

Dartboard

NEWSLETTER AWARDS 16 ~ 18
CompassSport

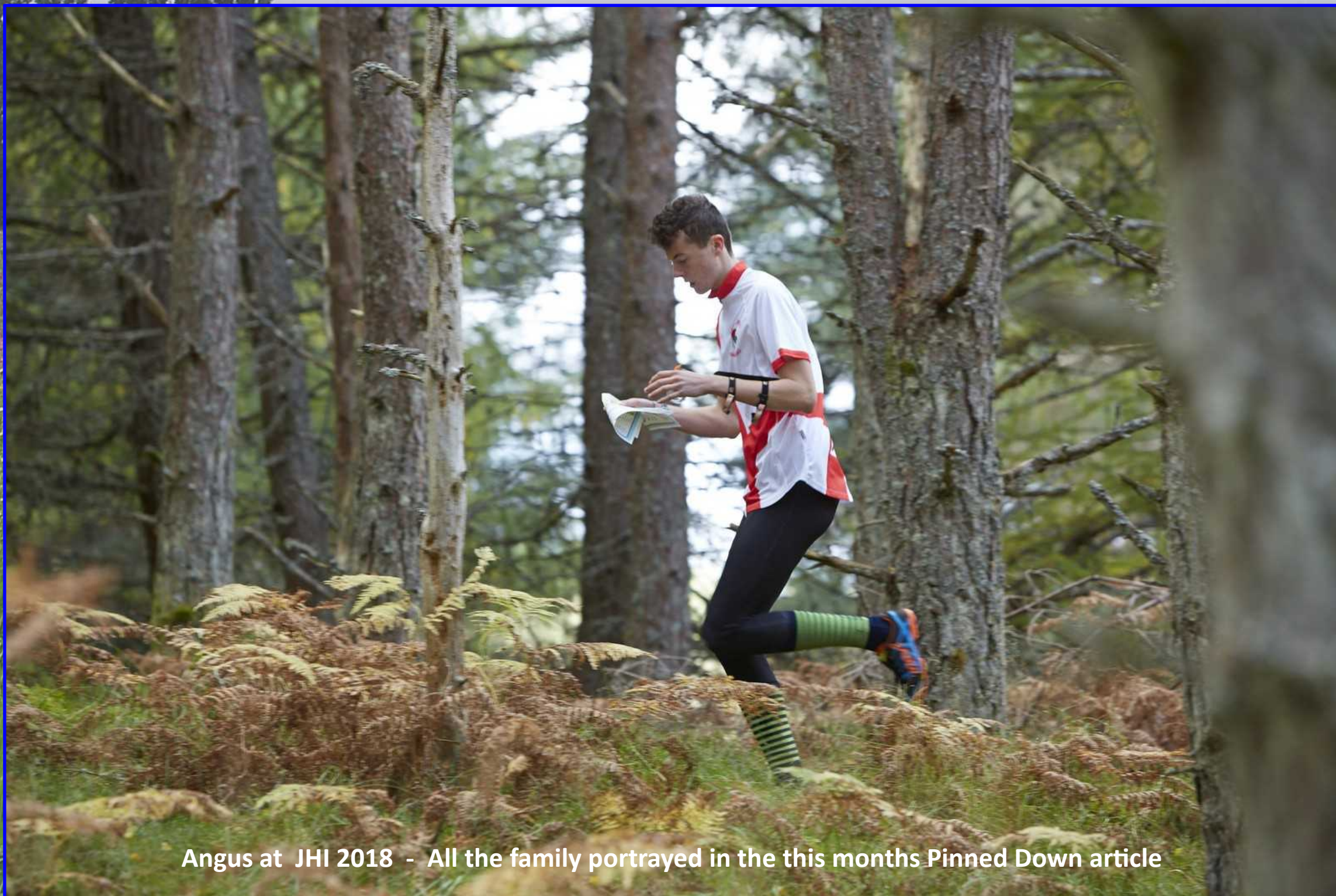


Issue 5 2020
September/October
Featuring members, events and activities
Editor: Sheralee Bailey
Prepared by: Phil Basford



What have we got for you in this issue? Chris Baker looks back on orienteering

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



Angus at JHI 2018 - All the family portrayed in the this months Pinned Down article

From your EDITOR

Here is the 5th edition of Dartbord for 2020, with more great articles from, and about, DFOK members. 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 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 bumper edition of Dartbord, we have the first part of a two part series by Rachel Collins – *“Writing a letter to your younger self”*, covering what we would do differently had we seen into our future lives. I know what I would say to my younger self, *“Stop running so much!! Do more cross training and strength work instead. Your joints & soft tissue will thank you when you're older! (Oh, and take the train into the London City Race in 2011, don't go on the motorbike)”*. We've also pinned down the Harrington family, Keith Parkes has updated us on the MapRunF challenges, and Andrew Evans provides us a series of articles on some socially distanced orienteering events. Allison has provided the crossword answers from the last edition, and our Dartbord Publisher Philip Basford keeps us updated on his Scotland adventures. We are also very lucky to have a contribution from long standing DFOK member Chris Baker, about the changes he has experienced in orienteering since he did his first event in 1976!

Now is probably a good time to let members know that from 2021, Phil Basford and I will no longer be preparing Dartbord. We have both really enjoyed providing members with our newsletter, and feel that after 5 years it's time to pass Dartbord on to others within the club. Is there an alternative way we can keep members informed and provide interesting articles – more use of the member section of the website perhaps? I'm sure there will be many ideas for future editions or development of the Dartbord concept. In the meantime, Phil & I have already started preparing our final edition of Dartbord, where we'll take a trip down memory lane as well as keep members updated on current happenings in orienteering.

