



Berkshire Orienteers

Club Newsletter

May 2009



Berkshire Schools Orienteering Championships 2009: Fastest Overall Pair

Berkshire Schools Orienteering Championships 2009

This competition, which is fast becoming a highly regarded fixture in the Berkshire Schools Competition calendar, was this year held in glorious sunshine on March 30th at St Andrew's School, Pangbourne.

In 2008, BKO ran the first Berkshire schools competition as part of the Berkshire Youth Games held at Bulmershe School. Those who attended will no doubt agree that we made the best of a less than suitable area – a huge, very open and featureless field, with planning options restricted by other games and activities which were occurring in the middle of the field, forcing the orienteering to 2 circuits, each going the same way round the field. The weather was damp, cold and blustery, with nowhere for the school groups to shelter, making briefings difficult. In fact the wind became so strong that the heavy tent we were using took off over an 8 foot high security fence, almost taking Katy and Tim with it, and narrowly avoiding damage to Tim's car.



The next Graham Gristwood?

This year, Berkshire Sport announced that they would not be holding a Youth Games, and so each sport was responsible for providing its own venue. Whilst this opened up a number of opportunities, it also required much more preparation, as the venue had to be found, admin from competitors sorted out, risk assessments, first aid and all the infrastructure for an event provided. Thankfully Glyn at St Andrew's came up trumps when asked, and made all the arrangements for us to use the school, which was perfect for what we needed. We opted for a day in their holidays when we would have complete use of the site, facilities, buildings etc. without interfering with their pupils. What heaven to have a sports hall for shelter and to assemble and do the briefings; mains power for the computer and printer, proper loos, parking right on hand and a beautiful, challenging yet secure environment in which to orienteer. The lawn provided a wonderful place to gather, picnic and spectate.

Berkshire Orienteers

Before the event I had a number of meetings with Sam Ward, the Competition Manager from Berkshire Sport with responsibility for orienteering, and she was incredibly helpful in flagging up what I needed to organise with her exhaustive checklist. She also arranged for one of her colleagues to cover the first aid, did all the admin re team entries, supplied us with 10 or so Young Leaders from Theale Green School to marshal/patrol and then turned up on the day with the other 3 Competition Managers to help us to run the competition. She had even prepared a scrolling slideshow to greet the competitors as they entered the hall, but that will have to wait for next year, as a projector wasn't available on the day.

So to the competition. The same format as last year, but as St Andrew's lends itself perfectly to having 2 completely separate circuits, being split in half by the East – West drive in, we were able to have 2 quite contrasting rounds. The 1st round was on the Northern playing fields, with a large copse to make their way around which meant that some of the first controls were in sight from the assembly area, as were the final 2, but this didn't necessarily help teams to navigate to them accurately. The 2nd round was quite different, with the first controls on a lawned area with a number of trees and copses, then a few legs on a path through the woods, with the final few legs back out on another area of grass and copses. There were 7 teams competing, one from every School Sport Partnership in Berkshire, except Slough, with each team comprising 6 pairs of Yr 5 and 6 pupils.

With such a large number of club volunteers (16!) setting up and clearing away were quickly done, and I was able to appoint a mentor to each team. This worked really well in giving them each a contact, ensuring children were in the right place at the right time with their Emit cards and being able to act as a 'go-between' to prevent Tim and Katy on results and download being prevented from getting on with their jobs.

The event ran really smoothly from our point of view, the only hold up being the team from Windsor turning up late, as they couldn't find it!

The teams this year certainly seemed better prepared this year, with a number of them coming from the same schools as those in 2008, and it was gratifying to see far fewer DSQs. St Andrew's grounds provided a wonderful challenge and arena for spectators and certainly the most consistent teams did well. Even so, as I observed the 1st round, it was evident that some children were still running to what they could see, rather than reading their map. However, at least this year, they had realised that they must take controls in order, so if they did go to the wrong one, they were at least checking codes, then trying to correct their mistakes. Even so it was very illuminating to watch the comings and goings, back and forth, of some pairs, whilst others were much more competent and focused on the task.

One comment relayed to me by Tim Dancer, Senior competition Manager, sums it up –

Parent (complaining): "But they can't see the Finish Banner from the penultimate control."

Tim: "It's orienteering. They are supposed to use their map."

