

Dartboard



Issue 2 2020
March/April
Featuring members, events and activities
Editor: Sheralee Bailey
Prepared by: Phil Basford



What have we got for you in this issue? Report & Photos from POM

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



Rachel Collins
Reveals her
thoughts on
Motivation



David Dorling finishes Third at the POM Urban Race 2020



Letter from Scotland
shows we have been
experiencing snow!

From your EDITOR

Hi members,
Here is the second edition of Dartbord for 2020. 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 next of our 2020 Focus articles, on the very appropriate topic of "Motivation" from Rachel Collins, a report from myself on the recent events held in Portugal, we've pinned down Antoine Pesenti, and our Dartbord Publisher Philip Basford keeps us updated on his Scotland adventures.

As we are all acutely aware, the response to the COVID-19 pandemic is that we must avoid all gatherings and unnecessary travel, which means that all orienteering events have been cancelled until further notice. As well as competitors, we know there are a lot of disappointed event organizers, course planners and controllers who put an enormous amount of work and effort into providing us with challenging and exciting events that are now either cancelled or postponed (have the British Champs and JK ever been cancelled in the same season in the UK?). I'm sure members join me in thanking everyone for your dedication to our sport and hope that the hard work that has already been done can be carried over and the events held in future when this virus has "run its course".



Although orienteering is an outdoor sport run individually and therefore allows for physical distancing, the restrictions mean that we can't hold events that potentially expose members to infection, even if these were done in your own time. We are however, all encouraged to exercise every day safely in our local areas away from other people.

As a result, we are reminding members of the Permanent Orienteering Courses (POCs) available to them, and have included an article from Andrew Evans and Keith Parkes (our POC Coordinator) on the various POCs in our local areas. Members are reminded to please abide by all government advice, such as no unnecessary travel, until we can come back together to run and enjoy the fun of orienteering again. Stay safe everyone, and looking forward to seeing you again when things improve.
Happy reading members.
Sheralee

From the CHAIR

These are very difficult times for everyone and first and foremost I wish you all the toughness of mind and spirit to pull through these coming weeks, however many that number will be. We are all outdoors types, so it will not be easy for us to make the necessary adjustments to our lives to get us through this. I particularly feel for everyone who lives alone in these dark hours.

As the latest advice is to go out only for essential needs and limited exercise a day, travelling by car to the forest we would most love to exercise in is not something I can recommend. We all know we need to act responsibly for the benefit of ourselves, our families and everyone else in the communities we live in. We will all be staying at home as much as possible and avoiding non-essential travel.

Many club members will live close to open spaces and can access them easily, often on foot. As orienteers, when we don our O or training shoes for exercise, we don't need to squeeze past that family and pushchair necessarily taking over half of the width of the path. Providing there is not dense undergrowth on either side of a narrow path, we can take a wide semi circle movement around the oncoming family getting their own fresh air and exercise. In lockdown, as well as route choice on the course, choice of the most suitable area to visit also becomes relevant if you are fortunate enough to have more than one to choose from.

In Shooters Hill for example, we can avoid the narrow paths, where passing another person would be difficult, in preference for the wide tracks and open areas. At this time of year, diving into some of the forest is possible too, a rare opportunity at Shooters, although the mild winter will mean that travelling off path in the eastern part of the area is only likely to be enjoyed by those with a love of brambles or wearing gaiters up to the waist. Looking like a fisherman doesn't bode for efficient running!

Thanks to a lot of effort put in by Phil Basford and Keith Parkes in particular, we are very privileged in DFOK in having 14 permanent orienteering courses (POCs). Several club members will live near at least one of them and we have recently been updating our POC pages on our website to show the state of the courses. There's some information on our POCs in this Dartbord edition. If you can visit within the latest guidelines, I hope you enjoy your outdoors experience.

Unlike some businesses, orienteering will be back; we just don't yet know how long it will be. When it does return, I am hoping that my fitness programme during the lockdown will enable me to continue to improve on my ranking position. Look out Antoine!

I wish you and your family good health in these coming weeks. Stay indoors for much of the time as required and see you again in the forests when it is safe to meet up.

Andrew

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OUR PERMANENT COURSES



As noted in the Chair article above, some of you live close to one of our permanent courses and these are a great way to keep your orienteering skills honed whilst getting the fresh air and exercise that we will all need over the forthcoming period.

We have 14 permanent courses in the club available at any time for a run round. This is more than many much larger clubs have and they are there for both club members and the general public to enjoy whenever possible.

So where are they and how are they accessed?

We have two types of courses, those that use the Sporteering App and the ones that are based on hard copy maps. I ran round one of the Sporteering courses on Sunday, just before the lockdown was announced and here is my experience; this course uses GPS coordinates to register a successful visit to the control.

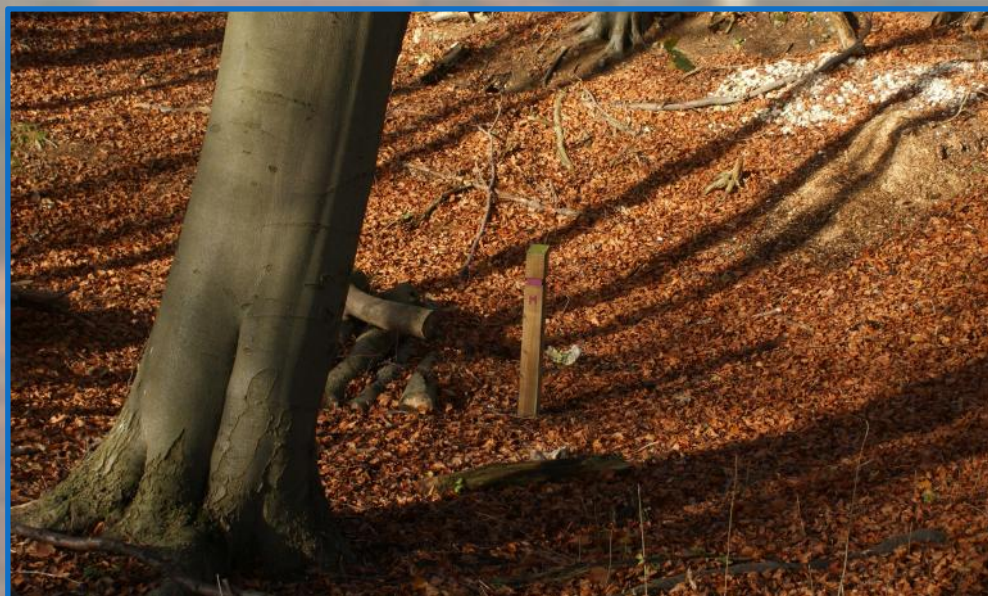
Arriving at the area, I went straight to the start. There was no plaque but I clicked on Scan GPS and soon picked up the Start.

