



The Purple Pen

Eleanor Ellis

NEXT ISSUE: Autumn 2020

QUEST FOR THE GOLDEN POMEGRANATE (George Crawford-Smith)

Cyprus, for millennia, has had a chequered history of colonisation and invasion, as it sits at the crossroads of Africa, Asia and Europe. Each culture has left something of interest behind: Egyptian burial grounds, ancient copper mines, Greek temples, Roman villas, amphitheatres and stadia, Crusader churches and Muslim mosques. Throughout these comings and goings, Greek language and traditions have been the common thread. More recently, after 4 centuries of mostly peaceful co-existence, tensions between Greek (80%) and Turkish (20%) traditions led, in 1974, to a land grab by Turkish forces and subsequent island partition. Today, the Green Line, policed by the UN, divides the island.

We tried our best to visit examples from every era and culture but were thwarted by closures and restrictions due to the first cases of CV19 being confirmed while we were there.

CYPRUS INTERNATIONAL ORIENTEERING FESTIVAL, CIOF 11TH TO 15TH MARCH

Having enjoyed the OO Cup 2 years ago in Slovenia's karst terrain, Wendy and I booked our 2020 orienteering holiday week with great anticipation. The event offered 4 middle distance courses in open 'bondu' terrain (Days 1, 2, 4 & 5) and one sprint/urban (Day 3).

There were some 300 entries almost all from Europe, especially Scandinavia, with UK clubs well represented. Russia and Israel were also well represented. France, Spain, Portugal and Italy were prominent by their absence.

On the first day we learned two new words:

- Bondu = local scrub land = marked on the map as rough open with scattered trees. A thorny mix of small trees and ground cover. Runnability of heather interspersed with hawthorn.
- Sangar = low circular gun emplacement/lookout built by squaddies = black O on map.

IN THIS ISSUE:

Quest For the Golden Pomegranate, An Introduction to Rogaining, EUOC Legends, Interview segment, MapRun, Puzzles, Answers

We both competed on Short Green along with W65/70/75/80 M75/80.

The limestone terrain on all days was similar but getting progressively easier underfoot. Day 1 was thick and scratchy, through to Day 5 with sinuous grassy corridors through otherwise very slow bondu. There were no water features anywhere on any day! Passable crags were typically very broken and only occasionally more than 1m high.

Day 1 Melanda North: Walking distance from our hotel. First introduction to bondu - very scratchy. G: Navigational meltdown at control 5 searching wrong hilltop for crag foot. Also difficulty relocating whilst off the map! 15 mins error here, but still managed 19th overall and 2nd M75 in 59:07! Many competitors had difficulty at control 3 in the indefinite bushy terrain. W: 77:41.

Day 2 Melanda South: 50% overlapping area with day 1. Only day of rain. G: Better, but overshot 3 and then made 4 mins route error from 5 to 6 around the same hill as Day 1 error. 4th M75 in 46:03. W beat G on the run in by 9 secs.

Day 3 Sprint/urban at Lofou village, situated on the flank of the Troodos Mountains. Cancelled due to CV19. Shame, village looks very interesting on TripAdvisor.

Day 4 Kouris Dam: Easier terrain, but map was questionable in places. G: Overshot 2 and poor route choices from 5 to 8. 4th M75 in 45:29. W: 8th W70 in 59:00.



Runnable Terrain

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Day 5 Kourion: Assembly at the Sanctuary of Apollo Hylates (site closed due to CV19), next to British Episcopi Garrison. Much faster terrain, provided you found the right way through the bondu. Those who went straight tended to lose out. Wendy's route from 1 to 2 took her through the 2000 year-old Roman stadium. G 1st M75 in 42:59. W: 8th W70 in 67:16. W beat G on run in by 1 sec.



Straight through?



