

# ***Berkshire Orienteers Newsletter***

***January 2017***







Glen Wass



Lynne Moore

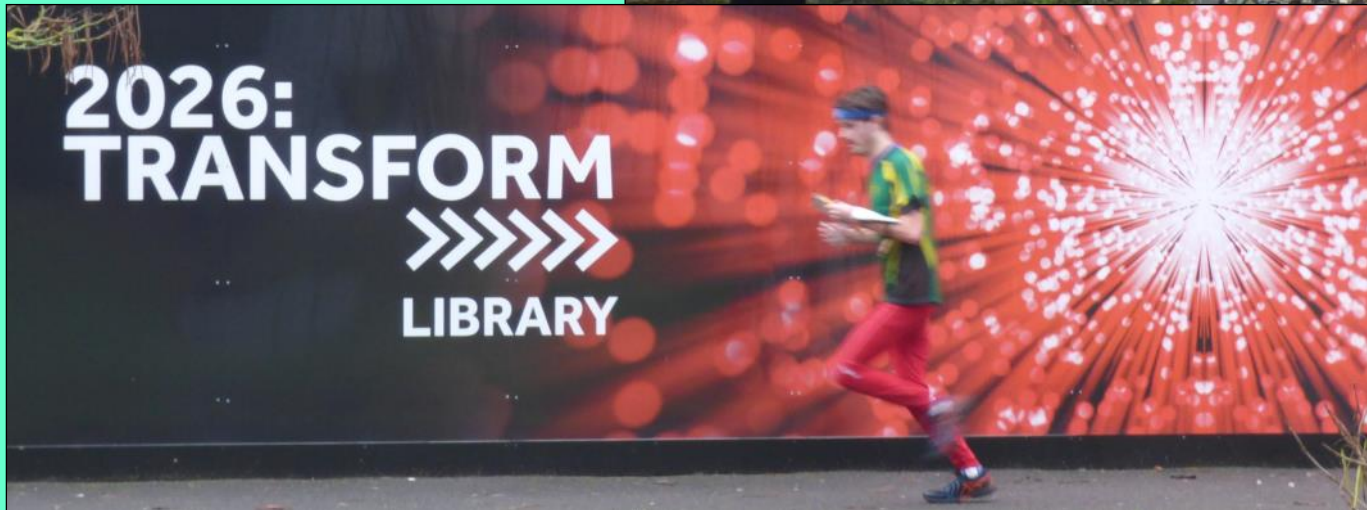
**New Year's Eve Event**  
31st December 2016  
University of Reading -  
Whiteknights Campus



Doug Greenwood



With convenient 'You are here'  
maps for lost competitors







## Editorial

A new year brings an opportunity to look back at the achievements in the year just gone. And this issue of the Newsletter is packed with information on the very many and varied performances of club members during 2016. For those of you who are mentioned, congratulations on your achievements. For those of you who seek to reach higher levels, good luck for 2017 - perhaps you will be one of those to be featured in the January 2018 issue.

However many members are content to enjoy the opportunities that the sport provides whilst not seeking a top ranking placing. That all are welcome is one of the main strengths of the sport. Happy new year!

David Jukes

### Cover Picture:

The cover shows **Annika Greenwood**, our new 2016 Women's Champion, negotiating the complex buildings on the University of Reading's campus at Whiteknights at our event on New Year's Eve. The curved path, shown on the map extract runs between the Henley Business School's Whiteknights base and the ICMA Centre.



BKO members **Denise Harper, Fiona Clough and Brian Burt** at BBC Radio Berkshire - see page 14 for details



## NOTICE OF ANNUAL GENERAL MEETING

The AGM of Berkshire Orienteers will take place on  
**Friday 24th February at 7.00pm**  
 at Downshire Golf Complex, Easthampstead Park,  
 Wokingham, Berkshire RG40 3DH

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

### Agenda:

- Chairman's Report
- Treasurer's Report / Membership Fees
- Election of Club Officials
- Amendments to the Club's Constitution
- 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 8.15. Menu options and cost will be circulated by e-mail shortly and will be published on the web site.

## Club Notes

*Keeping you informed about the club and its members*

### *Level A Events - Southern Championships 2016*

This year's November Classic in the New Forest (using the Fritham Plain and surrounding inclosures) was also the 2016 Southern Championships, a Level A event. BKO members achieving a top 3 place in the Championships are the following:

• M12	3rd	<b>Adam Methven</b>
• M21	2nd	<b>Pavel Prochazka</b>
• M35	2nd	<b>Mark Saunders</b>
• M65	1st	<b>Martin Wilson</b>
• M90	1st	<b>Darrell Cruickshank</b>

Congratulations to them, especially our two 'Southern Champions'. Later this year the 2017 Southern Championships will again be staged at the November Classic on Sunday 5th November 2017. In fact it will be the 50th staging of the 'Classic' which returns to a prime New Forest location - Highland Water.

### *Committee News / Discussion*

The Committee met in late November and this is a summary of some of the items discussed:

- Progress was reported on adding material to an 'Event Handbook' page on the club's website. This is mainly to provide guidance to potential organisers of our events (particularly our Saturday events). Please take a look to see how this is developing. Comments would be welcomed.
- 7 club members attended the recent map surveying course. It was agreed that our new version of OCAD should be added to one of the new club result laptops for use by members updating club maps.
- There was further discussion on a draft new constitution. A new version had been circulated prior to the meeting. There was some initial discussion but further drafting would be needed before the January Committee meeting. It was still hoped to present a revised version to the next AGM. One issue is that there is a BOF requirement for clubs to have a Welfare Officer and at present BKO does not have a designated person in this role.
- There had been a request for the club to assist Crown Estates in maintaining the Permanent Orienteering Course (POC) at the Lookout (Star Posts). Discussions are needed before we commit ourselves to providing more support.
- Peter Entwistle agreed to become the regular BKO representative on the regional SCOA Committee.
- It was considered useful to have photos of Committee members on the website. This will be progressed.

### *Regional News:*

Following a regional Committee meeting in early December, a SCOA Bulletin is available on the regional website (<http://www.scoa-orienteeing.org.uk/>). The following is a shorter edited version:

- SCOA has a new treasurer. Our very own **Peter Entwistle** of BKO has stepped forward to take on this role from the start of 2017.
- The regional Committee is currently exploring ways of using the SCOL scores to enable an inter-club competition that is fair to the differing sizes of club in this region.
- The SCOA Championships were held on 11 Dec at Long Valley and hosted by SN. The table on the top of the next page shows BKO medal winners. Congratulations to them. The 2017 SCOA Championships will be hosted by TVOC at their Chiltern Challenge event at Hambleden on 9 April.
- Event officials and training. If you are volunteering for an event official role from now on our national insurance requires organisers, planners and controllers to have attended an Event Safety Workshop. This is an interactive workshop, lasting about 4 hours and generally very well received by all those who have attended so far. If you are therefore going to be doing one of those key official posts in future and have not yet attended one of these workshops, please let your club know or contact **Katy Stubbs**



**Martin Wilson -**  
seen here competing (and winning) the MUV class in the Lille City Race in November.



(technical@scoa-orienteering.org.uk) the region's technical officer. Workshops can be run for clubs or a group made up from several clubs.

- The South Central Junior Squad (SCJS) have some colourful new tops. Monthly coaching sessions continue, with a series of sessions planned for next year. Various members will be training in Wales and Sheffield in the coming months. To find out more about the Junior Squad, please contact the Junior Squad Manager at: juniorsquad@scoa-orienteering.org.uk

### UK Orienteering League 2016

This is a national league but is based on a wide range of top national events offering a range of competition formats and terrain types. Each age class (from M/W16 upwards) has a competition as well as there being overall winners and also a club competition. There were 22 events included in the League in 2016 with a competitor's best 10 to score - making a maximum score of 500. Best BKO result was again **Martin Wilson** who was 21st overall (up from 38th in 2015) but he was 2nd in the M65 class (up from 3rd). Second best was **Dick Rae** who came in 169th overall with a 10th position in M70.