I was away. The App told me that I had 7 hours to complete the course; that seemed more than enough!

Collected the first few controls well and was focussed in my running. Came to one of them and couldn't see the post immediately. Scan GPS told me there were no controls within 25 metres of where I was. Oops, yes, gone a bit too far! Went back 25 metres and still no sign of a post but I successfully collected the control with Scan GPS. Looking around I found the post shrouded by brambles. I wouldn't have wanted to read the code off the post but it didn't matter for my purpose. Off to the next one.

After a few more, I reached a control where the feature was very distinct and I knew exactly which side of it the post was but, again, no sign of a post. Not surprising this time as the brambles there were even more ferocious than the previous one but I didn't need to go anywhere near them, successfully picking up the control and heading on my way.

I continued round, collecting all the controls and returning to the Start, which is also the Finish on all of our courses. When you collect that control, there is a prompt to save your result and this uploads to the leaderboard. I got an email before I had got home telling me my time and the number of controls visited.



A few tips when using the App
If it is your first time, you need to download the App and register with your email address and other details at home before you head to the area.

I also like to select the course from the Events list before I leave home. It is a bit infuriating that I had to scroll down to find the course but all of the DFOK ones were set up in 2018 so they are all in the top half of the list of events.

I don't use the map that came with the App though you can do so. I prefer to have a hard copy map so I had printed one at home from our website.

It helps to have the GPS setting on your mobile phone set to "High Accuracy" (Windows) or "Always" (iPhone) for this particular App. This is done through the Settings/Location (Windows) or Settings/Privacy/Location Services/Sporteering (iPhone)

Sometimes I find that Scan GPS gives a message "You have already collected this control". This happens when the App has not been used en route and the GPS still thinks you are at the previous control. Pressing Scan GPS a couple more times moves the GPS to your location.

All our Sporteering sites are set up to register a valid visit within 25 metres of the control location. This is necessary because the Dropped Pin used on Google maps to get your GPS coordinates moves around. I once lay in bed watching how much it moved, sometimes over 25 metres away. At one point it showed me in the bedroom of the house next door; I haven't mentioned this yet to my wife!

We have 8 courses available on the Sporteering App, shown here in the same order they are listed on the Events page of the App. Unless otherwise stated, there are no QR codes on the posts so the Scan GPS function has to be used:

- Darenth Country Park, Dartford
- Shorne Woods Country Park, Gravesend
- Joydens Wood, Bexley
- Jubilee Country Park, Petts Wood
- Danson Park (the option to Scan QR code works at control letter L or later in the alphabet)
- Foots Cray Meadows, Bexley
- Leybourne Lakes Country Park, Snodland (the option to Scan QR code works at these controls)
- Jeskyns Community Woodland, Gravesend

For Darenth CP and Foots Cray above, there is currently only the map on the App but we hope to add these courses to the POC page of our website shortly.

There are also POC courses at the following locations which are not set up for use with the App.

- Beacon Wood Country Park, Bean
- Bostall Heath, Plumstead
- Lesnes Abbey, Abbey Wood (map/course out of date given the extensive reconstruction work)
- Lloyd Park, Croydon
- Lullingstone Country Park, Shoreham
- Shooters Hill, Eltham

You'll definitely need a hard copy of the leaflet including the map which can be downloaded free of charge from our website to use these POCs. Each post can be visited but there is no electronic timing, so time yourself.

We try to keep the courses up to date and have started to add a date on the map indicating when the course was last checked, together with any comments about posts not accessible at that time. As you will appreciate, it can sometimes take a while for the landowner, usually the local Council, to replace a post. Where we know a post will not be replaced for some time, we take the control off the map.

We are always keen to hear from anyone who visits a POC, either to let us know that all posts were located, to report inaccessible or missing posts, or to inform us if you have had difficulty picking up a control using GPS at one of our Sporteering sites. Please email Keith Parkes, our POC Coordinator, on kdparkes@hotmail.co.uk



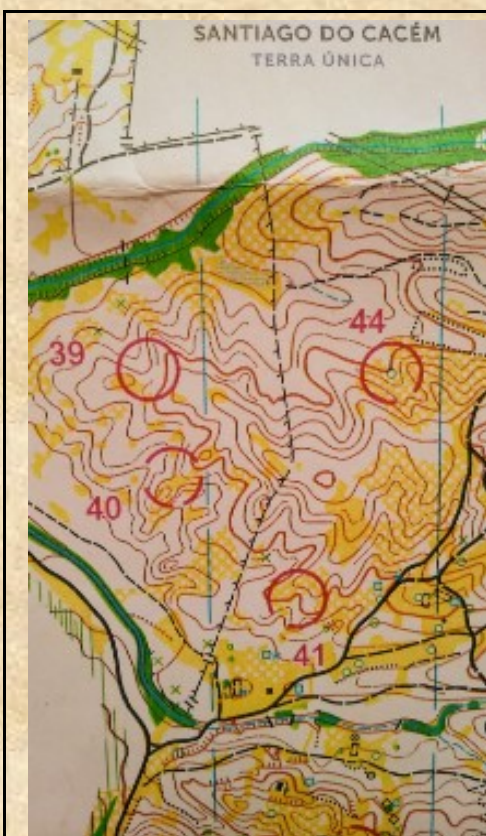
Race Report – Portugal, by Sheralee Bailey

A number of International Orienteering events were held in Portugal in February this year, including the Portugal Orienteering Meet (POM) - held across the 4 days ending on Shrove Tuesday each year- and the International Meeting of Arraiolos the following weekend. 5 DFOK members went to these events, with Dave Dorling making the podium in the POM urban sprint series and winning the Arraiolos urban night race. I won W50 at the Arraiolos forest races.

