

Berkshire Orienteers

Newsletter

January 2015

BERKSHIRE
25 years



1990 - 2015
ORIENTEERS



NEWSLETTER AWARDS

13

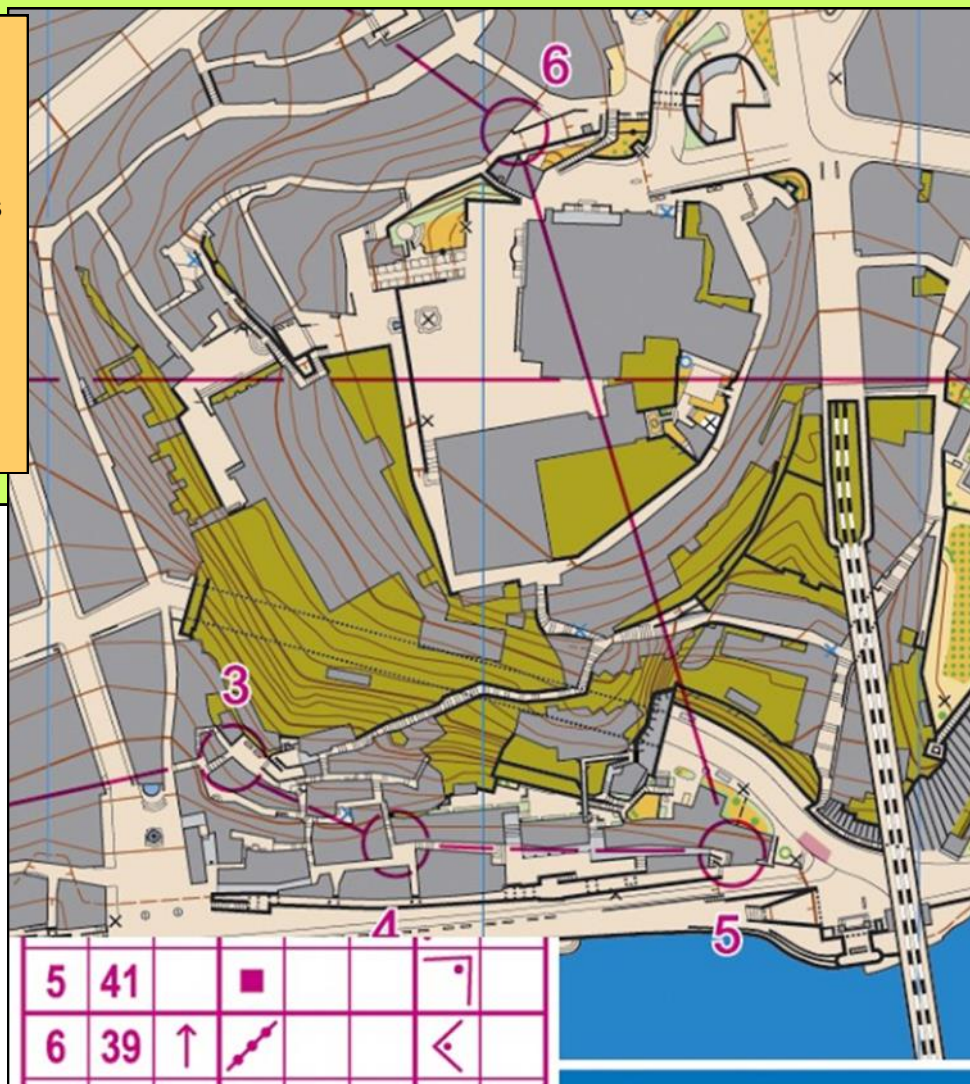
CompassSport

Bumper 25th Anniversary Issue

Porto City Race

Nigel's article on pages 24–26 reports on this race in October. Before you get to the article, take a look at this leg: from 5 to 6. What are the options and which would you take? See Nigel's thoughts in his article!

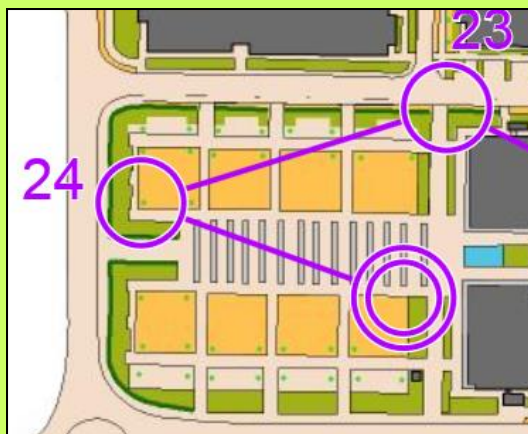
Map approximately actual scale as used at the event.



Keith Ellis, a BKO member but more of a road runner, reached a significant landmark recently. He is a regular 'parkrun' attendee and notched up 200 runs - a cause for a celebration!

Other BKO members also attend the regular Saturday morning 5km runs in local parks.

See: <http://www.parkrun.org.uk/>



Neil Frankum finishing Course A at the SN Farnborough Urban Event (29th November). Going from 24 to the Finish and passing under the restored Portable Airship Hanger Frame, the centrepiece of the new business park.



Editorial

Happy New Year to all BKO members!

'**Berkshire Orienteers**' came into existence on the 1st January 1990 so 2015 is the 25th anniversary year for the club. A good excuse for making this a bumper issue!

However, long-term club members will know that the history of the club goes back nearly another 25 years as the original '**Reading Orienteering Club**' was established in 1968. So we won't have to wait long to celebrate 50 years of orienteering in Berkshire in 2018. Perhaps another bumper issue?

I wonder how many clubs approaching their 50th anniversary can still boast the membership of an active orienteer who was one of the original founding committee. **Darrell Cruickshank** was there at the beginning and continues to enjoy the sport today. It was natural therefore to turn to him for some of the material in this issue. He has his own reason to celebrate though as, on the 1st January, he moved from being an M85 to become an M90. Although he may not be the UK's oldest orienteer (something which is in any case difficult to define), Darrell was already the UK's oldest ranked orienteer and now becomes the UK's only ranked M/W90. Good luck Darrell in your new class - perhaps you should enter the British Championships this year and see if you can grab the M90 gold medal!

David Jukes



NOTICE OF ANNUAL GENERAL MEETING

The AGM of Berkshire Orienteers will take place on
Friday 20th February at 7.00pm
at The Bull in Theale.

All club members are invited to attend this important annual event.

Agenda:

- Chairman's Report
- Treasurer's Report / Membership Fees
- Election of Club Officials
- Awards
- AOB

*Please note
that you can
attend either
or both of the
AGM and
Annual Dinner*

ANNUAL CLUB DINNER

The AGM will be followed by the Annual Club Dinner. This will commence at approximately 8.30. Menu options and cost will be circulated by e-mail shortly and will be published on the web site.

Cover Picture: A map from the early days of orienteering in Berkshire. This was from the event at Snelsmore Common on 23rd February 1969. For more archive material from this event, see pages 14-15.

Apology: Oops! ... Readers may have spotted, or been confused by, the incorrect name given on the photo inside the front cover of the last issue. Standing inside the tent was **Sue Wilkes** and not **Sue Parker**. My apologies to them both.

Club Notes

Keeping you informed about the club and its members

Southern Night Championships

Each winter there are regional 'Night Championships' as well as a 'British Night Championships'. For us, the 'Southern Night Championships' covers 3 regions—SEOA, SWOA and our own SCOA. This year's event was held at Pamber and staged by BADO, the night before their SCOA League event on the same area (used for the BKO Club Championship—see page 7).

Only a limited number of BKO members participate in night orienteering and the overall field is also reduced - perhaps reflecting the greater risks that competing at night brings. However it does create an added challenge and requires concentration and skill.

This year we came away with a single Champion - **Denise Harper** who claimed the W60 title. An encouraging result seeing how she has only recently returned to competitive orienteering following knee operations earlier in the year.

Although not on a competitive 'championship' course, another good result of the night was **Oliver Smith** (M12) who came in second on the Long Orange course—showing potential for the future perhaps!



Denise Harper receiving her W60 certificate

Urban League Results 2014

As 2014 came to a close, both the national Nopesport Urban League (NUL) and the more local Southern England Orienteering Urban League (SEOUL) were completed and awards made to the top performers. As discussed in previous issues, both these leagues take results from nominated events—NUL from Edinburgh and Glasgow in the north to Tavistock and Wimbourne in the south; SEOUL included Ely, Tunbridge Wells, Swindon and Tavistock. Both Leagues finished with an evening event in Brighton on Saturday 20th December.

The NUL was based on the best 8 scores out of the 18 League events. Best BKO results were:

- Veteran Men: **Derick Mercer** 27th (268 competitors) 306 pts (from 5 events)
- Veteran Women: **Fiona Clough** 5th (179 competitors) 557 pts (7 events)
- Men Ultra Vet: **Martin Wilson** 2nd (174 competitors) 772 (best 8 events of 11 attended)

And if you are looking for BKO's worst NUL 2014 performance, how about your Editor who appears as equal last (260th=) in Men's Super Vets as his only attendance led to a zero score at Swindon where he missed a control and was disqualified?

