



CHIGCHAT

The Newsletter of

CHIGWELL AND EPPING FOREST ORIENTEERING CLUB

Number 168
September 2009

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Editorial

Welcome to my second edition off CHIGCHAT. I hope you enjoy the contents, paying particular attention to the definition of 'CHIGS', and you may learn something new from the article on 'how to orienteer in the USA'!

Following Josh's excellent Saturday training sessions during the early summer we are very pleased to welcome several new members, whose details can be found elsewhere in this CHIGCHAT. New members are the lifeblood of our club and, and Jennifer mentions below, we look forward to meeting these new orienteers at events during the autumn.

Sally

Chairman's Letter

First of all I'd like to welcome everyone back from their summer holidays – some went to far off places like Scotland or the North York Moors, and I'm sure there a few lazing on sunny beaches too. It's a new season in the forests, and more events are in the calendar as the summer undergrowth dies down.

My summer was very quiet orienteering-wise so I decided to go to North Yorkshire for the White Rose weekend over the August Bank Holiday. This isn't a popular event for us southerners due to the thickness of the Yorkshire forests (brashings, bracken and an uneven forest floor make it really hard going) but for me it's an opportunity to catch up with old friends (three ex-CHIG people live up there) and to walk as well as orienteer in a very beautiful part of the country. Only three of us went – the Cheethams and I. Peter finished 5th on the second day and we all made it through the two day regional event. Only a few of the younger men made times under 10 mins a kilometre on the second day, so it's a good test of stamina!

I'd like to extend a particular welcome to the new people who joined the club earlier in the summer through our Get Back to Sport training activities and look forward to seeing you at events. Do feel free to accost CHIG members and say hallo – look for club members in our smart Coolmax tops ! You are also welcome to give a hand at Club events, and will get a free run in return for helping out – organisers email round club members before an event looking for people to man a start or a finish at the beginning or the end of an event. It's a good way to get to know other club members as well as put a little back into the sport.

Finally, as electronic communication is becoming the main way of keeping in touch and finding events, I'm absolutely delighted that we have a new Club website, thanks to the work of Alan Brett. It's lurking in a virtual twilight at the moment (Alan can let you have a preview if you email him) while the last few parts of the archive are migrated, but we are looking forward to a launch in a few weeks' time. It's going to allow a lot more dialogue on the site as well as keeping you in touch with what is going on. Look out for it!

Jennifer

News from BOF

Regular items are added to the BO home page (www.britishorienteering.org.uk) which cover a broad selection of news. It is worth keeping up to date by visiting the site regularly.

From the BO website:

“Appointment of new staff

We are delighted to announce that two new members of staff will start work on 1st September: Richard Barrett is the new Participation Manager for southern England and Josh Jenner (CHIG) is the new Higher Education Development Officer.

Now that we have two full time Participation Managers we hope to be able to offer even more support to clubs which want to increase participation and membership. Focus clubs are developing weekly activity programmes for new and existing club members so that the sport is not only to be found in the forest but is now coming into the community.

Our Sport England funding has enabled us to make these new appointments and orienteering is one of only 7 sports which bid for grants to work in the Higher Education sector. Josh will focus on ways of increasing participation in orienteering in a limited number of universities and in disseminating good practice to support other university orienteering clubs.
Hilary Palmer, Development Manager”

Congratulations to Josh on his new appointment and we wish him every success.

New Members

Daron & Joshua Bentley [Epping] (M40 & M9)

Brendan Grant [Leyton] (M55)

Chris Miller [Epping] (M60)

Jichao Zhou [Ilford] (M21)

Wendy (W35), Nigel (M45), Maren (W7) & Sophie (W5) Astell [Epping]

Alex Brewer (cousin of Owen Haigh) [Bishops Stortford] (M10)

Welcome to you all and we look forward to seeing you during the autumn.

From Wikipedia - A definition of 'CHIGS'

CHIGS are humanoid, bipedal aliens that serve as the primary antagonists in the series. They have small, black eyes in recessed eye sockets, with gills on the sides of their head and large, jutting chins. They appear to be unable to survive in atmospheres that support human life as both air and water are poison to them; they are often seen wearing armoured life-support systems that provide them with the methane they need to breathe.

Distinguishing characteristics of the un-armoured **CHIG** are small black eyes set deeply in the head, pink skin, lack of a prominent nose, a protruding upper jaw, and structures resembling gills to either side of the mandible.

