

Berkshire Orienteers Newsletter

December 2020

**Lockdown 2
Special**



Editorial



A few weeks ago, during the November lockdown, I started to wonder if there would be scope for another issue of the BKO Newsletter for 2020. I have not been out orienteering since March but, looking at websites and hearing bits of news, it was apparent that, at least for a few, BKO members were once again getting out and doing some orienteering.

Although still uncertain, I sent out a request to see if there would be any offers of articles. And in they came - sufficient to complete a substantial issue.

So here it is, the fourth and final issue for 2020. A year many will want to forget but, in a few years it may just be a bit of history. Children will be set school projects on 'Life in the 2020 Pandemic'. They will ask: "What was it like during the pandemic?" And you will be able to say: "Go onto the BKO website and take a look at their 2020 Newsletters. You will be able to read about it and complete your project!" So, as much as an historical record for the future as for the enjoyment of current members, I present a 'Lockdown 2' special. My thanks to all the contributors for making it possible and whose reports may form the basis of future school projects!

Happy Christmas to you all and best wishes for an orienteering filled new year!

David Jukes

Our Next Event!

Bucklebury Common Saturday 9 January



This event had been in preparation with several provisional dates but each time, due to changes in restrictions, we have had to postpone it.

We are once again ready to stage our first event since last February. In order to ensure we comply with the national guidance on the staging of orienteering events, there are tight controls on numbers and entries. In particular, priority will be given to BKO and BADO members.

All competitors will be required to pre-enter. Club members will shortly receive an e-mail providing a link to the relevant Fabian4 On-line entry system. Closer to the event, the entry page will be made publically available and opened up to members from other clubs. Once the entry limit has been reached, entries will be closed. There will be no EOD!

The club will also need help in staging the event. Again, please watch out for relevant emails and, please, if you are able, offer your support.

Annual General Meeting

25th February 2021

The club's constitution requires that the club hold its AGM within 2 months of the end of its financial year. We operate our finances on a calendar basis so the requirement is that we meet before the end of February. This we normally do and combine it with an Annual Dinner.

The Committee has decided that we will comply with the constitution and hold the AGM as an online event. This will probably be run using Zoom. Please put the date in your diaries and, if you are not used to using Zoom, please see if you can access it on your computer systems.

The Secretary will send out the formal notice of the meeting (including the time and how to access it) in late January.

The Annual Dinner is officially postponed (and not cancelled!) but there are no details of how or when it will be held. Making our summer BBQ into a more formal event is one option though.

Cover Picture: How do you give children an experience of orienteering during a national lockdown? **Mandy Abery** provides an answer in her article on pages 12-13. The cover shows her son **Jamie** participating in the activity.

(Photo: Mandy Abery)

The contents of the Newsletter are the responsibility of the Editor and should not be regarded as a statement of club policy. Any comments on the content (or to contact the Editor on any matter), please in the first instance e-mail the Editor on newsletter@bko.org.uk

Chairman's Update with Stefan Stasiuk



Note: The following is based on the text of Stefan's most recent e-mail to club members. Please keep a watch for further e-mails as the club starts to once again provide members with events locally.

I hope you are all well and staying fit for the return of orienteering in 2021. As we experience our second lockdown we can now see signs of hope that things could return to normal by summer with the encouragement from the vaccine trials. In the meantime let's hope that the government will allow us to run orienteering events under Covid safe conditions in the new year. BKO is ready with a Saturday event at Bucklebury on January 9th. Entries will open once we have the go ahead from the government.

This year has been very different for me. Not only have I not orienteered because of Covid, I have not run since the end of July due to injury. It has let me catch up on many household jobs that I have put off for the past 30 years. My DIY skills have improved somewhat but now I am hoping to forget them all. I have been able to get out and about by bicycle and have been amazed by the number of people out walking in the countryside. In 30 years of running down many minor roads and tracks near my house I rarely saw anyone walking until the last month. Over the past 4 weeks it has been quite common to see walkers exploring the countryside even through poor weather. I know that all the Country Parks and Crown Estate lands have significantly high numbers of visitors but it appears that so many more people are enjoying the countryside. I hope that this will lead to a renewed interest in orienteering and as a club we should be thinking of how we can capitalise on this. We do need new members to enjoy orienteering, support the club events and hopefully contribute as officials in our events. It would be good to see the age profile reduce with new members joining. If anyone would like to contribute in attracting new member to the club next year please let me know.

Enjoy the upcoming festive season stay safe, healthy and fit. I look forward to seeing you at Bucklebury in January.

Committee Update

Your Committee has 'met' several times during the summer and autumn to discuss opportunities for putting on activities or events in compliance with government and British Orienteering guidance. One problem has been gaining permission from landowners. Much of the land we use is open to the public and close to densely populated areas. Owners have noticed a much greater use of the areas for walking and have been reluctant to permit the restart of our events.

At the most recent Committee meeting (9th December) the following were discussed:

- Details for the Bucklebury event were discussed and finalised with priority for entries being given to BKO and BADO members before opening the event to other orienteers.
- There was some discussion of events in February and March but permission has not yet been obtained. We are expecting to stage an event at Cold Ash on 11th April and probably an event in Bloom Wood in May.
- There were discussions as to the possible development of training opportunities using the MapRun format used by certain other orienteering clubs.
- We discussed the plans for the AGM. This will be held on Zoom in February. The Annual Dinner will be postponed until a later date with the format to be determined.
- The Committee will meet again on the 21st January to review the Bucklebury event and to finalise the AGM details.



The December Committee meeting on Zoom

Changes from the previous version of this guidance are in red text.

Final
3 December 2020

Version 1.7
4 December 2020

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British Orienteering has been working hard to provide clubs with appropriate guidance on how to resume orienteering events and activities. The key document (*shown above with a link to it on the British Orienteering site*) is the '**Operational Guidance**'. BKO is using this document as the basis for our plans for forthcoming events. The following are some short extracts from the opening 'Overview':

Demand for orienteering may be high so clubs are asked to follow the guidance below closely when organising any orienteering activity, to ensure all participants can enjoy our great sport safely, and to maintain the excellent reputation of our sport.

- *must wear a face covering in most indoor public settings, unless they have an exemption*
- *should follow the rules on meeting others safely*
- *should walk or cycle where possible, plan ahead and avoid busy times and routes when travelling*
- *must follow the gathering limits at their tier except for in specific settings and circumstances.*

In addition there is a '**Participant Code of Conduct**' (*also, see the link above*) which provides information on how all those attending an event are expected to act and behave. Please ensure that you are aware of this information before travelling to an event. The ability of us all to return to our sport is dependent upon the safe resumption of orienteering.

Government or local authority guidance takes precedence over this code of conduct. If government/local authority guidance changes at any time, it must be followed with immediate effect, including, if necessary, by stopping any orienteering activity. Personal safety must be the main driver for all decision making.

