

PUNCH

Newsletter Date		January 2011
		CHAIRMAN'S CHAT
The next edition of PUNCH to be published in March, I hope – all copy for the next edition to be with the Editor ASAP		Well, the snow has been and gone as has Christmas and suddenly we're in 2011. And in a new year perhaps it's time to take a step back and look at how we organise our orienteering programme.
Ranking List	2	Next year, 2012, apart from being Olympic year, is Kernow's 30th anniversary, and quite a lot of what we do has its foundations back in the dim distant past of the 1980's. In particular our forest league was intended to provide a competitive focus for our events, bearing in mind that many of us were new to the sport and nervous about travelling to bigger events outside the county. Then there were the start times, which were slightly later and longer than some other clubs, partly because of the distances involved in travelling around the county, and partly to allow people to attend church before the event (Scout groups in particular).
Congratulations	3	
Fitter	4	
Night O	4	
OMM again	5	But our sport has changed significantly over the years. We have electronic punching; we have sprint and middle distance events; a new 4 level structure of events has been introduced this year; we have OCAD. So do we as a club need to change how we do things?
Trophy	6	
Rules?	6	I would love to hear your views.
Brown Willy	7	Just to get the ball rolling how about Saturday events? Day/twilight/night events all on the same day in the winter? A score course alongside the colour courses? The league competition to include a mixture of events?
Tea in China?	8	
Scottish 6	11	We certainly can't afford to stand still. We need to attract more people to come and try and hopefully become hooked on this sport we all love.
Dinner	12	Steve Beech
BOF/FC	13	<i>Ed says; this months quotes/jokes are from that memorable comedian Bob Monkhouse who life was reprised over the holiday period on TV. Here's a starter:</i>
Fixtures	13	<i>What do gardeners do when they retire?</i>

SINGLE LIST ORIENTEERING RANKINGS at 14th January

This page shows the ranking list produced using a new "calculational" method. The method is based on median/quartile statistics rather than mean/variance and all members are treated as belonging to a single class. The competitor's total is the sum of the best six scores from the events held over the previous 12 months.

o/a pos ↓↑ class pos			yob	age	Points & counting scores					events
227	-1	18	Ian Hargreaves	1976	M35	7265	1211, 1194, 1236, 1223, 1196, 1205			6
318	-1	23	Shane Ohly	1976	M35	7122	1229, 1185, 1140, 1235, 1101, 1232			6
417	-2	28	Gavin Henderson	1975	M35	6965	1203, 1153, 1167, 1127, 1146, 1169			6
462	-2	84	Scott Collier	1986	M21	6911	1141, 1175, 1170, 1143, 1146, 1136			6
522	-3	49	Chris Moncaster	1954	M55	6820	1115, 1139, 1095, 1158, 1186, 1127			6
580	-3	56	Graham Pring	1955	M55	6753	1134, 1139, 1110, 1153, 1111, 1106			6
600	-5	89	Phil Newall	1962	M45	6728	1108, 1115, 1143, 1105, 1119, 1138			6
753	-4	79	Barry Olds	1953	M55	6558	1086, 1069, 1073, 1165, 1059, 1106			6
787	-7	96	William Hancock	1979	M21	6525	1074, 1071, 1029, 1149, 1095, 1107			6
831	-4	2	Arthur Boyt	1939	M70	6463	1063, 1061, 1051, 1067, 1106, 1115			6
1059	-10	87	Roger Hargreaves	1947	M60	6201	1001, 1039, 1073, 1034, 1027, 1027			6
1230	-8	57	Peter Morton	1946	M65	6004	985, 996, 1005, 1009, 1009, 1000			6
1244	-9	51	Mark Lockett	1972	M35	5993	981, 1007, 1006, 1021, 988, 990			6
1495	-11	41	Adele Newall	1961	F50	5695	1018, 936, 922, 870, 999, 950			6
1767	-12	183	Richard Smith	1948	M60	5297	870, 945, 903, 868, 911, 800			6
1855	-13	46	Arthur Vince	1940	M70	5159	896, 813, 898, 904, 822, 826			6
1879	-10	211	Tim Andrews	1959	M50	5113	782, 781, 1029, 912, 781, 828			6
1975	-15	52	Bernard Pullen	1940	M70	4966	728, 827, 752, 846, 892, 921			6
1990	-13	142	James Hargreaves	1981	M21	4946	1221, 1195, 1244, 1286			4
1993	-13	20	Elsie Hargreaves	1946	F65	4943	863, 788, 822, 794, 888, 788			6
2359	-24	144	Peter Heywood	1945	M65	4269	906, 860, 809, 770, 924			5
2372	-24	94	Pauline Olds	1954	F55	4254	712, 713, 709, 732, 692, 696			6
2532	-27	98	Annabel Pring	1956	F55	3901	586, 710, 708, 647, 668, 582			6
2557	-24	160	Rod Allday	1945	M65	3843	644, 791, 936, 770, 702			5
2571	-23	242	Richard Bown	1948	M60	3797	944, 930, 985, 938			4
2748	-31	106	Sue Boyt	1954	F55	3382	603, 611, 564, 505, 598, 501			6
2771	-28	107	Christine Vince	1953	F55	3327	484, 489, 599, 527, 675, 553			6
2915	-30	84	Sandy Cowan	1941	M70	3029	524, 514, 447, 604, 495, 445			6
2969	-28	65	Tristan Freer	1993	M18	2929	947, 1088, 894			3
2976	-30	273	Steve Beech	1951	M60	2913	1054, 957, 902			3
2983	-31	285	Robert Sneyd	1956	M55	2900	908, 970, 1022			3
2999	-30	54	Tracy Freer	1972	F35	2866	970, 1029, 867			3
3137	-30	97	Jeannie Bown	1951	F60	2463	636, 754, 292, 781			4
3244	-30	165	Hilde Andersen	1979	F21	2203	676, 688, 839			3
3267	-31	59	Sara Dowler	1975	F35	2166	851, 610, 705			3
3378	-31	178	Simon Freer	1969	M40	1966	966, 1000			2
3396	-32	313	Ken George	1947	M60	1944	921, 1023			2

