



Britain's National Orienteering Magazine

# CompassSport

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# G-COM

by The Editor

G-COM

https://gcom.orientacioncanarias.com/en

G-Com stands for Gran-Canaria Orienteering Meeting. As the rest of the Christmas events fell by the wayside – such as the Belgium Sylvester 5 days and Alicante O Meeting – G-Com ended up being the last event standing. Nearly a dozen Brits were due to attend, but then the UK Government closed the travel corridor an agonising two weeks before G-Com started. That still didn't put some Brits off as they were prepared to take the quarantine hit on return, now reduced to 10 days, and with another Covid test, this could potentially be halved. But then on the 23<sup>rd</sup> December the axe came down as all travel from the UK to Spain and most other EU countries was stopped due to the new UK variant. Unless you were already on Gran-Canaria or outside the UK, you could not make it.

Gran-Canaria and the Canary Islands had been given special status/rules by the Spanish authorities in order to 'keep them open' for business but also monitoring and minimising Covid spread. Everyone coming onto the island had to have a negative Covid-19 test certificate within the last 72 hours which hotels and other tourist accommodation, as well as the airline, wanted to see. Luckily, we managed to fly out a week before the UK shut-down and a pre-booked Antigen test with Collinson Group LHR T2 ground floor for £50 each saw us with our negative certificates 30 minutes later.

115 people took part in G-Com 2020 compared to 252 in 2019, 19 of which were non-Spanish. Of these 19, 10 were Swedish.

Sarah-Jane Barrable SLOW writes, 'G-COM 2020 was for me and likely many more, a much-anticipated trip; a delight to orienteer again and to ditch the spikes, jackets, leggings and computer screen for some socially distanced fun in the sun-soaked mountains. It was one of the most low-key foreign events I've done, with minimal competitor interaction and more hand-spray and temperature checks than you could poke a cactus spine at. The F35 class had only one competitor so I ran F21 where there were seven of us'.

## Dec 26<sup>th</sup>: Stage 1 Teror – Night Race – Course R2 – M21B, M35, F21

1<sup>st</sup> Sarah-Jane Barrable F21 SLOW 17:13

The final details described the night's terrain as "flat ground". The 30-minute drive up the mountain from Las Palmas (We heard some expats call it Lost

Pyjamas 😊 – Ed.!) to the village made us sceptical about whatever translation program had been used, and the ensuing "hill-reps" feel of the first few legs cemented that. Incidentally, my legs felt a little as though they were running through cement.

Happily, I spotted the smooth route to my first control, using the ramp instead of the stairs and noting the uncrossable fence making the NW a better approach direction, so I felt confident swiping my first control in many months with my dusty SIAC.