POM, 22 Feb – 25 Feb

POM was held south of Lisbon, in the Sines / Santiago do Cacem region, not far from stunning white sandy beaches (which is what beaches are supposed to look like!). This year organisers used a different format for POM – there would be two competitions rather than just one. The first was the usual POM series, although starting with a middle distance urban race in Santiago do Cacem on the Saturday rather than all 4 races being in the forest. The second was an urban sprint competition, which included a night sprint & an urban sprint.

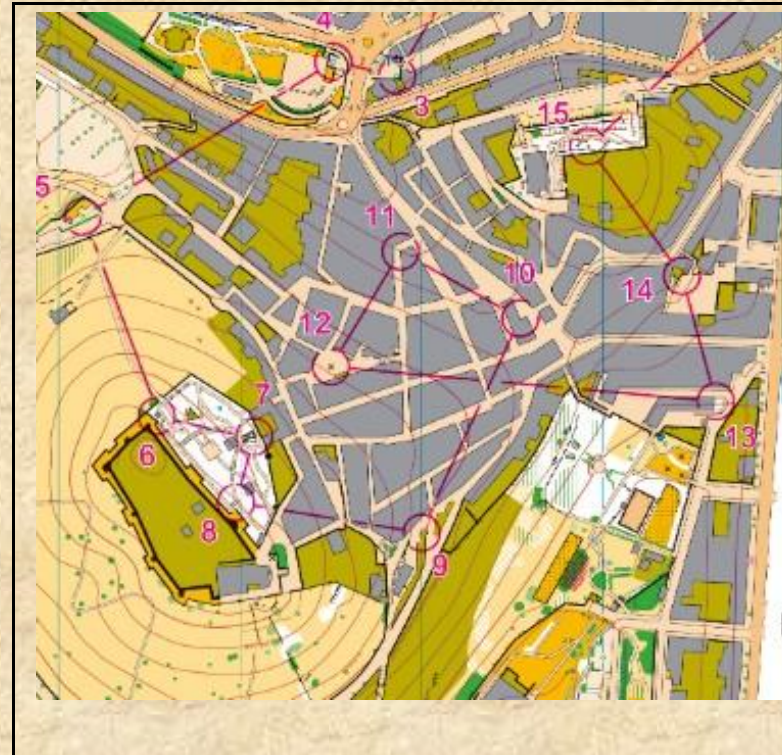
We had heard before POM that it wasn't going to be as technically challenging as usual, and with the first race being an urban race, it would favour the faster runners. I wasn't too happy about this – I hadn't done any running since the Southern Champs in November, so had no "running" in my legs, and you all know how much I moan about orienteering often being just a running race!! However a visit to the model area suggested otherwise – it was hard! Detailed spur/gully terrain where accurate compass work would be essential. Perhaps POM was going to be more challenging than the locals were saying.



The model map – which way would you go between each control? Planning your legs to use the contours, keeping a close eye on their direction along your route, was essential!

Which way would you go from #41 to #44? The orienteering "rule of thumb" is, "run up spurs, and down gullies" – spurs eventually lead to the top of the hill, gullies (or re-entrants) eventually lead to the creek (stream) at the bottom. So you should run north east up the spur out of #41, keeping the knoll half way along the leg to your left, then very carefully check that you are heading into the gully where the control is on a distinct tree at the bottom. It would be easy to drift into the gully to the left of #44 thinking that was the correct gully, but instead you've made a parallel error!

The first day urban race was a very standard urban area, no tricks, just a bit of climb (only on the women's courses for some reason!!) and some route choice (left or right). Andrew Evans was the best placed from DFOK, finishing 7th in M65. The rest of DFOK were outside the top 10 in their classes. The following night sprint was also generally thought of as quite easy, but fun. Dave Dorling had a good run, coming 3rd in the Difficult Short class.



Day 1 Urban in Santiago do Cacem, W50.

4-5 offered a route choice, was it possible to avoid a steep climb? Alas no, and this was followed by even more climb up to an easy #6.

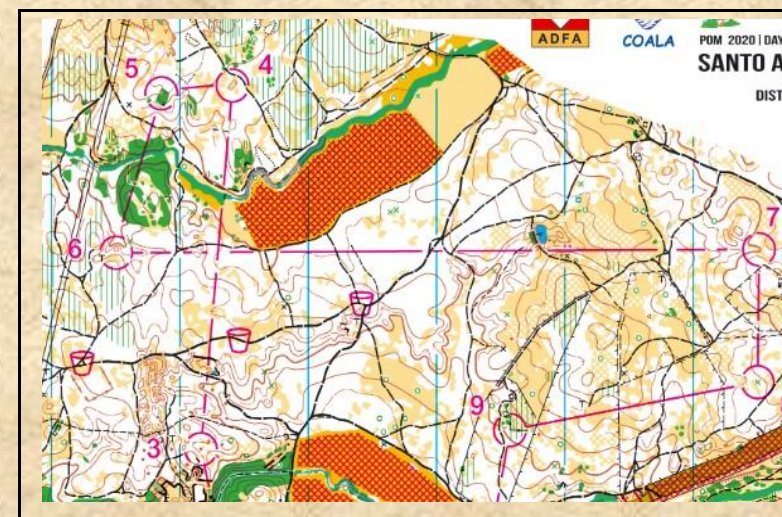
14-15 was also a "left or right" option – which way would you have gone?

Link to all maps is here:

<http://pom.pt/archive/2020/maps>

Day 2 was Long Distance, and a world ranking event, in a more typical Portuguese cork oak forest, outside the metropolis of Sines. Interestingly, cork oaks comprise nearly a quarter of Portugal's forested areas, and Portugal is the largest cork producer in the world, responsible for about 50% of the world's cork production. Cork trees aren't cut down for their cork, rather the bark is sliced & peeled off the trunk by hand, and the bark renews itself ready for the next harvest in 10 years. The world's oldest and largest cork tree is about an hour north of the orienteering area back towards Lisbon - The Whistler Cork tree. This 234 year old cork tree was harvested more than twenty times and gave more cork each year than other cork trees give in a lifetime. In 1991, an astounding 1.3 tons of cork was harvested from its bark, making more than 100,000 corks. The name Whistler comes from the sound of birds landing on its branches.

