

Berkshire Orienteers



Newsletter

March 2005



BKO Committee member & new Dad, **Pete Inness**, will be organising the BKO event at Bloom Wood, near Marlow on SATURDAY 12 MARCH 2005. Starts are from 12 noon until 2.30 p.m.

There will be events that all ages can enter but you can pre-enter by 20th February. If you would like to help with this event please contact Pete - see Committee details on page 2 to contact Pete.

EMIT electronic punching will be in use.

There will be a National event at Hambleden estate near Henley-on-Thames on the following day. See BKO website for further details.

Berkshire Orienteers Officials

Chairman: Acting Chairman : Eric Harper

Secretary: Janet Gibson, Telephone 0118-947-2220. e-mail jbgibson@ntlworld.com

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

Fixtures Secretary Liz Turbin, Telephone 0118-934-5412 e-mail: liz.turbin@tiscali.co.uk

Membership Secretary: Nigel Houlton e-mail: membership@bko.org.uk

Committee Members : Neil Frankum, Telephone 0118-975-1528 e-mail: neil@frankum.co.uk

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

denise.harper@ntlworld.com

Peter Inness, Telephone 0118-972-4730. e-mail: pete@met.rdg.ac.uk

Newsletter & Publicity: Alan Yeadon, 18 Paddock Heights, Twyford, Reading RG10 0AR
(0118 9345412) e-mail: alan.yeadon@BTopenworld.com

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.

Let's have some Volunteers please!

The Committee would like volunteers from BKO members to understudy our event organisers with a view to themselves at some future point being able to offer themselves as an event organiser. This avoids the undesirable situation where the same old lot have to do it. We have persons who can guide and direct you in this task. Remember many hands make light work!

Also the Club would like to appoint an Organiser for the Swinley East local event which will be held on Sunday 22nd May 2005. Please do not ignore this request. Help and guidance will be available.

More Volunteers Wanted

SCOA is looking for a person to receive and disseminate information which comes from BOF and other sources about Child Protection. Perhaps this might be of interest to those involved in coaching of youngsters.

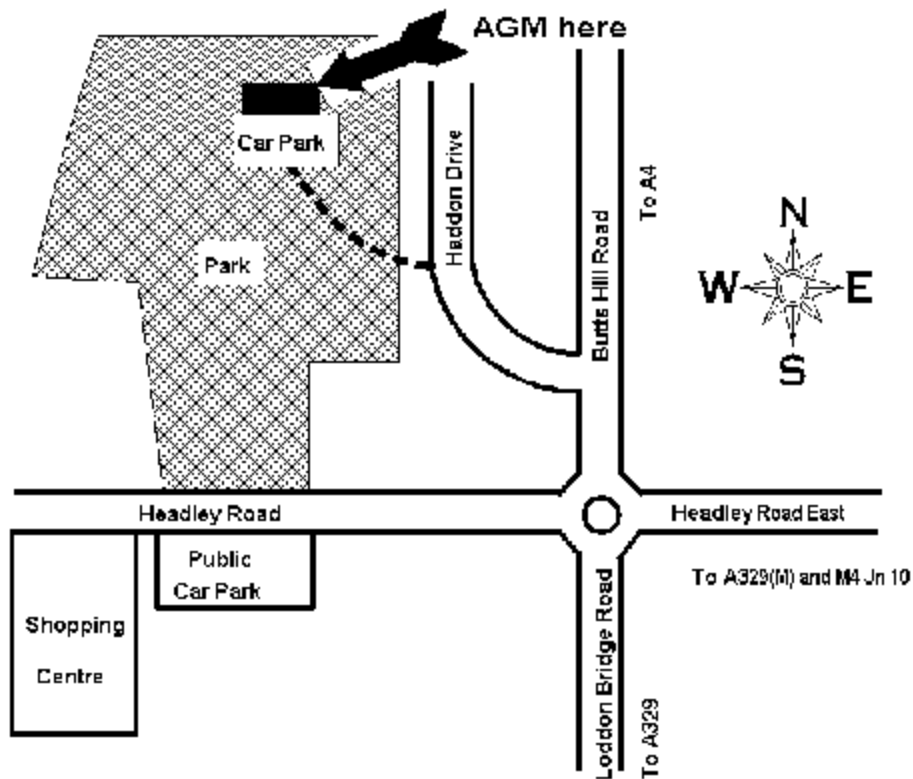
SCOA is looking for a replacement Technical Officer to replace Katy Stubbs who has moved to Australia.

