

Berkshire Orienteers



Newsletter

May 2008



Denise Harper and Liz Yeadon organising the orienteering Start of this April's Berkshire Youth Games at Bulmershe School, Reading.

Berkshire Orienteers Officials

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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 Alan Springett, Membership Secretary, or to Reg Parker, BKO Secretary.

Travel & Trek

Many orienteers like the great outdoors and if you want to experience some wonderful adventure holidays in exotic places then visit the website of former Army Orienteer Terry Crosby:
<http://www.travelandtrek.com/>

JK 2008

To state the blindingly obvious, this Easter was a bit wintry. Still, many orienteers kept themselves warm by running around snowy landscapes of Surrey and Sussex and the white-outs just added to the fun of map reading on the run. It was hard not to wonder whether, if Scott had owned a good pair of running shoes, he might not have made it to the South Pole before Amudsen. In Friday's Sprints at Surrey University in Guildford Susan Straka (W16) came 2nd with Janet Gibson (W65) 4th and Neil Frankum (M35) 8th.

Notable among the combined results of Days 2 and 3 were:

Peter Bennet M65S: 1st.

Ian Cooper M65L: 2nd

Lynne Moore W40S: 4th

Jocelyn Anderson W40S: 6th

Bryce Gibson M65S: 8th

Joseph Moore M10B: 9th

.... but perhaps the biggest winners were those organising the whole show in such inhospitable conditions bringing months of preparation to fruition, of which more below.



Susan Straka admiring her 2nd place medal for the W16 Sprint at the JK.

A JK diary, or what did you do last year?

At the beginning of 2007 the Major Events Co-ordinator circulated all Grade 1 controllers asking for their offers to control forthcoming events in 2008/2009. I offered to control a day of the JK in SEOA in 2008 and it was agreed (with some shuffling around of officials) that I would do the Relays on Eridge Old Park. Dave didn't offer as he was not sure where in the world he would be working by Easter 2008 but he did say he would help me if I needed it.

1 April 2007 – Eridge site visit with planners and organiser. The area had some reasonably technical wood, the parkland wasn't too boring and most courses would stay in the wood anyway. The only restrictions were crossing points into and out of the wood, as this was surrounded by an uncrossable deer fence. This meant we were unlikely to be able to have spectator control(s). Parking would be down the slope unless the weather was awful. Suggested course lengths agreed.

June 2007 – I receive draft courses (64!!), these were reviewed and comments back to the planners by mid-July (no rush to visit because the area was being re-mapped at the time).

Scottish 6 Days – Foot and mouth closed the area so mapping stopped.

Mid Sept 2007 – Planners revise the courses in light of my reviews, re-mapping now completed and we have an updated map but I have now ... my back so can't drive for 2 hrs, control for 6-7 and then drive back until it improves.

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7 Oct 2007 – Dave gets an urgent email from Major Events Co-ordinator. They need a JK Day 3 controller as the proposed person can't do it. Dave is presently on a job which would keep him in the UK until mid 2008 (if he stays on it). He finally agrees to control Day 3 on Ashdown and I lose my assistant for the relays.

Mid Oct 2007 – Following two visits, Eridge controlling is done and comments sent back to planners. Dave gets preliminary course lengths and shapes for Day 3. The planners can't tape until the undergrowth starts to get down.

November 2007 - Paperwork such as the flyer and entry forms are needing reviews/approvals. For the first time relays entries and team declarations can be done on-line so the entries service has to create the software to support this.

2 Dec 2007 – Dave gets draft courses, most sites are taped, 165 controls, 29 courses. Paper reviews started. 3 site visits in December to control sites and agree the assembly area.

13 Dec 2007 – Dave will be working in Malaysia by end Jan 2008!! He is able to return for the actual weekend and will have overall controlling complete by then but someone will have to control the actual overprints (circles, circle breaks, line breaks etc). Also the printed maps, as he won't be back in time to catch any errors in time to correct them before the event. He needs a good assistant who is able to take over whilst he is away.

15 Dec 2007 – JK co-ordination meeting for all officials, a number are missing, so decisions have to be taken in their absence.