Wendy and George at the final-final control

Overall: On M75, despite a very poor result on Day 1, G came 1st overall in 193:38, being the proud receiver of a ceramic "Golden Pomegranate". There was less than one minute covering the first 3 places, with Zvi Dudelzak (Israel) 2nd, with Bob Verity DEE, 3rd.

W came 9th overall on W70 in 269:37.

Wendy receives the family "Golden Boot" award for beating George on the run in over 4 days by 3 secs!



Diane Bridger, CIOF
Organiser, with
pomegranate prizes
for all age classes

Issue 2



We had a fantastic time combining orienteering with other tourist activities. It was too early for swimming and sun bathing so we walked and visited historical sites with ice cream and cafes to pass the time. Flew back Sunday PM to lockdown Britain.

We thoroughly recommend Cyprus as a destination.



Paphos Airport Code

Well
Deserved
Refreshment



His
Hers
Ours



Jane McCann, MDOC final control



Drying Line

- George and Wendy Crawford-Smith
- Photos (1,3,4 Unknown event photographer), (5, Bob Verity), (2,6,7,8,9,10 GCS)

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AN INTRODUCTION TO ROGAINING

- Kay Hawke

To those old enough to know - to Rogaine doesn't mean to dye your hair and cover up your greys, it's a form of Orienteering that is very popular in Europe most notably Scandinavia, Spain, eastern Europe and Australia too for good measure. Rogaining takes the form of a long distance/multi-hour Score event that you would see in normal Orienteering with the highest score in the specified time winning. Most events range in time limit between 2-6 hours depending on your choice of time but some especially the World Rogaining Event can be 24-hour events! For the longer of the events (6hr+) there will be a 'Hash House' most usually a big old school/country house that has seen better days situated at the start that you can use as a base to sleep, refuel/cry depending on how hard the terrain has been! If like us you like your Orienteering events a bit more 'old school' style in terms of map reading, having control sites where health and safety hasn't touched yet and a variety of terrain then Rogaining might just be for you!

In Rogaining you always receive your map at least 1 hour earlier than your start time. In some instances, some events start from a big shopping centre so as you can see from one of the pictures you head to McDonalds, get pictured having your breakfast and try and plot your route! The idea is to pre-plot your route as best as possible trying to gain as many points per mile as you can. As we have now experts (ha!) in this planning we have learnt from the best (everybody in /Latvia) and now carry a long piece of string and pins with us to try and plot a route that is the highest scoring for us. To do this you put the pins in the map on the controls you are heading to, wrap the string between your controls as close to the route that you will take, then measure the length of string used, compare against the scale and there you have the distance! On our first event in Latvia we were watching in awe at EVERYBODY doing this whilst we looked at controls we'd circled 'because they looked like pretty areas'.



Issue 2

WHY?

After doing some longer Trail Score events including the OMM events in the U.K for us personally they were becoming a bit too commercialised (we prefer old school, low key events in our old age) and so as part of our research into our upcoming holidays a few years ago we started looking at running events in Europe. Initially these started off as trail runs (a mountain race in Lake Garda) which nearly killed us in terms of death defying mountain drops and Italian men that descend behind you on a single track drop at 25mph (and I can tell you that chivalry is most certainly dead when it comes to race etiquette in Italy). So-in fear of our lives we started looking into Orienteering events and were suitably confused when the word 'Rogaining' kept popping up. Personally we enjoy traveling to Eastern Europe (30p beers) and it seemed that places like Poland, Eastern Germany, Lithuania, Ukraine and Latvia seemed to have events pretty much every weekend all year around and so began to try and fit in an event where and when we could go, most times planning a visit around an event.