For the SEOUL scoring was based on the best 7 of the 14 nominated events. There were more BKO results of which the best were:

- Men Young Juniors: **Oliver Smith** 4th (23 competitors) 191 pts (2 events)
- Men Juniors: **Daniel Smith** 5th (39 competitors) 176 pts (2 events)
- Men Open: **Mark Saunders** 11th (150 competitors) 263 pts (3 events)
- Men Vets: **Derick Mercer** 14th (168 competitors) 461 pts (7 events)
- Women Vets: **Fiona Clough** 3rd (98 competitors) 625 pts (best 7 from 9)
- **Debra Robinson** 6th 427 pts (5 events)
- Men super Vets: **Colin Godbold** 25th (183 competitors) 272 pts (5 events)
- **Andrew Graham** 27th 248 pts (4 events)
- Women Super Vets: **Gill Godbold** 7th (87 competitors) 435.5 pts (5 events)
- Men Ultra Vets: **Martin Wilson** 2nd (110 competitors) 676 pts (best 7 from 10)
- **Richard Rae** 8th 522 pts (6 events)
- Women Ultra Vets: **Gill Bennett** 13th (50 competitors) 333 (4 events)

Nopesport Urban League Events 2015

It is worth noting that in the Men Young Junior's competitions, the winner had only 293 pts from 3 events so with just one more event, Oliver would have been in with a chance of winning that category

Interested in taking an active part in the NUL 2015? The 18 nominated events are shown in the map on the right (with best 7 results to count). Notice that our own event on 30th May in Bracknell has been selected as one of the events. Another fairly local event will be BADO's one at Basingstoke on the 31st October, the same weekend as the 2015 November Classic.



For SEOUL 2015, the included races are the following (also with best 7 to count):

1. Saturday 7th March: Oxford (OUOC)
2. Sunday 3rd May: Gloucester (NGOC)
3. Saturday 16th May: Chichester (SO)
4. **Saturday 30th May: Great Hollands, Bracknell (BKO)**
5. Saturday 6th June: Poole (WSX)
6. Sunday 7th June: Sherborne (WIM)
7. Sunday 7th June: Canterbury (SAX)
8. Sunday 21st June: Loughton (CHIG)
9. Sunday 28th June: Milton Keynes (SMOC)
10. Sunday 5th July: Bristol (BOK)
11. Saturday 11th July: Marlborough (NWO)
12. Sunday 30th August: Leatherhead (MV)
13. Monday 31st August: Rutherford Labs, Didcot (TVOC)
14. Saturday 10th October 2015 St Ives, Cornwall (KERN)
15. Saturday 24th October: Cambridge (CUOC)
16. Sunday 25th October: Hatfield (HH)
17. Saturday 31st October: Hatch Warren and Beggarwood, Basingstoke (BADO)
18. Saturday 19th December: Brighton (SO)

Berkshire Orienteers is on Facebook !



Committee News / Discussions

The Committee met in November and the following were some of the items discussed:

- Club nights continue to be discussed. The experiment of moving to Tuesday's had not increased participation and it was agreed to move back to Wednesdays. A more informal structure was suggested but it was felt that as a club 'activity' we still needed to ensure that there was appropriate insurance coverage. This means that the sessions need to be registered nationally and to comply with the insurance requirements including that for first aid cover. Additional first aiders were needed and **Fiona Clough** and **Ian Hudson** offered to attend a forthcoming training session.
- It had been noted that the 25th anniversary of the renaming of the club to Berkshire Orienteers was approaching. Although it was recognised that the history of the club was older, it was agreed to mark the occasion in various ways. The January issue of the Newsletter would feature the anniversary *[as you will have already noted!]* and it was agreed to obtain anniversary club badges (car stickers) for distribution to club members - doubling as additional promotional material. It was hoped to have these available for the club's AGM.
- There had been problems with the e-mail circulation list used by the Committee. This uses the web-based system but not all e-mails have been getting through. It is thought that this just relates to the Committee e-mail distribution but there were concerns that there might be similar problems with the complete membership list. **Andy Parry** does however have plans to change the hosting arrangements over the Christmas period to provide a more reliable service.
- The regional SCOA badge scheme for colour-coded courses is running short of spare badges for the shorter courses (White, Yellow and Orange in particular). The Committee agreed that they would want the scheme to continue and would push for more badges to be ordered.
- As well as more routine event issues, there was a discussion on the likely venue for Concorde Chase 2016 and it appears that Barossa will be the preferred location.
- Based on research conducted by **Brian Sewell**, the Committee made further progress on agreeing updated results processing equipment. The focus this time was on the software and it was agreed to adopt the 'colour/mercs' system and to buy additional equipment to enable this to be run effectively. The plan is eventually to be able to provide results processing at Level C events (and potentially our Level B events).
- On a related proposal from Brian, the Committee agreed to the use of electronic timing with Emit for string courses at BKO events so as to give the youngsters the opportunity to use the same equipment as their parents.
- **Dave Rogers** briefly (as time was running out!) showed the Committee enhanced materials that he had prepared to promote the training activities that he runs at our Saturday events.

Your 2014-2015 Committee

Chairman:	Katy Stubbs	chairman@bko.org.uk	0118 978 2875
Secretary:	Derick Mercer	secretary@bko.org.uk	
Fixtures Secretary:	Fiona Clough	fixtures@bko.org.uk	
Treasurer:	Peter Entwistle	treasurer@bko.org.uk	01628 635278
Development Officer:	Ken Ricketts		
Membership Secretary:	Ian Hudson	membership@bko.org.uk	

4 Committee Members :

Andy Parry, David Jukes (newsletter@bko.org.uk), Dave Rogers and Brian Sewell

BKO Club Championships 2014

Pamber Forest, 16th November 2014

Our annual Club Championships once again returned to Pamber Forest, near Silchester, where BADO were holding a SCOA League Event.

Deciding on the rules for any 'club championship' is difficult as they attempt to make a fair competition whilst rewarding those who have a 'good' run on the day. With orienteering consisting of different courses and numerous different age groups, it is impossible to achieve total fairness. As we have a national ranking system it is possible, at any time, to see who is doing well and achieving good ranking points (*see also the listing on page 10*) but the Championship seeks to provide all members with an opportunity to compete and, potentially achieve success. In the Senior categories, by introducing a handicap element (based on current ranking scores), this tips the advantage towards the newer or improving members. For Juniors, designated courses provide for a straight competition.

So who successfully navigated around Pamber at a faster rate than might have been expected from their ranking scores? The top ten Seniors were the following:

Name	Points at event (A)	Category	Average Ranking Score (B)	Performance Score = (A/B)x100
Katy Stubbs	940	Veteran	825.0	113.9
Alan Phillips	1104	Veteran	1017.3	108.5
Helen Tyrrell	942	Senior	871.7	108.1
Denise Harper	763	Veteran	711.8	107.2
John Briggs	1136	Veteran	1085.8	104.6
Gill Bennett	682	Super Veteran	668.3	102.0
Susan Wilkes	767	Veteran	759.2	101.0
Brian Burt	940	Veteran	940.7	99.9
Peter Wilson	1055	Veteran	1063.3	99.2
Rich Golding	893	Senior	900.5	99.2

So it is "Congratulations!" to our 2014 Champions: **Katy Stubbs** (Veterans), **Helen Tyrrell** (Seniors) and **Gill Bennett** (Super Veterans). Overall, **Katy** claims the top spot and hence becomes the overall **BKO Club Champion 2014**.

In the Junior categories, there was a much smaller BKO entry but we still have 3 worthy Champions:

- M/W12 or below: **Thomas Inness** M10 (*best on the Yellow course*)
- M/W14 **Oliver Smith** M12 (*running up a course on the Orange*)
- M/W16 **William Jefferies** M16 (*best on the Light Green course*)

Just a note to mention that last year's BKO Club Champion, **Eric Harper**, was not competing at the event as he had been the Controller to the Southern Night Championships which BADO staged the night before, also at Pamber.

Finally, if any club member wants to suggest an alternative set of rules for identifying the 'Club Champions', please let the Committee know in time for the 2015 competition. The system used needs to give as many members as possible a chance to win whilst keeping the rules simple. Any suggestions?

Membership Memo

Ian Hudson - Membership Secretary

Well the festive season is all over now and I imagine some of you have made New Years resolutions to do more orienteering and/or improve your skills in 2015. To do all that it is advantageous to be a member of a club because of the coaching opportunities, cheaper entry fees, insurance cover etc. Those members who have renewed for 2015 can now jump to the next paragraph. For those of you who haven't renewed their membership yet (and I know who you are), it's not too late to renew. Go to:

http://www.britishorienteering.org.uk/page/renew_membership

As you will soon be dropping off the BKO mailing list and may well have lost some of the above advantages already.

