

Thank you for running at Langdon Hills earlier.

It is a tricky area to plan on – some very steep and slippery slopes in the main area, and some long track runs between blocks of forest for the longer courses. I found it quite difficult to get the course lengths within guidelines – they were either too long using the tracks, or too short to try to avoid road crossings. And, of course, the prevalence of contours didn't help! So, apologies if you thought I got the balance a bit wrong for your course.

The other problem was the steep slopes in the main area. These were made more slippery in the last couple of days as temperatures warmed up a bit, and then there was a bit of rain last night. We had one bad fall, and thanks to Chloe Fowler (HAVOC) and Frank Edge (SN), who gave up their runs to help the faller slowly back to the finish. It is gratifying to see this kind of selfless act in the orienteering community, in what can be a solitary sport, and knowing that you can rely on others to help when things go wrong is very reassuring.

I tried to plan the courses to avoid the worst of the brambles, and there was normally a route into the controls that was fairly easy going if you found it. Unfortunately the more open forest areas are a bit further away from the start/finish field, so I wasn't able to get all the courses there.

There were some nice views over the estuary from One Tree Hill over in the East for the longer course runners, so hopefully you were able to take a moment from the running to enjoy those. The control in the large depression to the north of the area (106) on L Green and Sh Green was very close to a mountain biking track that I hadn't realised was there, so apologies if cyclists got in the way of your run.

The undergrowth in the forest had died back quite a bit due to the sharp frosts in the weeks leading up to the event, and the forest ended up being quite runnable in places, so hopefully you found some of those areas to offset any brambly bits you had to hack through.

At least the weather had turned a bit milder, and the rain and winds mostly held off for the event.