

# AD HOC

The Journal of Harlequins Orienteering Club  
Purveyors of the finest orienteering since 1968



**HOC**  
[www.harlequins.org.uk](http://www.harlequins.org.uk)



## Capers at the castle

Packed inside:-

Street O with a difference

Fownhope frolics

AGM excitement

The Food Zone

New Rocky Knoll serial

and much more.....

November 2007

## Editorial

I'm sure that all HOC members will want to join me in giving Lynden a huge thank you for all of her hard work and inspired editorial skills in putting together this publication over the last few years. Having a monthly magazine is, I feel, an extremely important part of the club's structure and we have been fortunate to have such a stimulating read on such a frequent basis. In addition, the Hartmanns have been burdened with the reproduction and distribution of Ad Hoc, which from experience I know is almost as big a task as the editing. Running MADO at the same time shows remarkable dedication and we should never take these things for granted. A big thank you then Lynden and I hope you enjoy reading Ad Hoc properly in the future.



I was going to say a few things about myself in case you have no idea who I am. Instead I suggest you turn to the O Files later in the magazine. However I will add that I was actually the editor of the East Midlands magazine EMEWS for a couple of years in the 1980's, back in the days when one often had to type 20 pages on a typewriter and then use copious amounts of Tippex and Pritstick. I am hoping that those days are long gone.

For those of you who like your editorials spicy with a bit of controversy thrown in, I may disappoint you. Lynden is a hard act to follow and I won't try to emulate her. There are new and more immediate ways open to all for stirring up debate – see Mike's comments about the on-line HOC forum. One thing I am keen to capture your views on, and this is increasingly relevant as the internet allows greater avenues of communication, is what the future role and content of Ad Hoc should be. I think the best way of gathering feedback is to take a pro-active approach; to that end I intend to use a questionnaire to reach a good proportion of the membership at a moment when I can force them to fill it in! Watch out for something at the Club Champs. This may well extend to a wider range of questions regarding other aspects of the club.

As well as looking forwards there will be a fair bit of looking back over the next few months as HOC's 40<sup>th</sup> birthday approaches. Apart from a social occasion and other special events, Ad Hoc itself will be going all nostalgic in the New Year with a series of articles planned that will reach back into the depths of orienteering pre-history! If anyone has any interesting material they think is relevant than please let me know. I am particularly interested in any early maps that might be around – 1970 or earlier would be really good.



*Coming later.....*

Enjoy your orienteering

Dave

COPY DATE FOR NEXT ISSUE – 25<sup>TH</sup> NOVEMBER

## Chairman's Chat

Since I last wrote the club AGM was held, and I am very pleased to say was very well attended. No doubt a full report will be found elsewhere in Ad-HOC, but I would like to welcome Alex and Angela Morgan as our new membership secretaries and Dave Nevell as our new Ad-HOC editor. Penny Hemsted has kindly taken on the role of press liaison officer to provide a contact for British Orienteering. Other than these changes the committee is the same as last year.

The AGM discussed publicity for the club. We are going to try and identify local newspapers in our area and a local point of contact, learning from the experience of Lynden Hartmann with the Malvern Gazette. It was also suggested that we make use of local radio.

I am writing this before the club conference on October 27<sup>th</sup> which the committee plan to discuss at our meeting on October 30<sup>th</sup>. No doubt there will be more to report next month. However, we are now starting to appreciate the impact of the new insurance regime, which from January 1<sup>st</sup> will require us to pay 50p for each non-BOF member competing – effectively a day membership rate. Clearly we will have to collect this from the competitors, which will put up the cost of orienteering. I would like to use this to try and encourage people to join BOF, again this is something the committee will need to discuss and agree how we intend to handle this situation. The last thing we want to do is discourage people from trying the sport!

The West Midland Championships at Fownhope went well, although numbers were down from our previous event on the area in 2005 by 20%. I was very pleased to be able to present certificates at the AGM to successful Harlequins. If you finished in the top three of your class and haven't received yours then please see me – any I have left I will present at the party after the club championships.

Finally, we now have an on-line forum for the club which can be found via the web site. This was a suggestion that came out of our club development evening earlier this year. So far 28 members have signed up, and we have discussions running on which CompassSport Cup round we should go to, the use of GPS and the web site. The idea is that this can be used to offer or ask for lifts to events, promote better communication between members and compliment the email tree. The forum is only open to Harlequins, and we do not allow pseudonyms and we will monitor the use closely. If you haven't signed up yet, why not follow the instructions on the web site? Maybe with time, the forum will become as lively as NopeSport!

Mike



*If you're ever late giving me your report, Mike, I'll use the "other" photo I have in my possession.....*

# Captain's Log



The Compass Sport Cup is coming up again, and this year Chairman Mike has tasked me with getting us through to the final for our 40<sup>th</sup> anniversary. Unlike the last time, when many of you may remember the rather muddy fields around Wroxall Abbey and Hay Wood, we have a choice of two very nice areas for this season's races: Sherbrook & Brocton, on Cannock Chase, run by Walton Chasers, or Sallowvallets in the Forest of Dean, run by NGOC. If you have a preference for one or the other, please let me know by email, or better still, vote in the poll on the new Harlequins message board on the web page. My personal preference is Sallowvallets as I think it's a better area, and we probably have a better chance of making the final there, compared with trying to beat Chasers on their home turf.

*The unfortunate effect of something hitting the fan should the Club Captain ever submit late copy*

Secondly, big congratulations to all the Harlequins selected for the Home Internationals. Andy Hemsted will be representing England, and Brian Hughes Wales in the VHIs, and Tessa Hill ran for England in the SHIs last weekend, winning W20 on a very nice course at Mynydd Llangynidr.

On to the results, with the help of my roving reporter, Brian Hughes: The big event of the month was of course the West Midlands Championships, at Fownhope. HOC Champions this year were Lindsay McMillan on W21 (by a huge margin), Judith Evans on W50, Alex Roberts on M16, Tom Horton on M21 (by an even bigger margin), Alex Morgan on M40, David Nevell on M45, Andy Hemsted on M55, and Robert Vickers on M65. Congratulations to all!

While most were battling it out at Fownhope, Brian Hughes was the only Harlequin at the Borderliners Regional at High Pike in the Lakes. Brian finished 2nd on M60L in the biggest field of the day. Brian was also the only Harlequin to savour WSX's 'Dorset Delight' Regional Event, where he won M60L and would also have won M55 which shared the same course. For some reason, however, he skipped the Rab mountain marathon, where yours truly and Rachel White were the only Harlequins, winning the mixed <40 class. Hopefully it'll set us up well for the OMM this weekend, where Tom Horton, Matt Scriven, Mike Dugmore, Colin Spears, Neill Williamson, Stuart Bellamy, Jason Howell, and possibly other Harlequins I've missed, will also be competing.

Sorry if I've missed any results this week. I've been a bit rushed this month and will try to catch up next time. Do let me know if you have a good result that I should report!