CHIG ANNUAL CLUB DINNER Friday 6th November 2009

The Annual Dinner has been organised this year for Friday 6th November and will be held at **Anton's Restaurant and Champagne Barn**, Great Hallingbury Manor Hotel, Tilekiln Green, Great Hallingbury, Bishop's Stortford CM22 7TJ. Tel: 01279 506475.

The cost is £20 a head for a three course meal, including unlimited still or sparkling water and tea/coffee.

The after-dinner talk will be given by a representative of the National Trust and will be about Hatfield Forest and its history.

There no spaces left now, but if you would like to be put on the waiting list, please contact me (sally@pribul.co.uk).

Did You Know?

Colour Coded Awards

A competitor qualifies for a Colour Coded Award by achieving the Colour Coded Standard for that colour course on three separate occasions. Pairs can qualify for Colour Coded Awards on the White, Yellow and Orange courses. A White Colour Coded Standard is achieved by anyone who successfully completes the White course.

The Colour Coded Standard for courses other than White is calculated using whichever of the following two methods gives the larger number of qualifiers:

- The time that is achieved by at least 50% of those who started the course, which includes those who retire or are disqualified. Each pair or group on Yellow and Orange courses (if any) should be treated as a single starter.
- 150% of the winner's time.

The Controller may extend the qualifying time if there are reasonable circumstances to do so, but may not reduce it.

Much Hadham Busy Week Orienteering Day

On 30th July, 22 children aged 7 to 13 mainly from St Andrews School, Much Hadham, took part in this introduction to orienteering. The exercises and courses were laid out in the grounds of a grand house, complete with novel features such as play equipment, statues and the dry moat.

Ros West familiarised the children with orientating themselves and their maps in a short star exercise. Then the children ran a short course, followed by a very competitive relay course. Emma, Alex and Marcus Blowers enjoyed setting up the course and helping re orientate those taking part. A great time was had by all, everyone completed their courses, some in very encouraging times, and several families have expressed an interest in having a go at a Chig event this season.



CHIG V HAVOC Results for 2009

Our annual inter-club league against HAVOC has resulted in victory for CHIG, as you can see from the following individual match results.

Event	Date	CHIG	HAVOC
Hainault	30-May	83	35.5
Thorndon	13-Jun	37.5	57.5
Claybury	21-Jun	69	17
Epping SW	26-Jul	51.5	63
	Total	241	173

Thanks to all of you whom came along to these events and supported the club.
See you again next year!

The Scottish 6-Day 2009: a view from (slightly below) mid-table

In terms of the range of technically and physically challenging courses and areas available, the Scottish 6-Day is arguably the UK's best multiday event and this year's competition served to remind me both of how much I enjoy this biennial orienteering festival and to highlight my o-problem areas.

I class myself as a relative beginner to multiday events; despite having been orienteering since the age of about 10 or 11, I only took part in my first such competition in Summer 2005 (the Kapa 3-Day in Latvia) and this was my 2nd Scottish. As such, orienteering in the far flung and relatively rugged areas which these events takes one to remains a fairly new experience for me and, being a much better runner than navigator, I tend to approach each day of competition wondering not if but when I'll get badly lost.

This proved to be a fair state of anticipation for day 1's event at Dalrulzion where, failing to focus on following the contour detail or vegetation boundaries in a heavily wooded area, I rarely hit any controls cleanly and lolloped round the 6.4km course in just under 95 mins. Value for money, certainly, but had I learnt anything from a week orienteering in Sweden at last year's O-Ringen?

Kinnoull Hill, the venue for Day 2, proved to be a more forgiving area and although my navigation did lapse in what should have been very straight forward path-ridden sections, I managed 20th in the M21L category, compared to 33rd the previous day. In contrast to the largely forested vistas of the first 2 days, Day 3's predominantly open moorland setting of Tullochroisk should have catered more to my strengths, or likes. However, further lapses of concentration and lack of leg planning meant I was still able to mess-up. Eventually finishing in 109:44, I was ready for the rest day.