On a lighter note, the following new members joined just before or over Christmas so a warm welcome to:

- **Milly Beach** from the University of Reading.
- **Jonathon Cains** from Maidenhead.
- **Rob Smart** from Reading.
- **David Royse** also from Reading.

Milly and Jonathon are especially welcome as younger blood for the club I hope to see you all out in the forest soon.

World Orienteering Championships 2015

Jon Wheatcroft, from Thames Valley OC (TVOC) is looking for volunteers to join his team to help at the World Orienteering Championships in Scotland in early August 2015. A group, all currently drawn from TVOC, have been successful in bidding to play a significant and high profile role in this major undertaking near Inverness in Scotland next summer. The team will be responsible for staffing the finish zone at all WOC events and they are looking for a few additional volunteers and they have extended the invitation for anyone else from SCOA to join them.



The team will have two groups of volunteers: -

- A core of at least seven orienteers who will work on all races to try to achieve a consistent approach.
- A second group of about sixteen at any one time which can vary in composition from race to race and can include non-orienteering family and friends. The essential quality required by many here will be assertiveness!

Most volunteer helpers will probably wish to compete in some or all of the (almost) concurrent Scottish 6-Day Event. This will be possible for all six days for all but the core group who will be unable to compete on one day. As the role is very much in the public/televisual eye, the team will have to wear uniform to look good (better?) on TV.

If any BKO member wishes to be involved, please let Jon know very soon as well as filling in your details at http://www.woc2015.org/volunteers#mc_embed_signup For more details, contact Jon Wheatcroft by e-mail (wheatcroft@waitrose.com) or phone: 01491 837923.



Richard Rae — Double Cover Star

Not only did Richard feature on the cover of the November issue of this Newsletter but, from the same event, he also appeared prominently on T'VOICE, the Thames Valley OC Newsletter. Whilst the TVOC interest was in Jim Prowling of TVOC (*shown in the centre of the photo*), BKO interest was with Richard (*on the right*), perhaps pointing out an alternative route to one control at the London City Race.

Note from the Chairman

Katy Stubbs

As some of you may know from previous conversations, or remember from last's years AGM, I am retiring as Chair of Berkshire Orienteers at our forthcoming AGM in February.

For those of you with long memories Dave and I joined BKO (or Reading Orienteering Club as they were known as then) in 1985 when we moved to the area. I joined the ROC committee in 1986, initially as Secretary and represented them at the regional association, SCOA, for a number of years, leaving in 1992 (after the change to Berkshire Orienteers).

I rejoined the committee in 2007 and took over as Chair in 2010. After four years as Chair I believe we have an active and enthusiastic committee and it is about time that I retired.

I would like to thank everyone that I have worked with over the years or all those that have spent many hours of work putting on training and events for the club and wish the new committee good luck for the future.

Katy Stubbs

PS Just to point out that this means there will be at least one post to fill at the AGM and the club cannot survive without people willing to help out on the committee.

BKO Chairman – Job Description

The Committee has drafted the following to help potential new Chairs to understand what the position involves:

The Chairman has overall responsibility for the efficient and proper running of the Club. The main role of the Chairman is to provide leadership and direction for the Club. Specific tasks include:

- To act as ambassador for the Club – both internally and externally
- To lead and enthuse the rest of the committee and ensure that members are aware of their roles and responsibilities ensuring that all club business is conducted in accordance with the club's constitution
- Chair Committee meetings (6 per year).
- Chair Annual General Meeting and any Extraordinary General Meetings.
- Attend regional SCOA meetings (4 per year) as BKO representative – circulating items to be discussed/agreed at SCOA to the SCOA Committee (or members when appropriate) in advance and reporting to the Committee any outcome.
- As required, work with the Fixtures Secretary to propose forthcoming BKO fixtures.
- Act as a cheque signatory/countersignatory for BKO
- Keep informed on matters associated with British Orienteering (BO) and any related issues where input or feedback is required by BO and brief or consult the BKO Committee as required.
- Provide input to the BKO Newsletter when required or when requested.

BKO Advent Calendar 2014—Solution

The back cover of the last issue showed 25 circles and members were encouraged to identify the location of the depressions shown in the circles. Although not a competition, Katy Stubbs submitted her solution and commented: "I thought I would find the map samples exercise easy but I must admit it took me a long while to get them!" She got them all correct. Well done!

Key: Ashenbury = A; Rushall = R; Star Posts = SP; Swinley West = SW; Great Hollands = GH; Benyons Enclosure = BE; Yateley Common = Y

1 – R; 2 – SP; 3 – SW; 4 – GH; 5 – BE; 6 – Y; 7 – BE; 8 – SP; 9 – SW; 10 – Y; 11 – SP; 12 – SP; 13 – H; 14 – SP; 15 – A; 16 – SP; 17 – SW; 18 – SP; 19 – BE; 20 – Y; 21 – SP; 22 – SW; 23 – BE; 24 – Y. The final circle contained the Lower Star Post.

BKO Youth League 2014-15

The club's Youth League takes place alongside our Saturday Winter Series. This year's League started in September and has now reached the half-way stage with 4 events completed and 4 still remaining.

Although there is a 'team' competition aimed at schools, Scouts, Guides and other youth groups (usually won by St Andrews School), the League also has an individual competition split into age groups - Under 10, 10-11, 12-13, 14-15 and 16+.

Scoring is based on the speed (mins/km) to successfully complete a course with 100 points being allocated to someone achieving the target speed for the specific age group/course combination. Note that, as this calculation involves knowing the competitor's age, it is essential that this is provided at registration. An individual's score for the League will be the sum of their best 4 event scores.

The remaining events for this season are:

- 17 January 2015: Burghfield
- 14 February 2015: Langley Park Slough
- 14 March 2015: Swinley West
- 11 April 2015: Rushall Woods

With four events still remaining, even if you have not competed before in the League, with only 4 events to count you will still have a good chance of doing well.

National Ranking List - BKO Positions

Time to give an update on the performance of club members in the national ranking list. Given below are the top 15 male and top 15 female performers as showing on the list on 1st January 2015. Top of the list is **Alex Moore** (M21) who does most of his orienteering in the North as he is currently studying for a PhD at Sheffield University. He also has the top individual ranking score - a score of 1256 at a YHOA Urban League event in Thirsk last March. Close behind him is **Martin Wilson** (M65) in second place. Top female is **Debra Robinson** (W45) who is just ahead of second placed **Fiona Clough** (W50). One to watch is **Mark Saunders** (M35) who has currently only 5 ranking events giving a total score of 5629 and a position as 25th BKO male. Rounded up to 6 events this would be equivalent to a score of 6755, which would put him in about 9th place.

	National position	Name	Year of Birth	Total points
1	344	Alexander Moore	1992	7417
2	406	Martin Wilson	1947	7328
3	628	Ian Cooper	1943	7096
4	817	David Jukes	1952	6924
5	962	Derick Mercer	1964	6805
6	983	Andrew Graham	1955	6790
7	1003	Andrew Southwood	1964	6774
8	1036	John Methven	1970	6731
9	1117	Stefan Stasiuk	1951	6673
10	1206	John Briggs	1958	6604
11	1225	Neil Frankum	1969	6594
12	1460	Peter Wilson	1959	6408
13	1601	Nigel Hoult	1953	6299
14	1605	Andrew Tyrrell	1983	6296
15	1636	Eddie Whittle	1969	6276

	National position	Name	Year of Birth	Total points
1	1711	Debra Robinson	1966	6223
2	1911	Fiona Clough	1962	6040
3	2150	Annika Hermik	1971	5772
4	2200	Gill Godbold	1954	5727
5	2356	Lisa Methven	1969	5541
6	2409	Sue Parker	1960	5477
7	2613	Catherine Springett	1957	5174
8	2711	Katy Stubbs	1956	5005
9	2889	Jillian Ullersperger	1962	4626
10	2892	Susan Wilkes	1954	4623
11	2947	Sally Collins	1951	4499
12	2969	Toni Whittle	1970	4436
13	2979	Denise Harper	1950	4417
14	3025	Christine Artus	1953	4308
15	3035	Helen Tyrrell	1986	4290

Major Events: January to August 2015

**2nd August -
8th August
Scottish 6 Days
(and World
Championships
2015)**



**3rd April - 6th
April:
JK Weekend -
Lancaster and
the Lake District**



**15th February:
Midland
Championships -
Cannock Chase**



**18th/19th
April:
British
Championship
(Individual Long and Relay) -
Forest of Dean**

**25th January: BKO
Concorde Chase -
Cold Ash, Newbury**

**15th March:
CompassSport Cup Heat
- Fonthill, nr. Salisbury
(to be confirmed)**

**30th May: BKO
Urban - Great
Hollands,
Bracknell**

So what are the main attractions for orienteers as we move into 2015? Here are some of the top events in the calendar in the coming 8 months. A personal choice.

