

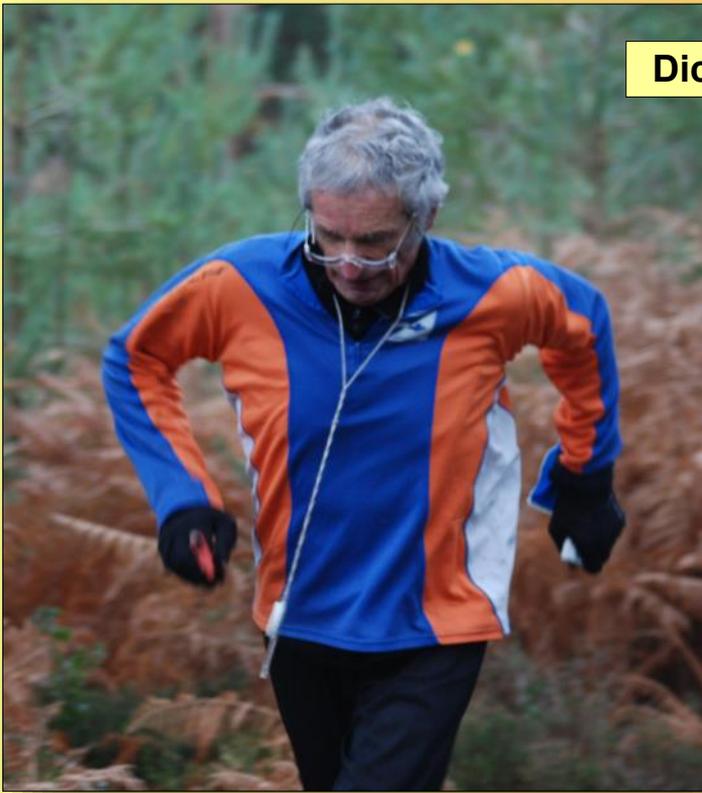
Berkshire Orienteers

Newsletter

January 2019



Dick Rae on M70L



Neil Frankum on M45S

Stefan Stasiuk on M65L



Southern Championships

**Sunday 25th November 2018
Hindhead and the Devil's Punch
Bowl**

(All photos by Steve Rush)



James Wilkinson on M21S

*Note: it is not obvious why this photo
appears to be at night - it wasn't!*

Editorial



Crisis? What crisis? As we approach the AGM of the club, it is time to reflect on how the club is doing from an administrative perspective. Simon has announced that he will be stepping down as Chairman and, during the year, Andy Parry resigned from his work as Event Secretary. We have also managed the year without a Development Officer. This suggests that we may have further problems filling the Committee posts at the AGM. There is a shortage of people willing to act in these key administrative roles.

A shortage of volunteers is also having an impact on the activities of the club. A lack of time and terrain along with the impact of the staging of the JK in the region this year has led to the cancellation of our annual Concorde Chase and some other planned more local events. It would be great to continue to provide opportunities for local people to take up the sport, enjoy developing their skills and to gain confidence in competing at events outside the region but, without local events suitable for newcomers, the sport will slowly die.

Staging the JK is a prestigious occasion and it is right that the region takes its turn to provide the UK with this international festival. But once it is over, the club and the region need to reflect on how best to provide for the continuing provision of orienteering locally. In the meantime, please consider joining the Committee or offering to help us stage events!

David Jukes

Club Notes

Keeping you informed about the club and its members

Level A Events

2018 Southern Championships - 25th November - Hindhead and Devil's Punch Bowl

The final 'Level A' event of 2018 was the Southern Championships staged by SN with a planner from SLOW. It used the combined areas on either side of the former A3 which now passes underground in the

Cover Picture: Our event at Black Park was held on a day which started a bit misty but the sun broke through as the event got underway. The picture shows **Eric Harper** setting off from the Start.



NOTICE OF ANNUAL GENERAL MEETING

The AGM of Berkshire Orienteers will take place on
Friday 8th February at 7.00pm
at Sand Martins Golf Club, Finchampstead Road
Wokingham RG40 3RQ

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 8.15. Menu options and cost will be circulated by e-mail shortly and will be published on the web site.

Hindhead Tunnel. You will not be surprised (if you remember the article he wrote in the last Newsletter) to know that **Ian Cooper** took the top spot in M75 once again completing an outstanding year. His winning margin was nearly 12 minutes!

Other notable results are given in the table on the right with the 'Pos(SC)' column giving the position when those from outside the 3 southern regions are excluded. **Adam Methven** did very well to come in 4th in M14A, just missing out on a medal. Also just missing out was **Mark Saunders** in M40L whose course was 9.8km with 630m of climb. He had a relatively slow start but was steadily catching up as the event progressed, ultimately being just 40 seconds behind the 3rd placed competitor. **Martin Wilson** chose to run up a class but still came in 5th on the M65L course.

The event, and the night event the previous day, were also used for the annual British Army Inter-Corps Championships although on the Sunday these used a different set of courses. BKO member, **Kezia Jukes**, managed to retain her Women's Army Champion position and helped the Royal Engineers to take the Inter-Corps team trophy.