28 Dec 2007 – Combined site visit to Eridge area with planners, final sites agreed, all courses agreed subject to some map updates.

28 Dec 2007 – Keith Tonkin agrees to act as assistant controller for Ashdown (phew!).

Jan 2008 – Dave completes final controlling (2 visits plus various emails) on Ashdown. Map revisions done by Roger Maher (both Eridge and Ashdown). Courses and sites approved for Ashdown, including agreement with IOF advisor on Elite courses, with a few tweaks subsequently agreed by emails after Dave leaves for Malaysia on 29 Jan.

February 2008 – Mainly organisation issues this month, final details and revisions review, safety assessments, manpower requirements, procedures on the day for both Dave and me to review, comment and approve. It turns out that the landowners for Eridge are insisting that everyone signs a disclaimer for the Relay day. This is a nightmare as, whilst adults can sign on the day, juniors need to have a signature by their parent or guardian. So forms need to be available in advance, and team captains are going to have to get these to enquiries. How are we going to know if someone has signed in advance or not?

Feb / Mar 2008 – Map overprint reviews (Keith does these for Dave as he doesn't have access to OCAD in Malaysia).

1-3 Mar 2008 - Draft relay maps sent direct to me for approval from printer, draft blank maps for Ashdown also sent but Keith is reviewing these in parallel.

7 Mar 2008- Closing date for entries and approval of numbers of maps per course for printing, this not so easy for gaffled courses for the Relays, but Michael Napier produces the figures. We have some clubs who entered a number of teams last year that haven't got their entries in. The organiser tries to contact them to find out if they are entering and if so what teams, as we don't want to print hundreds of spare maps that we don't need.

Thur 13 Mar 2008 – Relay maps received by planner, I go there on 14 Mar and we check and bag maps all

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day. Labels have been produced out of the entries system by Michael Napier, so we know they are OK (but I still check anyway). A school that entered late takes all the spare maps on two of the junior courses and we agree to make up one extra team from the emergency spares.

Sat 15 Mar 2008– Ashdown maps received by the planners, checked and passed on to Keith for review. There are problems with the overprints not being centred and some courses / maps need to be re-printed.

Mon 17 Mar 2008– The numbers of maps to be re-printed for Ashdown is agreed, the printer is going to be busy as other days also need re-prints (but fortunately not mine as we laser-printed the relay maps).

Wed 19 Mar 2008– Dave lands, I pick him up and we are back home in time to collect the re-printed maps being delivered by hand from the printer.

Thur 20 Mar 2008– Dave checks the map re-prints (OK this time), gets his map etc ready for controlling. Both of us will have to control sites on the day immediately before our races as the control stakes and boxes are being used on Day 1 and 2 respectively. Not so much of a problem for me but there are a lot of control sites and big area being used at Ashdown. The weather forecast is for snow showers, various days; have discussions about contingency plans if the weather turns really bad. Parking is the main problem at Ashdown, if there is heavy standing snow it might not be usable. Getting everything down to assembly is the concern at Eridge, as we will be able to park at the top if necessary, but the forecast is for Monday to be better.

Fri 21 Mar 2008 – We go to the Sprint race, Dave passes the approved Ashdown maps over to be included with the rest and we drive down to the Event Village.

Sat 22 Mar 2008 – I go to Leith Hill in the snow, Dave starts controlling on Ashdown at 8:30, finishes at 17:00. 25km and around 750m climb, Keith does about 40 sites after his run at Leith Hill. Ashdown is still on, but there is a severe weather warning and the hope is that all the cars will get parked before the snow hits. Dave gets back to the Event Village looking exhausted.

