

THE WRITE TRACK

Newsletter of



Orienteering

Newcastle and Tyneside

Navigating from Tyne Banks to Tweed



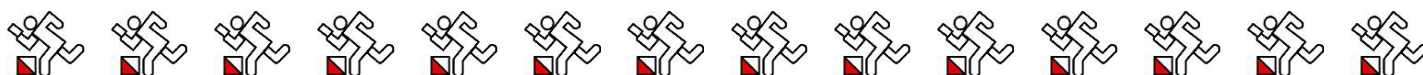
Issue 2014/3

September 2014

Editorial

Plenty of entertaining material for you in this edition and some thought provoking points as well. Thank you to those who have spent time reporting from various corners of the world. I do not use superlatives readily, but the clips (a first for the magazine, I think) linked to Hugh's Swiss-O are really spectacular and well worth checking out.

Peter Firth



A Way Forward – a discussion paper

As a club, we have a good number of mapped areas and an established pattern of events each year with an outline of major events until 2020: also a reputation inside and outside the region for good quality events with excellent organisation with a lot of expertise in key areas.

However, we still attract few competitors to the majority of our smaller events and do not have many capable of competing at a high level and forming teams in major competitions.

How do we remedy this?

I believe that we need to firstly attract more competitors into the sport and raise awareness of what we do. To do this, we need a coordinated schedule of events suitable for beginners and the necessary publicity. Although we currently have a schedule of events throughout the year, there are significant gaps in which newcomers can lose interest.

I suggest that we need something at least every two weeks offering courses for beginners.

Outside our Level D events and above, these extra events should require the minimum of organisation and be capable of being run by one person – although we should also have someone in attendance who can coach/explain how it's done as well.

The publicity probably needs to be circulated to places where likely participants go – Sports centres, Sports Shops, Scouts, Youth Groups, Running Clubs etc.

We have an opportunity in 2015 to showcase our sport with the UK League Urban event in Newcastle in July. I would like to see a sound base of new competitors attracted to take part in this so that we can get even more benefit from the publicity it can attract.

This was discussed at a recent committee meeting and a working party has been set up to establish the details with the aim of starting early in 2015.

Please let me have any thoughts you may have (positive or negative) to feed into the process. Any club member is welcome to join the working party, so please let me know on that too.

Adrian Barnes, Club Chairman

2014 Summer Series Review

This year's Summer Series of 6 Wednesday evening events across Tyneside attracted over 60 different competitors who had some fine weather to enjoy the courses set by George, Mary, Tim, John, Helen & Judith, Hannah & Katherine.

A big "Thank You" goes to all of them for stepping forward and taking the responsibility.

The format of Yellow, Orange and Long Orange was designed to offer something to beginners and something for the rest of us to practise. Was this format right? Do let me know what you think about that – we will soon be starting to think about next year's series.

The Series Winners were:

Senior:	Chris Stafford	M21	UNOC	400 points
	[Chris ran all 6 races, winning 5 of the Long Orange]			

Junior:	Harry Boyles	M12	NATO	399 points
	Josh Boyles	M16	NATO	399 points
	(Harry and Josh tied with a best 4 score of 399, although Josh did all 6 and accumulated 591)			

Veteran:	Bob Cooper	M65	NATO	399 points
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(I have declared myself non-competitive as I did all the maps, giving me a bit of an advantage)

It should also be noted that both the Boyles boys outscored their Dad. How long will it be before they are beating him off scratch? They will make a formidable relay team one day.

Adrian Barnes

AGM Notice

The Club AGM, followed by a buffet supper and the presentation of the Club Championship and other awards, will take place on 15th October at 6:45 p.m.
at the West Centre, Prudhoe Community High School.

If any member wishes to raise a item for inclusion, they need to notify the secretary (patricksmythATlineone.net) 7 days prior to the meeting. The meeting will be asked to adopt a revised constitution, which makes changes (concerning acceptable behaviour and the code of ethics) mandated by our membership of British Orienteering. If any member wishes to see a copy of the revised constitution prior to the meeting they should contact the Secretary.