Our own **Concorde Chase** is first on the last Sunday of January but is rapidly followed by a Level B event in **Burnham Beeches** near Slough and then the **Southern Championships** (which we staged in 2014). This year the Southern Champs is still quite close being held on the North Downs near Dorking.

April sees both the **JK** at Easter in the Lakes and, two weeks later, the **British Long and Relay Championships** in the Forest of Dean - reversed in terms of distance from last year.

Very close to home in May we have the **British Sprint and Middle Championships** - surely a must for all local enthusiasts.

And then we head towards the **World Championships** and the **Scottish 6 Days** events in the Highlands in early August.

If you have a new 2015 calendar, why not add these to it now!

**28th February:
British Night
Championships - Leeds**

**10th May:
British Middle
Championships -
Naphill and Park Wood**

**1st February:
HH Ace of Herts
- Burnham
Beeches,
Beaconsfield
(to be confirmed)**

**8th February:
Southern
Championships -
White Downs /
Netley Heath,
Dorking**

**9th May: British
Sprint
Championship -
Aldershot**

Event Summary

This listing shows a selection of forthcoming events — most of the local events and some of the more important ones from further afield. For a full listing, look at the British Orienteering web site.

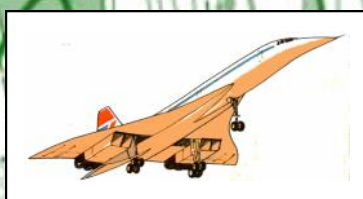
Date	Name	Level	Club	Venue	Town
Wed 7 Jan	MLS Training	Level D	BAOC	Norris Hill	Norris Hill
Sat 10 Jan	TVOC Saturday Series	Level D	TVOC	Black Park	Slough
Sat 10 Jan	SN - Saturday Series 4	Level D	SN	Bagshot Heath	Bagshot
Sat 17 Jan	BKO Winter Saturday Series	Level D	BKO	Burghfield North	Burghfield
Sun 18 Jan	Level C SCOA League	Level C	SOC	Busketts Lawn	Lyndhurst
Wed 21 Jan	Military League South	Level D	BAOC	Everleigh	Everleigh
Sat 24 Jan	HH Saturday League & Youth League	Level D	HH	Phasels Wood	Kings Langley
Sun 25 Jan	BKO Concorde Chase	Level B	BKO	Cold Ash	Newbury
Wed 28 Jan	Military League South	Level D	BAOC	Bordon Heath	Bordon Heath
Sun 1 Feb	Ace of Herts SE League Event <i>(to be confirmed)</i>	Level B	HH	Egypt Woods & Burnham Beeches	Beaconsfield
Wed 4 Feb	Military League South	Level D	BAOC	Bulford Ridge	Bulford Ridge
Sat 7 Feb	Southern Champs Weekend Short Event (UKOL)	Level B	MV	The Nower	Dorking
Sat 7 Feb	SN - Saturday Series 5	Level D	SN	Velmead - Long Valley North	tbc
Sat 7 Feb	Four Colour (YOGB)	Level D	NWO	Copse Wood	Marlborough
Sun 8 Feb	Southern Championships & Interland (UKOL)	Level A	MV	White Downs, Netley Heath & Sheepleas	Dorking
Wed 11 Feb	Military League South Team Harris Championships	Level D	BAOC	Area TBC	Area TBC
Sat 14 Feb	BKO Winter Saturday Series	Level D	BKO	Langley Park	Slough
Sat 14 Feb	TVOC Saturday Series	Level D	TVOC	Hill End	Oxford
Sat 14 Feb	Level D - Castle Malwood	Level D	SOC	Castle Malwood	Lyndhurst
Sun 15 Feb	Midlands Championships	Level A	WCH	Cannock Chase	Cannock

Date	Name	Level	Club	Venue	Town
Sun 15 Feb	WIM Winter Warmer	Level C	WIM	Hale Purlieu, New Forest	Fordingbridge
Sun 22 Feb	TVOC Chiltern Challenge Regional Event Level B	Level B	TVOC	Penn and Common Wood	High Wycombe
Sat 28 Feb	British Night Championships (UKOL)	Level A	AIRE	Middleton Park	Leeds
Sat 28 Feb	Level D - Dibden	Level D	SOC	Dibden	Hythe
Sat 28 Feb	SN - Saturday Series 6	Level D	SN	Windmill Hill	tbc
Sat 7 Mar	Oxford City Race (SEOUL)	Level C	OUOC	Oxford City Centre	Oxford
Sat 7 Mar	HH Saturday League & Youth League	Level C	HH	Ashridge South	Berkhampstead
Sun 8 Mar	Mole Valley Ranking Event & Yvette Baker Trophy Heat	Level C	MV	Headley Heath	Dorking
Sun 8 Mar	Sarum Saunter (and SCOA Long Distance Championships 2015)	Level B	SARUM	Sidbury Hill	Salisbury
Wed 11 Mar	Military League South Team Relay Championships	Level D	BAOC	Bramley	Bramley
Sat 14 Mar	BKO Winter Saturday Series	Level D	BKO	Swinley West	Bracknell
Sun 15 Mar	CompassSport Cup Heat (<i>to be confirmed</i>)	Level B	SARUM	Fonthill	Salisbury



Concorde Chase 2015 Sunday 25th January Cold Ash, near Hermitage

Located just a few minutes from Junction 13 of the M4, Cold Ash is one of BKO's top areas — as used for JK 2013



Pre-entries open on Fabian4: <http://www.fabian4.co.uk/>

Help from BKO members would be appreciated. Please respond to e-mail requests from the Organiser, Alain Wilkes. Helpers will be entitled to a reduced price entry.

Know your sport: The early days of orienteering

Here we take a look at one of the first events staged by the original **Reading Orienteering Club** in its early days. The club archives contain some interesting documents relating to an event at Snelsmore Common on the 23rd February 1969.

All competitors had to copy their course off the '**Master Maps**' showing the controls after the start line. Notice that it was common to use '**2nd Master Maps**' when the course looped back as before electronic systems came in it would have been possible to take the controls in the wrong order.

What was more unusual was this attempt to make the courses "more interesting" by only showing bits of the map around the controls. Competitors had to guess what might be in between!

See the map to see what this meant!

READING ORIENTEERING CLUB CROSS COUNTRY EVENT

SUNDAY, 23rd FEBRUARY 1969

FINAL DETAILS

VENUE

- Snelsmore Common - 2½ miles north of Newbury.
Map reference 464710 O.S. sheet 158
Turn in opposite the entrance to the Mary Hare Grammar School.
Plenty of parking space available.

DIRECTIONS

- From NEWBURY take the A34 north. After 1 mile bear left on the B4494 to Wantage for 1½ miles.
From OXFORD and ABINGDON take the A34 south. 6½ miles south of East Ilsley turn right along a minor road (signposted) to T-junction. Turn left on to the B4494 for ¼ mile.

COURSES

- Course I - blue control cards } PLEASE FILL
Course II - yellow control cards } THESE IN
Course III - orange control cards } CAREFULLY

As the courses are set over rather a small land area, Course I includes a second set of master maps and to make courses I and II "more interesting"(!) the maps will not show complete details of all the terrain. (The maps will be to the usual scale)

N.B.

- (1) Report to PRESTART 3 minutes before your start time. (you will be given description sheets and maps here)
- (2) The area can be very wet after rain and is brambly in parts.

YOUR START TIME IS 11.13 hrs.

Event Details

Control Descriptions

Pre-entries were sent to the organisers and, just before the event, you would be sent the final details and information on your allocated start time.

Snelsmore is now an area used by Basingstoke and Andover Orienteers (BADO). Note also that the Newbury bypass now cuts through the SE section of the area.

READING ORIENTEERING CLUB SNEISMORE COMMON EVENT - SUNDAY 23rd FEB COURSE 1 (approx 7.5 Km.)

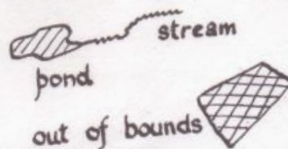
1. A stream in the re-entrant
 2. The depression
 3. The boundary (Dyke)
 4. The Depression - MASTER MAPS
 5. The boundary junction (Dyke)
 6. The hollow (East side)
 7. The junction of the stream and the boundary (fence)
 8. The re-entrant
 9. On the stream
 10. The boundary junction (fence)
 11. The boundary corner (ditch)
 12. On "Black Ditch"
- Follow tape to finish - (100m)

Controls must be visited in the prescribed order and you must REPORT BACK whether you complete the course or not, by 1530 hrs.

READING ORIENTEERING CLUB

SNELSMORE COMMON EVENT
SUNDAY 23rd FEB. 1969.