One of the biggest draws of the Rogaining events in Europe is the cost, with no malice meant against the OMM our entry fees were nearing £120/£150 for each event we entered (especially as most times we forgot about the early entry fees!). For the same price we were finding weekend flights to Latvia, Poland, eastern Germany for two people and accommodation. Most events we enter are no more than 8-10 euros (including medal, goody bag, beer!) and this obviously gets cheaper the more remote and unheard of an event is. The most remote event we have taken part in recently was a 10hr overnight event (5pm-7am) in November (yes it was cold) in the forests east of Wroclaw-eastern Poland which cost roughly £6 to enter. People always seem amazed that two women from the U.K are turning up in their equivalent of Crawshawbooth to do an event and we have never taken part in an event (any event) where their hospitality in terms of speaking English to us (even though my Polish is getting there!), making us welcome and going above and beyond in helping us where needed has been less than brilliant. I cannot smell cabbage anymore without it taking me back to the multiple cabbage fields we trekked over in the event nor hear Tina Turner 'Simply the best' as we sang it as loud as we could at 4am to keep our spirits up somewhere in the middle of a forest 30 miles in as our feet were failing us!

What surprised me most in some of the first events we did in Latvia especially were how open to all competitors they were. On the start line of the OMM we are all waiting (normally shivering) in our latest Inov8 jacket and Salomon shoes but in Europe the sportiest clad people line up side by side with two

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guys in jeans and a checked shirt, a family pushing a pram, two teenage girls doing it as a team, two UK women trying to remember the Latvian words for 'start your watches' and it's brilliant to see. The largest of the events, Riga Rogaining has possibly 2-3000 people doing it but with staggered start times, a huge area (one year we were running through the capital's streets/forest then beach) and differing fitness levels most times you are running on your own through beautiful forests, old monuments and lakes.



As the newsletters go by, I will share some of the events we have taken part in and are eyeing up for the future and ways you can plan trips to them. Most places are accessible from Manchester over a weekend, are relatively cheap to travel to and easy to enter, you just need a sense of adventure and a compass! I cannot recommend Rogaining highly enough for those wishing to take part in some orienteering that mixes the best parts of 'old school' and modern day racing!

EUOC LEGENDS

- Kay Hawke

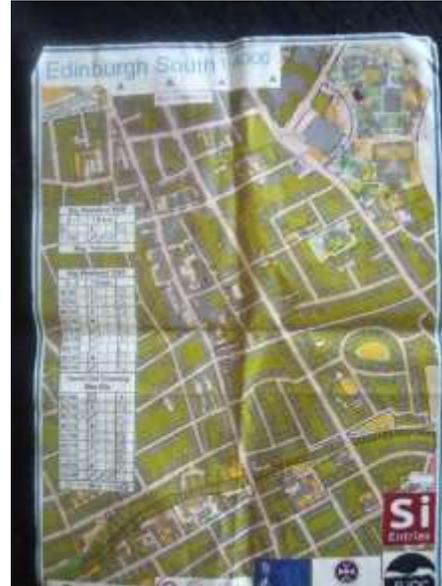
Orienteering weekend event January 2020

Three members of PFO (Kay, Emma and David) travelled up to Edinburgh in January to take part in their big Orienteering weekend that they hold annually. The club hosted three events spread over the weekend which aimed to give the competitor a taste of each main type of event you see in Orienteering, a sprint evening race 'Fight With the Night', a large city urban event on the Saturday and a trail event on Arthurs Seat on the Sunday. If you're feeling jovial enough too there's even a ceilidh on the Saturday night to loosen off to!

All three of the PFO members were in the same start box for the urban race on Saturday morning which involved a nasty twist after control 1 – a map turnover! On turnover the control was on the other side of the map up on the opposite side so there were many runners were stood at Control 1 scratching their heads seemingly looking for Where's Wally! Each of the PFO runners kept criss-crossing each other on their different courses across the

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streets of Edinburgh, some enjoying the New York grid style streets more than others!



After running in brilliant sun on the Saturday the weather predictably was a bit more 'Scottish' on the Sunday when it was time for longer trail event on Arthurs Seat-the hills that surround the city. Each member had their own start time ranging from early morning to last out of the gates-a tricky situation when you're on the longest course, the very well-trodden now muddiest paths and there's a cut off! One member had a great early morning run and seemed to be in their element post event recording a great result! One member fell three times and got lost by control 5 so decided to turn the linear into a score course and have fun finding ANYTHING they could find in the two hours they had left before the cut off (cue some very confused looks come download). And finally, one member seemingly had a great run in tricky conditions only to be told they missed a control up top and thus DQ'ed which after very detailed analysis by themselves still protest and are they still angry about to this day!