The AGM agenda and a list of awards will be issued on the 8th October.

Puzzle Corner



Can you identify from which of the club's maps this extract has been taken? Answer on the last page

Lakes5: Variety and Challenge

In August, we went to the Lakes 5 Day event - a new experience as we had never been to a multi-day event in the UK before.

The first day was on Swindale South and was very wet! The terrain was open with lots of rocks, contours and marshes. Despite the bad weather I enjoyed this day and found it an interesting experience.



The second day was very different to the first as it was in complex forest with lots of small lakes and complex contours. The weather was also very different compared to the first day and was much sunnier with no rain. The courses were much shorter on this day, which meant you had to concentrate all the time as the controls were all very close together and it was easy to get confused.



On the third day we went to Grizedale forest, which was much more like the forest we have at home. The terrain was mainly light green and white forest, with some large tracks and marshes.



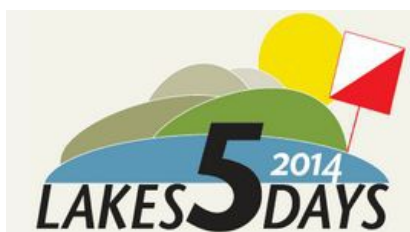
The courses were more like normal length this day and there were plenty of large features to help you.

After the rest day, we went to Pike o' Blisco, a fell side with lots of contours, cliffs and marsh. The weather was very good this day, although the 2km of climb to the start was quite warm. This day was enjoyable, though there were so many cliffs and contours that it could get quite confusing.



The last day was at Hampsfell and Eggerslack, an area with lots of limestone pavement, rocks and small paths. There was a large area of open fell side and a smaller area of complex forest. This day was interesting as I had done hardly any orienteering around limestone pavement before.

The experience of going to a multi-day event was different to a normal event because after a few days of orienteering you begin to feel more tired than you usually would. But, if you make a mistake one day, it is easier to remember not to make a mistake like that the next time. You could also check the results each day and find out how you were doing overall, and compare your results with the others in your age class. I enjoyed all of the days and they were all different in length, weather and terrain.



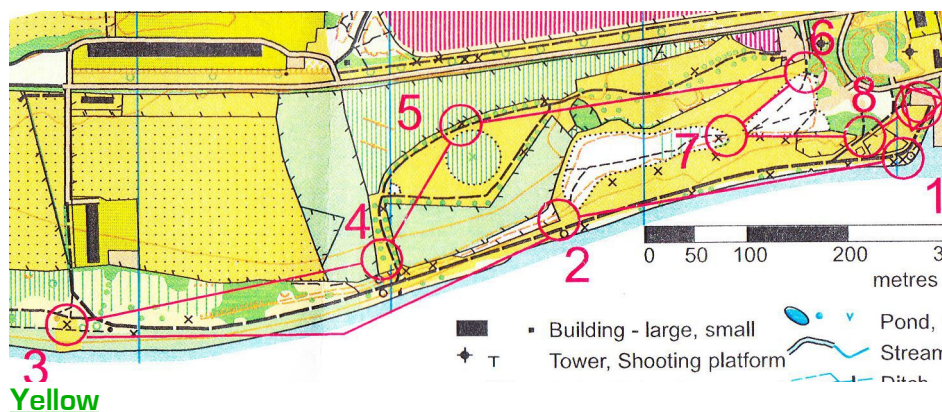
The day I enjoyed most was Simpson Ground on Day 2. I liked having lots of features and having to think more carefully about everything. The Lakes 5 Day was a great experience and I would recommend it to anybody who enjoys orienteering.

Alex. Hare

Planning an Informal Event

I've agreed to plan – and organise – events for a couple of summer series now. When I volunteered this year, I was pleased to be asked to do Newburn, as I thought I already knew that area quite well, having cycled through it many times. The summer series is a good place for a beginner to start planning courses - the courses are Yellow and Orange standards so you only have two levels of controls to think about and there is a relaxed, dare I say 'not too serious' atmosphere on the night which is reassuring. I was going to add that you get lots of help – which you do – but you probably get lots of help with planning for bigger events too.