3542	-29	203	Jock Turnham	1945	M65	1675	783, 892	2
3621	-33	147	Sarah Middleton	1954	F55	1532	813, 719	2
4400	-18	411	Michael Beadel	1959	M50	674	674	1
4475	-20	176	Malou George	1955	F55	603	603	1
4538	-22	18	Ruth Pullen	1936	F75	518	518, 0	2
4563	-22	46	Tina Cowan	1941	F70	484	484	1

If you recall we used to have a number of runners featuring in the list for being in the top 20 of their class. Now that age classes have effectively merged long and short courses together we have 4 and this is an increase on last month due to age class changes.

While the table shows the relative position due to the points you have accumulated many people in the list don't have their full allocation of six results - it could be so much different - why not ask about the next ranking event nearby - a new Level C event? The table is renewed weekly after the submission of results - that's what the change reference is. Why up and down? Well, you may have a new event to count or others around you have had some scores dropped. There are almost 4700 names on the list.

They laughed when I said I was going to be a comedian. Well, they're not laughing now.

CONGRATULATIONS!!

To all those listed below who have just got, as of January 1st, to be the *youngest* in their age group!

	YOB	New age class
Barclay (Andy)	1956	M55
Barclay (Jenny)	1956	F55
Beech (Steve)	1951	M60
Bown (Jeannie)	1951	F60
Shuttlewood (Patricia)	1946	F65
Brunskill (Pat)	1951	F60
Cowan (Sandy)	1941	M70
Cowan (Tina)	1941	F70
Dennis (John)	1951	M60
Hammick (Chris)	1966	M45
Hargreaves (Elsie)	1946	F65
Hargreaves (Ian)	1976	M35
Lockett (Helen)	1976	F35
Lockett (Shelley)	1971	F40
Middleton (Alan)	1946	M65
Moncaster (Rosalie)	1956	F55
Morton (Peter)	1946	M65
Newall (Adele)	1961	F50
Ohly (Shane)	1976	M35
Pring (Annabel)	1956	F55
Pullen (Ruth)	1936	F75
Shackell (Denise)	1946	F65
Smith (Beryl)	1951	F60
Sneyd (Robert)	1956	M55
Spencer (Michael)	1951	M60
Venn (Roger)	1941	M70
Whitley (Liz)	1956	F55

A miniature village in Bournemouth caught fire and the flames could be seen nearly three feet away.

MADE A RESOLUTION TO GET FITTER?

But found it is not so easy on these cold dark evenings? So why not come and join us on our Friday runs!

At this time of year we avoid rough terrain and find that a head torch is adequate to run safely. [Need a head torch to borrow - just ask Graham and he can find one or two I'm sure]. We always have long and short options to cater for a range of abilities and promise not to leave anyone behind!

Details are e-mailed to interested people early each week. If you would like to receive these, let Graham know at graham.pring@tesco.net.



Some club members started the year off well by taking part in the annual Brown Willy Run on New Year's Day.

The 7 mile run from the Jamaica Inn to the summit is always popular, particularly in the near-perfect weather of this year's run. I heard that Will Hancock beat the hour with Chris Moncaster just a few minutes behind.

The rest of us enjoyed passing road runners as they carefully picked their way down hill over the rough terrain, (although they did seem a little stronger on the uphill stretches); see photos later!!

When the inventor of the drawing board messed things up, what did he go back to?

NIGHT O 2010-2011 SO FAR

Night 1 Alder: Map from Erik Peckett, organised by Boyts. Wet evening, new area, big quarry lake for possible summer swim/run-O. My lovely cat Piewacket died on the morning of the event. Thank you to everyone who helped on the evening. I just set it up and went out around Arthur's Jade course.

Southern Nights: The next event ended for us with a night owl on the snowy, icy drive home from Washers Pit in Dorset for Southern night championships. Had to hire a car as our heater was defunct. Lovely snowy orienteering, Art retained his M70 trophy, then slippery drive home until just after Ilminster we met a tawny owl sitting motionless on the road ahead. A mile or so before I had seen a barn owl just taking off from a road sign on a roundabout. It was very cold. The tawny was very vulnerable to the next vehicle that passed by - not much traffic that night but it takes just one car... Art leaped out, took a careful look then covered the owl with a towel and put it on my lap. We headed for home with a quiet owl occasionally digging in claws on my legs or pecking my arm.

