

# Dartboard



Issue 3 2020  
May/June

Featuring members, events and activities

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Prepared by: Phil Basford



What have we got for you in this issue? David Dorling pinned down!

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



#worldorienteeringday



May 13 was World Orienteering Day! Although there were no organised orienteering events around the world, in Chiayi City in Taiwan there was a unicycle-maze!



Keith Parkes held a Lockdown O event in his back garden for his family, with a specially prepared map!

World Orienteering Day

嘉義市文雅國小  
迷宫定向赛程圖

Maze Orienteering (Maze-O) Map at  
Wen Ya Elementary School,  
Chiayi City, Taiwan

Scale: 1:300 Course: A

圖例說明:  
 △ 起點    ○ 2-46 序號-編號 檢查點  
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規則說明:  
 請按照序號順序, 由出發點逐一  
 到達賽程圖上各檢查點, 並將各檢查  
 點的答案依照順序填入下方格中。

Start!!	1	2	3	4
5	6	7	Finish!!	

年\_\_\_\_班 姓名\_\_\_\_  
 賽程設計: 黃文弘、廖星安、甄淑萍 2020/05/06

### From your EDITOR

Hi members,  
 Here is the third edition of Dartbord for 2020, and it's a bumper issue! 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](mailto: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, Hayley Collins has written a fantastic article on her experience with the recent Lockdown Orienteering events, Andrew Evans provides details of an exciting new series of challenges that members can participate in via MapRunF, and Geoff Goodwin & Andrew Evans write about Geoff's winning courses in the recent Lockdown Course Planning Challenge – Congratulations Geoff, your courses look great! We also have the next of our 2020 Focus articles, on yet another appropriate topic of "Managing Emotions" from Rachel Collins. Plus we've pinned down David Dorling (unfortunately all his cycling races have been cancelled), included a great O Crossword provided by Rosie & Colin Merry, and our Dartbord Publisher Philip Basford keeps us updated on his Scotland adventures. Our Know Your Sport article, courtesy of Berkshire Orienteers, is about using Contours (contours generally being the one thing on the map that you can rely on as accurate!!).

I have enjoyed reading about the ingenuity of creative orienteers all around the world as they design and/or find alternative orienteering activities given most events have been cancelled. The activities range from different types of online orienteering competitions to puzzles, and even mapping your own home (we've included on our cover, the specially prepared map of Keith's back garden for an "event" he held for his grandchildren (who live with him)). There are also orienteers in some countries – the UK included - who can train outdoors and run orienteering courses without controls in the forest. As part of this, the DFOK committee has also been creative in developing an upcoming challenge for members, and you'll find preliminary details in this edition, with more information to come very soon by email. It sounds exciting so hopefully members will be able to participate and enjoy the challenge!

I have also been impressed with the number of people I see outside walking, running, cycling, and doing things together as a family over the last couple of months. And I've really enjoyed cycling with less cars on the road!! Unfortunately that's no longer the case and our local roads are now busy again. I hope members have managed to stay healthy and maybe even get fitter during lockdown. We were not spared from the virus, with David being infected and ill for a few days but fully recovered quickly. Not sure if I was also infected – I

did lose my sense of smell for a couple of days, which we only realised when I soaked some rusty barbells in vinegar to remove the rust (great tip!), and couldn't smell that I had stunk the house out with the smell of vinegar!!

Happy reading members.

Sheralee



### From the CHAIR

I do hope members are feeling well and have avoided the worst of COVID-19. Are you, like me, feeling that you would like to be out there doing some orienteering, or as close to it as is possible. I am convinced that the relaxation of some of the restrictions on the frequency of exercise and now being able to drive further for exercise opens up avenues for us all.

As mentioned in the last issue of Dartbord, we have been checking the posts are still in place at all of our POC sites (and are reasonably accessible!) and updating the POC leaflets on our website to use the latest available map that we have. This is virtually complete. Guidance has been added to the leaflet to describe any observations about specific control sites. All of our POCs can be run just using the map and descriptions from the POC leaflet which can be downloaded free of charge from our website. 8 of them can also be used from the Sporteering App albeit it is best to run with a downloaded map in hand rather than solely using the map on the App as the latter is less detailed and has a (too helpful?) blue dot showing where you and the control are!

You will read elsewhere about our new exciting weekly challenge using an App called MapRunF. Our first course will be circulated to all club members on Wednesday evening and you will have five days to participate. Another way of experiencing the App is to download it and head to Mote Park in Maidstone or Dunorlan Park near Tunbridge Wells. Saxons have very recently created four score courses using MapRunF including these two and they are publicly available under the UK/Kent subheading. Some newly created DFOK maps will be added to MapRunF and also become publicly available in the next month or so.

Lockdown Orienteering is also continuing. The next armchair event is the weekend 5th to 7th June with ten stages across the weekend. Visit [lockdownorienteering.com](http://lockdownorienteering.com) for the June weekend information. Entries are through fabian4 and close at midnight on Friday 5th June, but as the challenges are available from late the day before, it seems better to have entered by then.

Our Committee has also started to think about what steps we will need to take to enable small orienteering events to take place in a safe environment as restrictions are eased further. As it is likely that event numbers will need to be controlled, events initially with pre-entry only seem likely. We are looking at payment systems not involving cash, sanitation of equipment, use of the controls in touch free mode (we have SIACs available for hire if you do not have one of these) and other measures for the safety of volunteers and participants, especially at the start and at download. We will continue to follow guidance from British Orienteering. More on this to follow; hopefully sooner rather than later, but we have to wait and see how the pandemic evolves.

So there are opportunities to experience orienteering but I mustn't get too enthused by the armchair aspects as to not want to get out into the streets and woods when competitive orienteering recommences. It will happen; we just don't know when. I see little risk of this though; fresh air and forests have far more appeal to me than feeling caged in at home.

Andrew Evans

### Your Committee Contacts

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# Orienteering Lockdown - Hayley Collins

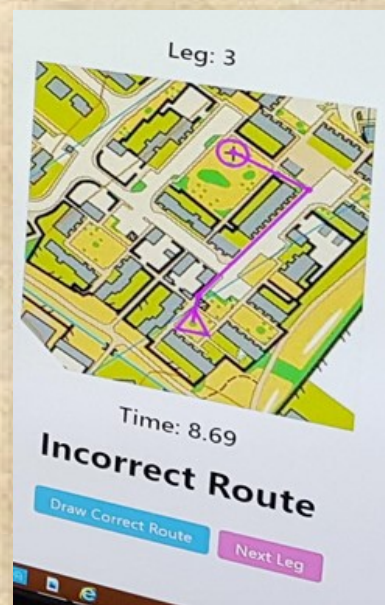
I chose to do the 7 stage orienteering competition, without catching features.

## Course Choice - Stage 1

This was the first stage, of Lockdown Orienteering, with no idea what to expect, it really made you think fast, every second counts in sprint orienteering. You were shown three short courses on the screen at once, and you had to decide, which was the shortest (not the fastest). They gave me 20 seconds to choose, - not as long as you think. I was caught out once, taking too long looking at the first two maps that the time was nearly up so I panicked and randomly clicked a map – not quite the idea! You were ranked by how often you chose the shortest route and then, the total time you took to choose your routes. I felt like I needed more time to make my decision but it was good fun.