As far as I can see, planning involves looking at the map, getting some ideas for routes and wandering around the area (a bike is useful here) looking for suitable, maybe even interesting, controls sites. Somehow or other these two processes join together to result in the courses. How many times you visit the area and how many changes you make will depend on you and the time available! The main starting point seems to be the Yellow course. There are only so many places where you can put a short, straightforward course, which is nevertheless a bit of a challenge for the younger beginner. Once you know where this is you can work out where the start is and the longer courses can make use of some of the Yellow controls.



The Long Orange is a bit simpler, needing to visit most of the area to make it long enough. These two use up the 20 controls you have, a challenge for the Orange is to do with these controls which is half of the Long Orange.

Although the map was enough to give a general idea of where the courses would go, it was not so much help when deciding exactly where to put controls. The Riverside Park area for the Yellow course, was fairly straight forward and I marked benches and fence corners as suitable sites. But when I got the map I had been surprised to find a whole hinterland of tracks copses and paddocks between the cycle path and Throckley. Here, things which looked good on the map turned out to be hidden by luxuriant summer greenery. Fence corners were completely inaccessible due to tall weeds, pylons stood in large patches of nettles. Often the most practical sites turned out to be the usual path junctions and track ends but there was a variety of these to choose between. In one case I decided to take secateurs with me to clear the path into a small wooded valley. All in all I spent a happy afternoon exploring obscure paths and clearings and looking at old coke works before emerging again into the summer holiday bustle of the Riverside Park.

Once I'd got some ideas for controls this year I was surprised how easily they fitted together to form courses though a second visit resulted in more changes. The summer before when I sent my suggested courses to Adrian I noticed that he deleted a number of the controls on the Orange and Long Orange courses to allow for more interesting decision making so I tried to make sure there were a few places where people have to stop and think. This year he made some different suggestions, all useful, of course!

The event itself was a bit hectic since, as well as putting out controls, (though I did get help with this) you are registering and starting people as well as recording their finish times, but lots of people offered to help and everyone was very patient. I would definitely recommend it as a way of finding out more about planning events – and as an enjoyable experience in itself

Mary Rack

Precision 'O' (Pre 'O' or Trail 'O')

Pre 'O', the fine art of map interpretation and distance judgement is an added discipline to Foot 'O'. It can be difficult or so easy you do not trust your judgement.

I am a member of the Great Britain Squad and have represented GB for the last 15 years. I have been European Champion and runner up, won medals in the World Cup, Podium places with the GB team in team competitions and I earned a Bronze medal in Japan in the World Championships in 2005.

This will be my last competitive year as the international courses are getting very technical and the personal cost for competition, travel and accommodation is on the increase. Only entry fees are paid by British Orienteering. The rest is up to the competitor to pay.

I missed the podium in Portugal in the European Championships but managed a near perfect score on the second day of the World Championships in Italy and came from 21st to 3rd to gain the Bronze medal behind two top Swedish competitors.



I would like to try and introduce more people to the skills and enjoyment of Pre-O. The idea I have is to have a small number of control sites available at the NATO events over the next few months and hopefully a final at Wallington next year.

The controls will hopefully be near the Registration / Start / Finish/so you will not have far to travel. Rather than have a whole load of instructions in the newsletter, Margaret and I will be on hand to give you instructions.

The first session will be at Redburn, based on the Parks Sports Centre.

Look out for the Trail O sign.