Anyway, back to DFOK and POM! The area for Day 2 had lots of tracks, with good visibility, however the controls were often a bit tricky with competitors losing time if they rushed into the circle. I was best placed on the day, 6th – and coming 6th overall in W50 - with the other DFOK members outside their top 10 on the day. Andrew Evans was still in 7th in M65 despite losing a lot of time near the end of his course on a tricky control, and finishing 13th on the day. Could he maintain his top 10 position over the next 2 days, his best yet at POM?



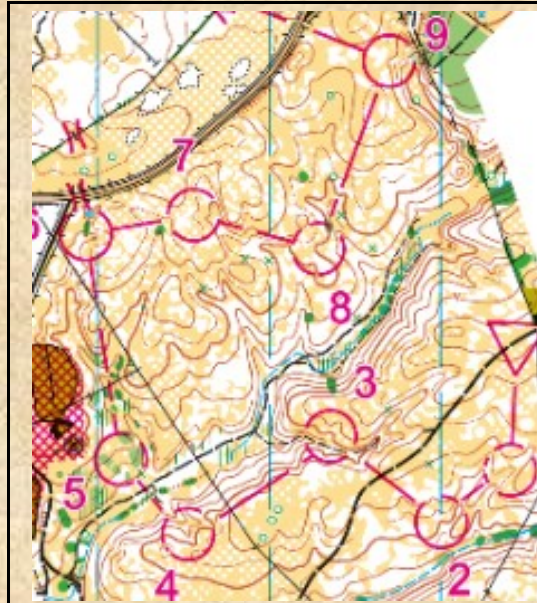
Day 2 M65 course.

The prevalence of tracks meant that the area wasn't really suited to a long distance event and would have been better as a middle distance.

The long leg 6-7 on Andrew's M65 course was really just about which track to take, ensuring you planned your approach to the control so as not to lose time in the final 100m.

Race Report – Portugal, by Sheralee Bailey (cont'd)

Days 3 & 4 were on the same area as one another, again typical cork oak forest although quite rutted underfoot which made going a bit slower in places. Fortunately there were less tracks, and the courses were planned as middle distance.



Day 3, Difficult Short course. A great middle distance course with compass precision essential.

#7-#8 – how do you make sure you pick the right gully as you leave #7? It's a short leg that could cost you dearly if you rush off in the wrong direction (eg, heading into the gully south of #7 that takes you down to the creek and path at the bottom). A good rule to follow is, "You can only lose time on short legs" – follow your compass and proceed only when you are heading in the right direction!

I had 2 fairly steady runs over Days 3 & 4, coming 6th and 3rd respectively, and finishing in 4th overall in W50. Not bad on no running training!! Seems the month of cycling hills in southern Spain in January, plus twice weekly strength work, was good enough. Andrew Evans was next best placed, with two 9th places each day, for 7th overall in M65. His best POM result by a long way, having never made the top 50% in previous POMs. His transformation as an orienteer (after 35 yrs) continues! Dave Dorling was 16th in Difficult Short. Mark & Julie Collins finished just outside the top 50 in M60 & W60.

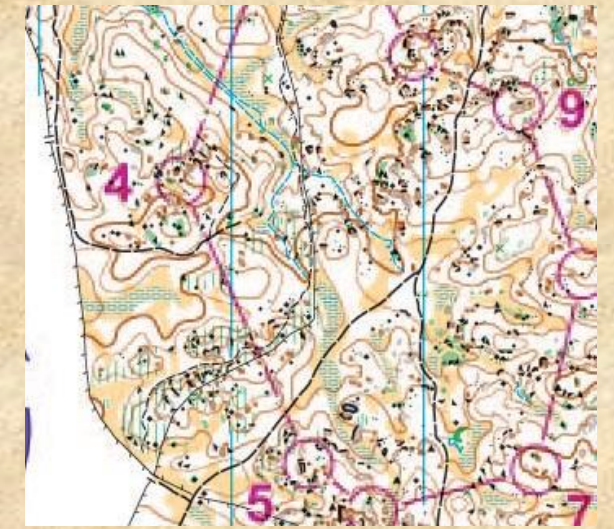
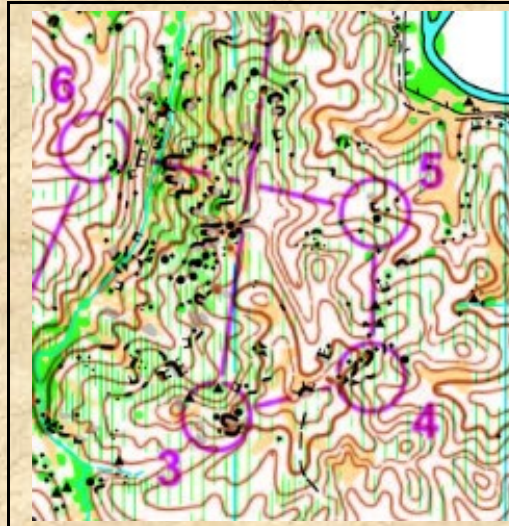
The additional events at POM this year were the Saturday night sprint, and the Monday afternoon urban race. David Dorling finished on the podium, with 3rd overall in the Difficult Short course for these events, a great result for someone who also does no running training!

I came away a little disappointed with the standard of POM this year. The areas were not very technical – although as with all orienteering races, you still had to minimise your time loss on navigational errors / finding controls. Previous POM's have seen even the elites losing over 10 minutes on their courses because of the technical difficulty! Next year is in and around Lisbon, and conversation with locals suggests it will be fun rather than overly technical. However there are events either side of POM in Portugal that are on excellent terrain, so if you wanted a 2 week holiday in lovely sunny Portugal – in school holidays – then perhaps consider a trip there in 2021 as you will get 12 races in 2 weeks. The POM flyer is here: http://pom.pt/archive/2021/flyer/flyer_v20200223.pdf

International Meeting of Arraiolos, 29 Feb – 1 Mar

The weekend of orienteering after POM was at Arraiolos, just north of Evora which is a popular university and touristic city – famous for many things including the Chapel of Bones where all of the internal walls are covered in human bones & skulls!! Arraiolos is famous for tapestry and the ruins of the circular castle in the centre.

Fortunately the orienteering areas were excellent – detailed contours with some rock and vegetation added to the challenge. Finally some proper orienteering!



Without tracks to follow, planning your routes, compass precision, using the rock for guidance and above all, maintaining map contact were the key requirements for good runs and minimal time loss. If you rushed off without doing that, it was very difficult to relocate in those contours!!

