



Essex Stragglers Orienteering Society (SOS)



Newsletter 2 Volume 21 February 2010

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Club website - <http://stragglers.info>

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Essex Stragglers support the [Woodland Trust](#) and its objectives



Essex Stragglers' development activities are supported by [Awards For all](#)

Editorial - Rachel Barford & Geraldine Russell

We think the challenge for all outdoor sports recently has been the amount of mud around – and orienteering must be one of the muddiest. We are beginning to wonder if we will ever see the true colour of our (new) orienteering shoes ever again. However, we believe it adds to the fun, and at least we can now start to look forward to the spring, and hopefully a slight improvement in the weather.

Spring must be one of the loveliest seasons in which to orienteer, as the birds are in full voice, and the new green shoots and flowers appearing in the woods give a real boost. Let's look forward to some great orienteering in the coming season!

Noises from the Chair – John Collyer

I often wonder about what it is that makes people finally get hooked onto our sport.

One of the aspects of orienteering that attracted me, was the combination of physical activity and map reading, around varied and often beautiful countryside.

I was reminded of this when watching the Biathlon races from the Vancouver Winter Olympics, where the combination of one of the most physically demanding sports and the required calm for shooting, produces exciting (and often unpredictable) results.

If only I had been able to control my thinking at the recent National Event in the Forest of Dean; particularly when I lost about five minutes in the area around the first control. This, of course, made me calm down, and concentrate on the rest of the course, which went well.

More interestingly it reminded me of Biathlon Orienteering which we saw in Sweden last summer. It took place in what is a large ski resort near the Norwegian border, using a shooting range for standard Biathlons. From what I remember, competitors ran three legs of a relatively short orienteering course, interspersed with two shooting sessions. It was a great spectator sport just like the traditional Biathlon, although I'm not sure how many countries' firearm laws would allow what went on.

Anyway, I find just the running and map reading quite enough to challenge me. Mountain Bike "O" (and possibly Ski "O" if I stop falling over) are about as far as I could be tempted. How about you?

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Captain's Corner – Jenny Collyer

Thanks to everyone who made the journey to Shouldham Warren to take part in the Compass Sport Trophy. We all did very well but unfortunately were beaten by Lincoln OG by just one point. We'll have to wait until next year now.

I have entered seven teams in the JK Relays in Devon at Easter and eight in the British Relays to be held on Cannock Chase in early May.

I have also entered six of us to run in the RAF Honington Sprint Races and Relay on March 17th.

I am looking at making up a team/teams for the Harvester Relays at Eridge Park, Kent (2008 JK Relay area) on the weekend of 8th / 9th May. This is a day/night relay with teams of 5 or 7. Could you let me know if you would be interested in taking part in this and also let me know if you could do a night leg. Finally I would like to point out that as members of the East Anglian OA we are eligible for awards at the Midlands Championships to be held at the Belvoir Estate, near Grantham, on Sunday 21st March. (The Huntingdon Town Race the day before looks interesting as well !)

Club Activity Sessions – Julie Laver

These Saturday morning sessions are for any club members who want to come along and meet some of their fellow members while learning new skills or helping to pass on skills to others.

Our most recent session was a control hanging exercise at Wivenhoe Park.

On a foggy morning 13 participants of all ages turned out to try to find the sites I had marked and hang control kites by using their own interpretation of the map. They then swapped maps and commented on the accuracy with which other teams had hung their controls.

The second part of the session the teams designed their own courses for the other to try. Again emphasis was on accuracy of the control hanging.

Feedback at the end showed that the participants found it a lot harder to find control sites when they were not already marked with a kite!

Next sessions are:

6th March – Admirals Park, Chelmsford. Sprint training with Steve Cartwright

10th April }

8th May } Details and venues to be confirmed

5th June } See website for details

3rd July }

ALL welcome!

Essex & Suffolk Schools Orienteering League update – Julie Laver

The results for this season (09-10) so far are as follows after 5 events:

Up to Y6 Boys

Timmy Harrison
Thomas Addison
Haydn Garrod

Up to Y6 Girls

Ellie Harrison
Bronwen Mansel
Emma Clarke

Y7/8 Boys

Bryn Wilkinson
Nicolas Harrison
Thomas Birkett

Y7/8 Girls

Rachael Harrison
Kitty Becher
Gaby Jones

Y9/10 Boys

Michael Archer

Y9/10 Girls

Rhiannon Ware
Erica Williamson

Y11/12/13 Boys

James Park
Will Hooton
Alex Ware

Y11/12/13 Girls

Sarah Roach

The top three schools are
Barnardiston Hall Preparatory
Beyton Middle
Debenham High

For the full list of competitors please visit the ESSOL pages of our website. If I have missed your details please contact me and I will amend them. Next years provisional dates are as follows so put them in your diary NOW. Do not forget any person up to year 13 can enter the league by just turning up to the designated events and entering your school details on the registration form We badly need entries for the Y9/10 age group so if you know anyone of that age who might like to have a go direct them to the websites below and we will try to get them going!!!