- Act as an ambassador for the sport of orienteering at all times.
- **DO NOT** take part in any form of orienteering.
 - If you have any COVID-19 symptoms,
 - Are required to self-isolate under the current government guidance or been contacted by the NHS and asked to quarantine even if you are not displaying any symptoms.
 - If you have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the required self-quarantine period, even if you are symptom-free.
 - If you are awaiting the result of a COVID-19 test that isn't part of any routine testing you may be undertaking unless you are displaying any symptoms.
- Ensure you have read, fully understand and follow any information or instructions provided by a club about the event/activity before you arrive at an orienteering course. This will form part of the club's risk assessment for the activity and may be as a result of restrictions imposed by landowners, local authorities or the government.
- Observe national government and governing body guidance including any travel restrictions.

- **Observe social distancing requirements at all times**, including – but not only – when travelling to a course, when you arrive, while on the course (including start and finish areas) and when you leave.

- To access this document, see **Participant Code of Conduct**

Most important of all - enjoy the outdoors safely.

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Club Captain's Update

Martin Wilson



1. CompassSport Cup Heat 2021

I received the following information from the national Co-ordinator for CSC in November:

Event Scheduling Group has carried out an audit of the viability of the Compass Sport Cup Rounds in 2021. The feedback from Associations and organising clubs is that the events should not take place and the 2020 Finalists take part in the 2021 Final which will hopefully be hosted in October 2021.

Permissions, concern over Covid, a mix of 2020 and 2021 Final qualifiers and the management of car parking were all issues cited.

So, sad to say we'll have no chance to partake in this competition next year. The SCOA heat was due to be held at the TVOC event at Hambleden, a nice area. That event will still take place, but without any CSC scoring.

2. Yvette Baker Trophy 2021

I've been in contact with Sarah Mansel, the national Co-ordinator for the Yvette Baker Trophy and Shield junior competitions. It looks like the 2021 competition will take place, though it's unclear how many heats will take place. BKO was planning to hold a SCOA heat at our SCOL event at Hawley originally scheduled for 11th April, which I am planning. However, it looks likely that our Concorde Chase event will now be held at Cold Ash that day, so we may move the YBT heat to be at Cold Ash, to ensure it's held at the right time of year. There is no alternative date yet available for our SCOL event, as the Army continues to limit civilian numbers on their areas to just 30 people. The national fixture list shows both CC and SCOL events being held on 11th April as a precaution: only one of these will be correct!

Sarah says that there is the intention for the heat winners of 2020 to attend the 2021 final. As we won our heat this year, that gives us a spot, good news. However, we now have 29 junior members as of 1st October 2020, which means we are now a 'large' club for this event in 2021. After some discussion, there's a suggestion that we compete as a large club for 2021 using all our juniors. If we win our regional heat, we compete as a large club at the Final, but if not, we compete as a small club using only our 2020 squad for the Shield final. Confused? Either way, we get to the Final, which is great to know! We can qualify as best SCOA large club if we beat TVOC juniors at our regional heat, so a titanic struggle looks likely. I hope many newer junior members will join us for this event, Yellow standard and upwards is welcome.

3. Clothing

I have had enquiries for new club Tops from a new member for himself and his son. We need a minimum order of 5 Tops to make an order. I hope we can get that minimum by late January, with delivery by end Feb. Please will any new members wishing to order Tops contact me at clothing@bko.org.uk during December. Details are on the Clothing section of the club website. We're particularly keen to see new juniors adopt our kit; it encourages other juniors to chat to them at events. Any other members also welcome, replacing well-used ones...or re-sizing after too much Christmas pud! Cost is still £25 for Seniors, £20 for Juniors: this includes a club subsidy.

Let's hope for a full return to competitive O this spring, and a strong focus on our junior squad making a real impact in their age groups. Best wishes to everyone for 2021.

Membership Memo:

Even during 2020, with a greatly reduced number of events, orienteers have joined BKO.

A very warm welcome to the new members:

- **Sally-Ann, Andrew, Natalia, Luca & Sophia Zurek** in Reading.
- **Harriet Parke** at St Andrews School.
- **William Jefferies** in Hermitage.
- **Paul & Felix Cooper** in Reading.
- **Kirsty Adams, Kelvin, Eleanor & James Prescott** in Reading.

Fingers crossed that Orienteering returns fully in the coming year.

However, **renew now for 2021** to ensure you are able to compete in events during any restrictions - you should have had an e-mail from British Orienteering with details.

Ian Hudson - Membership Secretary

British Orienteering Incentive Schemes

Despite there being very few events, we have still received some notifications of members gaining new levels on the British Orienteering Incentive Schemes.

Our congratulations to the following on their progress since the last issue:

- **Amelia Wing:** Racing Challenge: Silver Award *****
- **Elliot Vaughan:** Racing Challenge: Gold Award **, Silver Award ** and Bronze Award **; Navigation Challenge **
- **Zac Vaughan:** Racing Challenge: Bronze Award **; Navigation Challenge **
- **Sophia Oqvist:** Navigation Challenge ***

For more details, see: <https://www.britishorienteering.org.uk/incentives>



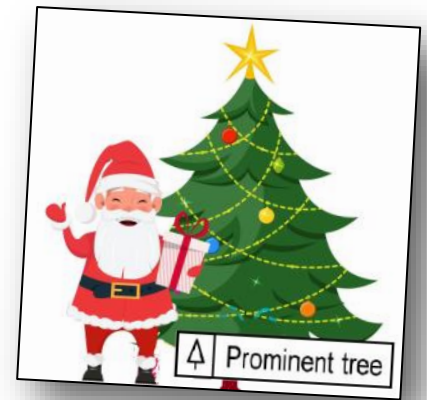
Reg Parker

As reported by e-mail, we were saddened to hear of the death of Reg Parker towards the end of November. Reg, and wife Anne, were very active club members with BKO. He was Club Chairman 2000-2002 and Club Secretary 2005-2008. In addition, earlier, they were jointly BKO Membership Secretaries.

We expect to publish a full obituary in the next issue of the Newsletter but here is an extract from an article provided by Reg in the September 1995 Newsletter. Reg was describing a small annual event that they regularly attended. It was an unusual 2x2 person relay (4 legs in total) staged by Swansea Bay OC in which Reg and Anne would make up a team. His article concludes with the following:

'The areas where the events take place vary although they are all within a short distance of Swansea. In mid-July the weather is usually good and nothing could be nicer than to sit in the sunshine chatting to fellow orienteers while waiting for the other half to come in. So roll on next year. If you fancy a couple of days down there why don't you come? Only one or two of you mind; if it got too crowded, say more than 100 people, it wouldn't be half so much fun!!'

I suspect this provides an insight into the way he approached his orienteering. Our thoughts are with Anne and the family.

8



Puzzle

Can you break the code?

Based on the article by Mandy Abery on pages 12-13, the picture shows two of Mandy's controls. One contains a clue in code with instructions for the children.