I had two near perfect runs, winning both days of W50 with the largest overall winning margin across all the veteran classes. Dave Dorling won the Saturday night sprint in Difficult Short, and was 4th overall in the forest races in Difficult Short. Unfortunately I picked up Dave's course leader half way around the course on the 2nd day, and he followed me to the end, securing his win. Afterwards he said to me, "Yesterday you have very fast time. Today, you run no faster than me. You just make no mistakes!" I think there's a message in there for all of us – slow down so you stop making mistakes!! Julie Collins finished 10th in W60, a great result on the technical areas. Andrew Evans decided to change his orienteering back to running as fast as he could and making mistakes, and finished outside the top 10 in a much smaller field than POM. Mark Collins was outside the top 20 in M60.

Portugal generally offers a great orienteering experience for everyone – fantastic areas, quality maps and mapping, great wine & food, and a lot cheaper than the UK. I highly recommend DFOK members give it a try next year!



Sheralee and David at POM



Club Members in Portugal



Andrew, Sheralee and David



Prizes at Arraiolos, cork oak medals



Andrew at ROM



Tatiana and Andrew



David at Arraiolos

Pinning down Antoine Pesenti

1) What do you do when you're not orienteering?

I work in finance. I used to teach mathematics in France (10 hours per week), but life was too easy so I came to England to work harder (much much harder). Most of finance requires just Year 6 mathematics so I try to work on "more" challenging parts like structuring derivatives and bonds. I try to be a good father by training and motivating my sons to get a gold medal at the UK Mathematical Olympiad competition while slacking on the other subjects (UK schools give too much homework in my opinion).



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

I did not know about orienteering until I was 18 I think, when my eldest brother met an orienteer by luck. We, with my father and two brothers, became keen orienteers in the Fontainebleau area but we were clearly too fast at that time and were running twice as long as necessary (we were called "les ratisseurs"). My mother instead would retire most races with a bag full of mushrooms. I have always thought that orienteering was great for all the reasons we know (in particular to develop the skill to recognise your error early on and correct it; so many people are obstinate and recognising one's error is such a difficult task...) but I was not great at it (obstinate ?). I stopped for about 15 years and when I realised that my sons were old enough to wander by themselves and young enough to think before running, I started again with them. It also gives us the opportunity to do great orienteering camping weekends.

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

Many. I was a runner and to run fast and for a long distance, I trained to make my head and feelings empty not to feel the pain to carry on.



That was not great for orienteering. Orienteering is the opposite as you have to be open to one million senses and furthermore use your brain to select the relevant ones only. Keeping concentrated on the race for the full race is still very challenging; I don't know if it is mental laziness or the mind keen to change subject which is the problem.

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

My father's best friend, Paul Salavert, told me at my wedding not to go to bed (and sleep) before discussing and sorting the issue raised during the day with the wife.

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

I never run during the week, except for the park races which is a great serie, so I try to make the most of the weekend. I run Saturday and Sunday, of which one on average is orienteering. The other run is by myself in the forest close by. These days I do two hours run to prepare for the London marathon on April 26th. I like to read maps before to going to sleep, especially maps that will be used again for coming events. I bought a book about orienteering techniques four years ago, but I still have to read it.



6) What are some of your proudest sporting achievements and how did you prepare for them?



My best sporting achievement was to run in 1h09'45" the half-marathon Roma-Ostia in 1997. At that time, I lived in Rome and was training seriously five times a week in a club (I Leprotti di Villa Ada). Hopefully I run much slower now and hence can improve my orienteering. Two years ago I got 1293 points at the CHIG Mitre event with a very good race where I felt that I was finally reading the map correctly. Somewhat I did not progress much since but I still hope that there will be another click soon where my reading of the map will jump up.

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

I was born in Dublin and stayed there until three but I don't remember anything. My second house was between three and six; I shared my bedroom with my eldest brother Franck. More than once we would play hide and seek; I would eventually find him but he would keep the door of the closet closed and pretend he was suffocating and dying until I cry.

Motivation - Rachel Collins

The New Year's buzz is over and you may have found your motivation for orienteering (or other aspects of life) starting to waver. This article will help to spark that motivation again in order to embark on a fulfilling orienteering season. For those of you who attended the presentation on Sport Psychology back in September, you'll know that motivation is a key psychological construct in achieving higher performances. The important element of motivation though is where it stems from, this will help to predict the level and commitment of future performances.

There are two main types of motivation, these are named internal and external. Internal motivation is about one's own improvement in sport, e.g. competing to master the skills of a sport, acquiring more knowledge and greater self-satisfaction. Being internally motivated is more about personal development and with regards to orienteering, it would mean aiming for a mistake free run (i.e. mastery of skills). The second type of motivation is external motivation, that is often statistical driven by results. People that are externally motivated will focus solely on results, prize money and trophies/medals. In terms of which type of motivation is best, research has suggested that those athletes who are internally motivated are usually more successful, happier and satisfied. One main reason being, external factors, for example, results, is out of one's control. Have you ever finished a race and you are genuinely pleased with your performance, minor mistakes and feeling good physically? You then arrive home to check the results to see that you are a lot lower down than you imagined and suddenly you feel upset and annoyed with your race. People that are internally motivated will still respond positively as they know that they are satisfied with their performance. However, if you are externally motivated, the response will probably be a negative one. **Remember:** you cannot control the results, only your own performance!

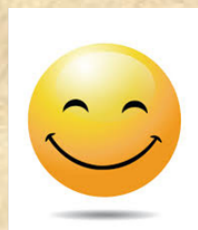
To help you stay motivated it is advised and well researched that written goals are best. These should be completed using the acronym, S M A R T E R.

S- specific, **M-** measurable, **A-** achievable, **R-** relevant, **T** – time-related, **E-** evaluate, **R-** readjust.

Specific – make the goals tailored and not vague (I want to work on reducing mistakes), **measurable** - make sure you can keep a numeric tracking (I want to reduce my mistakes percentage from 15% to 10% of total controls), **achievable** – ensure you aren't aiming too high too soon (I want to reduce my mistakes from 15% to 1% would not be as achievable), **relevant** – personalise the goals to your downfalls – be knowledgeable about you what you want to work on (I want to get the quickest run-in on every race would not be so relevant to this mistake-reduction goal), **time-related** – give yourself enough time to achieve these goals (I want to achieve this reduction in mistakes over a 6 month period), **evaluate** – ensure every 2-4 weeks that you review your percentage of mistakes and consider which techniques are working well and maybe not so well and lastly, **readjust** – if applicable, ensure you are putting in new strategies in order to stay on track to achieve this goal.

