

Berkshire Orienteers



Newsletter

July 2006



Liz Turbin (now Yeadon) saw this chap running to the Berkshire College of Agriculture on the 13th May. She hid behind a tree with a Photographer- (read about Dennis Sackett's photography at www.dgs-photography.co.uk) and nabbed the runner as he passed. He was whisked off to the College where a Registrar was in attendance and they were married. Orienteering was not forgotten as guests could do an orienteering course round the BCA grounds (Thanks to Denise for map of BCA!) and one of the witnesses was a Happy Herts member (Liz's sister). Thanks to Dennis Sackett for all the photographs. The honeymoon was spent cycling in Southern France.

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BKO E-mail Group

Please note there is a very useful BKO members e-mail group. To join the group you have to ask to subscribe to the group by e-mail to

bko-mailing-list@bko.org.uk.

Any message to this one address goes automatically to all current members of that group. You can leave the group by sending a message to that address that you wish to unsubscribe.

If you have changed your e-mail address or if the Club does not have your e-mail address then please send details to either Nigel Hoult, Membership Secretary, or to Reg Parker, BKO Secretary.

Welcome to New Members

**Wecome to Phillip Cater from Henley-on-Thames,
Clare Loxley from Silchester and
Joy Aboim from Surbiton**

Happy Orienteering!

BKO Development News - Denise Harper BOF Regional Development Officer

Quite a lot to report, as we draw breath after our Saturday series ended for the summer after another successful season in which we continued to attract newcomers from various places – schools, youth groups, improving adults – and dare I say – members of other clubs looking for their weekly O fix.

Bracknell.

Nine more schools mapped – the majority by Tim Booth, who found himself (not totally unexpectedly) with free time on his hands and has been putting it to good use on BKO's behalf, when he is not off star-gazing or rock collecting.

A small permanent course for school use has just been installed in Lily Hill Park, and had its first use just days later by 80 children from Harmans Water Primary School, at which Tim very kindly volunteered to assist. Plans are in hand for similar small POCs at Pope's Meadow, Binfield and Ambarrow Court, Crowthorne.

We have been very pleased to see regular attendance at Saturday events by pupils, parents and staff from Broadmmor Primary School as the children work towards achieving their colour standard badges. BKO will be putting on an Introduction to Orienteering morning, in conjunction with Bracknell Forest Countryside and Parks Dept, probably on Sep 9th. Help welcome!

Reading

A request has been received from a Reading youth worker to run a holiday session at Clayfield Copse, Emmer Green in August – I'm looking at producing a simple map for this with the idea that perhaps we could run a simple parks event there at some point.

West Berks

The school scene is thriving, with many primaries now having orienteering on their curriculum, either in school or in after school clubs. Adventure Dolphin, Pangbourne ran another After School league, and finished it with attendance at our Saturday event at Horris Hill School – a new venue which proved very successful. They will hopefully run another series in the Autumn, or next year.

The Community Sports Coach position (fulltime, 50% orienteering, 50% canoeing) has faced all sorts of interminable delays and hurdles after being approved by Sport England to get to the stage where it will actually be advertised, but I am assured it is in the pipeline.

Wokingham

We are awaiting news to hear whether the bid to roll out orienteering throughout the borough's schools has been successful. It will be due to start next term if approved.

Clubmark

We are slowly gathering the evidence and ticking off the boxes, with the aim to achieve this in 2007. Reg and Anne have volunteered to attend the workshop 'A Club for All', which leaves only one more course to be attended before we have done between us all the required workshops. I am hoping to get to this last one myself (Coaching Children) in the autumn. If any other coaches are interested in this, please contact me for details.

Coaching

Phil Brown is planning to run a BOF Level 2 Coach course at Longmoor on Oct 28/29th , possibly and a Level 3 on Nov 24th/25th. If our sport is to continue to grow and develop we need more people qualifying and coaching at all levels. Details of these should appear on SCOA and BOF websites once finalised.