But one of the letters is wrong!

Using the clues in the picture, can you identify the incorrect letter?

Answer at the bottom of page 20.

Future Events

With government restrictions still in a state of flux, it is not appropriate to try and provide a listing of future events in this Newsletter. However there are both events and activities taking place but subject to various different limitations on numbers, times and entry requirements. Members are advised to keep a close watch on relevant website including the following:

- **British Orienteering** - best to log in and then look at the 'Go Orienteering' section
- **Fabian4** - As the site used most frequently for pre-entries, this is a good place to see which events you may be able to enter. However, if you are too slow, an event may already be full!
- **Other Local Clubs** - For starters, try **Southern Navigators** (SN), **Thames Valley OC** (TVOC), **Southampton OC** (SOC), **South London Orienteers** (SLOW), **Sarum OC**, **North Wiltshire Orienteers** (NWO) and **Guildford Orienteers** (GO).



2021 World Orienteering Day / Week

The International Orienteering Federation has announced that **World Orienteering Day 2021** will be held over a week from **Wednesday 19th to the 25th May**. For this year, when it had been planned for the 13th to the 19th May, all international coordination was abandoned. Some national activities went ahead depending upon local circumstances with some of these being turned into on-line events.

For more details, see: <http://worldorienteeringday.com/>

Your 2020-2021 Committee

Chairman:	Stefan Stasiuk	chairman@bko.org.uk
Secretary:	Derick Mercer	secretary@bko.org.uk
Treasurer:	Peter Entwistle	treasurer@bko.org.uk
Membership Secretary:	Ian Hudson	membership@bko.org.uk
Fixtures Secretary:	Bo Oqvist	fixtures@bko.org.uk
Development Officer:	James Wilkinson	development@bko.org.uk

4 Committee Members + 2 co-opted: Fiona Clough, David Jukes, Brian Sewell, Mark Foxwell and Simon Moore

Making Progress in a Pandemic Year

Adam Methven

In the August bank holiday weekend, we travelled up to the Lake District to a junior race weekend which was selection for the BOF camp in Edinburgh (from which you can then be invited to join the Talent Squad). I hadn't orienteered much in the Lakes up until this, so I was apprehensive as well as eager for the weekend on the difficult terrain. First though was the sprint race, set on the outskirts of Windermere; it went well as I made no mistakes – and my choice of avoiding the stream crossing paid off, putting me in 5th position. The long distance event was up next and I was happy with my performance on this day, making a good route choice on the long leg (3 to 4) by sticking along a wall to the west of the thick forest. The middle distance however didn't go quite as well – losing roughly 3 minutes on control 3 and 2 mins right after on control 4, placing me 10th. Overall though, I did well and had the best result out of the bottom year of the age group, earning me a place in the Edinburgh camp.

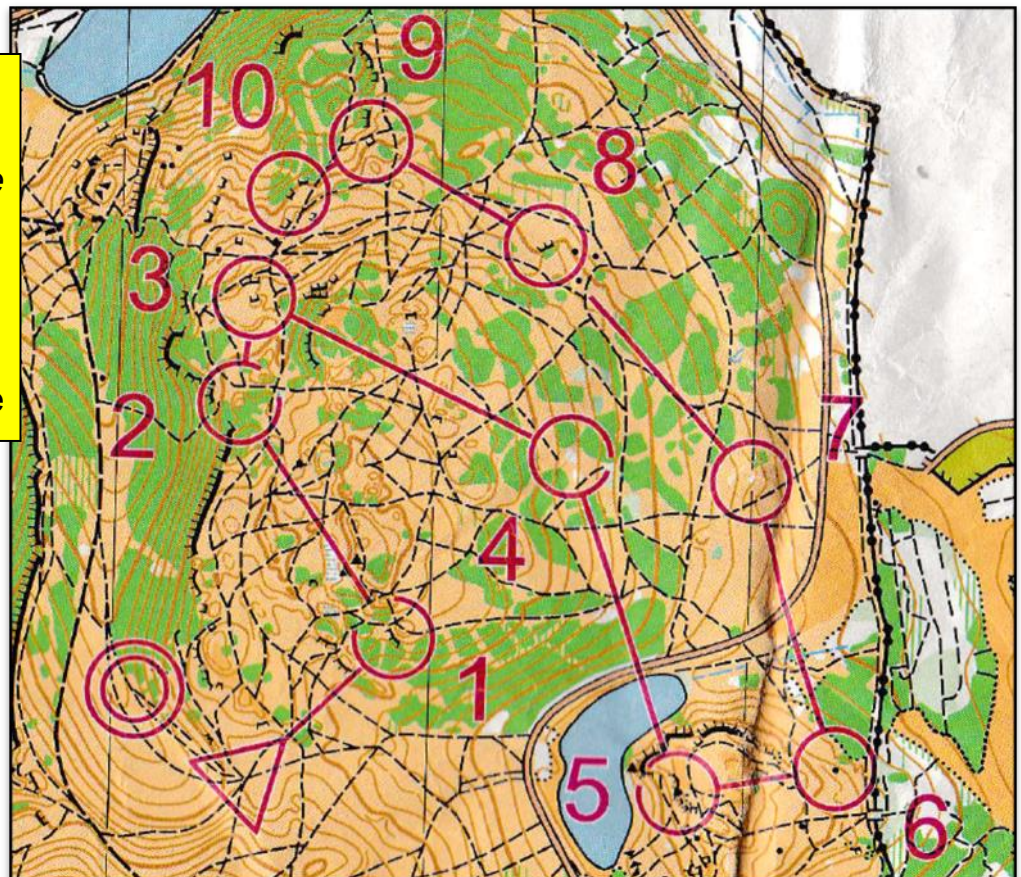
Despite the virus getting worse again throughout September the Edinburgh camp in October still took place, although we had to stay in separate accommodation. On the Friday morning my mum and I took the long train journey up. Not long after arriving in Edinburgh, we had a 3km race across the Meadows to start the weekend off. This was what I was most anxious about leading up to the weekend, as I'm not the strongest runner and I'd been sitting down on a train all day. However, I knew most of the people there and after meeting with them and having plenty of time to warm up I was feeling more confident. The two very competent cross country runners – Ben Gostick and Sam Griffin in the year above – set the pace fast over the first kilometre as we tried to keep up with them; through the second km though I found a good speed behind Tommy Heap and we pushed each other to the finish line, me just beating him to the post though. I finished 4th in the end and I was happy with that so I could relax going into the rest of the weekend which was more like training, so that they could get an idea of our ability and orienteering style.