Happy reading members.

Sheralee



From the CHAIR

Dear Members

I hope that you are in good health and safe from the pandemic. Unfortunately the pandemic is still here to stay for few months. It was tough in summer but at least we had the sun in the garden. Pandemic in winter is scary but we are lucky to love orienteering which is at its best in Autumn and Winter (because it is very muddy?).

As we know orienteering is one of the best adapted sports during pandemic as it is individual and outdoor in the forest, so we are very keen to maintain it as long as authorised. Hence we need to follow the rules obsequiously to reassure the public and landowners (to give us permission).

DFOK has just completed the first KOL event of the season at Foots Cray and it was a big success safety wise and enjoyment wise. Thank you Andrew Evans for organising. Neil Speers has also organised the first KNC event of the season.

It goes without saying that we need events to enjoy the sport, so we are looking for organisers of KOL events and our SEOA National event (David Dawson is the planner). The dates and venues are the following:

05/12/2020	Shooters Hill	KOL4
17/01/2021	Westerham	National and SE League
27/02/2021	Cobham & West Kent Downs	KOL6
10/04/2021	Holly Hill & Fowlds Wood	KOL8
12/06/2021	Lullingstone	KOL10

Please note that all organisers/planners will have free runs for all DFOK KOL events of this season. Please come forward to be an organiser and contact me at chairman@dfok.co.uk.

We also maintain the MapRun DFOK Challenge and the October event contains a Junior race all contained in one park (i.e. very safe) and a Senior race going through 4+ different parks! Full details may be [found here](#).

Stay safe and enjoy orienteering.

Antoine

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Writing a letter to your younger self: An exploration into personal experiences of athlete burnout - Rachel Collins

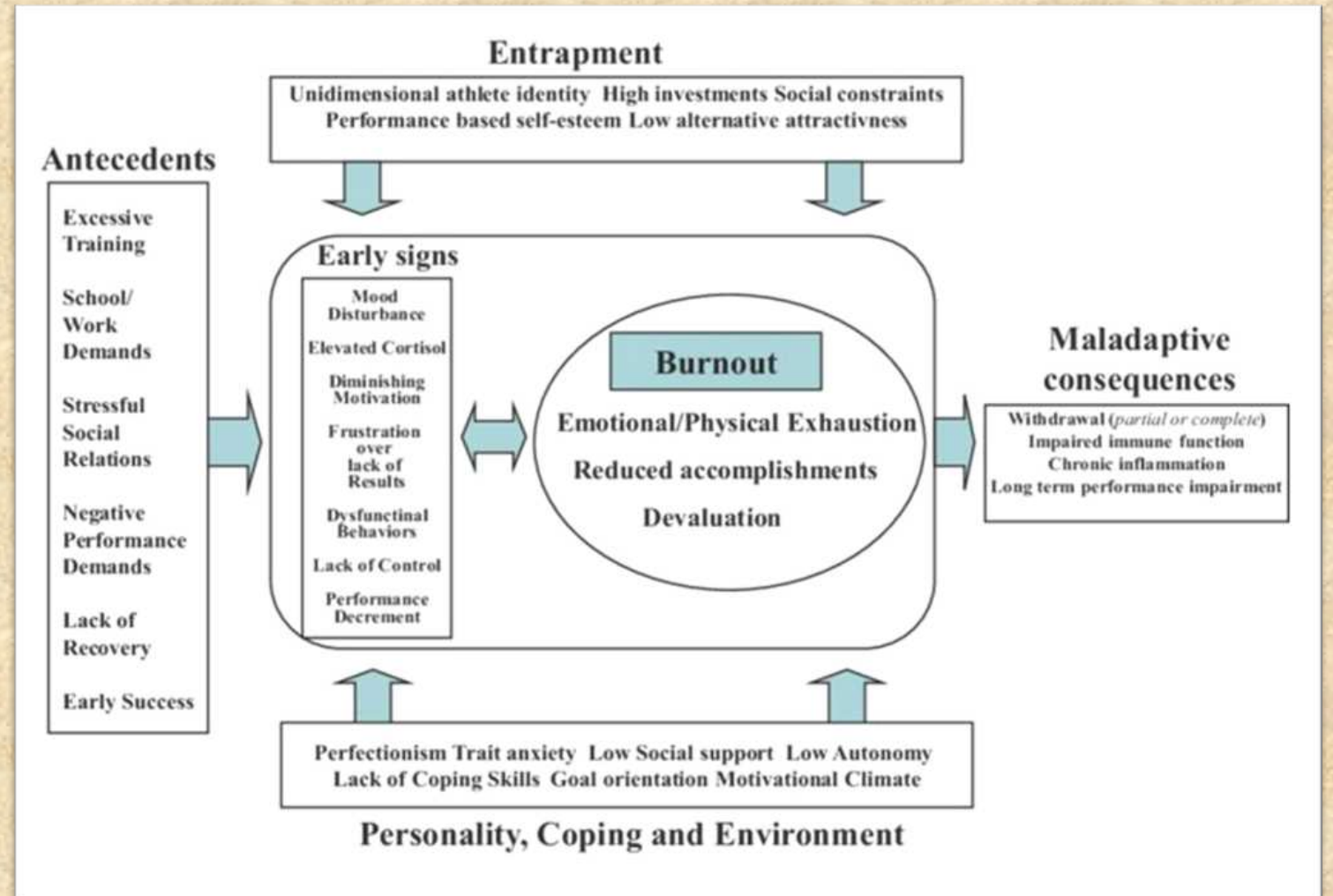
Part 1

Recently I completed a Masters dissertation examining personal experiences of athlete burnout. Although the original report was 12,000 words, I promise this will only be a summary! In this edition I will be explaining athlete burnout and the methodology used to collect my data. The next edition will cover the results and what these mean for future athletes and sport personnel.