John Crosby

Swiss 6 Days, July 2014



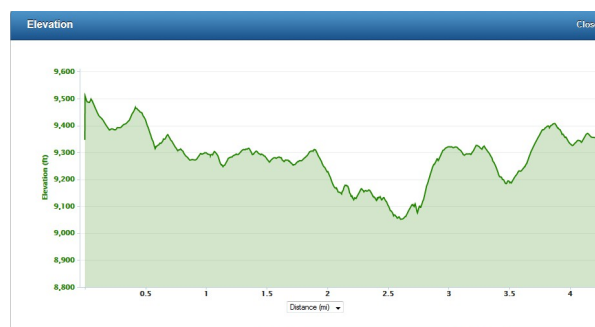
It was with some trepidation that we travelled to Switzerland by plane and train for the [Swiss 6 Days](#) in Zermatt. But armed with our brand new NATO O-tops, we were enthusiastic to start the Day 1 Urban Sprint...and then we picked up the map! A higgledy-piggledy maze of streets, packed with tourists (despite the rain), with electric taxis whizzing silently past as we ran through the alleyways, up stairs and down hills (click [here](#) for an action view – not mine!). My compass seemed to be badly affected by the altitude at one point which was a little unfortunate, but Leo sped round his course (with a bit of help), and we collapsed back in the flat, getting ready for the first mountain day. Day 2 dawned with clear blue skies and the Matterhorn gazing down.

After a quick cable-car ride to Schwarze See at 2500 metres, I gingerly embarked on H45 – 5.5km with 260m climb which didn't sound too hard. However, between the boulder-fields, moraine and altitude, quite apart from the map-reading, I was exhausted by the finish. The finish itself was about 150 metres below the assembly, and after a slow walk up, I turned back to go round H10 with 6 year old Leo. Whilst his map-reading is still developing, he is a seriously fast runner, and I found it exceedingly hard to keep with him towards the end. My result (68mins, a mere 26 mins behind the winner) did confirm that I wasn't going to be winning anything which did rather take the pressure off.

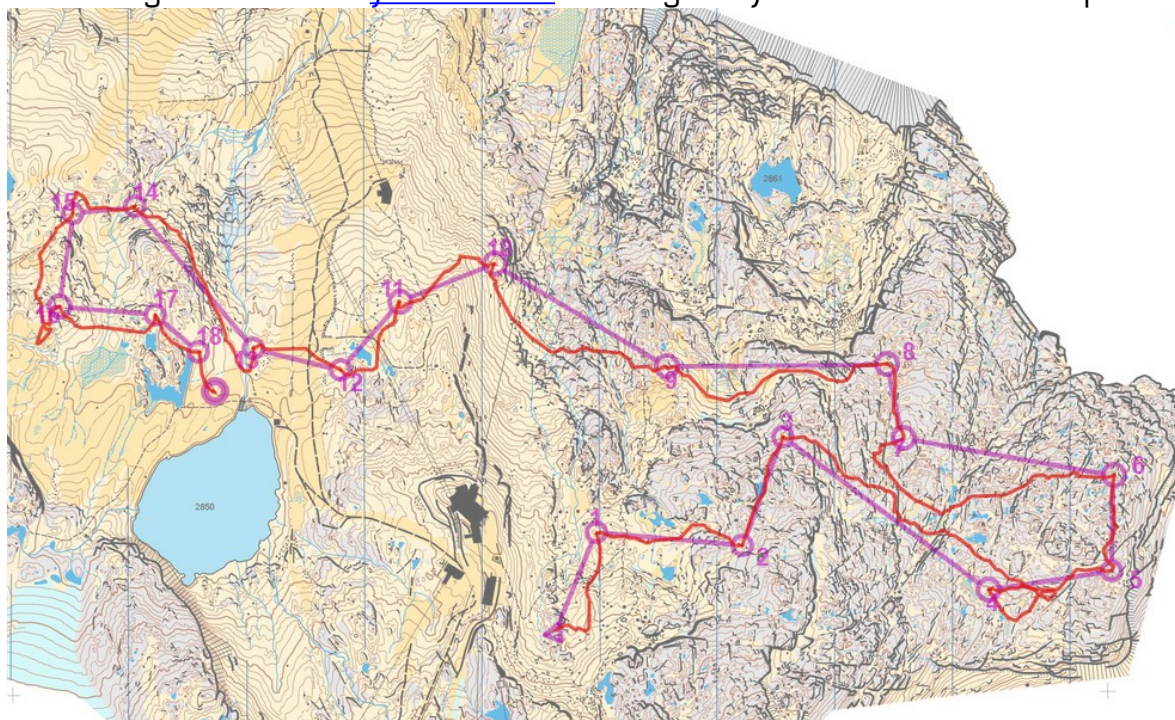
Kate also found the altitude challenging, and was not helped by ongoing *Plantar fasciitis*, however we did both find that we adapted quickly during the week, and possibly even found a little benefit when we returned for the Lakes 5 Days. What stood out for her however from Day 2 were the absolutely stunning alpine flowers across much of that area – a truly mind-boggling range of shape, colours and specimens that we had never seen the like of before.