In the club competition, BKO came in 42nd out of the 115 listed results - Bristol OK were again the overall winners. The club's 2015 place was 46th with a 56th position in 2014 - so we are making progress!. For the record, the following contributed to the BKO result for 2016:

**Martin Wilson** (M65), **Stefan Stasiuk** (M65), **Catherine Springett** (W55), **Mark Saunders** (M35), **Richard Rae** (M70), **Pavel Prochazka** (M21), **Simon Moore** (M55), **Alexander Moore** (M21), **Jess Miller** (W16), **John Methven** (M45), **Denise Harper** (W65), **Annika Greenwood** (W45), **Ian Cooper** (M70), **Fiona Clough** (W50), **Peter Bennett** (M75).

### Regional Medallists

M12	1	Adam Methven
	2	Tom Inness
W45	2	Annika Greenwood
W50	3	Fiona Clough
M55	2	Simon Moore
W60	3	Katy Stubbs
M65	1	Martin Wilson
	2	Ian Cooper
	3	Stefan Stasiuk
W65	1	Denise Harper
W70	1	Gill Bennett
M75	2	Peter Bennett
M90	1	Darrell Cruickshank

### Club Championships 2016

These Championships were based on the results of BKO members at the regional event, SCOL4, on the 4th December. It was staged by Southampton Orienteering Club at Ashurst Wood / Matley in the New Forest. The Committee had decided that there would be both a 'handicap' champion in which relative national ranking points would be used to determine the winner (as in previous years) and straight Championship races with would be based on results on designated courses: men on the Blue course, women on the Green course and juniors on the Orange course.



Based on the results, the following were declared as the 2016 club champions:

- |                            |                         |
|----------------------------|-------------------------|
| • Women's Champion:        | <b>Annika Greenwood</b> |
| • Men's Champion:          | <b>David Jukes</b>      |
| • Junior Champion (Girls): | <b>Anna Methven</b>     |
| • Junior Champion (Boys):  | <b>Adam Methven</b>     |
| • Handicap Champion:       | <b>Mel Golding</b>      |

Mel's result in the Handicap Championship was exceptional. Her results have been improving but her ranking points started from a low base - typical around 400-500. This gave her an average 'base' score of 441 (see the table). On the day she shot around the Green course and achieved an excellent 652 ranking points.

	Base Score	Event Score	Performance Score
<b>Mel Golding</b>	<b>441</b>	<b>652</b>	<b>147.85</b>
<b>Susan Wilkes</b>	<b>758</b>	<b>791</b>	<b>104.33</b>
<b>Lynne Moore</b>	<b>985</b>	<b>1026</b>	<b>104.14</b>

On the Green course, Annika had a two and a half minute lead over second placed **Fiona Clough** whilst on the Blue course, David's lead was only about a minute and a quarter over second placed **Simon Moore**. In fact they were 9th and 10th placed competitors on that course. For the Juniors, Adam beat off a challenge from **Tom Inness**, whilst Anna successfully completed the course but with no challengers.

Congratulations to all our winners! The awards will be presented at the AGM in February.



## Urban Leagues Update

### Final results for 2016....

#### • *The Southern England Orienteering Urban League 2016*

The season finished with races at Salisbury, Oxford, Norwich and a traditional evening event in Brighton. Top results are given in the table on the right. **Mark Saunders** (M35) missed all of the last 4 races but managed to achieve a final third place in the Men Open class - only being beaten by two M21s. **Fiona Clough** (W50) unfortunately was pushed down to 4th place in Veteran Women (40+), being beaten by 3 W45s. Also being pushed down in the final races was **Jane Courtier** but she still achieved a high 8th position. However, by beating her rivals in Oxford and getting a second place in Brighton, **Denise Harper** retained her 3rd position in Ultra Veteran Women (65+).

#### • *National UK Urban League 2016*

As suggested in the last Newsletter, **Fiona** retained her 4th place in the national Veteran Women (40+) class. In Supervet Men (55+), **Nigel Hoult** finished 8th overall having finished 5th in the League's final event in Norwich. Also, as predicted in the last Newsletter, **Martin Wilson** kept his leading position and won the Ultra Veteran Men (65+) despite the second placed competitor winning both the final two races.

### Plans for 2017....

Given below are the events in the two leagues for 2017. In both cases, the best 7 results will be used to determine the overall results. Notice that 7 of the SEOUL events (*shown in bold*) are also in the UK League so it will be possible to get a full set in the UK League without travelling out of the SEOUL area.

### Top BKO Results - SEOUL 2016

Class	Final Position
<b>Men Open</b>	
• <b>Mark Saunders</b>	3
<b>Veteran Men 40+</b>	
• <b>Terence Hosking</b>	12
• <b>Derick Mercer</b>	13
<b>Veteran Women 40+</b>	
• <b>Fiona Clough</b>	4
<b>Supervet Men 55+</b>	
• <b>Nigel Hoult</b>	11
<b>Supervet Women 55+</b>	
• <b>Jane Courtier</b>	8
<b>Ultra Veteran Men 85+</b>	
• <b>Richard Rae</b>	7
<b>Ultra Veteran Women 65+</b>	
• <b>Denise Harper</b>	3
• <b>Sally Collins</b>	10

### Southern England Orienteering Urban League 2017 (SEOUL)

1	TVOC	Didcot	02-Jan
2	WAOB	Royston	22-Apr
3	<b>SARUM</b>	<b>Amesbury</b>	<b>29-Apr</b>
4	SO	Chichester	13-May
5	WSX	Poole	20-May
6	<b>SOS</b>	<b>Colchester</b>	<b>21-May</b>
7	<b>BOK</b>	<b>Bristol</b>	<b>11-Jun</b>
8	WIM	Dorchester	01-Jul
9	MV	Epsom	27-Aug
10	<b>TVOC</b>	<b>Abingdon</b>	<b>28-Aug</b>
11	KERNO	Camborne	02-Sep
12	<b>SLOW</b>	<b>London</b>	<b>09-Sep</b>
13	NWO	Swindon	17-Sep
14	<b>SAX</b>	<b>Whitstable</b>	<b>08-Oct</b>
15	CUOC	Cambridge	28-Oct
16	<b>SOC</b>	<b>Southampton</b>	<b>04-Nov</b>
17	SO	Brighton	16-Dec
18	GO	Staines	31-Dec

### UK Orienteering Urban League 2017

1	DVO	Belper	02-Jan
2	NATO	Cramlington	15-Jan
3	MOR	Lossiemouth	19-Feb
4	OD	Rugby	25-Mar
5	<b>SARUM</b>	<b>Amesbury</b>	<b>29-Apr</b>
6	BAOC	Tenby	21-May
7	<b>SOS</b>	<b>Colchester</b>	<b>21-May</b>
8	CLARO	Wetherby	28-May
9	<b>BOK</b>	<b>Bristol</b>	<b>11-Jun</b>
10	SELOC	Horwich	18-Jun
11	HALO	Humberside	25-Jun
12	AIRE	Bradford	09-Jul
13	Scot6D	Ballater	02-Aug
14	DEE	Frodsham	20-Aug
15	<b>TVOC</b>	<b>Abingdon</b>	<b>28-Aug</b>
16	<b>SLOW</b>	<b>London</b>	<b>09-Sep</b>
17	<b>SAX</b>	<b>Whitstable</b>	<b>08-Oct</b>
18	<b>SOC</b>	<b>Southampton</b>	<b>04-Nov</b>
19	HOC	Castle Vale	10-Dec

## Membership Memo

### **Ian Hudson - Membership Secretary**

The year has turned again and now membership fees are overdue. Most of our 2016 members have renewed but for the 40% who haven't and you know who you are, here is where you can renew:

**[https://www.britishorienteering.org.uk/renew\\_membership](https://www.britishorienteering.org.uk/renew_membership)**

Although BKO fees have not increased, nationally BO has increased senior fees to £10 and junior fees to £3.30. Therefore the total payable will be £17 and £4.30 respectively.