## Street View Orienteering- Stage 3

When I commented that I felt like I was orienteering at home in the email Andrew sent around recently, this stage really did just that...but without having to get puffed out! Having a map of the University of Bristol, with a printed course, and google maps street view, you had to navigate yourself around the town virtually. It was really clever. I got so engrossed in it. There were questions to answer per checkpoint based on what you could see, for example, how many windows does this building have? I wanted to get as many questions right, but the results were also done on the speed you did the course in. So I really did feel like I was in an orienteering race, the adrenaline was pumping.



## Rapid Route Game - Stage 4 draw the shortest route

This game not only tested my speed, but also my knowledge of sprint maps as you not only had to draw the fastest route, but it had to be the legal route too, so no, I wasn't invincible and I could not run through walls! I enjoyed this game as it was really realistic, like when you are orienteering and planning a leg in your head before you set off.

## Orienteering Maps Memory - Stage 5

This stage took me back to my childhood. It was like playing pairs, but on the computer, not sitting on the floor with your sister, cards all lined up in rows, to see who can collect the most.

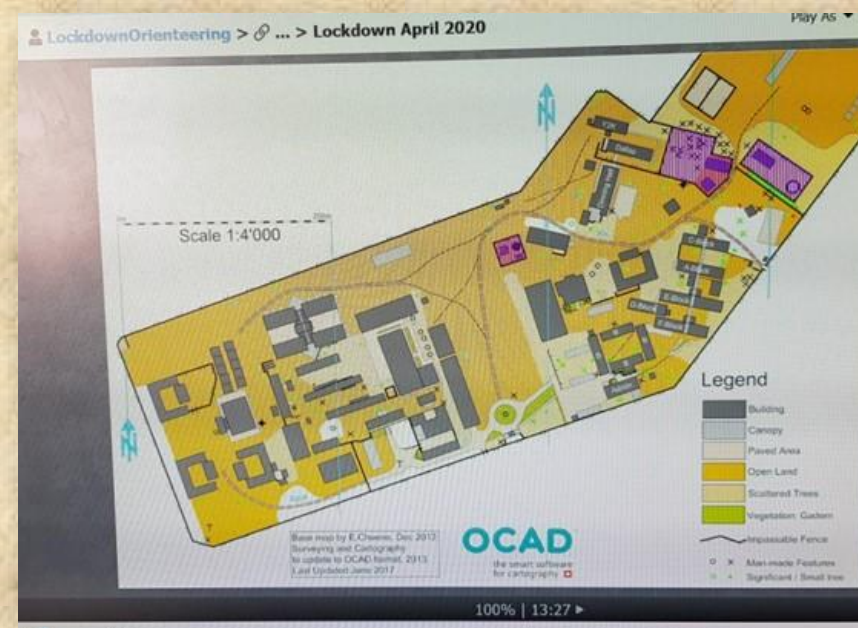
You were allowed to turn over two cards at a time to try and see if they were a match. The cards had snippets of maps, but some looked very similar so it definitely tested my memory. I had a system where I focused on a line at a time, so theoretically I knew what cards I had turned over. Although, that's not to say I remembered what was on the cards I had already turned over!

## The Maze - Stage 7

This stage I found really hard, to be honest, it was my least favourite. You can see from Phil's photo and comments in the last email about this game. Perhaps, he can shed more light on this stage...

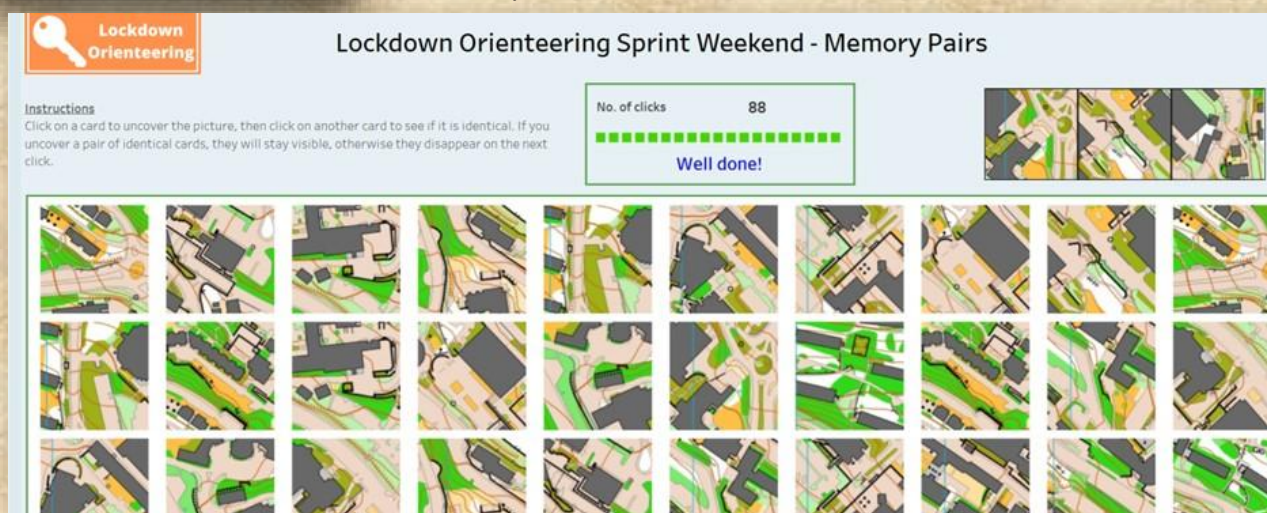
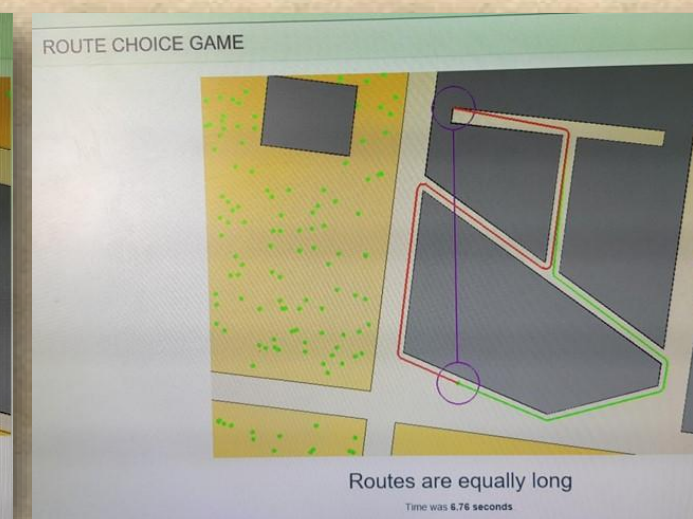
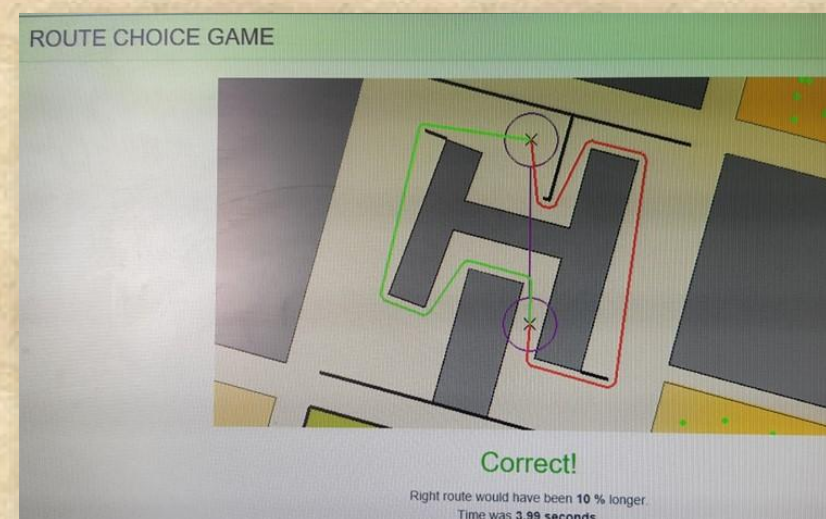
## Jigsaw - Stage 8

This stage was one of my favourites. From the two photos, you can see the pieces all laid out on the computer screen and the finished product.