BKO AGM

**Friday 25th February 2005, Woodford Park, (Grid reference SU 761 736)
Woodley 8 pm**

AGENDA

1. Minutes of the Annual General Meeting held 6th February 2004
2. Treasurer's Report
3. Chairman's Report
4. Club Awards
5. Election of Officers for 2005
6. Election of Committee Members for 2005
7. BOC 2005, JK 2005 and Harvester Relay Entries 2005
8. Any Other Business



CompassSport Cup

BKO will compete in the MV event at Banstead on Sunday 27 February 2005. Other clubs competing will include SN, HH, MV, SLOW, SOC, LOK, SAXONS, SO, DFOK. The winner of the "LARGE" courses will receive 100 points, 2nd 99 points, 3rd 98 points etc whilst the winners of the "SMALL" courses will get 100 points, the 2nd 98, 3rd, 96 points etc. See next page for which courses are LARGE and which are SMALL. A club will have a maximum of 25 scorers and, guess what! the Club with most points goes on to compete in the final which will be held up north near Burnley.

So please send your name, Current BOF category e.g. W55, course to be run, preferred Start Time and SI number to ERIC HARPER (Contact details are telephone 0118-948-2934 OR e-mail eric.harper@ntlworld.com). Please let Eric have these details by

23 February (NB we have an extended deadline!) If you don't run on the qualifying course for your age group then you won't score. Entry on the Day is subject to map availability and you have to pay more!

Hope we get a good turnout for this event and that the M25 is free from jams. Remember you are heading for M25, Junction 8, Reigate and Redhill and then head NW.

'JK Relays 2005

The JK Relays will be held in the Midlands with relays being held on Easter Monday, 28 March 2005. Classes are Open, Short, 120+, 165+, for Men and Women. In addition the Ad Hoc categories cater for mixed teams. Closing date for entries is 28th February 2005.

Tim Booth is the Relay Entry Co-ordinator. Please let him know if you want to relay as soon as possible! Telephone 0118-973-4662

You can e-mail Tim at webmaster@bko.org.uk

There will be an opportunity to send your entry requests via BKO email if you belong to that group.

**South-East Region CompassSport Cup / Trophy Qualifying Round
organised by Mole Valley**

Banstead Heath & Colley Hill (via M25 Junction 8)

Sunday 27th February 2005

Terrain: Banstead Heath - mixed woodland with many intricate features and open grassland with patches of gorse.

Colley Hill - steep scarp slope with chalk grassland.

Parking: Street parking on New Road and Mill Road between Grid Refs TQ231557 and TQ241557, on Landranger sheet 187 / Explorer sheet 146. Please share transport where possible as space is very limited, and be aware that you may be some distance from Registration. Please follow directions from marshals and respect use by non-orientees and local residents, including horse-riders and dog-walkers.

Map: New, surveyed and drawn by Mike Elliot January 2005.

Maps for all courses will be overprinted but not bagged.

Registration: 9:30am – 12:30pm in Tadworth Cricket Club pavilion, Grid Ref: TQ239557 (north side of Mill Road). Pre-entry preferred by 12th February 2005, on the spreadsheet to be provided to Club Captains shortly. EOD subject to map availability and surcharge shown below.

Starts: 10:00am – 1:00pm Courses close 2:30pm

Fees: Pre-Entry - Seniors £5.00; Juniors/Students £2.50 **EOD** - Seniors +£2.00; Juniors/Students +£1.00

Punching: The event will be using SportIdent electronic punching (hire charge £1.00).

