

# Club Newsletter

## Jan 2012



The New Year starts with the traditional BKO New Year's Day score event, this year held at Greenham Common and run jointly with BADO. As the photos show it wasn't a bright sunny day but the rain stayed away and the attendance was good. The score challenge had an interesting twist with two sides to the map being used, there was some debate after the event regarding the best side of the map to run first.

## Happy New Year



Happy New Year everyone. 2011 was another busy orienteering year with many events as ever organised by BKO. With Saturday events proving as popular, the Summer Parks Series extending our season into July and club evenings now taking place on Wednesdays, there have been plenty of local events to attend.

Our next big event is the Concorde Chase at Yatley and Minley on Sunday 29<sup>th</sup> January. Andrew Graham is organising the event and Andrew Southwood is planning the full range of courses up to black. These events take a lot of organising and running and so if you can help

in any way, please let Andrew know at [drumble55@hotmail.com](mailto:drumble55@hotmail.com).

In this edition of the newsletter we have the reports on the Southern Night Champs featured on the cover, results of the club championship and Autumn performance league plus reports for our other recent events.

Enjoy your orienteering in 2012.

Keith

## Notice of Annual General Meeting

The Annual General Meeting of Berkshire Orienteers will be held at 7.00 pm on Friday 24<sup>th</sup> February 2012 at The Bull At Theale, 41 High Street, Theale, Berkshire RG7 5AH. All members are encouraged to attend the AGM which will include the election of club officers, discussion of the club's accounts, and the reporting of the year's activities and plans for the future. An official Agenda will be circulated by e-mail nearer the date.

The AGM will be followed by the Annual Club Dinner also at The Bull. Again details will be circulated in late January but all club members will be welcome. It is expected that the cost will be about £15-£20 per person with discounts for juniors.

The Bull is only about 2 minutes drive from Junction 12 of the M4 and close to Theale Station. For more details, see their website at: <http://thebullattheale.co.uk/index.htm>



The Bull at Theale



Katy Stubbs

BKO Club Chairman Katy Stubbs was recognised for her contribution to the sport at the Wokingham Borough Sports Council Sports Personality of Year Awards 2011.

Katy was nominated in the volunteer of the year category for which she received a medal but unfortunately was pipped at the post for winning the award. Katy was also recognised in the Services to Sport in the Community Category.

It is worth quoting the nomination details which shows the work that Katy has put in for our club over a period of time:

- Club Chairman for the second year in succession.
- Has been a committee member for many years.
- Acting as Club Fixtures Secretary while there is a temporary vacancy.
- Co-organising club events with new event organisers to provide them with support and advice. The events were very successful including one on 25<sup>th</sup> September 2011 attracting almost 400 competitors..
- Established regular club evenings, new this year with personal commitment to ensuring the evenings are a success. The aim of these is to attract new young members to the club as well as provide an event for existing members.
- Championed schools orienteering with a fellow committee member which led to a local school becoming British Schools Champions in late 2010.
- Helped to bring one of the two biggest orienteering events in the country (the JK) to the area in 2013 and volunteered to organise.

Represented the club at Regional and national orienteering meetings. All the above with great enthusiasm, care for fellow members and modesty.

Others in our club have also devoted a huge amount of their time over the years and so perhaps we could nominate another of our deserving club members next year, it is good for the individual and to have orienteering on the "Wokingham Sports Map".

## Saturday events

Keith Ellis

Two more events have been held since the last newsletter, the first was at Benyon's Enclosure near Mortimer on 12<sup>th</sup> November and the second at Swinley East near Bracknell on 3<sup>rd</sup> December. Both events were successful with a good attendance; 87 at Benyon's Enclosure and 121 at Swinley East.

It was good to see the events well attended by school pupils competing in the Schools league organised by Ken Ricketts. At Benyon's Enclosure pupils from Horris Hill School, St Andrews School and Meadow Vale primary school attended. At Swinley West, St Andrews, Altwood and Wildmoore Heath schools were represented, along with several cub and scout groups.

Top BKO performances at Benyon's Enclosure were Angela Hargreaves & Francesca Rogers coming second on the white course, Charlie Betts winning the yellow course, Sid Hardy winning the orange, Clive Jenkins second on the light green and Andrew Graham second on the blue. Fourteen competitors described themselves as independent and so were presumably new to the sport which is encouraging.

The weather was kind at Swinley East with competitors treated to a bright sunny day. Top BKO performers were Alexandria Marwick finishing 4<sup>th</sup> on the white course, Charlie Betts with another victory on the yellow, Martyn Jones third on the orange, Martin Wilson 4<sup>th</sup> on the light green and David Jukes finishing second on the blue. Again there were lots of newcomers to the sport with 27 independents, including one who won the orange course and a fellow Park Runner who I brought along came a creditable third on the light green. It was good to see so many new faces, let's hope that we can encourage a few to join BKO.

The following Saturday events will take place in the remainder of this season:

21<sup>st</sup> January Star Posts

18<sup>th</sup> February Bloom Wood

10<sup>th</sup> March Snelsmore Common

21<sup>st</sup> April Rushall Wood

## **BOF accredited Event Safety Workshop**

There will be a BOF accredited Event Safety workshop on 11 February 2012, at Harwell, starting 9:00am, ending by 13:00. This is easily accessible from the A34, we also hope to be able to arrange transfer between the venue and Didcot station.

This workshop covers Event Safety in all aspects, so it looks at planning safe courses and how to set up the organisation of an event to reduce or eliminate potential hazards, including the effect of the actions of planners, organisers and controllers. It does cover the risk assessment process and finally search and rescue. So this course is of value to all event officials, not just organisers. Organisers of Level C events and above and all controllers will need to have attended a workshop in the near future, probably by the end of 2012.

Priority will be given to SCOA members, with an upper limit of 30, if numbers exceed this then priority will be given to organisers, people willing to act as club tutors and controllers.