ESSOL Fixtures 09-10

25-04 Ickworth
09-05 Danbury
20-06 Wivenhoe

SUFFOC
SOS
SOS

Please note these are preliminary fixtures and participants are advised to check Club websites before travelling

<http://stragglers.info>
<http://pdl.demon.co.uk/suffoc>

Stragglers League – Andrew Cordle

Top ten positions are (position at time of the last newsletter in brackets) –

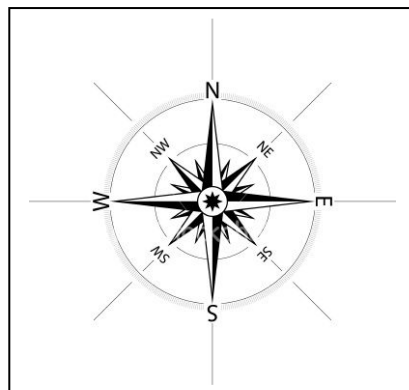
Posn	Prev-Posn	Name	Best-6	Runs
1	(1)	Richard Bonnett	600	14
2	(4)	John Collyer	592	13
3	(2)	Jenny Collyer	589	12
4	(3)	Martin Sellens	580	6
5	(5)	Geraldine Russell	571	11
6	(13)	Steve Robertson	550	8
7	(6)	Tracey Apperley	545	14
8	(7)	Lyn West	538	10
9	(9)	Hilary Sellens	533	7
10	(25)	Daniela Brohm	530	6

Richard maintains his unbeatable form at the top, closely followed by John and Jenny, who seem to swap places almost every event. Congratulations to the above, particularly those breaking in to the Top 10.

The next events are –

14 Mar 2010	SOS Donnylands & Middlewick
28 Mar 2010	CHIG Epping S
18 Apr 2010	HAVOC Belhus Woods
25 Apr 2010	SUFFOC Ickworth
9 May 2010	SOS Danbury
20 Jun 2010	SOS Wivenhoe

The League has been running for two years now. Let me know if you think the rules or criteria for including events could be improved. They are to be found on the club wesite <http://www.stragglers.info/league> , which also has the latest scores.



Lost Participants – Julie Laver

Quick Quiz - for all those parents and teachers who bring competitors to our events then hang around at the finish waiting for them instead of getting your outdoor boots on and having a go yourself!

1. Do you find:

a – the time goes really quickly and you are having a great time

b – you stand around aimlessly and your children come back covered in mud having had a great time and you have no idea what they have been up to

c – they seem to have been gone a long time and so you worry and go looking for them

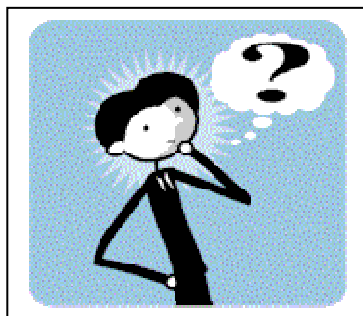
I told you it was quick!

If your answer is

a - Carry on with what you are doing – I don't want to spoil your fun.

b – Why don't you speak with someone at enquiries about having a go yourself. You don't need to be a great athlete or a brilliant map reader just willing to have a go. We are always willing to enthuse new participants

c – DON'T GO LOOKING FOR THEM EVEN IF YOU ARE WORRIED. The club has developed a search and rescue strategy which is practiced and improved over time. Experienced club members will be sent to look for your loved ones – all you need to do is alert an official of your concerns. They will contact the organiser who will decide if the participant has been out too long for the course they are on. They will then initiate a search if it seems necessary. If you go searching for your little darling often they come back shortly after you have left and we then have a lost parent with no map and no idea of where they are likely to be!!



Need to jog your memory? Start running and watch your brain grow, say scientists

Aerobic exercise triggers new cell growth - study

Region of brain affected linked to recollection

Ian Sample Science correspondent

The health benefits of a regular run have long been known, but scientists have never understood the curious ability of exercise to boost brain power.

Now researchers think they have the answer. Neuroscientists at Cambridge University have shown that running stimulates the brain to grow fresh grey matter and it has a big impact on mental ability.

