



Berkshire Orienteers

Club Newsletter

January 2009



“Park Run” 5k Time Trials

As an orienteer, you need to keep some level of running fitness. Do you fancy a way of checking how well you're doing? That's available every week? Where you can decide whether to go or not on the spur of the moment? That's completely free of charge? Then the Park Run time trials may be for you! These are 5km time trials that take place every Saturday generally at 9am, in a variety of locations across the country (and even one abroad). The series started with Bushy Park in West London a few years ago, and this event now regularly attracts 200 or so runners, including from time to time some international standard athletes (Craig Mottram, Mo Farah and Sonia O'Sullivan to name just three), but for BKO members the most convenient is probably the relatively-new North Hampshire (or Basingstoke) Time Trial, which takes place in the War Memorial Park, Basingstoke.

The idea is simple. After registering once through the web site (<http://www.parkrun.com>) at least a day beforehand, you can take part in any of the events whenever you like. The results appear within a few hours on the web site (and are emailed to you), and there are enough statistics available there to satisfy everyone.



I ran, the finish times ranged from 17 to 39 minutes. There's plenty of free car parking right by the finish, or if you don't have a car, it's a short walk from the railway station. So why not give it a try? All the courses are off-road, and obviously somewhat different from one venue to another. The Basingstoke course is two and a bit laps of the park, and is best described as mildly undulating. It's got a nice variety to it – tarmac track for the main part, with the rest a mix of gravel track through the woods and grass. It's a friendly low-key event (about 30-40 runners), and all standards are welcome; at the first event I ran, the finish times ranged from 17 to 39 minutes. There's plenty of free car parking right by the finish, or if you don't have a car, it's a short walk from the railway station. So why not give it a try?

Nigel Hoult

AGM and BKO Club Dinner

The AGM will take place at Hurst Village Hall on the evening of Friday 13th February.

PLEASE NOTE: This date differs from that given in the last edition of this newsletter!

The AGM will be from 7pm and will be followed by a club dinner for those who wish to stay (and pay!!). It proved an enjoyable evening last year. The intention is for the dinner to start at about 8pm.

If you have any motions for the AGM please could you let Reg Parker (Secretary) know beforehand. Will you please also let him know if you are intending to stay for the dinner, or are interested in doing so. This does not commit you at this stage.

British Orienteering Championships

This year the BOC are being hosted by SCOA in the New Forest. The individual day (Day 1) is on Saturday the 28th Feb and the Relays (Day 2) are on Sunday the 1st March.

BKO has offered to help at one of the starts on Day 1 and with Download at the relays on Day 2. To do this we need as many people to help as possible. If you are willing please contact Liz or Alan Yeadon on: liz.turbin@tiscali.co.uk ; or alan.yeadon@btopenworld.com

All helpers on EITHER day can have a **half price run** on the **individual** Day 1. To do this **you MUST enter by post**. Everyone who wants a run should be able to do so.

Further information is available at the BOC website www.boc2009.org.uk

Junior Squad News

It has been a busy and successful 2008 for the SCOA Junior Squad. Our membership has grown to over 35 juniors and we have held 17 training days and weekends. Here are some of the highlights:

- Junior Inter-regionals were held near Richmond and Warcop. The squad produced solid performances and were 9th overall, despite being half the squad size of other regions.
- Tamsin Moran (SOC) attended the Lagganlia summer tour and Peter Bray (SN) attended the Badaguish summer tour. Both received excellent tour reports. Peter has been selected for the ISF World Schools Championships 2009 in Madrid and Tamsin has been selected as a reserve.
- Joint training in October with South-east Juniors, in November with West Midlands and East Midlands juniors and in December with South-west Juniors.
- Junior Squad ran a fundraising Wednesday army event, on 29th October 2008, raising about £570. Mark Salmon planned excellent courses and thanks to all the squad members who helped on the day.