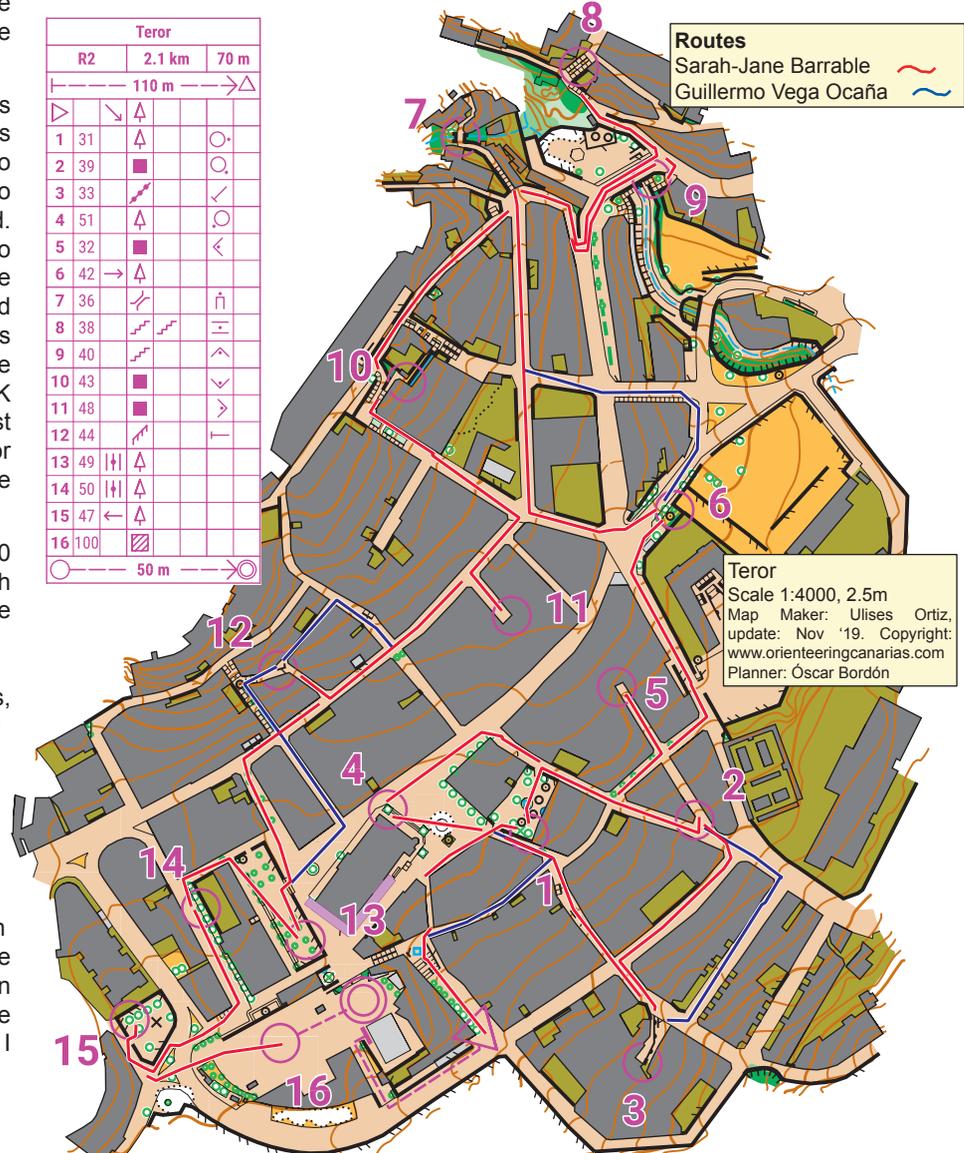
The navigation was fairly straightforward, although I was hesitant around #9 and #10. I had trouble making out on the map both the exact position of #9, and then where I could exit it – going SE looked too far – so I took the safe route of coming back the way I'd come. Then there was some traffic dodging (I put my headlight on full at this point) and finally #10 was really tucked round the side



Teror Night Sprint.

Teror			
R2	2.1 km	70 m	
110 m → Δ			
▷	↘	▲	
1 31	▲	○	
2 39	■	○	
3 33	↗	✓	
4 51	▲	○	
5 32	■	←	
6 42	→	▲	
7 36	↖	↑	
8 38	↗	↑	
9 40	↖	↑	
10 43	■	↓	
11 48	■	→	
12 44	↗	↑	
13 49		▲	
14 50		▲	
15 47	←	▲	
16 100	■		