Enough of my nagging, in the closing weeks of 2016 we had some new members, so a very warm welcome to:

- **Georgi Gospodinov** in Reading.
- **Pilar Gomez-Jimenez** also in Reading.
- **William Hylton**, a junior from South Heath.
- **Liz & Phil Stradling** transfers in from BOK.

Best wishes for, and good orienteering in, 2017.



### **The Regional SCOA League 2016-17**

There were 4 events (**SCOL1-SCOL4**) in the regional SCOA League 2016-17 towards the end of 2016 and, by the time you read this, **SCOL5** may have taken place - it is on 15th January. The remaining fixtures are given below:

Event	Details/Results	Date	Club
<b>SCOL6</b>	Queen Elizabeth Country Park	12-Feb-2017	SOC
<b>SCOL7</b>	Nettlebed Woods	26-Feb-2017	TVOC
<b>SCOL8</b>	Harewood Forest	19-Mar-2017	BADO
<b>SCOL9</b>	Black Park	21-May-2017	BKO

With the best scores from 6 events counting for the final results of the season, it is rather early to spot likely winners but the following gives information on BKO members currently occupying a top 6 position in one of the colour coded courses:

Course	Position	BKO Member	Comment
<b>White</b>	2	<b>Robin Inness</b> (M10)	3 wins at his 3 events
	5	<b>Charlie Hearn</b> (M8)	Second place at Greenham Common.
<b>Yellow</b>	3	<b>Adam Reed</b> (M12)	A win at Greenham Common
<b>Orange</b>	3	<b>Tom Inness</b> (M12)	3 good results
	4	<b>Adam Methven</b> (M12)	2 wins at his 2 events
<b>Light Green</b>	1	<b>Alan Jones</b> (M45)	2 wins out of 3 events attended
<b>Short Green</b>	2	<b>Peter Bennett</b> (M75)	Attended all 4 events
<b>Green</b>	2	<b>Peter Wilson</b> (M55)	Attended all 4 events
<b>Brown</b>	2	<b>Mark Saunders</b> (M35)	Doing very well but the leader already has 3 wins and a good 4th result

For information on the League and to access the updated tables after each event, go to:

**<http://www.scoa-orienteering.org.uk/scoa-league>**

## Club Competitions and Relays : Martin Wilson, Club Captain.

Each year as the winter solstice recedes, the Club Captain awakes from his annual hibernation and begins to think about how our club can compete in major competitions and relays. This year, there is a feast of opportunities for members to take part representing our club. Here are the main opportunities:

### **CompassSport Cup**

This is our annual head-to-head contest against (predominately) South Central clubs for a place in the Final. This year we are hosting the SCOA heat at Cold Ash. Many members will be helping us on the day, so we hope to field a very full team. Last year we entered 62 members, the largest number of any team on that day. Everyone who helps will still get a competitive run. We will have fixed start times, though some people will be allowed to start very early to enable them to help in the early stages.

Last year we competed very hard, yet still couldn't quite match the other teams. This year we already have 12 junior members from St Andrews School who have committed themselves to attend, which will greatly enhance our chances of high points in the M/W14- classes. All clubs have few members in the M/W18- classes. If we could fill those classes with runners there are high points for the taking. I will be asking gently if any younger runners might be willing to step up a class, but only if they and their parents are happy with the opportunity. To run in M/W14-, we stipulate that the person must have completed at least one Orange course on their own (i.e. without friend, parent or shadow) at any earlier event. To run in M/W18- we stipulate running one Light Green beforehand. If we could get 8 counting scores from these four classes, we only need the best 17 counting scores from our senior runners, which would raise our average score even higher.

There are several newer members in the 'middle years' classes who may be able to strengthen our squad (best 4 in each class can potentially be a counter), so do feel able to offer to run. Last year, several of our Women runners seemed to be below their best on the day due to illness: I hope they'll aim to be on top form this time, they are an essential part of our team. Entry information will follow later. For the moment, just keep fit and run well, and put the date of **Sunday 12th March** in your diaries.

### **JK Relays**

These will be held on **Easter Monday 17th April** at Pippingford Park in Sussex, a good-quality runnable area within commuting range on the day. I hope we can put together a lot of teams. Senior teams are age-totalled (Men 155+, etc) making it easier to integrate runners of different ages. We are very fortunate that the Club Committee continues to fund 100% of the entry fees for JK and BOC Relays, so please consider if you can join the club there. I hope we can get at least one Junior Boys and Junior Girls team together, with the help of St Andrews.



### **BOC Relays**

These will be held in the Lake District on **Sunday 7th May**, the day after the BOC Individual Championships. We don't expect large numbers to take part, but more members are travelling to major events than before, so we still hope to put together some competitive teams, including one Men's Open and possibly a Women's Open. Teams are mainly age-grouped (W45, M55, etc) which can make fielding competitive teams difficult, but for those who will be travelling to BOC Individual, we hope you'll stay over to enjoy a Championship relay which should be on good terrain.



### **British Sprint Relays \*\* NEW \*\***

This is a(nother!) new BOC Championship, on **Sunday 21st August**. It was trialled in Yorkshire last year, and despite small numbers of teams, it was deemed a success, and the final format is being settled for this year. For the Open Class, it will be teams of four (WMMW, as per WOC format), for veteran classes it will be 3-person teams which must contain at least one woman. The running order will be MWM, with the Woman's leg being slightly shorter. Age groupings will (I believe) be the same as UK Urban classes: Open, Vets 40+, SuperVets 55+, UltraVets 65+, and the new HyperVets 75+. All club lady members will be in great demand! This event will inevitably favour larger clubs but it should be an intriguing competition to take part in. It is an ideal opportunity for spouses and partners to run together.

The event is being hosted by NWOA, so not local for us. It's not worth making the trip for one short race. However, the day before the Championships there is a UK Urban League event at Frodsham, near Chester, which gives added incentive for a longer trip. The Sprint area is a teaching college, also in the Chester area. It is quite a small area but very suitable for this event. It would be nice to see BKO being represented by a few teams. I will ask the Committee whether they will fund entries to these Championships, at least for this year, to help us get started. If they will, I'd be prepared to act as entries co-ordinator, to help put together teams and match up 'lonely hearts' as much as possible.

**Entry information and timing for all these events will come out via email to all members. If we can get teams together quite early, particularly for the JK relays, we can save the club a significant sum of money, so please try to work your forward planning to make early commitment if you can. I hope we make a very visible impact on the relay scene this year together!**



## National Ranking List - BKO Positions

Time to take our annual look at the performance of BKO members in the national ranking list as published on the British Orienteering website. Ranking points are awarded at events classified at Levels A to C and on courses in which at least 10 eligible people are competitors. Points are only given to those over 16 and your best 6 scores during the last twelve months determine your overall point score.

The tables below, separated for male and female members, show the top 15 in each category. **Mark Saunders** retains his position as the top ranked BKO member and has moved his national ranking position up from 476 a year ago to 230 now. All of his six counting events were either sprints or urban but he has recently shown significant improvements in more traditional terrain. In the female list, **Andrea Strakova**, who headed the female list last year, only competed in 4 ranking events in 2016 and slips to 16th place (just out of the top 15). Taking her place as our number one female is **Fiona Clough** who has improved her national position from 1564 to 1398.

Our male members who have shown improvements during the year include **Alex Moore** who moves up to 2nd place (with an improved national ranking up from 1032 to 303) although failing to get the number one placing that he had occupied in the January 2015 listing. Returning to the list this year is **Nigel Houl** who specialises in urban races - he was in 13th place in 2015 but has reached 8th this year. Making his first appearance in our listings is **James Wilkinson** - an M21. His top score for 2016 was at SN's December event at Long Valley. Perhaps he should be the one to watch for 2017.