On the Saturday Morning we had 3 talks – one focusing on navigational techniques, another on physical/ training goals and the third on lifestyle (which includes training schedule, nutrition etc.). This was followed by a sprint training through the streets of Edinburgh. Unfortunately it had been raining the entire day, so the pavements were slippery, and it didn't help with climbing up and down the stairs on the multi-floor section. It was also a complicated course with plenty of small

Holyrood Park, Edinburgh

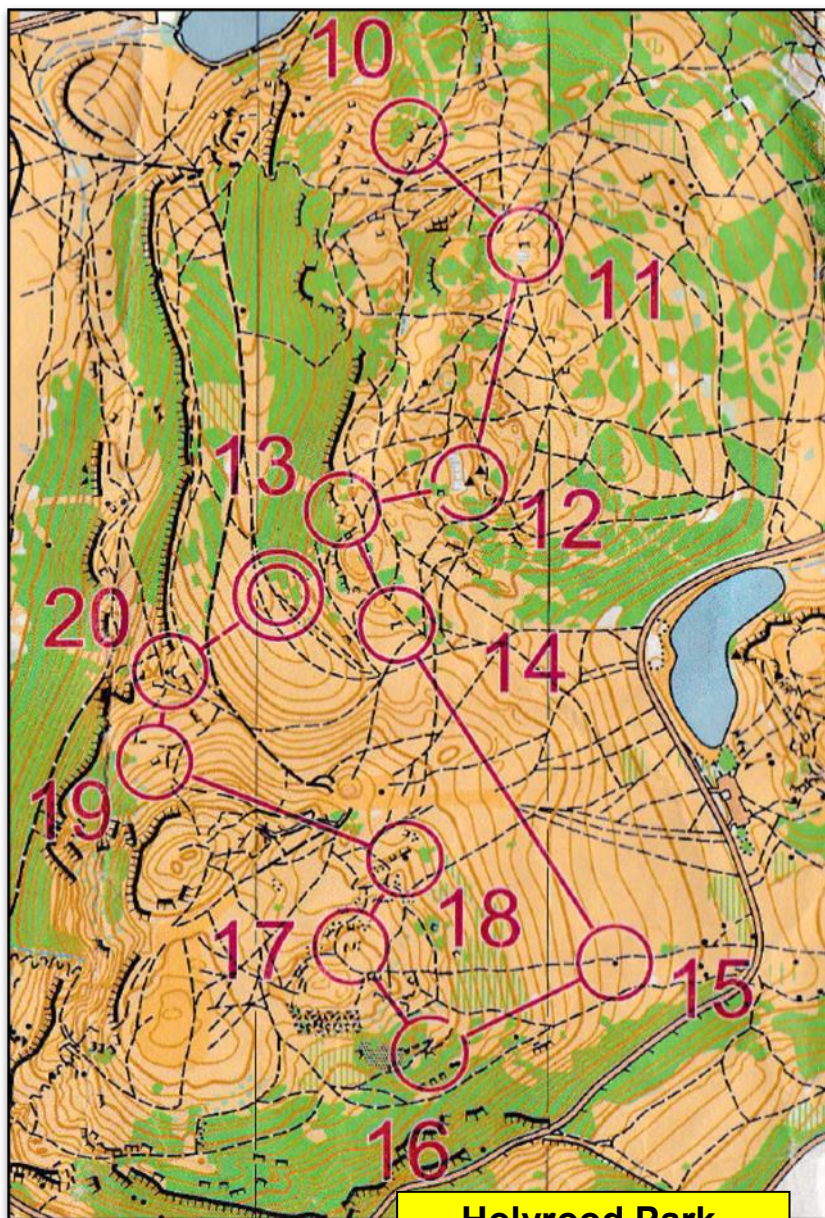
*Probably most people
will be more familiar
with the name
'Arthur's Seat'.*

This map is the first
part of Adam's course



alleyways which you had to look at the map twice to see, causing me to make plenty of mistakes and bad route choices. One particularly bad error was on control 10, which was in a car park on a lower level; I tried 2 different routes down into it, both of which were blocked off, before backtracking nearly 100m to find the correct entrance.

Thankfully Sunday provided better weather as we went up onto Holyrood Park (Arthur's Seat) first thing in the morning to run a 4.3km middle distance course with a two sided map. Tommy Heap started only a couple of minutes behind me and caught me up as I hesitated around control 2 – having run right past it. I found 3 quickly though and was having a great run, climbing practically straight up a crag at near 5, which put a good gap between me and Tommy by control 11. At control 12 though, I wasted a couple of minutes on the east side of the small hill. Number 16 was a slow gruel up the steep slope where I avoided the mistake of staying on the lower path and fighting my way up through gorse, before running on the complete wrong side of the hill to 19 (I was on the south side). All in all I seemed to prove my orienteering capabilities over the weekend, as I got invited into the British Talent Squad. I couldn't be happier with the result, even if there's not been a great deal of training with the squad since, due to stronger lockdown coming back into place.



**Holyrood Park,
Edinburgh**

Second part of
Adam's course.

Editor: Congratulations to Adam on his selection to the Talent Squad (see box on right for more details).

Those of you who have been able to get to some of the recent local events may have already spotted some of Adam's results. At the SMOC event at Stowe on the 25th October, Adam won the Blue course. He has followed this up by winning the Blue course at the GO event at Puttenham on the 6th December.

The Talent Squad

There are actually 2 separate Talent Squads run by British Orienteering. According to the BO website:

- **Talent Squad Tier 1:** Includes primarily the 15-18 (School) age group and aims firstly to identify and induct promising juniors into the Talent squad and then assist in progressing them from the 'Learning to Train' to the 'Training to Train' phase of development. This is the one that Adam has joined. There are currently 18 members.
- **Talent Squad Tier 2:** Includes primarily the 18-20 (University) age group and aims to continue the development of the older junior athletes in their final stages of their junior careers before progressing into the senior ranks. The purpose of the squad is to move the athlete from the 'Training to Train' to the 'Training to Compete' phase of development. There are currently 8 members

Lockdown Orienteering - How to Inspire Children

Mandy Abery

I attended a couple of BKO orienteering events during 2019 and I first joined BKO in November 2019 ready for 2020 – what a year to join!

I work in a primary school and over the lockdown period I helped with the keyworker children class. We had around 16 children in total and they were aged between 4 and 10, two of my own children were also in this group (and both have taken part in BKO orienteering events). In the afternoons I planned as many outdoor activities as possible including orienteering as I wanted to share my love of the outdoors and orienteering with them. I do feel it is an important skill for our children to learn. We are extremely lucky at our school to have wonderful grounds which makes orienteering for the children a great opportunity. Over the summer lockdown I organised several orienteering activities:

We measured the number of steps we take over 10m to work out how many steps in 100m to get them thinking about distance.