○ — 50 m — ○



Day 1	F21	M21B	M35	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Finish
1	Sarah-Jane Barrable, F21	1.23 (2)	0.37 (1)	0.51 (2)	1.18 (3)	1.04 (1)	1.05 (2)	1.44 (2)	1.19 (2)	1.03 (10)	2.14 (3)	0.59 (1)	0.47 (2)	0.55 (1)	0.32 (2)	0.49 (4)	0.27 (4)	0.06 (1)		
	OK Ravinen - Nacka	1.23 (2)	2.00 (2)	2.51 (2)	4.09 (2)	5.13 (2)	6.18 (2)	8.02 (1)	9.21 (1)	10.24 (2)	12.38 (2)	13.37 (1)	14.24 (1)	15.19 (1)	15.51 (1)	16.40 (1)	17.07 (1)	17.13 (1)		
2	Guillermo Vega Ocaña, M21B	1.44 (7)	0.48 (9)	0.51 (2)	1.19 (4)	1.06 (3)	1.04 (1)	1.40 (1)	1.22 (3)	0.44 (2)	1.52 (1)	1.09 (4)	0.51 (5)	1.01 (5)	0.33 (3)	0.42 (1)	0.27 (4)	0.09 (9)		
	Agüico	1.44 (7)	2.32 (8)	3.23 (7)	4.42 (7)	5.48 (7)	6.52 (5)	8.32 (3)	9.54 (3)	10.38 (3)	12.30 (1)	13.39 (2)	14.30 (2)	15.31 (2)	16.04 (2)	16.46 (2)	17.13 (2)	17.22 (2)		
3	José Luis Curbelo Pérez, M21B	1.14 (1)	0.39 (4)	0.53 (6)	1.13 (1)	1.09 (6)	1.06 (3)	1.54 (3)	1.28 (6)	0.46 (4)	2.37 (8)	1.01 (2)	0.54 (8)	0.58 (2)	0.35 (5)	0.44 (2)	0.27 (4)	0.06 (1)		
	Agüico	1.14 (1)	1.53 (1)	2.46 (1)	3.59 (1)	5.08 (1)	6.14 (1)	8.08 (2)	9.36 (2)	10.22 (1)	12.59 (3)	14.00 (3)	14.54 (3)	15.52 (3)	16.27 (3)	17.11 (3)	17.38 (3)	17.44 (3)		

of someone's house and I had to recheck the map to see I hadn't accidentally wandered onto private land.

There was more traffic weaving around #15 before finishing in the town square. I could then enjoy the beautiful village at a more leisurely pace, including the striking Basilica and the excellent late-opening café opposite.

**2<sup>nd</sup> - Guillermo Vega Ocaña M21B Agüico 17:22**

I love night races. Running in the darkness with the help of a headlamp is a different experience at any location, but unfortunately, Teror is a very well illuminated village, so the lantern wasn't essential. It was a very short race, where all the participants wanted to do it as fast as possible because it was a 2 km sprint race.

**Dec 27<sup>th</sup>: Stage 2 - Osorio (Teror) - Course R2 - M21B, M35, F21**

**1<sup>st</sup> Sarah-Jane Barrable SLOW F21 38:27**

Leaving an assembly area of Lilliputian proportions, we ran to the



The start at Osorio Day 2.

could make out the indistinct boundary of the light green area just north of my first control and took the potentially foolhardy choice to cut through the terrain here. The land formation was just about visible, and I hit the control nicely. I also tried to cut a corner through light green to #2 but backed out again; the distance saved was not worth the drop in speed. My third control



**Routes**  
 Sarah-Jane Barrable  
 Guillermo Vega Ocaña  
 Óscar Alejandro Torrealba Maradey

Osorio			
R2	3.1 km	170 m	
1	37		
2	36		
3	33		
4	34		
5	32		
6	38		
7	31		
8	39		
9	40		
10	41		
11	42		
12	43		
13	44		
14	45		
15	46		
16	100		

Osorio Teror  
 Scale 1:5000, 2.5m  
 Map Makers: Ramón García/José M Gálvez (RESCNAV), update Sept '20  
 Copyright: www.orienteingcanarias.com. Planner: Ulises Ortiz

start via the finish and in sight of the last control. The main clue to the terrain though, was the steep, dense jungle up the side of the run-in. Despite this, I