The workshop will be free, travel expenses will be paid at the BOF rate only for people who are willing to act as roll-out tutors to their club. Such tutors will have to be approved by the Event Manager before putting on training for club members.

## **BOF Controller Grade C Controllers Course**

There will be a Grade C Controllers course on Saturday 17<sup>th</sup> March, at Silchester Village Hall. This will be an all day course, including an outdoor practical exercise. The course will be free but travel fees will not be paid for attendees. To become a Grade C controller, you will need to have at least the following experience:-

- Organise a competition registered with British Orienteering within the previous 10 years.
- Plan a minimum of 3 events, with at least one at Level C, and at least one within the previous 5 years.
- Complete a British Orienteering Controller Grade C course.

- Complete an accredited Event Safety course.

Anyone interested in the above courses should contact Katy Stubbs at [technical@scoa-orienteering.org.uk](mailto:technical@scoa-orienteering.org.uk)

## **Club Training and Competition Weekend in the Lake District - 3<sup>rd</sup> and 4th March 2012**

Something for you to put in your diaries.

British Orienteering are organising a coaching day at Black Beck Woods, Bouth, near Newby Bridge, Lake District on Saturday 3<sup>rd</sup> March 2012 and it is our intention to use this opportunity to run some club coaching and training as part of this. Dave Rogers will plan our training activities (to cover the technical abilities of the attendees) on what is excellent technical orienteering terrain. The training will be between 0930 and 1530 hrs, so you can spend as much or as little time as you feel you need training and being coached by Dave and other BKO coaches. There will be a charge for the training day of around £7-8 per senior and £2-3 per junior (to cover the OCAD map licence and cost of map printing) and £1 per vehicle for parking.

There is also the SROC Level B event on Whitbarrow Scar on Sunday, 4th March 2012 and so we can make a weekend of it.

On the Saturday evening the plan is to have a group meal [bill shared between attendees] in a local hostelry.

You will need to sort out your own travel and accommodation arrangements and also enter the Sunday event separately. Payments for the training day will be via BKO – more details on this once we have a clear idea of numbers.

Please let Dave Rogers ([dave.rogers@bko.org.uk](mailto:dave.rogers@bko.org.uk)) know of your interest in the Club Training Day – we will need to finalise numbers by the end of January 2012.

## **Club Championship 2011**

The first club championship in some years was held at the SCOA league event at Pamber Forest on 20<sup>th</sup> November.

The competition was held using a system based upon raking points achieved compared with the average ranking points in the British Orienteering Ranking system. Congratulations go to our winners who were:

M/W12 Champion: Alexandria Marwick

M/W14 Champion: William Jefferies

M/W16 Champion: Robert Lattimore

Senior (18-49) Champion Richard Powell

Veteran (50-65) Champion Alain Wilkes

Super Veteran (65+) Champion Ian Cooper

Special congratulations go to the Overall Senior Club Champion who is Alain Wilkes. The prize-giving will take place at the club AGM in February.



## **CompassSport cup**

In recent years BKO has performed poorly in the CompassSport cup, mainly due to a lack of participants. Unlike last year when the event was held outside of our Region, we have an event relatively near at Bradenham on 19<sup>th</sup> February.

Competing well in this event requires some good runners which we have and participation in depth to ensure we pick up points on all courses. Often we fall short through not enough competitors to cover all courses but with some strong competitors across age groups, we should perform well this year if we can secure a good turn-out. Please put the date in your diary to help secure a strong BKO performance in the 2012 competition.

## **SCOA News bulletin (Dec 2011)**

This bulletin provides a brief summary of the state of play on a number of issues discussed at the SCOA meeting on 1<sup>st</sup> December. It is not intended to be a record of that meeting – the minutes provide that record.

### **JK 2013**

Work on organising the JK is continuing well. All major day officials have now been appointed. A first meeting for the major officials has taken place.

Regrettably, our proposed competition area for the Sprint race on Day 1 has fallen through. Katy Stubbs is now therefore exploring alternative venues for Day 1.

Day 2 and Day 4 are being held at Hambleton. The team have been exploring whether to extend the competition area to the north and west, but have now abandoned these ideas.

All clubs in SCOA will need to provide manpower to deliver the four days successfully. In order to simplify communication with clubs, each club has been asked to nominate one person through whom all requests for help can be channelled. Separately, SN have volunteered to take on the relays.

Domain names for the event website have been registered.

### **SCOA Relay championships**

The inaugural SCOA Relay championships will take place on Saturday 16<sup>th</sup> June 2012 at Bagshot. SN are hosting the event, in parallel with the SEOA relays. The event follows a handicap structure, details of which can be seen on page 5 of [http://www.moorenet.co.uk/seoa/events/eventinfo/seoa\\_competitions.pdf](http://www.moorenet.co.uk/seoa/events/eventinfo/seoa_competitions.pdf)

More details will appear in due course, but in the meantime SCOA clubs may wish to include a reference to the championships on their websites and newsletters.

### **Other SCOA leagues and championships**

The 2012 SCOA Championships will take place at the Sarum Saunter at Hamptworth on Sunday 26<sup>th</sup> February. Click [here for the flyer](#). Entries are now open on [Fabian4](#).

The SCOA league is a well-established format. More details on the [SCOA website](#).

With a flurry of urban events taking place in or near our region next year (Lyndhurst, Guildford, Basingstoke, Didcot, Windsor, Oxford), we are intending holding a SCOA Urban Championship in 2012. A decision about which event will host it will probably be made at the March Committee meeting.

## **Yvette Baker Trophy**

With effect from 2013, the Yvette Baker Trophy final will take place in the Summer rather than the traditional date of December. As a consequence, regional rounds will be brought forward to the Spring.

## **Rules and Guidance**

(Note that the following have yet to be ratified by the British Orienteering Board.)

Eligibility for a British Championships medal will in future be limited to those who are both members of BOF and also British Citizens. (Previously the wording referred to those who were *eligible* to become British Citizens.)