Richard



# WM Championships – Fownhope Park 30<sup>th</sup> September

## Some of the HOC Junior prize winners



*Mike warms up for Karaoke – John can't get the machine to work*



*\*\*\*\*\* (2<sup>nd</sup> M14) "Just lean a little bit more to your left. Nice!"*



*\*\*\*, \*\*\* and \*\*\* (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M16) realise that they've just won Mothercare vouchers*



*\*\*\*\*\* (3<sup>rd</sup> W12) "It's not fair, it's always the boys who get the fir cones"*

The courses were tough, as befitted a Championship, but the weather was fine and the location of the car park would have won an award of its own if such things existed. Other junior prize winners from HOC were Jamie MacKenzie (3<sup>rd</sup> M12), Mhairi Leeson (3<sup>rd</sup> W14), and Rosie Hartmann (2<sup>nd</sup>, W16). For senior winners, see the Captain's report.

# Stuff and Nonsense

A host of HOC runners were seen out at the recent 7 mile Worcestershire Beacon Race, no doubt warming up for the new MADO season. Out of a field of 285, no fewer than 3 finished in the top 10. Former winner Bill Nock had to settle for third place whilst Matt Scriven (6<sup>th</sup>) and Tom Horton (8<sup>th</sup>) also placed highly. Other finishers included Stewart Bellamy (12<sup>th</sup>) Jason Howell (19<sup>th</sup>), Phil Weber, Pete Bradshaw, Dave Nevell, Emilie Van De Graff and Ashley Ford. Unlike last year, there wasn't the attraction of a MADO event in the morning on the same area to make it a double-header.



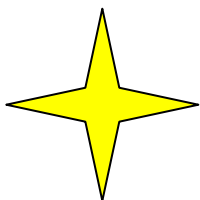
As reported elsewhere, your new membership secretaries are Alex and Angela Morgan. They have taken over from Suzette Spears who has done a stalwart job over the last few years including coping with the "MADO hump". The Morgan's new email address to go with the post is [hocmembership@btinternet.com](mailto:hocmembership@btinternet.com).

Whistles: seemingly compulsory at every event nowadays (not a bad thing). But if you had to use one in an emergency, would you know what to do? The correct procedure if requiring assistance (and we don't mean getting advice if you are lost) is 6 blasts, wait a minute then 6 more blasts and so on. The correct reply from a would-be rescuer is a responding 3 blasts in the same pattern. Let's hope you never have to follow this procedure.

## *The Crumb of Mortality*

*With no cake left, it's the just the crumbs left for none other than your new editor. Having had a good run at the West Midlands Championships at Fownhope, he managed to switch off brain on his way from the last control to the finish and make a significant navigational error. So much so that it warranted the dreaded rectangle of red in Winsplits for the tiny 70m last leg along a path. I suspect this might be breaking new ground, unless anyone knows differently.*

*The Crumb Master*



## **Star Runners for September/October 2007**

There was only one candidate for the star runner slot at the West Midlands Championships at Fownhope and that person was Tom Horton on the Brown course. Tom's dominant run gave him the lowest single handicap factor ever recorded by the Bert Pardoe handicapping system (for the record it was .44). The only other recent qualifying event was the WCH event at Shoal Hill where Rollo

Rumford's performance on the Blue course was just ahead of the rest of the field against handicap.



So there was Steve Nightingale (*writes our Mediterranean correspondent Steve Nightingale*), stuck in the warm early morning sun in the small resort of Georgioupolis in Western Crete on Sunday 7th October when the nearest known "O" event was the Leicester OC Willesley Woods event a couple of thousand miles away, when on the way to the bakery he came across this Greek public refuse container (they don't have individual wheelie bins there, just communal ones emptied very early daily just to wake you up. OK, they say they do it before full sun-up because otherwise they stink!)

Ah-hah he thought, I can plan and run a Russ Fauset type SEE here where every control on the course is the same feature on the map, like he used at Hawkbatch one

time with every control being a Larch tree!

Then as the temperature climbed to 28C after breakfast, he thought better of it, went for a swim in the sea instead, followed by a cold Mythos beer, much better!

But it might give Russ some ideas.....

## Winter Evening Events 2007/8

The provisional programme is now as follows:

Thursday 15th. November	Highgate Common	Barry McGowan
Thursday 6th. Dec	Leasowes Park, Halesowen	Mike Dugmore
Thursday 17th. January	Shrawley	Andy Hemsted
Tuesday 12th. February	Callow Hill	Richard Dearden
Thursday 6th. March	Uffmoor Woods	David Williams

Please check events are as planned with Barry Houghton 01902 894890 [bjh@uwclub.net](mailto:bjh@uwclub.net). The scoring rules for WEEs may be found on the HOC website.

For Highgate Common details see page 16.

Coming soon....



Many of you will have read Lynden's article about dogs and judging by the subsequent debate on Nopesport, opinion is fairly split on the subject, with support and criticism levelled at both dogs and dog-owners. The purpose of this article is not to reignite the argument but to give Barry the chance to pay tribute to a lost four-legged friend.

## My friend JESS

I have just lost a good friend and companion. Many of you will probably have seen her at events. She was always around full of energy and eager to please. Never really asked for much, just the occasional square meal, a place to sleep and a bit of exercise, .. well maybe lots of exercise and playtime. Totally dependent on us, but gave back more than we ever gave her. The greeting I received anytime I returned from a trip. "wow you're back" she'd say as she greeted me and bounced around, "Come on let's play, lets do something, where are we going?"

Abandoned or lost when very young, survived somehow, apparently mistreated on the way and finally after a spell with a rescue home settled with us. Never learned to socialise with people or dogs, but so often you could see she wanted to join in but had not learned how. Hated people staring at her, but with one brown eye, one blue eye, who could resist looking? Growled at many people who approached her and was almost uncontrollable in the early days and then went on to win the dog-training course!



She was a bit of a character, a Border Collie with more than a hint of Springer, head down she would race through the undergrowth following trails, through virtually impenetrable brambles. Would deliberately splash into puddles like a big kid. When we first had her she was as fast as a greyhound, the distance she could cover in a short time was amazing,. First behind us, next second appearing 100metres ahead. Sometimes you could follow her route as the white tip of her tail, waved occasionally above the undergrowth. Chasing squirrels, rabbits, birds anything that moved She never actually caught anything, the thrill was in the chase, a quick swerve at the last second avoided anything that did not get out of the way fast enough. A great companion when out running, planning, collecting controls or even occasionally on events. We should have picked the signs up when I had to carry her back to the finish at the club champs last Christmas.

A complete and utter coward, she loudly defended us from behind or when safely on the lead. She could put on a brave show, but only when she knew she was safe. Yes she was safe with us. She only wanted us to make her better, her eyes were still alive, but the vet said it was best as I signed her life away.

Barry Houghton



# Street Orienteering (with a difference)

Wow! That was Good!

I speak of course of the Warwick Middle distance event. Those of you who didn't attend missed a great event. The challenge of running in some normal terrain but also through the byeways of old Warwick with a tricky 8 controls using butterfly loops within the castle itself. With 250 competing, including many in middle age, the tourists must have been amazed with the 2000 runs hither and thither. This included a sneaky leg to a control actually outside the castle wall with a lot of competitors, including myself, rushing into a small tower, searching the dungeon and rushing up the spiral staircase to the battlements!