We looked after it in a box and asked a friend who cares for owls and many other birds and creatures to check it over and give it a chance to

fly (successfully) in his aviary. He fed it and gave it a clean bill of health.. Maybe a glancing hit or maybe caught by the cold and slow to react - anyway, time to go home! I was visiting my mother in Devon the next day so the owl came along and in the late afternoon we drove to Ilminster, passing the wonderful wicker sculpture of the deer and fawn in the hedge on the A303, marker of the Quantocks AONB boundary. I located the exact stretch of road, then drove up a tiny steep side lane into the hills to the south of the road. We stopped in a field gate with tall oak trees around and looked easily down at the A303 - that should give the owl his or her bearings. We opened the box and there was no reluctance or scuffling about - just a superb upward rush of wings as the owl practically levitated to the top of the nearest tree. It was almost instantaneous! An incredibly uplifting moment.

Night 2 Craddock Moor: Icy cold evening, some skating on sheets of ice and crunching into cold water beneath, no-holds-barred night-O from ice wizard Dick Smith. Very enjoyable, very difficult!

Night 3 Virtuous Lady: Hard to find, wet night, unusual aspect of Virtuous Lady, many thanks to Paul and William Ames. It was lovely not being wanted to collect controls! We'd love to see you competing again.

Night 4 Whitchurch Common: Dark and starry with a tiny waning moon on its back. Plenty difficult control sites. Paul Glanville left his headlamp at home, just put the controls out in the last of the daylight, Will Hancock - and others? helped collect controls. I was so exhausted, put coat on seat then sat down in damp O-kit, started the car and headed for home with the heater creating a damp fug. At some point discovered dibber still on finger.

Currently (after 4 events), the Clothier family lead Orange, Barry Olds leads Jade and Phil Newall leads Green, closely followed by Paul Glanville. The results of Whitchurch Common may or may not change this but Paul will collect 1,000 points as planner/organiser.

Two more to come:

Night 5 Lanhydrock on Saturday 22 January

Night 6 King Tor (DEVON) on 19 February.

Between the two, the British Night Championships in Bentley Woods, to the east of Birmingham on 5 February. Irresistible.

Sue Boyt

A tom cat hijacked a plane, stuck a pistol into the pilot's ribs and demanded: 'Take me to the canaries'.

OMM 2010 – KERNO results

In the last edition of PUNCH we enjoyed a splendid article by Will Hancock on his run and result - I said then that I hadn't seen a full list of KERNO runners and now Christine Vince has complied this for the record - thanks Christine!

Elite	Shane Ohly & Duncan Archer	5 th
Class B	Scott Collier & Anne Edwards	68 th
Med Score	William Hancock & Robert Hicks	3 rd
	Chris Moncaster & James Turner	30 th
	Mark J Lockett & Steve Collins	104 th
	Simon Freer & Tracy Freer	146 th
	Noel Gould & Arthur Vince	228 th
	R Sneyd & S Middleton	249 th
Short Score	Arthur Boyt & Mark Sedge	11 th

COMPASS SPORT TROPHY

The club has entered a team for the qualifying round of the Compass Sport Trophy on 16 January at Longleat. So how did we do? Well, we might have finished higher but as always relieved not to win. We were short of women - although all of those who were there scored points.

1 SARUM 1276, 2 BADO 1193, 3 SBOC 1185, 4 WSX 1184, 5 SWOC 1176, 6 KERNO 1004, 7 NWO 912

Also a couple of dates to put in next year's diary for relay events:

JK Relays 25th April – Tyrella South, County Down

British Relay Champs 15th May – Tankersley Wood, Sheffield

I'll remind you about these events nearer the time, but if you know you'll be going and want to take part in the relays it's never too soon to let me know.

Gavin (gavinhenderson123@gmail.com)

I saw a specialist who asked me: 'Are you familiar with the phrase faecal impaction?' I said: 'I think I saw that one with Glenn Close and Michael Douglas'.

THE RULES THEY ARE A-CHANGING...

To celebrate the new year, a revised set of Rules and Guidelines for 2011 has been approved by the British Orienteering (BOF) Board of Directors – of which your editor was until last April a distinguished member – and published on the BOF website. The change to a 4-level event structure [A, B, C and D, with A at the top] has been responsible for this.

There has been much discussion involved in trying to arrive at the best wording, not least within BOF Rules Group. Generally the revisions have been necessary to be consistent with the new structure. Those staging events and controlling should be well aware of the following points:

EVENT GUIDELINE A – *Overview of Event Structure* – has changed from the version circulated to clubs as a draft. The old version should be scrapped.

CONTROLLERS' Grades are now A, B and C – formerly 1, 2 and 3 respectively – to match the event levels. It is now compulsory for those applying for Grade C and those wanting to move up from C to B, and B to A, to have completed an accredited safety training course. Appendix C to the Rules sets out the experience required for being appointed to and staying in a grade. The Organisers and Planners sections of the appendix state "Experience advised" rather than "Experience required"

for controllers. However, completion of a safety course is now advised for organisers at all levels including D.

It should go without saying... but those involved in putting on events should consult the current documents governing or advising on it, and not rely on the old ones they have in a file...