Event Guidelines will in future include a Very Short Green course in their course length tables, in order to encourage event organisers to offer Very Short Green courses. This reflects requests by older competitors for events to offer short TD5 courses. SCOA Committee will consider next year what courses should be included in the SCOA League for the 2012 /13 season.

Level B events will in future be automatically allowed to use digitally printed maps, provided the printer has previously been approved by Map Group. (Printer in this context means both a firm of printers and individual club printers; for the latter, a sample of the printer output must be provided for scrutinising in order for the printer to be approved.)

Some changes have been made to wording concerning safety at Sprint and Urban events, and to emphasise that impassable barriers must not be crossed or reached over to punch a control site.

The revised IOF guidance on measuring actual course lengths (ie taking into account impassable buildings etc) is NOT being implemented in the UK Rules and Guidelines for Sprint and Urban races. Instead it is recommended that planners and organisers indicate how much longer the courses are likely to be compared with the straight line distances quoted in pre-event information, so that competitors can judge which course to enter.

It looks likely that British Orienteering's insurers are in future going to require mappers to be registered, to demonstrate that they have the skills and expertise to identify all potentially dangerous hazards on mapped areas. This proposal is still at an early stage of discussion; more details will no doubt emerge in due course.

## **Event Safety workshop**

Katy Stubbs will be running an event safety workshop on Saturday 11<sup>th</sup> February at Harwell. **All** level C, B and A Organisers must attend a workshop by the end of 2012, as will anyone applying to be a Controller or to be appointed to a higher grade.

## **PR and publicity**

It is recognised that Club Publicity Officers have a challenging role. There is very limited support for them, from British Orienteering or elsewhere. Furthermore they generally do not know their opposite numbers in other clubs, so cannot share ideas and good practice. To try to facilitate the latter, Liz Yeadon (SCOA's Development Committee Representative) will organise a meeting of SCOA club Publicity Officers early in 2012.

## A Special Christmas Present

David Jukes



My wife, Helen, enjoys many forms of craftwork and especially types of sewing. She has recently taken to quilting. In simple terms this involves searching in craft shops for a whole variety of different fabrics, buying them and bringing them home, eventually cutting them up into smaller pieces and finally sewing the pieces back together into complex patterns or designs. There might be a bit more to it than that I suppose!

She had talked about doing me an ‘orienteering quilt’ for some time and had been acquiring fabric with nature themes – rocks, trees, grass, etc. I didn’t really expect her to ever get round to making something though as a lot of the pleasure for quilters appears to be in the creation of a collection of fabric which could, one day, be used for quilts. ‘You never know when that might be useful’ is a frequent justification for purchases.

Before Christmas she was busy making a quilt for one of our daughters, a quilted Christmas tea cosy and some quilted seat cushions for our dining chairs. She always seemed to be sewing and it was becoming a bit annoying! A few days before Christmas I found some odd bits of the ‘nature theme’ fabric on the lounge floor and asked her why they were out. Her response, that they were for our daughter’s quilt, was not convincing. I then also spotted

some red fabric and started to wonder if something else had been going on without my noticing.

Anyway, the result was that on Christmas morning I was presented with a beautiful finished quilt inspired by orienteering. I have been told that it can be put to good use – as a blanket, for sitting on at picnics, for wrapping up warm after a winter’s event. She has told me that I will be the envy of the orienteering community. It is certainly unique!

## Fixtures

Fixtures hosted by other clubs and listed on The British Orienteering website include:

Date	Club	Venue
14 <sup>th</sup> Jan	SN	Velmead near Fleet
22 <sup>nd</sup> Jan	HH	Northaw Great Wood (Regional event)
4 <sup>th</sup> Feb	SN	Eagle House School
11 <sup>th</sup> Feb	TVOC	Wendover Woods (Come and Try it event)



12<sup>th</sup> Feb      WIM              Dorset Delight near Burley  
 25<sup>th</sup> Feb      SN                Merrist Wood

## Your committee members

**Chairman:** Katy Stubbs              0118-978-2875      [katy.stubbs@bko.org.uk](mailto:katy.stubbs@bko.org.uk)  
**Secretary:** David Jukes              0118-969-2514      [secretary@bko.org.uk](mailto:secretary@bko.org.uk)  
**Treasurer:** Peter Entwistle        01628-635278      [treasurer@bko.org.uk](mailto:treasurer@bko.org.uk)  
**Fixtures:** Vacant  
**Membership:** Alan Springett      07712-672712      [membership@bko.org.uk](mailto:membership@bko.org.uk)  
**Development:** Denise Harper      0118 948 2934      [denise.harper@bko.org.uk](mailto:denise.harper@bko.org.uk)  
**Publicity:** Keith Ellis              0118 9771101      [keith.ellis@bko.org.uk](mailto:keith.ellis@bko.org.uk)  
 Neil Frankum                              0118-975-1528      [neil.frankum@bko.org.uk](mailto:neil.frankum@bko.org.uk)  
 Ken Ricketts                              0118 9787168      [ken.ricketts@bko.org.uk](mailto:ken.ricketts@bko.org.uk)  
 Dave Rogers                              01344 628-623      [dave.rogers@bko.org.uk](mailto:dave.rogers@bko.org.uk)

## Club Kit

The Berkshire Orienteers club O-top comes in long and short-sleeved versions and is available from give Sue Wilkes on 01635-522-356. If you don't yet have your top, give Sue a call and she will be able to get you kitted up.