Berkshire Orienteers

- Hawkshead weekend in the Lake District in November for 15 and 16 year olds - we trained together with the East Anglian juniors - a super weekend, great terrain and weather.
- Interland 2008 selections for coach/helpers Roger Thetford and Jane Morgan. Jane is also the 2008 W45 British Champion.

Looking forward to 2009, we have several training activities planned. Our current training dates and locations are as follows:

| Date | Details | Comments |
|------------------------------|---|---------------------------------------|
| 17th January 2009 | Saturday SCOA Junior Squad Training | Avon Tyrrell and Dur Hill, New Forest |
| 14th February 2009 | Saturday SCOA Junior Squad Training | Area to be advised |
| 7th March 2009 | Saturday SCOA Junior Squad Training | Area to be advised |
| 28th March 2009 | Saturday SCOA Junior Squad Training | Area to be advised |
| 2nd and 3rd May 2009 | Regional and National event & FCC Final | Forest of Dean Weekend of competition |
| 6th June 2009 | Saturday SCOA Junior Squad Training | Area to be advised |
| 29th August 2009 | Saturday SCOA Junior Squad Training | Area to be advised |
| 12th and 13th September 2009 | Junior Inter-regional Championships | Northern Ireland |
| 3rd October 2009 | Saturday SCOA Junior Squad Training | Area to be advised |
| 28th October 2009 | Wednesday Army event organised by squad. All profits go to squad funds | Area to be advised |
| 7th November 2009 | Saturday SCOA Junior Squad Training | Area to be advised |
| 28th and 29th November 2009 | Hawkshead weekend in Lakes District. For 15s and 16s | Lake District |
| 5th December 2009 | Saturday SCOA Junior Squad Training | Area to be advised |

We need more qualified coaches to help at training and to plan an occasional training day. Coaching is a 'great route choice' for putting something back into sport and British Orienteering is continuing to make positive progress in their development and support for coaching at all levels in our sport. Coaching qualifications such as the UKCC Level 1 course, are nationally recognised and are a good place to start. There is a Level 1 course being planned in our region [Longmoor] on 21st and 22nd March and 4th April 2009. If you need more information, please contact Dave Rogers directly or visit the coaching pages on the British Orienteering website: <http://www.britishorienteering.org.uk/developing/award-scheme.php>.

We welcome all SCOA juniors of about Orange standard and above and aged 10 or so to 18 years to join us at the Saturday training days. We meet at 1015 hrs and finish about 1500 hrs. You need to bring your lunch, a drink, £1 to cover map and access costs, and your orienteering kit. Please contact Dave Rogers [SCJS Squad Manager, Tel: 01344 628 623, Mobile: 07799 075 236, E-mail: rogersda@pbworld.com] if you want to know more or will be coming along. You can also visit the squad's website at: www.scjs.org.uk

Night – O

It might not have been the first Night-O in the Southern Orienteering Region, but it was one of the first few. The event was actually run by R.E.M.E. and virtually amounted to a circuit of around the outer perimeter of Twezeldown Race Course. The controls were marked by traditional control flags with the addition of a small all round red electric light of the type used on nautical lifejackets. This may sound as if finding the controls was a bit of a doddle, and I for one did not have any problems. However, many highly placed JK runners were well behind me in the results.

Our lighting arrangements were mostly home-made, being a varied collection of hand torches and bicycle lamps. I went one further and bolted a “lantern” head onto a hard hat and connected it with wires and crocodile clips to a large battery in my hip pocket. I should say that I don’t think many competitors were wearing O-kit. It was mainly hiking or gardening clothes.

Walking cautiously along a vague sort of path through the wood to No 1, I was overtaken by Barry Rolf flipping along in gum boots. This was too much and I broke into a trot after him. Disaster – my light went out, and by the time this was sorted out Barry was nowhere to be seen. Thereafter I made sedate though steady progress round the course, pausing from time to time to disentangle the crocodile clips from my anatomy and re-connect them to the battery. After Barry passed me I didn’t see anyone else though I saw a few lights flashing in the undergrowth and heard the occasional string of oaths as some unfortunate measured his length in a bog.