Sun 23 Mar 2008 – Dave leaves at 7:00, checks the final sites near the assembly area by 8:30 at Ashdown. I get there early and run in the snow, deciding as I finish that it wasn't a very good idea to try to run and then check controls on Eridge! I call my planners and find out that they have got all the control stakes out by 12:00 ready for me and an assistant to check, and have gone to the pub to warm up. By 15:00 I have checked my sites and am helping the planners set up the run-in. At the relay it is essential to allow those in the changeover to be able to see the incoming runners as call-up is by computer link from the penultimate controls and every computer can have a fit. The organiser and assistant are carrying stakes 500m down from the track at the top, as he got his car stuck trying to drive down. We agree parking will have to be at the top and Andrew (organiser) spends time locating four-wheel drives and a tractor to help in case of need. The weather forecast is still for Monday to be dry. Dave gets back to the Event Village just before me, we go to the prize-giving, but can't see anything from the back.

Mon 24 Mar 2008 – I check the final sites from 7:00, it's sunny, no wind and the wild daffodils and aconites look great. First mass start and the snow showers start but we can still see the JK Trophy runners streaming across the fields halfway through their first legs. By the time the runners are finishing we have blizzards, a child lost and found after 1hr and a half on the mini-relay, he was very cold and taken to hospital as a precaution. Despite the mud and snow most people seemed to enjoy the event, Andrew arranged for a shuttle 4wd to ferry club tents up to the track and by 16:30 it was just checking the final cars in case the one runner from SBOC was still out there. Then home for a bath and look at the enormous pile of washing we managed to generate.

Tue 25 Mar 2008 – Dave flies back to Malaysia, leaving here at 8:15.

Katy (and Dave) Stubbs

Junior Squad News

March and April is always a busy time for junior squad members. As well as Saturday training at Windmill Hill on 15th March, many of the squaddies braved the snowy conditions and competed successfully at the JK festival. We also had a squad weekend 11th to Sunday, 13th April in the Lake District for the BOF training day and the Hampsfell regional event. Several squaddies also made the long trek north to compete at the British Championships in Forres, Scotland (19th and 20th April 2008).

The SCOA Junior Squad has the following activities planned over the next couple of months:

Saturday, 10th May 2008: Squad training at Rushall Woods (GR: SU576735); we will be training in the same area, but independently of, the BKO Saturday event. Dave Rogers will be lead coach.

Saturday, 31st May 2008: Squad training at Longmoor, courtesy of the army (GR: SU794310); training will be on open army land, which will have similar characteristics to the Junior Inter-regionals competition. Dave Rogers will be lead coach.

Friday 27th to Sunday 29th June 2008: Junior Inter-regional Championships near Richmond, North Yorkshire and Warcop, Cumbria. The selected team will travel up on the Friday, compete in the Individual event on Saturday and the Relays on Sunday. Tim Booth will be arranging minibus travel and accommodation.

Following the Junior Inter-regionals, we usually have a summer break and start training again in September. We will issue the on-going training calendar for the rest of 2008 and into 2009 in two or three weeks time.

Looking further ahead, the squad will be raising funds through running an army league event on Wednesday, 29th October 2008. We have an offer of Planner [thanks Mark!] and will be looking for as many squad members to be there to help on the day [it is mid-term break for many]. Several potential areas have already been offered [including potential newly mapped areas] and we will select the best one over the next couple of weeks.

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. If you want to know more or will be coming along please contact:

Dave Rogers (SCJS Squad Manager) Tel: 01344 628 623, Mobile: 07799 075 236,

E-mail: rogersda@pbworld.com

You can also visit the squad's website at: www.scjs.org.uk

The Dorset Dozen

BKO is entering a team in the Dorset Coast Path Relay, to be held on 12th July 2008. DCPR is an annual long-distance relay of 65 miles along the coast path between Lyme Regis and Poole, organised by Wimborne Orienteers to support the SW Junior Squad. Unusually for a relay, it does not have fixed changeover points, nor is there any limit on the number of runners teams may field. This allows for mini-relays up the many steep hills in the race, which shortens the overall time taken.

The race has been run with just six people (apparently this was 'hard work' – I'm not surprised!), but in recent years teams have been getting larger to enable more mini-relays. KERNO now brings over 40 people (yes!) and WSX over 30. The organisers therefore introduced a Handicap class, with time penalties given for each runner used, according to age group. For us, in our first year, we are planning a team of around twelve runners, which is easier to manage for logistics, and we will focus on trying to 'get a result' (i.e. actually beat someone!) in the Handicap Class.