The event was made by the excellent map ( by Mike Hampton) but also the use by the planner, Iain Embrey, of a very old town centre with its complicated network requiring careful navigation all the way round to avoid cul-de-sacs and poor route choice, and the permission to use the castle. Despite having taken part in about 1000 Orienteering events I had never before been a big fan of sprint events. OD, and possibly Graham Gristwood, have been leading the way organising a series in Coventry. I've done a couple of sprints, and when I was at the White Rose this year I tried the Scarborough event, which had been run in May. I only walked round as I had already done an event that morning, and was due to compete the next day in Tim Tett's relay team and the bike-O the next day ( and having done an event and the night event the previous day). I found this really tricky with amazing detail of the mass of little used paths mostly on the cliff side.



I hope HOC will be able to put on some events like these. I understand an event might be held at Edgbaston University but other areas could be Redditch or Castle Vale where modern cramped housing with cul-de-sacs and lots of paths would make them suitable. HOC hold night street events but people like me with dodgy eyesight and poor lighting equipment are never going to do well. We probably wouldn't use controls but number clues. I nearly always find that if a gang of kids say 'its over there mister' that they are sending me in the wrong direction or they have already stolen the control flag! Vegetation in our summer evening

events can get very bad and these sort of events would be ideal in the daylight of July and August.

Barry McGowan



File date: October 2007

Number: 0000015

**Dave Nevell**  
(new ADHOC editor)

**Occupation:** Doing secret[ish] stuff at QinetiQ in Malvern

**Age Class:** M45

**Started orienteering:** 1972 in the South East with family/school

**Personal orienteering high:** Apart from becoming Editor of Ad Hoc, everything else is a pale shadow. British Champion M19 1980, but best run ever was probably 2nd place in M21E on last day of French 5 day 1984.

**Personal "O" low:** Getting injured in 1989 and not doing another event for 15 years.

**Room 101:** Green areas. Rain. Green areas. Areas of low visibility. Green areas. Not surprisingly, green areas of low visibility in the rain take the biscuit. Oh and did I say I didn't like green areas?  
(should have been at Salcey Forest 28.10.07!!!, LDE)

**"O" so delightful:** There's a lot to be said for getting to events on a bicycle when the sun is shining and the forest is nice and runnable.

**Favourite bit of kit:** I've only just discovered the benefits of a headband and it's the best couple of quid I've ever spent on orienteering.

**Best pre "O" breakfast:** Toast. Decaffeinated coffee.

**Favourite post O refuel:** Lots of liquid, the brown and frothy stuff's quite good.

**Best "O" tip:** Slow Down!



"O" Filing Clerk Lester Evans

Want to submit your details to the "O" files?

Apply by email: [lester44@btinternet.com](mailto:lester44@btinternet.com)

Graphics: m@grafix

November 2007

# mad hoc

**Starting today – a gripping tale of intrigue set in the murky underworld of West Midland orienteering. Only one man is prepared to fight for justice. That man is Rocky Knoll. Now read on.**

## **Rocky Knoll in The Mystery of Beryl's Bottom**

### **Part 1 - The Message**

It had been a quiet couple of weeks in the offices of Rocky Knoll, Private Investigator, and the sudden ringing tone of the telephone shattered the calm like a brick through a window. I picked up the handset a split second before I realised that in fact a brick had just come through the window and landed on the tatty lino in a scattering of jagged glass shards. However, this was no ordinary brick. Its previous owner had seen fit to wrap it carefully in paper, held in place with a rubber band. I removed the paper, which revealed the following message. "Meet me tonite Beryl's Bottom 2000 hrs. A friend." Hmmmm, some friend. The street outside was as empty as the bottle of scotch on my battered old desk. I sucked my last Rollo and mused on the missive. Strange things had been going on down at Beryl's Bottom recently, ever since the permanent orienteering course had been opened by Kim Vermillion, local starlet come Hollywood and Old Bailey celebrity. Unfortunately also my father's nemesis. Nothing wrong with her knolls and re-entrants. However, the aforementioned woodland had been repeatedly and mysteriously "re-arranged" over the last few months, each time necessitating extensive re-mapping. Fresh depressions had been dug, new knolls piled up, new clearings created, paths blocked and extra ones trampled. It looked like sabotage on a grand scale, but there were no leads. The BOF boffins were stumped and I was out of favour after the disastrous case of the disappearing ink and the Reliant Robin....

Beryl's Bottom car park in the murky November gloom wasn't my idea of fun. I checked my watch. 2015 and no sign of anyone, friend or foe. An owl hooted and another minute's drinking time in the Lord Nelson slipped by. Just as I had decided to leave, the noise of an approaching car made me draw back into the trees. The vehicle stopped and a figure stepped out. "Where are you, Knoll?" called a harsh voice. "I know you're there. You just stay out of it, you hear. We've sorted your pal out and you'll be next if you keep meddling!" He peered into the darkness, cursed and got back in the car. "This is none of your business" he threw in as a parting shot and was gone in a flurry of mud and gravel.

It was I felt, very much my business whether I liked it or not. Threats like that were like a red rag to a bull and I wasn't going to be intimidated. I checked the tyre marks; he needed a new offside rear as soon as possible. The shoe prints were interesting. He was clearly overweight and walked with a limp. But this was getting me nowhere. Just like my life. Hell, if Evelyn were here things would be OK. I'd know what to do and I'd know what to say. But she wasn't and I had a case to solve. It was no use living in the past; it was time to move on and start again. Easier said than done, I reflected as I pushed open the Saloon bar door of the Lord Nelson, oddly known to its locals as the Lord Charlie. I hoped Brent would be there, I was going to need him....

Brent occupied his habitual chair in the bar. As usual he was scruffily dressed, hair wild,

looking as if he had just come in from feeding the pigs. In fact he probably had. How shall I describe Brent? Well, for a start he was my brother, just two years older than me, but that doesn't even scratch the surface. He defied description by most normal means so, dear reader; let's just agree not to try. He eyed me inquisitively, noting my muddy boots. "I'm not sure I want to know what you've been up to," he remarked, his words at odds with his obvious curiosity. I filled him in with the details of my eventful day. "Ah-ha," he chortled, pushing a pint towards me, "The mystery of Beryl's Bottom deepens. It's a regular cornucopia of dubious characters and shady goings-on. Have you got any theories?" I leaned forward. "My theory Brent, is that you should get off your backside and help me get to the bottom of things, no pun intended. We need to get a closer eye on what is happening. To put it bluntly, I want you to help me run twenty-four hour surveillance on the wood, starting tonight." Brent looked dubious. "I think, dear brother, that you are becoming over-obsessed with this. It sounds dangerous. Of course, that doesn't bother me but I'm concerned for your safety. Why not just take the polite gentleman's advice and forget the whole thing. Next time it won't be a threat, it'll be a bullet." I took a long draught from my glass and fixed him with a steely gaze. "I would," I said, "If it was just me involved. But what about our mysterious brick thrower. There are other people out there with information who could be in trouble." "Typical Rocky," smiled Brent, "As altruistic as ever. Go on then, count me in. But get another round of Old Scroat in first. We're going to need it."