## BKO Performance System – progress report

**Martin Wilson**

Our new Personal Performance System (PPS) has now completed its first season (Autumn 2011). It produced a tightly-fought Autumn League and an intriguing Autumn Cup competition. In addition, the system was used on a trial basis for the revived Club Championship day at Pamber. The results of all these competitions are available on the club website. The leading scorers in the League were:

<b>Competitor</b>	<b>LEAGUE (Av'ge of best 3 performances)</b>
Clive Jenkins	<b>100.24%</b>
Simon Turton	<b>99.47%</b>
David Jukes	<b>98.63%</b>
Annika Hermik	<b>97.33%</b>
Susan Wilkes	<b>96.91%</b>
Martin Wilson	<b>96.32%</b>
Andrew Graham	<b>96.17%</b>
Keith Ellis	<b>95.00%</b>
Derick Mercer	<b>93.58%</b>
Nigel Jeffries	<b>93.41%</b>

Congratulations to **Clive Jenkins** on his well-deserved close victory. Anyone averaging close to 100% on a regular basis was running well up to their ranking, and deserves credit. It was good to see such a close finish, and the PPS system seems to work well for this type of competition. The upper limit of 105% score per event proved very useful in balancing the more extravagant scores achieved by some of the ...er...less consistent runners!

The Autumn Cup, run over three consecutive Events, with 50% knockout at each of the first two rounds, produced three finalists: Graham Farfall, Clive Jenkins, and Annika Hermik. The final was held at the SOC November Classic. Annika was the only finalist to compete, but had to complete her course to claim the trophy. After a long and tough Blue course, resulting in a PPS score of just 52%, Annika completed her course successfully to become the first Performance Cup winner. Well done to **Annika Hermik** for her perseverance!

For Spring 2012, the following eight events have been chosen for the League and Cup events. For the League, a competitor's best **four** PPS scores in these events will be averaged for their final PPS League

score. Note that the fifth event is a choice between the GO event and the Welsh Championships. This is an experiment to allow members to obtain a PPS score by attending either event.

### PPS Performance Events – Spring 2012 Season

<u>Date</u>	<u>Event</u>	<u>League Event</u>	<u>Cup Event</u>
22 <sup>nd</sup> January	HH Regional Event	Y	
29 <sup>th</sup> January	BKO Regional Event	Y	
19 <sup>th</sup> February	TVOC CompassSport Cup	Y	Y (1 <sup>st</sup> Round)
26 <sup>th</sup> February	SARUM SCOA Champs	Y	Y (Semi-final)
4 <sup>th</sup> March	GO Regional Event <i>or</i> Welsh Champs	Y	Y (Final)
1 <sup>st</sup> April	BADO Regional Event	Y	
29 <sup>th</sup> April	SN Regional Event	Y	
13 <sup>th</sup> May	BKO Regional Event	Y	

### Colour Code Standard badges

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

### Guess the venue

The answers to the guess the venue quiz in the last newsletter are:

- Venue 1      Rushall Wood
- Venue 2      Star Posts
- Venue 3      Swinley West
- Venue 4      Bloom Wood

### Orienteering – Know your Members

**Dave and Robert Lattimore**



**Age?**

Dave: 54 married to Shirley with 3 boys of which Robert is the youngest

Robert: 16

**Home Town?**

Dave: Goole, West Riding of Yorkshire but lived in Reading since 1978

Robert: Reading

**Clubs?**

Dave: BKO for the last 2 years

Robert: BKO

**Achievements?**

Dave: I would have to regard finishing 3<sup>rd</sup> in the veteran class of the recent club championships (thanks to the excellent performance related scoring system) as my best (only) achievement

Robert: Becoming junior champion of BKO

**When did I start orienteering?**

Dave: Back at Goole Grammar School I went on a couple of school organised events – the first one was in North Yorkshire on a bitterly cold day. Some of the school group got hopelessly lost which significantly delayed our journey home and then the bus broke down. I ran with a friend as a pair and we came second. When I went to University in Bristol I joined the Orienteering Society and the Fell Walking Club. The walking club won though so I spent many happy weekends in the Brecons, Exmoor, Quantocks, Mendips etc. and great week long trips in the holidays to The Lakes. I got back into orienteering 2 or 3 years ago. As with many Dads I have used the boys to resurrect my own passions so, along with Football, Scalextric and Subbuteo, came Orienteering.

Robert: 2 years ago

**Other Interests?**

Dave: I've played cricket since I was 14 and am a fully qualified umpire and scorer and treasurer of a local club. The whole family are also season ticket holders at Reading F.C. I also enjoy fell walking as and when I can but Reading isn't a world renowned centre for this. My company has an office in Bangor, North Wales. I visit as often as I can convince the boss I need to go there.

Robert: Cricket, History

**Employment?**

Dave: I've worked in IT since arriving in Reading. After many years as a software developer I am currently the Change Manager for a gaming firm based in London.

Robert: Student + Sonning Primary After school club

**What training do you do?**

Dave: Hmm – I've heard the word, what does it mean again? I must say I have really enjoyed the club night training sessions and am quite comfortable with the theory. It's the practicals I have difficulty with.

Robert: Wednesday club training nights

**What is the best thing about orienteering?**

Dave: I love maps. I love puzzles and I am competitive. Put these together and you get orienteering. Every run is different and presents different challenges. It's like doing the Telegraph Cryptic Crossword, I know I

can do it – it might just take me a little longer than others! I even quite enjoy the running even though I've never been a runner – I'm actually fitter now than I've been for years.

Robert: Taking part and meeting new people

### **What is the worst thing about orienteering?**

Dave: Frustration at only improving slowly.

Robert: Wet socks!

### **Most memorable run?**

Dave: Probably the recent one at Pamber where I took a cautious approach and stayed very much in touch with the map.

Robert: Pamber & Silchester – 2011 club championships

### **Biggest goof?**

Dave: Bradenham Woods June 2010 – my second ever Blue course where I bit off more than I could chew. I got hopelessly lost on one leg and bumped into Robert while looking for it. He had just been to the control and, I have to admit, I asked for help. "It's over there in some trees" is what I got. Thanks Robert!

Robert: Following other runners

### **Orienteering Ambition?**

Dave: Simply to enjoy it. Oh – and to beat Robert. Family bragging rights are all important.

Robert: Beat my Dad

### **Favourite TV / film?**

Dave: Too many films to mention though I love the film 'Starter for 10' which is based on a naïve young man going away from his sheltered family home to University (Bristol coincidentally) and how he adapts to new independence and makes a few mistakes on the way. Very funny and brings it all back.