For the progress of Night-O it was perhaps fortunate that there were only about a dozen or so red lights available. Another solution had to be found. The control flags of the day were of rigid plastic, also caravan shops sold plastic number plate blanks which, when painted over with a special paint, gave miraculous reflective properties. Cut into strips two sets of plates gave me enough material to stick 3” x 1” lengths to each face of the control flags.

Lying dormant in the forest, the strip shone back like a beacon when a light shone directly upon it. For many years thereafter I came across “my “ control flags up and down the country and they seemed to greet me like old friends.

Berkshire Orienteers

Winter night events tend to be very cold affairs though the rewards are great, especially if you are lucky with the moon. The countryside by moonlight can look magical. Reading Orienteering Club therefore decided to hold a night event on the nearest Saturday night to Mid-Summer's Day. We called it Mid-Summer Madness. Starts were from about 10:00pm and we were all finished by about 3:00am. It was a beautiful moonlit night and a great success. I have always wondered why it never caught on.

Things moved forward, skills improved, lighting sets developed and the old reflective strips gradually dropped out. Now people bore through the darkness with twin headlights like a motor vehicle. With LEDs and ever more powerful batteries I wonder how long it will be before some limitation will need to be imposed on the amount of illumination allowed in order to preserve the challenge of the darkness.

Leaving that aside, Night-O can be great fun, especially if you are lucky with the moon. Why not give it a try?

Darrell Cruickshank

Venice Street-O

Venice must be to street orienteering what the O-Ringen is to the conventional cross-country version. Having enjoyed the recent events at Oxford, London and so on, it was clear that I'd have to make the trip to Venice some time – and that time was November 2008.

Never having visited the city before, I decided to arrive a day early for some sightseeing. I'd heard about the flooding that happens there at times in the Winter (not through rainfall, but a combination of high tides and particular wind directions), and found that those conditions had occurred on the day I arrived; elevated walkways had been set up in St. Mark's Square and other affected areas, but nonetheless, it was very crowded. I decided to try to find the event centre, and must have walked round it several times before I did. It was called the Palasport Arsenale, so I was expecting a large and conspicuous sports centre, but in fact it was hidden away, with no signs at all, and I only identified it by a small notice on the door saying it was closed for the event. My navigation elsewhere with a street map was little better, and I was beginning to worry how I'd get on with the orienteering.

The day before the main event dawned bright and sunny, and fortunately most of the flooding had gone. There was a "park-O" (sprint-style) event in the afternoon, which I did as a good way of getting used to the map. This turned out to be a very fast race, and I benefitted from having wandered along some of the streets earlier in the day (not knowing then that they would be used for the event, of course). Perhaps the oddest feature of the map was a bridge (marked "out of bounds") which didn't exist and, so far as I could tell from other maps, hadn't for several years at least! Although the course wasn't too hard, you needed continuous map contact to avoid running up dead-ends, which I did on a couple of occasions. Nevertheless, I finished the 3.2km MK (men's short) course in 24:17, coming 13th of 47, and was pleased to find I was fastest on two legs and second fastest on two more. It was pleasantly warm, so I treated myself to an Italian ice-cream after my run.

The following day too was nice and sunny – how lucky we were, because only a day or two later it was cloudy and the temperature had fallen by almost 10 degrees. This time, most of the sports hall was open as an assembly/changing area, which was essential with over 3000 entries. The start was only a minute's walk away, just by one of the minor canals heading towards the Arsenale. I went through the T-4 and T-3 boxes, then we started running and two thoughts came to mind: firstly, why have we started early and secondly, what I am doing running without a map? All became clear moments later as we headed across a bridge to the main start! Right from the start there were route choice options on every leg, including the interesting choice

Berkshire Orienteers

between short routes full of tourists and longer ones that were clearer. Yes, the map actually showed the runnability of the paths (brown shading for the slower ones)!