Besides the orienteering, the other main draw for me of the Scottish 6 Days is the opportunity to spend a week in parts of the country which I wouldn't normally have cause or thought to visit. I had once previously visited Perthshire in 2007 but since this was whilst knuckling down on my bike in an effort to reach Pitlochry as part of a Land's End – John O'Groats ride, I hadn't previously had the chance to really take in the scenery. After a relaxed morning, me and university friends managed to make at least a little more effort to explore the surrounding area by driving to a point upstream of Perth to swim in the Tay before returning to the event campsite for the sprint event round Scone Palace.

Despite the above comments about the technically challenging nature of the events, Day 4 at Tentsmuir turned out to be more akin to Thetford-on-Sea, in Scotland, i.e. dead flat, grid-pattern pine forest. I still made mistakes here, maybe because my brain went to sleep, but there was nothing I couldn't work to improve on by doing events in East Anglia. By far and away my favourite day of the week come next at Barry Buddon, a military training area of sand dunes east along the coast from Dundee. Here, after bumping round the first 3 controls, I felt both comfortable and controlled as I picked off the rest of the course, spiking most controls and never deliberately following (yes, I confess that I did follow Josh for a wee bit on Day 2). My run wasn't faultless and I made a few silly errors but the 10th place finish was my best of the week.

Day 6 at Loch Ordie, at least in retrospect, again reminded me of where I tend to go wrong. Like Tullochroisk, this was an essentially open area and although, as I heard many people say, not really suitable for a white course, it shouldn't have been too navigationally demanding but by taking my eye off the ball, or map, I did allow a few 3-4 minute errors to creep in.

Overall, I was pleased with my performance over the week from an fitness/endurance perspective – I got round each day, didn't feel that tired afterwards, and felt that the combination of running 7 days and swimming on 3 (twice in the sea after coastal events) should have put me in good stead for the Helvellyn triathlon in early September. I made navigational mistakes each day and ultimately finished in 26th place but whereas I used to measure my errors in 5 minute increments, I can now talk in terms of single minutes and hopefully the lessons learnt from this summer will mean that in future I refer to second-denominated mistakes.

Harold Wyber

Orienteering In The USA

Or How not to get lost in the great outdoors (in the United States)

American Fitness, May-June, 1990 by Richard T. Edwards

If you are like me, chances are you are an adventurer. You travel by RV or camper to a selected trail, lock up the vehicle and head out without any desire to see mankind for some time. Often, you trek away from the beaten path just to enjoy the calm and be alone with nature.

This may not sound like a good idea if you are afraid of getting lost. If you like the security of knowing you can handle problems dealing with personal safety and first aid, but are afraid of getting lost - fear no more. There is a way to fulfil your adventurous desires and know exactly where you are. It's called orienteering. Imagine the delight of being able to enjoy nature, take pictures, feel the tranquillity of being one with nature and explore the unknown without having to worry about being lost. This is what orienteering skills will do for you.

What is orienteering? It is the ability to read topographical maps, know exactly where you are on them and acquire the skills necessary to be competent with an orienteering compass. The use of both in harmony is called orienteering.

Compasses come in basically three varieties. The five-and-dime special, floating dial variety and orienteering compass. While the orienteering compass is the best choice, if you have to use an alternative, choose the floating variety. However, you will have to do some figuring, and you'll have to practice with it in order for you to feel comfortable using it.

The orienteering compass offers easy to read markers which point from your palm to the direction of travel and a rotary housing dial which is adjusted to align with the true magnetic north. When you match the housing with magnetic north, the arrow on the plastic outer housing will tell you the direction in which you are heading.

Once you feel comfortable and know how to use this kind of compass, you will discover you don't need a topographical map just to venture out into unexplored territory. Still, it is best to master both skills.

This type compass is helpful in establishing a starting position without a map. Simply put the orienteering compass in your hand and read the degree heading at the top of the compass. A red line begins at the centre of the clear plastic and leads to the adjustable dial. With this line the degree heading dial reading is the direction of travel. For a return heading simply use a tree or something out in front of you as a reference point.

Let's say the direction of travel was 60 degrees. Venturing back to the same place where you began would mean your heading should be 240 degrees. There are two ways to confirm this. Look down at the centred red line heading towards your stomach and read the dial heading. It should be 180 degrees more or less than the direction of travel you planned.

It is best to bring along a notepad. Divide a page in half and write at the top TO and FROM. The "to" will be your heading away from your starting position, and "from" will be the original compass heading. Every time you change a direction, make a note of it. Note the time, too, that it took to go from point A to point B. Also, if you have the chance, make a marker at the location where you've made a change in direction.