Each of the days posed a different challenge, summed up efficiently by the organisers descriptions – do click on the titles to see the official 10 min film of each day: [The Touristy Day](#), [The Breathtaking Day](#), [The Charming Day](#), [The Heavenly Day](#), [The Delightful Day](#), and (ominously) [The Icy Day](#). Happily we don't think we featured in any films, and are pretty sure we were going slower than those who did!

The Icy Day on Trockener Steg was definitely the most physically, technically challenging orienteering I have done in the past 25 years. Most of the time I was running on bare rock, interspersed with snow, and with terrifyingly dizzy drops down to the glaciers below. And all at higher than 9,000 feet – see the elevation chart!



Going wrong was a really bad mistake as you can see from my GPS track below. I admit to taking a moment to admire the view from control 5 – it's worth taking a look at the [youtube film](#) which gives you a sense of the "experience".



Although the orienteering was extremely difficult and the Swiss don't seem to do parents split times or proper white courses, we did thoroughly enjoy our holiday in Zermatt. The event organisation was mostly smooth with 4600 orienteers taking a different cable car or funicular railway each day. The scenery was spectacular, and if you're looking for a different orienteering experience, we'd highly recommend the Swiss 6 Days.



**Hugh Potter,
Kate Degnen,
Leo (6 yrs)
Sebastian
(1.5 yrs).**

Report: Impact of the British Championships on the Local Economy

A team from Northumbria University held a survey at the recent British Championships in our area. The following is as brief a summary as possible. The original report including illustrative charts can be found in the "Legals" section of the club website:

The British Orienteering Championships (BOC) act as a showcase for the sport of orienteering and provide opportunity to fulfill their aims to expand numbers of people aware of, participating in, and assisting with orienteering and to widen the range of places where events take place. So British Orienteering sought to investigate the impact of the Championships staged this year by the North East Orienteering Association on their behalf.

Specific foci for assessment of the Championships were:

- | | |
|------------------------------|-----------------------------------|
| 1) Event attendance profile; | 3) Event satisfaction; |
| 2) Event economic impact; | 4) Sport participation behaviour. |

The event attracted 1100 entries for Day1 (Long) and 752 for Day2 (Relay), as well as volunteers, traders and spectators. Survey data was collected on site from attendees at the weekend and on-line addressed to event participants. 415 responses were received, 365 from event participants.

This report presents an economic analysis of the Championships calculated from all attendee responses, and then focuses specifically upon responses from participants.

Specifically, it determines:

1. Additional visitor expenditure into the Northumberland host region;
2. Spending patterns of event participants;
3. A demographic profile;
4. Overall event satisfaction and satisfaction with event components;
5. The inspirational effect of the event;
6. Sport participation behaviours of orienteers.

The information presented will provide an insight into the quality of this event and will aid the planning cycle for the organizing committee of the Championships 2015 and beyond.

ECONOMIC EFFECT

Attendees of BOC 2014 provided an additional visitor expenditure to the Northumberland host region of £153,022 of which £147,393 came from participants.

Average spending by participant respondents on accommodation was £50.94 and on non-accommodation items was £98.80.

44.1% stayed in either a hotel or guesthouse / B&B (26.7% and 17.4% respectively)
44.9% sought value-for-money (VFM) at camping/caravan site (18.2%), youth hostel (11.9%) or friends/relatives (14.8%) - (so not making a payment to a provider in the region.
7% stayed in self catering accommodation, and 4% used other forms of accommodation.
Average nights spent away from home was 1.8.