Arthur Vince

SWOA representative to BOF Rules Group

BROWN WILLY RUN 2011



Will Hancock chasing hard near the front



Chris Moncaster near the front



Graham Pring leading the chase



Scott Collier mid pack



Ken George takes to the verge



Rob Sneyd in the pack



Will Hancock heading towards the finish - well placed

All images courtesy of the St Austell Running Club website - even though it's a Truro Running Club event whose web site seems silent on the event!

Peter Morton also was running but I didn't spot him. Anyone else from KERNO who ran? I don't know but apologies if you were there and haven't had a mention

I want to die like my father, peacefully in his sleep, not screaming and terrified, like his passengers.

THINGS I WOULD NOT DO FOR ALL THE TEA IN CHINA

I'm out for an run in glorious sunshine. It's just after 7:00 am on a late September morning, so it's a little chilly (particularly as I only have a short-sleeved T-shirt and tracksters on - I was being a bit optimistic when I packed) and anyway, this is the only occasion in the year when I get up for an early run. A cloudless blue sky; sun glinting off the water; the local rowing club getting their boats into the water. I saw two herons, a crested grebe, more coots and moorhens than you could shake a stick at, and a Buddhist stupa.

Where is this earthly paradise, you ask? Well ... it's Edgbaston Reservoir, and the occasion is the Major Event Conference in Birmingham, 24-26 September 2010. Hang in there, don't skip to the next article just yet! We go for an early morning run so that we get some exercise each day (otherwise you're stuck in a conference room), and I can justify scoffing the cooked breakfast. Usually we [Arthur and Christine - Ed] are the only ones out, but this year there were a number of early runners. The Major Event Conference is held every year and is open to all officials at major events (JK, British Championships in all their variations), to Grade 1 controllers and prospective Grade 1 controllers (the mandatory training session for new Grade 1 controllers is run during the Conference).

The Conference started on Friday evening with supper and some group activities, followed by gossip in the bar. The morning sessions start at 8:45 am so, if you want to fit in a morning run, shower and breakfast, an early night is called for. Saturday is usually devoted to wash-up sessions on the JK and British Championships. In the morning we had the JK Day 3 Controller plus myself; also BOC Relay Planning, and BOC Technology and IT. In the afternoon we had Arena Design and Relay Changeovers (which was well illustrated and I found the most interesting session), and Planning for Sprint Events. After tea, two of our IOF Advisors spoke about their experiences at a recent Junior World Championships; now that's the job I would not do for all the tea in China ... fortunately I can't see that I'll ever be asked!

Some of you will be aware that event officials need to be trained in Event Safety and Welfare; Roger H ran a training course for KERNO a

short while ago. On Sunday morning we all did this course, plus a session on Volunteer Management and Contingency Planning. After lunch there was a short Conference wash-up and then we all went home. For myself, I find the Conference very interesting (but it's hard work – there's a lot to be packed in and no let-up); you get to meet people from other parts of the country whom you would not usually see, and you learn a lot. Arthur and I have been to the last four, and this was definitely the best. We might skip the next Conference, but I don't doubt we'll be back. (The stupa, by the way, is the Dhamma-Talaka Peace Pagoda.)

Christine Vince

If you don't go to other peoples funerals, they won't go to yours.

FOREST LEAGUE 2010

	Name	Age Class	Polly Joke	Lanh'ck	Inny Foot	Dunmere	Trelissick	Idless	Craddock Moor	Hardh'd Downs	Tehidy	Events	Total	Best 5
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YELLOW

1	Erryn Lockett	W7	586	1000		1000			1000	1000		5	4586	4586
2	Xanthe Clothier	W5		776		691	1000	1000	0	676	857	7	5001	4325
3	Casper Clothier	M7		781		705	998	0	795	684	836	7	4799	4115
4	Julia Smith	W14									1000	1	1000	1000
5	Abbie Lockett	W10		835								1	835	835
6	Lucy & Ben Marshall	Mixed					780					1	780	780

ORANGE

1	Pat Brunskill	W55		1000		1000			1000			3	3000	3000
2	Susan Morton	W60				953		744		1000		3	2697	2697
3=	Amanda Raynham	W40						1000				1	1000	1000
3=	Sean Freer	M14					1000					1	1000	1000
5	Julia Smith	W14						623				1	623	623

LIGHT GREEN

1	Greg Skinner	M21	685	660			1000		886	808	928	6	4968	4308
2	Liz Whitley	W50		569	1000				1000	1000		4	3569	3569
3	Val Andrews	W50		386	730	801	879		582			5	3378	3378
4	Victoria Smith	W15				1000	943				0	3	1943	1943
5	Pat Shuttlewood	W60	0	408		0		762		589		5	1759	1759
6	Beryl Smith	W55		601					634			2	1236	1236
7	Ruth Pullen	W70	518							577	0	3	1094	1094
8=	Elaine Binmore & Jock Turnham	Mixed									1000	1	1000	1000
8=	Fiona Sneyd	W50						1000				1	1000	1000
8=	Nellie Clothier	W40		1000								1	1000	1000
8=	Rosie Sneyd	W18	1000									1	1000	1000
12	Amanda Raynham	W40								846		1	846	846
13	Hilde Andersen	W21	742									1	742	742
14	Roger Venn	M65		736								1	736	736
15	Pauline Olds	W55	621									1	621	621