Athlete burnout can be described as a combination of, emotional and physical exhaustion, a loss of interest in one's sport, and a sense that you are no longer achieving in your sport. To further understand athlete burnout, researchers created the Integrated Model of Athlete Burnout (see below; Gustafsson et al., 2011). This model outlines the antecedents (i.e., contributors), entrapment factors (i.e., feelings of having to compete, rather than wanting to) and personality, coping, and environmental factors which all lead to the development of athlete burnout. Also present on the model are the early warning signs that indicate to both athletes and sport personnel the pre-symptoms of athlete burnout. If burnout is experienced then the maladaptive consequences can be both biological in nature (e.g., impaired immune function) and physical (e.g., withdrawal from sport). This model helps to educate both athletes and sport personnel in understanding the intricacies of this individualised condition – (i.e., not any one case is the same).

The current research in the athlete burnout field is largely based upon quantitative data (e.g., scores from questionnaires). This type of research is beneficial in providing predictions and associative relationships (e.g., the more someone identifies with themselves as an athlete, the more likely they are to experience burnout). Despite its benefits, quantitative research does not investigate the personal experiences of burnout. Consequently, the lack of understanding of personal experiences has resulted in a lack of direction in this field, particularly in intervention research.

The aims of my study were twofold. First, this study aimed to collect retrospective accounts of individuals who have experienced burnout across a variety of sports in order to better understand their experiences. Second, given the retrospective nature of these accounts, this study aimed to use the benefits of hindsight to ask athletes to consider interventions or strategies that would/could have helped them at the time. To achieve these aims, this study used a novel, qualitative data collection technique which asked participants to write a letter back to their younger self.



Letter writing task:

Participants were asked to write an 'Older, Wiser self' letter (in hindsight) to their younger self, describing the advice they would have wanted to receive at that time. Interested participants were sent the following email:

I would like to invite you to write a letter (in hindsight) to your younger self about your personal burnout experience. You may want to pick a particular point in time and imagine your younger self at this time (this could be before or during the burnout experience). You may want to start your letter with: Dear [insert your name] or Dear younger self, anything that feels right for you. You may want to think about the following points:

What would you want to say to your younger self?

Would you do anything differently?

What advice would you want to give?

What might be helpful for your younger self to know?

The length of this letter is completely up to you, and please do feel free to write in any way you like - do not worry about spelling or grammar. Just write whatever comes to you.

In total seven national and international athletes from a range of sports (football, orienteering, hockey, track athletics, and gymnastics) participated in this study and provided extremely valuable information that will be discussed in the next edition!

Pinning down the Harrington Family

1) How did you start orienteering and what keeps you coming back?

Rod: As a sixth-former I enjoyed cross-country and one of my teachers suggested I try orienteering. I did a number of events with a local club that he was involved with but then gave up when I left school. (It turned out that the club was actually DFOK and my teacher had been one of the founding members, although I didn't know that until much later). Over 20 years on in 2006 I thought it might be fun to try out the sport as a family, so Isobel and I took the boys (then 4 and 7) to a DFOK event in Westerham. We did the light green, got round and weren't last and were hooked.



After doing a few more local events, we joined DFOK and the following year we thought it might be fun to do the Scottish 6 Day - a real baptism of fire! At the first event we turned up at the start to do the light green as a family group. We didn't own a compass, let alone know how to use one, but assumed we would be able to follow the paths (like in Kent), however there weren't any paths and we were halfway up a mountain covered in dense vegetation. After 45 minutes of hunting in vain for the first control we decided to give up. Nevertheless we had a great week and have been to every 6 Day since then.



What kept us coming back: Bertie and Angus: Wilfs! (its not called Wilf's any more but we always think of it as Wilfs)



2) What has been your experience as a family with orienteering, particularly when compared with other sports?

Isobel: The nice thing is that it is something we could do as a family, it gave our weekends some structure and focus.

Rod: yes especially as the boys were older we went to lots of major events around the country.

Bertie: Yes travelling all over the country to interesting places, plus I enjoy spending time in the forest.

Angus: Yeah, all the trips to Scotland plus I made some good friends.

3) What training do you do?

Rod: We are all regular runners (and are members of running clubs as well as DFOK). My own orienteering improved a lot from getting fitter even though technically I'm still pretty weak!

4) What is your proudest achievement, sporting or otherwise? What is your proudest orienteering achievement?

Isobel: Probably my biggest orienteering achievement was beating Helen Errington at an urban event.

Bertie: Maybe the time I won the B event during the Scottish 6 Day.

Angus: Either getting invited to join the (British Orienteering) Talent Squad, or maybe getting picked by England for the JHI.

Rod: Still working towards it!



5) What do you do when you are not orienteering?

Rod: Work takes up most of my time (I am COO for a major law firm) but outside that spending time with the family and doing sport when I can.

Isobel - Work as finance manager for a local pre-school and looking after the house and family! **Bertie:** I'm a 5th year medical student at Newcastle and I am chairman of the University triathlon club, training takes up a lot of my spare time:

Angus: I'm studying Engineering at Cambridge and running is a big part of my life.

6) Have you thought about doing an overseas orienteering event and if so, which one/s?