Food and drink (non-alcoholic) at 46.1% was the largest category of expenditure, including on-site provision as well as locally available sources.

Not surprisingly spending on petrol (reported within local travel/parking) was also significant. Considering distances travelled by car, as the predominant mode of travel

Participants travelled countrywide, the furthest making a significant 792 miles round-trip.
In 92% of cases, travel was by car. 2%, travelled the distance to Northumberland by air.
58.6%, travelled with family. 18.8%, travelled alone.

DEMOGRAPHICS

The sample group of respondents was predominantly male (65.7% male and 34.3% female); 69.3% were aged between 45 and 69 years

17.6% ~ 45-49 13.5% ~ 50-54 14.1% ~ 55-59 13.5% ~ 60-64 10.7% ~ 65-69

64% had a household income above £40,000 25.2% £40,000-59,000

19.3% £60,000-79,999 13.0% above £100,000

80.4% of event participants were in employment,

full-time (41.6%) part-time (26.9%) self-employed (11.5%) retired (11.9%)

99% were white 5.9% had long-term illness or disability affecting daily activities.

EVENT SATISFACTION

Overall event satisfaction of participants was 80% (24.2% very satisfied and 55.5% satisfied). 3.8% of survey respondents showed some overall dissatisfaction with the event.

86% were satisfied with the information provided by the BOC2014 website.(26.7% very satisfied and 58.9% satisfied)

85% were satisfied with the event entry process (36.7% very satisfied and 48% satisfied).

86% were satisfied with the event location (30.4% very satisfied and 55.6% satisfied).

71% were satisfied with the course (25.9% very satisfied and 44.8% satisfied).

However, 14% were dissatisfied predominantly focusing upon the difficulty of the terrain.

71% of event participants were satisfied with toilet provision but, 9.9% reported some dissatisfaction referring to the need for more toilets and better signage for gents.

Catering facilities on-site received only 38% satisfaction rating (7.3% very satisfied and 30.8% satisfied). 16.6% of event participants reported some dissatisfaction with catering. (11% fairly dissatisfied and 6.6% very dissatisfied) and over one fifth (21.5%) deemed the on-site catering not applicable to them; perhaps having pre-planned to be self sufficient.

30.6% of event participants were satisfied with the event merchandise offer (11.5% very satisfied and 19.1% satisfied). However, 28.8% were neutral and 29.2% deemed this component not applicable - possibly not needing the purchase opportunities offered.

98% were satisfied with parking facilities (51.9% very satisfied and 46.1% satisfied).

From unprompted comments, participants highlighted the following negative aspects of the event (ordered relative to number of comments):

1. The event entry fee was high, and it was generally an expensive weekend;
2. Additional toilets and better signage for gents were needed;
3. The course (on Saturday in particular) was very difficult, especially for older participants;
4. There was lack of the provision of water at the start and finish;
5. Dogs were not allowed at the event.

The following strengths were also highlighted:

1. Well done to all volunteers; 2. An excellent weekend; 3. Beautiful location.

SPORTS PARTICIPATION BEHAVIOUR

Orienteers are committed to their sport with 11% participating (including training for orienteering) an average of three times per week and 63.9% at least once per week.

51.9% of orienteers compete only in orienteering. Those competing in other sports do so in complimentary ones such as running (all types) and cycling, but also judo, boxing and tennis. 64.8% of orienteers also participate in a number of other sports, including: running and cycling predominantly, but also fishing, skiing, badminton, dancing and golf.

INSPIRATION

BOC 2014 inspired 20.1% of respondents to increase their participation in orienteering. 53.2% were neutral to greater participation. 26.6% were not inclined to participate more.

Participants were happy with their current level of involvement with orienteering and may not have the capacity to increase. The Championships were not deemed an isolated cause factor in stimulating further commitment to the sport.