A week later we were: (a) knackered, (b) no wiser. We repaired to the office, replete with boarded up window. Times were hard since the Knoll empire's fall from grace. I sat with my legs up on the desk. Brent lounged on the threadbare sofa, his head immersed in the Borchester Bulletin. The latest Hollywood scandal involving Ms Vermillion was splashed on the front page and there appeared to have been another betting scam at the Colwall sheep races. Brent had eyes for other news. "It says here," he said, "That the Federation had a break-in last week. Nothing was stolen apart from the base maps for a West Midlands orienteering area with a newly opened permanent course." We stared at each other and exclaimed in unison "Beryl's Bottom!" I grabbed the paper off him and smiled wryly. "Shame I'm persona non grata with the Federation. I don't suppose we'll get any information via that route. But I suggest that we chase up this Miles Piles character who wrote the piece. Perhaps this is a lead at last....."

**Is this really a lead for Rocky and Brent? Who is the mysterious brick-thrower? What does it all mean for the future of orienteering? Read on in next month's gripping instalment of The Mystery of Beryl's Bottom!**

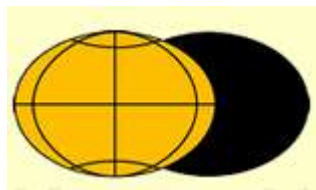
## PUZZLE CORNER

Those of you starting just after 12 at the recent WM Champs may have seen Frantic Fred going off on Green. Ever mistrustful of technology, he made an exact note of the time showing on his analogue watch when he dibbed the Start control and did the same when he finished. To his surprise, during the race (which went well) the hour and minute hands of his watch had changed places. Exactly then, when did he start and how long did he take? If you want to e-mail me your answer (dnevell@qinetiq.com) then I will publish your name if correct. If there many entries I may even think of a prize!



# Harvey Map of Cannock Chase

This was launched at Birches Valley Forest Centre on 13th October 2007 by NNAS (National Navigation Award Scheme) published by Harvey with support from the Cannock Chase Area of Outstanding Natural Beauty Sustainable Development Fund and the Air Training Corps. It was produced to commemorate the life of Peter Palmer founder and first chairman of NNAS but better known to orienteers as a leading member of WCH with particular interest in juniors. It had long been Peter's wish to have a single map with the whole of the Chase on it to enable everyone to have the opportunity to explore this beautiful area.



Mick Comery, Colin and Suzette Spears attended the launch on behalf of HOC. Anne Salisbury NNAS chair welcomed everyone and explained how the map was the product of close collaboration between all interested parties. Sue Harvey talked about some of the difficult decisions that had had to be made when mapping the area as it was to be used by a wide range of people – walkers, cyclists, horse riders, dog walkers and families out for an afternoon stroll. As a commercial venture it had to be long lasting. A quick map correction when a block of forest was clear felled or new path put in was not an option; so they had opted for green for all wood and had not differentiated between rights of way, footpaths or cycle paths.

The AONB representative was delighted with the finished product and hoped that many people would use it to enjoy the delights of the Chase. After Marlene Palmer had expressed her pleasure that Peter's vision was now reality Dave Gittus reminded everyone how Peter had been a man of ideas who, while not very practical himself, could always inspire others to put his plans into practice. He then declared the map open and we were able to walk or cycle a course of Bronze or Silver Standard.

The map itself does not have the detail of an orienteering map. Available from Visitor Centres, it is 1:2500, waterproof and with a wealth of information about the Chase, the NNAS Scheme, Forestry Commission and Peter Palmer himself: a fitting tribute to an inspirational man.

NNAS: [www.nnas.org.uk](http://www.nnas.org.uk)

Birches Valley Centre: [www.forestry.gov.uk/cannockforest](http://www.forestry.gov.uk/cannockforest)

HARVEY: [www.harveymaps.co.uk](http://www.harveymaps.co.uk)

Colin Spears

## Whatever happened to...

.....sticky-backed plastic? The perennial favourite of Blue Peter which found its way into many an orienteering kit bag. What was it used for? Covering control cards mainly, also maps, making them waterproof, generally indestructible and impossible to write on, much to the annoyance of results teams. Nostalgia rating: moderate (but that's probably down to Blue Peter). Chance of a comeback: Tyvek has made this unlikely but there are always paper control descriptions to protect.

WM = West Midlands, G= League, NSL= Night Street League, WNL = Western Night League SEE=Summer Evening Event  
MADO= Malvern and District Orienteering Introductory low key events. CATI=Come and Try It. District Events (C4) = W,Y,O, LG, G,  
BI, Br and String courses. Regional Event (C3) previously Badge Event = by M/W age groups.  
Registration normally 1000-1200 hrs with starts 1030 -1230 hrs unless stated otherwise. Fees = Seniors / Juniors. Use Standard Entry Form  
for pre entry of C1, C2 and C3 events or entry via the web. EOD = Entry On Day. EPS = Electronic punching [SI or EMIT].  
Calendar produced by Rollo Rumford [rollo.rumford@btinternet.com](mailto:rollo.rumford@btinternet.com)

**HOC Events do not happen without volunteers! – if you can help, please phone the Organiser, it will be much appreciated.**

Day Date	Club Event	Area Locale	Grid Ref	Closing date(Cost) Exceptions	E = Entries O = Organiser
4 Nov	DEE C3	Delamere Forest Chester	SJ 558710	£7.50 / £3 EPS-Si	<a href="http://www.deeside-orienteeing-club.org.uk">www.deeside-orienteeing-club.org.uk</a> CD 24/10/07
6 Nov	HOC NSL	St Johns Worcester			O = Brian Hughes 01905 21001 See AD HOC for details
10 Nov	SARUM C3N	Sidbury Hill 230502 Tidworth	SU	£8 / £3 EPS-EMIT	<a href="http://www.sarumo.org.uk">www.sarumo.org.uk</a>
11 Nov	WCH C3	Fairoak & Hednesford Camp Cannock	SK 018171	£11 / £3 EPS-Si	<a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a>
15 Nov	HOC WEE	Highgate Common Winter Evening Event	SO 8490		O = Barry McGowan 01922 633 792
18 Nov	WRE C4	Gogbatch & Wildmoor Church Stretton		Fees TBA EPS-Si	<a href="http://www.wrekinorienteers.co.uk">www.wrekinorienteers.co.uk</a>
22 Nov	HOC NSL	Harbourne Birmingham			O = Rachel White See AD HOC for details
24 Nov	HOC C5	British camp Makvern Hills		£4 / £1 EPS-Si	O = Mike Farrington <a href="http://www.mado.org.uk">www.mado.org.uk</a>
25 Nov	WCOC C4	Latrigg Keswick	NY 292244	£ TBA EPS-Si	<a href="mailto:bob.barnby@virgin.net">bob.barnby@virgin.net</a>
25 Nov	BOK C4	Cannop Ponds Forest of Dean	SO 625100	£7 / £ 2.50 EPS - Si	<a href="http://www.bristolorienteeing.org.uk">www.bristolorienteeing.org.uk</a>