A few days of running led to the growth of hundreds of thousands of new brain cells that improved the ability to recall memories without confusing them, a skill that is crucial for learning and other cognitive tasks, researchers said.

The new brain cells appeared in a region that is linked to the formation and recollection of memories. The work reveals why jogging and other aerobic exercise can improve memory and learning, and potentially slow down the deterioration of mental ability that happens with old age.

"We know exercise can be good for healthy brain function, but this work provides us with a mechanism for the effect," said Timothy Bussey, a behavioural neuroscientist at Cambridge and a senior author on the study. The research builds on a growing body of work that suggests exercise plays a vital role in keeping the brain healthy by encouraging the growth of fresh brain cells.

Previous studies have shown that "neurogenesis" is limited in people with depression, but their symptoms can improve if they exercise regularly. Some antidepressant drugs work by encouraging the growth of new brain cells.

Scientists are unsure why exercise triggers the growth of grey matter, but it may be linked to increased blood flow or higher levels of hormones that are released while exercising. Exercise might also reduce stress, which inhibits new brain cells through a hormone called cortisol.

The Cambridge researchers joined forces with colleagues at the US National Institute on Ageing in Maryland to investigate the effect of running.

They studied two groups of mice, one of which had unlimited access to a running wheel throughout. The other mice formed a control group. In a brief training session, the mice were put in front of a computer screen that displayed two identical squares side by side. If they nudged the one on the left with their nose they received a sugar pellet reward. If they nudged the one on the right, they got nothing.

After training the mice went on to do the memory test. The more they nudged the correct square, the better they scored. At the start of the test the squares were 30cm apart, but got closer and closer together until they were almost touching. This part of the experiment was designed to test how good the mice were at separating two very similar memories. The human equivalent could be remembering what a person had for dinner yesterday and the day before, or where they parked on different trips to the supermarket.

The running mice clocked up an average of 15 miles (24 km) a day. Their scores in the memory test were nearly twice as high as those of the control group. The greatest improvement was seen in the later stages of the experiment, when the two squares were so close they nearly touched, according to a report in the Proceedings of the National Academy of Sciences.

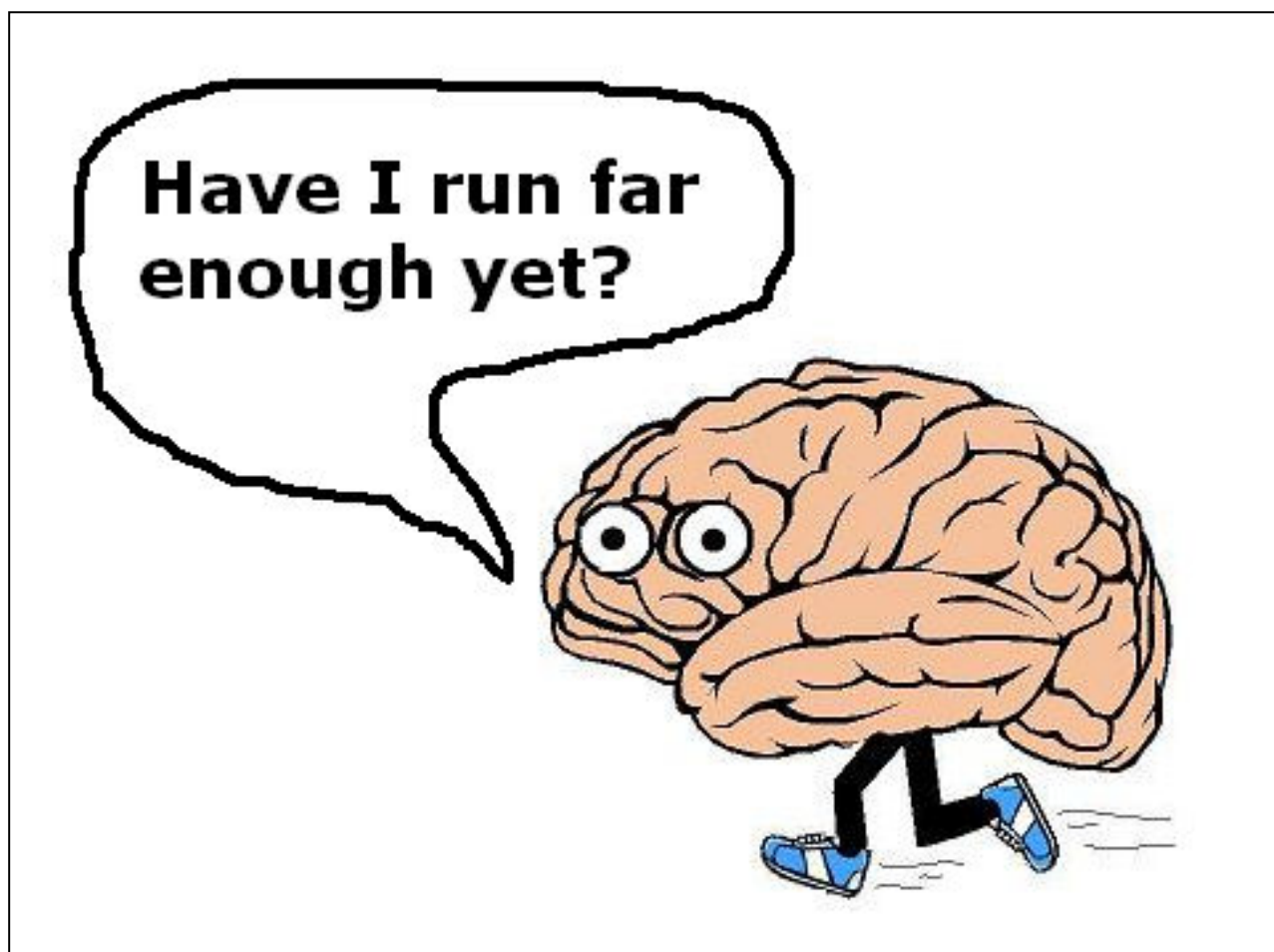
"At this stage of the experiment, the two memories the mice are forming of the squares are very similar. It is when they have to distinguish between the two that these new brain cells really make a difference," Bussey said.