Not all paths on the ground
are shown on the map.



PLEASE respect private
property and farmland.

Magnetic Variation 8° W approx.

Reproduced from the Ordnance Survey
Map with the sanction of the
Controller of H.M. Stationery Office
Crown Copyright Reserved

Sheets SU 46 & SU 47

Scale 1:25000 or about 2½" to 1 mile.

Full Event Map (reduced in size)

This map, photocopied from the OS 1:25000 map of the area, has been made "more interesting" by blanking out much of the southern half and only leaving small sections around the controls.

This map will have been used by the organiser as it shows the full set of controls for Course I. Competitors will have copied controls 1-4 initially and then got the remainder at the 2nd Master Maps at Control 4.

Also note the early attempt to update the map by adding the 'out of bounds, a stream and pond.

Results

Spotted in the results:

Course I:

D. Cruickshank (SM) 112.33

Course II:

J. Cruickshank (IM) 83.25

SNELSMORE COMMON EVENT

READING ORIENTEERING CLUB

Sunday 23 Feb. 1969

With fears of disruption caused by ice and snow being finally dissolved by the rapid thaw over the last twenty-four hours before the event we only had to contend with the minor hindrance of morning mist - something more in keeping perhaps with Snelsmore Common's associations with gypsies and witchcraft. And so a high proportion of the 240 pre-entries actually turned up making it difficult to fit in casual entries on the day, but we hope everyone was satisfied even though not all could get a start time exactly when they wanted.

The innovations of Course I, made necessary to provide a course for Senior Men of reasonable length and orienteering difficulty, provided mixed reaction both in the form of immediate exclamation at the 2nd Master Map area and after brief reflection at the end of the course. But most agreed that it was difficult to correlate out of bounds areas from map to ground. We are sorry that the very recent ploughing of a field in the extreme south of the area made it necessary to add an extra shaded area and an unforeseen navigational hazard. Another hazard not envisaged by the setters was the snow drift between controls 4 & 5 but most found this interesting rather than annoying. Congratulations to E. Schaffner, G. Wheeler, and B. Bullen on times of under an hour.

Course II being more conventional provoked little comment but it was surprising to see so many Junior Men, particularly from Rydens School, amongst the leaders. Course III was attempted successfully by large numbers but special mention must be made of...

Know Your Club Members —

Darrell Cruickshank

The UK's oldest ranked orienteer!

As part of our look backwards at the history of the club, it was obvious to turn to our oldest active member and find out a bit about his orienteering life.

How did you start orienteering?

I started orienteering in 1968 when the sport was being introduced into this area under the guidance of the Central Council for Physical Recreation. Meetings were held, mainly among various school P.E. teachers and County Associations formed to assist in the formation of clubs. I was in on the formation of Reading Orienteering Club on the 8th February 1968 and became a Committee Member.

At that time most of England was coming to the end of a very serious outbreak of Foot and Mouth Disease in cattle and orienteering was virtually at a standstill due to access restrictions on the countryside. The main source of experience came from a few pioneers in the London area and the military. I bought the book "Orienteering" by John Disley which explained what orienteering is, the techniques, and the process involved in organising an orienteering event. It was the orienteer's 'bible' of the time. I then attended a one day course at Bisham Abbey, near Marlow, run by two Royal Marine Officers, Mike Wells-Cole and Jonathan Thompson. This included a novices event in Quarry Woods.

Following this, members of the Royal Electrical and Mechanical Engineers at Arborfield put on a novices event (one course) at Bramshill near Hawley and Hornley on the 10th March 1968 to which we were all invited, mainly I think by word of mouth. Life was like that then.

With all this experience, Reading Orienteering Club decided to put on its own event in Quarry Woods on the 17th March - a giant leap of faith. Modern planners should note the time scale! In fairness though, although orienteering in the forest is very similar, the associated equipment and environmental background were very different in those days. The event was a success and Reading Orienteering Club stepped onto the orienteering scene.

Age Class?

In 2015 I will be M90. There are three or four others I think who will also be M90 in the New Year so I will still be unlikely to win my class.



Darrell Cruickshank boldly heading off into the bracken at the start of this year's November Classic

Home town?

Reading, where I have lived for 57 years. Prior to this - Oxford, London and Cambridge

Most successful event?

Over so many years I find it difficult to pick out my most enjoyable event. All orienteering is good (I think), its just that some is better than others. Perhaps my greatest success was in my first night event in 1968 when I came in 4th, beating the current JK winner.

Most embarrassing moment?

At the start on the long beep I tripped over the tape and fell flat on my face in the mud. I gave vent to my feelings so luridly that shocked start officials introduced the phrase "10 seconds to go, step over the line" which always brings home to me my fall from grace. With punching starts this phrase is dying out.

My biggest cheat?

At the JK in Yorkshire, I completely failed to find a control and made such a mess of things that I returned back to the finish and handed in my control card which, in those days, was of thin card with holes punched in it at the controls. When the results came I discovered that the results team had failed to observe that the last five squares on my card were blank and gave me a very respectable time and position.

What have you put back into the sport?

I was a Committee Member from the foundation of the club for many years, serving two separate periods as Club Secretary, giving up when my hearing made things too difficult. I organised, planned and controlled events, becoming a Grade 2 Controller. I did some survey but was not very good at it. I wrote and circulated the Club Newsletter from 1968 to 1977 and generally helped in providing background equipment etc.

Other activities?

Cross country running at school. Rowing at Oxford. Running half-marathons. I did want to run the London Marathan but did not have the time for the necessary extra training.

What training do you do?

In my younger days I ran 20-30 miles a week round Prospect Park in Reading or through the woods and fields of Tilehurst, Sulham and Theale. Now I ride a bicycle—its easier on the legs and feet. There is a bit of a cheat here but that is my secret.

What do you think is the best thing about orienteering?

Being out in the woods and on the moors.

Orienteering ambition?

To continue enjoying it.

Your favourite music?

My prep school was Kings College Choir School where I acquired a love of choral music. My favourite? Faure's Requiem or maybe the Hebrews Slave Song.



Why change the name to Berkshire Orienteers?

The following is the relevant extract from the Minutes of the Annual General Meeting held on 10th February 1989 at Radstock Community Centre, Earley.

Amendment to the Constitution

The following proposal to the club constitution was made: That the name of Reading Orienteering Club be changed to Berkshire Orienteers from 1st January 1990.

Proposed: Phil Brown. Seconded: Chris Shaw

Phil spoke in support of his motion as follows: He had decided to propose the change in name due to his association with ROYALS. Many Juniors and their teachers introduced to orienteering through ROYALS did not wish to join a club named after Reading, particularly those living in Sough and Newbury. He felt that a name that reflected the real area covered by the club would be an advantage. Many of those who joined ROYALS as group members were then lost to orienteering when it became time for them to join as individuals. He felt that the proposed regional name would reflect the true nature of the club.

A letter from Brenda and Peter Joynes who were unable to attend the meeting was summarised as follows. They felt that the club had a long history as ROC and that changing the name would not necessarily affect the membership numbers as many members would wish to remain as ROYALS.

Phil Brown stated that there had never been any intention to allow individual BOF membership through ROYALS.

Janet Gibson disputed the fact that the name of the club was a deterrent to membership, ROC was the regional club and Reading was the county town of Berkshire.

Derek Harding suggested that the situation was different in that it was the perception of people new to orienteering that was the problem, not those who knew ROC was the regional club.

Darrell Cruikshank asked whether other names had been considered. Phil said that the original idea was Royal Berkshire Orienteering Club, but there was some query as to whether the word "Royal" could be used without royal consent.

Steve Bouch said that a name change would imply a commitment to the whole of Berkshire, especially the west of the region.

Anne Parker sympathised with Janet and said that she had been originally against a change of name but felt that the arguments were persuasive.

Bryce Gibson felt that changing the name would not directly increase membership, it would need a commitment of people and probably significant publicity.

The cost of changing the name was discussed. Existing club O-suits could be altered for about £1 per suit, it was not proposed to change the club colours. The name would not change until 1st January 1990 to simplify renewals and entries for 1990.

This was followed by a discussion of the club abbreviation. A number of proposals were made including BerkO, BerOC and BerO. A number of strong objections were made to Berks and BO.

A vote was then taken on the motion and the results were as follows:

Abstentions: 3 No: 6 (this included two postal votes from the Joynes) **Yes: 14**

The motion was therefore carried. The Executive Committee was mandated to consider the club abbreviation as soon as possible. The change of name would be effective from 1 January 1990.



But what was 'ROYALS'?