You can get a feel for the course from the map sample on this newsletter's front cover: the scale was 1:7500. Somewhat to my surprise, I found the orienteering map much easier to follow than the street map, and I only made one serious navigational error, where I overshot a control by 100m or so, although there were a couple of cases where I ran around like a headless chicken within the circle trying to find the control. The most interesting leg was probably 6 to 7; the red line is where I thought I went when I marked the map up a couple of hours after the event, but it's almost certainly not correct in places! I did have a slight advantage in that my hotel was approximately halfway down the left hand edge of this part of the map, so some of the piazzas were familiar.

The course I ran (M55) was 5.6km long, and I finished in 52:24, 25th place out of 94. On the best legs I was 10th, but on the worst 78th – on an area like this where the running is generally fast and some of the legs short, a small mistake can be costly.

The event was much larger than any street-O event I'd done before (and most other events, including the JK in recent years); the organisers claimed 3480 entrants (I counted 3365 finishers in the results) from 35 countries, and there were all the usual age-class courses from M/W10 to M70 and W65, plus some extra ones for beginners and schools. An interesting contrast to most events was the age balance – the “open” courses (i.e. M21) had significantly more competitors than the veterans, and in fact there wasn't a single course that didn't have enough competitors to offer true competition.

I'd thoroughly recommend the event to anyone; entry is easy (online at <http://www.orivenezia.it>) and cheap (€10 for the main event and €5 for the park-O), and you pay on the day, avoiding the usual bank charges with entering foreign events. On the other hand, the cost of living in Venice cancels this out: a ride on the *vaporetto* (water-bus) is €6-50 (although day passes can be a lot more economical), a beer can be over €5, and even the public loos cost €1!

Nigel Hault

Club Kit!

The new Berkshire Orienteers club O-top comes in long and short-sleeved versions and still comes at a subsidised price of £20. There are also supplies of certain sizes of the old style top available. Please give Sue Wilkes a call on 01635-522-356 and she will be able to get you kitted up.

Welcome

We would like to welcome Jillian Ullersperger from Reading who has recently joined the club. Jillian has recently started Radio orienteering but will join us on some of our conventional events as well we hope.

Saturday Series

Below is a list of this season's Saturday Series events. As usual registrations will be from 10:00 am with starts between 10:30 and 11:30 and there will be White, Yellow, Orange and Light Green Courses. The cost of Saturday events is £3.00 for Seniors and £1.00 for Juniors. Results are posted on the BKO website soon after the event.

Note that events may have to be changed at short notice due to weather conditions - especially in deep winter - please check our website the event to make sure that nothing has happened. Please contact Reg Parker on saturdays@bko.org.uk if you need more details.

| Date | Location | GR | Planners |
|------------------------|-------------------|-----------|---------------|
| 17 January | Dinton Pastures | SU 785718 | Alan Yeadon |
| 07 March (date change) | Benyons Enclosure | SU 630642 | Andrew Graham |
| 28 March (date change) | Bloom Wood | SU 861890 | ??? |
| 25 April | Langley Park | TQ 016822 | ??? |
| 9 May | Rushall Wood | SU 576735 | Andrew Graham |

Berkshire Orienteers Officials

Chairman: Eric Harper Telephone 0118-948-2934 e-mail eric.harper@ntlworld.com

Secretary: Reg Parker, 10 Patrick Road, Caversham, Reading RG4 8DD
Telephone 0118-947-1344 e-mail reganne@talk21.com

Treasurer: Peter Entwistle Telephone 01628-635278 e-mail: peterentwistle@btinternet.com

Fixtures Secretary: Liz Yeadon Telephone 01672-563840 e-mail: liz.turbin@tiscali.co.uk

Membership Secretary: Alan Springett 07712-672712 e-mail: cat.spring@virgin.net

Committee Members:

Neil Frankum Telephone 0118-975-1528 e-mail: neil@frankum.co.uk
Brian Burt Telephone 01344-300-834 e-mail: brianburt@cw.com
Tim Booth Telephone 0118-973-4662 e-mail: webmaster@bko.org.uk
Katy Stubbs Telephone 0118-978-2875 e-mail: katystubbs@f2s.com
Keith McCarthy Telephone 01344-771890 e-mail: krcmccarthy@yahoo.co.uk

Newsletter:

Andrew Graham Telephone 0118-943-3029 e-mail: drumble55@hotmail.com
108a School Road, Tilehurst, Reading RG31 5AX

Some Local Fixtures Jan – April 2009

As usual every effort has been made to make this information accurate. Please check the event has not been cancelled or arrangements changed on the appropriate website.

| JANUARY 2009 | |
|---------------------------------|--|
| Saturday 10th | SN C5 LOCAL EVENT & SN JUNIOR LEAGUE. Witley, Guildford. SU933406. Tim Pugh. THJPugh@aol.com EPS-SI. Y,O,LG,B (Short). Start 10:00 to 11:30. www.southernnavigator.com |
| Sunday 18th | NWO C4 DISTRICT & SWOA GALOPPEN. West Woods, Marlborough. SU166667. Nick Jackson, 01672 516304. running@nickjackson99.com EPS-Emit. String course. www.northwilts.org.uk |
| Saturday 24th | SN C1N BRITISH NIGHT CHAMPIONSHIPS. Mytchett & Congo Stream, Aldershot. SU924563. Organiser and entries: Steve McKinley, Paramali, Bagshot Road, Brookwood, Surrey, GU24 0EY, 01483 476914. BNOC2009@southernnavigator.com CD: 11/01/09. Lim EOD. Chq: Southern Navigators. EPS-SI. www.southernnavigator.com/bnoc2009 |
| Sunday 25th | BKO C3 REGIONAL EVENT, CONCORDE CHASE. Yateley Heath & Minley, Camberley. SU812585. Liz Yeadon, 01672 563840. liz.turbin@tiscali.co.uk |
| Saturday 31st | SN C5 LOCAL EVENT & SN JUNIOR LEAGUE. Ash South, Frimley. SU897513. Barbara Lugton. barbara@lugton.plus.com EPS-SI. Y,O,LG,B (Short). Starts 10:00 to 11:30. www.southernnavigator.com |
| FEBRUARY 2009 | |
| Sunday 1st | GO C3 REGIONAL EVENT & OO TROPHY 2009. Heyshott and Ambersham Commons, Midhurst. SU908188. Tim Pugh, 019323 42366 eventorganiser@guildfordorienteers.co.uk Entries: Angela Darley, OO Trophy Entries, 16 Ivydene, Knaphill, Woking, Surrey, GU21 2TA. ambersham_entries@guildfordorienteers.co.uk CD: 24/01/09. Lim EOD EPS-SI. String course. www.guildfordorienteers.co.uk |
| Sunday 8th | TVOC C3 REGIONAL EVENT. Christmas Common, Watlington. SU720910. Jon Wheatcroft, 01491 837923 wheatcroft@waitrose.com Entries: Stephen Stone, 48 Chippendale Close, High Wycombe, Bucks, HP13 6BT, 01494 440087 steve@stonesemail.me.uk CD: 26/01/09. Lim EOD. TVOC. EPS-Emit. String course. Lim CC courses White to Lt Green. On-line entries preferred. www.tvoc.org.uk |
| Sunday 22nd | HH C2 NATIONAL EVENT & SOUTHERN CHAMPIONSHIPS & INTERLAND & FCC. Burnham Beeches, Near Beaconsfield. SU952893. |