The sedentary mice got steadily worse at the test because their memories became too similar to separate.

The scientists also tried to wrongfoot the mice by switching the square that produced a food reward. The running mice were quicker to catch on when scientists changed them around.

Brain tissue taken from the rodents showed that the running mice had grown fresh grey matter during the experiment. Tissue samples from the dentate gyrus part of the brain revealed on average 6,000 new brain cells in every cubic millimetre. The dentate gyrus is part of the hippocampus, one of the few regions of the adult brain that can grow fresh brain cells.

Contributed by Jack Isbester



Why British Orienteering Needs a 4 Level Event Structure

At the 2010 British Orienteering AGM, to be held on Saturday 3rd April 2010 at the JK, we are tabling the following Proposal:

That the current BOF Event Structure be amended, with effect from 1st January 2011, from a 3 tier structure to a 4 tier structure, the Levels to become:

- **Level 1 Events - British Orienteering's major events, including the British Championships (Sprint, Middle, Long, Relays) and the JK.**
- **Level 2 Events - comprising a limited number of high quality events, including the best of the traditional age-class based cross country events, high profile city races and the Harvester Relays.**
- **Level 3 Events - comprising a wide range of typical Sunday morning events for competitors largely from within their Region, including colour-coded cross country events (former District events), urban races, etc.**
- **Level 4 Events - small scale events aimed at providing local competition (e.g. within a club) and increasing participation. e.g. introductory events, club summer evening events.**

This Proposal, if carried, will have the effect of creating a 4 tier Event Structure, by the insertion of an additional Level to enable a clear distinction between those events aimed at attracting competitors primarily from within the Region, and those aimed at a wider audience.

Following the introduction of the new Event Structure, clubs are now being encouraged to register their former District Events in the new Level 2, as Regional Events, instead of in the New Level 3, as Local Events, as was initially intended. Merging the former Regional and District Events into a single tier of Events of widely differing qualities, has created a number of problems, all of which may effect the quality or cost of our orienteering, including:

- **Identification of Quality Events:** How is a competitor to decide which of these Events are worth travelling to if they are all now described as Regional Events?
- **Entry Fees:** If Clubs choose to register their former District Events as Regional Events, they may well be tempted to increase their entry fees for these Events.
- **Embargoes:** The requirement for a 12 month embargo on areas to be used for Regional Events has been dropped, to permit former District Events to be registered as Regional Events.
- **Controllers.** Level 2 Regional Events should be being controlled by Grade 2 controllers, but there aren't enough of them for all the former District Events, so now experienced Grade 3 Controllers are being allowed to control Level 2 Events. Newly qualified Grade 3 Controllers can only control Level 3 Local Events, many of which don't need a controller at all.

The creation of a separate Level for the best of the old Regional Events, along with other events aimed at a national audience, will enable all of these, and other, problems, which didn't exist under the old Event Structure, to be easily resolved.