Parent: "Oh, Yes..."

Berkshire Orienteers

And so to the results – produced by Tim in super quick time. The competition is scored in the same manner as the British Schools Champs, points awarded according to finish order, with best 4 from each team in each round counting.

Overall Scores		Round 1	Round 2	Total
Bracknell	Whitegrove	26	39	65
West Berks East	Pangbourne	35	43	78
Windsor/ Maidenhead	Trevelyan	72	28	100
Wokingham	All Saints	74	53	127
Windsor/ Maidenhead	Dedworth	72	70	142
West Berks West	St Nicolas	51	105	156
Reading	Churchend	91	94	185

Fastest Overall Pair: Trevelyan

I am still waiting for official feedback forms from Berkshire Sport, but comments on the day, and emails received since testify to the success of the competition, in terms of the organisation, experience and enjoyment by the children. This would not be possible without the generous support of so many people, so I would like to thank, in no particular order:

- Glyn Thomas and St Andrew's School for venue and smoothing the path on the day.
- BKO club members, for all your support and willingness to volunteer both beforehand and on the day.
- Berkshire Competition Managers, especially Sam Ward for input leading up to the event and on the day.
- Lynnette Hutchinson, Berkshire Sport – first aid provision.
- Leaders from Theale Green School
- The weather!

Next year's event is already in the calendar – likely to be March 29th at Pangbourne College, a new venue, so we look forward to seeing you there.

Denise Harper

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.

CompassSport Newsletter Awards

You may have heard that we very nearly got an award for our newsletter this year. This is entirely down to the generosity of those who contribute articles and photos for which we are extremely grateful. New contributors are always welcome so please get in touch and perhaps we will get an award next year.

JK 2009

My main recollection of JK 2008 is of snow and cold! It may have been a long trek north for the 13 BKO members who competed at JK 2009, but we were rewarded with a beautiful, clear, sunny week-end showing off Newcastle and Northumberland at their best and, in particular, offering some great views of Holy Island from the venues for days 2 & 3. Very apt for an Easter weekend event!

Catherine and I decided to give Day 1, a Sprint event centred on Newcastle University and surrounding parks, a miss. However, the other 11 BKO JK 2009 participants all competed and those to whom I spoke over the weekend had all enjoyed the event. Dave and Katy Stubbs (M50 and W50), Oone and Michael Rogers (W45 and M18) deserve a special mention for having the stamina to compete on all four days, especially Dave who had to contend with the after effects of having flown back from Malaysia – where the training opportunities are few and steamy!

As always with a sprint, it required a trade off between the speed allowed by the terrain and the risk of mistakes because of the complexity of the area! Lenka Straka (W40) achieved the best placing for the club in the Sprint, finishing 8th, with Dan Straka (M40) finishing 22nd.

For the two main individual days the JK circus moved further north, close to Berwick upon Tweed. Catherine and I found it a great opportunity to enjoy some of the beautiful countryside in an area we rarely visit and which, all too frequently, is a part of the country we pass through at speed en route further north. Our loss, we will be back!

Day 2 was in Kyloe Woods. We had run there once previously and Catherine and I approached the event with some trepidation as we recalled some tough going and impassable crags – indeed, our last visit had occasioned one of Catherine's very rare failures to finish! Our recollections were accurate – it was tough going but, at least for our courses, the planner avoided leading us into the crags. And this time Catherine did finish, coming in 7th, just ahead of Katy who was 9th on W50S. But the best placing on Day 2 again went to Lenka on W40(S).

The second of the days making up the individual competition was adjacent to Day2, indeed many of the short courses spent at least part of their time back in the heavy going areas. However, the area also included a more run-able stretch of woodland and all of the courses finished on fast, open moorland in embarrassingly full view of the assembly area. Indeed, the assembly area was magnificently placed for views both over the competition area and out over the coast to Holy Island. In the warm sunshine it was a great place to be; in cold wet and windy weather it would have been a tad exposed! On Day 3 Susan Straka did BKO proud, finishing 4th on the W18(S) course, the club's highest placing over the entire four days.