We have a team of 11 runners keen to take part, with another possible lined up. The brave BKO souls are:

Susan Straka (W16); Jonathan Moon (M21); Lynne Jilbert (W35); Jocelyn Andersson (W40);
Dan Straka (M40); Simon Turton (M40); Richard Rae (M60); Martin Wilson (M60); Ian Cooper (M65)

Helen and Richie Fraser were keen to take part, but have had to withdraw, so we have invited two friends of Dan, Petr Basus (M21) and Sylvie Hojna (W21), to join us as guests. This is now a powerful team. It is good also to see some newer members coming forward, such as Jonathan Moon, a fast but novice M21 who is very grateful there are no trees on the course (Yes, but there are cliffs and gorse bushes aplenty Jonathan; watch out. Ed.) and Simon Turton, ex-CROC, with extensive experience of running long-distance relays. In addition, Janet and Bryce Gibson have very kindly agreed to act as our 'Race Control' on the day, handling the co-ordination and any problems that arise.

Preparations are proceeding well. We held Time Trials in Star Posts recently to see how fast everyone is over a simulated hilly 'leg' (OK, it's not Dorset, but it'll do!). We are also planning practice evening sessions in May and June on the Ridgeway LDFP, to test our logistics and fitness. If anyone would like to join in the June practice to see what this type of running is like, they're most welcome. If there are any other members who wish to compete in our team, please contact me. Any angel out there who would be willing to drive a car on the day delivering and collecting runners would be most welcome!

We will be using mobile phones to keep everyone updated of our progress during the race. This facility can be made available to friends and family of runners, or anyone else, who wants to follow our progress from home on the day. Again, just ask.

We see the race as a chance to get to know more club members, to keep fit during the summer, to provide visibility and publicity for BKO (we hope to use the new O tops, if the committee will ever agree the design!), and have a lot of fun. We'll keep you updated through the newsletter on our progress in training, and of course, how we actually get on in the race itself. I think there will be some very tired bodies at Sandbanks ferry around 6 pm on the 12th July! Wish us luck.

Martin Wilson (01344 773882)

Berkshire Orienteers - Summer Runs 2008

Most of these Events will start at 6.30 pm and end around 8.00 pm

(Registration between 6.30 - 7.30 unless otherwise stated (*newcomers: 6.30 until 7.00pm*))

(*Controls will gradually be collected from 8.00pm onwards*)

The format for each evening will be a series of loops with one of Orange standard, which gives a series of short races which we hope will present a challenge to all! Results should also be on the BKO website.

Different length courses will usually be available - mainly by doing different loops.

After the events, we will adjourn to a nearby pub - details at the event, if not listed.

Date	Location	GR	Planner(s)	Activity
7 May (+SN)	Star Posts	SU 876662 (The LookOut)	Neil Frankum	(Pub - Golden Retriever SU 854660)
14 May* (SN)	Bagshot	SU 900617	SN	Note: 6.30 - 7.00 starts
21 May	Lily Hill Park	SU 884682	Brian Burt	(Pub - TBD)
28 May	Bloom Wood	SU 861890 (W. side of wood) Approach via Pub at SU 856891)	Peter Entwistle + Jonathan Moon	(Pub - Three Horseshoes SU 856891)
4 June (+SN)	Swinley East (Buttersteep)	SU 904660	Dave & Michael Rogers	(Pub - Forresters SU 900689)
11 Jun (+SN)	Finchampstead Ridges	SU 813636 ? (Simon's Wood CP) Mass Start: 6.40pm	SN to plan	Social Event - SN hosting (venue as last year - Finchampstead Cricket Club) (+SN, Finch Coasters, Sandhurst Joggers)
18 Jun* (SN)	Windmill Hill	SU 910576	SN	Note: 6.30 - 7.00 starts
25 Jun	Edgebarrow School	SU 843635	Tim Booth	Pine Hill Road Nr Crowthorne
2 Jul (+SN)	Swinley West (Saw Mill side)	SU 885664 (Red Lodge gate – off A332 – fast road, take care)	Dick Rae	(Pub - Forresters SU 900689)

Berkshire Orienteers - Summer Runs 2008 (cont.)