It is **Nicki Godbold** though who stands out as the club's most improved member (over both lists) as she makes her first appearance in the lists with an impressive third position in the female listing. Also moving up, from 15th to 6th place, is **Jane Courtier** who has had some good urban results recently.



**Nicki Godbold**  
completing her course at  
the Concorde Chase 2016

	National position	Name	Year of Birth	Total points
1	230	Mark Saunders	1978	7595
2	303	Alexander Moore	1992	7474
3	407	Martin Wilson	1947	7333
4	641	John Methven	1970	7119
5	769	Simon Moore	1960	7027
6	815	David Jukes	1952	6988
7	850	Ian Cooper	1943	6962
8	973	Nigel Houl	1953	6877
9	1056	James Wilkinson	1991	6799
10	1091	John Briggs	1958	6777
11	1116	Andrew Graham	1955	6757
12	1131	Derick Mercer	1964	6746
13	1157	Stefan Stasiuk	1951	6721
14	1222	Eddie Whittle	1969	6666
15	1342	Andrew Southwood	1964	6580

	National position	Name	Year of Birth	Total points
1	1398	Fiona Clough	1962	6524
2	1701	Annika Greenwood	1971	6288
3	2024	Nicki Godbold	1990	6004
4	2064	Lynne Moore	1964	5971
5	2190	Lisa Methven	1969	5847
6	2197	Jane Courtier	1954	5832
7	2237	Toni Whittle	1970	5791
8	2336	Denise Harper	1950	5690
9	2531	Sue Parker	1960	5420
10	2558	Gill Godbold	1954	5382
11	2654	Katy Stubbs	1956	5250
12	2663	Catherine Springett	1957	5240
13	2737	Sally Collins	1951	5087
14	2968	Susan Wilkes	1954	4632
15	3019	Anne-Marie Hillier	1952	4534

# Know your sport: The Jan Kjellström International Festival

*For those who have been regular orienteers for several years, the Easter weekend is known for the staging of the 'JK' festival. For newer members this usually needs an explanation. So here we take a look at its origins, its structure and the regional locations used for the event.*

## Why 'Jan Kjellström'?

Born in 1940, **Jan Kjellström** was an orienteer from Sweden and the son of Alvar Kjellström, the Silva compass founder.

Jan was around at the start of orienteering in UK. His foreign work however commenced in the forests of Belgium in 1964. The following year gave him the opportunity to compete in the forests of France when he again gave his time, expertise and encouragement to a country struggling to acquire the skill of the sport he was born to. During the next 2 years the relationship developed further when he competed in Britain and he travelled the country teaching those in the UK better techniques and improved methods of organising competitions. June 1966 saw him once again assisting at a 'Euro' meeting as a true ambassador for the sport. At that time, through his expertise, sincerity and humour, he established himself as an outstanding ambassador of the sport.



*Adapted from information on the JK website.*

He created such an impression in a very short time before his untimely death in a car accident in 1967. In memory of his significant contribution to the development of orienteering in the UK, the British Orienteering Federation decided to hold a memorial event in his name. It was held for the first time in 1967 and moved to the Easter weekend in 1969.

## Structure

Over the years, the format of the Easter weekend JK has changed. One complication is that Easter Monday is not a Public Holiday in Scotland and it is commonly a school day. With the need for some to travel long distances to reach the events, deciding on the most suitable format has been a regular issue. From 1973 - 1979 there were two main events: and individual on the Saturday and a relay (for the JK Trophy) on the Sunday. For those able to make it into a 4 day weekend, there were usually less formal 'warm-up' and 'run-down' events on the Friday and Monday.

In 1980 the relay was moved to Easter Monday and the individual competition was based on two separate races over Saturday and Sunday - still with a 'warm-up' or 'training' event on the Friday. With the increasing interest in sprint orienteering (and its inclusion as a discipline in the World Championships) it was decided in 2006 to make the Friday event into a stand-alone sprint event with starts into the afternoon allowing more time to travel. Most recently, with the growth of interest in 'middle' distance events, a variation was included which provided a 'middle' type event for the Elite men/women open classes on the Saturday with a 'long' event on the Sunday - other classes having a 'long' on both days. As from 2017, this format is being adopted for all classes.

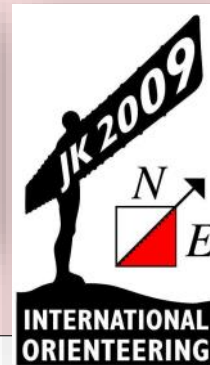
As an individual competition, a competitor's time over the two days of events is used to determine the class winner. In the relays, in addition to the main Open class for the JK Trophy, different classes exist usually based on a team's total age classes (e.g. M120+ or W165+) making for very varied teams.

See the JK website for more information: <http://www.thejk.org.uk/>



**Caution:** Two factors add to the difficulty for organisers of the JK. Firstly the date of Easter is variable with its earliest being about 22nd March and its latest being about 25th April. This means that the amount of daylight available changes quite significantly. Also at that time of year, there is a very great range of potential weather from blizzard conditions (*Easter Monday, 2008*) to warm spring sunshine (*Friday Sprints, 2014*) and even within a weekend the conditions can change radically. Conditions can be very different for the JK in the south-west to one in Scotland.





A selection of JK logos. The current standardised logo was adopted in 2012.

### The JK in the South Central OA Region

Excluding the 'holiday' weeks in the summer (*the Scottish 6 Days, the Lakes and Croeso*), the JK is the largest event in UK orienteering calendar. As an event staged by volunteers, it has always been the responsibility of one of the UK regional associations to act as hosts, rather than specific clubs. With 12 regional associations, the allocation to a region is roughly every 10 years but not all associations are able to stage the event due to limited suitable areas or limited active orienteers.

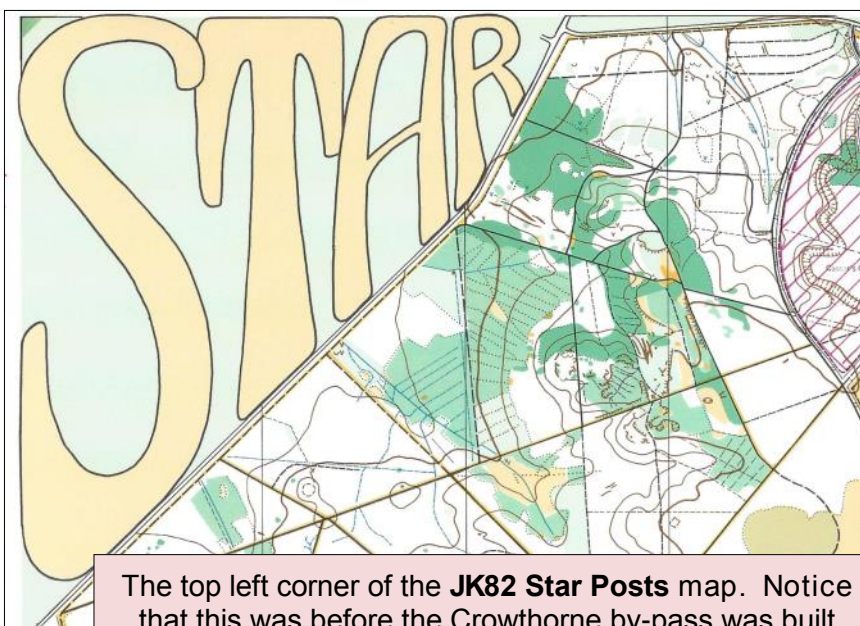
This table shows when the South Central region (SCOA) has taken on the task of running the event and the areas used:

	Warm-up event	Individual	Relay	Run-down Event
<b>1975</b>	?	Star Posts	Hawley and Hornley	Star Posts
	Training event	Individual (day 1)	Individual (day 2)	Relay
<b>1982</b>	?	Star Posts	Star Posts	Yateley Heath
<b>1993</b>	Burghfield Common	Woolmer & Longmoor	Long Valley	Highclere
<b>2003</b>	Ashley Hill	Hambleton	Star Posts	Hambleton
	Sprint race	Individual (day 1)	Individual (day 2)	Relay
<b>2013</b>	University of Reading	Hambleton	Cold Ash	Hambleton
	Sprint race	Individual (Middle)	Individual (Long)	Relay
<b>2019</b>	Rutherford Appleton	Windmill Hill	Cold Ash	Bradenham

Notice that the region has only a very limited number of areas which are suitable for staging these events. The New Forest, which might be considered suitable, is not accessible due to environmental issues. Berkshire Orienteers has two main areas which are suitable - Star Posts and Cold Ash. Hambleton is a TVOC area which has also been regularly used. As well as needing a large area with suitable terrain, another major consideration (or limitation) is the need to park a huge number of vehicles close to the area - an issue which complicates the use of Star Posts. In 1982, parking was at the Road Research Laboratory, just over the road from Crowthorne Woods.

