

Chairman's Comments

Southdowns Orienteers was formed in December 1976 in a split from SAXONS and held their first event in Stanmer Park in January 1977. The club has won the trophy for the best club in South East England continuously since 1997. We also regularly qualify for the final of the National inter-club competition (the CompassSport Cup). SO has produced British Champions in a wide range of age groups and members have represented England and Great Britain at international competitions including the World Championships.

Your club needs you – can you help your fellow members by donating a few hours every month. The club needs an injection of youth to get an idea what is the best move to get younger members into the club and committee. It's easy to do and would make a huge difference. Could you take up one of the following appointments to help the club and our juniors having a representation at our meetings.

1. Uploading of Routegadget. An excellent brief from Paul Wilson.
2. Social secretary.
3. Permanent Orienteering Course (POC) coordinator, brief from Ed Forman

Last year's AGM I cannot remember a great deal because I was home still suffering from my brain injury. Another year goes by, but we can say a great deal more orienteering has taken place for us; over 30 events at National, Regional and local levels.

Well done the club and many members volunteering to ensure the events took place.

Though the kit has been washed the equipment made Covid-safe and there's excitement in the air as orienteering is back in business with many events starting to regularly happen. Though we should remember this weekend is a moment for us to unashamedly celebrate the jubilee of Her Majesty the Queen. Much of the news in the wider World is very grim indeed. Though we as a club try our best for individuals to have some enjoyment in life through orienteering. And that is our main aim to encourage competitors from the age of juniors to pensioners to compete at the level they are confident with, long may it continue.

And since the lockdown has been lifted, many of our members from Seniors to Juniors have been taking part in many of the annual events and bring back awards. Well done to them all.

AS orienteering is now on nearly every other weekend, hope to see you at events. And maybe at the AGM while sharing our picnic with each other. I do like salmon sandwiches.

Ralph Phillips

SOUTHDOWNNS ORIENTEERS AGM 2022: 04/06/22

TREASURER'S REPORT

The [Annual Accounts for 2021](#) are available on the club's website and contain explanatory notes which I will not repeat here. I will take any questions of detail by e-mail to treasurer@southdownns-orienteers.org.uk or in person at the AGM.

As a new treasurer, I think it is frankly too soon to comment on whether the positive out-turn for the year represents a "new normal". Pre-pandemic there were already quite wide fluctuations in our expenditure: as can be seen from the accounts, for example, 2019 was a year in which we bought a big stock of our new club kit, were generous in support of juniors and incurred considerable expenditure under the SI heading, whereas in 2020 (there being nothing else to do!) we spent more than average on mapping. That is what our funds are intended for, and I would therefore not expect criticism as treasurer for the operating deficit in those years, any more than I expect thanks or praise for seeing us into a surplus last year (and on current projections the current year too). As of May/June 2022, the committee is actively seeking activities or equipment we could fund to enhance our members' experience, and some of these will be reported at the AGM or during the summer.

I do encourage all those who incur expenses in carrying out any function on behalf of the club, as planners, organisers, trainers, coaches, mappers or in any other capacity, to keep a careful note and claim those expenses back. We appreciate all contributions and do not want to exploit the goodwill of our most committed members.

Warm thanks to Penny Marsh, the previous treasurer, who was endlessly patient and helpful as I learned the ropes, despite the restrictions on face-to-face meetings; to Michael Merritt for his guidance as Honorary Reporting Accountant in getting the accounts in order, and to all committee members and club members for almost unflinching good humour and total co-operation in all my dealings with them.

Ed Forman, Treasurer

Mapping Report 2021 - AGM June 2022

As always, I would like to start this report by thanking all the club mappers for the work they do year in and year out. Between them, as Mike Gammon always liked to point out, they save the club a lot of money (as much as £8000 in some years).

Not surprisingly, mapping work was again limited last year due to the pandemic. However, a few maps were completed as the list below shows, and significant savings were made. Also, a few members have expressed an interest in mapping so I am working with them to get them started. The more mappers, the merrier!

Map work completed in 2021 (and savings!)

Oldhouse Warren (professionally by RM)

Brooklands Park (kindly donated by RM)

Newtimber Hill (NC)

Gravetye (WH)

Estimated savings due to using club mappers: £3000

Maps to be completed in 2022 (and estimated cost to club)

Chailey Common North (CH)

Sheffield Park (CH)

Abbots Wood (CH)

Ditchling Common (NC)

Estimated cost to club: £500

I am hoping to start a brand new map of Friston Forest using Lidar data and expect this to take 2-3 years to complete in between other projects. There will also be other updates to do as the fixture list gets populated and I anticipate having to use a professional mapper at some stage during the year to remap one of our larger areas (at a potential cost of £2000+).