Day 2 F21 M21B M35	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Finish
<b>1 Sarah-Jane Barrable, F21</b>	3.04 (1)	1.56 (5)	2.59 (4)	1.26 (3)	2.07 (1)	1.01 (1)	1.36 (2)	2.26 (2)	5.34 (1)	4.32 (7)	1.46 (2)	1.31 (2)	1.40 (1)	2.46 (1)	1.25 (4)	0.49 (6)	1.49 (4)
<b>OK Ravinen - Nacka</b>	3.04 (1)	5.00 (1)	7.59 (2)	9.25 (2)	11.32 (1)	12.33 (1)	14.09 (1)	16.35 (1)	22.09 (1)	26.41 (1)	28.27 (1)	29.58 (1)	31.38 (1)	34.24 (1)	35.49 (1)	36.38 (1)	38.27 (1)
<b>2 Guillermo Vega Ocaña, M21B</b>	7.37 (8)	1.27 (1)	2.39 (3)	1.30 (4)	2.40 (5)	1.09 (3)	1.37 (3)	3.33 (7)	5.37 (2)	3.55 (4)	1.19 (1)	1.28 (1)	2.07 (4)	2.52 (2)	1.27 (5)	0.40 (1)	1.53 (6)
<b>Agüico</b>	7.37 (8)	9.04 (6)	11.43 (4)	13.13 (4)	15.53 (4)	17.02 (3)	18.39 (3)	22.12 (3)	27.49 (2)	31.44 (2)	33.03 (2)	34.31 (2)	36.38 (2)	39.30 (2)	40.57 (2)	41.37 (2)	43.30 (2)
<b>3 Óscar Alejandro Torrealba Maradey, M21B</b>	7.44 (9)	1.51 (3)	2.17 (2)	1.30 (4)	2.19 (3)	1.25 (7)	1.44 (6)	4.30 (12)	7.46 (9)	3.41 (3)	1.56 (4)	1.56 (6)	2.11 (6)	2.59 (3)	1.24 (3)	0.47 (5)	1.57 (10)
<b>Agüico</b>	7.44 (9)	9.35 (8)	11.52 (5)	13.22 (5)	15.41 (3)	17.06 (4)	18.50 (4)	23.20 (4)	31.06 (4)	34.47 (3)	36.43 (3)	38.39 (3)	40.50 (3)	43.49 (3)	45.13 (3)	46.00 (3)	47.57 (3)



Mark Heikoop NED finishing Day 2 at Osorio.

shouldn't have been tricky, but I wasn't really concentrating on the multitude of spidery paths and ended up above the control. I had to loop around, not wishing to wade through the spiky bushes. There were a few obvious path run legs and some very hot, steep climbs up, including coming into #9. I then bewilderingly managed to run out of #9 down the path to the building instead of along the stream, then instead of choosing the morale-sinking option of retracing my steps, I slid down the loose earth, map in teeth, to hack up again to the next control. The rest of the course was pretty fast and straightforward, although #15 being under a bridge surrounding by a scribble of walls and crags was a surprise for me and the people I met sliding down and clambering up the bank. A very long run-in followed the last control – the finish was actually a few hundred metres off the map (but why waste paper!). As masks were compulsory attire on the run-in, competitors were finishing breathing heavily with very sweaty faces. The Canarians greeted us with a welcome spread of drinks, fruit and bars.



Day 2 paths at Osorio.

### 2<sup>nd</sup> Guillermo Vega Ocaña M21B Agüico 43:30

As I am from Gran Canaria, I'm lucky to be able to visit this area whenever I want. Osorio is such a fantastic location to organise an Orienteering race, where you can find perfect green, forested, and low-visibility areas to set up the controls. I remember that I got lost temporarily in one of those hidden and full of trees areas, but I kept on and finally

finished in the first position in my class. Despite the Coronavirus crisis, the event organisation was perfect, and everything went well, although the poor number of competitors was a bit sad.

### 3<sup>rd</sup> Óscar Alejandro Torrealba Maradey, M21B Agüico 47:57

Osorio is a very demanding area physically, although I enjoyed it a lot. At first it was a bit difficult because I was not adapted to the terrain, which changes a lot, but at the end I managed to complete it in good time.

### Dec 28<sup>th</sup>: Training 1 – Dec 28<sup>th</sup> – La Goleta (Aruacas)

A tremendous little area with excellent views, above some reservoirs which were empty. Water seems to be scarce in GC. 1:5000 map, it was a simple training with tapes for markers which was just the ticket on a rest day. No pressure, no timing, just a nice gentle jog round some markers, soaking up the terrain. Reminded me of Israel. However, the 'sting' in the tail, and indeed all over the area, were some rather spiky cacti and bushes which were to be avoided at all costs! The course was 2.4km, 95m. You could in fact do the training when you liked but there were designated days and the tapes might not be there on another day. Some also did the second training



Aruacas action on Day 3.