Nevertheless, 45.1% of respondents identified the ability of the Championships to inspire commitment to the event next year. 16.1% were no more inclined than they were already to participate next year.

CONCLUSION

1. BOC can generate a significant amount of additional visitor spending (at least £150k) to a host economy - significant especially if that economy is relatively small (as was the case here). This could be used to attract bidders, and in promotion of the event.
2. Orienteering appeals to a particular segment of sports participants, and might want to work to change its image and audience in order to 'grow' the sport
3. Event satisfaction is generally high, but some aspects (course difficulty, catering, price, etc.) need attention.
4. Orienteers appear to be very committed to their sport. The obvious 'market' for increasing participation might be those already involved in running and/or cycling.

Original report produced by Northumbria University

What it costs.

Has anyone thought as to how much it costs to run the Orienteering Club? About to finish my first year as Club Treasurer, I have looked over the year's accounts to see where the club money comes from and goes to. There are two main sources of income: (1) Event entry fees and (2) Membership fees. We endeavour to keep fees down as low as we can.

If we look at the event entry fees we need to cover:

British Orienteering Levy	£1.00 paid for all seniors and a small proportional amount per Junior (this is paid to British Orienteering to help fund the sport at a National level).
Map printing.	£0.65 (This includes a wastage amount).
Publicity.	£0.10 (This is linked with Administration)
Event Officials	£0.25 (Outside controllers etc).
Equipment	£1.00 (Repair, replacement and new equipment).
Member benefits	£1.00 (Relay entries, Club nights, Courses and Grants etc).

So total cost per entry is £4.00 per senior, not taking into consideration any land access fees or hire of extra facilities such as toilets. The fees subject to confirmation at the AGM will reflect these figures and will be slightly lower than we have been paying in the past. The cost of informal events with a limited number of courses (e.g. Wednesday nights) will be £3.50 meaning these entry fees will be subsidised by bigger events.

D events (e.g. the Rising Sun event) will charge Seniors £5.00, Juniors and Concessions £3.50 and School children £2.00. These events still have a small subsidy.

All of the entry fees will be subject to a £1.00 charge per senior paid to NEOA for the hire of the SI equipment if it is used.

Other main funding of Administration and Publicity.

These are funded from Membership fees and event publicity. It covers NEOA administration surcharge and North East Junior Squad surcharge plus room hire, Internet costs, Insurance and normal officials' costs.

There you are a little taster.

John Crosby Honorary Treasurer

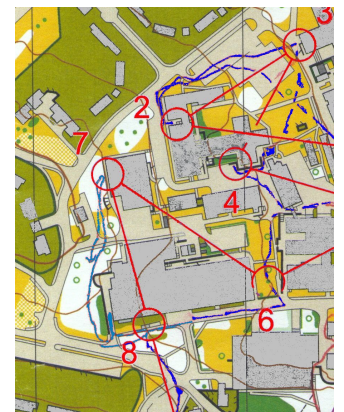
British Sprint Champs and Middle Distance Champs 2014

Having missed the British Long Distance champs, as a competitor at least, I was keen to take part in the Sprint and Middle Champs on 6th & 7th of September near Stoke on Trent. - one of only two NATO members to travel down, Richard Purkis making it his swansong as a club member before moving up to the Scottish hot bed of O that is EUOC.

Heavy rain on the drive down on the Saturday morning was worrying but as I approached Keele University, near the "other" Newcastle, the sun came out and the rest of the weekend enjoyed similar weather to that of BOC2014. The Sprint Champs has heats in the morning to select for the A, B and for the bigger classes, C finals about 2 hours later with winning times around 12 to 14 minutes. My aim was to improve on last year and reach the A final in my class. The university venue was ideal, providing a complex area with minimal traffic, on-site toilets, shops and parking with a central plaza for results display, finish and, later, prizegiving.