GREEN

1	Nellie Clothier	W40				908	1000	1000	1000	1000	1000	6	5908	5000
2	Richard Smith	M60		1000	1000			913	939	927		5	4779	4779
3	Roger Venn	M65		0		887	866	851		940	786	6	4331	4331
4	Derek Smith	M50	828			837	803	862			759	5	4089	4089
5	Pauline Olds	W55		763	787	837		0	756	842	694	7	4679	3985
6	Elsie Hargreaves	W60	943	683	0		716		731		750	6	3824	3824
7	Jeannie Bown	W55			740	839	660			723	712	5	3674	3674
8	Annabel Pring	W50	676		750	479		598		631	660	6	3795	3316
9	Sandy Cowan	M65	601	686	582	458	466	615	662	435	608	9	5112	3171
10	Malou George	W55	599	502	672	676		0	0	559		7	3009	3009
11	Alan Middleton	M60	1000			959					919	3	2878	2878
12	Sue Boyt	W55		554	800					627	667	4	2648	2648
13	Ian Harvey	M60		651			764	522	638			4	2575	2575
14	Keith Goldsworthy Yvonne Stephens	Mixed	660	534		569					474	4	2236	2236
15	James Boyd	M65	571	670		486		489				4	2215	2215
16	Greg Skinner	M21			673	0		676				3	1349	1349
17	Rosie Sneyd	W18				1000						1	1000	1000
18	Peter Heywood	M60							965			1	965	965
19	Hilde Andersen	W21		919								1	919	919
20	Adele Newall	W45						754				1	754	754
21	Martin Sheriff	M55						749				1	749	749
22	Ann Martin	W35		723								1	723	723
23	Brian Parker	M75								650		1	650	650
24	Erik Peckett	M75							625			1	625	625
25	Keith Goldsworthy	M70			422				0			2	422	422
26=	Arthur Boyt	M70						0				1	0	0
26=	Christine Vince	W55						0				1	0	0
26=	Rod Allday	M65	0		0	0	0	0	0		0	7	0	0
26=	Steve Beech	M55							0			1	0	0

BLUE

1	John Moody	M50	1000	1000	958	1000	778	1000		999	928	8	7662	4999
2	Ken George	M60	970	890	1000	926	773	914	993	1000	924	9	8389	4889
3	David Lockett	M40			719	973			880	867	1000	5	4439	4439
4	J Robert Sneyd	M50	886		952	868			850		815	5	4371	4371
5	Roger Hargreaves	M60	847	979	843		749	707	824		0	7	4950	4243
6	Bernard Pullen	M70	775	884	689	708	547	742	713	667	643	9	6368	3822
7	Hilde Andersen	W21			688	741	635	719	728	747	812	7	5070	3747
8	Tim Andrews	M50		851	726		592		752	778		5	3699	3699
9	Alan Kelly	M40		956				837		724	771	4	3288	3288
10	Sara Dowler	W35	761	586		694					727	4	2767	2767
11	Alan Peters	M55			541			638	817	742		4	2737	2737
12	Michael Beadel	M50	922				713	545	0			4	2180	2180
13	Richard Bown	M60			0	875				875		3	1750	1750
14	Sarah Middleton	W55	521					602			527	3	1649	1649
15	Martin Sheriff	M55		894		747						2	1641	1641
16	Peter Heywood	M60	734		643							2	1377	1377
17	Christine Vince	W55		509					509			2	1018	1018
18=	Ian Ashton	M21					1000					1	1000	1000
18=	Peter Morton	M60							1000			1	1000	1000
20	Ivor Marshall	M40							909			1	909	909
21	Tristan Freer	M18					704					1	704	704
22	Tracy Freer	W35					690					1	690	690
23	Adele Newall	W45							660			1	660	660
24	Peter Middlehurst	M55		554								1	554	554
25=	Barry Olds	M55	0	0	0	0		0	0	0	0	8	0	0
25=	John Dennis	M55								0		1	0	0

BROWN

1	Will Hancock	M21	794	824	1000		1000	1000	890	1000	950	8	7458	4950
2	Gavin Henderson	M35	951	890		1000	955		933		1000	6	5729	4839
3	Phil Newall	M45	894	757	972			989	858		893	6	5363	4606
4	Graham Pring	M55	761	841	941	742		899		900	805	7	5889	4387
5	Peter Morton	M60	722	781	898	711		871		803	747	7	5533	4100
6	Peter Clothier	M40		816		779	770	837	801	824	803	7	5628	4080
7	Ivor Marshall	M40	696	835			825	915		776	652	6	4698	4046
8	Steve Beech	M55	699	746	746	779	742	822		682	753	8	5970	3847
9	Shane Ohly	M21	1000	1000					1000	822		4	3822	3822
10	Mark Lockett	M35	688	750	867	788			729			5	3820	3820
11	Arthur Boyt	M70		747		664			723	713	741	5	3588	3588
12	Chris Moncaster	M55	881	910					805		928	4	3523	3523
13	Ian Ashton	M21	830	951						0	981	4	2762	2762
14	Arthur Vince	M70		590				719	654			3	1963	1963
15	Scott Collier	M21				833					833	2	1665	1665
16	Simon Freer	M40					742					1	742	742

The Planner and Controller for each event gain the average of their other scores

Barry Olds and Rod Allday as the previous years winners did not run the next "higher" course and so have been awarded 0 points for each event they ran.