Day Date	Club Event	Area Locale	Grid Ref	Closing date(Cost) Exceptions	E = Entries O = Organiser
6 Dec	HOC	C5	SO 975840		
8 Dec	NGOC	S5N	SO 882130	£3 / £1	<a href="http://www.ngoc.org.uk">www.ngoc.org.uk</a> O = Dave Hartley 01452 863805
12 Dec	HOC	NSL	Stratford on Avon		O = Geoffrey Foster See AD HOC for details
16 Dec	HOC	C3	Kinver Edge Stourbridge	£10 / £4 EPS- Si	O = Robert Vickers 01384 377 008 before 9pm Entries preferred via <a href="http://www.tablan4.co.uk">www.tablan4.co.uk</a> <a href="mailto:kinver07@harlequins.org.uk">kinver07@harlequins.org.uk</a>
22 Dec	HOC Annual Club Championships	XC5	SO 723404	£ 3 / £1 tbc EPS-Si	O = Carole Farrington + Lynden Hartman Full details in AD HOC
1 Jan	WCH New Years Day Score Event	S4	Shooting Butts Cannock Chase	£7 /£2 EPS-Si Dogs on lead only	O = Ian Jones 01785 251682 <a href="http://www.walton-chasers.co.uk">www.walton-chasers.co.uk</a> Mass Start at 12 midday
9 Jan	HOC	NSL	Kidderminster		O = Martin Bickerton See AD HOC for details
13 Jan	WCH CSC Rd 1	C4	North Sherbrook Cannock Chase	£8 / £2 EPS-Si Parking £1 Dogs on lead only	O = Andy Goode 01785 248634 <a href="mailto:Andy.goode@staffordshire.gov.uk">Andy.goode@staffordshire.gov.uk</a> <a href="http://www.walton-chasers.co.uk">www.walton-chasers.co.uk</a>
17 Jan	HOC WEE	N5	Shrawley Wood		O = Andy Hemsted
19 Jan	HOC WNL	C5N	Haugh Wood Mordiford		O = Mike Farrington
20 Jan	HOC	C5	Haugh Wood Mordiford		O = Mike Farrington
22 Jan	HOC	NSL	Castle Vale		O = John Embrey See AD HOC for details
27 Jan	OD/UWOC	C4	Hay Wood	Details to be confirmed	

# Saturday C5 Check

A mixture of local, informal and come and try it events for Saturday aficionados. Please check club websites for more details.

	HOC	NGOC	POTOC	OD	COBOC	LEI	WCH
3 Nov		Mallards Pike S			Cannon Hill Park		
10 Nov			Downs Bank	Kenilworth Common		Brocks Hill Park	Satnall Hills
17 Nov		Bixslade			Sutton Park		
24 Nov	British Camp						
1 Dec		Painswick Beacon		Charlecote Park	Waseley Hills CP		

<http://www.ngoc.org.uk>

<http://www.sisypheus.demon.co.uk/POTOC>

<http://www.Octavian-Droobers.org>

<http://www.coboc.org.uk>

<http://www.leioc.org.uk>

<http://www.walton-chasers.co.uk>

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*Harlequins Orienteering Club* invite you to a

## Midweek Night Score event

# Highgate Common

On Thursday 15th November 2007

Parking: GR SO 841900, Birches Coppice Public car park

Directions: From A449 Wolverhampton to Kidderminster road. At junction with B4176, Himley Traffic lights, turn West towards Bridgnorth. After 500metres turn left by farm shop. At end of road turn left into Swindon Village. Follow main road through village and climb steep hill out of village. Just over crest of hill turn right (take care).

Event carpark 1 mile on left.

Terrain: Mixture of woods, and open heath land.

Map: 1:7500 bring your own map bag and a pen.

Format: One hour Score event with varying values for the controls depending on their difficulty/distance. Penalty of 10 points for each minute or part of minute late. Pin punching will be used.

Starts/Fees: 6:00 pm to 7:00pm. £3 Adults and £1 Juniors.

Facilities: Tent complete with light. NO toilets.

NOTE: Whistles are compulsory.

Planner: Barry McGowan

Organiser: Barry Houghton 01902 894890, email [bjh@uwclub.net](mailto:bjh@uwclub.net)





Event Information  
ver2 as of 21<sup>st</sup> Sept  
2007

## Harlequins Orienteering Club

Invite you to a Regional (C3) event

At

# KINVER EDGE

(Near Stourbridge)

on

**Sunday 16<sup>th</sup> December 2007**



Orienteering in  
Worcester, Hereford,  
South Shropshire,  
Black Country and  
Birmingham.

### Venue & Travel

Approximately 8 km west of Stourbridge. O-signed from the A458 Stourbridge-Bridgnorth road at SO847850. The signed route goes through Kinver village - please drive carefully.

### Parking:

On fields at SO838828. Parking charge of £1.00 will be passed to the farmer.

### Terrain:

Kinver Edge is a well drained ridge, covered in mostly runnable natural and plantation woodland. There are areas of heathland, which are being extended with cattle grazing and this has resulted in some new fences. Public use has created many paths, but plentiful rock and contour features ensure challenging navigation for the experienced orienteer.

### Map:

1:10,000, updated for this event by Alison Sloman.

### Courses:

Badge courses for all classes to M/W70 L and S. White, Yellow, Orange, Light Green. String.

### Entries:

Online: (preferred method) through [www.fabian4.co.uk](http://www.fabian4.co.uk)

Postal: Mike Farrington, Kinver 07, Oak Lodge, Floyds Lane, Wellington Heath, Ledbury, Herefordshire, HR8 1NB. 01531 635502 (7 - 9pm). [kinver07@harlequins.org.uk](mailto:kinver07@harlequins.org.uk)

**Closing date for standard fee entries: 30th November for either entry method.** (Note - online late entries accepted ONLY up to 9<sup>th</sup> December, with surcharge as shown below. NO postal late entries).

### Registration:

1000 - 1200hrs

### Starts:

1030 - 1230 hrs.

### Punching:

Electronic Punching using SportIdent. SI-Cards may be hired for £1.00

### Fees:

Badge courses: Pre-entry by 30<sup>th</sup> November: Seniors £10.00 Juniors £4.00

Online late entry and EOD (if maps available) surcharge £2.00/£1.00 per person

Colour coded: pre-entry or EOD Seniors £8.00 Juniors £3.00

**N.B. £2.00 Reduction for Senior British Orienteering members.** (Only on production of appropriate membership card if EOD).

### Dogs:

Dogs must be on lead at all times. There is livestock in parts of the area.

### Facilities:

Toilets, squash; possibly other facilities.

### Officials:

Organiser Robert Vickers: 01384 377008 before 9.00 pm.  
Email: [rvhoc-kinver@yahoo.co.uk](mailto:rvhoc-kinver@yahoo.co.uk)

Planners Alison Sloman and Barry Houghton

Controller Brian Morris (WRE)

### Safety:

Competitors take part at their own risk. There are many large crags in the area. Whistles must be carried. In case of bad weather competitors may be required to have appropriate clothing (e.g. gaiters) or they will not be permitted to start.

### Website &

### Cancellation:

For the latest information check: <http://www.harlequins.org.uk>

HOC reserve the right to retain part/all of any pre-entry fees to cover committed costs.

### Notes & EVO

The Kinver Rock Houses are a local attraction.

The Food Zone starts here.....