CSC	1. Brown	(Men Open)	LARGE
Courses:	2. Blue	(Women Open)	SMALL
	3. Blue	(M45 and over, M20 and under)	LARGE
	4. Green	(W45 and over, W20 and under)	SMALL
	5. Green	(M60 and over)	SMALL
	6. Short Green	(M75 and over, W60 and over)	SMALL
	7. Light Green	(M/W18 and under)	SMALL
	8. Orange	(M/W14 and under)	SMALL

. . . plus Red, Yellow and White courses.

Facilities: All in Tadworth CC pavilion – Registration, Download, First Aid Box, Toilets, changing facilities, Squash. The Cricket Club will also be providing Snack facilities (tea, coffee, bacon butties etc.)

Nearest A&E unit at either Epsom General Hospital or East Surrey Hospital, Redhill.

Dogs: Under control at all times. Be aware that the Heath is used by dog-walkers and horse-riders.

Officials: Planner: Simon Ling Organiser: Neil Lewer - 01737 769453

Controller: John Faller (SO)

BOF Coaching Course

This course is run as part of the Orienteering World Cup Development programme.

BOF level 2 Coaching Orienteering course

Date : 12th March 2005
Venue: The Winston Churchill School, Woking
Times: 9.30 - 4.30
Cost: £75

Cheques to BOWC2005 Ltd.

Prerequisites include;

- (a) Have achieved a level of personal performance in the sport to at least Light Green Standard at any event in the last 12 months
- (b) Have already attended the BOF Level 1 Coaching Course
- (c) be over 16. Apply by 20th February 2005 to Karen Williams.

To become a qualified coach you must hold a current First Aid Certificate (minimum of a four hour course which covers CPR and EAV)

12 place are available and if you want to go on this course then apply to

Karen Williams (Schools Development Officer)

14 Florence Road

Fleet , Hampshire, GU52 6LQ

Tel. 01252 405442 Email: Karen@britishorienteering.org.

Denise Harper's coaching course which was to have been held at Pangbourne has been cancelled.

Website for South Central Junior Squad

The website for the Junior Squad of the South-Central Orienteering Association can be found at <http://scjs.org.uk/> This site contains information about the squad, training sessions, results, news of selections as well as photographs. This website has been included in the short list of useful orienteering websites on the final page. These Juniors certainly lead busy lives with lots of training and lots of events planned for the future.

Southern Express - Nigel Hoult

The Southern Express is a series of orienteering events which has been run by clubs in the South-East for several years. They take place (usually) on Saturday mornings in the spring, with start times between 11am and 12 noon, and are all within easy travelling of Reading. In spite of this, very few BKO members take part, perhaps because they aren't aware of the series (as I wasn't until a few years ago). So the aim of this article is to encourage more of you to give it a try.

The series aims to offer a different style of competition from normal "badge" or "colour coded" courses. Apart from a "Junior M/W14-" course, which gets very little support, there are just two courses and four classes: Open, Women's Open, Veterans (M/W45+) and Junior (M/W18-), although sometimes Women Veterans are shown as a separate class making five.

The series features different types of event. The most common is a "Middle Distance" race with courses of about 3.5 and 4.5 km, giving winning times of about 25 minutes. However, a regular feature is the "O Cross", run by Southern Navigators. This is a one-man relay – you run one lap which ends at a map snatch, grab a second lap map and run that, and then (for the Open class only) do the same again. Not everyone visits the same controls, just as in a normal relay, but the alternative ones are close enough together than all the routes are comparable in standard. Course lengths for this event are typically 5.5 and 8.5 km. Finally, in recent years "Sprint Races" have been introduced. I haven't run one of these myself yet, but they take place in very fast areas like parkland, and have winning times of about 15 minutes.

There are about six events most years, with each competitor's placing based on their best four results. The winners get some rather nice trophies on a model railway theme (what else would you expect with a name like Southern Express?). Scoring is based on a system originally used for the Scottish 6-Days: the class winner gets 1000 points, and everyone else gets points based on their comparative times. Normally, the last race gets higher points (1200 for the winner), but that won't happen this year because it would be unfair on all those who would miss it through helping with the World Cup. The organisation of the events is simple, but all have pre-marked maps and (these days) electronic punching; pre-entry is preferred, but entry on the day is nearly always available.