Catherine was highest placed overall in the two individual days, coming 5th in W50(S), with Katy not far behind in 8th place. The Straka family all deserve a mention: Susan came 6th overall in W18(S), Lenka was 9th in W40(S) and Dan, who was the only BKO representative running long courses, came 23rd in M40(L). Paul and Donna Wilson also achieved consistent strong performances finishing overall 27th in M21(S) and 25th in W21(S) respectively. Dave Rogers and Dave Stubbs, both running M50(S), had their own private competition going on with Dave Stubbs finally coming out on top at 33rd place, 3 places in front of Dave Rogers.

Berkshire Orienteers

The relays moved back south – considerate towards those of us facing the journey home at the end of the day! The area was Dipton Woods near Hexham. I thought it was a great relay venue – often relays are focused on a bowl or natural amphitheatre. But on this occasion it was all turned upside down with assembly and change-over in open fields on the top of a hill and the competition area mainly in the woodlands which flanked it.

Relay Day, 13th April, was something of a personal challenge for me as it was a year to the day since I collapsed with a near fatal heart attack at the end of an event on Hampsfell. Self-evidently the day passed without any repeat performance!

It was also a challenging day for the event organisers who had lost their planned parking very shortly before the event and had had no choice other than to resort to bus-ing in the 1,500 competitors over narrow country roads from parking 8 miles away at Hexham race course. Inevitably long queues built up at the start and end of the day and starts were put back by an hour. In the wait for the return bus the BKO contingent managed to review just about every funny or disruptive occurrence at events over the last 20 years and, all credit to all of the competitors, everyone was in good spirits and sympathetic to the impossible task the organisers had faced. And who could get irritated in the continuing lovely sunshine!

As for the relays themselves, BKO did not quite manage to repeat their excellent performance at the British Championships! However, after some withdrawals due to injury, we had two complete teams in the Mixed Ad Hoc class and, in addition, Oone Rogers also ran a relay leg solo. BKrafty (Alan Springett, Dave Stubbs and Tim Booth) managed to stay in front of BKool (Katy Stubbs, Michael Rogers, Catherine Springett), with the teams finishing 55th and 57th respectively.

The position of all BKO participants in all of their events are summarised below for the record. But the real record of JK 2009 is the memory of four days of good competition in the best of British weather, without even the almost mandatory shivering wait in the relay change-over pen!

Individual Days

Name	Age	Sprint	Day 2	Day 3	Days 2+3
Michael Rogers	M18(S)	53	12	13	12
Paul Wilson	M21(S)	114	23	37	27
Dan Straka	M40(L)	22	29	22	23
Dave Rogers	M50(S)	78	43	30	36
Dave Stubbs	M50(S)	88	37	34	33
Tim Booth	M55(S)	67	39	dns	-
Alan Springett	M55(S)	dns	27	25	24
Susan Straka	W18(S)	40	8	4	6
Donna Wilson	W21(S)	69	26	27	25
Lenka Straka	W40(S)	8	6	18	9
Oone Rogers	W45(S)	54	mp	61	-
Catherine Springett	W50(S)	dns	7	8	5
Katy Stubbs	W50(S)	39=	9	13	8

Berkshire Orienteers

Relays -Mixed ad hoc

Bkrafty: (Alan Springett, Dave Stubbs, Tim Booth)	55
Bkool: (Katy Stubbs, Michael Rogers, Catherine Springett)	57
Bklever: (Oone Rogers)	nc

Alan Springett

Training

25 April and 16 May

UKCC Level 1 Certificate in Coaching Orienteering BRIDGING COURSE

Location: Longmoor Army Camp, Liss, Hampshire, GU33 6EL

Cost: £190 (Non-residential)

The course is ideal for those candidates who have either attended Teaching Orienteering courses Part 1 and Part 2, or hold an old assessed British Orienteering Level 1 Coaching Award, or for any one who has previously attended a 1st4Sport Level 2 course but didn't complete the modules, exam or assessment. Funding support is available for those who will be coaching in clubs or junior squads.