Date	Location	GR	Planner(s)	Activity
9 Jul* (SN)	Bagshot (SN Club Championships)	SU 900617	SN	Note: 6.30 - 7.00 starts
16 Jul	Star Posts (Bracknell Forest Runners may also be using the wood – parking may be tricky!)	SU 876662 (The LookOut)	Keith & Kelly McCarthy	(Pub - Golden Retriever SU 854660)
23 Jul	Knowl Hill/ Ashley Hill/ Dinton Pastures?? (Come and eat even if you don't want to exercise! Food around 8 - 8.15pm)	SU 825796 (Park at the Royal Oak/ Dew Drop pub/ Dinton pastures) – to be confirmed in July newsletter.	?????????? (Starts: 6.30 - 7.15)	Path O! Social Event - BarBQ or some such. Bring your trainers and running/walking gear!

BKO Saturday events

These have proved very popular again but there is only one left before the summer - in the Rushall bluebell woods. As usual there will be courses from White to Light Green. We use e-mit and publish results on the BKO web site. Anyone is welcome and if you know of any newcomers who might like to have a go these events are ideal.

10 May: Rushall Wood SU 576735

All these events are organised by Reg and Anne Parker. Registration is from 10:00 with starts from 10:30 - 11:30am.

New Club Kit!

Some of you will have seen the new Berkshire Orienteers club O-top being worn at recent events. It comes in long and short-sleeved versions and initially comes at a subsidised price of £20.

An order has recently been placed but some sizes are likely to sell out quickly when they arrive in a couple of weeks. Please give Sue Wilkes a call on 01635-522-356 and she will be able to get you kitted up.

Doubtless you will look more glamorous in your new top than your editor, seen on the right, fighting hypothermia at Day 2 of the JK.



Some Local Fixtures May - August 2008

Every effort is made to make this information as accurate and up to date as possible. However, to be on the safe side, please check that the event has not been cancelled or arrangements have not changed by looking at the appropriate website before leaving home.

MAY 2008	
Sunday 11th	BOK C3 Regional Event: Brierley, Forest of Dean. SO621151 . Jenny Grenfell-Shaw, 0117 9622693. g-sopen@blueyonder.co.uk www.bristolorienteeing.org.uk/
Sunday 17th	TVOC R2N Harvester 2008. Neville Baker, baker@physchem.ox.ac.uk , www.tvoc.org.uk
Sunday 17th	JOK O3S Chasing Sprint, Hambleden, Henley on Thames. Pauline Sinclair, 01965 779471 pauline.Sinclair@physics.org www.jok.org.uk
Sat 24 Sun 25 Mon 26	Tamar Triple Weekend 24th - Day 1 O3 Medium Race. Inny Foot, Launceston. SX372763 25th - Day 2 C3 Regional Event. Plym Forest, Plymouth. SX530595 . 26th - Day 3 C3 Regional Event. Smallhanger Waste, Plymouth. SX555595 . Nicholas Maxwell, 01752 739040. info@tamartriple.org.uk General Enquiries: 01752 249043 before 9.30pm www.devonorienteeing.co.uk
JUNE 2008	
Sunday 1st	BADO C3 Harearound Regional Event. Butterwood, Hook. SU715524 . John Harrison, 0118 970 1096. john.harrison@silchester.org This is a new date for the postponed event on 6/4/08. All pre-existing entries will be automatically carried forward UNLESS they contact us to confirm that they do not wish to take part in which case they will receive a full refund. We shall of course accept new entries for the event up to the new closing date. www.bado.org.uk
Sunday 15th	TVOC District & SCOA League Event. Nettlebed Woods, Henley-on-Thames. SU703867 . John Farren, 01235 835520. john_farren@hotmail.com www.tvoc.org.uk