## HEMSTED CATERING & COACHING PRESENT

For HOC members (and partners) at any level of 'O' expertise who would like to get together (round a dining room table) and afterwards to focus on 'form' - informal training session based on orienteering experience and maps, with ideas on how to prepare yourselves for your next BIG 'O' challenge (led by Andy).

## SIT DOWN SUPPER & ARM-CHAIR 'O'

On Friday 23 November at 7.15 p.m.

At 6, Hunton Hill, Erdington B23 7NA

### Menu

Red lentil and vegetable potage

Boeuf Bourguignonne/ \* Stuffed courgette / mushroom & sherry sauce

Creamed potatoes

Carrots and parsnip

Sprouts a l'orange

Baked cauliflower cheese

Home-made New York cheese cake

Lemon Posset

Tropical fruit salad

Coffee and fudge

\*indicates vegetarian option

Price per person (£4.00) includes a glass of wine, beer or fruit juice. (Any profit to HOC funds) Maximum numbers 10. Places allocated on a first come first served basis. Sorry no E.O.D.!

.....  
REPLY SLIP FOR SIT DOWN SUPPER & ARMCHAIR 'O' (23 Nov.)

Please reserve.....place(s) for me. Signed.....

Phone number.....

I would like a vegetarian meal (Please tick here if yes)

☐

# Attention Chocoholics!

Are you partial to a nibble of chocolate before orienteering? It may be doing you far more harm than good. It is recommended that nothing is eaten in the hour before competing. The effect of glucose consumption is detrimental on two counts. Firstly, it stimulates the release of insulin which, when combined with the effects of exercise, extracts glucose from the blood stream at a faster rate than the liver can supply it. As a result of this the blood glucose level falls to about half of its previous figure and you are worse off than if you had not tried to increase it. Secondly, a concentration of glucose in the digestive tract tends to extract water from the rest of the body to dilute it, and may cause acute discomfort. This is not to say that glucose should not be taken during a race. Its effect can be significant during longer races, something that anyone planning to take part in the proposed HOC 40<sup>th</sup> birthday Long-O races will be wise to heed.

## Of Wallyball and Wilfs

It's official. The following are all recognised exercises and activities according to a fascinating website at [NutriStrategy.com](http://NutriStrategy.com). House cleaning, milking a cow, military marching, playing the cello, shovelling snow by hand, unicycling, and feeding children. But not orienteering. Oh no! On a comprehensive list that includes even playing darts, our noble sport doesn't even get a look in. To be fair the list does include various forms of running, including cross-country running, so perhaps I am being a little harsh. The point of the categories is that they are assessed by how many calories one would be expected to burn off whilst taking part in them. Energy consumption is dependant on one's weight; this is quite significant, a 190lb person needs to use about 20% more calories than a 155lb person and 45% more calories than a 130lb person.

What about orienteering then? From the available list I reckon that cross-country running (not racing) may be pretty close to the mark for a lot of competitors. It has the same energy consumption as running at about 11 minute mile pace. Considering not all competition involves continuous strenuous effort, this may be about right. In which case we are looking at 633 calories (strictly kcal) an hour for a 155lb (11 stone) person (inflate this to 776 calories for a 190lb person). Now you may be interested to know, if you are looking for similar ways to burn off your excess energy, that this puts orienteering on a par with the following activities:

- Ice skating at greater than 9mph
- Cross country skiing
- Boxing sparring
- Football
- Moving household items upstairs

Even better, orienteering comes ahead of:

- Baling hay
- Beach volleyball
- Polo (I don't think this includes the horse)

Slow rope jumping  
Wallyball!  
Painting, plastering, papering and scraping  
But sadly behind Jai alai (check it out).

Now maybe you can see where this is heading. Given that it might take about an hour to complete a colour-coded course, what's going to fuel you around the forest? A quick bit of maths leads to the following conclusions:

One  Event =   

Or, for the  
very thirsty



For the  
super-sizers



For fructose  
lovers



For rabbits



But of course there's only one serious candidate for the universal measure of course content. Say goodbye to kilometres run and height climbed and welcome.....

The Wilf



Scientists are currently working day and night to calibrate the remarkable restorational powers of this mysterious and addictive substance. Watch this space for news of just how many times you can run round a Green course on just a single helping.



# 2007 Club Championships

## **Never won anything? Well now is your chance!**

It happened to me, it could happen to you.

How?

Well you have to come to Frith Wood, Wellington Heath, Near Ledbury Herefordshire (Signed from A449 Malvern to Ledbury Road) on Saturday 22<sup>nd</sup> December 2007. The mass-start will be at 11:00 prompt. There will be an uphill walk to the start of 5-10 minutes, so you need to arrive in time to change, register and walk to the start.

What do I have to do?

You have to take part in a score competition of 1 hour for adults and 45 minutes for juniors (M/W14 and under). Brian Hughes is planning and Neil MacKenzie is controlling.

But I'm only a beginner, I'm not competitive, you cry! That's no excuse because at the club champs the handicaps that Dave Nevell has worked out over the year are applied so everyone stands a chance of winning the Bert Pardoe handicap trophy. In addition there are the individual age categories - and you never know who will turn up, and even Andy Hemsted or Tessa Hill might have a bad day.....

What if I don't do well?

You can still bring a 'dish'(food only) to the bring and share lunch to be held at Wellington Heath Village Hall afterwards. Tea, Coffee and Squash provided. This is a great social event. There is always a big raffle in aid of a charity, so bring a prize to donate and join in the fun. This is a great opportunity to meet club members you have only heard about in the magazine and start the festive season off!

Carol Farrington (Organiser and reigning Veteran Lady – until 22<sup>nd</sup> December!)

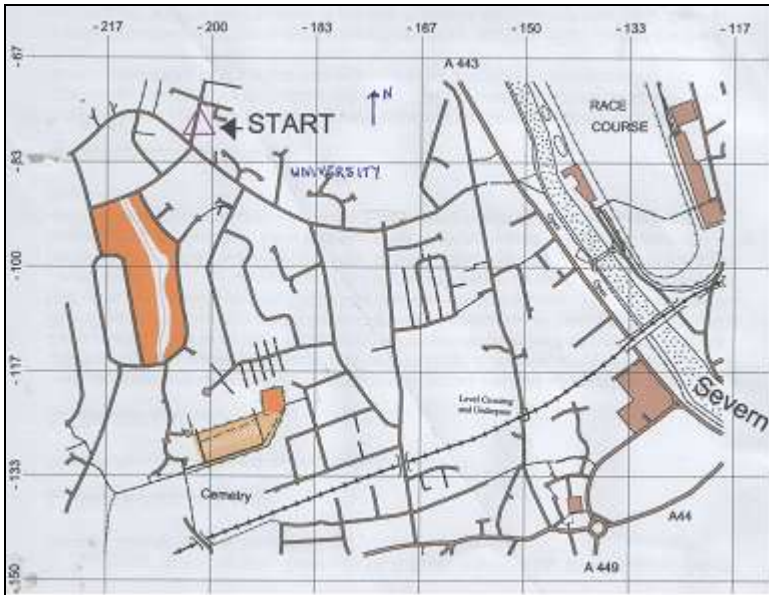
## ....and a message from The Handicapper

Current Bert Pardoe Handicaps are to be found on the HOC website. They are based on your own performances, not age class or gender. They will be updated again with all known WM form right up until the Championships itself. The score you achieve at the event will be multiplied by the handicap factor. If you don't currently appear on the list then don't panic. The list only shows members with three qualifying runs. We have ways and means of turning two or even one qualifying run into a reasonably competitive handicap. And there's still time to get to more events in the meantime. If you have no handicapping form whatsoever then you will be given a default handicap – this will be disadvantageous but still allow you to be included in the running for the Bert Pardoe Trophy, which is the most prestigious of all the prizes on offer. Just ask Neil Mackenzie about all of the fame and kudos he's had heaped on him in the last twelve months.....