Further details can be found on the British Orienteering website at www.britishorienteering.org.uk/developing/coaching.php

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Some Local Fixtures May – July 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. Details of more informal events or those further a field can be found on the BOF website: www.britishorienteering.org.uk/event/findevent.php

MAY 2009	
Sunday 10th	BKO LOCAL EVENT Cold Ash, Hermitage, Newbury. RG18 SU511723 Registration: 9.30am - 12.00pm Starts: 10.00am - 12.30pm Courses close: 14.30pm EMIT Organiser Eric Harper 0118 948 2934 Dogs Allowed: On leads in CP area; under control in the forest Working coniferous forest with good path/ride network. Terrain Difficulty Medium
Saturday 16th	SOC LOCAL EVENT Hut Wood, Southampton SU427184 Organiser: Simon Bevan Limited Colour Coded Courses TBC www.southampton-orienteers.org.uk
Sunday 17th	NWO LOCAL EVENT Score, Green and Yellow Ashdown Park, Lambourn. RG17 8RE SU283822 Organiser Doug Stimson 01793 535759 One hour score event or alternative self timed Yellow or Green courses Start Times between 11:00 am and 12:00pm registration 10:30 to 11:30 http://www.northwilts.org.uk
Monday 25th	MV LOCAL EVENT At The Nower in conjunction with Surrey Hill race, Dorking. TQ157487 Organiser: Neil Lewer 01737 769453 SI Yellow, Orange & Green courses only www.mvoc.org
Sunday 31st (Revised date)	TVOC REGIONAL EVENT Chiltern Challenge Christmas Common, Watlington SU714933 Organiser: TBA. All courses White to Black (Excl long orange). Emit. Entries: online via Fabian4.co.uk. CD 17/05/09. EOD for all courses while maps last. www.tvoc.org.uk
JUNE 2009	
Sunday 7th	BADO LOCAL EVENT & SCOA League Micheldever Wood, Micheldever SO21 SU530370 EMIT www.bado.org.uk

Sunday 14th	SARUM LOCAL EVENT Hamptworth, Salisbury SP6 SU220180 Organiser Nigel Benham EMIT www.sarumo.org.uk
Sunday 14th	TVOC LOCAL EVENT Coombe Hill, Wendover HP22 6BN SP 852062 Organiser Charles Taylor-Keane, 01296770327 tvoc.org.uk

BKO Saturday Series, Summer evening training and District Events

Saturday Series		
Date	Location	GR
16 May	Rushall Wood	SU 576734

This is last of this season's highly successful Saturday Series events. As usual registrations will be from 10:00 am with starts between 10:30 and 11:30 and there will be at least 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 - please check our website the event to make sure that nothing has happened. Please contact Reg Parker on satudays@bko.org.uk if you need more details.

Summer Evening Training Events (Wednesdays)		
Date	Location	GR
6 th May	Star Posts - The Look Out Car Park After – Golden Retriever SU 854660	SU876662
13 th May	Bagshot ((SN) (N.B. 6:30 – 7:00 starts)	SU900617
20 th May	Lily Hill Park, Bracknell After - TBC	SU884682
27 th May	Bloom Wood (W. Side of wood) After – Three Horseshoes SU856891	Approach via pub at SU856891
3 rd June	Swinley East (Buttersteep) After – The Foresters SU900689	SU904660
10 th June	Finchampstead Ridges or Star Posts? TBC	
17 th June	Windmill Hill (SN) (N.B. 6:30 – 7:00 starts)	SU910576
24 th June	Pangbourne College	TBC

Berkshire Orienteers

1 st July	Swinley West (Sawmill side) (Sawmill entrance – limited parking after 6pm; only in entrance road up to barrier) After - – The Foresters SU900689	SU901682
8 th July	<i>Bagshot (SN Club Championships)</i> (<i>N.B. 6:30 – 7:00 starts</i>)	SU 900617
15 th July	Star Posts - The Look Out Car Park (parking may be tricky on this date) After – Golden Retriever SU 854660	SU876662
22 nd July	Dinton Pastures – Club Social Low key event at Dinton Pastures (starts 6:30 – 7:00) followed by BarBQ at Katy and Dave Stubbs' house.	SU787718

This is the list of current plans for summer Wednesday evening events. Most will start around 6:30 and end around 8:00pm. Registration is from 6:30 – 7:30pm unless otherwise stated (newcomers 6:30 – 7:00pm).

The format of each evening will be a series of loops with one of orange standard, giving a series of short races which we hope will present a challenge to all. Different lengths of courses will be available, mainly by different combination of loops. Afterwards we adjourn to a local pub: details will be available at the event if not listed. The results should be displayed on the BKO website afterwards.

There are also two upcoming BKO District Events.