I like to use two compasses. I set one on what is called a back azimuth. Then I walk around for a while, come up to my first eastern landmark, and walk near it until I get a compass reading 180 degrees opposite of the 60-degree reading. The second compass is set at 90 degrees from this point. This is known as cross referencing. When I come up to this tree my direction and cross reference heading will marry up to exactly what is indicated on the compass dials. A tree will make sense of this trick. Think of it as a point where two lines meet. I can walk anywhere, but my two compass headings will only marry up at this juncture. As long as you use landmarks in conjunction with your compass readings, you will always return to the same point.

Once you feel comfortable using the orienteering compass, you can apply your skills to topographical maps, called topos. When you add topo maps, all of what has been covered will fall into place. Once you learn to read them, know the colour codes and the way the contours work and what they mean, they will help you find interesting features within the area. You may discover ghost towns, old mines and will be warned of potential dangers.

Topo maps will help you to plan your trek in a variety of ways. You can establish your direction of travel and estimate the distance and time it will take you to reach each leg of your trek. This will help you to plan your food needs. You can also look at the elevation changes to discover which areas you don't want to venture into or ways to handle the terrain features.

Changes in altitude affect your clothing needs and food consumption, too. Knowing how to read these changes and determining whether or not they will affect your trek is part of the planning process which can be done at home. As an emergency plan, leave a spare set of maps at home showing where you will be. Then, should you need help or be needed at home, they will know where to find you.

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Club Kit

The following club kit is available from Robin Campbell (r061nru6y@hotmail.com) :

New T shirts and Sweaters (royal blue with club logo)

T Shirt	M	2	9.00) other sizes available to
Sweater	S	1	17.50) order but subject to
	L	1	17.50) lead time
	XL	1	17.50)

CHIG Coolmax tops, as modelled so beautifully below, are available only to order from Sally Pribul (sally@pribul.co.uk). Please contact Sally for details if you want to order one, or more!



Other Kit

	Size	UK size	Qty	
Old Style				
O Suit Top	3	38	1)
	4	40	2)
	5	42	4)
	6	44	1)
	7	46	2)
O Suit Bottom	3		1)
T Shirt	S		6)
	L		3)
Tights Royal Blue	S		1	15.95
Caps Baseball	One size		6	4.25
Even older style				
O Suit Top	3	38	1)
	4	40	1)
O Suit Bottom	4		1)

prices on application

Dates For Your Diary

Advance notice of forthcoming events

Full details of all these events will be found on the CHIG website nearer each date, or in the case of the HAVOC v CHIG on the 14th June, on the HAVOC website.

Date	Event	Location
Monday, 12 th October	Committee Meeting	Tim Pribul, Sawbridgeworth
Monday, 16 th November	Committee Meeting	Alan Brett, Ilford
Friday 6 th November	Annual Club Dinner	Anton's, Great Hallingbury
Saturday 12 th Sept	Come and Try It Event	Hainault Forest
Sunday 13 th Sept	SE Score Championships	Wormley Woods
Sunday 20 th Sept	HAVOC Score Event	Bedfords Park
Saturday 26 th Sept	HH Schools League	Stanborough Park, Welwyn Garden City
Sunday 27 th Sept	LOK Local Event	Hampstead Heath
Sunday 11 th Oct	SOS Schools League	Hatfield Forest, Bishop's Stortford
Sunday 18 th Oct	HAVOC Local Event	Weald Park
Sunday 25 th Oct	WAOOC Local Event	Mildenhall Woods
Sunday 22 nd Nov	Michael Brandon Mitre	Epping Forest East
Sunday 6 th Dec	HAVOC Local Event	Langdon Hills, Basildon
Saturday 9 th Jan 2010	CHIG Schools League	Pishiobury Park, Sawbridgeworth