## Route Choice Game - Stage 9

There were 40 legs shown, one after the other and you had to choose which was the shortest route, but you were also timed, so you had to be quick. When I saw I had to do 40 I was a bit worried, but actually the activity went really quick. It was interesting to see the ones you got wrong, as some I really couldn't tell which was the shortest, especially under a time pressure.



# Pinning down David Dorling

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

I spent my career as a Computer Engineer, so I designed, re-designed or "improved" the systems that Banks and Exchanges use, you know those BIG computers that live in their own chilled room! I stopped working when I was 41 and since then I've spent my time renovating houses, training and playing with my "toys". We travel a lot, spending a bit of time in Australia and various places around Europe every year. My real love in life though is the time I spend "on wheels", so motorcycles, cars and pushbikes, the faster I'm going the happier I am basically.

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

In 2001 shortly after I met Sher, she took me to a local event in Sydney at Lake Parramatta. I was into Triathlon back then so I could run, I took off (way too fast) and spent 2 hours out there finding about 3/4's of the controls. I got lost a lot and had to ask other park users for directions! (one of them said to me, "isn't that a map in your hand?"), but every time I found a control it was like finding \$50! I was hooked straight away.

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

The sport is all about concentration for me. As my O coach says, "you have all the skills now, you just have to go out there and use them, focus..." So I'm always working on staying 100% focused when I'm out there. My weakness in map reading is in intricate terrain, eg gold mining in Australia (if anyone reading has experienced that) or sand dunes with 2.5m contour. I'm getting better at it but it's definitely an area I need to work on.

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

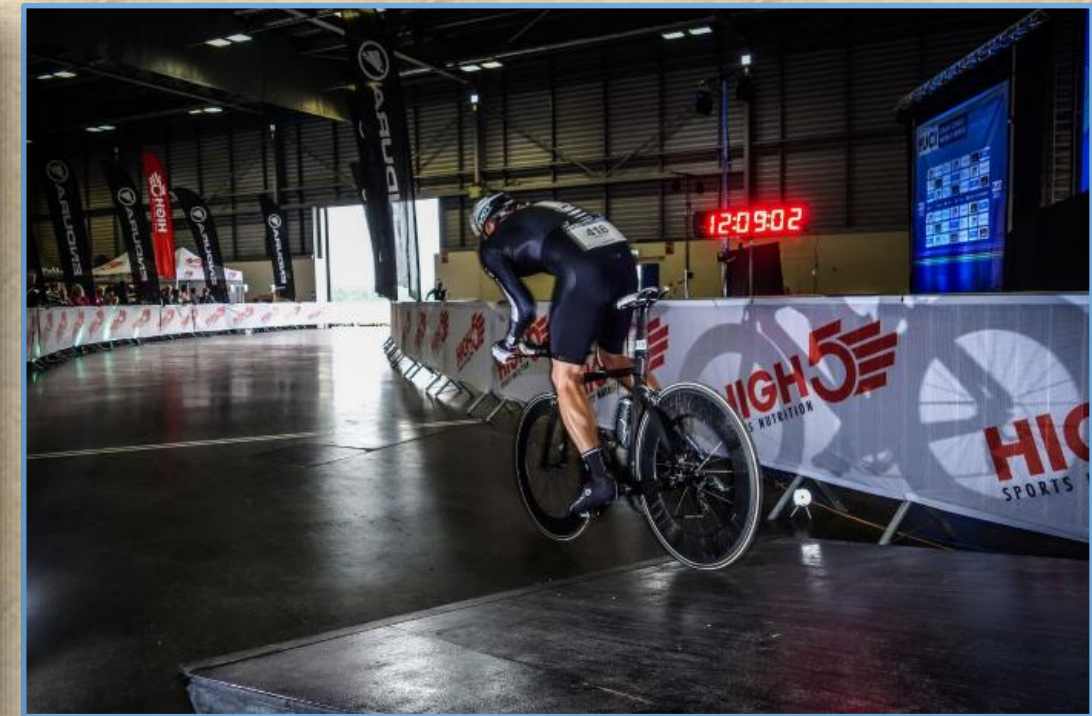
Never ride at 100% when there's someone on your wheel.

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

I don't do much running training anymore, after 30 years of running my knees are saying "enough". I do the odd training run, it's usually some O training or maybe a Parkrun but that's it. I spend all my time training on the bike these days, anywhere between 10-20hrs a week depending on what time of the year it is. In 2019 I spent around 550hrs cycling, covering about 12,000km with 137,000m of climb. That gives you very strong legs but they're not great for (fast) running unfortunately.

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

Definitely cycling for GB (twice) in the UCI world champs. Preparation? See above really, hundreds of hours of cycling, having good bike handling skills and being able to descend and corner fast is a great asset to have in bike racing too, and as always practice makes perfect. I've also lapped the Nürburgring in Germany in a car under 8.5 mins. That's "motorsport" I know but it's still not easy. Preparation for that? Study the track (a lot) and then do lots and lots of laps. I've been going there every year for quite a few years now, it's an amazing track which is set in the Eiffel mountains. It's 21km in length and winds through a very undulating tree lined forest so you can't actually see where a lot of the corners go! It's a tough challenge to keep going faster but I love it.



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

My first pushbike I think, it was my first sensation of speed and the freedom of being on 2 wheels. It was blue and the brand was "Edwards" (not sure how I remember that).

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

I'm rubbish at Backstroke.

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

Of course I read it! Like any orienteer I like looking at maps so I love the "which way would you go?" articles and also seeing the routes the elites take in competition. I like any articles to do with sports psychology too as it's such a crucial part of the sport (and indeed any sport!) There have been some very funny "pinned down" articles also, David LeFevre's was very good.

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

Keith Parkes.



## MapRun - Andrew Evans

I decided to have a go at setting up a course for myself on a GPS based orienteering App being promoted to clubs during lockdown and then running it. It proved to be quite an experience.

I created a map of Snodland, where I live, using Open Orienteering Map ("OOM") software. It was easy to zoom in on a map of the whole world to this easily forgettable town and there was my street. The town spreads in a roughly north south axis so I selected a 1:10,000 portrait map and framed the centre of the map appropriately.