The changes in structure have made finding the increased number of areas even more complicated. However the shift to a 'Middle' for the Saturday from this year has opened up additional possibilities. Notice that for 2019 it is provisionally agreed that the 'Middle' will be staged at Windmill Hill. This is quite a small area next to an army base just to the east of Frimley.

Some other regions have several high quality areas and the JK usually provides some of the toughest challenges for competitors - hence the attraction for international competitors.



The top left corner of the **JK82 Star Posts** map. Notice that this was before the Crowthorne by-pass was built

## Event Summary

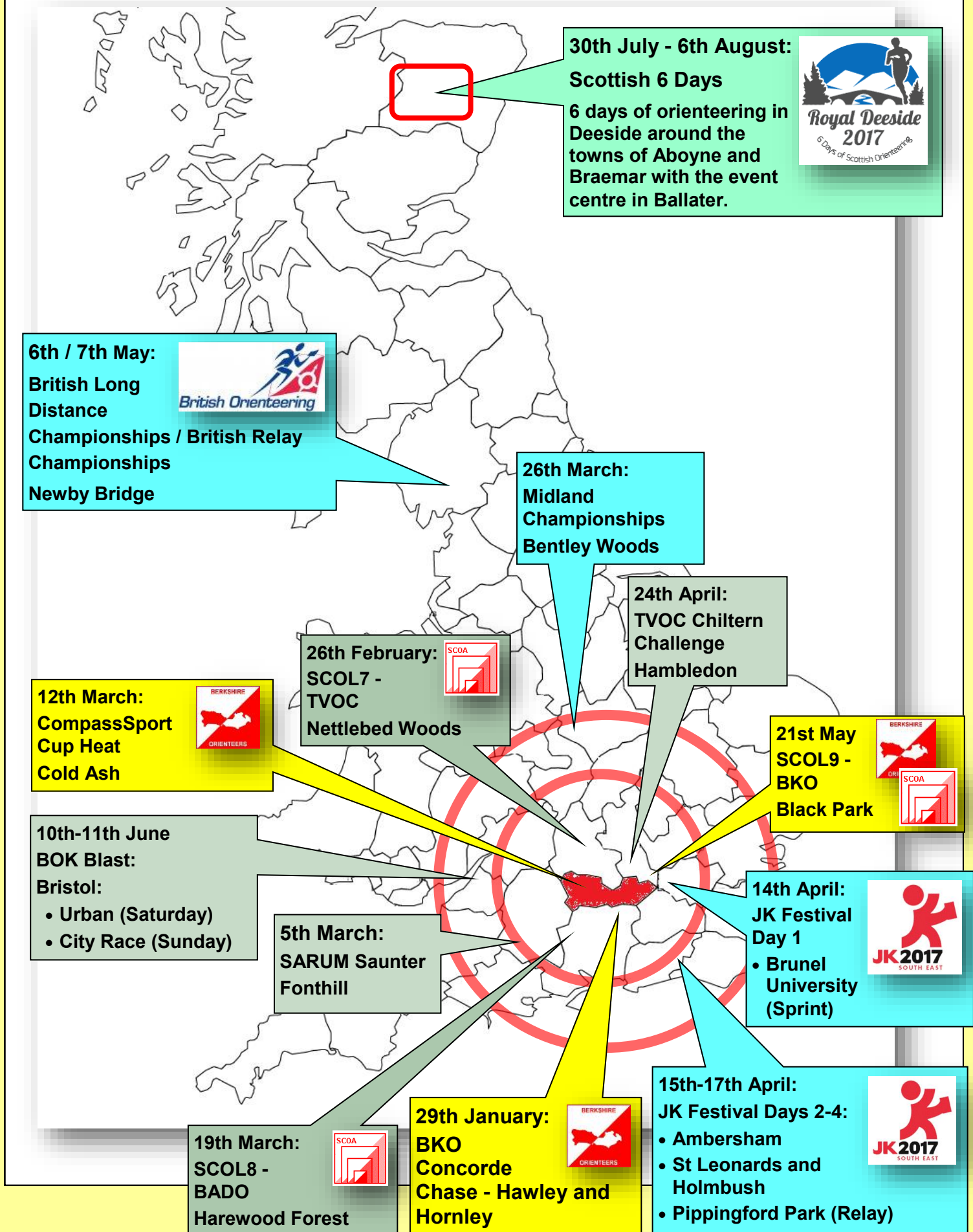
This listing shows a selection of forthcoming events — most of the local events and some of the more important ones from further afield. For a full listing, look at the British Orienteering web site.

Date	Name	Level	Club	Venue	Town
Sun 15 Jan	 SCOL 5	Level C	SOC	Hollands Wood, New Forest	Brockenhurst
Sun 29 Jan	BKO Concorde Chase	Level B	BKO	Hawley and Hornley	Backnell
Sun 5 Feb	SE League event	Level B	MV	South Ashdown	Forest Row
Sun 12 Feb	 SCOL 6	Level C	SOC	Queen Elizabeth Country Park	Portsmouth
Sat 18 Feb	BKO Winter Saturday Series	Level D	BKO	Swinley East	Bracknell
Sun 19 Feb	WIM Winter Warmer	Level C	WIM	Wilverley, New Forest	Ringwood
Sun 19 Feb	SE League event	Level B	HH	Northaw Great Wood	Cuffley
Sat 25 Feb	British Night Championships (UKOL)	Level A	LOC	Great Tower	Newby Bridge
Sun 26 Feb	Northern Championships (UKOL)	Level A	LOC	Bigland	Ulverston
Sun 26 Feb	 SCOL7	Level C	TVOC	Nettlebed Woods	Wallingford
Sun 5 Mar	Sarum Saunter	Level B	SARUM	Fonthill	Salisbury
Sun 12 Mar	CompassSport Cup Heat	Level B	BKO	Cold Ash	Newbury
Sun 19 Mar	 SCOL8	Level C	BADO	Harewood Forest	Andover
Sun 26 Mar	Midlands Championships (UKOL)	Level A	OD	Bentley Wood	Atherstone
Sun 2 Apr	NWO Galoppen	Level C	NWO	Savernake Forest	Marlborough
Sat 8 Apr	BKO Winter Saturday Series	Level D	BKO	Bloom Wood	Marlow
Sun 9 Apr	Chiltern Challenge	Level B	TVOC	Hambleden	Henley-on- Thames
Fri 14 Apr	JK - Sprint (UKOL)	Level A	SEOA	Brunel University	Uxbridge
Sat 15 Apr	JK - Middle (UKOL)	Level A	SEOA	Ambersham	Midhurst
Sun 16 Apr	JK - Long (UKOL)	Level A	SEOA	St Leonards and Holmbush	Horsham
Mon 17 Apr	JK - Relays	Level A	SEOA	Pippingford Park	Forest Row



## Top Events: Winter - Spring - Summer 2017

Here is a personal selection by your Editor of some of the highlights to look forward to in the coming months.  
Note that the British Sprints and Middle Championships are not until September this year.