My wife said: 'Can my mother come down for the weekend?' So I said: 'Why?' and she said: 'Well, she's been up on the roof two weeks already'.

SO YOU'RE GOING TO THE SCOTTISH 6-DAY –

A tale from the Purple Thistle 2010

Last summer Christine and I cooked for the Junior Squads Training Camp at Lagganlia – I was really the *sous-chef*, it's difficult to cook decent food for 39 by yourself; the shopping each day filled two large supermarket trolleys and chopping vegetables took a lot of time. Looking for some relaxation afterwards, we went down to the Isle of Bute in SW Scotland to visit family, then returned north, via a day on Skye when the bottom 2/3 of the Cuillin were visible, to Balmacara Square near Kyle of Lochalsh. This small village was the scene of the renowned Purple Thistle, organised every two years with the aim of providing "High quality orienteering made simple" – there is a website at www.purple-thistle.co.uk.

Simplicity was achieved by having five courses: 12km down to 3km, TD5 to TD2/3, and a minimal but sufficient organisation – by Team Nopesport with very few bodies. The event areas were mostly rocky moorland, with some woodland and few paths. The challenge was not so much in the navigation but the terrain, which had an abundance of tussocks and heather, often knee-high, and both at the same time. Not at all like Bodmin Moor. On the longest course only two got within 10 min/km, the first being Oleg Chepelin who is currently 5th in the British ranking list. The only other competitor on any course to achieve this speed was Martin Bagness on the 6.13km course, an M50 but a former GB team member.

It was good to see that Briony Kincaid, a W14 from ECKO who had been at Lagganlia, won the 4.26km course on Day 1 by 13m30 in 79.44. The next day Oleg won with 87.44 for 10.89km; the terrain was easier and we started high up after a long road walk.

The results for Christine and me were not glorious. On Day One I got to control 12 of 17 in 8.76km, then retired after 2h42m. Christine left out the middle of her 4.26km course. I dropped down two courses on Day 2 to 3.76km and finished in 97.45; the M40 winner took 53.20. Christine moved down a course but exited part-way round pursued by midges.

A campsite was provided, with water and loos; quite a lot of the water was in the ground, making it a paradise for midges in the grassy clearing; midge nets essential; we could see why the Forestry Commission had abandoned it. Too late we realised that the site was quiet in the evening because most went to the nearest pub; the organisers were staying in a B&B; after the event we packed up without delay and started home...

All in all, part of one's orienteering education, even after 39 years in the game. You may like to know that the 2011 6-Day will not use the same area.

Arthur Vince

The Royal Shakespeare Company once did 'Julius Caesar' in New York. When Caesar was stabbed onstage, half the audience left because they didn't want to get involved.

COME AND JOIN US YOUR CLUB NEEDS YOU

Once again it is time we award all those orienteers who are at the top of the league table. As always we hold a dinner and present the awards before the annual Disco! This year we have a surprise DJ known widely across the county! Who is it? I hear you ask; well come and join us to find out his identity you won't be disappointed.

The dinner is being held on Saturday 12 February at the Lanhydrock Hotel near Bodmin. If you have not received a menu and order form and would like to join us please ring me on 07761414259 at any time and I will send a booking form to you. Accommodation is available at a discounted price please ring me for details.

Pauline Olds

Marriage is an investment which pays dividends if you pay interest.

PRINTERS APPROVED TO PRINT ORIENTEERING MAPS

Separate lists of printers approved to produce orienteering maps using offset litho printing and digital printing are maintained by BOF. To be included in the approved list for offset litho, a printer should have submitted a sample orienteering map to the British Orienteering office, which will be passed on to the Map Group for assessment.

DIGITAL PRINTER TEST SHEET

The test sheet and instructions are available in Section 5 of "Map Commission Print Tech Project" led by Jukka Liikari (Finland) at <http://lazarus.elte.hu/mc/print-tech/index.html>

Approved OFFSET LITHO printers

Hassall and Lucking
Print5

Approved DIGITAL printers

BML Printers Ltd.
Hassall and Lucking
Print5
Stirling Surveys

My mother tried to kill me when I was a baby. She denied it. She said she thought the plastic bag would keep me fresh.

FORESTRY COMMISSION/BOF NATIONAL AGREEMENT 2011

FC and BOF have an important relationship built over many years. The national staff of the Forestry Commission and British Orienteering have established an interim National Agreement for 2011. The charges from 1 January 2011 reflect:

- a shift away from charges and formal permission process for all events and training with less than 25 participants
- the introduction of a minimum charge of £50 for all events and activities over 25 people
- an smoothing-out of charges within categories to establish more equitable charges

Participants	Major Level A	National Level B	Regional Level C	Local Level D
25 or less	No Charge	No Charge	No Charge	No Charge
26 to 99	£200	£125	£100	£50
100 to 249	£500	£250	£150	£50
250 to 499	£1,000	£400	£200	£75
500 to 999	£1,500	£600	£300	£150
1000+	£2,300	£800	£450	£250

How does this affect KERNO? Well, you'll appreciate that many of our competition areas are wooded and many are not! The committee looked at the distribution of events and how we used FC land and concluded that there was insufficient reason to make a change to entry fees. Good news indeed. Our large events tend to be on open areas and so the likely charge that we will see is £50 - which is what we pay now.