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Interview No. 1

- Max Cole

When did you start orienteering?

I can't remember exactly when, but I have always orienteered, from about seven years old, I think. But in those days we had no string courses so my mum would follow me around, but like any young person, the fun was all about finding the controls and I never understood why I needed a map to do this!

What is your favourite area to orienteer in, and why?

I have always enjoyed the multi-day orienteering competitions in Scotland, although I do struggle to remember events.

What is your favourite terrain to run through?

My favourite terrain is the most physically demanding terrain, unrunnable moorland, bogs, or dense woodland.

What is your most memorable event?

My most memorable event I've done is the last event I have done, and as my memory is not that good, I sometimes don't even remember that one.

Any advice for beginners?

My advice for the beginners, is don't follow me for one. Because even though I may look like I know where I'm going often, I'm just using the force. Just enjoy it and remember we all make mistakes.

The best piece of advice you have been given.

Slow down to speed up. By slowing down it means we read the map better and we get to the next control quicker.

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MapRun



What is MapRun?

- A form of Orienteering that uses smart phones for punching and timing, avoiding the need to put out flags and SI units on the course
- The courses can be left open for an extended period of time
- Instant feedback is provided with track, personal result and leaderboard screens

The events can be published by organisers and can be selected in the menu in the App.

One new feature that has been introduced in the past couple of months to aid with social distancing is the option to set up courses where runners can start at any control on their course.

There are videos explaining how to use OOMAP and MapRunF on the BOF youtube channel.

If you are wanting to plan a course for MapRun or you have any issues please contact Andy Ellis.

It is better to print off a map prior to you running the course.

How to get MapRunF:

Available for all smart phone users and can be found on the Appstore/ Playstore

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How to find a course:

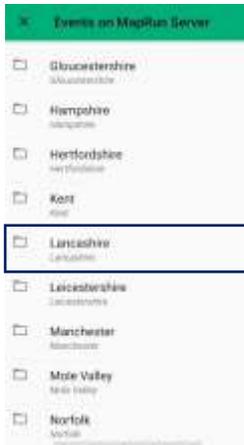
1. Open the MapRunF app
2. Fill out the details about yourself (this is only on the first time opening the app)
3. Click select event



4. Scroll down to the UK folder



5. Scroll down to the Lancashire folder

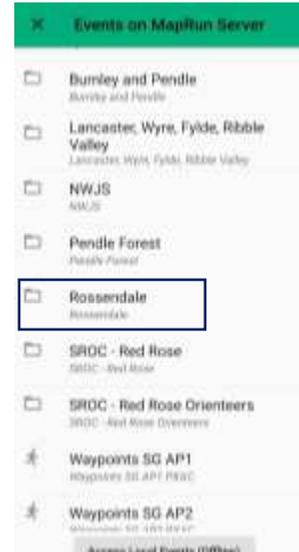


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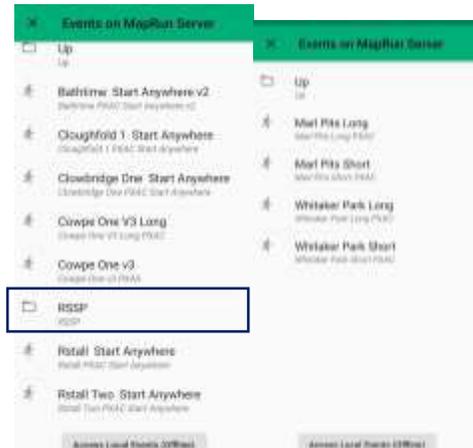
6. This folder also includes SROC events – their courses haven't been structured really yet – however PFO events are filed under the appropriate geographic folders.