We've been to the JK in Northern Ireland although I am not sure if that counts?! Angus has been to Sweden with the talent squad but that's about it as far as overseas is concerned. We have thought about doing the City Race event in Venice which would be fun to do once we can travel again.



Pinning Down the Harrington Family (cont'd)

7) What is your favourite type of orienteering area?

Bertie: runnable forest.

Angus: I have had some of my best runs in areas with sand dunes so that would probably be my choice, e.g Culbin, Ainsdale or Penhale.

Isobel: a park event is my favourite.

Rod: a fast forest, not too technical.

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

Rod: Try holding the map the right way up.

Angus: Stay focused. I don't use any buzz words or anything but regularly remind myself to concentrate.

Bertie: Always thumb the map.

Isobel: Don't beat yourself up if you've had a bad run.

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

Nobody had anything interesting!

10) Who would you like profiled in the next edition of Dartbord? TBN



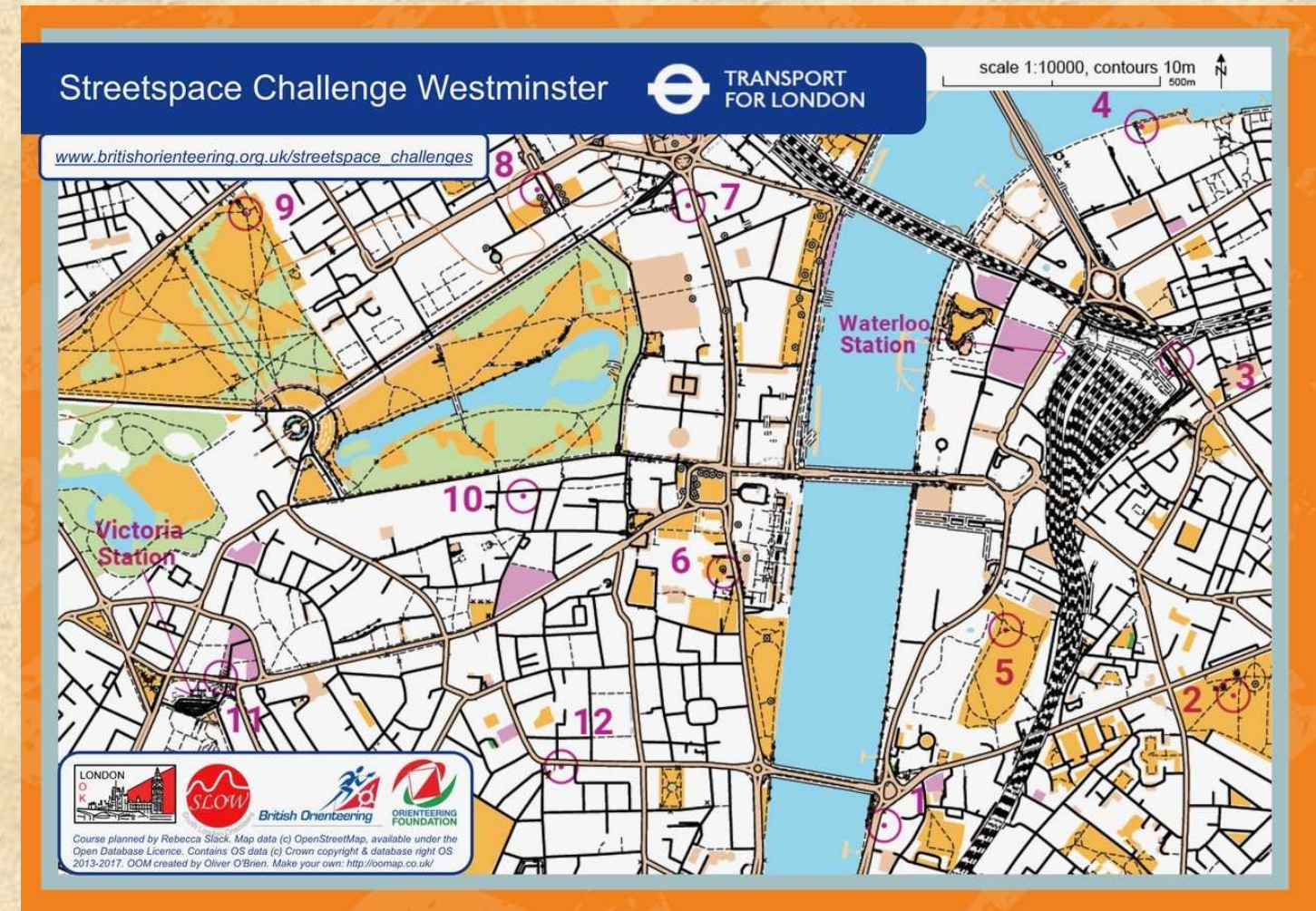
Orienteering Activities in London

Heading into the centre of London may not be your first priority at present but if you need to visit or are otherwise feeling deprived of orienteering given the relative dearth of forest events at the present time, then the recent announcement from British Orienteering on the activities developed in conjunction with TfL by LOK and SLOW may be of interest. They seem especially suited to families.

The five areas are Westminster, Camden, Stoke Newington/Dalston, Battersea and Clapham/Brixton.

There's a challenge sheet for each with photos to be matched against the places on the map, your controls! Successful entries by 31 October are eligible for a prize draw with the winners receiving a themed picnic set from London Transport Museum. Further details can be found below.

https://www.britishorienteering.org.uk/streetspace_challenges



Explore the area, discover Streetspaces and get active with our series of match the photo to the map challenges across London.



