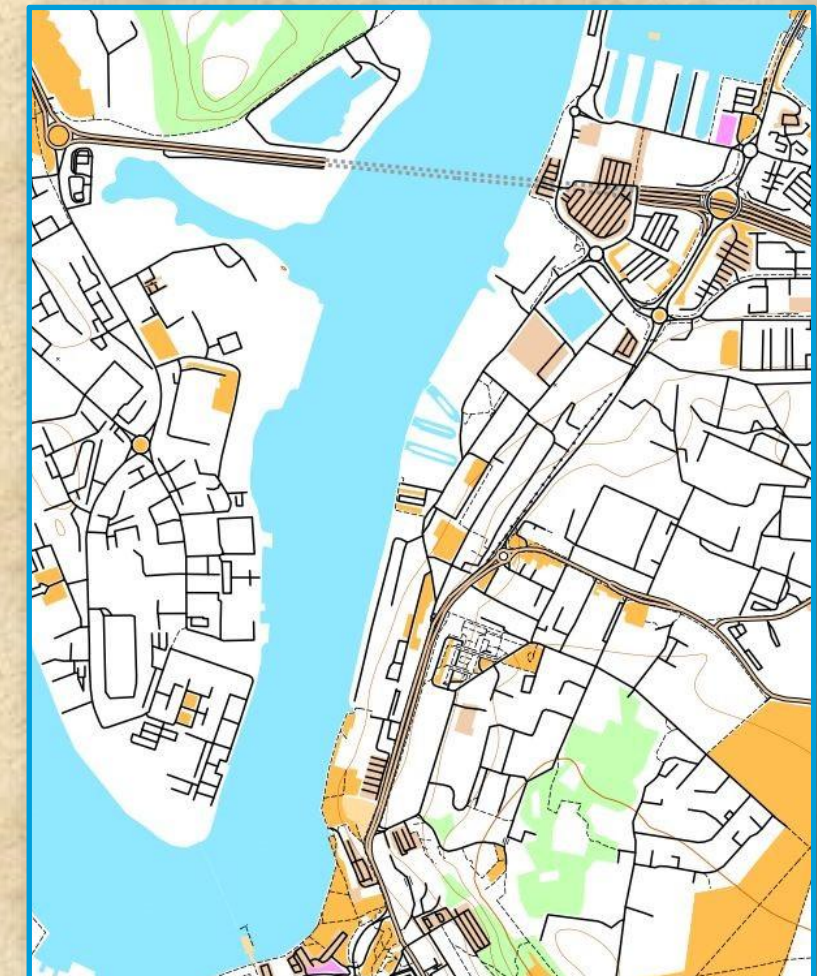
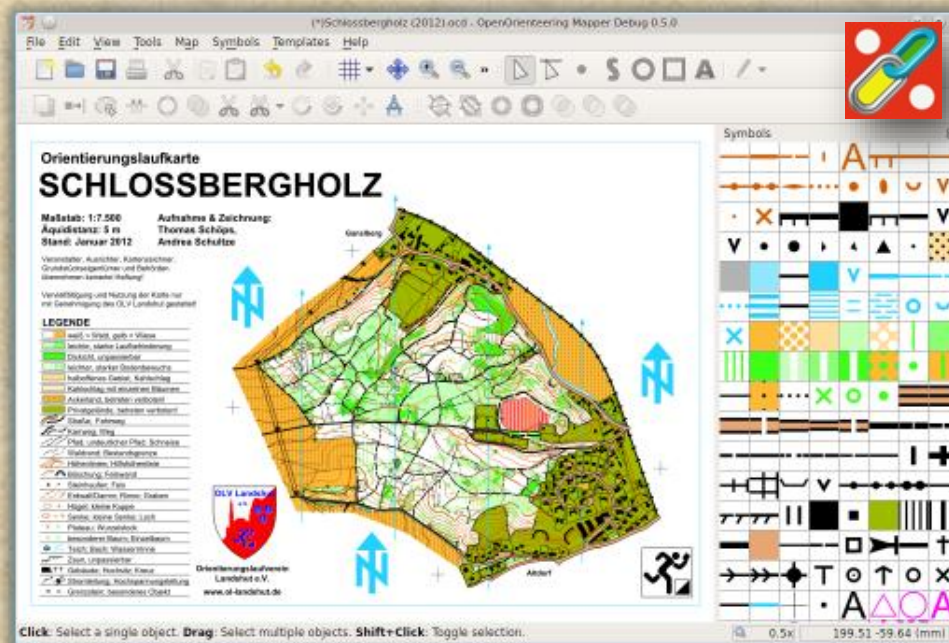
There are some big differences between DFOK and MAROC in terms of membership and activities. I recall many years ago having a phone conversation with the then CEO of British Orienteering saying the fixture list was too big in the SE and never left any time for structured training and development. Here there is an ongoing programme of training aimed at all grades organised by Sarah Dunn at least once a month with coaches organising different ones. There are some 8 coaches of various levels working all the time on sessions and this seems to contribute to the high skills of Juniors in particular. There is a good turnout for the Aboyne Academy after school club. We start work with Tarland and Logie Coldstone primary schools in the New Year to assist them in capitalising on the school maps they already have and support the teachers there.