### Dec 29<sup>th</sup>: Stage 3 – Arucas City - Course R6 - M75+, OPENB, F65

#### 2<sup>nd</sup> Jean O'Neill, Fingal Orienteers 34:01

I arrived in Gran Canaria very stressed. And I found the instructions on how to find the venues very difficult. (I'm not a computer nerd - wrong generation!) Anyway my fellow Orienteering travelling companion had left our pension before me, so I got a later bus. I can't remember why we didn't go together - possibly very spread out start times. We were bussing all the time and I didn't know where to go when I got off the bus at Arucas bus station. I did not know that the race venue had been changed to a sports centre - but where, which one? (I knew how to get to the original venue!) There was no one to ask for information at the bus station.



David Pérez Talavera, winner of M21 on Day 3, on Day 2 at Osorio.

Then I saw the police station right there up some steps! So I rang the bell. I was helped by a brilliant policeman. I had to tell him I was going to an O competition. Did he know what O was? And I was panicking and upset. Fortunately, he spoke English. I explained it was a big competition, around the streets, hoping he'd have heard about it. He made a few phone calls and sorted it out. He gave me directions, pointed out which road to take first. But I was too stressed. There was also a taxi rank in front of me so I got a taxi for €3! Arrived in less than 2 minutes! I was very relieved. The organisers were very accommodating, I was quite late. I had to finish getting changed, tape my hamstring etc. The start was quite some distance away. I was nervous that the tapes might be difficult to follow, and no one else was going there! But it was ok and the starters gave me a few minutes to compose myself, which was very good of them. Overall, it's a wonder that I managed to get around the course at all! My mistakes were legion! I did not run to my usual standard for sprint/urban events, not surprising I suppose in the circumstances.

I was delighted to take part at all and get around without upsetting my niggling injuries - right hamstring injured in May, then the left in August, including the adductor. And of course, because of lockdown in Ireland it was wonderful to take part in a real event again.

Nr #1 was easy. #2 I chose to go up the east side of the cathedral, so I descended some steps and went east through the gap, then north. #4 I was looking for the control on the lane going NE before the steps - confused! #5 I was almost there and I saw an open area so went in a gate but couldn't find it - puzzled. Looked around, realised I was in the olive green area east of the control! #6 - #8 good. Then for #9 I ran north towards the blue circle, up and down and around - till the penny dropped. I think I checked my compass. More time lost! #10 & #11 were ok. #12 ok until after I turned right - SSW. I didn't run through the white, so missed the turn left, east, into the control. I ran almost to the roundabout, turned back, took a tiny path on the right - east - ran a