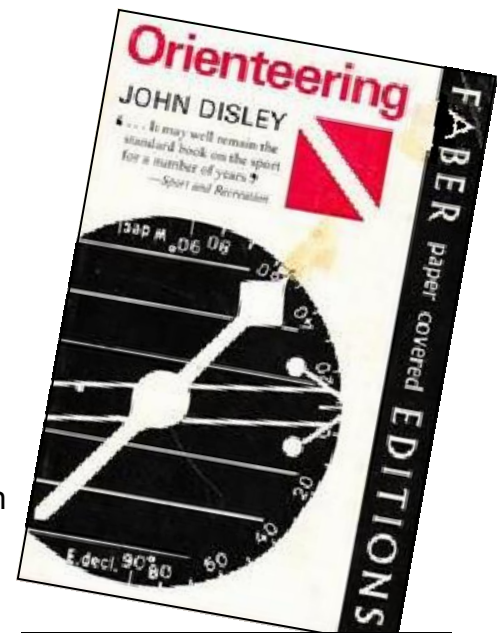
Being 25 years ago means that most current members are not certain as to the exact status of the ROYALS. It is thought that it was a group name for a scheme providing orienteering training through Berkshire County Council. Phil Brown was a key part of this and worked from a base in Maidenhead. Phil was also a qualified Senior Coach with British Orienteering.



Orienteering. How did it all start here?

Darrell Cruickshank

I am writing mainly from memory, which is notoriously inaccurate, so if other people remember things differently I won't argue. I suspect that John Disley and Chris Brasher were at the bottom of it in the South of England. In the early 1960's Orienteering was imported into Scotland from Sweden. By 1967 there was already an Orienteering Association in the South, mainly centred round London, one in Scotland, and possibly one or two in the North of England. The Army also were orienteering. In 1967 the Central Council for Physical Recreation arranged a meeting of Physical Education Teachers at Bulmershe Teacher Training College in Woodley lead by two Royal Marine Officers to start the Orienteering ball rolling more widely. The Southern Orienteering Association changed it's name to the South Eastern Orienteering Association, the Bulmershe meeting declared itself to be the South Central Orienteering Association with dominion over Buckinghamshire, Berkshire, Hampshire, Oxfordshire and Wiltshire with the two marines designated as Secretary and Treasurer, remaining offices to be filled in due course. Within S.C.O.A. County Associations were formed to encourage and assist the formation of local clubs in line with the organisation of Athletics. In practice the County Associations were found to be superfluous and fairly quickly faded away except for the Oxford Orienteering Association which functioned as a club until it changed its name to Thames Valley Orienteering Club.



One of the main promoters of orienteering was John Disley and the first edition of his book giving publicity to the sport was published in 1967

To start with the organisation was very tenuous. Somewhere at the top was the British Orienteering Federation which handed down the rules and took care of Insurance etc. Next down were the Regional Orienteering Associations who hadn't found their role, and then there were the clubs who just wanted to get out orienteering. In S.C.O.A. this was about five or so small ones, mainly associated with schools. Happily Reading Orienteering Club had a link and massive support from the Royal Electrical and Mechanical Engineers at Arborfield. We put on our first event only five weeks after the formation of the Club, but in truth most of the equipment and expertise came from R.E.M.E. Land permission was verbal. Maps were photocopies of 1 : 25000 O.S. maps curtesy of R.E.M.E. Control Cards bore distinct military traces. Inking stamps and Control Flags were borrowed from R.E.M.E. Timing was from two synchronised stop watches. It was all very amateur but the competitors didn't know any different and it worked. 59 people had a fun day in the forest and Reading Orienteering Club stepped out onto the Orienteering scene. Entry fee was half a crown (12 1/2 p) and we made a profit.

What kit did we have? "The Orienteer" dated February 1968 suggested "Either cross country running kit with at least a sweater or tracksuit top, or an old pair of trousers, an old shirt and jersey, plus gym shoes". Also needed - a compass, Silva for choice. A red ball-point pen. A plastic map case about 6" x 9" to keep your map dry. Silva compasses and plastic map cases can be obtained from the U.K. distributor B.J. Ward Ltd. Something to eat and drink when you finish.

What of our equipment? Somewhere in the system was B. J. Ward Ltd. in London who seemed to have a hot line to Sweden where Orienteering originated and flourished in a big way. They appeared to be able to supply most Orienteering requirements. Also there was the "Sweat Shop", a van travelling to events started by John Disley and run by Tony Wale, a soldier and experienced orienteer. Everything was new and experimental. Some things worked and developed, other things failed or were overtaken by more advanced techniques.

Maps. These were photocopies of O.S. maps at a scale of 1 : 25000 and the surveys well out of

date. paths shown were often wrong and some not shown at all. Tracks however were more reliable. Water features were highlighted by black wiggly lines in the case of streams or hatched with black lines for ponds. Finding a stream bend could be tricky. Organisers had to write to the Ordnance Survey for permission to copy their maps and a royalty had to be paid, that is unless you could persuade an army unit to copy the map. Another issue with the maps was that photocopies of the O.S. maps showed the National Grid Lines and it was from these one took compass bearings. Unfortunately the E-W grid lines were also shown so to avoid confusion it was the practice for competitors to mark the N end of the N-S grid lines in red. A red pen/pencil was part of an orienteers kit. Further, the grid lines did not point to True North but varied by a degree or two depending on how far East or West the area was from Greenwich. This small error only worried the purists, but more serious was magnetic variation which, if I remember rightly, was about 7 Degrees West in the late 1960's. This had to be added on to obtain the correct Compass bearing. With re-drawn maps Magnetic North is now shown so all the above became irrelevant.

Control Flags varied a bit but were mainly red/white squares as to-day. There were however some red fabric tubes with a white diagonal stripe and in one case a single faced black board with a red/white square painted on it.

Control markers were self inking stamps tied to the control flag. The stamp printed a symbol onto your control card to authenticate your visit. Each control normally had a different symbol. It had to be protected from moisture but had to accept the ink stamp. Usually it was kept in a slot as part of the map case.

Control cards were of thin card with your details and start time entered on it. It was printed with numbered squares to receive the control stamps. Planners had to try to ensure that taking controls out of order was not a profitable option.

Advertising events was something of a problem. Initially there was no clearing house and schools and clubs put on events as it suited themselves and to a standard they decided. Duplicated "flyers" were circulated to schools via the education system and to club secretaries. They were also circulated at events. Some were posted in public libraries but as Orienteering was being promoted as the Thought Sport this did lead to some confusion with other activities such as Yoga. Reading O.C. had a monthly newsletter which contained details of known events. There was also a magazine "The Orienteer", again I think started by John Dislev which gave notice of events and much else of interest to Orienteers.

There were roughly three levels of events. Championship, Badge, and Local. Championship events were organised by B.O.F. or the Regional Association, and were conducted to the highest state of the art at the time. Badge events were also expected to be of high standard and at these events performance above a certain standard entitled one to qualify for a badge. The average time of the first three finishers in one's class was taken and a quarter of the time added. Finish better than this time on three occasions and you qualified for a Gold Badge. Time and a half = Silver. Double time = Bronze. Complete the course = Iron. All other events were Local and the organisation a bit more elementary. Courses were "set" and then "vetted" so one had a "Setter" and a "Vetter". This led to confusion so the titles were changed to "Planner" and Controller.

To pre enter an event you wrote to the organiser giving your details, entry fee, and two stamped and addressed envelopes. One for you to be sent the control card with your start time and any other necessary information and the other for you to be sent the results. Except for championship events, entry on the day was normal and the procedure took place at Registration with a box of envelopes to address for results and a request to leave money for postage.

Having entered, one collected a map, marked up any map corrections and out of bounds areas shown and armed with map, map case, control card, compass, whistle, and red ball point pen, headed for the start. When your start time was called you went to the Master Maps where you were now on the course and being timed, picked up a



Control Description List, then known as a "clue sheet", copied the course onto your own map and set off into the wide green yonder. The "clue sheet" was written and each description was prefixed with a definite or indefinite article. "The" indicating the control was on a feature marked on the map and "A" on a feature not marked on the map. e.g. "The" fence corner was marked on the map. "A" fence corner was not. Copying the right course accurately under time pressure was considered part of Orienteering. From here on modern Orienteers would find things little different except perhaps a certain lacking of information on the map.



At a major event only about four courses would be on offer: Course A: Senior Men A. Course B: Senior Men B. Course C: Senior Women and Intermediate Men. Course D: Intermediate Women and Junior Men. At less prestigious events there were also Junior Women, Boys & Girls, and Wayfarers. I don't remember the age limits but I think Seniors were over 21. Wayfarers were non competitive, wore hiking gear and sometimes carried a rucksack. At night events women had to go in pairs and I don't think juniors were allowed at all.

At the master maps: Copying the course from the 'mater maps' to your own map was done after you had started. Saving seconds here might be good but copying the circle onto the wrong feature would be disastrous.

Picture from early 1970s, provided by Ruth Lockley

The Orienteering community was smaller then. I don't have figures for the J.K. in 1968 but I think the total entry was probably less than 500. and the public at large were much less in evidence. At J.K. 1968 I crossed the A3 trunk road unmarshalled with not a vehicle in sight. (no M3 then either). Woods also appeared to be unvisited. It was very rare to meet a non orienteer.