Berkshire Orienteers

| | |
|--------------------------|--|
| | <p>Mike Edwards, 01494 526330 burnhamorganiser@happyherts.org.uk Entries: Sue & Keith Marsden, 24 Glen Way, Watford, Herts, WD17 3JL, 01923 225197 burnhamentries@happyherts.org.uk <i>CD: 15/02/09.</i> Lim EOD. EPS-SI. String course. Limited colour coded courses (white to light green) and long and short novice courses suitable for complete beginners of all fitness levels. Full Range of National Event Courses: S/L for seniors A/B for juniors (includes M/W18E, M/W20E, M/W20L/S and M18L/S iaw new guidelines for Level 1 events) and testing M/W21E courses. On-line Entry (preferred) through website or Oentries. www.happyherts.org.uk</p> |
| Saturday 28th | <p>BOC C2 BRITISH ORIENTEERING CHAMPIONSHIPS. Hampton Ridge, New Forest. SU200140. Jerry Newcombe, 01256 780990. co-ord@boc2009.org.uk Postal Entries: Lynne Moore, 12 Beaufort Place, Old Mill Lane, Bray, Berkshire, SL6 2BS. entries@boc2009.org.uk <i>CD: 07/02/09.</i> Postmarked on or before 11/01/09 - £15.00/£7.00, 25/01/09 - £17.00/£8.00, 03/02/09 - £20.00/£10.00. No EOD. Chq: South Central Orienteering Association. EPS-Emit. Online entries preferred through www.fabian4.co.uk. www.boc2009.org.uk</p> |
| MARCH 2009 | |
| Sunday 1st | <p>BOC R2 BRITISH RELAY CHAMPIONSHIPS. Beaulieu & Dibden, New Forest. SU390040. Jerry Newcombe, 01256 780990. co-ord@boc2009.org.uk Entries: Stephen Robinson, 18 Hanson Road, Andover, Hants, SP10 3HL. <i>CD: 07/02/09.</i> On or before 11/01/09 - £36.00/£24.00 per team, 25/01/09 - £39.00/£27.00, 07/02/09 - £45.00/£30.00. No EOD. Chq: South Central Orienteering Association. EPS-Emit. Online entries preferred through www.fabian4.co.uk. www.boc2009.org.uk</p> |
| Sunday 22nd | <p>SARUM C3 REGIONAL EVENT, SARUM SAUNTER. Fonthill Woods, Hindon. ST909307. Dave & Denise Mullins, 01963 33579 denamul@aol.com EPS-Emit. String course. Dogs in car park only on lead and not allowed in the woods. www.sarumo.org.uk <i>Full registration pending</i></p> |
| Sunday 22nd | <p>SLOW C5 LOCAL EVENT. Holmwood Common, Dorking. TQ171451. Ruth King, 07795 411219. ruthdorisking@yahoo.co.uk £7.00/£2.00 Members discount £2. EPS-SI. String course. Range of colour-coded courses from White to Brown. www.sloweb.org.uk</p> |
| Sunday 29th | <p>BADO O3 COMPASS SPORT CUP FIRST ROUND. Pamber Forest, Tadley. SU615610. Mike Broderick, 01256 351624. wbroderick@lineone.net £7.00/£3.00. EPS-Emit. No dogs. Competing clubs only. Senior Emit hire £1.00; there is no fee for Emit hire for Juniors. www.bado.org.uk</p> |

| APRIL 2009 | |
|------------------|--|
| Friday 10th | JAN KJELLSTROM ORIENTEERING FESTIVAL JK SPRINT. Newcastle University, Newcastle. NZ248654 JK Coordinator: Boris Spence, 01670 860897 coordinator@jk2009.org.uk Entries: JK 2009, 6 Aln Court, Ellington, Morpeth, Northumberland, NE61 5LR. entries@jk2009.org.uk <i>CD: 28/02/09 for elites, 20/03/09 for others.</i> Fees - see website. EPS-SI. String course. Entry via website preferred; entries now open www.jk2009.org.uk/ |
| Saturday 11th | JK DAY 1. Kylee woods, Berwick-upon-Tweed. NU058396. |
| Sunday 12th | JK DAY 2. Detchant, Shiellow, Greensheen Hill & Cockenheugh, Berwick-upon-Tweed. NU083350. |
| Monday 13th | JK Relay. Dipton, Hexham. NY975605. |



Bryce Gibson pictured at the recent highly successful British Schools Championships which he organised with Alain Wilkes at Hawley.