When I run, I like to set myself a goal rather than running somewhat aimlessly around the streets. There's nothing better than needing to look for red and white control markers so I decided to replicate this as closely as I could by clicking on the 'postboxes' icon in OOM. Suddenly 10 postboxes appeared on my street map of Snodland in OOM. Perfect! No need to add any extra control sites. The map needed a name and I changed the race instructions to Score course (only the map name is mandatory).

To add the road just outside my house as my start and finish. I clicked where I wanted it on OMM, added control number S1 and then clicked Start/Finish. Low and behold, a S/F appeared virtually on my doorstep.

OOM has a button to create a pdf of the map, which I did and that appeared in my downloads folder. Further clicks on the kmz and kml buttons in OOM saw those files follow quickly thereafter. I was impressed by how easy this all was.

Having printed the map and saved the kmz and kml files, I opened [maprunners.weebly.com](http://maprunners.weebly.com) on my desktop computer, selecting the associated App name, MapRunF, in the index and then CheckSites from the dropdown menu. A quick read and then use of the embedded hyperlink got me to the page where you can upload the files to MapRunF.

I created the event as Snodland Town PXAS ScoreV60. This last part is very specific lettering and numbering and is best included in the name of the event as I wanted to run a 60 minute Score course.

Name and email address was followed by easy steps to upload the kmz and kml files that had been created in OOM. These work like when you use Purple Pen; the kmz file is the map file (like OCAD or a jpeg) and the kml file is where the controls are located (like Purple Pen).

I clicked the upload button. After a few moments, my upload was accepted and a six digit code appeared on the screen.

I then opened the MapRunF App on my phone and used the menu bottom right to open up options which included "Check Sites". I used this and a blank screen appeared except for an input box requiring a code. I went my six digit code and after a few moments, my new event had appeared on the front page. I clicked on Go to Start and there was the map.

Suddenly there was a bleep and MapRunF was telling me I had 60 minutes to do the course. As I was on the computer and about to have lunch, this wasn't what I had envisaged. Unfortunately I had forgotten one of the key tips which is not to set the Start and Finish exactly where your house is!

This meant redoing the above starting back at OOM. Using the code at the bottom of my printed pdf of the map and inputting this into the ID box on the OOM front page immediately brought up my previous map. When a new Start/Finish S1 is added, this automatically replaces the previous one.

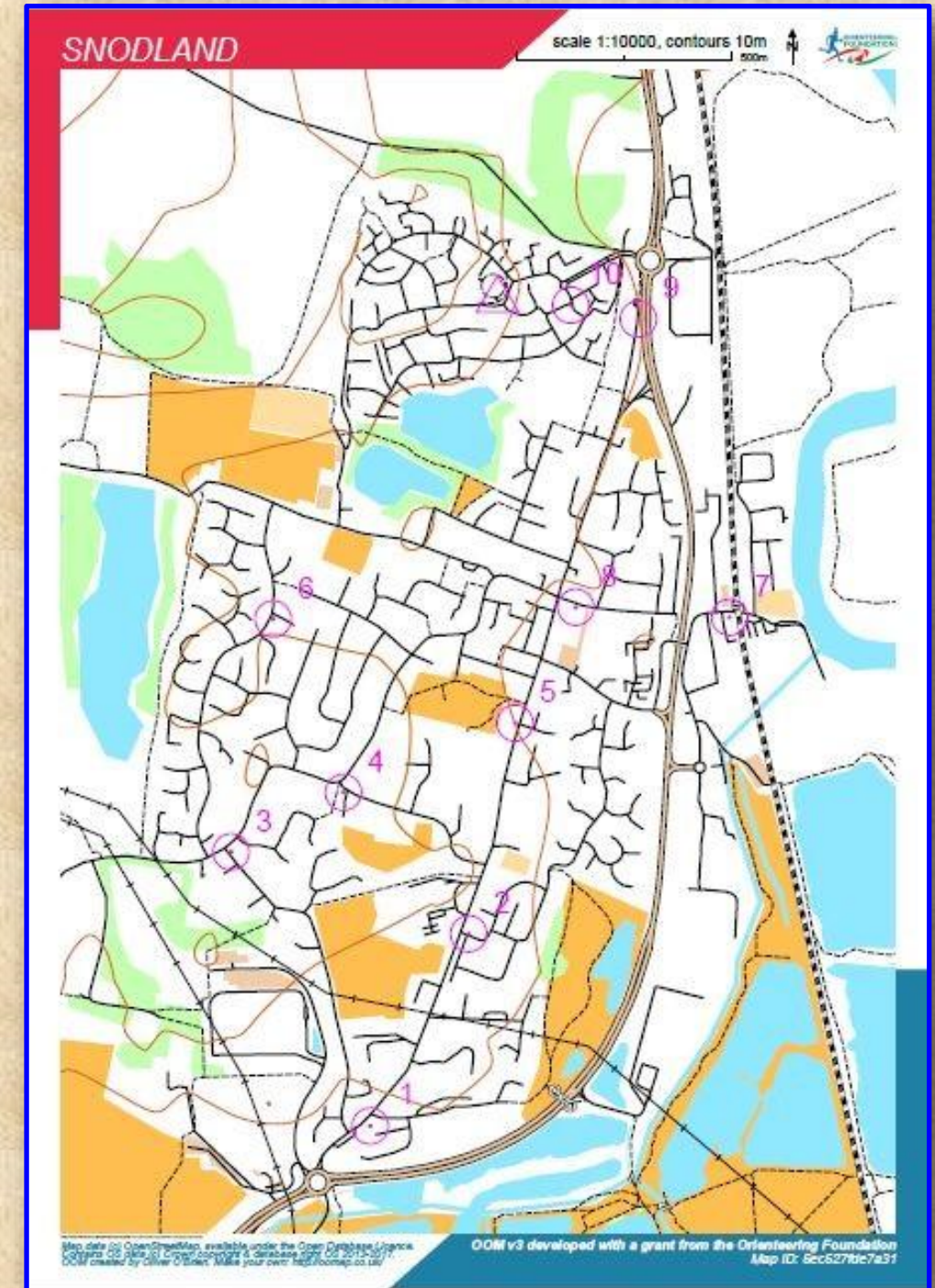
After letting lunch settle and changing into clothes more suitable for a run, out I went. A jog across the village green and Bleep, my time had started. I used the pdf of the map to navigate and successfully picked up all 10 controls.

Postbox 6 had been removed but I still collected the control successfully by going to the right place. In a few instances I found that there were additional paths not marked on OOM, particularly at the end of what appeared to be dead end roads where there were footpaths linking to adjacent roads. Another helpful feature is that OOM indicates which side of the road the postbox is on.

OOM is interesting in that it is drawn from publicly available data known as Open Street Map ("OSM") and anyone can update it. I downloaded and opened OSM and worked out from the help guidance how to add in the new footpaths. OOM uploads the data from OSM overnight every day and in the morning I could see that what I had added now showed on OOM. Next time I prepare a map of the area, these footpaths will be included. I liked control site 6 and thought it preferable to leave in the control even though there is no postbox present. I could also have amended my existing map to change the control description of 6 from postbox to road junction but as I am not using the control descriptions, I didn't bother with this.

As noted elsewhere, we will be using MapRun for our weekly challenges, with the courses having been checked to pick up and correct for any errors, like those noted above.