South-East Fixtures

September-November 2009

September

2nd	SEOA DFOK Local	DFOK Evening Event , Shooters Hill Woodlands Eltham, TQ438762 Organiser: Philip Basford, philb@ntrg.u-net.com Entry On Day: Senior £4.00, Junior £0.00, Student £0.00. , Punch Type: None, Dogs: On leads only Start Times: 6pm to 7:15pm www.dfok.co.uk
5th	SEOA SAX Local	SE Sprint Champs Kent Uni. , Kent University Canterbury Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
6th	SEOA SAX Regional	SE Middle Distance Champs Blean , Blean tbc, TR075604 Organiser: Sarah Howes, sarahmhowes@hotmail.co.uk 01892 723327 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
12th	SEOA SLOW Regional	The Second London City Race , The City of London London, TQ327811 Organiser: Vince Roper Postal Entry: Mike Garvin, 30 Belvedere Place London, SW2 5TD, 020 7738 6570, mikegarvin1@googlemail.com Cheques payable to SLOW. Online entry through fabian4 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. Punch Type: SI, Dogs: must be on lead at all times www.sloweb.org.uk
12th	SEOA CHIG Local	Hainault CATI , Hainault Forest Country Park Romford, TQ475933 Organiser: Ray Weekes, RayWeekes@BTIntenet.com 020 8530 3011 . Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. www.chig.org.uk
13th	SEOA SLOW Local	Trail Challenge Half Marathon , Ranelagh Harriers clubhouse Richmond Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
13th	SEOA SO Local	SO - Sussex Sprint Series 2009 - Varndean campus , Varndean & Surrenden Campus Brighton, TQ310072 Organiser: Judith Carder. Entry On Day: Senior £3.00, Junior £1.00, Student £1.00. Punch Type: SI, No dogs allowed. Start Times: 10.00-11.00am www.southdowns-orienteers.org.uk/index/events
13th	SEOA CHIG Local	SE Score Champs , Wormley Broxbourne, TL321059 Organiser: Peter Cheetham, cheethap@uk.ibm.com 01438 715546 Entry On Day: Senior £9.00, Junior £2.00, Student £2.00. , Punch Type: SI, No dogs allowed. Start Times: 10.30 - 12.00 www.chig.org.uk
19th	SEOA SO Local	SO - Sussex Sprint Series 2009 - FINAL- Lancing Manor , Lancing Manor Lancing, TQ187056 Organiser: Kenny Leitch . Entry On Day: Senior £3.00, Junior £1.00, Student £1.00. , Punch Type: SI, No dogs allowed. Start Times: 10.00-11.00am www.southdowns-orienteers.org.uk/index/events
26th	SEOA DFOK Local	KOL Local Event , Downe Activity Centre Biggin Hill, TQ419631 Organiser: Philip Basford, philb@ntrg.u-net.com Entry On Day: Senior £6.00, Junior £1.00, Student £1.00. , Punch Type: SI, Dogs: On leads only and only in the car park Start Times: 11 am to 12:30 pm http://www.dfok.co.uk/
26th	SEOA HH Local	HH Local , Stanborough tbc Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None No dogs allowed.

26th	SEOA SO Local	SO SOG 1 , Houghton Arundel Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
26th	SEOA MV Local	MV CAT-O , Nork Park Epsom, TQ240580 Organiser: Peter Martin, 01372 276 962 . Entry On Day: Senior £3.00, Junior £1.00, Student £1.00. , Punch Type: SI, No dogs allowed. Start Times: 10.00am - 12.00pm www.mvoc.org
27th	SEOA LOK Local	Hampstead Heath local , Hampstead Heath Hampstead, TQ276862 Organiser: Neil Brooks, neilbrooks@msn.com Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. www.londonorienteeing.co.uk

October

1st	SEOA SO Local	SO SONIC 1 , tbc tbc Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
1st	SEOA DFOK Local	DFOK Kent Night Cup , Jeskyns tbc, TQ663693 Organiser: David Cave-Ayland, dave.cave@tesco.net Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. www.dfok.co.uk
3rd	SEOA GO Local	SE Relays , Puttenham Commons Guildford, SU910460 Organiser: Jeremy Wilde . Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
4th	SEOA SO Regional	SO Regional Event - Stoughton, Chichester , Stoughton Chichester, SU798123 Organiser: Dave McTurk, 01243 782991 . Online entry through www.southdowns-orienteeers.org.uk/index/events/detail/stoughton Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. www.southdowns-orienteeers.org.uk/index/events/detail/stoughton
10th	SEOA SO Local	SO SOG 2 , Stanmer Park Brighton Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
11th	SEOA HH Local	Ashridge , Ashridge Berkhamsted, SP975118 Organiser: Robin Barris . Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, No dogs allowed. www.happyherts.org.uk
17th	SEOA SO Local	SO SOG 3 , Blacklands Sharpthorne Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
17th	SEOA MV Local	MV CAT-O , Redhill Common Redhill Entry On Day: Senior £3.00, Junior £1.00, Student £1.00. , Punch Type: SI, No dogs allowed. Start Times: 10.00am - 12.00pm
18th	SEOA SAX Local	SAX Local , tbc tbc Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
24th	SEOA SO Local	SO SOG 4 , Rewell Arundel Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.