Robert: Trading Places

### **Favourite Music?**

Dave: I've never grown up from the 70's (see favourite film!) so I would have to go with 70's prog rock with the likes of Yes, Pink Floyd, Genesis, Jethro Tull. At one of our 'training' courses on a club night it was suggested we warmed up for an event by listening to some stirring music. Meat Loaf's Bat out of Hell can be heard blaring from our car as we roll into the car park.

Robert: 50's and 60's rock & pop

### **Favourite foods?**

Dave: A good Sunday roast

Robert: Lasagne

### **Favourite drink?**

Dave: Real Ale – a good long walk ending in a cosy pub with a decent pint.

Robert: A nice hot chocolate, with marshmallows and cream.

**What have you done that others might not have / claim to fame?**

Dave: Cricket – I once got Boycott out. OK, so it was Tony (Sir Geoffrey’s brother) but it sounds good!

Robert: Cricket: Bowling against Theo Walcott and getting him out.

**That was the year that was**

**Keith Ellis**

As another year ends, here is a reminder of some of the highlights of 2011 that we featured in our newsletters.

- The year began with a New Year’s Day event at Reading University Whiteknights campus and was well attended.



- The Concorde Chase was held at Barossa on a freezing cold Saturday but was a popular event over mixed terrain.
- In March, Wellington college was used for the first time in a joint event with SN.





- Rushall woods was the venue for our May event, again we were fortunate to have good weather.



- BKO had representation at the British sprint, middle distance and long distance championships plus the JK which was held in Northern Ireland. Bryce Gibson won the M70 course at the British Long Distance Champs and Martin Wilson won the sprint B event earlier in the season.



David Jukes finishing his course at the British Long Distance Champs.

- Club nights began and have been held regularly since the Spring.
- BKO organised the Berkshire Schools championships, including the first for secondary schools. BKO member Thomas McManners (pictured) won the senior boys event.



- Five events were held in the Summer Parks' series including some new venues in Bracknell.



The Whiteknights Park event control centre

- Our first major event of the new season was held at Hawley and Hornley on a glorious sunny day and attracted a massive attendance.
- A full programme of Saturday events was held throughout the year and continued to be successful in attracting schools participation in the Schools League and people new to orienteering.

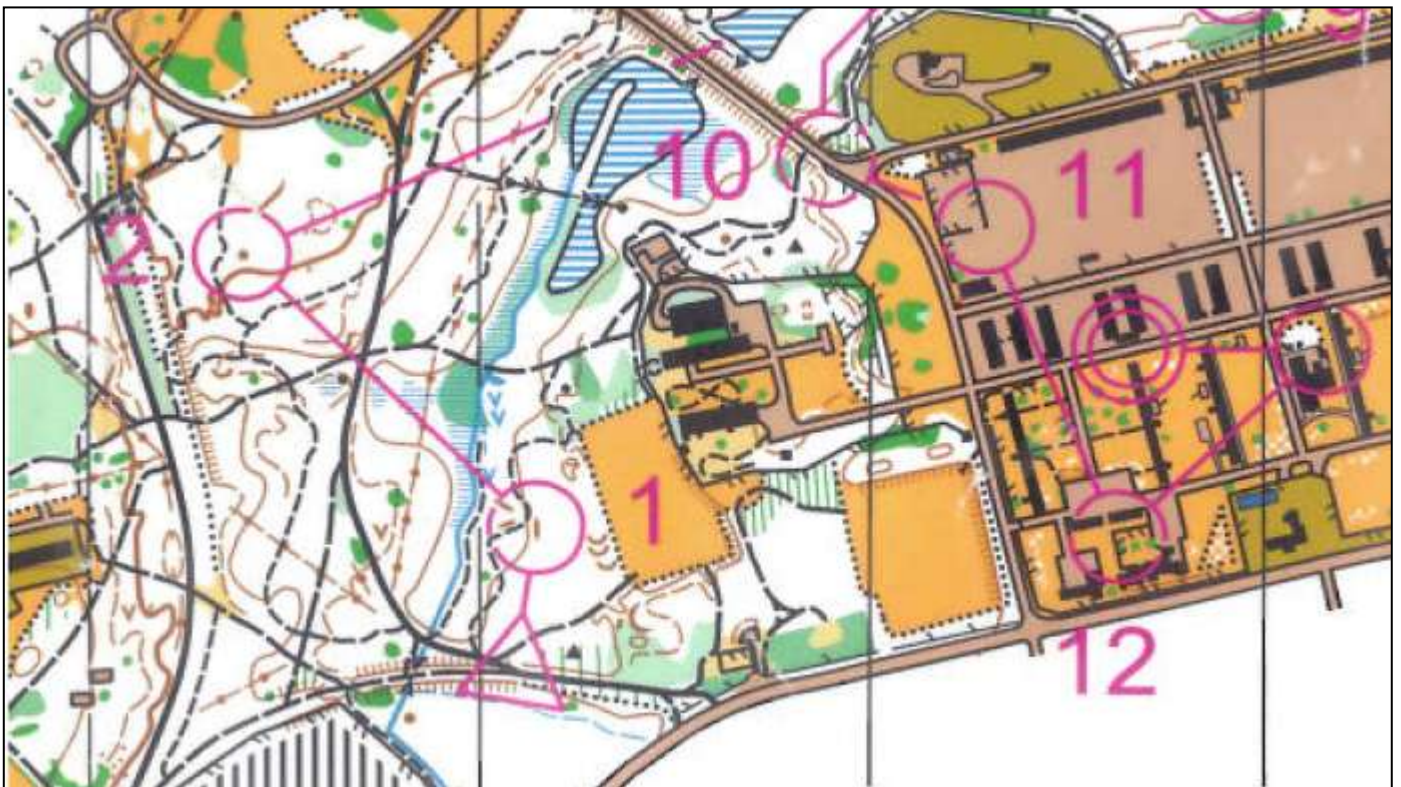


## Southern Night Championships – Bordon 3rd December

### Ian Hudson (Green course)

It was a beautiful autumn night, no moon and with little chance of rain. However, for me it started to go wrong on the way from the car to registration. Talking to Annika, Doug & Simon I didn't watch where I was stepping, put one foot in a sunken drain and went down hard onto concrete. Luckily nothing seriously damaged other than my pride.