Just taken a short break from writing to collect our lunch off the back garden fence! There are a number of pheasants in the locality of the gardens who are now picking up the seed the birds have dropped from the feeders in the garden. The cat is not sure what to make of them! Before I start getting some emails, I was only joking! Over the past 3 weeks or so our 3 roe deer have gone missing, and not sure whether at this time of the year they wander somewhere else or the have been part of the local culling. Hope to include a more favourable report in the future!



We have already been to the club AGM and supper and about to help at a Regional Event in Glen O Dee, near Banchory, on 5th January. There will be soup, hot drinks and cakes etc afterwards to raise funds for the club in the pavilion used for registration and download. This event seems to be quite popular with newcomers each year. Carol is going to help with the food and I will be going around taking photos after helping to set up. We will also be helping at the Regional Event at Johnshaven on March 7th. It is an Urban Event and part of SOUL (Scottish Orienteering Urban League) and UKEOL (UK Elite Orienteering League). I mention this because the map has just come in from a local professional mapper, Chris Smithard. I found his email interesting in that he says he maps in OpenOrienteeringMapper, then converts to OCAD to send out to the club. This was new to me so I investigated a little, <https://www.openorienteering.org/apps/mapper/> is the site and I was quite impressed with the reviews. This could be an alternative to OCAD for new mappers and is not only free but works on multiple platforms. I have just started a local map and, not having got too far yet because of Xmas coming, I might change to this software just to test it out. Obviously I can't show you a copy of the Johnshaven map but it would appear that for an Urban map, such as the Chatham map, it might have a lot of advantages. More Later.



Carol looking over into the Cairngorms from the Tomnaverie Stones in Tarland



British Orienteering Championships 2020

Saturday 21 & Sunday 22 March 2020

Hollycombe Steam Collection are kindly hosting the event and will be the base for the weekend. The nearest town is Liphook, Hampshire. The competition area is new to orienteering.

ENTRIES NOW OPEN!



- The Long distance will take place on Saturday 21 March in Golden Valley and Cognor Woods.
- The Relays will take place on Sunday 22 March on Iron Hill and Parkgate Rough.

Entries are now open via [Fabian 4](#) - for the Individual Long and Team Relays.

Prices increase from 27 January 2020.

Events 2020

Forthcoming Events

19 Jan	SE League 4	Cobham & West Kent Downs, Gravesend	DFOK
26 Jan	SE League 5 Middle Distance	Farley Heath, Guildford	GO
1 Feb	Kent Orienteering League	Scotney Castle, Kent	Saxons
2 Feb	SWELL 6	Writtle Forest, Essex	SOS
16 Feb	SE League 6	Netley Heath, Dorking	MV
22-25 Feb	Portugal O meeting	Alentejo Coast S of Lisbon	Portugal
29 Feb	Club training day	Hosey Common	DFOK
1 Mar	SE League 7	Egypt Woods, Burnham	HH
7 Mar	Kent Orienteering League	Whitehorse Woods	DFOK
8 Mar	SWELL and Yvette Baker Heat	Warlies Park, Epping	HAVOC
14 Mar	North West Kent	Darenth Country P, Dartford	DFOK
15 Mar	CompassSport Cup Heat	Hampstead Heath	LOK
21 Mar	British Long Championships	Liphook, Hants	SEOA
22 Mar	British relay Championships	Liphook, Hants	SEOA
28 Mar	Indoor event	Sandwich	Saxons
29 Mar	SE League 8	Chilham and Challock	Saxons
10-13 Apr	JK	North York Moors	NEOA
26 July to 1 Aug	Welsh 6 day	Snowdonia	WOA



Know your sport: Orienteering Relays

Orienteering is usually a very individual sport. With start times spread over 2 or 3 hours and with numerous courses, it can often feel that you are on your own competing against the clock and the planner. And it can be only later at home that you discover how you performed compared to others. So how can this sport be made into a team activity? Competing as part of a relay team adds this additional excitement!