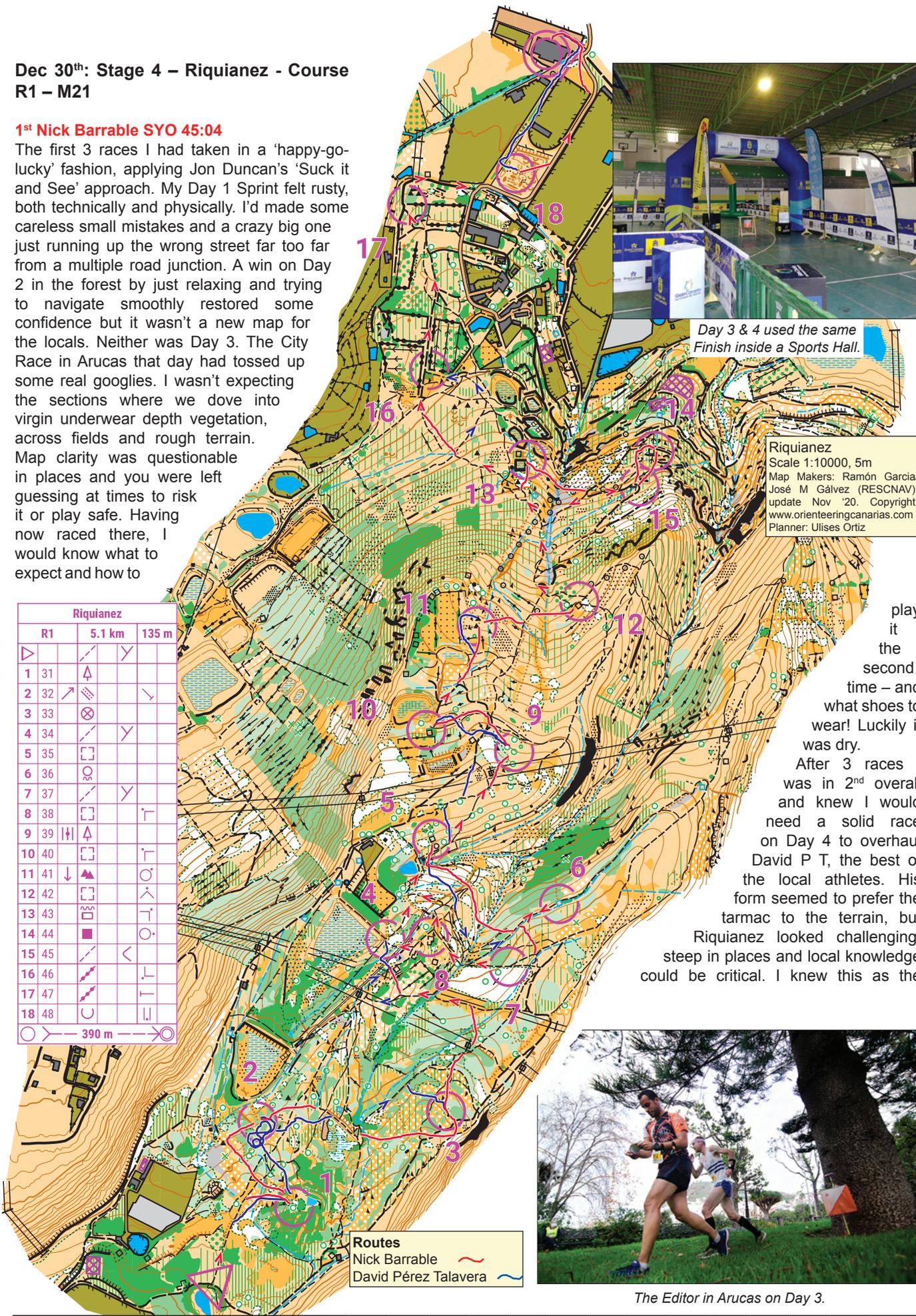
**Dec 30<sup>th</sup>: Stage 4 – Riquianez - Course R1 – M21**

**1<sup>st</sup> Nick Barrable SYO 45:04**

The first 3 races I had taken in a 'happy-go-lucky' fashion, applying Jon Duncan's 'Suck it and See' approach. My Day 1 Sprint felt rusty, both technically and physically. I'd made some careless small mistakes and a crazy big one just running up the wrong street far too far from a multiple road junction. A win on Day 2 in the forest by just relaxing and trying to navigate smoothly restored some confidence but it wasn't a new map for the locals. Neither was Day 3. The City Race in Arucas that day had tossed up some real googlies. I wasn't expecting the sections where we dove into virgin underwear depth vegetation, across fields and rough terrain. Map clarity was questionable in places and you were left guessing at times to risk it or play safe. Having now raced there, I would know what to expect and how to

Riquianez			
R1	5.1 km	135 m	
1	31	▲	Y
2	32	↗	↘
3	33	⊗	
4	34	↙	Y
5	35	□	
6	36	⊙	
7	37	↘	Y
8	38	□	┌
9	39		▲
10	40	□	┌
11	41	↓	▲
12	42	□	┌
13	43	□	┌
14	44	■	○
15	45	↙	<
16	46	↘	┌
17	47	↘	┌
18	48	○	

○ — 390 m — ○



**Riquianez**  
Scale 1:10000, 5m  
Map Makers: Ramón García/  
José M Gálvez (RESCNAV),  
update Nov '20. Copyright:  
www.orienteingcanarias.com  
Planner: Ulises Ortiz

Day 3 & 4 used the same Finish inside a Sports Hall.

play it the second time – and what shoes to wear! Luckily it was dry.

After 3 races I was in 2<sup>nd</sup> overall and knew I would need a solid race on Day 4 to overhaul David P T, the best of the local athletes. His form seemed to prefer the tarmac to the terrain, but Riquianez looked challenging, steep in places and local knowledge could be critical. I knew this as the



The Editor in Arucas on Day 3.