More worrying is the recent news that the government has told the FC to realise some of its assets, i.e. sell off woodland, and for Cornwall, that might mean that Idless and Cardinham might find their way into private hands. Unless the club wants to make a bid that is?

I can still enjoy sex at 74 - I live at 75, so it's no distance.

FIXTURES – FROM THE BOF WEBSITE

After a previous PUNCH's shortage of fixture information I have now found, with Barry Olds' help, a means to access the complete list as published on the BOF web site; they are sorted into the new 4 levels of events. Enjoy; thanks again Barry. Check clubs web sites for more details.

Local Events Level D

January

30th SWOA **Club Forest League 1**, Polly Joke
KERNO Entry On Day: . , Punch Type: SI, www.cornwallorienteering.org.uk
Level D

February

19th SWOA **Devon & Cornwall Night League**, King Tor Princetown, SX561749
DEVON Organiser: Steve Edmonds, 01752 406519 Entry On Day: . , Punch Type: SI,
Level D

19th SWOA **Dorset Schools League and Informal - Moreton Forest**, Dorchester
WIM Entry On Day: www.wimborne-orienteers.org.uk/wim/index.htm
Level D

20th SWOA **Club Forest League**, Lanhydrock
KERNO Entry On Day: . , Punch Type: SI, www.cornwallorienteering.org.uk
Level D

26th SWOA **Club Forest League**, Mount Edgcumbe
KERNO Entry On Day: . , Punch Type: SI, www.cornwallorienteering.org.uk
Level D Followed by a Night Event

March

6th SWOA **Club Forest League 3**, Penhale
KERNO Entry On Day: , Punch Type: SI, www.cornwallorienteering.org.uk
Level D

13th SWOA **Devon League**, Core Copse Sidmouth, SY127948
DEVON Organiser: Elizabeth Bramley, 01395 57707 Entry On Day: . , Punch Type:
Level D SI, www.devonorienteering.co.uk

Regional Events Level C

February

13th SWOA **Regional Event & SWOA Galoppen**, Savernake Forest Marlborough ,
NWO SU208665
Level C Organiser: Richard Jackson, becca.jackson@tiscali.co.uk, 01793 710868
Entry On Day: . , Punch Type: ?, www.northwilts.org.uk

March

27th SWOA **WSX Galoppen**, Wareham Forest Wareham, SY996843
WSX Organiser: Mark Scott, mark@caledonut.plus.com, 01202 692833 Online
Level C entry through www.fabian4.co.uk Entry On Day: Senior £11.00, Junior £2.50,
Student £2.50. , Punch Type: ?, www.wessex-oc.org

Regional Events Level B

February

6th SWOA **WIM Regional Event - New Forest - Brownhills Inclosure WIM Regional**
WIM **Event - New Forest - Brownhill Inclosure**, Brownhills and Wootton Coppice
Level B Inclosure Ringwood, SZ251997
Organiser: John Shucksmith, john.shucksmith@virgin.net, 01202 605108
Postal Entry: Richard Keighley, Toll Bar Cottage, The Cross Shillingstone,
Blandford Forum, Dorset DT11 0SW, DT11 0SW, 01258 860935,
entries@wimborne-orienteers.org.uk. Cheques payable to Wimborne
Orienteers Online entry through www.fabian4.co.uk/ Entry On Day: Senior
£10.00, Junior £3.00, Student £3.00. , Punch Type: SI, Dogs: On short lead
in car park and assembly but no dogs on courses at all Start Times: 10.30am -
12.30pm www.wimborne-orienteers.org.uk/wim/index.htm

March

20th SWOA **SARUM Saunter Regional Event**, Big Wood Salisbury, ST930360
SARUM Organiser: Pat Hart, b.hart@mail.com, 01794 390593 Entry On Day: . ,
Level B Punch Type: ?, www.sarumo.org.uk

National Events Level A

February

5th WMOA **British Night Champs (UK CUP Race No 1) Bentley Wood** , Bentley Wood
OD Atherstone , SP282957
Level A Organiser: Richard Gardner, 01604 770761 Postal Entry: Lesley Ross, Four Elms Farm The Slough, Studley, Warks, B80 7EG, 01527 857646 before 9pm, lesley@fourelmsfarm.co.uk. Cheques payable to Octavian Droobers Online entry through www.fabian4.co.uk No Entry On Day. Entries Close: 30/01/2011. Senior £10.00, Junior £4.00, Student £4.00 , Punch Type: EMIT, Dogs: www.Octavian-Droobers.org www.octavian-droobers.org

March

13th SCOA **TVOC Southern Championships National Event, FCC and UK Cup** ,
TVOC Hambleden Henley , SU765865
Level A Organiser: John Dalton, hambleden2011@btinternet.com, 07767362805
Online entry through www.Fabian4.co.uk Entry On Day , Punch Type: EMIT,
Dogs: On leads in car park. Not allowed in the forest. www.tvoc.org.uk

Personally, I don't think there's intelligent life on other planets. Why should other planets be any different from this one?