BKO Presents Concorde Chase 2009

Regional Event on Sunday 25th January 2009

LOCATION: Minley Forest and Yateley Heath GR SU 826577 nr Camberley, signposted from the roundabout at the junction between the A30 and the A327 (GR 819589) and the roundabout N of M3 Junction 4a (GR 840568).

MAP: 1:10000 overprinted on waterproof paper

TERRAIN: Mixed woodland with a good path network

TIMING: EMIT timing on all courses, EMIT hire seniors £1, juniors free

ENTRIES: Preferably online at www.fabian4.co.uk. Postal entries on a standard BOF entry form to
Concorde Chase 2009, 26 Kidmore Rd, Caversham, Reading, Berks RG4 7LU

Closing Date for Postal Entries – 10th Jan – Graduated Entry Fees and CD for OnLine entries – see below.

START TIMES: EOD Registration and Emit collection 09:30 – 12:00 Starts 10:00 – 12:30 Courses close at 14:30

COURSES: As defined in the BOF 2009 Guidelines – see www.britishorienteering.org.uk/event/rules.php#Guidelines

Competitors should select and enter their course by colour from the table below. The centre column of the table indicates which age classes are recommended for which course. However, competitors are free to enter the colour course of their choice.

| COLOUR | Equivalent Age Classes | LENGTH (in km, provisional) |
|-------------|---|-----------------------------|
| Black | M21 | 12.1 |
| Brown | M35 M40 | 10.7 |
| Short Brown | M20 M18 M45 M50 W21 M21S | 8.2 |
| Blue | M16 M55 M60 W35 W40 M35S M40S | 7.0 |
| Short Blue | M65 W20 W18 W45 W50 M45S M50S W21S | 5.8 |
| Green | M70 W16 W55 W60 M55S M60S W35S W40S | 4.7 |
| Short Green | M75 W65 W70 W75 M65S M70S W45S W50S W55S W60S | 4.1 |
| Light Green | M14 W14 | 3.8 |
| Long Orange | None (Wayfarers) | 5.7 |
| Orange | M12 W12 | 2.9 |
| Yellow | M10 W10 | 2.4 |
| White | None (Wayfarers) | 1.5 |

| ENTRY FEES: | | Closing Date 10/01/09 (Online and Postal Entries) | Closing Date 17/01/09 (Online entries only) | Entry on Day |
|--|----------------|---|---|--------------|
| Regional Event Courses | BOF Senior | £9 | £10 | £11 |
| | Non-BOF Senior | £11 | £12 | £13 |
| | Junior | £3 | £3 | £4 |
| Wayfarers (Long Orange and White) | BOF Senior | N/A | N/A | £6 |
| | Non-BOF Senior | N/A | N/A | £8 |
| | Junior | N/A | N/A | £4 |

FACILITIES: First Aid, Toilets, Squash, Refreshments (burgers, bacon rolls etc, hot & cold drinks), Ultrasport

FINAL DETAILS: www.bko.org.uk/events

ORGANISER: Ken Ricketts (BKO) kenricketts@waitrose.com

PLANNER: Martin Wilson (BKO)

CONTROLLER: Charlie Turner (SLOW)

RESULTS: Results will be available on the web after the event (www.bko.org.uk/results). Results will be published by colour coded course.

DOGS: On lead in car park only

Competitors are reminded that they take part at their own risk and are responsible for their own safety. Fees will only be refunded in exceptional circumstances. The Club reserves the right to keep all of the fees in the event of cancellation.