To get our Resolution adopted at the AGM, we need your support, either to attend and vote at the AGM, or to use your Proxy Vote, details of which will be sent out to you by British Orienteering. Few members of British Orienteering have yet had an opportunity to express their opinions on the current Event Structure. Use your chance to do so now.

Mike Atherton	01539 531838	mike@atherton.go-plus.net
Sue Birkinshaw	0161 980 5068	SueB@mdoc.org.uk
Roger Smith	015395 68671	roger.smith100@btinternet.com
Dick Towler	07771 998554	dick@acorn.plus.com

SOS at the London marathon – Nicola & Suzy Robertson

We, Nicola and Suzy Robertson, are hoping to fulfill a long held ambition of running the London Marathon on 25th April. We are running for Marie Cure Cancer Care in memory of a great friend. Despite having not lived in Essex since leaving for University a few years ago, we are still members of SOS - some of us will know us from our days as SOS juniors, others may have seen us appear out of the woodwork for the Compass Sport Cup or you might know our parents or brother who can still be spotted in the Essex forests.

Now based in Windsor and Putney (in London) we have squeezed some orienteering into our training programme in the form of SLOW evening events to make the miles more interesting. We would like to ask SOS members for your support in our marathon campaign as we will be running for Marie Curie Cancer Care in memory of our good friend Toby Atkinson. Toby was a fantastic guy and life long friend who passed away at home in May 2009, a few months short of his 25th birthday, after a 3 year battle with bone cancer. Thanks to the work of Marie Curie, Toby spent the last few months of his life at home as he wished, surrounded by the love and support of his family and friends who visited regularly. During his life Toby was a passionate fundraiser and he spoke very highly of his Marie Curie nurses. We thought raising money for Marie Curie in this way would be a great way to remember him.

If anyone would like to sponsor us we would be really grateful. Sponsoring us is really simple and won't take long, just visit our website at <http://original.justgiving.com/nicolaandsuzy>

Thank you. We will let you how we get on and hope to see you at an orienteering event soon.

Snow – Jenny Collyer

A couple of weeks ago we discovered why the Swedes don't orienteer in the winter. Our daughter Ann dragged us reluctantly away from the local cross-country ski course to take part in the training event she had put on for her club. The area was local to her house and she had been out on two visits to hang out pink ribbons at the control sites. The furthest away sites had been left unmarked as she didn't expect anyone to get that far!

John and I set off together in a temperature of about -7 degrees and ran along the first track of compacted snow. No problems here as we were glad to keep warm but eventually we had to leave the comfort of the track and head up the hillside in snow which was above our knees. The snow was like powder, which we were told was easier to run through than having to lift the feet right up on every step. Every step was an effort and although the feature we were looking for was in view getting there was a challenge and we definitely did not want to take any unnecessary steps. We found our way to paths which had been used by horse riders where we could but John was in some discomfort from bruising his ribs falling on (and bending!) his ski pole a few days earlier so we felt that after nearly an hour and finding just five pink ribbons we could justifiably return to the warmth. We were glad Ann hadn't taken up our offer to hang out ribbons while she was at work. I don't think we would have got very far!

Only two club members turned up for this training – the rest were out on skis or skating along the frozen waterways.

Kit for Sale

Bring your good quality unwanted 'O' kit to the enquiries point at our events and we will display it for sale.

All items to be marked with the price and sellers name and contact number.

Please collect unsold kit before you leave as we cannot store items.

Also for sale are some club T-shirts and sweatshirts.

For New Club 'O' kit see Lyn West

More Success for Essex Stragglers – Jack Isbester

The individual winners of the East Anglian Orienteering League 2009 were presented with their trophies - appropriately crested mugs - at a ceremony at the Warren Wood orienteering event on Sunday 31st January 2010. SOS had five class winners.

The photo shows (left to right) Tracey Apperley, winner of the W40-45 class; Perry Mole, winner of the M40-45; Geraldine Russell, winner of W65-70, and Jenny Collyer, winner of W60-65. Also successful was Duncan Harrison who won the M35-40 class.



(Photo: Jack Isbester)

Well done to all our league winners!

The role of the Controller at events – John Collyer

Last issue I mentioned the Controller's three main roles at events and how the Club is trying to increase our available pool of officials we can call on.

For events other than the small local, it is a good idea to have a controller from another club – the more important the event, the more crucial this becomes. You need to develop a good rapport with the Planner, in particular, and also the Organiser.

It goes without saying that a Controller should have considerable experience of planning and organising before taking on an event. The Controller has three main factors to keep an eye on in the planning and organising phases of an event.