Each photo below is labelled with a letter – simply visit the 12 numbered controls marked on the map and match them with their photo. Write the letter against the correct number & submit your answers at www.britishorienteering.org.uk/streetspace_challenges to be entered into the TfL prize draw.

Name Time Taken



1	7
2	8
3	9
4	10
5	11
6	12

Tweet your fun to
@GBRorienteering
@TfL

TfL and London's boroughs are creating more space for people to safely walk or cycle as our city emerges from the coronavirus lockdown. Temporary cycle lanes and wider pavements are among the changes that have been made.

Forthcoming Events

All events are currently being run under COVID-19 restrictions which includes mandatory pre-entry. Check the club website below regularly for details well in advance of the day.

Most events have a restriction in the total numbers able to participate

17 Oct	Kent Orienteering League	Blean, Canterbury	SAX
1 Nov	SWELL	Belhus Woods, Romford	HAVOC
5 Nov	Kent Night Cup	Whitehorse Wood, Vigo	DFOK
21 Nov	Kent Orienteering League	Angley Woods	SAX
22 Nov	South East League	Winterfold, Dorking	SLOW
3 Dec	Kent Night Cup	Bexley and Fooks Cray	DFOK
5 Dec	Kent Orienteering League	Shooters Hill	DFOK
6 Dec	Middle Distance	Chobham	GO
13 Dec	Families and Veterans	Netley Heath	MV
17 Jan	South East League	Westerham	DFOK

There are also Kent Night Cup events put on by Saxons and SO and also HH and SO local events. The Army put on events most Wednesdays; entry opens one week before and is usually full in 24

Orienteering, Once Upon A Time - Christopher Baker

We started orienteering way back in 1976 in the days when John Fitton was chairman. Julia discovered an article about Gordon Pirie and the fact that he had taken a shine to this relatively new sport. The whole family of five became involved.

We were members for nearly 9 months before I met a fellow member. Walking back from an event at Norbury Park (Leatherhead), I bumped into John Blackgrove who also had never met another DFOK member. However, time proved that DFOK were always a very friendly Klubb; you just had to find them!

My first event was at Brasted Chart. This, then, was an LOK area and the area had been mapped in 1973 by Mark Blackstone, a friend of both Phil Basford and I. I got hopelessly lost, but enjoyed it. My second event, somewhere in Surrey, was a disaster. I accidentally entered a ladies' event, and came last. But I had found a sport which was absolutely fantastic.

DFOK had a lot less areas mapped back in the 70s, compared to now (sincere thanks to Neil Speers, Phil Basford, Andrew Pitcher and others). Our worst period with maps was as a result of the Great Storm in mid-October 1987. Fifteen million trees were blown down that night, most it seemed, on DFOK mapped areas. We had picked up from the printers, maps of a new area at Shorne Country Park, just hours before the storm broke. All our existing maps were pretty useless and had to be re-mapped. We used to use "Fallen tree" or some such wording as a control description.

Whilst on about fallen trees, a few years ago we held an event in Brasted Chart, using Emmetts for start & finish. Neil Speers and I were still putting out and checking a few controls just an hour or so from the start time, when a massive bang informed us that a few large trees had crashed to the ground just 2-3 minutes after we had visited a control site very close to those trees.

Early in 2000, we were introduced to computerised "O". This changed methodology in running events enormously and forever. For those who started orienteering within the last 20 years, you probably will not have heard of manned controls or master maps. Gathering and sorting information from runners' times was a massive job before computerisation.

First, each runner had to be given a start time which was written on his/her punch card and an "O" map with no controls shown thereon. If you arrived at the start time late, you might have to wait some time before getting a revised time. Immediately after starting you had to run to the nearby master maps and copy the control circles for your course onto your map, a job requiring accuracy. If you got it wrong, tough, that was your problem. Your time had already started before reaching the master maps. At each control there was a needle punch, with varying designs thereon.

As each runner reached the finish line, an official would shout "Now" and someone else would

record the exact time. These times would be copied onto the finishers' cards. So, if someone, somehow, got missed, all times thereafter were wrong. To be fair, that rarely happened. Then, other officials would have to check all cards, to see that the actual punch marks were correct. So, assuming 50 runners with an average of 12 controls, 600 punch marks would require being checked. Obviously, putting information onto provisional results boards was a much slower exercise than with modern computerised information.

Runners might on occasion have been tempted, by the shape of a course, to visit a control out of order, e.g. visiting 10 before 7. In order to stop this, the runners were informed that such and such a control was "manned". The "O" fraternity are very honest, so disqualification was rare.

"O" suits were a bit different from those currently worn, and often the whole suit was just one colour. It wasn't unusual to find a bit of newsprint commenting/complaining about a load of old boys in some wood or another, still dressed in their pyjamas.

Our usage of maps was much more expensive than now. We would get, say 500 maps of a particular area run off, not knowing how many people would turn up (and back in the 80s attendances at events were far higher in number than now – I remember us having over 1,000 people taking place at a badge event from Chartwell into our Westerham area). Consequently, unused maps tended to be left with individual planners, and gradually dispersed throughout the various active members. Doesn't happen nowadays, since one can just ask, whoever printed it originally, to run off more whenever needed.

We also got involved with the London Marathon from its very first run in 1981. Blame this on Chris Brasher, a very keen orienteer and an international athlete. Chris turned for help to orienteers and that's how DFOK got the job of manning (and womaning) at Woolwich, where the two streams of runners come together.