## **BBC Radio Berkshire finds us (eventually)**

It was just a couple of days before our New Year's Eve event when the e-mail arrived. It was BBC Radio Berkshire looking to see if they could use our event as the location for one of the clues of their 'PeachQuest'. This is a regular Saturday morning show hosted by Andrew Peach in which a team of contestants try to direct a BBC reporter (Anoushka) around Berkshire using a cryptic clue to reach another point where the next clue will be available. Older members may remember Annika Rice doing something similar in a television programme (Treasure Hunt). In Annika's case, she had a helicopter and a TV crew following her around. BBC Radio Berkshire use a BBC van driven by the one-man support crew.

Fiona Clough was quick to agree to this opportunity to promote the club and its events and was given the clue that she was to give Anoushka on her arrival. We were told to expect her between about 9.30 and 10.00. At 9.30 we were listening to the radio and heard that she was still with the previous clue in a farm shop in Theale. However we then heard the clue which was designed to get her to our event at the university campus at Whiteknights. This was what it said:

**Navigate yourself to the ivories, sir,  
Your clue waits at the centre of learning.  
A ringed bird is helping to map the way,  
Your choices will keep the compass turning.**

Quite quickly the contestants decided that Pangbourne was a likely location for this. They reasoned that the clue suggested either Pangbourne's 'The Elephant' hotel or 'The Swan' pub with Pangbourne College being the 'centre of learning'. So they sent Anoushka to Pangbourne - in the opposite direction to us! Luckily a caller to the BBC (*or was it someone in the BBC?*) suggested that 'ivories, sir' might be a clue to 'Whiteknights' and that the centre of learning might be the University of Reading. Also they spotted that 'a ringed' was an anagram of 'Reading'. A subsequent caller had discovered that there was an orienteering event taking place on the campus.

Despite the strong encouragement to divert to the University, the contestants asked Anoushka to check out both The Elephant and The Swan in Pangbourne - the first knew nothing about the Quest and the second was securely locked. So she jumped back in the van and headed in our direction arriving at about 10.20. She was quickly directed to Fiona who gave a rapid description of our forthcoming events and what the sport involves before reading out the next clue. Anoushka seemed to be most impressed by Fiona's hat which was discussed at length whilst she waited for instructions on where to head next.



**Fiona Clough with BBC Radio  
Berkshire's Anoushka**

Perhaps it was the hat but, whatever the reason, Fiona got an invitation to be on the programme the next week - 7th January. She quickly assembled her team (with Denise Harper and Brian Burt) and headed off on Saturday morning to the studio in Caversham. Although they successfully completed the clues, they ran out of time and Anoushka just failed to reach the final location. However they had fun and were able to promote the sport for nearly 3 hours. Well done to them!

**BBC RADIO  
BERKSHIRE**

### **Your 2016-2017 Committee**

**Chairman:**

**\*\* Vacant \*\***

**Secretary:**

Derick Mercer

secretary@bko.org.uk

**Fixtures Secretary:**

Fiona Clough

fixtures@bko.org.uk

**Treasurer:**

Peter Entwistle

treasurer@bko.org.uk

**Development Officer:**

Ken Ricketts

**Membership Secretary:**

Ian Hudson

membership@bko.org.uk

**4 Committee Members and 1 co-options :**

Brian Burt, Andy Parry, David Jukes (newsletter@bko.org.uk), Brian Sewell, and Mark Foxwell



## St Andrew's find their way to the top yet again

**PANGBOURNE'S St Andrew's School has found its way to a fourth British Schools Orienteering Championship in five years after the finals held at Sutton Coldfield.**

St Andrew's won the middle prep school category after their team of 22 aged between eight and 12, had to find a series of control posts around Sutton Park, using a map and compass.

The West Berkshire prep school finished comfortably ahead of their rivals and to claim the trophy and the gold medals, and in addition, the boys in Years four and five were placed second in

### Orienteering

the B5 class to take the silver medals, a feat matched by the Year eight girls.

It was the youngest girls in the years four and five group who went one better to take the gold in their age category with nine-year old Fenella Greatrix winning the individual bronze medal.

Twelve year old team captain Cosima Williams said: "I am really happy to be leading this squad and so proud of their achievements," sentiments echoed by the teacher in charge of orienteering at St Andrew's, Glyn Thomas. "The BSOC in

November is the pinnacle of our orienteering year," he said.

"We regularly attend events organised by our local club, the Berkshire Orienteers, who have been wonderfully supportive of our school over the years, and the children's hard work and dedication have paid off."

Having won the BSOC middle/prep school trophy in 2012, 2013, 2014 and now 2016, the St Andrew's orienteers are already making plans to defend their title when the championships move to the Forest of Dean in November.



**British Schools  
Championships  
20 November 2017**



## Know Your Club Members —

### Jane Courtier

*As the organiser of our recent event at Bramshill, I decided that it was time to find out a bit more about Jane and her orienteering....*

*Age/Class?*

- W60

*Hometown?*

- Salisbury

*How did you start orienteering?*

- At university in Aberystwyth when I joined for the map reading, exercise and travel to events all over Wales although many joined for the post event socials at the pub in Llangurig which was just over the border from Ceredigion which was "dry" on a Sunday.

*Did you carry on orienteering after university?*

- After university I worked in Suffolk and Dorset and had very little time to orienteer so I didn't really restart until coming to Maidenhead and in the 1990's taking my children round yellow and orange courses encouraged by Liz and Alan Yeadon. We did once have a family holiday in the Lakes and did 2 days of the Lakes 5(?) Days. As my children got older I started running on my own again and more recently I have given up work so have time to compete fairly regularly.

*Clubs?*

- Just BKO

*Best achievement/success?*

- Probably way back when we used to do well at the British University relays.

*Most enjoyed event?*

- Surprisingly the recent urban races at Winchester and Poole come to mind. The routes have introduced me to areas of the cities that I hadn't realised were there and I enjoy trying to choose the best ways round the streets.

*Worst event/most embarrassing orienteering moment/biggest goof?*

- Usually a 180° mistake after emerging from a plantation block on an incorrect track.

*Favourite area and/or terrain?*

- Deciduous woodland particularly when there is open running in autumn or when the bluebells are out e.g. Rushall Woods or Bloom Wood.



**Jane Courtier at Lily Hill Park in August 2016**



*International experience?*

- Nil

*Biggest cheat?*

- Would I ever?

*What have you put back into the sport?*

- Progressed from car park bucket holder to occasional organiser.

*Other activities/interests?*

- Dancing, both Scottish country dancing and Morris. They are both social, have great music and help you to keep fairly fit without realising it.

*Employment?*

- Used to be a geography teacher.

*What training do you do?*

- Almost none though I do try to go to the Maidenhead parkruns as they have definitely helped to improve my stamina.

*What is the best thing about orienteering?*

- The glow of satisfaction after a good run on a fine day in scenic surroundings.

*What is the worst thing about orienteering?*

- Getting up early to get to an event

*Orienteering ambition?*

- To be enjoying orienteering as a W90.

*What have you done that no one else is likely to/ will have done?*

- Took part for Salisbury in 'It's A Knockout' and 'Jeux sans Frontieres' [For younger members, this was a Saturday night family TV show with teams from various towns and cities competing against teams from other countries (hence the French name). The challenges often involved things like kicking/hitting balls into containers, trying to get across water in silly ways or trying to avoid falling off slippery planks.]

*Favourite music/book/film, etc?*

- I have always enjoyed books with maps at the front such as Swallows and Amazons and Lord of the Rings, or with a sense of place like Thomas Hardy. Also books that make me laugh out loud, Gerald Durrell or James Herriot.

**Jane leaving the start at Ashenbury Park in July 2015**



### **Newsletter Distribution:**

Our thanks to those who have indicated that they will be happy to only have the newsletter as a pdf file sent by e-mail as this does save the club money. If you are willing to only receive the newsletter by e-mail as a pdf file, please let me know and I will add your name to the list.