The first event this year took place on 5th February, but there are still five left, so why not have a go? The remaining races are as follows:

Saturday 19th March	Sprint Race	CROC	Gatton Park, Redhill
Saturday 23rd April	O-Cross	SN	Bagshot
Friday 29th April	Sprint Race	Surrey 5-O	Guildford University
Saturday 30th April	Middle Race	Surrey 5-O	Windmill Hill & Mytchett
Monday 2nd May	Sprint Race	Surrey 5-O	Battersea Park, London

Entry forms and more information can be found on the Southern Express web site, <http://www.sloweb.org.uk/SE/2005/index.htm>, or on individual club sites.

Surrey Five-O* at the World Cup May Bank Holiday weekend 2005

[* The Surrey Five-O will be staged in conjunction with the compact World Cup programme announced in November 2004 and replaces the previously announced **Southern Six Day**.]

Join us and take part in the Surrey Five-O whilst watching the world's best orienteers take on the challenge of a full set of World Cup races. The Event Centre will be at Guildford, with most of the venues within 20km, ensuring a compact event that will use some of the very best terrain in the South of England at a time when it will be at its peak for orienteering.

When not competing or spectating there will be plenty to do, whether exploring the Surrey Hills Area of Outstanding Natural Beauty, visiting the veritable cornucopia of outstanding tourist attractions nearby or taking on the challenges of theme parks such as Legoland, Thorpe Park or Chessington World of Adventures. London itself is of course only a few miles away.

Date	Venue	Surrey Five-O	World Cup	Other Events
Friday 29 April	Surrey University Campus, Guildford	Sprint Race <i>Southern Express</i>	Sprint Race Qualification	
Saturday 30 April	Mytchett & Old Windmill Hill	Middle Race <i>Future Champions Cup. Middle Final South-East League</i>	Relays	
Sunday 1 May	Winterfold, Pitch Hill & Holmbury Hill	Long Race <i>Future Champions Cup. Long Final UK Cup. National Event Southern Championships South-East League</i>	Long Race	Trail Challenge
Monday 2 May (Bank Holiday)	Battersea Park, south-west London	Sprint Race. <i>South-East League Southern Express Surrey Five-O Prize-Giving</i>	Sprint Race Final	Young Orienteers Festival
Tuesday 3 May	Leith Hill South-West	Middle Race	Middle Race	

A full set of courses will be provided on each day (using the usual age groups), with each competitor's best 3 scores taken from days 1 to 4 used to determine the overall results. **All five days will count towards the BOF rankings scheme.**

Entry will be from 20th December 2004 via the World Cup website or using the special entry form available at the same time. There will be a discount for early entries.

Enquiries: info@wcup2005.org.uk

BKO will be providing help for the Mytchett event on Saturday 30th April. Liz Turbin will be organising help for the public races and requests volunteers from BKO to help. Please contact Liz on 0118-934-55412 or e-mail Liz.turbin@tiscali.co.uk

Bryce Gibson (with lots of energy left after the very successful Concorde Chase!) will be helping with the organisation on the Winterfold event on 1st May.

Some Recent Draft Proposals on Club/BOF Membership

Current Scheme – The current system of collecting revenue from individual BOF members and from clubs through event levy would be scrapped.

New Scheme – Clubs would be charged a monthly fee set annually and based upon overall participation at club events from the previous year (excluding all C5, coaching, training and series events). Clubs would be free to decide how this revenue was raised.

Club membership and BOF registration - Individuals would be Club members and would be able to opt out of BOF registration. BOF registered members would have a single registration number and clubs would share their registers with BOF. Clubs would also be asked to declare the total number and category (juniors/seniors) of unregistered members for the purposes of reporting to the Sports Councils. Club members registered with BOF could elect what services they wanted to receive but would be entitled to all current BOF membership benefits, including Focus. However, there would be no rebate for reduced benefits as these are largely marginal costs

BOF membership – All Club members who are registered with BOF would be automatically members of BOF under a revised constitution and be entitled to vote at AGMs.