We still perform this task. I have been helping there as well, and just for the fun of it, I wear a red arrow through my head with a bowler hat to hold it down (No, it's not really through my head). A few years ago, I was standing on the kerb in the middle of thousands of marathon runners in John Wilson Street. A girl stopped and asked me if she could have a photo taken of her along with me and my bowler. She thrust her camera through to someone on the other stream of runners who then took the picture. Of all the 30 odd thousand runners, she had picked someone I knew. I said "Thanks Martin" and he replied "That's alright, Chris" and disappeared towards London. So, please treat this paragraph as a request for those of you unfortunate enough to be reading it, to turn up next year to help DFOK run the London Marathon.

Chris Baker.



A Letter from Scotland (8)



The weather not been great for the past few weeks and certainly not as good as the same time last year not long after we arrived. However, as you are all aware, orienteering has been navigating itself out of lockdown and here in Scotland we are now back to normal events following the new regulations with care. We have also had our first trial event with the new SI kit, something you are very familiar with and it went very well. It is obvious that Emit, after bad publicity, is suffering as clubs change over.

Given we have been taking more of an interest in our village, Tarland, now that we have more time (having completed most of the gardening that was needed) we thought you might like to hear a bit about its history! Above you see Alastrean House which sits in the middle of Muirton Woods, through which is one of our favourite walks. Muirton Woods has an 'O' map and we are about to update it and then include as part of the village and Drummy Woods which we are just completing.

Alastrean House sits in the woodland which is part of the MacRobert Trust Estate, an estate covering over 7,200 acres of farm and woodland located in the region of Cromar, 30 miles west of Aberdeen on Royal Deeside, at the eastern edge of the Cairngorms National Park. It is centred on our village of Tarland in an area popular with tourists and walkers who are welcome to explore the estate on foot via a network of circular paths, paths we have come to know well.

The MacRobert Trust performs three roles: it is a dynamic charity, it is the owner of an historic legacy and it is a forward-thinking landlord with a large and vibrant estate to manage. It operates within a modern context, but remains close to its roots by keeping its benefactor, Lady MacRobert, at the heart of most of its decision-making. In particular, they hold close her desire to keep alive the memory of her 3 sons and her belief that young people can strive to achieve great things, no matter how disadvantaged their backgrounds. Since it began the MacRobert Trust has donated millions of pounds to charitable organisations, created a variety of prizes, awards, traineeships and endowments, and paid for building works across the country including the University of Aberdeen.

Douneside House, the MacRobert family home until Lady MacRobert's death in 1954, is the flagship property and takes pride of place at the heart of the estate and its operations. For the majority of the year, Douneside House operates as a luxury country house and is open to the public who wish to stay or dine. Within the grounds is a well-equipped Health Club with swimming pool, fitness suite, sauna and Jacuzzi. The local community are able to join the Health Club, with various membership options available. Interestingly, they still offer military discount rates to all serving, retired and members of their families, for the reasons below.



Alastrean House, formerly known as the House of Cromar, was for the use of the MacRobert boys and their families, but sadly they never had a chance to use it extensively after their deaths. Sir Alasdair, the eldest son, died on the 1st June 1938 in a plane crash. His brother, Sir Roderic, who now succeeded to the title, was commissioned in 1938 in the Royal Air Force joining No 6 Squadron in Palestine. The Iraqi revolt of 1941 provided an opportunity for him to be made commander of a Hurricane

detachment when he died in action on 22nd May 1941. He is buried in the Commonwealth Graves Commission Cemetery in Mosul, Iraq.

The baronetcy now devolved upon 24 year old Sir Iain, a Pilot Officer in the Royal Air Force serving in Coastal Command. After a short leave on his brother's death, he returned to duty only to be reported missing on the 30th June 1941. His name appears on the Runnymede War Memorial, which was unveiled by H.M. The Queen on 17th October 1953 to commemorate the 20,455 airmen, who have no grave. So Lady MacRobert was now alone having lost her three sons.

Barely a month after Sir Iain was reported missing, Lady MacRobert sent a £25,000 cheque to the Secretary of State for Air, for the purchase of a bomber and asked for the bomber to



A Letter from Scotland (cont'd)

be named 'MacRobert's Reply', to bear the MacRobert crest and, if possible, to be piloted by a Scotsman. She later gave a further sum of £20,000 for the purchase of four hurricanes, three of which were named after her three sons and the fourth 'MacRobert's Salute to Russia' - 'The Lady'. The Russians were especially appreciative and many messages of goodwill and support were passed to Lady MacRobert through the Russian Embassy in London.