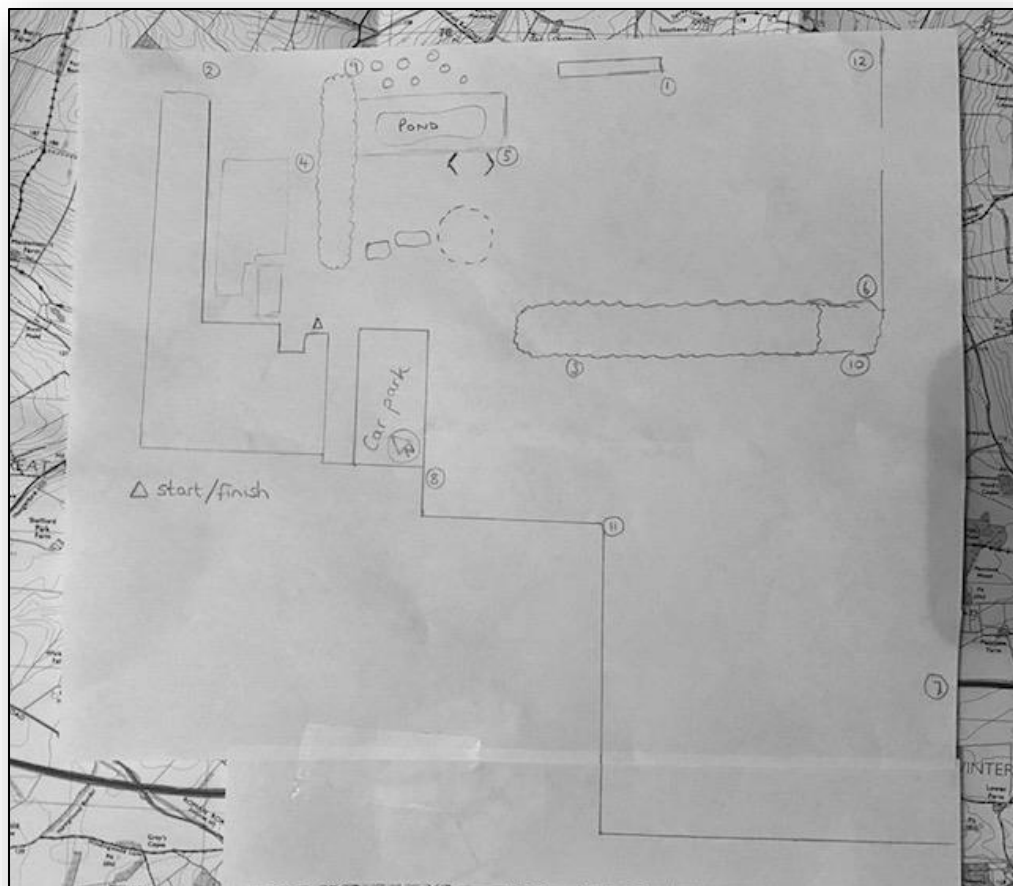
I first found a ready made Geography themed orienteering trail on the internet (with 18 checkpoints with the aim of collecting OS map symbols and letters to make a phrase).

As I gained confidence, I started making my own orienteering trails and we did a PE themed trail for one of our daily PE sessions (11 checkpoints with an exercise they had to do and a letter to collect to make a phrase).

The children had a map making session with the aim of creating a map of the school that we



Mandy with children Louis and Freya at our Woodley event, August 2019



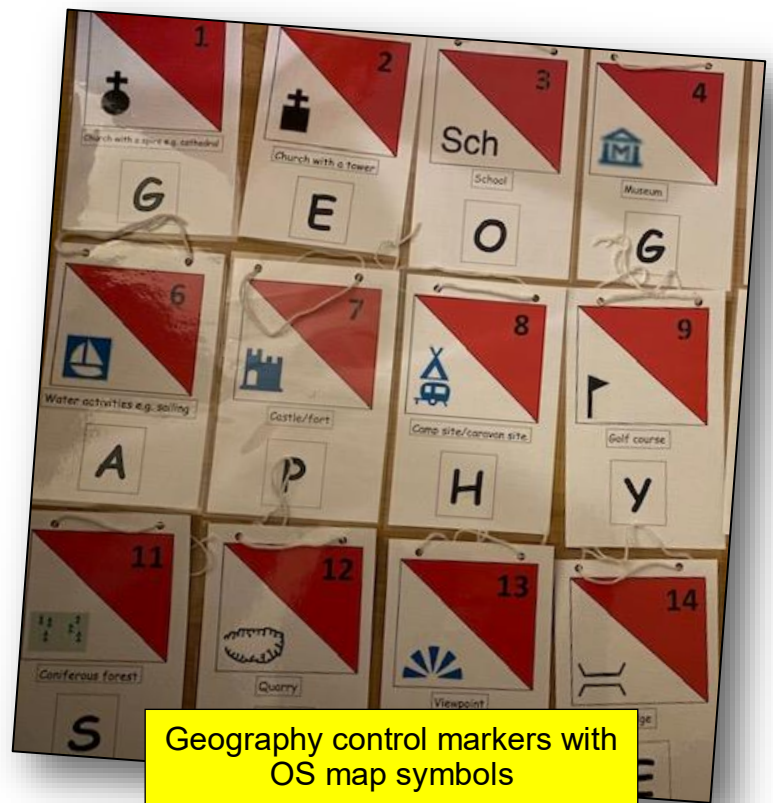
The school map. A combined effort produced with help from the children

could run an orienteering session from. This was hugely successful and they really did put so much effort in to create a map of the school grounds. The map is very basic but it was a wonderful exercise in really getting to know the school grounds and what the important features are for recording on a map.

On the final day of the summer term, we had a treasure hunt style orienteering activity using our map. I put out 12 checkpoints and each one had a clue that would ultimately help them solve the final clue which led to a hidden treasure chest with a treat in for them all. They needed a decoder wheel to decipher most of the clues. As the ages were so varied they worked together in 2 groups so that it was fair for them all.

The hardest part of the activity was deciphering the codes! They found the orienteering with the map quite an easy part of the task and they loved the treasure hunt nature of this activity to find the hidden treasure box. Thankfully their teamwork paid off and they were rewarded with Haribo sweets!

For me – I loved putting these orienteering trails together and I learnt a lot. Using a map of the school really did change the orienteering experience to give them a realistic feel of the activity. I am now putting ideas together for my next orienteering activity.....



Geography control markers with OS map symbols



Treasure Hunt control markers



P.E. control markers

Orienteering with the Monks Family during a Pandemic

Trish Monks

Back on March 15th when the family and I ran in the pouring rain in the CSC heats at Cranham, little did we know that that would be the last proper orienteering we would do for several months. We knew something was coming, but no-one was prepared for what we got!

As a family we were fortunate not to be too negatively impacted by the lockdown and subsequent restrictions. Yes, the kids were at home and not school, yes some days I had to choose between going for a run or taking the boys for a walk, queuing for shops was annoying, not being able to see family was upsetting, but otherwise life was OK – weird, but OK.

We did miss orienteering!

Fortunately, there were several solo-o courses set up locally, so Jon (my husband) and I took turns in doing some of those, and I managed to drag Elliot (10) out to do an Orange in Hawley Woods. It wasn't the same as competing, but it added purpose to a run and helped keep our "skills" slightly less blunt.