- 25th SEOA **District Event**, Lesnes Abbey Woods Plumstead, [TQ480785](#)
 DFOK Organiser: Andrew Evans, andrew.evans444@btinternet.com Entry On Day: Senior
 Local £7.00, Junior £3.00, Student £3.00. , Punch Type: SI, Dogs: On leads only Start Times:
 10:30 am to 12:30 pm www.dfok.co.uk
- 31st SEOA **MV CAT-O & POC Launch**, Buchan Country Park Horsham/Crawley, [TQ246347](#)
 MV Organiser: Peter Martin, 01372 276 96 Entry On Day: Senior £3.00, Junior £1.00,
 Local Student £1.00. , Punch Type: SI, No dogs. Start Times: 10.00-12.00 www.mvoc.org

November

- 5th SEOA **SO SONIC 2/KNC**, tbc tbc
 SO Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
 Local No dogs allowed.
- 7th SEOA **HH Local Event**, Rothampstead tbc
 HH Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
 Local No dogs allowed.
- 7th SEOA **SO SOG 5**, West Friston Eastbourne
 SO Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
 Local No dogs allowed.
- 8th SEOA **Regional Event**, Mytchett www.southernnavigators.com SU89355
 SN Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
 Regional No dogs allowed.
- 12th SEOA **DFOK Kent Night Cup**, Westerham tbc, [TQ430520](#)
 DFOK Organiser: Philip Craven, firhayes@gmail.com Entry On Day: Senior £TBC, Junior
 Local £TBC, Student £TBC. , Punch Type: None, No dogs allowed. www.dfok.co.uk
- 14th SEOA **DFOK Kent Orienteering League**, Happy Valley Croydon
 DFOK Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
 Local No dogs allowed.
- 14th SEOA **SO SOG 6**, Oldhouse Warren Crawley
 SO Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
 Local No dogs allowed.
- 21st SEOA **MV Night Event**, tbc tbc
 MV Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
 Local No dogs allowed.
- 21st SEOA **SO SOG 7**, Lancing Ring (Halewick) Lancing
 SO Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
 Local No dogs allowed.
- 22nd SEOA **Regional Event**, Epping E Loughton, [TQ428985](#)
 CHIG Organiser: Ray Curtis, curtis.rosemount@sky.com 01279 418699 Entry On Day:
 Regional Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs: Keep on a lead. Start
 Times: 10.30 - 12.30 www.chig.org.uk
- 28th SEOA **Night Regional Event & Southern Night Champs**, Blackheath & Farley Heath
 GO GUILDFORD, [TQ036462](#)
 Regional Organiser: Gary Strowbridge, garystrowbridge@btinternet.com . Entry On Day:
 Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
www.guildfordorienteers.co.uk
- 29th SEOA **OK Nuts Trophy**, Hankley Common Milford, [SU880410](#)
 SLOW Organiser: Richard Clark, Dick.Clark@cognitionsolutions.com . Entry On Day: Senior
 Regional £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, No dogs allowed. Start Times:
 10.00-12.30 www.sloweb.org.uk

Other Regional/National Events

September

- 19-20 SWOA DEVON Regional
Caddihoe Chase Regional Event
19th Caddihoe Chase - Day 1, Hound Tor & Haytor Bovey Tracey, [SX740793](#)
Organiser: Jill Green, 01392 278512. No Entry On Day. Entries Close: TBC , Punch Type: SI,
No dogs allowed. www.devonorienteering.co.uk SWOA
- 20th Caddihoe Chase - Day 2**, Hound Tor & Haytor Bovey Tracey, [SX740793](#)
Organiser: Jill Green, 01392 278512. No Entry On Day. Entries Close: TBC , Punch Type: SI,
No dogs allowed. www.devonorienteers.co.uk
- 27th WMOA COBOC Regional
Peter Palmer Junior Team Relay, TBC Sutton Park, [SP115960](#)
Organiser: Gerry Morrison, gerry227@hotmail.com Entry On Day: Senior £TBC, Junior
£TBC, Student £TBC. , Punch Type: None, No dogs allowed.
www.coboc.org.uk/Peter_Palmer_Flyer_09.pdf