**newsletter@bko.org.uk**

### **Berkshire Orienteers is on Facebook !**



## Brighton City Race 2016

Terry Hosking

Here I am for the second year on my way to the Brighton City South East Urban League with Fiona & Derick, car sharing. The only Night Urban in the series, Head Torch at the ready we descend upon the unsuspecting public who no doubt will be murmuring "what the?" when we run passed.

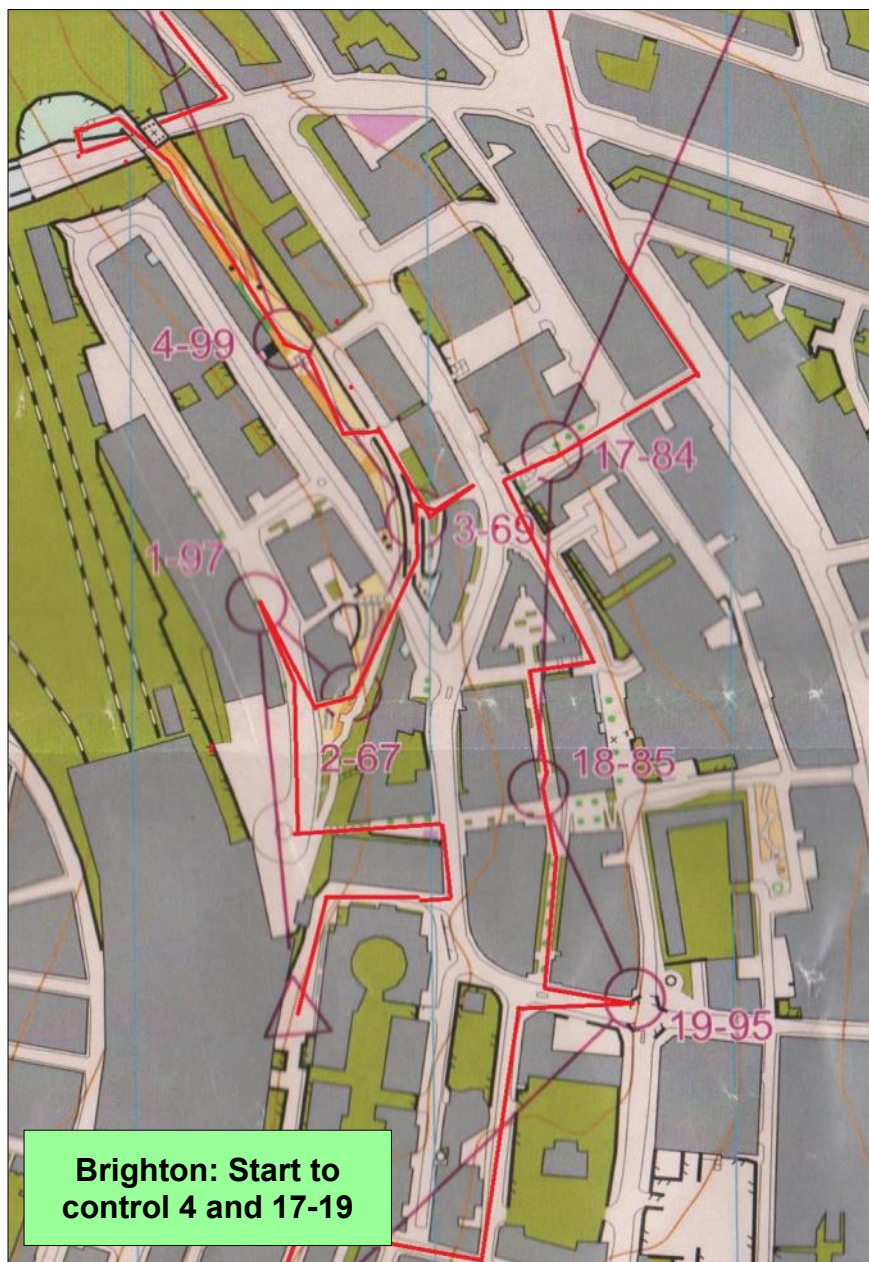
Before we start (it is a massed start event), we find the little primary school to pick up our free touch-free dibbers and race numbers and rolled up map. There is a little practice area set up in the playground which I get to see how responsive these new flashing and beeping dibbers are all about. Our Start is up behind the Station, no taped route so I have a vague idea of direction and pick out other brightly dressed runners heading North so I follow them, tucked down the side of Brighton Station is the Start, warmed up as best I can I am ready. Anxious waiting for the starter as the crowd of Hundreds of us want to go, my GPS watch is telling me to get going, head torch on, Compass checked, worried I will get trampled, "GO"

Half of us slowly walk forward unfurling our maps carefully looking for that illusive Start Triangle and half just go like a rocket into the darkness of the alley ahead.

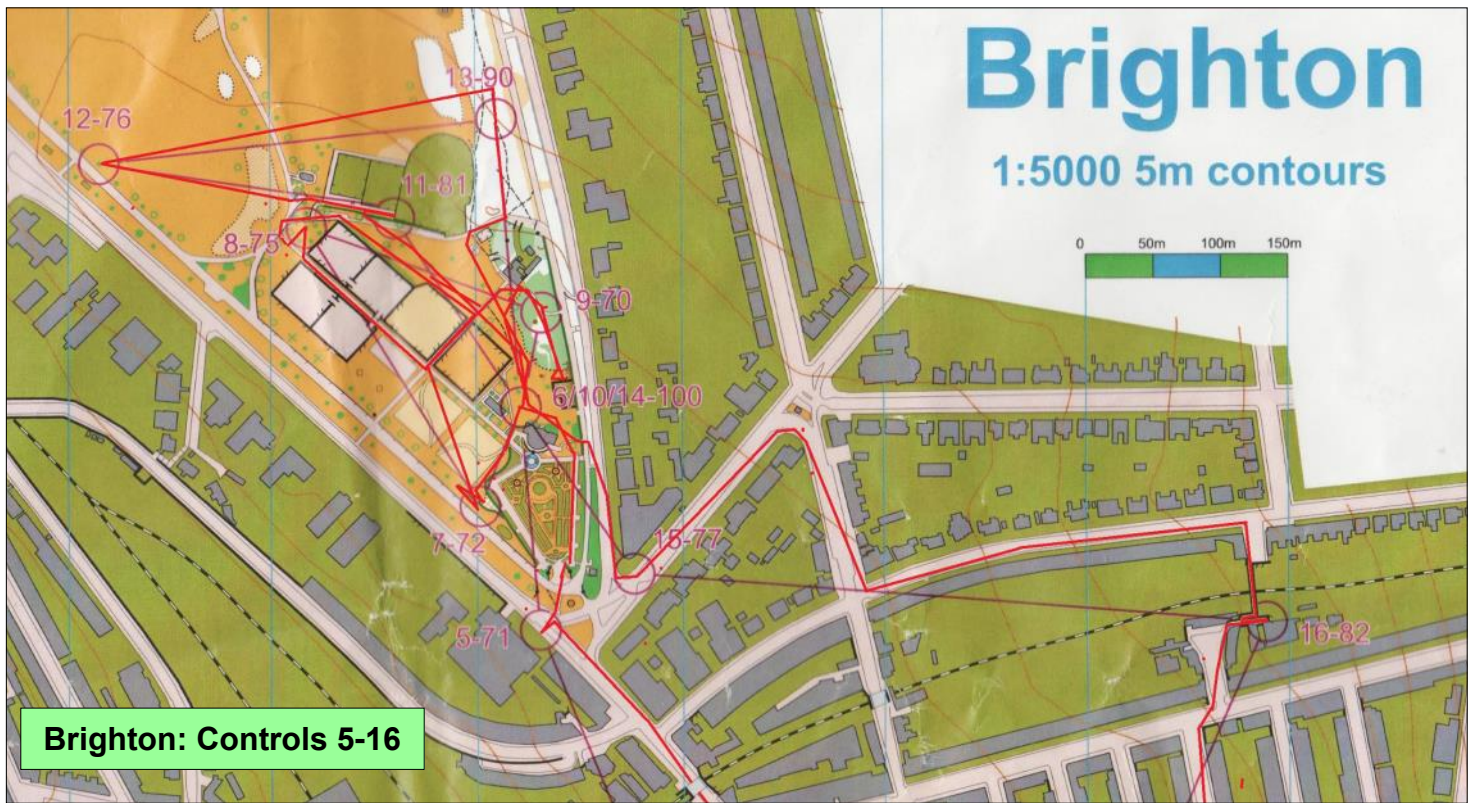
I manage not to get run over by my fellow runners, found the Triangle, run round the corner and there is a bottle-neck of runners, a few seconds delay and almost immediately I have a steep staircase to climb, great, I bound a few steps then one step at a time fearing a trip is what I don't need this early on.