Step by step development began. Almost immediately 0- clothing began to appear. Maroon top and bottom for R.O.C. as colours were registered. By May 1969 non existent paths were being erased from the 0.5. maps and by December maps were being re-drawn with added detail, though still in black and white, by Club Members. In 1970 coloured maps with runability screens appeared. Self inking stamps gave way to pin punches. Master Maps gave way to pre-printed courses. Pin punches and control cards gave way to Dibbers and Emits. Map cases gave way to Tyvek. Who now remembers a Norwegian Event? At the Master Map only the first control was shown. Arriving at that control there was a strip of map showing only the next control, and so on. Useful in using a small area but not required with dibbers and Emits. Or Line Events? where one followed a line as shown on the Master Map but no controls shown. The controls being on the course but not on the map and only by following the line on the map exactly would the controls be found.

Most of the old timers are no longer orienteering though a few remain. Bob Cheesewright not at first a member of R.O.C. but later Club Chairman and now with T.V.O.C. is still to be seen as is Dick Rae. Again he was not originally with R.O.C. There are a few others from other clubs and it is great to see them. And what of the others who made such great contributions to R.O.C.? Ivor Parr our first Chairman. John Shelton who made the first alteration to an O.S. map and all the others who helped in one way or another. They were a good crew but have sadly faded away.

Time moves on. Innovations continue but out in the woods and out on the moors Orienteering remains much the same. *Floreat Orienteering.*

British Champions for the Third Year Running!

Glyn Thomas

When we returned from the British Schools' Score Championships at Arrow Valley Country Park in Worcestershire with gold medals for both the girls and the boys – the first time we had managed either at the BSSC – our thoughts turned to the big BSOC weekend in Yorkshire in November. St Andrew's had lifted the Middle/Prep trophy at Delamere Forest in 2012, and then again in Derbyshire in 2013; surely we couldn't do it three times in a row?

Our young squad of 15 girls and 6 boys departed after lunch on Friday 14th in two minibuses. The traffic and roadworks were not much fun, and it took us 6½ hours to reach the Youth Hostel in the beautiful city of York. On Saturday, our 'O' training event was sandwiched between a walking tour of York itself (city walls, Minster, Shambles and the Jorvik Viking Centre) and a memorable tour at the National Coal Mining Museum near Wakefield, with an hour spent 140 metres underground after a ride down in a cage.

After enjoying a hearty breakfast in the hostel on the Sunday morning, we headed for Temple Newsam Park on the outskirts of Leeds. We erected our school 'O' banner and prepared the children for their runs. The start was in front of the stately house itself, and one by one all 21 set off across the hill and down towards the wooded area and the ornamental ponds. The earliest starters were back even before the last ones had left, and we knew that some had posted good times, with the odd 'bad day at the office' for a couple of them – almost inevitable for a large group.

We were rather concerned about the non-appearance of one of our children, and then we heard that she was being brought off the course by the Red Cross, having badly twisted her ankle. It was recommended that she be taken to Leeds General Infirmary to be checked out, and my colleague Kirsty Parkhouse spent the rest of her day in A+E (nothing broken, though, I'm pleased to report). Ian Farquhar and I eventually took the remaining 20 children to the amphitheatre, where the awards were due to be presented. Despite the considerable distance from Berkshire, three of the children were supported by parents, siblings and other family members who live locally.

We were delighted to hear that Holly Wakelam had been placed third and won an individual bronze medal.





When the lengthy proceedings reached the year group stages, both our G5 girls (Holly Wakelam 3rd, Amy Slatford 5th, Imogen Woodcock 8th) and G6 girls (Olivia Hall 5th, Lowri Thomas 6th, Rosie Hart 8th) were awarded their respective shields and gold medals. Our great rivals from Barnardiston Hall in Suffolk were also enjoying some successes, so who would win overall? The time came for the big announcement, and the children from St Andrew's School, Pangbourne – all 20 of them – raced to the winners' podium to collect the Middle/Prep national trophy and their gold medals for the third year in succession. Our top four positions were declared as Holly, Amy, Olivia and 7th-placed Will Wakelam, making a total of 20 points; our rivals notched up 32 points and were placed second. It had been a tremendous squad effort, with the older ones looking after the younger children and everybody supporting each other.

The hideous traffic on the way home (punctuated by a visit to a well-known fast food restaurant at Northampton Services and a celebratory McFlurry for everyone) did not dampen the spirits, the feeling of elation, or the volume level in both minibuses. We arrived back at school at about 9.20 p.m., tired but happy.

It's back to normal 'O' events after the Christmas holidays, and then we'll be working towards the defence of both our national titles, first at the BSSC on Chobham Common in October, then on the Sandringham Estate for the BSOC in November. Needless to say, we're already booked into Hunstanton Youth Hostel!



Porto City Races

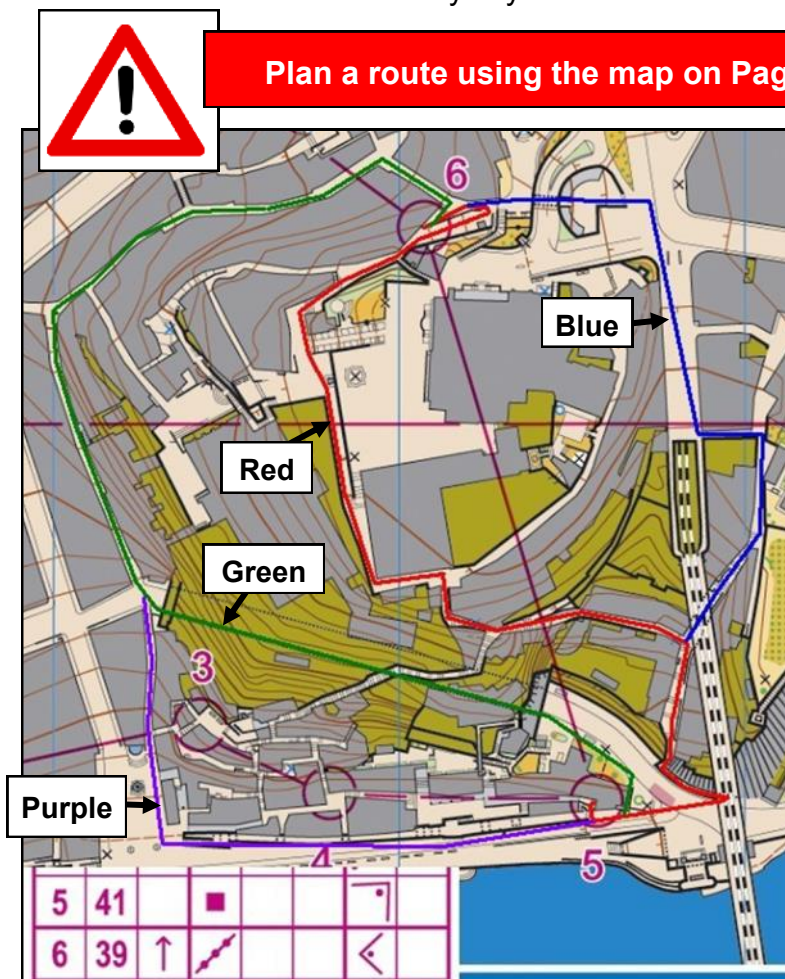
Nigel Hoults

Last time, Dick Rae described his experience at this year's London City Race, which formed part of a series of four races, the City Race Euro Tour. The other events were in Porto, Edinburgh and Barcelona, and in each case there was at least one other event over the weekend to make the journey worthwhile. I completed all four events, but in this article I will just describe the races in Porto, which were held on the weekend of 3rd to 5th October.

Friday Evening – Night Sprint

The first of the three races was a night sprint around the city itself. Sprint is perhaps something of a misnomer; the first thing any visitor notices about Porto is that it's anything but flat, and with my course having 165m of climb in 3.1km, it was unlikely that many people would be sprinting! When the time came to leave my hotel, I decided to check my head torch, and on turning it on all I got was a single flash. Panic! I tried fiddling with the batteries and cable to no avail, and wondered what to do: could I get by on just the street lights? Was it just flat batteries, and if so where could I get AAA cells at 8 o'clock on a Friday night? In the end, I decided that I'd see what could be done at the event centre, and as a last resort I would use the "assistance light" on my phone. In fact, I was able to buy another head torch there, and while not as bright as my own, it was good enough to get me round the course. (The problem turned out to be a corroded cable – moral of the story, double-check everything before leaving home!)