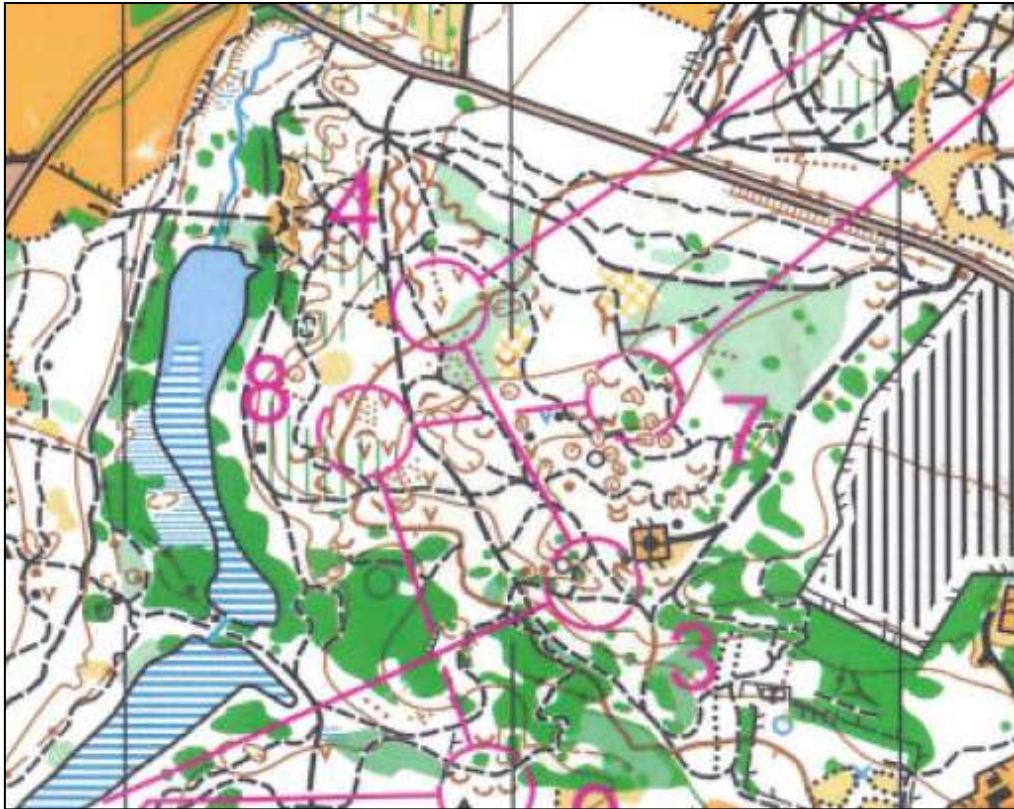
I was to run the green course, as M60S. A mere 3.7 km but as this was my first night event of the season I decided not to push it. Finding the first control was a disaster, only a hundred metres or so from the start, I couldn't find the marked path and followed a bearing through the wood. It took me over 7 minutes to find the control and I ended up having to relocate from the corner of an adjacent open area. (My GPS watch later revealed I had been within metres of the control on two occasions before I punched it.) But that is night orienteering; you can only see what is in the beam of your head torch and things look different at night.



Not to be phased I took a deep breath and the safe path option to 2. The next leg to 3 was 700 metres in a straight line; unfortunately there were a couple of un-crossable marshes in the way. Everything was going swimmingly, I was in contact with the map, avoided the marshes and knew where I was as I ran along, until I got within 100 metres of the control site. In an area of rhododendrons with multiple paths I lost the plot and spent some minutes running up and down a large path (which I was to meet again) until I determined the correct junction to leave at. 2 to 3 took 15 minutes!

3 to 4 was one of my better legs but 5 was in the area of sandy vehicle tracks about which I had been warned to navigate by the open sandy areas not the paths & tracks. I found the sandy open area all right but wasted time looking for the control in the wrong patch of wood because I wasn't far enough along it (it's dark remember). The penny dropped at last, I ran down the open area and into the wood to find the control.

The next couple of legs were fine. My route choice to 8 found me on that damn path again and not sure exactly where. The control was off the path in bracken and we all know how difficult they can be to find in daylight never mind at night. At last I found a clearing I had used as an attack point for 4, took a bearing and found the control. 7 to 8 took 12 minutes!



Safe navigation was my main aim now so I used a fence as a handrail for the next two controls. Now it was just the last three controls to find doing a bit of urban orienteering around the barracks. A sprint to the finish and it was all over.

My overall time was 87:32; not good, but my watch revealed I had run 7.25 km. I came eighth of seventeen on the green but more importantly first in the M60S (out of a field of two!) So I guess that makes me the M60S Southern Nights Champion.

### **Annika Hermik (Green course)**

Soon after Doug and I had registered for the Southern Night Champs it became apparent that we could have probably done with some night orienteering experience and/or advice beforehand. So when Katy Stubbs sent out an email that this topic would be covered on Wednesday club nights we immediately decided to go. It was a good call because I don't think I would have survived without the advice from Jason and Katy. The night orienteering exercise in the park was very useful as well as all the tips on techniques and on equipment.