For some events click on Rossendale



7. Some events will appear in this folder, however the ones that are included in the Rossendale Schools Sports Partnership are in the folder RSSP



8. Once you have selected the event it will take you back to the home page. When you are at the events location click **Go to Start**, the map appears on the phone and when the GPS identifies you to be near start it will make a sound and the time has started, it will continue to make this sound at every control you pass and the finish.



Jim's A-Z of places, 'o' venues, 'o' terms, PFO members

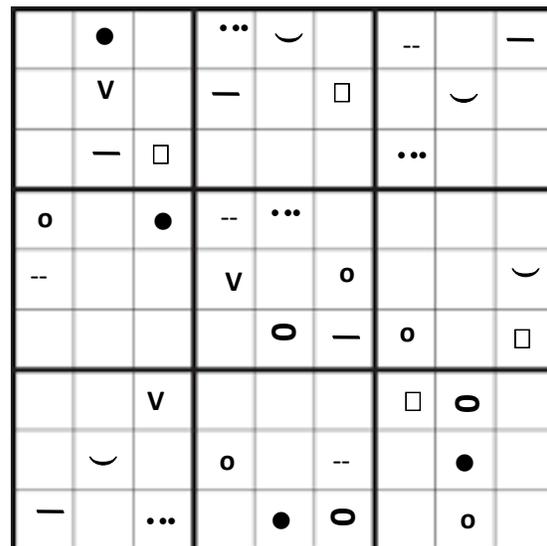
- A – Peel Park is here
- B – Witton Park is here
- C – SROC's Yarrow Valley is near here
- D – Down in the dumps here if no kite!
- E – Chris Mitchell works here
- F – Red squirrels and sand dunes here
- G – Cricket fielder / thick brown line on map
- H – ____ and Lincolnshire Orienteers
- I – Beacon Fell Country Park is just N. of here
- J – Woods not Wood!
- K – Willis not Wallis
- L – Not SLOW, but close
- M – ____ Cole, Interland Star
- N – See Z
- O – TD3
- P – Hill or Nick o'
- Q – Somerset Orienteers run here
- R – Forces club
- S – Treacle mines here
- T – Stole hock here
- U – Small D
- V – AIRE area, aptly named!
- W – Recent junior Ellis triumph here in Yorkshire
- X – Special item
- Y – Divided into 3 parts, as Gaul once was
- Z – Ranking points if retired / disqualified

WORD Search – Earth Features



- Hill Platform Earth-bank Earth-wall
- Knoll Contour Spur Gully Reentrant
- Depression Pit Ditch