The take home lessons are: try to refocus your motivations on orienteering for personal development- mastering the skill of orienteering and write down a goal to focus on using the acronym, SMARTER, to achieve something specific this year.

START ORIENTEERING FOR PERSONAL SATISFACTION RATHER THAN RESULTS/MEDALS



Pinning down Antoine Pesenti (cont'd)

8) Tell us something about yourself that not many people know.

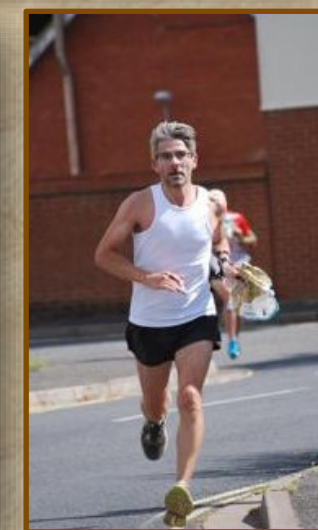
I signed the sale of my company at 2.30am on Thursday 5 March 2020. I was delighted as a similar opportunity fell through in 2015 and it could have happened again, in particular as the stock market is plummeting at the moment. I will have time to read my orienteering book now and train more.

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

Yes it is great. I like to see maps and real orienteering experience, e.g. on how a leg was done badly, what led to the mistake, how one realises he made a mistake (before losing 5 minutes) and corrects it... Also I like to read about practical orienteering tips (on concentration or navigation...)

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

David Dorling



A Letter from Scotland (5)



At last some decent snow! Not enough to stop us driving about as yet but the surrounding countryside has looked majestic. The photo above is looking into the Cairngorms from Tarland with Lochnagar some 19 miles away in the centre. Famous for the children's book, The Old Man of Lochnagar, written by Prince Charles and illustrated by Sir Hugh Casson. The story revolves around an old man who lives in a cave in the cliffs surrounding the corrie loch under Lochnagar, the mountain which overlooks the royal estate at Balmoral where the Royal Family spend much of their summer holidays. Haven't made it up there yet but it is on the wish list! Nor have we made it to afternoon tea either!!

The weather has been pretty windy and wet at times, but then it has all around the country. Have witnessed some beautiful sunsets, especially after a couple of lively thunderstorms, and below was fantastic lasting some 20 minutes in various shades of pink and red. Here you see some geese in the distance flying over whilst taking a series of photos.



Still managing to get in plenty of walks though we are restricting them to the local area during the winter months.



Did the short Braeroddach Loch Circular (Walk 4832) early February which is only a couple of miles away. Note the number of the walk - whilst many are well publicised locally we use a number of web sites because they offer reviews/photos on the walks which gives you a good idea as to how difficult they are as well as photogenic.

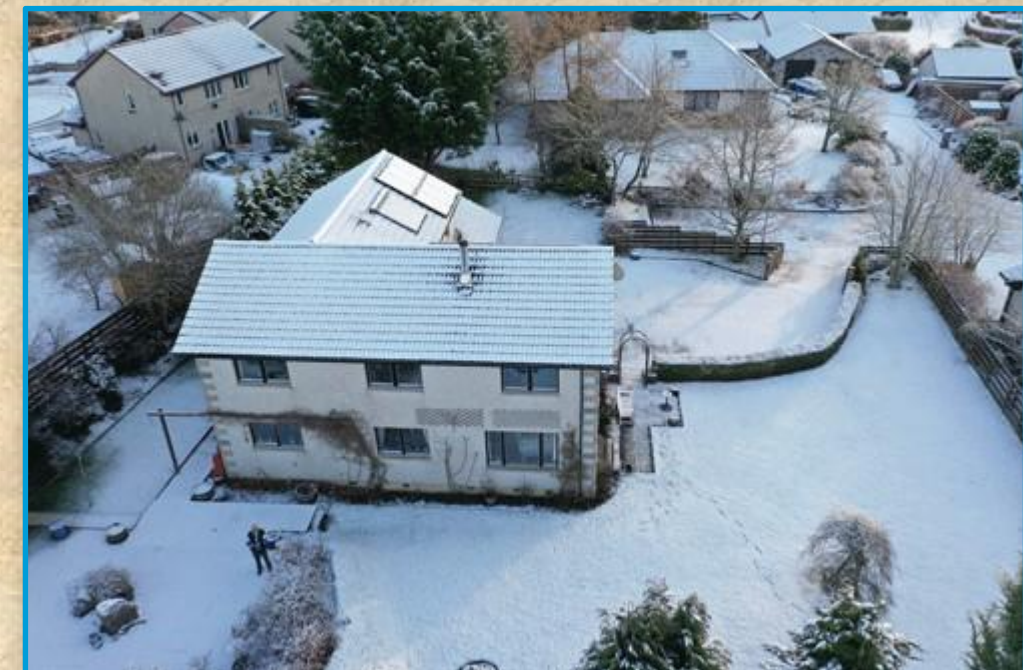
You see 'Craigellachie' covered in snow and we are watching each day to see what emerges from the ground. Whilst we have done a lot of work in the garden we have yet to experience a spring here so we hope it is a revelation and then we will be aware of what else we need to plant out during the coming months.