Denise Harper

BKO Summer Evening Events

28 June Swinley East (Buttersteep Rise) - SU 904 660 Planner: Dick Rae.

Pub: The Forresters - SU 900689

5 July Bagshot - SU 919 619, hosted by SN.

12 July Revised venue. LookOut, Bracknell. SU 877 662. Planner Brian Burt.

19 July BBQ & Event Social. Knowl Hill - SU 825 796.

The annual Club Barbecue is planned for Wednesday 19th July at the Royal Oak, Knowl Hill (SU 825 796) Park at the Royal Oak which is on South side of A4 near the Church. The event is a Path-O. Starts from 6.30 pm.

Alan & Liz Yeadon planners/organisers

Most of these evenings will start at 6.30pm and end around 8pm. Registration is between 6.30 - 7.30 unless otherwise stated. (*Newcomers: 6.30 - 7.00pm*) The format is slightly changed this year to a series of short races which we hope will be a challenge to all! Different length courses will usually be available.

BAOC Southern Summer Series

The Army is holding a series of Wednesday afternoon events. Full details can be found at <http://www.baoc.org.uk>

5th July Frith Hill,

12th July Gibraltar Barracks,

19th July Long Valley South,

26th July Longmoor.

2nd August Windmill Hill,

9th August Chestnut Copse, Long Valley North, Aldershot,

16th August Arborfield,

23rd August Upavon,

30th August Mytchett.

BOF Coaching Day for Clubs

Star Posts, Bracknell

Saturday November 4th 2006

Sun Nov 5th SOC November Classic New Forest

Following the success of the previous Clubs' Coaching Days, I'm pleased that we are able to arrange a Coaching Day at Star Posts in November (the day before the November Classic event). The format will be as usual. Permissions will be arranged, controls put out (technical level 3 to 5), maps supplied including contour only, control descriptions and master maps sent out etc. Generally all the work that needs doing apart from the actual 'on the day coaching' will have been done for you. In effect there will be a 'proper control' permanent courses for a day.

Applications will be accepted from BOF qualified coaches for club groups and will be strictly on a first come first served basis; a reserve list will be used if necessary. Club groups will be 'on their own' with regards to safety, first aid etc. during the day.

The cost for the training will be a total of £5 per adult, £2 for juniors. This covers one map of the area per day, master maps, descriptions and land access fees, etc.

No accommodation will be provided.

Maps, final details, etc. will be dispatched in the post by October 20th.

Vicky Thornton

Coaching Manager

Note:- This same day will also be open for individual's to receive coaching (eg if their club is unable to bring a group) – please refer to the separate BOF Coaching Day for Individual's Application Form in order to apply.

?.....

BOF Coaching Day for Clubs'

Saturday November 4th 2006, Star Posts, Bracknell

Coach Email address

Club Number of Attendants, (Sen/Jun)

I enclose a cheque payable to BOF of £5 (£2) x number of attendants =

To be returned by Monday October 16th at the latest.

**BOF Office: Riversdale, Dale Road North, Darley Dale
Matlock, Derbyshire DE4 2 HX**



Another wedding! Former BKO Secretary and SCOA Secretary Damian Wilson (now member of Devon Orienteers) is shown cutting the wedding cake with his new wife Misty - an appropriate name for the wife of a weather man. They have plenty of choice for names of off-spring such as Sunny, Rainy, Cloudy etc



UltraSport is a well known supplier of O-kit at orienteering events and they have been generous (once more!) and are sponsoring the British Schools Score championship which Liz is organising on the 7th October 2006. Some news hot off the press is that former RAF orienteer and athlete, Ian Kevan BEM, shown in the centre of the three figures above is now the proud owner of UltraSport.

Berkshire Orienteers



Tim Booth again organised this year's Headless Chicken Run at Simon's Wood near Crowthorne. The event was won by FinchCoasters thanks to some talented imports they received on the night. Photograph shows the BKO team (from L to R) Alan Yeadon, Bryce Gibson, Tim Booth, Liz Yeadon, Ken Ricketts, Janet Gibson, Neil Frankum and Dick Rae.



The above photograph shows a scene from the JK 2006 Relays at Bramham Park. Please note that SCOA has been volunteered to run the JK2007 Relays in Wales!! So brush up on your Relay organisation. In addition Liz is designing a large feather banner for BKO like the ones featured in this photograph.