Lady MacRobert painted by Frank Beresford, 1946

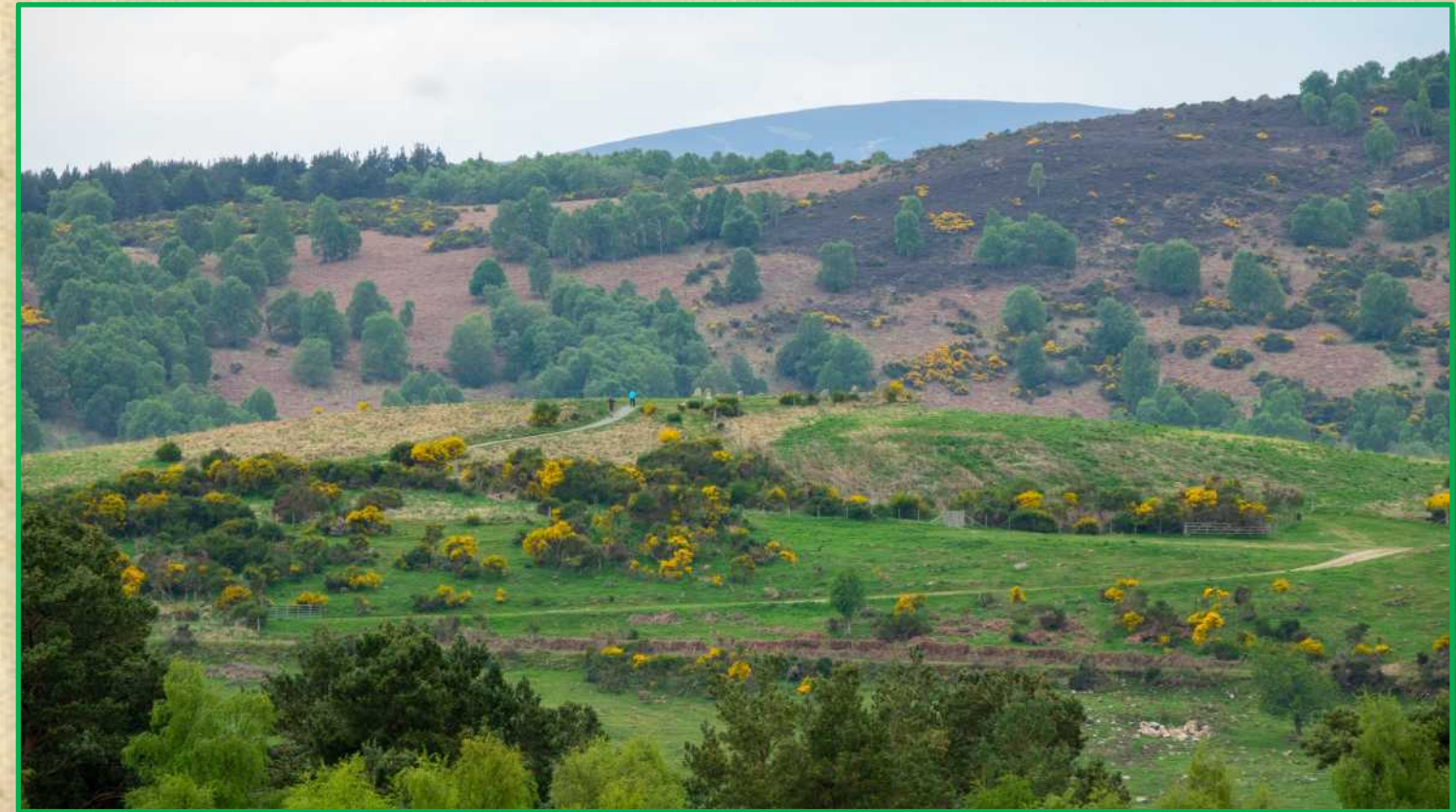


Alastrean House, was set aside by Lady MacRobert as a recreation and leave centre for air crew of the RAF and Commonwealth Air Forces on active service. On the 1st June 1943, Lady MacRobert formally opened the house. After the war Alastrean House continued to be used as a Royal Air Force Officers' leave centre. In 1952, after a fire that destroyed part of the house, Lady MacRobert provided funds to rebuild and then it was passed to the RAF Benevolent Fund for use as a retired home for some 29 residents. Today it also takes local citizens of Tarland and around in its care facilities.

It is interesting that when the home comes up in conversation, which it does regularly, locals tell us that the name 'Alastrean' originates from the names of the three sons! However, whilst there

might be some resemblance to their names, its origin is actually derived from a composite Latin phrase meaning "a place of honour by the hearth of the winged heroes of the stars", which always seemed rather fitting to us.

With open access the walks we have through the grounds are quite beautiful, especially on a sunny day. We either walk back along the golf course and back through the grounds. Otherwise we come back along the burn and onto the road past the church. In front of the MacRobert mausoleum there is a nice bench where we stop for the coffee we take with us and take in the views towards the Cairngorms. Keep well, carold and philb
https://en.wikipedia.org/wiki/MacRobert_baronets



2 of the splendid views from our 'coffee' seat. Mount Keen on the extreme RH side below.



We understand that we have a fan for our 'Letter from Scotland', after anything printed about her daughter of course! So we take this opportunity to say hello, and thank you, to Dawn Bailey who lives an hour north of Sydney on the Central Coast amongst all those lovely beaches. Given you are the first fan to notify us, select one of our used photos and we will send you a nice copy. xx

Control Description Crossword



Green	4.4 km	180 m
1	221	▲
2	225	◁
3	229	⊗
4	232	■
5	235	△
6	238	∇
7	240	△
8	228	△
9	226	⊗
10	222	⊗
11	236	△
12	237	△
13	224	◁
14	230	△
15	238	◁
16	234	■
17	233	■
18	223	⊗

A crossword puzzle grid with 29 numbered starting points for clues. The grid is filled with empty boxes for letters.

Across

- 3) Cliff
- 5) Marsh
- 7) Cairn
- 8) Lake
- 9) Thicket
- 11) Cave
- 12) Knoll
- 15) Quarry
- 17) Terrace
- 20) Depression
- 21) Stairway
- 23) Bend
- 24) Earthbank
- 27) Re-entrant
- 29) Copse

Down

- 1) Fence
- 2) Middle
- 4) Ride
- 6) Spring
- 10) Tower
- 11) Clearing
- 13) Spur
- 14) Saddle
- 16) Bridge
- 17) Trench
- 18) Earthwall
- 19) Well
- 22) Tunnel
- 23) Boulder
- 25) Between
- 26) Deep
- 28) Foot

Across

- 3) E
- 5) ||||
- 7) ⊙
- 8) ⊕
- 9) ⊗
- 11) ✕
- 12) ●
- 15) ☺
- 17) ∩
- 20) ⊖
- 21) ⚡
- 23) <
- 24) ⤴
- 27) ∪
- 29) ⊕

Down

- 1) ⚡
- 2) |||
- 4) ⋯
- 6) ⚡
- 10) T
- 11) ⊙
- 13) ∩
- 14))(
- 16) ✕
- 17) ∩
- 18) ⊕
- 19) ⊗
- 22) ⊗
- 23) ▲
- 25) |·|
- 26) ∪
- 28) ⊔

MapRun Challenges

Our September MapRun Challenge at Jeskyns has now ended. Well done to everyone who participated. The results are below.