Now getting to know more members in Mar Orienteering Club having been helping at recent events. Carol found a role in baking for the snacks, soup and drinks sales at events which seem to make quite a bit of income for club funds. Reminds me of when she used to make the DFOK lunches



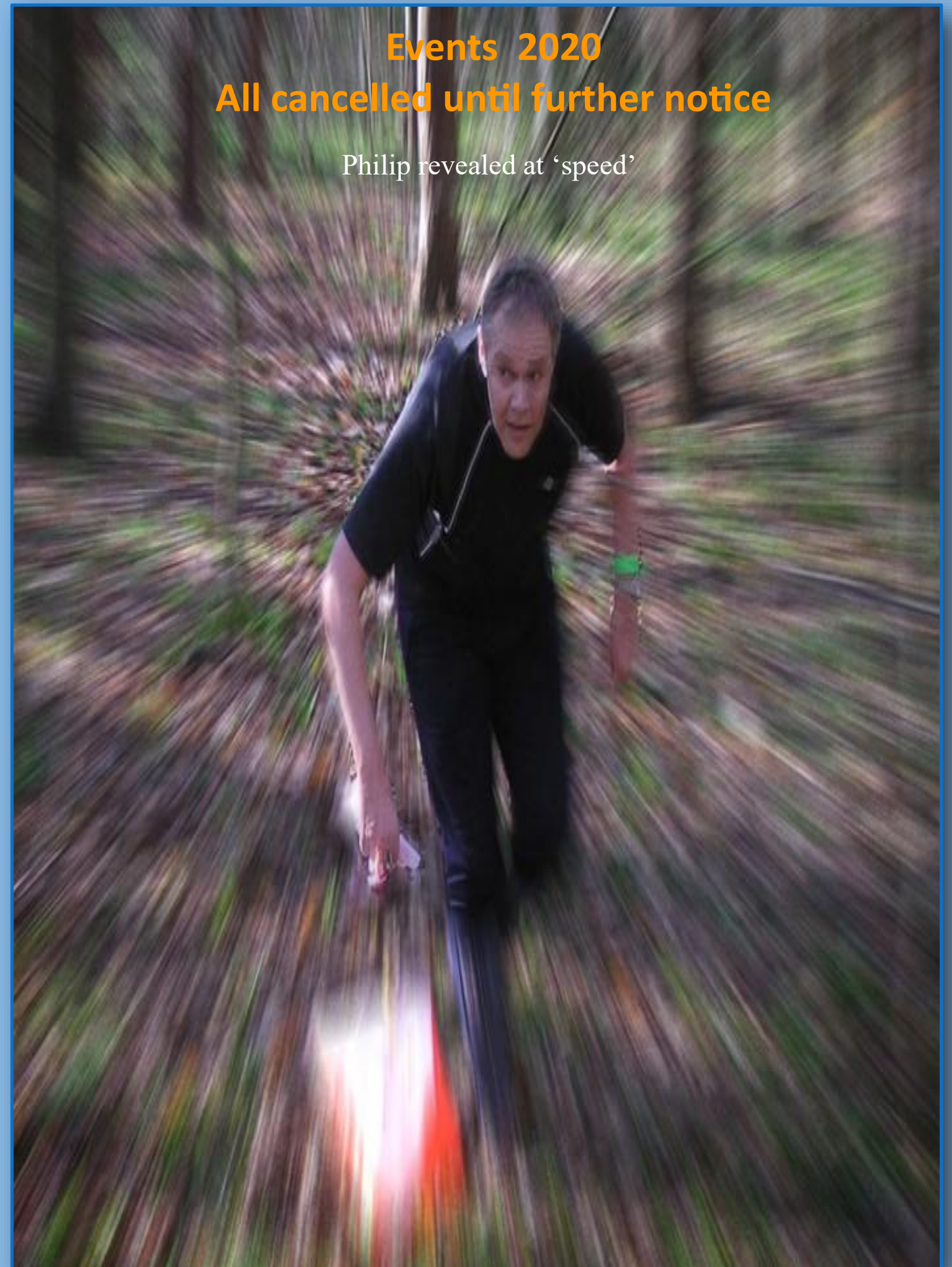
for CompassSport Cup games, and lunches they were too! Given many events are quite some way away from 'civilisation' probably accounts for the popularity of food and drink.

As Mapping Officer I have just completed, along with another member, a review of BO approved printers ready to agree a new map printing contract from this month. We are helping at Johnshaven on Saturday 7th February, the Deeside Weekend, doing registration for the Urban Event which is a Regional Event including SOUL and UKEOL. The next day is also a Regional Event at Birsemore (can't remember if one of the S6D events was there when some of you were up here). Hope to get to Birsemore to take photos but will depend very much on the weather, it is not as easy getting around the controls on paths like the SE, very few paths in fact. Still not too great on my feet in this terrain but we both hope to get much fitter during the coming months when we won't have as much work to do at the house as we did last year. Enjoy your 'O'.





A couple of 'wee' photos of
Glen Shee this winter



Events 2020
All cancelled until further notice

Philip revealed at 'speed'

Know your sport: Post-race analysis

So you have finished your course, downloaded and got your overall time and a list of the time to each control. Perhaps you feel that you did okay. You wander across to the display of the course results or check the results later at home on the internet - and perhaps you feel disappointed that you were not higher up the results. So what can you do to assess your performance? Here are some suggestions.

Analysis at the event

The first thing that you can do is to talk to others and find out their opinion of the area, the map and the location of the controls. As every area is different and as planners have their individual opinions on the best location for controls, it can be illuminating to hear from others. Was a control easy (perhaps visible from a distance) when approached from one direction but less obvious when coming from an alternative route? Did others find a control marker in a pit set so low that it was only by luck that people found it? Or was the map not quite right at a critical track junction? These comments can help you put your own opinion into the correct context. Perhaps it was not so much your own error but a general problem with a particular control.