THE WAY FORWARD?

The modified approach from BOF for Development includes:

1. The focus of the development programme will be to increase participation through recruiting newcomers and increasing the frequency of participation of current orienteers.
2. A planned by-product of this focus will be to increase satisfaction levels of both newcomers and existing orienteers.
3. there must now be a period of single-mindedness from staff involved in the programme with a clear statement of what we are trying to achieve and how it will be achieved.

We believe these changes will increase the delivery we are able directly to manage and support and will bring a greater focus and clarity to the programme as our funding partner is requiring.


Unfortunately, this will mean that the positions of Regional Development Officers (RDOs) will be redundant from 31 March 2011. Staff currently employed as RDOs will be encouraged to apply for the roles of Participation Managers. All new positions will commence from 1 April 2011.

I am very aware of the excellent work which has been delivered over the years by many of the RDOs, with the direct help of the associations and clubs, and I hope that roles can be found for those RDOs that wish to continue working in orienteering in one of the capacities outlined above. The RDO team has been one of the strengths of the development programme over the years and I assure you that these decisions have not been taken lightly. I am aware however that we must now take action and be seen to be taking action in addressing the shortfalls in our targets.

Edward Nicholas
Development Manager

The above is an abridged extract from a document attached to this, equally abridged, email from Ed Nicholas;

"Please see the attached document which details a number of changes that are being made to the Development Programme. I will be looking to attend Association meetings in the New Year to discuss the Development Programme."

<p align="center">THE NEWSLETTER OF CORNWALL ORIENTEERING CLUB</p>	<p align="center">Editorial</p>
<p>Please send all contributions to the Editor: Roger Hargreaves,</p>	<p>Are you a web browser or do you stay away from the "work of the Devil"? Do you buy from the internet? eBay, Amazon and Play.com will be familiar to you then. So my question is do you look for stuff regarding orienteering on the net? Do you visit the club website or BOF or SWOA. In fact all three have had makeovers so go and have a look and see what you think. www.sworienteeringassociation.co.uk is the new SWOA site.</p>
<p>Phone: <input type="checkbox"/> Mobile: Email: <input type="checkbox"/> www.cornwallorienteering.org.uk</p>	<p>The BOF site has some useful documents for newcomers or seasoned participants. Volunteers should have a look at the new documents which reflect the new 4 level structure. I'll have to have a look and see what needs to change in how I do things. Did you know, for example, that for each event the officials have to produce a risk assessment? It seems a bit onerous but the risks are usually the same for each event and we take for granted that the planner, organiser and controller have thought about the risks - but it isn't usually written down - it should be of course.</p> <p>In view of the imminent redundancy notices going out to the existing RDOs I think KERNO should offer thanks to all the help that "our" RDO, Celia Watkinson, has given the club over the years - thank you Celia!!</p>
<div align="center">  </div>	
<p>ODDS & ENDS</p>	
<p>ANNUAL AWARDS AND CELEBRATIONS</p>	
<p>Once again it is time to award all those orienteers who are at the top of the league tables. As always we hold a dinner and present the awards before the annual Disco! The dinner is being held on Saturday 12th February at the Lanhydrock Hotel near Bodmin. Accommodation is available at a discounted price please ring Pauline Olds for details.</p>	
<p>LOST & FOUND</p>	
<p>Anyone lose a Mountain Life top at Tehidy? Give me a ring if you did and we'll get it back to you.</p>	
<p>DEVON OC are running a series of coaching sessions and by the time this edition of PUNCH emerges there is one left - details below; all welcome. Saturday April 9th - Smallhanger Waste. See Devon Orienteering Club website for directions The outline timetable for the Saturday events is - 10:00 - approx 11:00 - physical training. 11:00 - approx 13:00 - technical training. All abilities will be catered for. These sessions will be run by qualified Club coaches. For more information feel free to contact Chief Coach Wilf Taylor on 01626 859365</p>	
<p>TRURO RUNNING CLUB</p>	
<p>THE NEW MAX; 10 Km* MULTI TERRAIN RACE*(Approximate Distance) MAX'S THIRD RUNNING ON THE CHALLENGING ST CLEMENT COURSE!</p>	
<p>This is the new course, around the Pencalenick Estate and Park Farm at St Clement, close to Truro used for the first time in 2008. Held under UK Athletics Rules - UKA Multi- terrain permit applied for.</p>	
<p>Wednesday 23rd June 2010 - Starting at 7.15 pm. prompt.</p>	
<p>Entry Fees - £9.00 affiliated : £11.00 unattached: Late entries (on the day + £2.00)</p>	
<p>Entry in advance strongly recommended – 250 starter limit.</p>	
<p align="center">AT EACH EVENT KERNO FIRST START IS AT 1100 HRS THE LAST START WILL BE 1330 HRS SO THAT THE VOLUNTEERS CAN CLOSE THE EVENT DOWN PROMPTLY.</p>	
<p align="center"><i>Please note the Editors e-mail has changed to a hotmail address – not that anyone writes in! They do now!!</i></p>	