Overview

Although there are some variations, the majority of orienteering relays are based on teams of 3 members. Usually there is a mass start with all first leg runners starting together. This does mean that the first leg tends to feel more like a cross-country race than standard orienteering but, to make it more interesting and ensure that competitors don't simply just follow the fastest runner, different courses are provided. The simplest way of doing this is to provide 3 similar shaped courses but with different controls. Each team would take the 3 courses in a different order (e.g. A-B-C or C-A-B or A-C-B). Although everyone heads off in the same direction, no one knows which control all the others are heading towards. Over the whole event, each team would cover the same combination but in a variety of orders. This can be made more complex by the introduction of 'gaffling' - derived from the Swedish word meaning "forking".

Gaffling

By having 3 separate courses (A, B and C), competitors will soon work out which others are on the same course. Instead, a course is split into sections and each section had 3 options. These are linked by common controls (which all competitors visit).

A fictitious example is shown in the figure on the right. All competitors will start from the same place whether as the first leg runner (from a mass start) or as second or third leg runners (after the hand over).



Some will go Start-1A-2A-3, others Start-1B-2B-3 and the remainder Start-1C-2C-3. At control 3 competitors will then be mixed up again with 3 different options (3-4A-5A-6, 3-4B-5B-6 and 3-4C-5C-6). In the example there is then a third section with 3 options (6-7A-Finish, 6-7B-Finish and 6-7C-Finish). This then creates 27 (3 x 3 x 3) possible courses. Careful planning and map allocation will ensure that each team of 3 runners will cover all the 9 different sections but the order will vary. In practice, except at very large events, not all 27 combinations will be used as the printing would be a very complex task. However enough combinations are used to make it confusing to the competitors.

It is important to realise that each competitor only has their specific course (with their controls) marked on their map. Remember also that the competitors do not know which are the common controls and so will need to be navigating and in contact with the map throughout.

Men's World Championships Relay 2015 - Complex gaffling!

This 3-man relay took place in Darnaway in Scotland and the structure of the courses and the gaffling is shown in the figure. Note that the courses twisted and turned around the forest but is shown here diagrammatically as a sequence from top to bottom.

This has 5 different sections of gaffling (marked A-E). However 2 of them (B and C) appear to have 6 different courses. Careful reading of the control numbers will make it apparent that in fact the control at the start of sections B and C are the same and B and C represent the same options. In this case the planner had also used 'butterfly loops' returning competitors to control 67 to be given a second choice from the 6 options. The planner ensured that every team covered all the various elements of the course. One reason for having this complexity was to give the television cameras maximum coverage of the competitors out in the forest - a camera at control 67 therefore saw every competitor twice on their course.

Relay Events

As well as some smaller events, there are three major opportunities to take part in important relays in the UK each year. These are the British Relay Championships (BRC), the JK and the 'Harvester Trophy'.

British Relay Championships (BRC)

- This is usually held on the Sunday after the individual long distance championships (BOC). There are different classes based on ages - in fact the rules allow for a total of 18 different classes. As with any age-based event, several of these classes will however run the same course making perhaps 9 different courses (most then include gaffling). Although for the 'Championship' a team must consist of members from the same club, there are two 'ad hoc' courses allowing people to make up teams from various clubs. These 'ad hoc' courses also usually have different length legs (with no gaffling) allowing teams of mixed age to be made.

JK Relay

- The final event of the Easter weekend festival is a relay held on Easter Monday. Although this is organised in a similar manner to the BRC, in fact there are two important differences. For the JK, the classes are based on a combination of the age class of the team members. For example, one class is M165+. This means that the age classes of the team members must add up to at least 165 (e.g. M55 + M70 + M45 = 170). The second difference is that for most classes there are two 'long' legs with the middle leg being 'short'. This makes the selection policy rather different and more complicated for the Club Captain.

The Harvester Trophy

- Rather different is the 'Harvester Trophy' which involves teams of 7 competing through the night and finishing after dawn (and an alternative handicap class with teams of 5). This usually takes place around mid-summer so as to give a combination of both night and day legs for all teams. The event is based on the world's most famous orienteering relay event which takes place in Sweden every year - the **Tiomila**. This actually involves teams of 10 (for the men) and attracts over 300 teams starting at 9.30 in the evening.

Links:

- British Relay Championships / JK Relay Rules: See: <https://www.britishorienteering.org.uk/page/rules>
- Tiomila website: <http://www.tiomila.se/index.php/en/>