October

- 10th EAOA SOS Regional
British Schools Score Championships, Hylands Park Chelmsford, [TL680048](#)
Organiser: Julie Laver, julie.laver@virgin.net 01206 826152 Postal Entry: Julie Laver, Ford
House Ford Lane, Alresford, CO7 8BB, 01206 826152, julie.laver@virgin.net Cheques
payable to Essex Stragglers OC. No Entry On Day. Entries Close: 21/09/2009. Senior £0.00,
Junior £4.00, Student £0.00. Punch Type: SI, No dogs allowed. www.stragglers.info
- 10th-11th WOA
SWOC Regional
Welsh Championships Weekend
10th Welsh Championships Regional Event, Wentwood Newport, [ST422948](#)
Organiser: Nyall Meredith, nyall.meredith@btinternet.com Postal Entry: Nigel Ferrand,
11 Southcourt Road Penylan, CF23 9DA, 029 2025 5037, nigel.ferrand@virgin.net
Cheques payable to Nigel Ferrand. Online entry through www.fabian4.co.uk Entry On
Day: Senior £12.00, Junior £5.50, Student £5.50. Punch Type: SI, No dogs allowed. Start
Times: Starts 12:00 to 14:00 www.swoc.org.uk WOA
- 11th Welsh Short Championships**, Parc Penallta Ystrad Mynach, [ST139956](#)
Organiser: Nigel Ferrand, nigel.ferrand@virgin.net Postal Entry: Nigel Ferrand, 11
Southcourt Road Penylan, CF23 9DA, 029 2025 5037, nigel.ferrand@virgin.net. Cheques
payable to Nigel Ferrand. Online entry through www.fabian4.co.uk Entry On Day: Senior
£9.00, Junior £5.00, Student £5.00. , Punch Type: SI, No dogs allowed. Start Times: From
10.00 to 12.00 www.swoc.org.uk

11th SWOA WSX Regional
21st Dorset Delight Regional Event, Bisterne South Burley, New Forest, [SU232023](#)
Organiser: Gordon Raggett, 01425 271177 Postal Entry: Tim Houlder, 79 Surrey Road
Poole, BH12 1HG, 01202 380628, tim.houlder@ntlworld.com Cheques payable to WSX
OC. Online entry through www.fabian4.co.uk Entry On Day: Senior £12.00, Junior £5.00,
Student £5.00. , Punch Type: SI, Dogs: Dogs on lead in car park please and under close
control in the forest. Start Times: TBA www.wessex-oc.org

17th EAOA CUOC Regional
CUOC Cambridge City Race & Icenian Trophy, Cambridge City Cambridge, [TL453592](#)
Organiser: Clare Sutherland, cs492@cam.ac.uk 07789871376 Online entry through
www.fabian4.co.uk No Entry On Day. Entries Close: TBC , Punch Type: SI, No dogs
allowed. www.cuoc.org.uk

31st SCOA OUOC Regional
Oxford City Race, Oxford City Centre Oxford, [SP513062](#)
Organiser: Jenny Thornton, organiser@cityrace.org.uk, 07986 004947 . Entry On Day:
Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed.
www.cityrace.org.uk

November

1st SCOA SOC Regional
November Classic Regional Event, Bentley & Fritham Lyndhurst, [SU248120](#)
Organiser: Simon Bevan, simon.bevan@ordnancesurvey.co.uk . Entry On Day: Senior
£TBC, Junior £TBC, Student £TBC. , Punch Type: EMIT, No dogs allowed.
www.southampton-orienteers.org.uk

December

13th WMOA WCH National
National Event & Midlands Championships, Beaudesert, Cannock Chase Cannock,
[SK052132](#)
Organiser: Jane Christopher, j.christopher22@btopenworld.com 01785 660133
Postal Entry: Allan Williams, 14 Hebden Wilnecote, Tamworth, Staffs, B77 4HP, 01827
899206, allandsheena@tesco.net Cheques payable to Allan Williams. Online entry
through www.fabian4.co.uk No Entry On Day. Entries Close: 06/12/2009. Senior £14.00,
Junior £6.00, Student £6.00 , Punch Type: SI, Dogs: But not in the Scout Camp Start Times:
10.00am - 12.30pm www.walton-chasers.co.uk