Jeskyns September MapRun Challenge				
	Name	Club	Time	Series points
Long Course				
1	Alan Hickling	SAX	40:06	50
2	David Float	HAVOC	40:24	48
3	Keith Bennett	DFOK	41:14	48
4	Allison Page	DFOK	51:33	45
5	Keith Parkes	DFOK	55:33	44
6	Geoff Goodwin	DFOK	56:42	43
7	Philip Craven	DFOK	79:16	42
8	Jonathan Chappell	IND	80:13	41
Short Course				
1	David Float	HAVOC	18:59	50
2	Nicola Coombs	IND	60:23	49

Alan Hickling (Saxons) has again performed strongly and is the winner of the Long course. On the Short course, David Float sped round in under 20 minutes.

We will be launching our October Challenge shortly and this will need to be undertaken by the end of October for entry into the Challenge. As with all of these monthly challenges running through until April 2021, the emphasis will be on seeking to have a significant part of the time running off tarmac. Geoff Goodwin is setting this up in the Plumstead area.

Anyone who wants to experience urban orienteering still has plenty of options available. The Dartford Summer Series events continue to be available on the MapRun App. The easiest way to locate them is from our website which has a map for each area that can be printed out. The website also shows which folder within MapRun to go to for the downloading of the activity.

http://www.dfok.co.uk/index.php?option=com_content&view=article&id=768&Itemid=206

Our First Event under COVID-19 Guidelines

It was late July when British Orienteering were able to announce a resumption of orienteering in England in a limited way. A lot of thought had been given to how social distancing would be able to be maintained for the protection of participants, volunteers and the public at large. Detailed risk assessment frameworks specific to COVID-19 were made available to all clubs. The British Orienteering guidance had also been shared with the Department for Sport and Leisure who had responded affirmatively without giving any positive approval; a Government department does not need to take unnecessary risk itself.

Orienteers can be quite unsociable without trying too hard and looking through the detailed guidance suggested that putting on an event was feasible. The Committee decided to hold a small event in late August only for DFOK and Saxons members. My offer to organise and plan was accepted very readily!

My first task was to decide where to hold the event. First choice Shorne Woods Country Park reluctantly declined because the car park had been full virtually every day for the past four months. It would be too busy to be able to accommodate us.

Our next suggestion was the Army dry training area at Mereworth, partly because we would have exclusive use of the area and also because Army orienteering had commenced. Initial contact was encouraging but in mid-August we were informed that third party events would now be limited to 30 participants. With the number permitted and an unchanged cost, getting a mortgage to attend the event would have been too difficult for some!

The next choice was Fooks Cray and the Council responded affirmatively after seeing our detailed risk assessments. By this time, the concept of a simple event in late August had dissipated. It became apparent that Saxons would not have an area suitable for the first KOL of 2020/21 so we swapped our October date with them and this is how a KOL at Fooks Cray emerged.

A key requirement from British Orienteering is that there must be no cash changing hands or entry on the day. Keith Parkes had already evaluated race signup as a suitable entry system. Saxons had done their homework on it too and it was agreed that both clubs would try out this system with a view to using it for all of our respective KOL and KNC events. Loading our event was straight forward and there we were sandwiched between two Army events. Would some Army participants see our offering and decide to venture over to Fooks Cray? The answer was yes. We had 103 entries which is more than we would typically get for a KOL. Some were from further afield than usual.

Another requirement was that, whilst we were not prevented from accepting entries from non-British Orienteering members, no coaching could be provided at the event. We normally get newcomers so we decided to accept non-BO members. Two newcomer groups emailed me in advance to ask what to expect and I responded with a couple of the recent orienteering videos which demonstrate the build up of an O map and how electric punching works.

Having our controls already programmed for contactless punching was a bonus. After more than six months without use it was with some trepidation that I woke each one up to synchronise their times. Hurray, every one responded to my dibber so no batteries needed replacing and they also worked well at the event.

Additional requirements were hand sanitiser and small dispensers to use the 5l container we had purchased. Hired SI cards were placed in individual envelopes well before the event. Key team members wore face protection at the event.

The event itself proved quite surreal. With no Entries on the Day to deal with, the tent was erected solely for Download. The queue for Download needed to be manned to ensure social distancing was met. The Start becomes the main area to focus on and this needed careful thought in advance. There was a limit of one person starting at each minute so I decided to use two parallel starts with Blue paired with Yellow and Light Green paired with Orange. An advantage of Fooks Cray was that there was plenty of space available so the Start boxes could be spread out.

By having two separate Clear, Check and Start SI boxes, the two starts could operate independently with competitors heading to the same start triangle. David Lefevre, Keith Parkes and Yasmin Shousha had the start set up in good time so the first starters were able to head off about 15 minutes before the advertised first start time. This helped to ensure that there was no significant build up of competitors waiting to start which would need managing.