As the restrictions eased and orienteering restarted, we took part in Wednesday British Army OC events locally. The first event on 5th August at Rushmoor Arena was awesome. The sun was shining, everyone was smiling and happy to be there – it was really lovely to be back, and it felt like things were getting back to normal.

When we could, we went every Wednesday, and - so we all got a run – I twice cycled to an event (Minley and Frith Hill), ran my own course, ran with the boys while Jon did his run, then we all drove home together. How my legs didn't fall off I don't know!

Once the kids were back at school (hurrah!), Jon and I continued with BAOC events at Bordon, Hawley, Barossa and finally Long Valley before the DIO (the Defence Infrastructure Organisation) put limits on the number of civilians allowed to enter the events and, more recently, cancelled all events through to January.

Aside from the military stuff, I kept an eye on local orienteering events and was fortunate to be browsing when the entries for the TVOC event at Penn Wood in late September opened – bagging 4 places before it sold out in record time.

The organisers kindly said we could park our motorhome in the event car park the night before, so we went for a "trip out", had dinner in the local pub, and were on site and ready to run the next morning. I enjoyed the event - despite running ribs first into a pointy stick (which hurt) - although,





as controls were largely in pits and depressions and the terrain was low on features, it was quite challenging.

In October we made the trip to the South Midlands event at Stowe Park – staying the night before in a pub car park in the van, again requiring a pub dinner and a couple of pints of real ale – proper race prep, like real athletes....

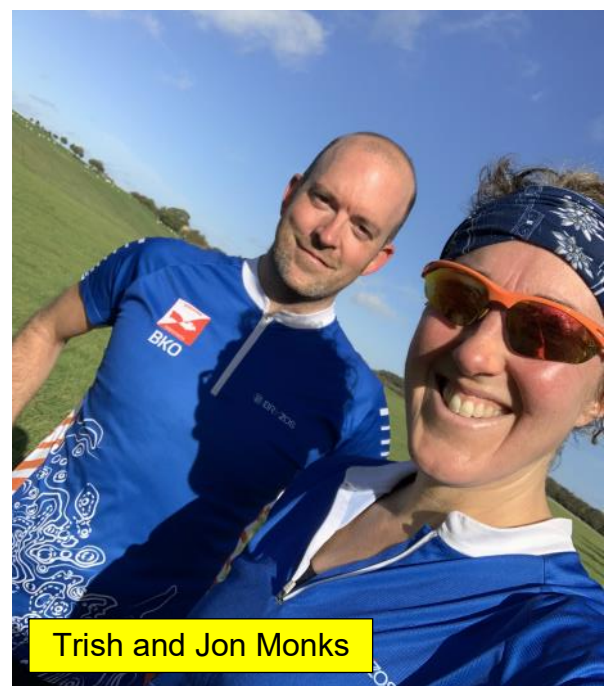
The run was beautiful. It was a stunning day, the running was easy, the course was fun and it was great to see a few other BKO members. All in all, a really lovely event and well worth the drive.

And then lockdown 2.0.

This time, there were near weekly solo-o courses loaded on to the Southern Navigators website (here: <https://www.southernnavigators.com/archive/solo-o-back-on-as-a-training-option>) which was amazing, so Jon and I restarted our Wednesday orienteering 'date' and tackled Barossa, Mytchett, Windmill Hill (once we found our way in!!) and Long Valley, I also did the Elvetham Heath MapRun course, and we all did the Bagshot one – with McDonalds on the way home – so we have been getting our 'O' fix!

And most recently, we went to the GO event at Puttenham on the 6 December – the kids did their first orange (together) and did really well, Jon and I did Blue and both had a terrible day, so we are glossing over that and looking ahead to this coming weekend when we are taking the van down to Poole (staying in an actual campsite!!) and will be at the Wimborne Orienteers' Inside Park event on Sunday.

I hope you are all keeping safe, and would encourage all of you to get out into the woods and enjoy the many solo courses around the area, or have a go at the MapRun "events" that have been created if you haven't already. It's not unusual to 'bump' (socially-distanced!) into other orienteers in these locations, and it's lovely to share a knowing smile and a wave of the map – even if it is from a distance.



Alternative Activities

Jane Courtier

I had been looking forward to Bucklebury and the TVOC event in November but it was not to be ... Since March I haven't done anything about orienteering, it doesn't seem the same when it's not an organised event. My only preparation for the eventual return to orienteering was to try to be slightly fit for it so, having been an irregular attendee at Park Run, I thought I should do my own each Saturday. My son measured out a 5km route for me mainly around the NT land at Pinkneys Green. To cover the correct distance I have to run one and a half circuits so on rainy days I have surprised the dog walkers by appearing to be extra keen and passing them twice.

My other usual activity is Scottish Dancing which again had to stop in March. With its social nature and inevitable touching of hands it seems destined to be one of the last activities to resume. However the RSCDS (Royal Scottish Country Dancing Society) have really excelled. Having been, in the past, a rather formal and austere organisation they have embraced the virtual possibilities so we have a class every Wednesday evening. At 7pm an international class logs on, dancers from Aberdeen, Oban, Dundee, Sussex, Harrogate, Isle of Wight, Barcelona, South Africa ... Also from Germany, Russia where it is 8/9pm, California and Vancouver (11am), Argentina (2.30pm), Michigan, South Carolina (lunchtime) and New Zealand (7am) the list could go on. The mystery RSCDS teacher can come from anywhere too, last Wednesday a young Scot Emma based in the Netherlands.

Angela Young is the mastermind behind this, she supervises the Zoom, primes the teachers, troubleshoots if necessary and, occasionally if the teacher is in a tricky time zone they record the class beforehand and she introduces and plays the clips. Yoshiki Oyama from Japan where it would be 4.30am recorded his class and demonstrated, with

his wife, the popular dance Triple Happiness which he, himself, had devised. He explained in very good English how it represents (1) meeting a partner, (2) creating a family and then (3) an increasing circle of family and friends.

The fact that it is live makes fascinating viewing, the chat box is busy with greetings, news and weather reports from around the world.

Comments on the music, teacher's choice of dance,

warm

ups etc come in quickly so the teachers have instant feedback and find out if we can see their feet, hear the music etc. They all go to so much trouble, dressing smartly (in kilts of course for the men), clearing their rooms to have space to dance, and, if available, roping in other members of the family to dance or control the music. A fortnight ago William Williamson in Scotland had recruited George Meikle, a local band leader, to play live for us but due to the rules he wasn't allowed in but was just outside the open door with his accordion - in a tent keeping the wind and rain at bay.

Everyone buys in to the idea of dancing as if with a whole set, we are regularly reminded to smile at our partner, join hands correctly - though most of us are on our own. We must look strange if seen through a window, setting, turning, dancing reels up and down our kitchens or living rooms, circling, weaving, acknowledging with apparently no purpose. We know what we are doing and it's in company with all those others, a joyful bit of exercise every week.