Overall, it all worked very easily.



## MapRun - Andrew Evans (cont'd)

I would encourage every club member to download the MapRunF App (not the older MapRun App) and start to see how it works. If you would like me to create a course for you at 1:10,000 to run by yourself, starting near your house, let me know and I will use the above approach to create a map for you and send you the pdf and a code to use in CheckSites on your phone to access your personal course. All I would need to know is the postcode of your house and the approximate area where you would like the course to go e.g. my house to be centre north on a portrait map. If you are feeling adventurous then see if you can work through the above to create exactly what you want!

Then away you go. Orienteering with red and white "controls" from (near to!!) your doorstep.

Andrew Evans



### WEEKLY CHALLENGE

The club is developing a challenge which will be circulated to all club members each Wednesday.

You will receive a code to access a map which will generate an orienteering course on your GPS-enabled mobile phone. The map will be available from early Thursday morning to midnight on the following Monday, allowing five full days for members to undertake the activity at a time of your choosing. The areas we will use will be a mixture of urban and our more open park settings, enabling social distancing to take place.

The challenges will use a clever App called MapRunF which is downloadable to your mobile phone. You head to the start and your presence there is automatically recorded. Your clock is ticking. Most of our activities will be in a Score course format visiting controls in any order and with an overall time limit. You return to the finish in the usual way.

The App has been developed in Australia and used successfully by several clubs in the UK including NGOC and Phil Basford's new club MAROC. It is an App for creating orienteering courses using either street or OCAD maps.

As an alternative to using a phone you will be able to use your watch and email the gps track of the activity to the organiser who can manually upload your .gpx file.

## Managing Emotions - Rachel Collins

Managing emotions is a topic that is gaining more recognition in Sport Psychology as recent research has highlighted the catastrophic effect that ignoring your emotions can have on performance. An emotion has been defined as a response to a stimulus which can usually be characterised by changes to facial features and behaviour. This is not to be confused with a mood which is often longer lasting and 'has to be about something.' Managing emotions is vital for pre-race and during race performance.

There are many triggers that can affect our emotions when orienteering. An example of this could be somebody telling you before a race how technical and physical the terrain is – this could cause apprehension and worry. Another example could be making a mistake during the course which can trigger anger or sadness. The list would be endless and how people respond to certain triggers will differ individually. Start becoming aware what your triggers might be and how you naturally respond to these. The next time you make a mistake during orienteering notice what you say to yourself and how you are feeling. It is important to start getting touch with your emotions as the steadier you are emotionally, the smoother the racing will go.

Once you have noticed what is going on emotionally then the following techniques can be utilised to help keep the emotions in check.

**SELECT THE SITUATION:** Avoid circumstances that trigger unwanted emotions. Example- if you know that talking to people before your race about their race can trigger negative emotions, politely ask them not to mention it.

**MODIFY THE SITUATION:** Change some aspects of the situation so you are fully capable of carrying out the task. Example- if you know the Brown course is physically a plus then opt for Blue or Short Blue and feel satisfied that it's good enough.

**SHIFT YOUR ATTENTIONAL FOCUS:** Only focus on your race, do not spend energy on things that are out of your control. Example- during an orienteering race do not get put off by others, have the confidence in your ability, this will mean unwanted triggers through distraction to be avoided.

**CHANGE YOUR THOUGHTS:** Cognitive change can be very important. Your thoughts will play a big part in how you respond to certain triggers. Try to make a more positive view when things are not going so well, this can be achieved through positive self-talk. Example- the next time you make a mistake instead of getting angry or stressed, take a deep breath and say to yourself 'when I get home I will analysis this properly to ensure I do not make the same mistake again, but for now I need to carry on positively as I do not know how the other competitors are getting on.'

**CHANGE YOUR RESPONSE:** If you can't avoid the situation, modify it, shift your focus or change your thoughts then you need to purposely change your response. Example- if you feel anger starting to bubble out because you know you aren't navigating as well as you can then make yourself smile – force the issue.

Take home lessons: Firstly, you need to try and identify the different emotions you are feeling before and during a race and secondly, try to follow these 5 steps in order to control your emotions to perform at a higher level.



## A Letter from Scotland (6)



Well, a lot has happened since our last letter from up here! The virus has caused chaos in the country and we are all subject to the requirement for lockdown. However, having said that, if you live up here out in the countryside and have plenty of garden then we can't really say we have noticed too much.

We still get out for lovely walks here though we have stayed within the local walks and not driven to other walks nearby. No café or pub whilst we are out so we take our own sitting on one of the many seats we have found in absolute peace watching and listening to the wild life.



Whilst resting in such lovely places we can't help but think how lucky we are having moved up here last May, yes, will have been over year ago when you read this.

We have had more time to take note of all the things happening in the farms around. The weather wasn't all that great when the sound of tractors filled the air as they set about spreading manure, ploughing the fields and then sowing the next harvest of wheat or whatever crop it will be. It has been very dry here for some weeks after the small amount of snow we had but we have been surprised how quickly the seed has come through to very green fields.

Plenty of sheep and cows around here and of course we have just had the lambing so the fields are full of new-born bouncing around. It is very difficult not to keep stopping to admire the views and at the same time keep saying how lucky we are being up here rather than the SE. We try to get out at least every



