

GO News Sheet ... 5th September 2007

In this post-Summer edition of the Chairman's "GOmail" there is news of forthcoming GO events, especially a plea for helpers and details of the SN/GO schools league events.

British Schools Score Champs, 6th October – Your club needs you!

These take place on Saturday 6th October at Petworth Park and are being organised by GO on behalf of the British Schools Orienteering Association. The objective is to provide a fun and interesting score event for the school children taking part.

We need helpers on the day to run the usual things like start, finish, enquiries, parking. Please do come along – your help is needed. It would be extremely helpful if you can let Jeremy (Jeremy.wilde ... btinternet.com usual e-mail format) know ASAP if you can help. He is looking forwards to planning how he can use his team.

Afterwards we are planning a short club meeting in the Stonemason's Arms just over the road afterwards, if that is any additional encouragement to come along!

The event is open to all schools, not just member of BSOA, and is suitable for children in years 5-13, with younger age groups allowed to run in pairs if desired. There are team awards in the various year groups as well as individual awards for the top 3 on each course. If you think your local school may be interested, full event details from the BSOA website are [here](#).

SN/GO "Schools" events.

Starting this Saturday (8th September) at Whitmoor Common is the 2007/8 Junior League series of 8 events taking place over the Autumn/Winter months. Aimed as a Schools league they are events open to all. These low key events provide an opportunity on a Saturday morning to try out your orienteering skills. They are fairly well attended and can be competitive, but there will usually be someone there who can also help beginners. If anyone would like any coaching at these events let me know.

The expectation over the coming season is that GO will build on the couple of events we helped with last year. Therefore if you do go along to the events, please offer to help out in some way, even if just for an hour e.g. on entries, start, download or collecting controls afterwards. The schools league website and fixture list is [here](#). Do come along and try them out.

NB. The events are not GO-only events and have to self finance therefore there is a nominal entry fee but it is not excessive. Parking at some of the venues may be limited therefore do consider car sharing if you can.

Britty Wood/Puttenham Commons, Sunday 21st October.

GO has a second production in October at Puttenham Common, starting from the Western end rather than the more usual Upper car park at the East end. This will open up the use of Britty Wood for the shorter courses and offer a different perspective on Puttenham Common for those running the longer courses. Event details should be on the [GO website](#) shortly, but there will be the usual colour coded course options. Again helpers on the day will be needed. Organiser and planner are in place, the map has been updated and the car park all arranged so the event should be just about ready to go. Again please do let Jeremy (Jeremy.wilde ... btinternet.com usual e-mail format) know if you are available to help. Many hands make light work!

Forward club events summary.

Sat 8 th September	Schools league	Whitmoor Common
Sat 29 th September	Schools league	Henley Gate
Sat 6 th October	British Schools Score	Petworth Park
Sat 13 th October	Schools league	Eagle House School
Sun 21 st October Common	District event	Britty Wood/Puttenham
Sat 10 th November	Schools league	Witley Common
Mon 19 th November 8pm	Club meeting	Spectrum Centre, Guildford,
Sat 8 th December	Schools league	Alice Holt
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Sat 12 th January	Schools league	Ash South
Mon 15 th January 8pm	Club meeting	Spectrum Centre, Guildford,
Sat 2 nd February	Schools league	Windmill Hill
Sat 2 nd February	Club Party	Woolbeding Common
Sun 3 rd February (incorporates the Southern Champs)	Regional event	Woolbeding Common
Sat 15 th March	Schools league	Bagshot Heath

Put the dates on your calendar or in your diary now.

GO may also organise a small night event over the winter.

Speyside 2007.

Been and gone, but a really good event, even if it was a long distance away. The star performer from GO was Natalie Smith with 3 straight wins from her 4 starts. Other GO performances were solid but not spectacular. GO were regular attendees at the massage tent, easing the aches and pains from the running!

Club Champs 2007/8.

We hope to agree counting events in the near future and will circulate this around the club as soon as possible.

Routegadget – coaching tool or “anorak” analysis?

One of the key ways to progress in our sport is to analyse performances and learn techniques and tips from others that help you improve. Immediate post-race analysis with fellow orienteers can help you improve and is certainly a technique coaches use. We probably all do it and you will see this occurring at the finish and in the car park at all events.

Now with electronic punching and an internet-based application things have moved on to a new level. You can now carry out post-race analysis online, comparing fellow competitors you know and don't know, and even review events you didn't go to. If you have broadband access and are interested in routes taken by competitors you should check out [Routegadget](#). Using a combination of race split times, the map and competitors marking their routes, you can see how orienteers tackled your course. Whilst I haven't yet spent time loading my routes, I have spent a little time looking at Routegadget for the recent Speyside events. It is quite an interesting tool that gives a some indication where I lost time, potentially missing time or brain-saving routes, or simply confirming that others took the same route I did. Very interesting.

Can you improve without it? Certainly. But if you ask any coached orienteer they will definitely be encouraged to spend time looking at maps and routes. If you think of this as indoor or wet-weather training it can be something that is fun to take a look at and may help you think about route choice differently.

Enjoy your orienteering.

Keith Tonkin