SUDOKO No. 2





TOCKHOLES

Scale 1:10000

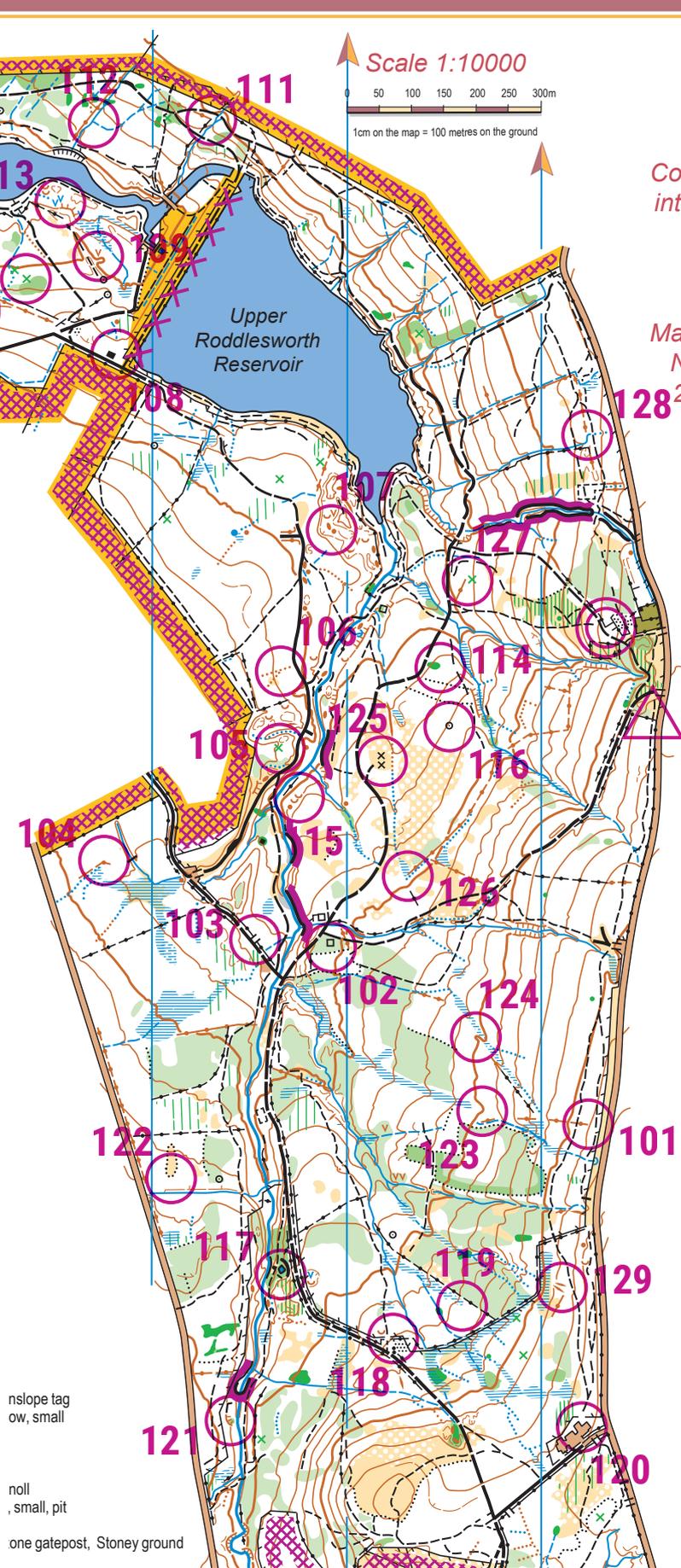
0 50 100 150 200 250 300m

1cm on the map = 100 metres on the ground

Contour interval 5m

Magnetic North 2019

Newsletter v2 Apr2020				
Blue	6.9 km			
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
		300 m		



nslope tag
ow, small

noll
, small, pit

one gatepost, Stoney ground

Using this All Controls map and control descriptions can you work out the correct controls for the Blue Course?



ANSWERS TO THE PREVIOUS ISSUE

THE CLUB SEARCH – clubs and associations

Most of our members compete at northern events with occasional trips down south and many orienteers from around the world attend competitions such as the JK. Our areas include boroughs of Rossendale, Pendle and Accrington. Some historic houses have POCs, controls can be placed on features such as a new moat of ruined gatehouse if they are present at these locations. In East Anglia there is a POC at Wimpole Hall. In the North Lakes, Lowther Castle has a POC. Orienteering is a sport that all age groups can participate in, from toddlers in prams to grampas and grannies. Some parents run their course before shadowing their children on the white or yellow course so that they are competitive although winning your race often isn't as important as successfully completing it. Kids enjoy orienteering because they can be explorers in the undergrowth, and can go to find a conker now they've finished. The shortest courses are usually white or yellow and black for longer distance.

Orienteering events wouldn't happen without the huge amount of time that is put in by club members, many club members help at events prior to having their run, often with a brief stint on the start or finish. At events it's your responsibility to ensure you punch each control in the correct order. When orienteering on Pendle competitors should look out for remains of a cauldron going to their starts. Courses tend to get more challenging as the undergrowth grows, but every right decision can take vital seconds off your time, the best orienteers can stay on their chosen route. No matter how tired you feel, you should resist the temptation to stop for a rest. You should always check orienteering kit prior to events to make sure it's ready.