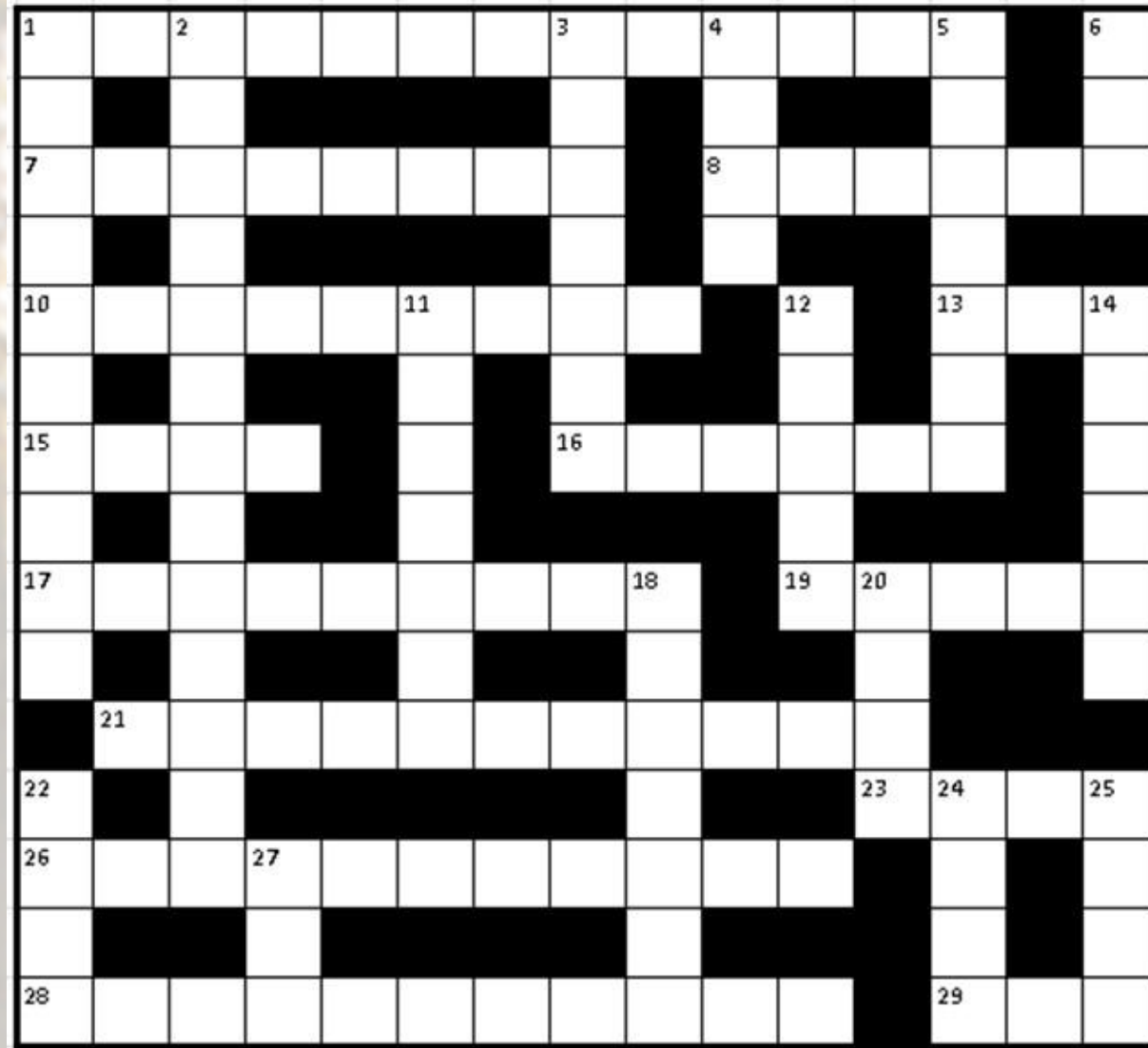
other day, weather permitting. In between we get on with the garden which has come on in leaps and bounds. The contrast

between the shock we got when we arrived to see most of the garden overgrown and now is very satisfying.



After months of concern, our deer are back. Looks like mum and dad from last year along with young one. Still very cautious along the burn but no doubt like last year they will become braver as the vegetation builds up for more cover. Look forward to seeing 2020's new addition. philb and carold

## ORIENTEERING CROSSWORD



### Clues Across

- 1 Deposit coin in scramble for next route option place (8,5)
- 7 Aggressive time-logging (8)
- 8 Heading towards target, or maybe off (6)
- 10 Lethal war decimated linear feature (5,4)
- 13 O-clothing, compass etc. (3)
- 15 Replenish after O-event while making last alteration (4)
- 16 Urban-O course tester arranged (6)
- 17 Make one retire to be a runner-navigator (9)
- 19 A shock at the beginning (5)
- 21 Fixed time-O (5,6)
- 23 Time returned by the logging system (4)
- 26 Confused, report a pain before O-event and get ready (11)
- 28 Agreed to tug concealed post-event analysis (5,6)

### Clues Down

- 1 Drop is seen around the hole (10)
- 2 Manage ring on map (7,6)
- 3 Minor physical annoyances (7)
- 4 Cartography tool (4)
- 5 In green, tick the tangled vegetation (7)
- 6 Control stage good for pacing (3)
- 11 Clean as a safety item (7)
- 12 Long, arduous journeys on foot (5)
- 14 Lower body O-wear (6)
- 18 Ruin got revamped after planning the way (7)
- 20 Log source leaves included woodland feature (4)
- 22 Grasp urgent part to describe a finger of land (4)
- 24 Turned spam into symbolic land documents (4)
- 25 Usually red/white but officialdom is red only (4)
- 27 Tip back, v steep sides (3)



**With thanks to Rosie and Colin for the Crossword.**



# LOCKDOWN COURSE PLANNING CHALLENGE

The club used the challenge that Edinburgh Southern OC developed for their club members and offered to be available to other clubs for one of our lockdown arm-chair activities.

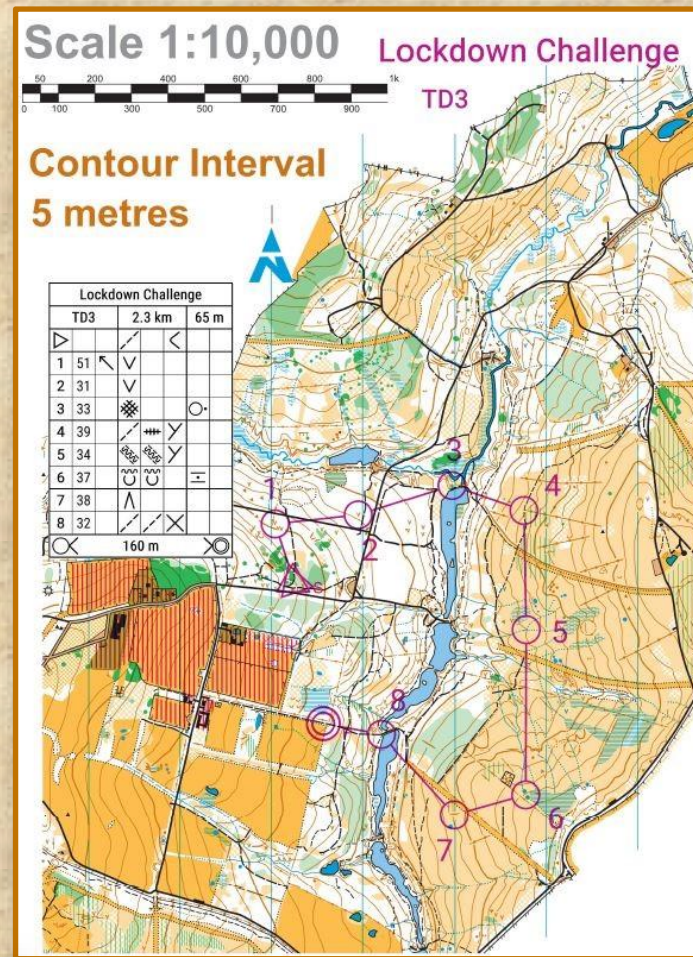
The aim was to plan courses at TD3, TD4 and TD5 levels on a map where only the start and finish were provided. Various planning rules were set out influencing course length and design.

A link to the rules and the map was sent to all club members from the main DFOK mailbox on 6 April so if you would first like to look at the course planning challenge yourself and develop a few ideas, do so now before reading on.

You'll then be able to compare your own thoughts with how Geoff tackled the challenge and why he was adjudged to be the competition winner, covered in the rest of this article.

### Planner's comments (Geoff Goodwin)

I decided fairly quickly that all courses had to go N/NW from the start. Anything else, even NE, risked competitors running through the start area. I also thought that



the TD3 had to be taken from W to E as soon as possible. If it went any further N I would have used up too much distance already and wouldn't be able to take competitors up to any of the more interesting features in the rough open to the E.

The first TD3 control takes competitors away from the start in the direction I wanted and controls 2 and 3 were chosen to take them over the river in a safe place. After that I had scope for more variety to the E. I chose controls that they could attack on a straight line if they wanted to but also had hand-rails for the less confident.