**Night Street League Event 2\***  
**St Johns Worcester. Tuesday 6<sup>th</sup> November**

**Venue:** Comer Gardens Community centre, Comer Gardens, St Johns, Worcester.

**Directions:** St Johns is the part of Worcester west of the River Sever. See the map. The only road bridge across the river in Worcester is about where the N of 'Severn' is shown on the map. Heading west off the minor road S of the University) into Comer Gardens. The community centre is on the right and is opposite a wooden chapel that looks more like a scout hut. The Community Centre itself was probably an old chapel too.



**Courses** LONG 9.1 KM., MEDIUM 6.2 KM., SHORT 3.8 km (straight line distances).

**Start Times** 6:30 to 7:30 Please do not arrive earlier as no one will be there.

**Parking** Find your own on the streets nearby.

**Map** 1:10 000 OCAD 8 2 colour. Brian Hughes 2001 Updated Summer 2007 by Brian.

**Fee** Seniors £1 to cover room hire.

**Printing** As soon as you are reasonably certain that you will run, please ring Brian so that the correct number of maps may be printed.

Brian Hughes 01905 21001

\*Following on from the grand curtain raiser in Venice

## **MINUTES OF ANNUAL GENERAL MEETING HELD ON 8th OCTOBER 2007**

Venue: Somers Social Club, Halesowen.

The meeting opened at 8.09 pm.

Present: George Chambers, Sue Chambers, Robert Vickers, Lester Hartmann, Lynden Hartmann, Colin Spears, Suzette Spears, Alison Sloman, Russ Fauset, Mike Farrington, Carol Farrington, Barry Houghton, Barry McGowan, Richard Dearden, Brian Laycock, Andy Hemsted, Penny Hemsted, Mike Dugmore, Lester Evans, John Embrey, Rollo Rumford, Alex Morgan, Brian Hughes, Carole Sparke, Kerstin Mitchell, Charlie Nelson.

1. Apologies: David Williams, David Barwick, Peter and Ruth Bylett, Geoffrey Foster, Val Dugmore, Paul Hammond, Judith Evans, Jacky Embrey.

### 2. Minutes of the 2006 AGM:

The minutes were accepted as an accurate record.

### 3. Chairman's Report:

Mike Farrington looked back to his comments in Ad HOC following his election last year, remarking on the shortage of members who took on the jobs of event officials, which resulted in the burden falling on the same people too often. This theme had been repeated: nevertheless we had maintained a very busy and successful programme. He expressed thanks to the leaders of the various sections of our events programme, and paid tribute to the Club's mappers.

Our development plan had emerged from a Development Evening facilitated by Lester Evans. Work on the implementation of the plan was progressing, albeit perhaps not as quickly as might have been wished.

Mike recalled our involvement in putting on the JK and British Championships weekends; although these had been hosted by neighbouring Regions, they had brought financial benefit. Indeed, John Richards had actually organised the British Relay Championships.

He recalled competitive successes from our members: our Juniors had acquitted themselves well at the 2006 YBT Final and the PPJTR, although missing out from qualifying for the 2007 YBT Final. Their outstanding success was, however, their outright victory in the 'B' Race at the Harvester.

Several Junior and Senior members had distinguished themselves, including Tessa Hill who represented Great Britain in the Junior World Champs and Andy Hemsted, who again became British Champion in his age group. Andy Hemsted and Brian Hughes had both represented their countries, finished on the podium at the JK, and won medals at the British and JK Relays. Our men's team had finished a creditable 7<sup>th</sup> in the UK Relay League.

Mike expressed his concerns about reductions in funding for the sport, coupled with ever increasing bureaucratic hoops to be jumped through to secure what funding there was, leading to the view that we should prepare for orienteering to adapt in order to survive.

He paid tribute to Lynden Hartmann who was retiring from editing one of the best club magazines in the Sport, and to Suzette Spears who had been our Membership Secretary for several years. He looked forward to our 40<sup>th</sup> Anniversary Celebrations in 2008 and to another successful year for a great, friendly, welcoming club of which he was proud to be a member and Chairman.

### 4. General Secretary's Report:

Robert Vickers presented a report which indicated that the affairs of the Club had been maintained satisfactorily throughout the year. The Committee had met 9 times. He summarised those topics which had required most Secretarial involvement, and expressed some misgivings about the amount of paperwork which clubs were being called to provide, for the administration of the Sport. Environmental concerns were also constraining our activities, and had necessitated discussion with Natural England and the Forestry Commission.

There was some progress to report with our Permanent Courses, but more work was needed. The new Rules and Guidelines for the Club Championships had been put into effect for the 2006 event, and the work of Dave Nevell in producing individual performance factors for use in conjunction with these was acknowledged.

Thanks to the efforts of the Social Secretary, Sue Chambers, a varied programme of social activities had been arranged: Xmas party and Prizegiving Socials, "Feasts" at two Training weekends, and a Scottish 6-days Social. The Hemsteds had contributed "Supper and Armchair-O" and given an interesting talk on their visit to Cambodia.

#### 5. Membership Secretary's Report:

Suzette Spears tabled a report which showed that we currently had 169 membership units, representing a total of 324 members. This indicated a small decrease over the previous year, albeit we still had more members than in 2005. She commented that whilst in earlier years around 45% of new members failed to renew after the second year, this year the percentage was slightly higher.

#### 6. Treasurer's Report and Presentation of Accounts:

Brian Laycock distributed copies of the accounts for the Year ending 31st July 2007. These indicated a modest surplus for the year of £200 approximately. Subscription income had increased, and just about corresponded to the costs of the magazine. He pointed out that we had benefited this year from SinS income, and also from our involvement in the JK. In general, most events made a small profit, and SEEs broke even. This year, HOC Shop figures were shown for the first time. The bulk of our funds were in a Standard Life account which earned good interest, and our total funds at bank amounted to approximately £7,000.

#### 7. Auditor's Report and Acceptance of Accounts:

The Auditor, Barry McGowan, commented that he had received the accounts only on the day before the meeting, so had not had a proper opportunity to scrutinise them. Under the circumstances, the meeting agreed to give them provisional acceptance subject to a satisfactory Auditor's report being received by the Committee in due course.

#### 8. The Fixing of Subscription Rates:

Having regard to the financial position and the expected increase in production costs for the magazine, The Committee made a proposal to increase the Club element of the Subscription Rates to £12.50 for Seniors, £13.00 for Families and Groups, £2 (no change) for Juniors. This was agreed.