SCOA Coaching committee report and Regional report. Phil Brown 17th June 2006

1. The Lagganlia letter is been amended to make the parameters clear for acceptance on the camp
2. We are still working on the guidelines for Training Camps and this will be finished in the Autumn.
3. Funding has been cut again by BOF for coaching activities. One of the key areas that funding is needed is the development of UKCC coaching qualifications. The present 1st 4sport level 2 award finishes in Dec as far

as training courses is concerned and the committee feels it is so important that they are willing to not fund much of what we do to make sure the writing of the UKCC Awards goes ahead.

4. Coaching Conference is fixed for the 3 and 4 Feb 2007.

If anyone has any interests in any topics for the conference let Derek or Vicky know.

5. The agreement with the Red Cross to run first aid courses is ongoing.
6. There was discussion about Level 1 coaches needing to be BOF members.

It was agreed that all coaches who want to coach using the BOF insurance and registering via ERIC MUST be BOF members.

7. Level 1 coaches will be able to train and assess YLA.
8. There was discussion around who would be the new Selector, 5 excellent applicants applied. The committee endorsed Richard Barker being selected.
9. Regional Report. I reported that we had had an excellent Level 1 and 2 course at Longmoor and that we are well supported by the Chair of the Region. Although mentoring is ongoing it is still hard to get Orienteers to complete all logbook work and be assessed. We therefore are piloting a scheme in the Autumn which will include extra assistance for completion. This will be promoted around the Region when final dates are arranged with Allan Farrington.

10. BOF coaching day is arranged for the 4th Nov at Star Posts with myself providing coaching as well as placing controls for those who wish to coach their own clubs.

11. The Event Coaching tent was a success and will look to be repeated.
12. Clubs are going to be approached about buying 'orienteering coach' gilletts to be worn by coaches who are in the forests at events to aid with those wishing for help to have confidence to approach.
13. There is now an online coaching clinic on the BOF website.

14. There has been some confusion about the level 2 processes. Vicky is working through the processes at BOF to make the systems more efficient. We as Regional Coaches and Tutors will help in a number of ways. First in reporting those qualified direct to BOF instead of relying on 1st4sport, who apparently do nothing, and helping with chasing up lapsed awards and CRB checks. I am putting myself forward to be a CRB checker.

15. There was a discussion about 'embargos' and we as coaches are to let our Regions and Rules rep know our own feelings. Personally I feel that juniors being coached should be excluded from any embargo and certainly the time scale involved is too long, some areas seem never to be out of embargo.

16. The BSOA reported on good success in the World School Champs and the potential development of a pre JK coaching camp for those achieve from the British Schools Champs to go on and be drawn into the sport.