Usually the heats use a simpler area than the finals but, because of a wedding(!), the planner had to swap the courses so we had the trickier course first. This took me a bit of time to deal with as the course criss-crossed over the site with extreme changes of direction. It took me ages to even see the 1st control on the map. My plan was to check the next control circle and description, then plan my route backwards to where I was, then execute the plan. Easier said than done when many people around to distract you and not enough time to fully appreciate map detail. I tried to navigate by the buildings which should simplify navigation, a bit like running towards a hill on area of moorland, but it was hard to break the habit of focussing on paths and open areas. Hard too to remember that turning 180degrees is often a good route choice. This led to my big mistake in the heats and I lost over a minute.

The extract of controls 6-7-8 illustrates my route - can you see what I should have done? (zoom in) In Sprint events small mistakes count and add up. Fortunately others had bigger mistakes and I squeezed into the M60A final in which I was only 2 minutes down but finished 16th, averaging about 5 secs down per control. I might have done better with a fast dibber. My old original series 5 was noticeably slow to register - I could have saved maybe 20 to 30 seconds. Better would have been to be less panicky for the first 6 controls which I messed up to a greater or lesser extent. So I achieved my aim of reaching the A final but was disappointed not to finish higher.



The Middle Champs were at Brereton Woods, Cannock Chase near Rugeley, about 20mins drive from the event campsite, a lovely flat field that is part of Shugborough estate. If up in the middle of the night I'd have seen a very starry sky but I continued to shiver until daylight. Not ideal preparation for another day's intense orienteering - this time in a steeply wooded area with lots of bracken making visibility difficult. By the time I started my 3.7km course with 23 controls it was pretty hot in the sun. The first 3 controls I took quite steadily, which paid off as I was 3rd at that point. Then I reached an area of steep bracken slopes and my methodical approach unravelled and I stopped reading the map so well. Scrambling 4 to 6 I didn't lose much time but distractions of high bracken obscuring the shape of the terrain and other lost people led me to making 7 or 8 minutes of errors - lack of map reading making things worse. Fortunately most of the rest of the controls were not so hard and apart from another "not reading the map" error at 12 I was keeping up with the top of the field according to my splits. So a result of 22nd out of 51, sandwiched between Eddie Harwood who made an even worse hash of control 8 than I and David Rosen, who power-walked round, was disappointing, since a top 10 would have been well in reach if I'd kept my head - but then that's orienteering - the battle to win is with yourself!

Alasdair Wilson Craw

Club Kit



Club 'O' tops are available for ordering from Carole Firth (carole@ssdccentre.f9.co.uk).

They can either be long or short sleeved as requested and cost £24.

We have a few spares in stock so ask to see whether we have one your size to try on as the named adult sizes may be on the small side.

<u>Short sleeved</u>			<u>Longsleeved</u>		
		Number			Number
Size	Chest	in stock	Size	Chest	in stock
140	68 – 72 cm		140	68 – 72 cm	
150	72 - 76 cm		150	72 - 76 cm	
XS	76 - 82 cm		XS	76 - 82 cm	
S	88 - 92 cm	2	S	88 - 92 cm	1
M	94 - 98 cm		M	94 - 98 cm	2
L	100 - 106 cm		L	100 - 106 cm	
XL	106 - 112 cm	2	XL	106 - 112 cm	4
XXL	112 - 116 cm	1	XXL	112 - 116 cm	
XXXL	116 - 120 cm		XXXL	116 - 120 cm	

We also have examples of blue hooded fleece tops at £24 and a lightweight rain top (no hood) at £32. These can also be ordered.

Permanent Course News

Control sites at all the Club permanent courses, scattered around our region, have been inspected over the last twelve months and we have a condition report for each one, which means we can offer advice to any prospective user. Most are in good condition. Where the maps have not been the latest available, the sites have been replotted on current maps and these can be obtained by request through the website contact page either as a print your own pdf. or as a paper copy by post.

At the request of the park management at Druridge Bay, a major extension of the permanent course into the dunes and other redeveloped areas is being planned and should be operational this Autumn.

It would be good if those members who oversaw a permanent course could renew that commitment to visit and check sites every few months and note any issues to deal with. Any member willing to do this for the first is also encouraged to do so. Contact the writer.

Peter Firth