Courses TD4 and TD5 shared the same first control at a pit further to the NE than the one on TD3. After that I wanted to separate those two courses so TD4 went straight to platform 43 while TD5 went to thicket 46 first, adding a little bit of extra distance and climb. The obvious route for this leg was NE to the stream then directly N, although there was also the choice to go W of the marsh. For me the route to the platform would then be SE to the bottom

corner of the earth wall and use that as the attack point but some runners might try the direct route or approach from the N between the two green areas.

The TD4 course has two controls after the platform which are in the same direction as TD5 control 4 but if I used either of those on the TD5 course then it reduced the route choice. Without them TD5 leg 4 had choice of routes, back up to the ride, direct, or using the paths down the slope. There are a number of gullies around control 4 but its main purpose is to be far enough N so that runners had to decide where to cross the stream to control 5. On the TD5 course competitors have to decide whether to go direct, bear off slightly N to avoid the marsh, in both cases needing to go through the light green, or to go S to use the path to cross the stream. On the TD4 course all runners will use the path crossing.

There is another choice of routes to TD5 control 6, clockwise or anti-clockwise around the light green or follow the ditch through the middle of it.

Control 6 is also placed on the SW-most feature so that there is again a choice to be made for the next leg – the path downhill to the bottom of the third ride and then up to the control; direct and contouring but avoiding the marshy areas where possible; or up to the main path and choose when to come down into the control. This is the long leg required by the competition rules.

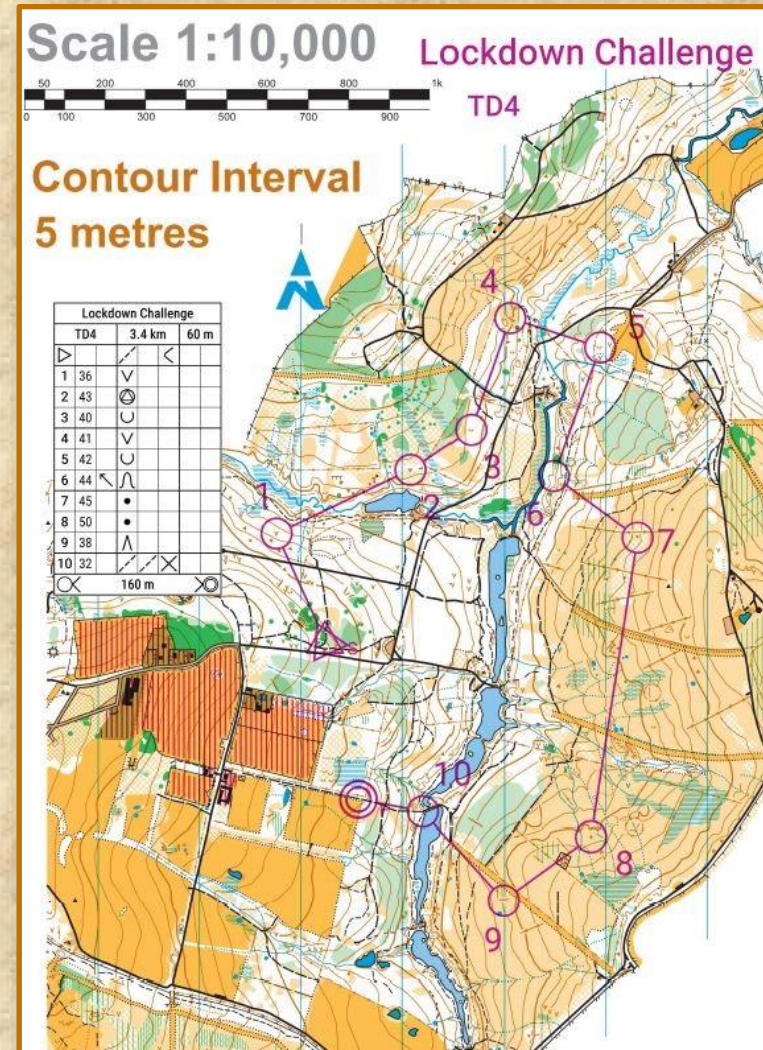
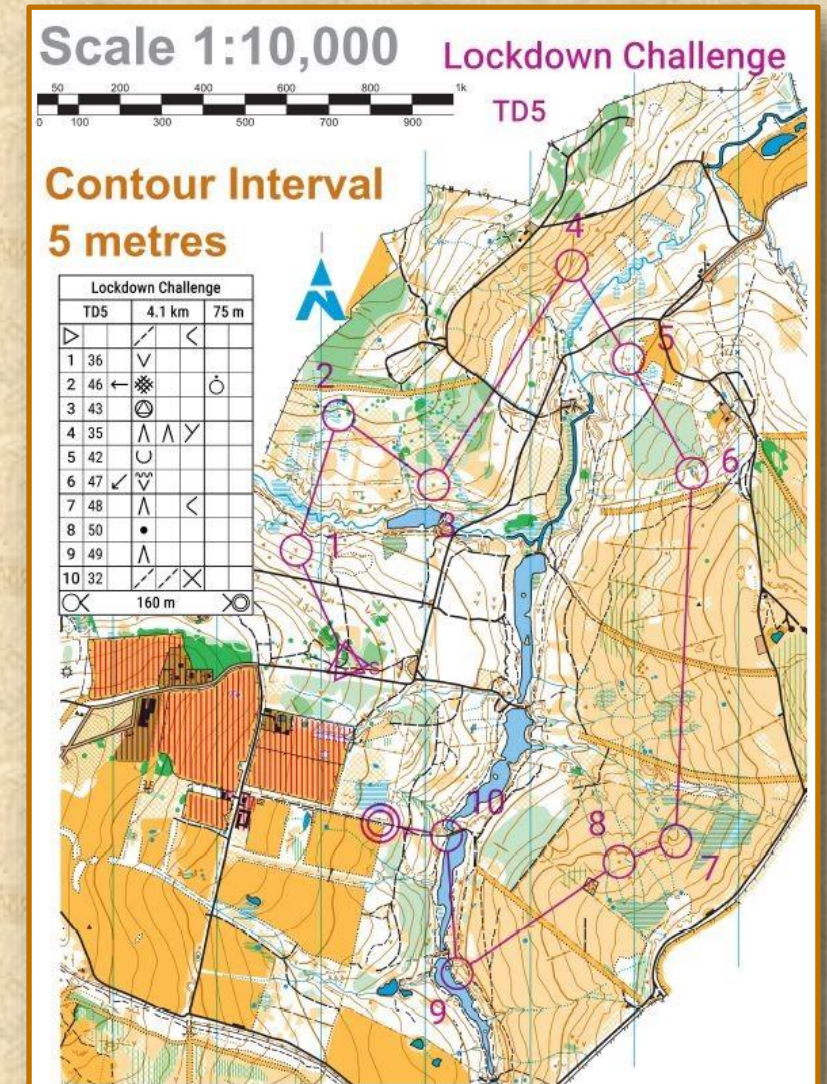
The leg to TD5 control 8 is a short one because I haven't had one so far. The same control is also used on the TD4 course but they will be coming from a different direction.