17. Other items in AOB will be reported on when more detail is known.

BOF Ranking List for Members of BKO in class order

class			
Class pos	Name		
M21L 129	Ray Johnstone(M55)	M21L 155	Chris Moseley
M21L 166	Stefan Stasiuk	M21L 198	Dan Straka(M40)
M21L 241	Terje Urfjell(M40)	M21S 57	Alan Harper
M21S 78	Paul Lindfield	M21S 113	Chris Moseley
M35L 99	Dan Straka(M40)	M35S 7	Neil Frankum
M35S 88	Pete Inness	M40L 103	Ray Johnstone(M55)
M40L 200	Dan Straka	M40L 266	Andrew Townsend(M50)
M40S 23	Keith Ellis	M40S 93	Erik Andersson
M40S 108	Brian Burt	M40S 124	Alan Phillips(M45)
M40S 130	Stefan Stasiuk	M40S 163	Andrew Townsend(M50)
M45L 91	Mark Horner	M45L 107	Stuart Green
M45S 48	David Rogers	M45S 108	Simon Moore
M45S 110	Richard Spearman	M45S 145	Alan Phillips
M45S 188	Chris Wood	M50L 92	Stefan Stasiuk
M50L 153	Nigel Hoult	M50L 208	Ken Ricketts
M50L 233	Ray Johnstone(M55)	M50L 258	Chris Speed
M50L 262	Dave Harmer	M50S 111	Tim Booth
M50S 116	Eric Harper(M55)	M50S 179	Alain Wilkes(M55)
M50S 190	Nigel Hoult	M55L 45	Richard Rae(M60)
M55L 74	Martin Wilson	M55L 104	Alan Springett
M55L 117	Peter Entwistle	M55L 176	Alain Wilkes
M55L 216	Ray Johnstone	M55L 241	Stefan Stasiuk
M55L 258	Glenn Wass	M55L 338	Eric Harper
M55S 41	Steve Bouch	M55S 95	Richard Baldwin(M60)
M55S 111	Eric Harper	M55S 136	Alan Springett
M60L 12	Ian Cooper	M60L 17	Richard Rae
M60S 66	Richard Baldwin	M65L 63	Alan Yeadon(M70)
M65L 118	Peter Bennett	M65L 136	Bryce Gibson
M65S 35	Bryce Gibson	M70L 63	Alan Yeadon
M70L 71	Reg Parker(M75)	M75L 29	Reg Parker
M75L 36	Darrell Cruickshank	W21L 164	Lynne Jilbert(W35)
W21S 87	Rachel Wilkes	W21S 102	Helen Fraser
W35L 29	Lynne Jilbert	W35L 57	Lenka Straka
W35S 39	Lenka Straka	W40S 13	Lynne Moore
W40S 67	Jocelyn Andersson	W45L 55	Ruth Horner
W45L 130	Catherine Springett	W45S 7	Catherine Springett
W50L 97	Susan Wilkes	W50L 116	Roberta Baldwin(W55)
W50L 129	Debb Bouch	W50S 21	Sally Collins(W55)
W50S 34	Debb Bouch	W55L 50	Liz Turbin(W60)
W55L 88	Denise Harper	W55L 125	Roberta Baldwin
W55S 7	Sally Collins	W60L 75	Liz Turbin
W65L 6	Janet Gibson	W65L 34	Anne Parker

Just Hang on for Two Ticks!

A letter to the July Edition of Which? magazine prompted me to write this little article - about little articles in fact!

This letter author was worried by a previous article which had described the Baltic areas as being of low health risk status. However, the author points out that two tick borne diseases are endemic there. The first is Lyme disease which is curable but can be serious if not treated. In Sweden in 2004 there were 10,000 cases. There is another tick borne disease which is Tick-borne encephalitis (TBE), which is a viral disease for which immunisation is available but there is no effective treatment once you have been infected. About 12% of those who get it end up with permanent neurological or mental disabilities. It is present in western and central European countries and there were 130 reported cases in Sweden in 2005. There is a vaccine available but many holiday makers don't know about it and when you have got the disease it is too late!

Many orienteers attend the Swedish O-Ringen in summer and so the message is take care. Look out for those little blighters hanging on to red raised itchy spots which have a black centre (which is due to the tick hanging on and having a nice feed!). You can see their legs and bodies if you look at them under the magnifying glass. When pulling them out take care to get all the body out and wash and disinfect the bite area.

I don't pretend to be an expert on this topic but I do know you can get lots of extra information on the Internet via Search engines.

In my experience I've associated ticks with orienteering in Scotland however, after last Wednesday's training event at Swinley Forest, where I got two ticks embedded in my leg, I will extend the danger zone to home territory. **THINK TICKS!**

Alan Yeadon

Club Kit

Sue Wilkes is now responsible for the sale of Club Kit.

So if you need to UPDATE your club kit or need trousers without gaping holes in them then give Sue a ring and she'll sort you out. Why not purchase a new blue Club sweater?

Sue Wilkes can be contacted on 01635-522-356 or why not try to contact Sue at events?

Some Fixtures for July to September 2006

NB Check event has not been cancelled by looking at the appropriate website before leaving home!

July

22nd-23rd The Capricorn Two Day Mountain Orienteering Competition

04 22nd - The Capricorn Day 1. Kingsdale, Ingleton.

04 23rd - The Capricorn Day 2. Kingsdale, Ingleton. [SD700775](#).