**Routes**  
Nick Barrable —  
David Pérez Talavera —

Day 4 M21	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Finish
<b>1 Nick Barrable</b>	2.35 (4)	2.55 (8)	3.56 (4)	4.26 (3)	2.01 (6)	3.34 (5)	1.45 (6)	1.03 (1)	3.07 (1)	1.20 (1)	1.31 (2)	2.13 (10)	2.37 (5)	2.03 (1)	1.33 (3)	4.01 (3)	1.28 (1)	1.24 (5)	1.32 (5)
<b>OK Ravinen - Nacka</b>	2.35 (4)	5.30 (5)	9.26 (3)	13.52 (2)	15.53 (2)	19.27 (2)	21.12 (2)	22.15 (2)	25.22 (2)	26.42 (1)	28.13 (1)	30.26 (2)	33.03 (1)	35.06 (1)	36.39 (1)	40.40 (1)	42.08 (1)	43.32 (1)	45.04 (1)
<b>2 Martin Lindqvist</b>	2.34 (3)	2.21 (4)	3.48 (2)	4.06 (2)	1.35 (1)	3.35 (6)	2.00 (11)	1.11 (4)	4.03 (6)	1.36 (5)	1.32 (3)	1.53 (5)	2.49 (7)	2.19 (3)	1.45 (6)	4.23 (4)	1.39 (6)	1.44 (13)	1.52 (14)
<b>Independiente</b>	2.34 (3)	4.55 (3)	8.43 (1)	12.49 (1)	14.24 (1)	17.59 (1)	19.59 (1)	21.10 (1)	25.13 (1)	26.49 (2)	28.21 (2)	30.14 (1)	33.03 (1)	35.22 (2)	37.07 (2)	41.30 (2)	43.09 (2)	44.53 (2)	46.45 (2)
<b>3 David Pérez Talavera</b>	2.27 (2)	6.27 (18)	3.37 (1)	3.45 (1)	1.38 (3)	3.23 (2)	2.34 (14)	1.04 (2)	4.05 (7)	1.50 (8)	1.38 (5)	1.48 (3)	2.29 (2)	4.16 (13)	1.25 (1)	3.59 (2)	1.29 (3)	1.18 (2)	1.33 (6)
<b>OrientaGC</b>	2.27 (2)	8.54 (14)	12.31 (10)	16.16 (6)	17.54 (6)	21.17 (5)	23.51 (6)	24.55 (4)	29.00 (4)	30.50 (3)	32.28 (3)	34.16 (3)	36.45 (3)	41.01 (3)	42.26 (3)	46.25 (3)	47.54 (3)	49.12 (3)	50.45 (3)

night before I had done some geeking. The map had been used for G-Com before but not at the 1:10,000 scale. After a bus journey to the start, it would be an exciting A-B race. The first section looked tricky due to the blotchy vegetation. Then the major descent would come with quite a lot of rock. Finally, a bit of a long hard run-in from a few controls out. And this is what we got. In order to get our flight off Gran Canaria at 3pm that afternoon we had asked for first starts. Planner Ulises Ortiz got the best out of the terrain and kept us on our toes. Right from the start you had to slow right down and



Out in the terrain on Day 4 at Arucas Riquianez.

get your nose on the map to see all the small symbols and vegetation detail. There was a lot of missing going on at #2. I think the terrain exiting #1 drew you left through the more runnable yellow so dropping down to #2, nobody was going right enough. At #3 I was confused by the tracks and bounced off the steep edge and came back in. #5 was confusing as the black circle was a 5m high stone building and the black square which the control was on was a 40cm high ruin, and right behind the circle. #6 I climbed and contoured, making sure I crossed the seasonal stream quite high to avoid the green and excessive climb coming into the control. #7 I over cooked it and went too high too early. At least I had the path to follow down into the control. I was keeping my view up to see the tall trees of the white but was drawn to the corner and not lower down the slope. #8 - #9 I thought playing it safe and running north, picking up the paths I'd run on before, via #5 (almost), was optimal – keeping it simple – and was surprised and pleased to be fastest by 36 seconds on that leg. Running into #9 with some handy attack points of a pylon and obvious single trees in open, I was aware that the descent had begun.