District Events		
10 th May	Cold Ash, near Newbury	SU519725
27 th September	Hawley and Hornley Commons	TBA

Dorset Coast Path Relay 2009

We have a strong emerging BKO team in place for the Dorset Coast Path relay coming up in July. Some runners are coming back for a second attempt, and several new runners have come forward, which is great to see. Here's our team, in age category for the race:

We held a practice session on the Ridgeway on 6th May, to test our ability to manage the logistics and stretch our legs. Unfortunately, due to the counter-attraction of the Fontainebleau 3-day event on race weekend, we have lost our crack driving teams of Parkers and Gibsons. We will therefore be using a revised logistics process, very hush-hush (i.e. not yet designed!). What is nice is to see some younger runners with us this time, and I'm sure they'll make a valuable contribution. We're hoping for a faster elapsed time overall this year, to see if we can stay up with the field of larger teams all the way through. Wish us luck on July 11th.

Stop Press: we have recently discovered that Liz Turbin is planning to put together a SARUM team for the race. Could be some skulduggery and bruised elbows on the day!

Martin Wilson

BKO/Adventure Dolphin School/Club links Project at Pangbourne College.

At the end of 2008, funding for 11 Clubmark clubs to hold a 5-week participation project based on a school or community site was offered by British Orienteering. In conjunction with Adventure Dolphin at Pangbourne, BKO submitted a bid, which was accepted, to run an after-schools club for primary school children for local schools, to be held at Pangbourne College.

Last year, we were approached by BKO member and St Andrew's and Pangbourne College parent, Kay Lacey, to see if would be possible to assist in getting orienteering on the curriculum at the College. After looking round the site with Kay, it was evident that the College would be an excellent venue not just for schools orienteering, but due to its size, for club orienteering too. On this basis I managed to obtain a grant from British Orienteering towards mapping the site, with more being donated by the college's parents' association. Tim Booth mapped it during the early part of 2009, so this project seemed an excellent way to start using the site.



Man made object – “I thought you said we were looking for a canyon”

Clare Westall and I then met with Martin Hart from the College, and he generously assigned a classroom to use as a base for the project. Clare offered 10 places on the project to each of 4 local schools – Streatley, Pangbourne, Upper Basildon and Long Lane. With such good school links in place and some very professional British orienteering produced flyers and posters to distribute, financed with a separate grant from Hilary Palmer, Clare had no trouble quickly filling the places. The format was the same tried and tested one which Adventure Dolphin has used before – a progression of activities over the 5 weeks, but this time, due to the extent of the college grounds, it was possible to use just the one site, utilising different parts of the grounds each time.

Over the 5 weeks, Clare, helped by other staff members from Adventure Dolphin, ran sessions regularly attended by approximately 40 children. The College, being unfamiliar to all the children, provided a much greater challenge in terms of the orienteering than

Berkshire Orienteers

what they could have experienced on their own school sites and from that point of view was very successful. One lad from Pangbourne Primary School, who had attended on-site leagues before commented on how much more fun it was this time to explore somewhere different. For Clare and co, the greater distances did have some drawbacks, in terms of time spent getting the children across to different parts of the site – but it did give the children plenty of opportunities for ‘map walks’ before starting their activities. We are now hoping to see a number of these children try orienteering at our Saturday event at Rushall Woods on May 16th.

The project overall was generally judged to be successful, although there were some issues with a few of the projects. From our point of view, the project has raised the profile of orienteering in local schools and at Pangbourne College, and we must be very grateful to Clare and her colleagues for organising this.



Clare Westall, BKO member and Adventure Dolphin's West Berks Community Sports Coach.

Below is an extract from Hilary Palmer's report back to Sport England, and hopefully there will be more funding in future to run similar projects.

The success of most of the weekly, one venue based sessions is an important part of British Orienteering's strategy to increase participation by children and their families in the next few years and these figures show what is achievable. This will be a culture shock to many orienteers and clubs which usually hold monthly competitions in forests in their areas on a 'use once a year' basis. 'Community Orienteering' is a new concept and we now have proof that there is a demand for regular activity sessions. We will build on these pilot projects over the next 4-year cycle.

Your chance to orienteer in the Pangbourne College grounds will hopefully be on Wednesday June 24th as one of our Wednesday BKO evening events. Details TBC, so keep an eye on the BKO website.

Denise Harper