The straight line between 8 and 9 passes the gully which is the last control on both the TD3 and TD4 courses but that was too easy for the TD5 course so I took it down to the river. It's quite a long leg so fairly easy to lose the bearing and there are not many features along the river to say for certain where you are. Once the control is found then, unlike on the other courses, there is a choice of route to the last control. There is little to choose in distance between them but the path to the W of the river might turn out to be a slightly slower run.

### Judges comments (Andrew Evans)

As with any competition, the judging started by a careful evaluation of the rules and scored the entries based on a number of these parameters. The judging also took note of the guidance provided as to what the vegetation was likely to be for each of the different terrain colours used on the map.

Firstly was whether the courses were of the required technical standard overall. Geoff's were all deemed to be so. Courses should also have legs that demonstrate the skills of contouring, finding a feature from a far



## LOCKDOWN COURSE PLANNING CHALLENGE (cont'd)

attack point and requiring close navigation in terrain with limited visibility. Geoff's courses and notes cover the first two of these.

As Geoff notes, another requirement was for one of the legs to be a long one, specifically of up to 25% of the total course length, on all 3 courses, and Geoff met this without leading to long path runs unless the competitor so chooses. With this no doubt in mind, Geoff used the contours well on the long legs on the TD4 and TD5 courses so those opting for more path running would also have more height gain.

The TD3 course had a variety of possible handrails that could be used and good catching features by controls that were on the handrails such as 1,2 5 and 6.

Another requirement was to seek to minimise the number of controls used across the 3 courses. Geoff's total of 31 controls was the lowest of any of the entrants. Geoff's courses show that having a lot of controls is not necessarily an advantage. Indeed, when there are fewer controls and with a long leg as well, it can often open up route choice which is less easy to do when the controls are close together. The area, however, has to be suitable since if there are too many paths, a long leg can become a rather boring path run once the initial route choice has been made.

Notwithstanding the objective to minimise the number of controls, Geoff also planned the courses with only two legs duplicated across the three courses, not counting the run in. It is usually preferable to have a common last control with little navigation from there to the finish and Geoff's courses delivered this.

Geoff's courses had legs requiring navigating through or around areas of limited visibility but the courses did not attract the marks available for close navigation within limited visibility terrain; control sites within the terrain such as the re-entrant before control 5 on the TD5 course or a re-entrant in the green between controls 5 and 6 would have met this objective better on the TD5 course, as would the gully north of the direct line between controls 9 and 10 on the TD4 course.

Geoff's entry also scored higher than any other entry on meeting the requirement for the course length ratio (distance in km plus height gain in m/10) to be 3, 4 and 5 for the TD3, TD4 and TD5 courses respectively. So Geoff's TD5 course is  $4.1 + 75/10$  giving a CLR of 4.85 v the target of 5. Most other members' entries exceeded these ratios, sometimes by quite a lot.

Overall, courses of a very high standard that were adjudged to be likely to provide a very suitable challenge to all participants.

Geoff's was by no means the only set of excellent entries received. In common with some other competitions of this nature, the judges awarded David Lobley the accolade "Highly Commended". Thank to everyone who participated.

Additional competition - can you name the area and when it was last used for a major competition? If so, email me at [chair@dfok.co.uk](mailto:chair@dfok.co.uk). PS: You have already gained one point towards this competition by reading down to here?

## Members Photographic Memories!

### Frustrated Chair!



Isn't shooting yourself taking it too seriously - it's only a game!  
(DFOK News May 2004)



Klubb AGM November 2005  
(DFOK News January 2006)



Chris Baker receives his 'Winner, Category 2' shield from Chair, Andrew Evans. (DFOK News January 2005)

## Know your sport: Up and down – using contours

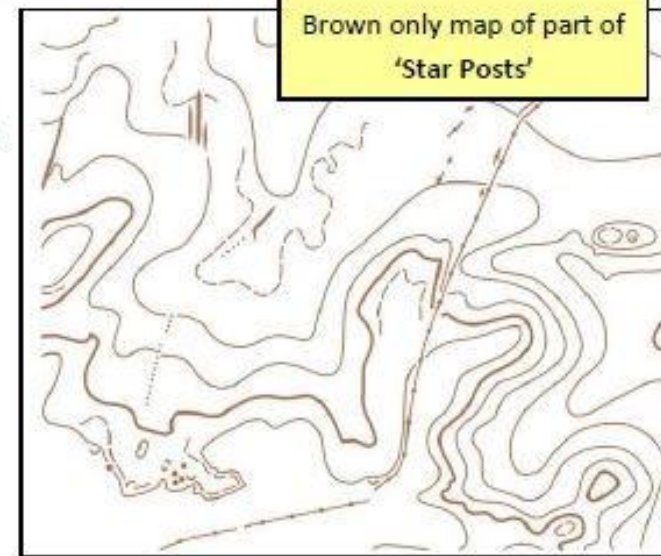
### What are contours?

The maps we use are a representation on a flat (2-dimensional) sheet of the competition area. The area however is 3-dimensional. Contours are therefore the way that the orienteer is given information about the shape of the land — where there are hills and valleys and numerous other minor changes in height.

As most people will know, contours connect points of the same height. On orienteering maps the contours are usually placed to show the ground at intervals of 5 metres but this is sometimes 2.5 metres where this detail is useful. In addition, where it can help show the shape of the land, additional 'form lines' can be added between the main contours.

On orienteering maps, most symbols representing ground form are shown in brown. On the right is part of the map of 'Star Posts' showing only the features marked in brown. Notice that it is almost impossible to identify which areas are high and which are low. Other symbols usually make this obvious but where there might be confusion, a small tag is shown pointing down hill. This can be quite commonly seen in large depressions but it can also be added to contours and form lines (see the 'Scottish Moraine' map below for numerous examples).

We can orienteer over all types of terrain—from flat areas of forest, to forested sand dunes, open upland moors and undulating heathland. The maps we use need to show this.



**Southern Forest**

Gentle slope

Steeper slope

Hill top

Wide and deep re-entrant

**Welsh Moorland**

Narrow re-entrant

Plateau like area

**Scottish Moraine**

Depression with knoll to the north and a steep slope to the south

Ridge

Steep slope

**Reading contours**

Every area used for orienteering is unique and part of the skill is being able to interpret the contours in very different terrains. Here 3 different areas are shown and being able to 'read' the contours will help you navigate accurately across the areas.

### Contours and Control Descriptions

For technically advanced courses, planners are keen to use the contour features for control sites. The International Orienteering Federation (IOF) has provided guidance to try and provide a consistent description of possible controls sites. A guidance document is available for this and some examples are shown here. The full document can be accessed from this link:

<http://orienteering.org/wp-content/uploads/2010/12/IOF-Control-Descriptions-2004.pdf>

		5		Spur
		6		Re-entrant
		17		Hill
		18		Hill, north-west part
		19		Between the hills
		23		Saddle

### Planning using contours

Here are some examples of planners devising legs where the contours are key to the route choice:

- 1: A common 'over or round' leg where the choice is the shorter direct route with a climb over the hill or the longer but flatter route around the hill.
- 2: A similar type of leg but with a 'down or round' route choice from 6 to 7.
- 3: Not such an obvious problem but going direct from 6 will leave a competitor uncertain where they are when they cross the track. You then have to head down the steep slope and it is easy to go too far if you are slightly to the left or right of the correct feature.