Organiser: Paul Wilmore, 01772 511390. p.wilmore@thecapricorn.co.uk Entries: Paul Wilmore, Meg Hall, Dodd Lane, Thornley, Preston, PR3 2TT, 01772 511390. p.wilmore@thecapricorn.co.uk CD: unknown. £30.00/£20.00. EOD £30.00/£20.00. Chq: The Capricorn. String course. No dogs. Punching Start. Entry fee is for both days, no part entry. For full event info check out the website. www.thecapricorn.co.uk

August

5th-12th Lakes 5 Days 6th - Day 1 Regional Event. Swindale SE, Shap. NY554114

7th - Day 2 Regional Event. Grizedale/Esthwaite, Hawkshead. [SD356957](#)

9th - Day 3 Regional Event. Angle Tarn Pikes, Patterdale. [NY396162](#) C3

11th - Day 4 Regional Event. Borrowdale, Kendal. [NY549037](#)

12th - Day 5 Regional Event. Hampsfell, Grange over Sands. [SD410791](#) Coordinator: Trevor Roberts, 0161 439 6435. coordinator@lakes5.org.uk Entries: Lakes 5 Entries, 17 Hulme Hall Road, Cheadle Hulme, Cheadle, Cheshire, SK8 6JT. entries@lakes5.org.uk CD: 16/07/06. £10.00/£3.00. + £1.00 after 22/4. No EOD. Chq: Lakes 5. EPS-SI. String course. Postal entries close 27/6. Internet entry available until 16/7. Late entry until 25/7 via internet only at £13 and £5. Junior fees apply to M/W20 and younger, students and unemployed. www.lakes5.org.uk

September

10th SOC District Event & SCA League Event. Redshoot, New Forest. [SU182072](#)

Petra Hajkova, mobile 07956 488261. petrahajkova@mottmac.com Fees TBA. EPS-Emit. Entry limited to 400. www.southampton-orienteers.org.uk

16th-17th Caddihoe Chase Weekend

16th - Day 1 Regional Event. Bovington Ranges, Wareham. SY833909.

17th - Day 2 Chasing Start. Bovington Ranges, Wareham. [SY843906](#).

Organiser: David Bland, 01305 267700. davidjudith@legdor.freeserve.co.uk

Entries: Cris Tween, Caddihoe Chase, Blackthorn Cottage, Fiddleford, Sturminster Newton, Dorset, DT10 2BX, 01258 861804 (before 9pm). crisween@tiscali.co.uk CD: 31/08/06. £7.50/£2.50 per day. Fees for both days £13.50/£4.50. Lim EOD +£1.00/50p per day. Chq: Wimborne Orienteers. EPS-SI. String course. Lim CC courses - W, Y, O & Lt G - £3.00/£1.50. Day 1 Starts 12am-2pm, Day 2 10am +Day 1 time. No dogs. www.wimborne-orienteers.org.uk

Future BKO Fixtures

1. BKO is presenting the British Schools Score Championship at Park Wood, Bradenham, near High Wycombe on Saturday 7th October with Liz Turbin as Organiser and Tim Booth as Planner. All schools are welcome to take part. The event is supported by the British Orienteering Federation
2. On 10th December 2006 the Yvette Baker Trophy Final will be held at Cold Ash with Peter Entwistle as Organiser. The Planner is Nigel Jefferies and Geoff Geere (TVOC) is Controller)
3. Concorde Chase to be held at Hawley on 28th January 2007. Organisers are Alain and Rachel Wilkes with Stefan Stasiuk as the planner.

4. Proposed Dates for Saturday Fixtures:-

2006

23 September	Bracknell area
14 October	West Berks
11 November	Bracknell area
2 December	West Berks

2007

20 January	Bracknell area
24 February	West Berks
17 March	Bracknell area
28 April	West Berks

5. New Years Day Score event at Greenham Common in conjunction with BADO. Reg Parker is the Organiser with Laurie Rose (BADO) planner

Other Sources of Information

BOF: <http://www.britishorienteering.org.uk/>

SCOA: <http://www.scoa.me.uk>

BKO: <http://www.bko.org.uk>

SCOA Junior Squad <http://www.scjs.org.uk>

General: <http://www.nopesport.com>

SEOA Answerphone 020-8948-6056

Midweek Answerphone New one coming soon

Colour Code Standard badges

If you have achieved the required standard on colour coded courses you may apply for a badge. For further details apply to Bryce Gibson, telephone 0118-947-2220