Course design:

1. Do the courses follow the relevant guidelines? Here you have to look at proposed courses, both on screen in OCAD (or paper) and on the ground, and make judgements about the relevant standards that need to be applied.
2. Usually the courses will be received from the planner several weeks ahead, allowing time for getting out into the area and all the relevant feedback discussion.
3. One problem that the controller has to remember, is that they are not the planner, they need to avoid attempting to feed their ideas too much into the process. As long as the courses fulfil the standards, then controllers should be "hands-off" advisors.

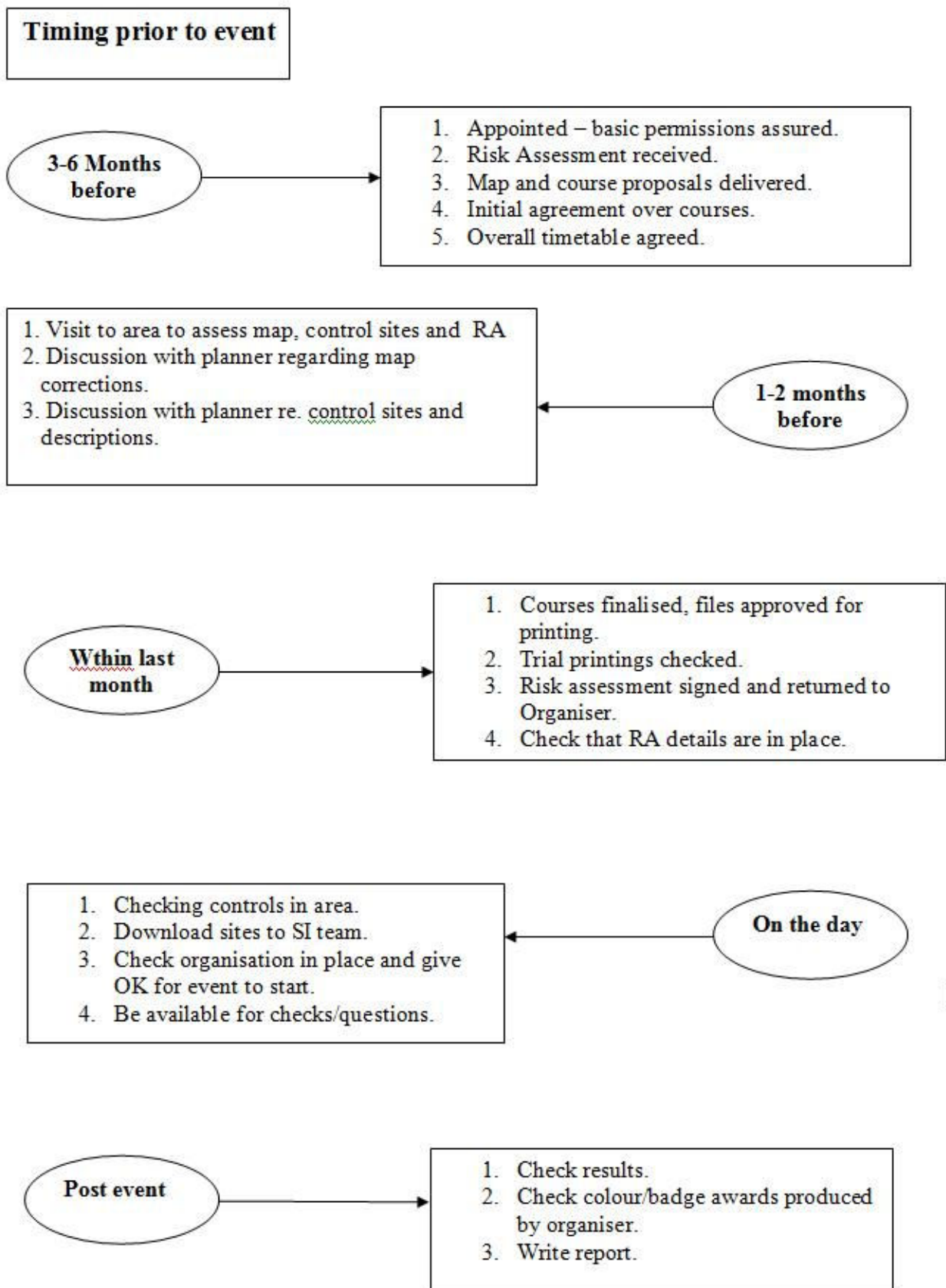
Fairness:

1. Does the map, and the siting of each control allow for fair competition?
2. The age of the map and the time of year need to be considered, it can be quite a fine call to get the state of undergrowth right. In Autumn, will the weather knock down all brambles and nettles; in Spring will the now clear areas be choked by a sudden growth spurt? The screens around control sites and along legs, need to be carefully considered.
3. The position and representation of controls on the map need examining, does the map fairly represent the ground and the proposed siting of the marker. Controllers often spend a lot of time hunting for bits of planning tape attached to twigs etc.!