My first two controls were fairly straightforward, and I hit them without any problems; I couldn't help but notice how far I'd descended, though, and therefore how far I'd have to climb up later. The next three controls were just off the banks of the Douro river, an area packed with restaurants, and all the people there seemed to find the event very entertaining – when I started going the wrong way, one person even grabbed my arm and dragged me along in the right direction! Apart from that one mistake I did well on these, navigating correctly through the maze of narrow alleyways. All that was to change, however. The leg from 5 to 6 was



Thoughts on Leg 5-6

There are four basic routes that I can see. The blue route is shortest, followed by the red route (60m longer), but both have lots of steps. The green and purple routes are 120m and 145m longer than the blue respectively, but with no steps. It would also be possible to head back to control 4 and then north and east to join the red route, or via control 3 to join the purple route, but because of the narrowness of the alleyways and competitors running in the opposite direction, I don't think these are any better. I had originally planned to take the red route but couldn't see the start of the steps (which was under the bridge), so after a lot of prevarication opted for the purple one. I think this cost me about 2 minutes, nearly all from scratching my head wondering which way to go.

perhaps the most challenging of the whole course (*See below and his thoughts in box below*).

The next few legs went well, despite my own legs being tired from the climb, and it was quite a surprise to have a control inside a railway station! I made a mistake going the wrong way out of 10, which cost me 80m of extra distance, and then had a clean run to the finish – although I don't think I ran much of the leg from 12 to 13, as it had 55m of climb in 360m! I finished in 18th place out of 26, a bit lower than I'd hoped for, though I was relieved to find I wasn't the slowest from 5 to 6.

Saturday – Score Event

Saturday's event was a score event in a park to the east of Porto (Parque da Cidade). However, it wasn't a conventional score event: rather than having to score as many points as possible, the challenge was to get as close to 1000 points as possible without visiting more than 30 controls. The time limit was 90 minutes, with the usual penalties for being late, and information in the start area informed us that there were 47 controls, with a maximum score of 1270. I had expected that it would be a mass start, but in fact people were sent off as soon as their SI cards had been cleared and checked, which made it much less chaotic than usual – and of course, with electronic punching there's no need for everyone to start together.

The strategy I'd intended to use was simple: most score events are planned so that only the fastest people have a chance of getting to all the controls, and I don't count myself as one of those, so I decided that I would pick a route that included some higher-scoring controls, and follow that until I ran out of time. I headed south from the start, and after about 15 minutes of running I'd already reached 355 points and realised that my strategy wasn't going to work: I would easily reach 1000 points well within the allowed time. A quick mental calculation revealed that I'd need to average more than 30 points per control to avoid exceeding the 30 control limit, and so I consciously avoided anything that scored under 20 points, and headed west to where the other high-scoring controls were located. The three west-most controls were on the beach, which was quite a contrast to the parkland where all the rest were. Having picked up these, and some other high-scoring ones on the way, I decided that it was worth stopping and counting up how many more points were needed. I decided that another 90 points would get me close to 1000, and headed off for those four controls. Having punched them all, I ran towards the finish, approaching it from the "wrong" side. I wondered whether or not this was allowed; there was a control 100 with a score of zero that was where you'd expect to find a final control. Fortunately I asked someone before punching the finish, and was told that I did have to visit that control, so it was a quick sprint up and down the run-in! It turned out that my calculations had been slightly out; I had forgotten that I'd visited one of the 10 point controls, which gave me 1005 points and hence a 10 point penalty. This left me 12th out of 39 in the veterans category, which I was pretty pleased with.

The park proved to be an interesting area, with various stone structures (which looked Roman but were actually modern) scattered around, and was ideal for this type of event as it was all very runnable. I enjoyed the variation on the usual "score" theme, and it's something we could perhaps try over here.

Sunday – City Race

The final race was the one that formed part of the City Race Euro Tour, and was held in Foz Velha, which is a few miles out of Porto at the mouth of the Douro river. Although I'd been to Porto on a couple of occasions I'd never visited this area before, and Google Earth didn't reveal much. I took the bus from the city centre (the alternative was a vintage tram, which I used on the way back), and the few locals travelling on it must have been somewhat bemused as more and more orienteers boarded at every stop! This time the start and finish were in a small coastal park, which provided a good warm-up area, with courses heading north into the narrow alleys of the old town.

At a quick glance the map didn't look too technical, and I hit the first control – in a school – with no problems. I spotted the narrow exit from the school grounds that gave the best route to

Map segments by kind permission of GD4 Caminhos.

number 2, but unfortunately also thought I'd spotted a good route into the control through a gate, which proved to be closed. (On closer examination, there was no route that way: the time is near when I'm going to have to buy a compass with a magnifier!) Then came an interesting leg, to a control at the end of a tunnel, and this set the scene for the rest of the course: you had to check the control descriptions carefully to avoid ending up on the wrong side of uncrossable features. The next few controls went well, until I came to the short leg 7-8 (*right*).

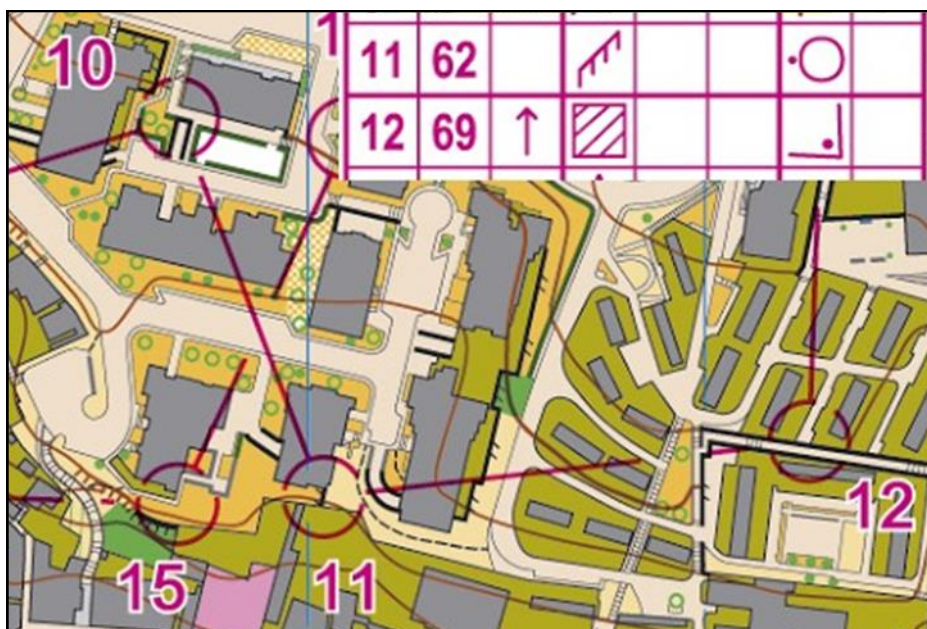


Map segments:

- *Left: Actual size*
- *Below: Enlarged*



I'd approached 7 from the north, and it seemed that all I had to do was turn east and run by the two buildings and then straight to the control; however, I found myself looking over a wall at the road – and courtyard where the control was – some distance below! I took the easy option of continuing round the building, though I saw afterwards that there was a route to the southeast down some flights of steps which was probably the shortest. A couple of long and fairly straightforward legs through the alleys of the old town followed, until we entered a more modern housing estate.



This had several well-placed controls that forced you to plan your route with care or face a possible long detour. An example of one of the legs here is shown on the map segment (*left*). Control 11 was west of the uncrossable fence, and it had been placed about 2 feet from the fence to stop people from leaning through. While running towards it, I saw people coming from the opposite direction (presumably on different courses) and then stopping when they realised they were the wrong side of the fence!

The leg from 11 to 12 certainly made me stop and think; you had to go all the way round the building north of 11 to start with, then south of the next building, and up the hill to approach the control from the north. I didn't spot the narrow gap between the hedge and the building just west of the direct line from 14 to 15 (it would probably have provided a good route to 11 as well), but otherwise had a clean run, finishing 6th out of 16, which I was very pleased with. Talking to other Brits at the finish, we all agreed that it was a good example of how to get the best from an area by careful course planning..



The sun shone and it was a perfect morning for a winter's orienteering event



Fiona Clough seen here trying out her prototype for a new club bobbie hat. Would you buy one?



Seen at our own Winter Saturday and Youth League Event at **Yately Heath** on the **20 December**

With the AGM coming shortly, here were 3 current members of the Committee possibly out campaigning to seek your support for their continued membership of the Committee.

From the left, Membership Secretary **Ian Hudson**, Club Secretary **Derick Mercer** and Committee Member **Dave Rogers**.

Will you vote them back on?



*Photos: Top 3 by **Ken Ricketts**; bottom one by **Andrew Graham***



Mark Foxwell (M50)
starting the Long Blue



Pete Wilson (M55)
on the Green



Anne-Marie Hillier (W60)
tackling the Short Green

Seen in the New Forest at the
November Classic
on the 2nd November

*All photos by Pete Davis. For more, see:
<http://www.novemberclassic.org/>*



Lynne Moore (W50)
completing
the Short Green



Editor: David Jukes (M60)
finishing the
Blue