Planners sometimes wrestle with the best choice for control locations on courses, the aim of the planner is to provide good courses at all levels, they may include an odd number of controls and have often made extra effort to plan courses that offer more route choice. They try not to plan bad orienteering events. Sometimes the range of courses is extended with a long orange. Organisers need to manage the logistics of event management. Care must be taken to tidy up and avoid leaving litter and plastic which may suffocate small animals, we don't want to be responsible for the death of voles. Bats are nocturnal creatures and may be seen at night events. Most events now use SportIdent's SIAC air enabled dibbers. When in the woods you may sometimes hear a loud voice or call occasionally. Infrequently you may hear someone sob so alarmingly that on such occasions you consider getting help for them.

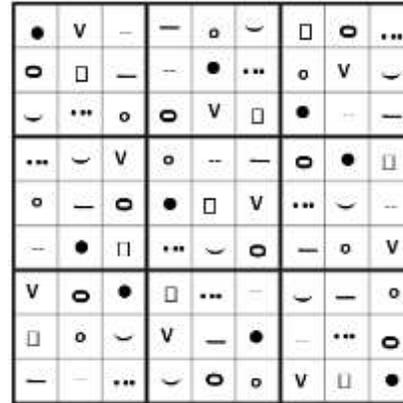
After an event a good wash down with soapy water will get rid of any mud, there's nothing better than relaxing on a sofa with a hot drink following an event it's a very social activity and it's the best job of the day. As a measure of IQ, orienteering is not proven to be an indicator.

In closing, our next event will be in Staghills Wood in February. There have been some notable achievements for our club members, my son won the M14 class at the Northern Champs at Wharnccliffe in 2019 and congratulations must go to Max Cole in being selected to compete (again) at this year's Interland competition.



Associations	Clubs			
BOF	AIRE	EUOC	MOR	SN
BSOA	AROS	FERMO	MV	SO
EAOA	AUOC	FVO	MWOC	SOCS
EMOA	AYROC	GMOA	NATO	SOFA
NEOA	BADO	GO	NGOC	SOLWAY
NIOA	BAOC	GRAMP	NN	SOS
NWOA	BASOC	GUOC	NOC	SPLIT
SCOA	BKO	HALO	NOR	SPOOK
SEOA	BL	HAVOC	NWO	SROC
SOA	BOK	HH	NWOC	STAG
SWOA	CHIG	HOC	OD	SUFFOC
WMOA	CLARO	INT	OROX	SWOC
WOA	CLOK	INVOC	OUOC	SYO
YHOA	CLYDE	IOM	PARCOR	TAY
	COBOC	OK	PFO	TINTO
	CUOC	JOK	POTOC	TVOC
	DEE	KERNO	QO	UBOC
	DEVON	KFO	RAFO	WAOC
	DFOK	LEI	RNRMOC	WAROC
	DRONGO	LOC	RR	WCH
	DUOC	LOG	RSOC	WCOC
	DVO	LOK	SARUM	WIGHTO
	EBOR	LUOC	SAX	WIM
	ECKO	LUUOC	SBOC	WRE
	ELO	LVO	SELOC	WSX
	EPOC	MA	SHUOC	WYE
	ERYRI	MAROC	SLOW	XPLORER
	ESOC	MDOC	SMOC	

SUDOKO No 1:



USEFUL LINKS

O symbol training

<http://octavian-droobers.org/index.php/coaching/online-quizzes/294-map-symbol-training>

WORD SEARCH – Water Features



Well Trough Stream River Pond Lake

Marsh Spring Water-hole Ditch

CONTACTS

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Instagram: pendleforestorienteers

NEXT ISSUE

To submit any articles for the next issue

Email me at – newsletter@pfo.org.uk