Analysis at home

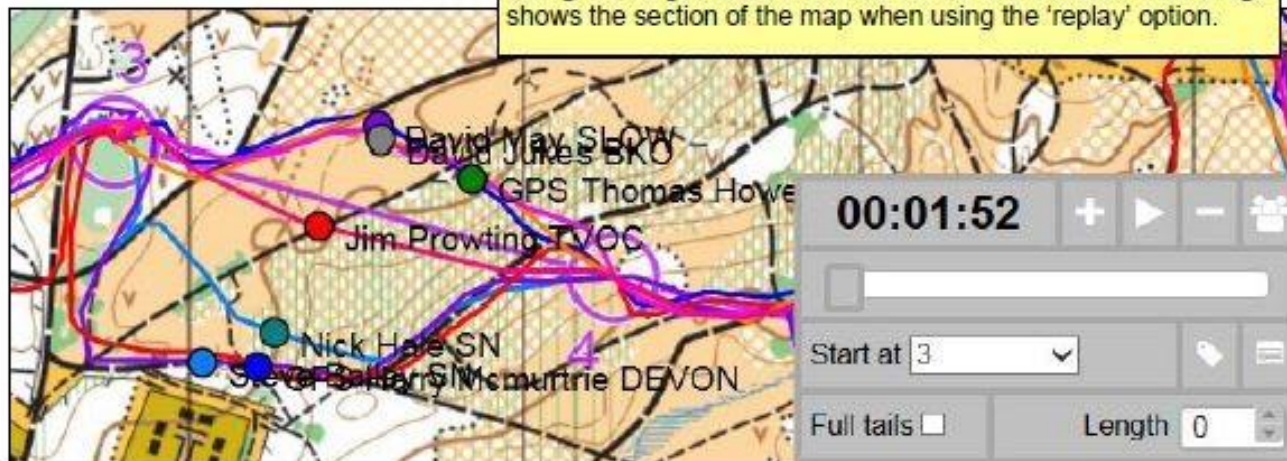
Route choice analysis

The decisions you made when under pressure and running through the terrain may have seemed correct at the time but, in retrospect, better routes may become clear. Take time to study the map. Most people will draw their route on the map (if they know where they went!) and then look for better options. Would a more direct route through the wood have been quicker? Or could you have gone around a hill rather than over? For urban events, it can be particularly difficult to identify all the route choices when competing and new options will become apparent when spending time checking again when back at home. Of course the objective is for this analysis to make you more aware of the things to consider when out at the next event.

Rather than just doing this yourself, the website 'RouteGadget' greatly enhances your ability to assess alternative routes and is a great additional tool. The organisers can upload the map and the results (with the split times) to RouteGadget and then competitors can find their own result and plot their route onto the map. When complete, the route is saved and then can be seen by anyone who looks at the event site. It also uses competitors split times to enable you to watch how people have gone around the course.

An extra 'replay' control panel becomes available when this is selected for some competitors as shown in this example...

**Example: Concorde Chase 2016
Barossa - Blue course: controls 3-4**
Here it can be seen that there were options of going to the north (the routes have obscured a minor path which made this an attractive option), going direct as chosen by Jim Prowting or taking the longer route round the tracks to the south. This image shows the section of the map when using the 'replay' option.



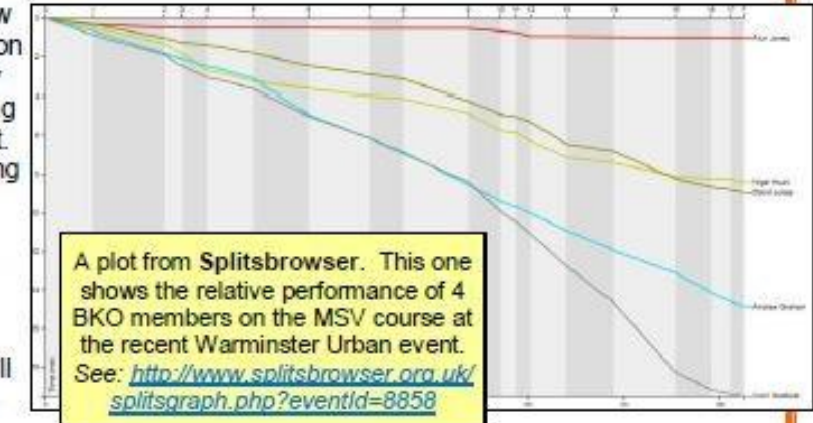
To access this site, go to:
<http://www.routegadget.co.uk/>

Split time analysis

As a competitors time is recorded at each control point, the organiser has available everyone's split times. This is also usually published which enables you to compare your own time for each leg with every other competitor. An analysis of your splits in comparison to those of other competitors will give you a much better idea of your performance.

You do not need to do this manually as, once again, there are tools available on the internet. The event organisers usually provide a link to these sites alongside the on-line results, but they can sometimes be accessed directly at the URLs shown below. The main ones are:

Splitsbrowser: Shows in graphical form how much time you were behind the fastest person on each leg. The graph shows you gradually slipping further behind the best split, dropping down the page as time plots from left to right. A 'glidepath' plot shows you were orienteering consistently, just not as fast as others (try speeding up, perhaps?). A 'staircase' plot shows you were fast, but prone to big errors (try slowing down a bit?). See: <http://www.splitsbrowser.org.uk/>



EMIT splits: These are numerical totals of all split times and positions, plus total race time and position at each control, plus an indication of time lost on individual legs. Unfortunately, they are not laid out very clearly, and can be rather turgid to work through. See: <http://www.emit-uk.com/>

WinSplits: Only used with SI events, gives excellent layout of split times and positions throughout the race. Also highlights your time in pink on any leg where you lost significant time ("a pinkie"). If you completed the course with no 'pinkies' then you've run well! Easy to see how race positions change throughout the race. Sometimes you can be surprised with a good leg to gain a top 3 split, highlighted separately. Look for and take encouragement from sections of the race where you had good splits in succession. This is the elusive 'flow' round a course that we all seek. See: <http://obasen.orientering.se/winsplits/online/en/>

Using GPS data

As technology has advanced so it has become possible to obtain data on your precise position at all times during an event. By carrying a GPS data logger, you can obtain much more precise information about how you have travelled between controls and not just the total time. You can assess much more accurately how much slower you travel through a 'slow run' area in comparison to a runnable forest, how long did you stop at a path junction as you decided which route to take or what proportion of your lost time was in the final hunt for the control itself.

You can find out exactly where you've covered the ground. Sometimes we finish (or even retire) without understanding where we went wrong. GPS data never lies, but can be hard to believe! Major mistakes frequently start with one small initial error that causes a mis-read, which then causes another as we try to make the ground fit the map. GPS data helps us understand the initial error, and we can then seek to avoid that next time.

You can see inefficiencies in your routing, particularly on contoured areas. What seemed like a good line can turn out to be more distance or climb than you thought. When used on RouteGadget alongside GPS routes of your competitors, particularly good ones, you can quickly see how non-optimal your routes may have been by comparison. If so, consider revising your routing strategies.

Finally, GPS data gives a very clear indication of the accuracy of your compass technique. If you are not running close to your set bearing regularly, there may be weaknesses in your technique, so try to sort those out at training sessions. Alternatively, blame your tools and buy a new compass!

Important Note:
Although you are permitted to carry a GPS enabled device with you during an event, the rules of orienteering state:
11.5 The use of any artificial navigational aid other than a compass is not permitted.
11.6 Competitors are permitted to only use a GPS device to record data for use in post-race analysis.