We will also need to renew our Ocad mapping licences this year at a cost of £1500-2000 for 5 x 3 year licences.

Other plans to the role going forward

Recruitment and training of new mappers.

Developing my forward planning spreadsheet further to enable proactive mapping up to 18 months in advance of an area being needed. We need to work with this timescale as we are not full time mappers and producing a decent map takes time (an A4 area mapped at 1:10000 may require up to 15 site visits of a day each, depending on complexity, although it is usually lower than that figure). The goal is to keep one step ahead of the fixture list!

Finally, we are always on the lookout for new mappers. Anyone who would like to have a go just needs to get in touch with me and I'll arrange training to get you started.

Chris Hooker

SO Mapping Coordinator

2nd Jan 2022

Junior Team and Development Manager's Report: Will Heap

It is a great honour to be the Junior Team captain of Southdowns Orienteers. A club with a rich history of participation, development and success at all levels.

Despite a tough couple of years, the junior squad have shown great resolve with the recent YBT heat being testament to that. Whilst many clubs have sadly struggled to maintain, let alone recruit new juniors, Southdowns have managed to retain some depth in their squad and I put this down to the strong community of enthusiastic parents and obviously some very eager and energetic juniors.

This sense of community really struck me at the YBT heat and it is this feeling that we want to harness to form the basis of a really strong future for not just our juniors but the club as a whole.

The YBT heat at Worth Lodge was an easy victory for our juniors given no other clubs turned up, but let's not take away from the many great performances on the day. No mis-punches and smiles from everyone at the finish. Well done, thank you, and the very best of luck in the final.

Over the last two seasons we have seen many of our younger juniors upping their game by either running solo for the first time or by trying the longer courses. There has been a good progression across all courses but especially from the yellow up to the orange. At the other end of the scale there has been some furious competition on the blue and green courses, with many close battles for top spot. The top placings at most events are now dominated by our juniors which is great to see.

Going forward we are looking at refreshing the coaching opportunities for our junior and senior members. I have to say a massive thank you to Karen Ashworth for her enormous efforts in keeping the younger junior training going. Without her we would not be in the position we are in now and we certainly wouldn't have had the same success at the YBT heat. Several of our juniors will also soon become eligible for the regional SEJS squad where with a little bit of effort some great opportunities in orienteering can open. Regular weekend training activities and summer camps are very sociable and technically rewarding and most children flourish.

There have been many medals and awards won this year by our juniors as described elsewhere in this report and I'd like to add my congratulations to all those juniors who have achieved their goals in the last 12 months through hard work and dedication to this fabulous sport. I know that there has also been an enormous amount of fun along the way. Well done to Emils for his selection to run for Great Britain at the Junior European Cup (JEC).

To finish I'd like to return to the sense of community that I spoke of at the YBT heat. I'd like to encourage all parents who feel they may have the knowledge or the time to join in with developing ideas and supporting future coaching sessions by either shadowing, mentoring, holding the clip board etc, to come and say hello. Your help will be very welcomed.

YBT final. The final takes place on 3rd July at Irchester Country Park near Northampton. We are hoping to take as large a team as possible and will be in touch soon about your availability. The final is brilliant fun with teams from all over the country coming together to make for a joyful and junior focused event.

Will Heap

juniorteam@southdowns-orienteers.org.uk

Junior Training

Since the end of lockdown, the training for younger juniors has returned with the following sessions:

- Rivers Wood – a map walk focusing on the basics of folding the map, keeping it oriented and thumbing the route
- Blacklands Farm – a grid course exercise to practise keeping the map oriented
- Washington Common – ‘up and down the brown’ - an exercise using a map with only the brown features shown – thanks Chris Hooker for the help with this!)
- Millennium Wood – a relocation exercise where we took the maps off the trainees and walked them to a new location then asked them to find their current position on the map
- Great Wildgoose – a session focused on linear features that aren’t paths, featuring vegetation boundaries, gulleys, earth walls and streams
- Tilgate – a map memory exercise

Thanks to all who have helped and especially to Anna Chapman and Tim Hulley for all of the behind the scenes organising.

Karen Ashworth

Safety Officer Report

Since the last meeting the safety focus has continued to be on COVID and on running events safely as lockdown restrictions eased.

- We adopted the British Orienteering COVID Risk Assessment alongside the 'how we do it' document for planners (developed by Steve Blount) covering everything from signup and payments and SI routines to first aid provision and car parking and what queuing space needs to be available at the start (yes, we really did sit and count the number of people present every minute of the start window at the first event where we removed the requirement for timed starts!)
- Our version of this COVID Risk Assessment has been updated to reflect the latest (Feb 2022) issue and, although BOF have said that it is now voluntary and up to clubs to decide how to manage COVID related risks, the committee view is that we will continue to use it whilst it remains on the BOF website.