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3 rd -9 th	Creoso 2008: 6 Days of C3 Regional Events in South Wales Co-ordinator and Entries: Judith Powell, 22 The Willows, Raglan, USK, NP15 2HB, 01291 690702 j-powell@tiscali.co.uk www.croesomultiday.org.uk
23 rd – 25 th	White Rose Weekend: 4 Events in 3 days near Scarborough Organiser: Bill Griffiths, 0771 0002961 wr2008org@tiscali.co.uk www.whiteroseweekend.org.uk

Latest News from the Committee

Routegadget: Neil Frankum has set up Routegadget for use on BKO events. If you have not come across this it is a web-based thingy which allows you plot the route you followed around the course then compare it with those of your competitors. This can of course lead to hilarity, frustration or smugness (sometimes all during the same run). It's also rather colourful. Our subscription is valid up to May 2009. There is a bit of technical fiddling to be done to get it up and running for BKO events but Neil hopes that we will be able to use it for Wednesday summer training runs as well as the larger weekend events. More on this when things are up and running.

Promotional leaflets: BOF have paid for us to produced 2000 leaflets. There is still a little tweaking to be done.

Membership: This remains pretty much the same as at the same time last year.

SCOA news: The AGM will be on 12th June at Winchester Rugby Club. It had been agreed that the SCOA championships for 2008 would be at the November Classic. Arrangements for the British Championships in 2009 are generally well in hand, although. Di and Terry Smith had agreed to organise the relays. Liz had offered help on behalf of BKO for download at the relays and possibly the start and download on day 1.

Fixtures Secretary: Liz Yeadon is looking to resign from this position, but is willing to continue at present. Any volunteers?

Finances: The financial position is still very sound, despite the provision for mapping in the current year. The new O-tops will be subsidised at the outset to keep the cost down to £20 each.

Development: Denise Harper reported on various local authority Schools Festivals leading up to the Youth Games which gone very well. The events had shown that both the children, schools and those parents who came had enjoyed the experience. West Berks Community Sports coach, Clare Westall, is organising an after schools league. She is intending to get people to Rushall wood for our final event of the Saturday Series.

BOF: BOF had sent out details of the EC Habitat Directive regulations, and its possible effect on orienteering. The main aim of the Directive is to promote the maintenance of biodiversity by requiring Member States to take measures to maintain or restore natural habitats and wild species at a favourable conservation status, introducing robust protection for those habitats and species of European importance. It remains to be seen whether "robust" means stopping all recreational activity or just zoning it on in ground or in the calendar.

Training courses: Katy Stubb will be running various courses in the future for controllers, planners and organisers. We will make members aware of more details as they come available.

Berkshire Youth Games

These were held at Bulmershe School in Reading on April 1 and, lead by Denise Harper and Tim Booth, BKO provided the orienteering part of the day's events. Also included were tag rugby, gymnastics and rowing. These events were effectively the finals after previous eliminator events for the different Berkshire local authority sports partnerships involved. Each team consisted of 6 pairs of children in single or mixed gender pairs.

There were two short orienteering courses around the school playing field making the most of the meagre features amongst the acres of close-mown grass. On the first race quite a few children let their enthusiasm get the better of them and they missed one or more controls. However, they concentrated better in the second race. It was fun watching the different strategies the pairs used to get around the course together without the slower runner unduly delaying the faster one.

On finishing, the children were really excited to see how their friends had got on and we had to work hard to keep them from clustering around Tim at download to compare times.

Medals went to the top 3 teams and the enthusiasm, enjoyment of all and the pride of the medalists was clear to see.

We received effusive thanks from the organisers for a well run event. Our involvement can only help to raise the profile of Orienteering in Berkshire schools and promote links between them and BKO. Hopefully, this may some day translate into full participation in our sport.

We were very lucky with the weather. After early rain (which had it continued would have made the games a miserable experience for everyone, especially the children) it turned out to be a sunny but windy day.

In fact the wind was so strong that as we were packing up, the download tent was picked up, blown over the nearby playing field perimeter fence, where it proceeded to wrap itself around a JCB on the adjacent building site. Fortunately there was no damage to any BKO kit or personnel!



Competitors crowding around the results list at the halfway stage of the Orienteering event.