It was noted that the Club had been obliged to anticipate these new rates in order to notify British Orienteering in response to an advancement of their deadline. This was regarded as being somewhat unsatisfactory, and it was suggested that the new Committee should consider recommending some changes to the Constitution in order to regularise the situation in future years.

#### 9. Election of Office Bearers and Other Positions:

The Office Bearers were elected as follows. All were unopposed.

Chairman	Mike Farrington (proposed Carol Farrington, seconded Colin Spears)
Vice Chairman	George Chambers (proposed Andy Hemsted, seconded Suzette Spears)
General Secretary	Robert Vickers (proposed Russ Fauset, seconded Penny Hemsted)
Treasurer	Brian Laycock (proposed Carol Farrington, seconded Mike Dugmore)

The following Holders of Other Positions were elected as follows. All were unopposed.

Membership Secretary	Alex and Angela Morgan		
Fixtures Secretary	Rollo Rumford	Social Secretary	Sue Chambers
Equipment Officer	Alison Sloman	Mapping Officer	Colin Spears

Editor - Ad HOC	David Nevell	Club Captain	Richard Dearden
Event Support Officer	Brian Hughes	WMOA Representative	Robert Vickers
Coaching Coordinator	Marian White	Junior Reps/Captains	(See below)
Press/Publicity Officer	Penny Hemsted (See also below)		
Schools Liaison	(See below)		
SMILE Co-ordinator	George Chambers		
Auditor	Barry McGowan		

- The new Junior Representatives/Captains will be appointed by the Juniors when they meet at the Xmas Social.

- The Press/Publicity Officer will act as a focal point and function as a contact point for British Orienteering. However, it was felt that more local contacts should be established with the press in other parts of our territory and that those Press Contacts identified should feature in the area Information Packs.

- The matter of Schools Liaison was referred to the new Committee to consider.

- A vote of thanks to Lynden Hartmann and Suzette Spears was enthusiastically endorsed.

#### 10. Amendments to the Constitution:

No amendments to the Constitution had been proposed.

#### 11. Motions raised by the Committee or Membership:

No motions had been submitted.

#### 12. Any Other Business:

- Russ Fauset drew attention to the night street event which he was organising in Venice on 22<sup>nd</sup> October.

- Charlie Nelson summarised the results from a questionnaire which he had distributed about SEEs. Respondents seemed to think that enhanced publicity would increase participation. He said he would put a note in Ad HOC seeking suggestions for Park areas which could be developed for Sprint-O etc. The general view at the meeting was that a regular day should be allocated for SEEs, and Thursday was preferred.

- Penny Hemsted announced that the next Supper and Armchair-O would be on 23 November.

- Barry Houghton reported the WEE (Winter Evening Event) programme was coming together.

- Russ Fauset observed that courses at certain unspecified HOC events had diverged quite significantly from the published colour standards - Green and Light Green especially. He was invited to write an appropriate article for the magazine. It was suggested that the Event Support Officer could emphasise the need to conform to the standards when issuing information packs to event Officials.

- Suzette Spears drew attention to the Club publicity which she was coordinating for the Titterstone Cleve Heritage Trust Autumn Fayre, and invited offers of assistance.

- Members were reminded about the British Orienteering EGM and Development Conference on Saturday October 27<sup>th</sup>. Robert Vickers and Brian Hughes would be the Club's official delegates at the Conference.

- Lester Hartmann drew attention to the BBC Hereford and Worcester résumé of events, which could be a useful vehicle for publicity.

- To conclude the proceedings, the Chairman took the opportunity to present certificates to the successful competitors at the recent West Midlands Championships.

13. Closure of Meeting: The meeting closed at 10.03 pm.

Minutes compiled by Robert Vickers (General Secretary).

# Membership Secretary's Report

HOC membership as at 30 <sup>th</sup> September 2007						
	2005		2006		2007	
Family Units	56		81		68	
Seniors	85		90		87	
Juniors	8		9		8	
Hon	3		3		3	
Groups	9		5		5	
Total Units	161		189		169	
Total Members	283		364		324	
Proportion of BOF/HOC only						
BOF only	186* (169)		198* (181)		275* (261)	
HOC only	97 (112)		166 (183)		49 (63)	
Total Members	283		364		324	
Years of Joining						
	>95	128	>96	128	>97	126
	96-01	70	97-02	67	98-03	65
	02	7	03	13	04	28
	03	14	04	33	05	43
	04	43 <sup>+</sup>	05	77 <sup>+</sup>	06	43 <sup>+</sup>
	05	21	06	47	07	19
Total Members	283		364		324	

\* Includes people for whom HOC is their second club (14 in 2007)

<sup>+</sup> Includes people who joined after 30th.September of the preceding year.

Membership numbers are slightly down on last year but there has been a marked increase in the number of British Orienteering members. This is because there is now the option of a Local British Orienteering membership LBM as well as the original National one NBM. All club only members were given the opportunity to transfer and many did so we now have 193 NBM and 68 LBM. New members are offered British Orienteering membership. Club only membership is for those people who no longer orienteer more than a couple of times a year but like to keep in touch. I responded to 9 requests for information, which resulted in 8 more membership units:19 individuals.

Suzette Spears. Retiring Membership Secretary.



## HOC COMMITTEE 2006/07 (committee includes Ad Hoc editor)

Chairman:	Mike Farrington
Vice-Chairman:	George Chambers
Treasurer:	Brian Laycock
General Secretary:	Robert Vickers
Membership Secretary:	Alex and Angela Morgan
Fixtures Secretary:	Rollo Rumford
Mapping:	Colin Spears
Equipment:	Alison Sloman
Club Captain:	Richard Dearden
Coaching Co-ordinator:	Marian White
Event Support Officer:	Brian Hughes
WM Rep:	Robert Vickers
Social Secretary:	Sue Chambers

\*\*\*\*\*

### MORE POINTS OF CONTACT

Junior Captains:	Susan Ford Duncan Leeson
HOC Shop:	The MacKenzie Family
Night Street League:	Brian Hughes
Summer Evening League:	Charlie Nelson
Webmaster:	David Williams

**MADO is proud to present**  
**The second of our**  
**Orienteering Mini-League Events**  
(best 4 out of 6 events to count)  
To be held at

**British Camp on November 24th**

Directions: The British Camp car park on the A449 Malvern to Ledbury road. Grid reference SO762403. And the Black Hill car park on the B4232 Jubilee Drive just north of its junction with the A449. Both car parks are pay and display,

**Plenty of help on hand for newcomers.**

Courses: Will range from String (For toddlers upwards)  
Yellow (Easy – for youngsters and groups)  
Orange (Suitable for adult beginners and family groups)  
Green (A shorter course for experienced orienteers)  
Blue (A longer course for experienced orienteers)

**Registration 12-1pm Starts 12.30-2pm**

**Cost: £4 per adult £1 per junior**

Optional coaching up to orange standard may be available from 2-3pm cost £2 per adult £1 per junior £3 per family limited to 25 booking preferred.

Dogs, under control at all times

Public toilets opposite British Camp car park and on the way from Black Hill car park.

**Full details on [www.mado.org.uk](http://www.mado.org.uk)**  
**e-mail [lester@mado.org.uk](mailto:lester@mado.org.uk)**  
**tel 01684 577062**