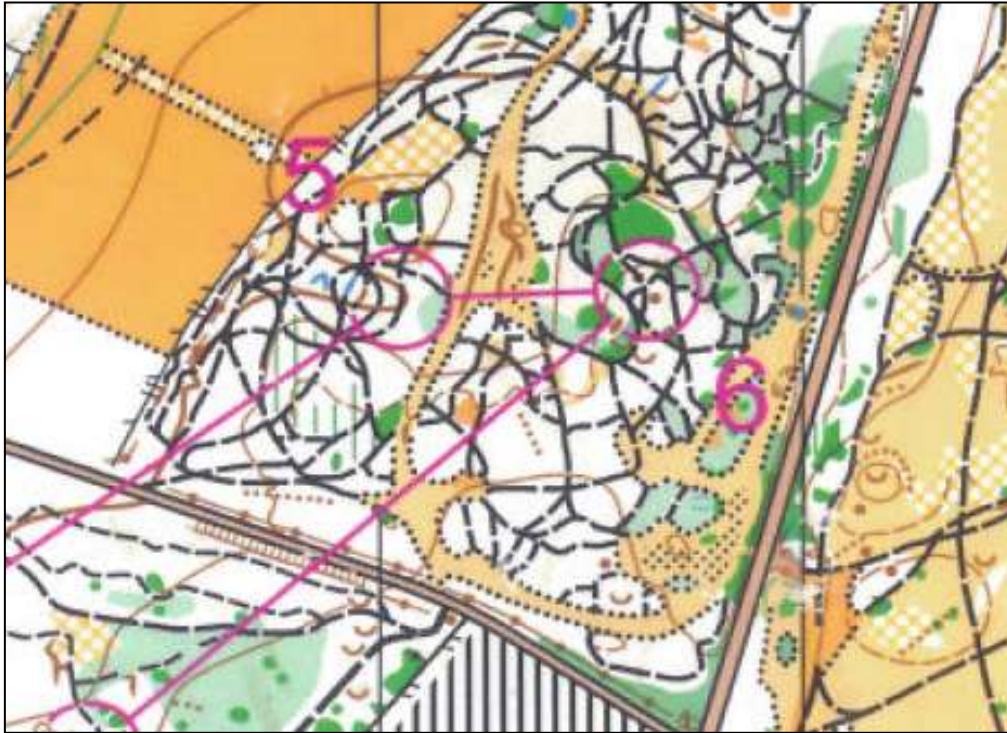
The Petzl headlamp I was previously so proud of produced a wave of shaking heads from more experienced club members. Too weak!? It was only considered worthy to be a back-up torch in case the main one stopped working. So I had to invest in a much stronger one (thanks Ian for your advice on which one to get!).

So all in all we arrived in Bordon somewhat prepared and with some trepidation. I had seen the map of Bordon before and there were couple of areas that looked very tricky even in the daytime. So I decided to keep this super safe, use only major paths if possible, distinctive veg boundaries as handrails - basically I was treating it more like a training rather than a race.

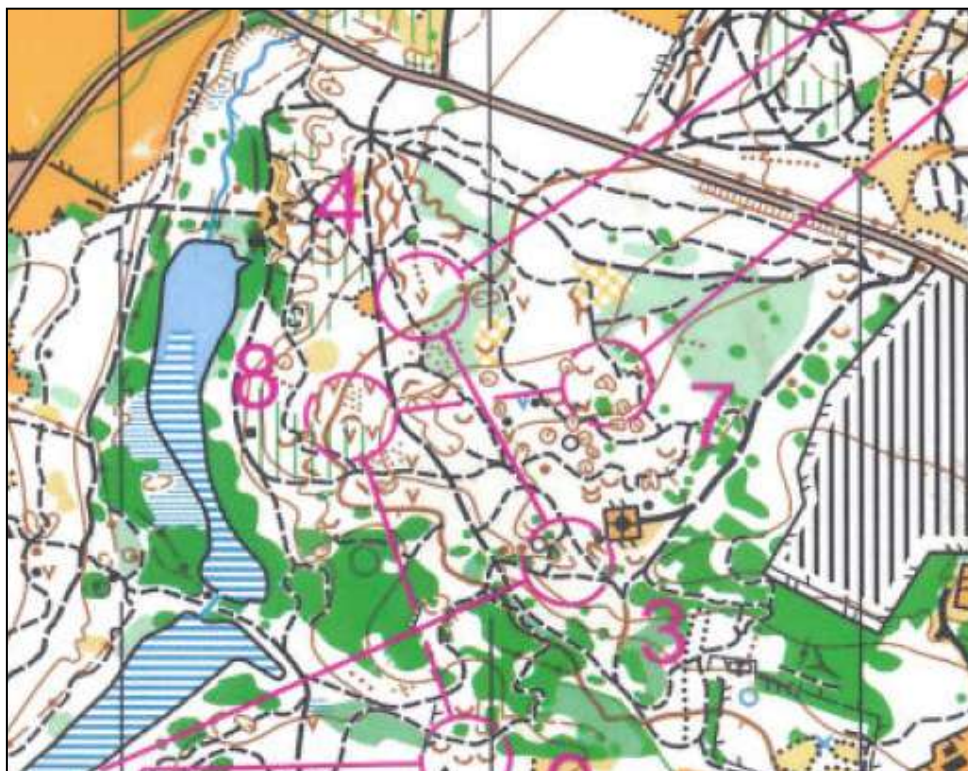
I had registered for W40S/Green and it took me 2 hours to complete! On one of the club nights Katy showed a previous map of Bordon and the area where the controls 5 and 6 are situated looked very tricky. I knew that I would get confused easily (even on a daytime and especially at night) by such intricate path networks, so I played it ultra-safe in that area and mostly used the wide sandy tracks to navigate around. That paid off, resulting in 2 faultless controls. Although coming out of 6 I did get disorientated and must have come out to the open area just after a small paved road crossing and handrailed the edge of the sandy area to A325



crossing instead. Club coach Jason was there to help everyone to cross the road, but as soon as I reached the other side I realised that I was not supposed to have crossed that road and so I promptly crossed back again and relocated.



Now to the more “interesting” part of the race. I had also been pre-warned about the area with controls 3, 4, 7, 8 before, but I think I did not comprehend the complexity of it until I was there. In the darkness many ditches also look like paths and vice versa. Also some of the smaller paths may not be marked. And how many depressions that look exactly the same can an area that small hold??