Yoshiki Oyama from Japan on Zoom



World's Most Expensive Orienteering Kit?

Simon Moore

When you've been orienteering a long time, the number of pieces of kit you actually need to buy seems to shrink –

- O-Kit – you have enough items to manage a five-day event if you're inventive.
- Club Kit – you have BKO items for all weather conditions.
- O-shoes – do you really need spikes and dobs and studs?
- Compass – you've broken a couple, but now have a fast needle compass that you're happy with.
- Electronic dibbers – that's the latest thing – SI or SIAC, EMIT Brikke- but the battery needs replacing,.

What do you do when you're the orienteer who has everything?

Well maybe look around the car park and see what other people have – you start to notice that more and more of these are appearing :-



This would give you space to get changed when you're soaking wet – no more stripping off whilst standing in a puddle, plus the chance to make fresh tea/coffee/soup etc as required. You could also head off to more of the bigger, long weekend events and camp over. Having seen the Whittle's motorhome, and met friends from SO who have also bought a van, the seed was sown.

I found that deciding to get a campervan just prompted more questions than answers - What Make and Model? How big? How would it be fitted out? There's lots of advice on the internet through forums, Youtube etc. The traditional VW camper route still seems very popular, but a quick look at the price of a new VW California Ocean (From £64,873.00!!!!) soon ruled that out.

Some people buy a new or second-hand van and then take it to one of a mushrooming number of converters who will convert a bare van into the camper of your choice – but that wasn't the route I chose to take. Having recently retired (properly this time), with time on my hands, and after watching too many YouTube videos on how to convert a van yourself, I decided this was the course for me. How hard could it be? Afterall, I built my Caterham from a kit 20 years ago. I soon discovered that there's a bit more too it..

All this happened early this year – I drew up a spec for a van and started looking around for a suitable 2nd hand vehicle. While I was doing this, we went to the Chiltern Challenge at Hambleden which was preceded by the British Night Championships – A quick check of the car-park revealed even more motorhomes/campervans than ever - but a sharp downfall of rain, just

before leaving time showed us how tricky parking a camper might be. We saw one vehicle struggling to move on the slippery surface, while another seemingly identical van just drove straight out of the field. – ‘Better change the spec to a 4WD version’ said Lynne – so that was added to the list.

Just before the first Lockdown, I found my ideal vehicle – an ex-demonstrator from a VW dealer in Basingstoke which I duly purchased.



Before conversion

The keen sighted among you will have noticed the lack of windows and lack of interior fittings. It's a standard ply-lined panel van with metal bulkhead between the front seat and rear of the van. The conversion process has been long and challenging for me – but also good fun.



Among the steps have been :-

1. Remove the ply walls and floor – taking it back to the bare metal.
2. Remove the bulkhead between the front and rear of the van. This involves taking an angle grinder in my shaking hands to my lovely new van...
3. Add noise and thermal insulation to the walls and floor
4. Cut open both sides and rear of the van and replace the metal with glued on windows. This was the most nerve-racking job – taking a saw to the side panels, and cutting the metal back accurately, then laying down the bonding agent and attaching the windows.
5. Fitting a pop-top roof. I decided this was one-step too far for my skills, so I booked this into a local convertor to cut off the roof and replace with a steel frame and fibreglass pop-top.
6. Add a second battery and electrics under the driver's seat with wiring for fridge, water pump, cooker, USB and 12V sockets and internal lights – oh and a solar panel on the roof to top-up the second battery.
7. Re-panel the van interior including carpet lining the walls and roof bed.
8. Install a new ply floor covered with vinyl.
9. Buy, construct and install a specialist flatpack set of kitchen and cupboard units.
10. Install sink and cooker into the kitchen units including drilling 40mm holes in the van floor for cooker inlet and exhaust.
11. Adding a small camping fridge for those all essential cold beers after a hot summer O-event.
12. Adding a 2 person rear seat which converts into a bed – This has to be securely anchored to the chassis to ensure the seatbelts function correctly in case of an



Fitting the windows



Pop-top roof fitted

accident – more drilling of holes through the floor.

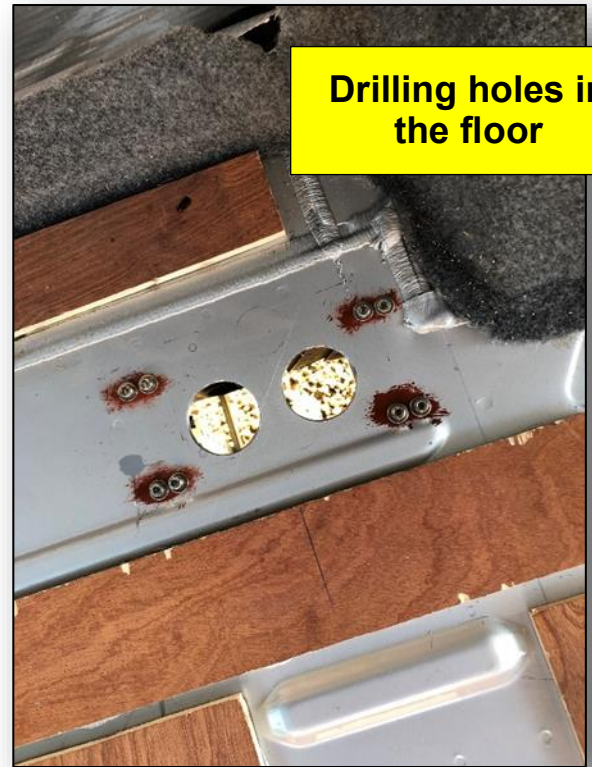
13. Changing the passenger double front set into a single seat which can swivel to face the rear of the van.

The list seems to have grown longer and longer as it went on and the complexity of each job became apparent. Fortunately, there are some great on-line resources to use and people willing to answer stupid questions when you can't quite figure out the best way to do something. I've already decided that this will be an on-going project - there will always be some updates to make. I'm even planning some work which will be pushed back to 'phase 2' – at some unknown time in the future.

Where I am currently – I still have some more electrical wiring to do, some more carpet trim to fit and general tidying up and a load of fitting out to do. I have



Test fitting the kitchen units



Drilling holes in the floor

one last major piece of work to complete – I am fitting a diesel-powered cooker/heater. In order to connect this up, I need to drain the diesel tank, remove it from the van and fit an additional fuel pickup pipe and then refit it all - but how hard can it be??



This is Inka

Looks like I got my van just in time. Since the first lockdown started, many people seem to have decided to follow a similar route – vans have become much harder to find and some equipment has been very scarce with either manufacturers stopping production or all the stock being brought up by other convertors.

It's taken me a long time to get to where I am now, but I've really enjoyed it. Lynne's grown used to the never-ending arrival of parcels of new tools or vital pieces of equipment that I can't do without. One of my excuses for the time it has taken is having to look after my other lockdown arrival - who's always willing to 'help'.