Individuals would have to declare their first choice club for registration with BOF and entry to major competitions but would be free to join other clubs on payment of the appropriate membership fee.

BOF Services – BOF would continue to offer all the current services to clubs, including membership renewals to counter any perceived increase in workload within clubs.

The Opportunities provided by the revised proposal include:

- | The initial calculations on payments from clubs and the impact that it will have on individual members shows that current BOF members will pay less overall for their orienteering. Club only members may pay more but not excessively so and clubs will be able to decide how the revenue is collected to lessen any impact. The financial aspects of the scheme fulfil the principles of contribution, fairness, flexibility and inclusiveness.
- | Simplified BOF and Club procedures in relation to collection of participation and membership registration data.
- | Conversion to web based system for registration and collection of participation data made easier by removal of the link to membership and levy fees
- | Clubs remain at the centre of event provision with the flexibility and power to provide for the needs of participants.
- | Clubs use BOF registered individuals as Event Officials and some will thus have access to a larger pool than at present
- | BOF is free to concentrate on central issues eg. rules, quality of events, fixtures co-ordination, club support, training of event officials and communication with members
- | Registration system will provide a more accurate reflection of involvement in the sport.
- | Associations would retain their current responsibilities but would have additional support from BOF e.g. RDOs

See BOF webiste for the full account.

BKO Events for your Diary

- 1. On Saturday 12th March 2005 there will be a UK Cup & Future Champions Cup event at Bloom Wood (off the road from Marlow to Bourne End). There will be courses available for the general public. Organiser is Pete Inness with Planner Tim Booth. This event precedes the TVOC National Event on the following Sunday at Hambleden near Henley.**
- 2. Saturday events will be held at Rushall Woods near Bradfield on the 5th March and at Dinton Pastures, near Winnersh on 9th April.**
- 3. Liz Turbin and BKO members will be helping at the World Cup event at Mychett on Saturday 30th April. Helpers wanted - it's great fun!!**
- 4. BKO is planning a local event at Swinley East on Sunday 22nd May 2005. Chris Speed is Planner. An Organiser is required for this event.**

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?

New Subscription Rates

The committee approved new Club subscription rates which will apply from 1st January 2005. These rates are Adult £6, Junior £1, Family £10, and Group £10. Membership, for those joining first time after 1st September would carry forward to end of December the following year on payment of that year's fee. Local subscriptions are due NOW if you have not paid for 2005

Some Fixtures for February to April 2005

NB Check Grid reference. The reference may not be that of a car park. Check event is on before leaving by ringing answerphone service or Organiser or consult appropriate website.

20th February TVOC District Event. Shotover, Oxford. SP/565063.

C4 Geoff Bristow, 01865 378816. £4.00/£1.50 +£1.00 Emit hire (Juns free). EPS-Emit.

String course.

BKO will enter CompassSport Cup at the Mole Valley event at Banstead and Walton Heath.

27th February 2005 CompassSport Cup, Banstead and Walton Heath. See MV website at www.mvoc.org/ for more details including a map. Venue is just north of M25 junction 8 (Redhill) For more information on the Compass Sport Cup see www.pgopage.btinternet.co.uk/ and follow given links.

March

12th BKO UK Cup, Future Champions Cup & Open Middle Distance Races.

Bloom Wood, High Wycombe. SU/883893. Organiser: Pete Inness, 0118 9724730.

Entries: Barrie Walmsley, Treadaway House, Treadaway Road, Flackwell Heath, Bucks, HP10 9NY. CD: 27/02/05. £6.00/£2.00 + £1.00 Emit hire. EOD for Open races only. No EOD for UK Cup & FCC. Late entry +£2.00/£1.00. Chq: BKO. EPS-Emit. Starts 1200 - 1430. Parking £1.50. Dogs on lead in car park only. Special Entry form required - see website or event flyers for entry form and course details. Linked with TVOC National Event on 13.03.05. www.bko.org.uk

13th TVOC NATIONAL EVENT. Hambleden Woods, Henley-on-Thames.