I spent most of my race there and lost around 30 minutes between all of these 4 points (based on the Splitbrowser). I think the main lesson learned here is that continuous map contact is needed in that area at all times otherwise a lot of time is spent relocating. Also utmost care needs to be taken to find AP as close to the control as possible since it is very difficult to follow a very accurate bearing in the darkness. At least for a novice like me. ☺

Overall I enjoyed the whole experience and I was quietly proud to have found all of the controls in the end, although it did take me a very long time. Someone said that night orienteering makes you a better navigator and I do believe that after my experience in Bordon.

### **Doug Greenwood (Blue course)**

“My first-ever night event – it’s like the Le Mans 24 Hours of orienteering! I might even see some badgers – oh, I’m going to enjoy this!” I said to myself, heading off into the darkness with the same carefree abandon one might have when starting a string course in bright sunshine.

2 hours 30 mins later – with torch batteries running out and 6 controls still to do – I gave up. This is the tale of how I got to that point.

Points 1 and 2 weren’t too bad – a slight over-estimation of distance made me overshoot control 1, but through re-tracing my steps and following an earth bank I found the control. At this point I realised maybe a *bit* more concentration was needed than in the day-time! If only I’d twigged then just how much more.

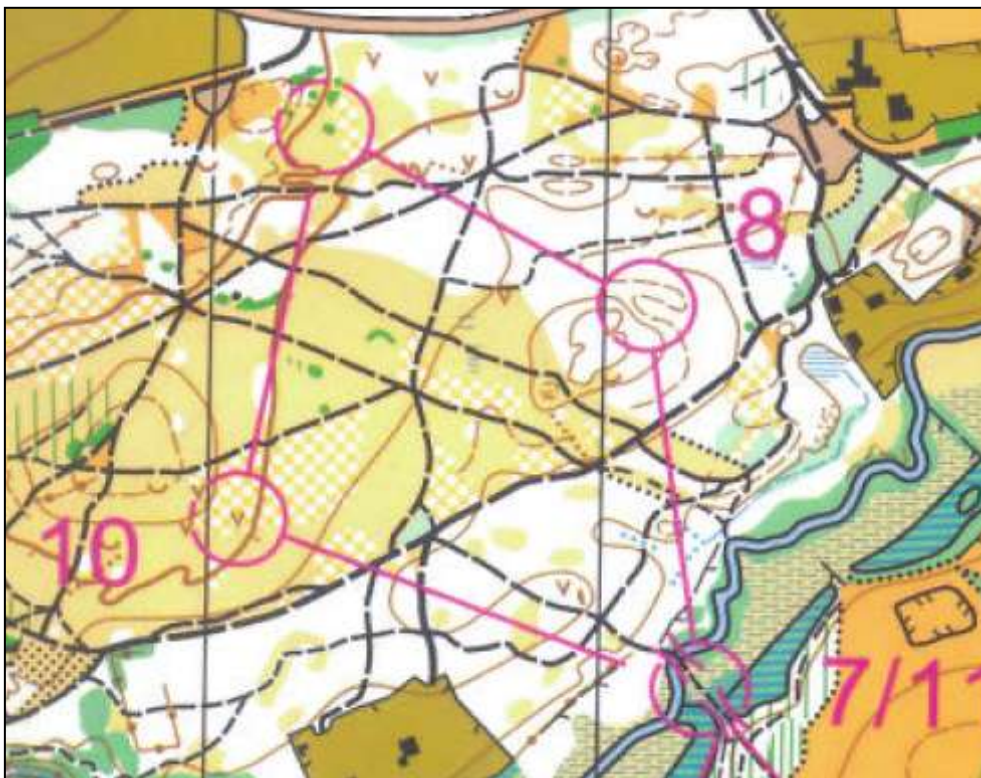
Finding point 3 was my undoing. This control (along with a number of others) was in an area of woodland that was open enough for orienteers to run through from every direction, and comprised of – according to my torchlight – either apparently indistinct paths or areas of bare soil, all of which completely confused me.



Eventually locating to the north-west of the control I found a junction that I thought I could use as an approach. However, this was a junction with not only paths but also a number of deep gullies (trenches used in army exercises), that in the darkness looked like paths – counting these up, I had no fewer than 8 to

choose from! After going up and down a number of them I admitted that I couldn't tell which was which, and if I went along one of them all the way to the end I only knew I was merely *somewhere* in the area of wood south-west of the control. At this point I started to suffer from that little-known night-orienteering condition known as HCS (Headless Chicken Syndrome) and ran around this area aimlessly for a while. Eventually I decided to cut my losses, go back to the road, run along the edge of the wood and then find the control from completely the opposite direction. Doing this I found it quite easily – why hadn't I done this before?

The next few points went relatively smoothly (albeit rather slowly), as I took careful bearings. However, point 10 – in a large open area – was another one that through a combination of bad luck and inobservance (mainly the latter!) I went past 3 times on straight-line bearings before finding it. Earlier in the night I may have been helped by other runners approaching the control, but by this time everyone else had finished and I was very much on my own in the darkness. Looking closely at the map on the 4<sup>th</sup> attempt, I used the edge of the open and rough-open areas (not easy at night) as a boundary to help locate the control.



I found 3 more controls after that – the last one was in the area I'd done so badly in earlier, which I was quite proud of (although I did know that area quite well by then) but I noticed that my torch batteries were beginning to fade. Rather than continue with my spare torch to find the remaining 6 controls, I decided it to call it a night.

It hasn't put me off night orienteering at all – in fact I'm quite looking forward to the next one – but the lessons I learned from my first night event were:

- Concentration - I completely underestimated how much you need to focus all times
- Keep contact with the map at all times – if you get lost in difficult areas, relocate and then follow a route that you know you are following on the map.
- Play safe and keep it simple – take an easier attack point if it's more obvious, even if it means a slightly longer route.
- Look at any small detail on the map that may help.
- You don't see many badgers.