Safety and Smooth Running:

1. Have the planner and organiser set themselves realistic targets? Will the maps be printed on time, will the planner have everything out in the forest in time for the controller to check, and are there enough helpers for the relevant tasks?
2. Risk Assessments need to be made and signed off by the controller as part of the overall insurance requirements, the controller needs to check if all the relevant points have been covered, including warning relevant people about the event and ensuring First Aid aspects are covered.

This all may sound rather daunting, and I would be kidding you if I pretended that everything will always go smoothly before, during and after the event. Controllers should always be available during the event for comments from competitors, feedback after you have cooled down should always be welcomed.



Fixtures in East Anglia and Nearby Regions – National Events which SOS members regularly attend are also included

The information provided below normally consists of **Event Date, Region** (eg EA = East Anglia), **Event Grade**, **Event & Location Names** and **map reference. Organiser's contact details**. Contact details, costs, closing date etc. for **Pre-entry** when provided. Whether **Entry on the Day** (EOD) is possible and the surcharge payable. The range of **courses** offered. The address of a **website** from which additional information can be obtained. Additional information in plain language.

At Essex Stragglers' events registration normally opens at 1000hrs, starts are from 1030hrs until 1230hrs and courses close at 1430hrs.

March

6th	EAOA SOS	SOS Club Coaching/Training
7th	SEOA DFOK Local	Colour Coded Event , Westerham Westerham, TQ430520 Organiser: Sheralee Bailey, sheraleebailey@hotmail.com Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs: On leads only Start Times: 10:30 to 12:30 www.dfok.co.uk
14th	EAOA SOS Regional	SOS Regional Event & EA Championships , Donyland Woods and Middlewick Colchester, TM010220 Organiser: Lyn West, dave.skinner@btinternet.com, 01206 322905 Postal Entry: Jack Isbester, Cherrydown14 Spring RoadTiptreeColchester, CO5 0BD, 01621 815501, donylands@stragglers.info . Cheques payable to Essex Stragglers Online entry through www.fabian4.co.uk No Entry On Day. Entries Close: 01/03/2010. Senior £10.00, Junior £4.00, Student £4.00 , Punch Type: SI, Start Times: TBA www.stragglers.info
17th	EAOA RAFO Local	Honington Sprint O , RAF Honington Bury St Edmunds, TL892743 Organiser: Mick Liston, ops1@honington.raf.mod.uk, 01359 237118 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
20th	EAOA WAOB Regional	Huntingdon Town Race , Huntingdon Huntingdon, TL236728 Organiser: Caroline Louth, 01223 246145 Online entry through www.fabian4.co.uk Entry On Day: Senior £11.00, Junior £4.00, Student £4.00. , Punch Type: SI, No dogs allowed. Start Times: 11.30 to 1.00 www.waoc.org.uk
21st	SEOA SAX Local	SAX Sunday Series , Millbank Sevenoaks, TQ510530 Organiser: Nick Hope, chairman@saxons-oc.org, 01634 231487 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.saxons-oc.org
27th	SEOA DFOK Local	DFOK Kent Orienteering League , Lullingstone tbc Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
28th	EAOA NOR Local	NOR Colour Code Event , Cawston & Marsham Heaths Cawston, TG165236 Organiser: Alan Bedder, alan.bedder@virgin.net, 01603 424589 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.norfolkoc.co.uk

April

2nd-5th	SWOA National	Jan Kjellstrom Orienteering Festival 2nd Day 1 (Sprint) , Bicton College Budleigh Salterton, SY076859 Organiser: John Rye Online entry through www.jk2010.co.uk/entries No Entry On Day. Entries Close: 12/03/2010. Senior £0.00, Junior £0.00, Student £0.00 , Punch Type: SI, Dogs: Dogs allowed in car park and assembly only. www.jk2010.co.uk
	SWOA	3rd Day 2 (Individual) , Cookworthy Forest Holsworthy, SS415013 Organiser: Carol Pearce Online entry through www.jk2010.co.uk/entries No Entry On Day. Entries Close: 12/03/2010. Senior £0.00, Junior £0.00, Student £0.00 , Punch Type: SI, Dogs: Dogs allowed in car park and assembly only. www.jk2010.co.uk
	SWOA	4th Day 3 (Individual) , Braunton Burrows Barnstaple, SS468348 Organiser: Peter Brett Online entry through www.jk2010.co.uk/entries No Entry On Day.