In terms of conventional event safety, we have:

- Continued to maintain a set of starting point risk assessments so that planners and organisers start out with the prior knowledge from previous events at each of our locations (now also supplemented by a COVID appendix for each event)
- Maintained the club event safety plan against the latest British Orienteering safety appendix
- Advertised the BOF online event safety workshops to members and had a further two members qualify through this route
- Ensured mentors were in place for first time event planners
- Continued arrangements for first aid provision, equipment and reporting, including maintenance of the club defibrillator.
- Trained 12 x SO members on the EFAW course 29th January 2022 and now have 21 x SO members with current first aid certificates. Another SO EFAW course is planned for 26th November 2022.
- Employed Phoenix Medical Services Ltd to provide First Response Emergency Care (FREC) trained personnel with a rapid response vehicle at the Gravetye and Angmering regionals, the Sunny Sussex Weekend events and they are also booked for the Capite regional event.
- We have filed 4 x Accident Report Forms with BOF up to 20/05/2022

And the key metrics for the year are:

- Zero lost competitors
- Zero events without a signed off risk assessment
- Zero events without officials who were either event safety trained themselves or mentored by somebody who was
- Four accident / incident reports filed with BOF (period to 20/05/2022)
- Zero COVID transmission / track & trace incidents from the part of the year where track and trace was in operation

With my safety officer hat on, I have also been collating a 'safety spotlight' series for Compass Sport magazine alongside Tim O'Donoghue from Scottish Orienteering, aimed at helping clubs to learn from each other's near misses.

Thanks to everyone who has been involved and especially to Steve Blount for co-ordinating everything related to first aid and to all those who have been reviewing and signing off risk assessments and working out how to stage events safely during the COVID crisis.

Karen Ashworth

Southdowns Orienteers – AGM 2021 – reports from Officers – POC co-ordinator

As I said last year, the club is at something of a crossroads as regards POCs. They are costly (in time and potentially in resource) to maintain for the amount of use they get. BOF remains keen to promote them, but our active members are understandably willing to put much more energy into VOCs.

The positive news is that a member of staff at Southdowns Leisure obtained a grant from Adur & Worthing Council to develop three permanent courses within their area. It has been a long and frustrating slog, but I hope to be able to confirm at the AGM that at least some of those are ready to be launched: park courses at Adur Recreation Ground and Lancing Manor plus a more challenging revision of the cross-country course on Lancing Ring. The maps and instructions will be freely available to download from the Council website.

That will be in addition to the thirteen courses which we continue to promote through our own website, although with varying degrees of confidence about the quality of the experience people will have. We have viable courses in or near all of our major population centres except Bognor Regis, but in many cases it is necessary to ask enquirers to apply to me direct for copies of the map so that I can advise them as to which controls are still usable.

If someone comes forward to be an active POC co-ordinator I will brief them on the production and delivery of an ongoing development plan, otherwise I fear the extant courses will continue to decline as maps become out of date, vandalism and natural factors cause the control markers to deteriorate, and other forms of treasure-hunting activity grab the attention of the general public.

Ed Forman



Southdowns Orienteers Roll of Honour 2021/22



M/W70+ British Relay Champions
JK Mens Short Open Relay Champions
Mens and Womens Short Open British Relay Runners up
Winner SE Round of the CompassSport Cup

JK

Gold: Mike Gammon (Overall), Ruth Rhodes (Sprint)

Silver: Ruth Rhodes (Overall)

British Championships

Gold: Roger Maher (Night x 2), Pat Maher (Long)

Silver: Scarlet Heap (Long, Middle), Heather High (Long), Mike Gammon (Long)

Bronze: Tommy Heap (Sprint & Night), Scarlet Heap (Night), Ruth Rhodes (Middle), Amelia Bartlett (Long)

Southern Champions

Neil Crickmore (Night), Chris Hooker (Night and Long), Roger Maher (Night and Long), Emma Chapman (Long), Scarlet Heap (Long), Di Turner (Long)

SE Champions

Jill Blount (Middle and Long), Neil Crickmore (Night), Roger Maher (Night and Long), Ben Chapman (Sprint and Long), Emma Chapman (Long), Maddie Bartlett (Long), Tommy Heap (Long), Scarlet Heap (Long), Nick Jarvis (Long), Alan Yule (Long), Alan Velecky (Long), Chris Hooker (Long), Di Turner (Long), Pat Maher (Long).

Representative Honours

Emils Ummers selected for 2022 Junior European Cup. Scarlet and Tommy Heap represented England at JHI. The following were selected for JROS tours: Gothenburg - Ffion Jones, James Yule and Scarlet Heap, Stockholm - Emils Ummers, Deeside - Tommy Heap. Emils Ummers and Tommy Heap selected for British Orienteering Talent Squad (South).