I am not usually the best descender these days, but just tried to keep moving in the right direction, making sure I had planned ahead to pick a solid route, and work the uphill bits. From #12 it was really stony underfoot. Some failed to spot useful paths in amongst all the black rock symbols. To #14 I spotted a track took you right to the control and duly won the fastest split by 4 seconds. I was back in the lead in the race and would keep it till the end.

Having had glorious weather with sunshine aplenty since we arrived, it had actually started to drizzle a bit in the second half of the course. This made some of the rocky descents a bit greasy, but the programme had advised spikes for the forest days, quite probably for just

such conditions. With temperatures in the early to mid-twenties all week, the drizzle was actually rather pleasant.

After a gut-bursting short and sharp climb to #15, I failed to turn right by #13 and hug the red line. Running wide left lost me some time, including time for hesitating. The track I wanted down to #16 you could not see from the junction. I only came across it as I got to the bright yellow. To #17 looked intense on the map but it was basically a track run. #18 was in a nice bit of detail. I guess by now I was motoring. I knew every second might count, but I was unsure of the route to the finish. It was unclear to me if I could go



Michel Srubar CZE on Day 4 at Arucas Riquianez.

straight on the map. And a black line at the bottom of the narrow passage looked like it might be a dead-end. I did not want to risk it. I went right around the sports ground and round into the gym. Luckily I was only 7 seconds off the fastest so it didn't matter too much. It seemed an OK run but would it be good enough? 45:04 for 5.1km didn't seem too great, but Winsplits (with 5% errors) shows only 82 seconds of mistakes over the course. Luckily for me David P T had blown it early on wasting 4:24 at #2.

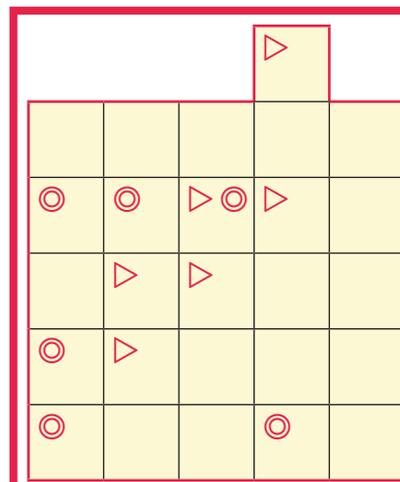
**3<sup>rd</sup> David Pérez Talavera, OrientaGC 50:45**

I started the race with the intention of keeping a medium high pace to maintain my points difference that I had with Nick Barrable on a mixed map of areas with medium high vegetation and clearer areas with low vegetation. My first mistake was at #2, losing about 4 minutes when setting an attack course with a wrong reference. This conditioned me to increase the pace of the race to ensure that Nick would not overtake me at the finish line. This caused me to make some route choices in a hurry and making another mistake when leaving control #13 and attacking #15. I realised my mistake after I punched the control and it only remained for me to throw myself round the rest of the course to the finish.

**Dec 31<sup>st</sup>: Training 2 – Agaete**

This was an urban Sprint area over on the west of the island. A bit of a drive away, but it was a good excuse to go and visit the west. The course was 2.0km, 115m.

You can register for the 2021 G-Com 'East Edition' at [OrientaingOnline.net](http://OrientaingOnline.net). As usual it will be held from 26<sup>th</sup> – 31<sup>th</sup> December, consisting of 5 stages, including Trail-O (last FEDO TrailO League Event of the year), and trainings.



Solution on page 51.

**Colour-Coded Wordsearch**

by Sprintelope

Ed was asked to produce a Wordsearch Puzzle using the eight colour-coded course names, being spelled out moving up, down, left and right. He put in the starting and finish points for the courses but forgot to add in the letters. Can you fill in the grid to form a proper Wordsearch Puzzle, with course names starting at the red triangles. Unlike a 'normal wordsearch', each word is not a straight line, and there are no diagonals.

- WHITE
- YELLOW
- ORANGE
- RED
- GREEN
- BLUE
- BROWN
- BLACK