1st control easy as lots of us all going to the same one, 2nd 180 about turn, steep grassy bank, straight down to control 3, my first error I think I am off on a long leg to 4, not yet, have to go back up to 4 then run to the end, down some slippery steps, to 5, I prematurely cross over before I get into the park ahead.

Up till now street lights are good enough to see the map, entering the park it is really dark, this is going to be interesting me thinks, and a 'butterfly' control, still lots of runners about getting temporarily blinded by the torch lights. 6 easy as there is a constant stream of runners to it and from it, 7 I go to the wrong side of the hedge, no loose control descriptions and an A3 map folded up, no time to look just hope I get the correct side, in theory I could have put my dibber near enough and it may have registered through the hedge but I run round to the correct side. 8 is a crossable fence but I run round easy. 9 I mess up, dark and just miss it into the woods, got it, back to central control then 11



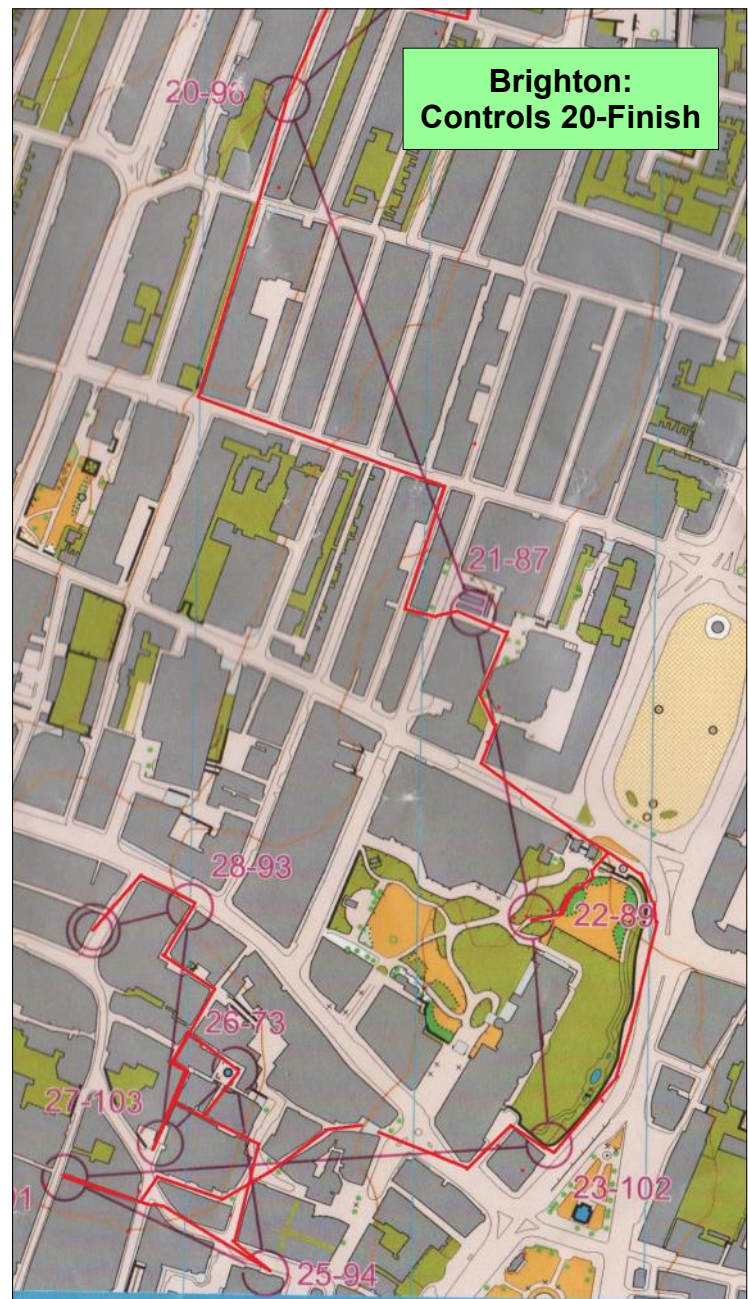




tucked into a hedge and a long run to 12, compass bearing and hope to see runners dibbing ahead of me, street lights very good here, then back across to 13, into the darkness, nobody about, I find it, then back to 14 for the 3rd and last time, good, i'm out of here, back to the streets and the light. 15 easy, north east, right left, climb, slowing, right onto 16, fellow BKO members Fiona and Nigel heading for the same control, Nigel hesitates at the bottom of the stairs, then we are off together trying not to trip over each other as we take the same route, me and Nigel nearly trip each other up as we run down hill.

There is a big road junction which I take one look round and go for it onto 17, up some steps, 18, 19, 20, no issues, to 21 I lose count of how many streets so turn early but luckily there is some steps into 21, wiggle round the corner into the Pavilion gardens and back out, could get caught here down a dead end going to 23 but I'm a wily fox sometimes, I like the next part as I can see the rest of my controls to the end on the portion of map I have folded. 24 is tight, I call to say excuse me to a guy on his mobile and another, so I can pass, "thank you" "thank you" as I punch the control "I'm coming back" "thank you" "Merry Christmas" 25, 26 I turn too early and skirt around the alleyways till I see it, time wasted; control 27 (checking the splits 33 seconds I am the quickest to this control), 28 and Finish.

There were other BKO runners tonight, maybe next year you will be one of them?





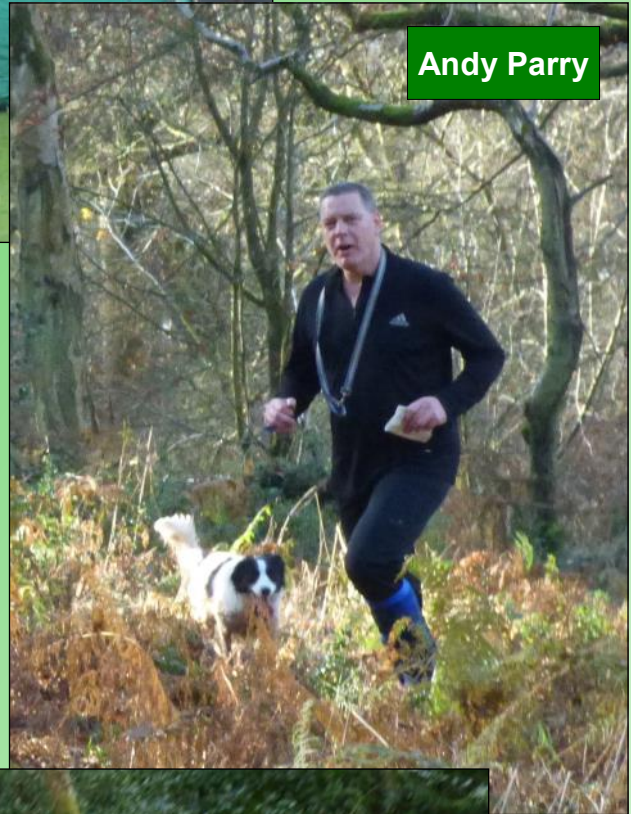


A school group trying orienteering for the first time

Bucklebury Saturday Event  
3rd December 2016



Toni Whittle



Andy Parry



Sue Parker