Answer to Puzzle on Page 9

Have a go at the Puzzle before reading this Answer !



The first item in the clue indicates the Code ZC. In the picture there is a circular device which enables two sets of letters (actually 26 letters and the ?) to be rotated. If 'Z' on the outer ring is aligned with 'E' on the inner ring, the other letters can then be decoded. Notice however that the relationship is the reverse so that Z (from the inner disc) converts back to 'T'. Decoded correctly the message reads: 'Put the codes into the padlocks, share the prize'. However the final 'THE' has an incorrect middle letter - a 'B' instead of an 'N'.

Answer to Puzzle on Page 9

The Great British Bake Off Family Challenge

David Jukes

Autumn brings a change in routine. The long summer walks are over, the weather is turning cooler and damper, the ground gets muddier and the sun starts setting earlier and earlier. And this year there were no Winter Saturday Events to tempt me out and no November Classic to look forward to. However, there are some alternative pleasures - for some this is the return of 'Strictly Come Dancing' to our TV screens for yet another season. Personally I can't stand the cheering, booing and exaggerated enthusiasm of the participants and audience. For me, it is the more sedate and very British activity of baking.

Bring 12 ordinary people together and challenge them to produce a selection of different bakery products over a series of weeks with one of the participants being eliminated each week. In the final, 3 contestants attempt to bake different items to be selected the winner. That is the format of the 'Great British Bake Off', now a Channel 4 programme. As the New York Times has commented: *'While many shows feel tired as they approach 100 episodes of the same formula, "Baking Show" has managed to balance its status as the "ultimate comfort show" with increasingly quirky elements.'*

For the Jukes family, this year was different. Two daughters proposed a family challenge where we would, each week, create a product based on something in that week's episode. This sounded a lovely way to enhance my enjoyment of the programme whilst improving my baking skills, creating some new home-baked products to enjoy and competing to be seen as the 'Star Baker' in the family each week.

Week 1 saw four of us produce various versions of the traditional Battenburg cake. My version was based on one produced in the programme involving adding discs of marzipan coloured with cocoa to the standard yellow marzipan normally used to encase the cake. My memory in making this was the amount of excess sponge which had to be cut off to make the two colour cake in the middle. My marzipan was too thick which was considered bad and I was beaten to 'Star Baker' by a daughter whose cake had a novel 3x3 structure.



Week 2 was simpler with coconut macaroons - not really much of a challenge although beaten by a different daughter who included a mango curd topping. But Week 3 was bread week and, for me, it was a chance to attempt making some bagels. This was fun and, gaining an idea from the multi-coloured versions on the show, I went for a two colour version. These turned out to be excellent, if a bit dense.

However,

the family felt that a daughter's soda bread looked the best effort of the week.

Week 4 saw us all making brownies. My effort was disappointing as they were over-baked and rather dry, so lets move on quickly to Week 5 which was pastry week. This was a chance to try making eclairs with choux pastry. For this I bought and got delivered overnight a set of piping bags and a set of suitable nozzles. The eclairs turned out well although the decoration was a bit messy. Beaten again (at least in appearance) by a daughter producing a set with a lovely chocolate glaze. This family challenge was not turning out so well after all. Time to 'up my game' a bit (as they often say on the show!).



Week 6 was the show's first 'Japanese Week'. They made an intriguing gâteau out of pancakes. This was certainly something different and an interesting challenge. It required 13 small pancakes and one large one. The small ones were all sandwiched together with a white chocolate ganache and some sliced banana and the whole thing then wrapped with the large pancake, inverted and placed in a basin to cool and set. The finished result looked amazing and also tasted great. At last I was awarded the accolade of Family Star Baker for the week!

Then, for Week 7, it was on to pasty and a chance to try making a quiche. Again something new for me and, I will admit, I cheated by using shop-bought pastry. Two



Week 6

different flavours were produced (which both had a rather thick pastry base which was not fully baked through) but then a daughter went and made an extremely nice looking and flavoursome quiche with her own home-made pastry. Beaten again!



Week 8

Week 8 saw us attempting baked cheesecakes and I have to say that I was very impressed by my effort at a vanilla cheesecake with a swirled raspberry filling. I think the week was a draw.

Heading for the last two weeks. The 'semi-final' week included a 'cube of cube' creations requiring 27 small patisserie style cakes stacked into a cube. I really went to town with this one and spent nearly a whole day creating different sponges, fillings and icing. The overall effect looked a bit disappointing as the icing set too quickly. Also we discovered that attempting to eat 27 rather sweet cakes was quite a struggle.

And then to the final where the choice was to make some custard slices with some rough puff pastry, some crème patisserie filling and some traditional sugar icing. No cheating this time - I made the pastry from scratch and the final result was delicious.. There was no trouble eating this week's creation.

In conclusion, it was a great way to spend the Autumn weeks which I feel has greatly increased my confidence in baking. No longer will it be my standard Victoria sponge or country fruit cake but something much more exotic.

There will be failures but, by trying and practising, then one can improve and perhaps, ultimately, achieve an outstanding result. A bit like orienteering I suppose!



Semi-final Week



Final Week

The orienteering magazine, **CompassSport**, has a regular feature with content designed to cover matters of interest to Juniors. One regular feature in this 'Route Choice' section is profiles of some of the country's junior orienteers. In the October 2020 issue, one of BKO's juniors was featured. We look forward to more BKO profiles in future issues!

Amelia Wing

Age Category: W14 Club: BKO

1. What is your most common mistake?

Not orientating my map fully.

2. What is your favourite type of area?

Open woodland.

3. When/how do you train? I train with **South Central Junior Squad** at weekends in woods in our region and I do sports including netball, lacrosse, athletics and tennis at school to keep fit.

4. When/why did you start orienteering? I started orienteering with my school when I was 7. We learnt the basics at school and then went to local events at weekends.

5. What's your favourite warm up exercise? **A short jog and then lots of stretches.**

6. What was your worst mistake? **Looking for a control for ages then realising I was in completely the wrong place.**

7. Who is your rival? **No rival, I just like to achieve my best (and beat Mr Thomas!)**

8. How do you prepare for a big race? **I make sure I have all my equipment ready, make sure I am physically and mentally prepared, and then warmup well before I start.**

9. What three words come to mind when told: "We're going orienteering"? **Is it hilly?**

10. What advice would you give a beginner? **Remember to orientate your map and keep track of where you are on the map.**

11. Thumb compass or base plate? **Thumb compass**

12. What style shoes do you wear? **Inov-8 X-Talon 212**

© Stephen Wing



Amelia Wing.

So, Mr Thomas (Glyn), you have been set a challenge! We expect that you will show Amelia that you can still beat her.

ALL THE
BEST FOR
CHRISTMAS
AND THE
NEW YEAR