		Entries Close: 12/03/2010. Senior £0.00, Junior £0.00, Student £0.00 , Punch Type: SI, Dogs: Dogs allowed in car park and assembly only. www.jk2010.co.uk
	SWOA	5th JK Relays , Braunton Burrows Barnstaple , SS450340 Organiser: Peter Brett Online entry through www.jk2010.co.uk/entries No Entry On Day. Entries Close: TBC , Punch Type: SI, Dogs: Dogs allowed in car park and assembly only. www.jk2010.co.uk
10th	EAOA SOS	SOS Club Coaching/Training
11th	SEOA SLOW Local	SLOW - SE Middle Distance Champs , Wimbledon Common Wimbledon , TQ215722 Organiser: Andy Robinson Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs allowed. Start Times: 10.00 - 12.00 www.sloweb.org.uk
18th	EAOA NOR Local	NOR Colour Code Event , Bacton Wood North Walsham , TG317311 Organiser: Alan Bedder, alan.bedder@virgin.net , 01603 424589 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.norfolkoc.co.uk
18th	SEOA HAVOC Local	HAVOC Local Event , Belhus Woods Upminster , TQ565825 Organiser: Janet Biggs, chairman@orienteering-havoc.co.uk Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs: Under control Start Times: 10.30 to 12.30 www.orienteering-havoc.co.uk
18th	EAOA WAOA Local	WAOA Local Event , Ampthill Park Ampthill Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Start Times: TBC
24th	SEOA SAX Local	SAX KOL , Blean Faversham , TR075604 Organiser: Simon Maytum, simon.maytum@tiscali.co.uk , 01622 746011 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.saxons-oc.org
25th	EAOA SUFFOC Local	SUFFOC Colour Code Event & ESSOL , Ickworth Park Bury St Edmunds , TL816614 Organiser: Alan Anstead, alan_anstead@yahoo.co.uk Entry On Day: Senior £7.00, Junior £2.00, Student £TBC. , Punch Type: None, www.suffoc.co.uk
May		
1st-2nd	WMOA WCH National	1st British Orienteering Championships , Abrahams Valley & Wolseley Park, Cannock Chase Rugeley , SK019197 Organiser: Rod Niven, roderick.niven@lineone.net Postal Entry: BOC 2010, 7 Greenfield Road Stafford Staffs, ST17 0PU, 01785 661992, markgarside@hotmail.com . Cheques payable to BOC 2010 Online entry through https://www.sientries.co.uk/index.php No Entry On Day. Entries Close: 28/02/2010. Senior £16.00, Junior £7.00, Student £7.00 , Punch Type: SI, Dogs: Dogs on leads www.walton-chasers.co.uk
	WMOA	2nd British Orienteering Championships - Relays , Abrahams Valley & Wolseley Park, Cannock Chase Cannock , SK009203 Organiser: Christopher Horwill Postal Entry: BOC 2010, 7 Greenfield Road Stafford Staffs, ST17 0PU, 01785 661992, markgarside@hotmail.com . Cheques payable to BOC 2010 Online entry through https://www.sientries.co.uk/index.php No Entry On Day. Entries Close: 28/02/2010. Senior £36.00, Junior £21.00, Student £21.00 , Punch Type: SI, Dogs: Dogs on lead. www.walton.chasers.co.uk
8th	EAOA SOS	Club Coaching/Training
9th	EAOA SOS Local	SOS Colour Code Event & EA Schools Championships , Danbury Park Danbury , TL773052 Organiser: Nancy Powell Davies, powell.davies@btinternet.com , 01376 562657 Entry On Day: Senior £7.00, Junior £2.00, Student £2.00. , Punch Type: SI, Start Times: 10.30-12.30 www.stragglers.info
15th	SEOA DFOK Local	DFOK Kent Orienteering League , Greenwich Greenwich Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
16th	EAOA NOR Local	NOR Colour Code Event , Houghen Plantation Norwich , TG185175 Organiser: Alan Bedder, alan.bedder@virgin.net , 01603 424589 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.norfolkoc.co.uk
23rd	EAOA SUFFOC Local	SUFFOC Come and Try It (CATI) Event , Bridge Wood (Orwell Country Park) Ipswich , TM186405 Organiser: Paul Lowe, orient@pdl.demon.co.uk Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.suffoc.co.uk

NEXT SOS Newsletter

The next edition of the newsletter will be available at the middle of May 2010.
Copy to the Editors editors@stragglers.info before 9th May 2010.