SU/768890. Organiser: Fred Ashford, 01494 534972. fredashford@waitrose.com

Entries: Barrie Walmsley, Treadaway House, Treadaway Road, Flackwell Heath, Bucks, HP10 9NY, 01628 522016. barrie.walmsley@lineone.net CD: 20/02/05. £9.00/£3.50 +£1.00 Emit hire. No EOD. Late entries +£2.00/£1.00. Chq: TVOC. EPS-Emit. String course. Lim EOD CC courses - £3.50/£1.50. No dogs.

20th SARUM Regional Event, Sarum Saunter 05. Big Wood, Hindon.

ST/930363. Organiser: John Hope, 01722 742661.

Entries: Stephen Robinson, 18 Hanson Road, Andover, Hants, SP10 3HL, 01264 396655. stephen_robinson@ntlworld.com CD: 06/03/05. £6.50/£2.50 + £1.00 Emit hire. Lim EOD. Chq: SARUM. EPS-Emit. String course. Lim CC courses - W to LG. Dogs strictly on leads in car park. www.sarumo.co.uk

26th-28th JAN KJELLSTROM ORIENTEERING FESTIVAL

26th - JK INDIVIDUAL DAY 1, WRE, UK Cup & FCC. Brown Clee, Ludlow. SO/595855.

27th - JK INDIVIDUAL DAY 2, WRE, UK Cup & FCC. Cannock Chase, Stafford.

28th - JK Relay Championships & UK Relay League. Hopwas, Lichfield. SK/167052.

Event Co-ordinator: Peter Guillaume, 01926511490 up to 10pm jk2005@btopenworld.com

APRIL

16th-17th BRITISH ORIENTEERING CHAMPIONSHIPS WEEKEND & BEOC LONG

16th - British Individual Championships & BEOC (Long). Penhale Sands, Newquay. SW/769548.

Organiser: Barry Olds, 01726 75998.

17th - **British Relay Championships. Penhale Sands, Newquay. SW/769548.**

Organiser: Rod Allday, 01326 250733.

Entries: Cris Tween, Blackthorn Cottage, Fiddleford, Sturminster Newton, Dorset, DT10 2BX. 01258 861804. cris@thetweens.freemove.co.uk CD1: 1/1/05, CD2: 1/3/05, Subject to maps - CD3: 31/3/04 . CD1: £12/£5, CD2: £13/£6, CD3: £15/£6. Chq: BOC 2005. No EOD. EPS-SI (+£1 hire). String course. Final details, start lists & results on website. Relay entries via clubs only on official entry form being sent to clubs and from website. www.swoa.pwp.blueyonder.co.uk/BOC05/BOC05.html

Saturday Events

These informal events are suitable for beginners of all ages. Registration is from 10 to 11 a.m. and Starts are from about 10.30 a.m. to 11.30 a.m. The cost is £1 per junior and £3 seniors. Reg and Anne Parker are Organisers (0118-947-1344) At the moment we have two events planned for remainder of 2005 and these include the following:

Saturday 5 March . Rushall Woods near Stanford Dingley near Bradfield

Grid reference SU 576 735. Planner Alan Yeadon. Travel details: Go to Junction 12 M4 (Theale). Turn right at 2nd roundabout on A4 and then 1st left towards Bradfield. Go through Bradfield and turn left along Back Lane, then first narrow road to right along Scratchface Lane for 1.5 km. Parking in farmer's field.

Saturday 9 April. Planner: Chris Speed. Venue at Dinton Pastures near Winnersh

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://scjs.org.uk/>

World Cup Site <http://www.wcup2005.org.uk/>

SCOA Answerphone 0118-946-4354

SEOA Answerphone 020-8948-6056

Midweek Answerphone 01256-883-265

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