Southern Champs: Notable BKO Results			
Class	Name	Pos	Pos (SC)
M14A	Adam Methven	5	4
M21S	James Wilkinson	2	1
	Dimitar Gospodinov	6	5
M40L	Mark Saunders	4	4
M45L	John Metehven	7	7
M50S	Derick Mercer	1	1
M65L	Martin Wilson (M70)	6	5
	Stefan Stasiuk	17	16
M75L	Ian Cooper	1	1
M75S	Peter Bennett	1	1
W45S	Toni Whittle	3	3
W55S	Fiona Clough	1	1
W65S	Christine Artus	3	3
	Sally Collins	5	5

Kezia Jukes with her Women's Army Champion trophy



UK Orienteering League 2018



This is an annual competition which combines results from a series of top events from around the UK in each calendar year. For 2018 the number of events increased to 24 with the best 11 to count. In each class,

the winner gets 50 UKOL points, the second 49 and so on downwards. To do well in the individual competition it was necessary to achieve good results in a full set of 11 events - quite a challenge for a club based in the south of the country.

As reported above, **Ian Cooper** has had a very good year in several top events but he only attended 8 UKOL events. Although his scores included six 50pt and one 49pt events, his total only placed him in 143rd position nationally and 4th place in the M75 class. Second best was **Stefan Stasiuk** in 307th place and 18th in M65 based on results from 8 events.

The League points are also used to give a club league result taking the top scores of 15 club members (3 from M/W16-21, 3 from M/W35-45, 3 from M/W 50-55, 3 from M/W 60+, plus any 3 additional scores). Last year it was reported that we had done well and risen from 42nd position to 25th. Unfortunately, it can now be reported that we dropped back down in 2018 to 43rd position. Our 15 scoring members were (*as listed on the BOF page in reverse alphabetical order*):

Stefan Stasiuk (M65), Mark Saunders (M40), Pavel Prochazka (M21), Simon Moore (M55),

Lisa Methven (W45), John Methven (M45), Anna Methven (W16), Adam Methven (M14), Derick Mercer (M50), Denise Harper (W65), Ian Cooper (M75), Sally Collins (W65), Fiona Clough (W55), Peter Bennett (M75), Gill Bennett (W75)

Urban Leagues

The 2018 Urban Leagues were completed in December with events in Derby (for the National Urban League (NUL)) and Brighton (for the Southern England Urban League (SEOUL)).

None of our members attended the Derby event. Over the year, our top performer was **Gill Bennett** whose final position was 5th on the Women Hypervet (WHV) course.

We had 6 members at the Brighton event but their results did not impact the overall results. For completeness, the table on the right gives the final position of the top BKO members. Congratulations to **Peter Bennett** for taking the MHV title once again this year.

Class	Name	Position	Points	Events
WV (40+)	Toni Whittle	2	711	13
MUV (65+)	Nigel Hault	3	742	12
	Martin Wilson	6	704	9
For WUV (65+)	Denise Harper	3	738	10
	Christine Artus	6	580	6
	Sally Collins	7	417	5
MHV (75+)	Peter Bennett	1	782	11
WHV(75+)	Gill Bennett	2	780	11

The 2019 NUL will be starting with an event in Edinburgh on 26th January. Unless prepared to travel, once again it will be quite difficult for BKO members to be amongst the leaders. There are 20 events and a competitor's top 7 scores will count. For the SEOUL, the first event is in Royston on the 10th March. There are 18 events listed but this also has the best 7 scores to count.

Committee News

There have now been two meetings to report on since the last Newsletter - one in November and one just recently in early January. This is a combined summary of some of the matters discussed:

- *Concorde Chase 2019:* With the club having only a limited number of areas suitable for a 'Level B' event, and with the JK this year using Cold Ash and having Hawley as a reserve location, it was difficult to identify a suitable area for the Concorde Chase. However we approached SN with a view to using Long Valley near Aldershot. As army land, the current access charges make it only suitable for major events. After some discussion, this had been agreed. However, gaining official permission these days requires quite a bit of form filling, discussion and time. With the effort going into ensuring that the JK proceeds successfully, Fiona Clough, who had been leading the negotiations, realised that we were simply running out of time to complete the required tasks. Regrettably it was decided that the event would not be held. The Committee considered the implications of this at the January meeting and we will see if SN will permit us to use Long Valley for the Concorde Chase in early 2020. One complicating factor is that our event in 2020 is scheduled to host the 2020 Southern Championships making it a 'Level A' event which has additional requirements.
- *Event scheduling:* The task of ensuring a good BKO fixtures list is dependent on both a BKO Event Secretary with time to commit to the task and a willing supply of club members able to fulfil the various roles in staging the events. With the effort going into running the JK, it is apparent that the usual volunteers are unable to do everything that is needed. A major casualty is the forward scheduling of BKO events. It is clear that the Committee needs more support and/or different arrangements if we are going to continue to provide members with regular opportunities to orienteer locally. This matter will be raised at the AGM for discussion.

- *British Schools Championships 2019*: This is another event which is due to be staged in the region on 17th November. Initial discussions had focussed on the use of Greenham Common with BADO being supported by BKO. However there are some concerns that Greenham Common may not be able to provide the right set of courses and consideration is being given to using Black Park instead. This would though need much more input from BKO if the change is made.
- *Data Privacy Policy*: Simon Moore has provided the Committee with a draft version of a new 'Data Privacy Policy' which is intended to meet the requirements of the rules in the General Data Protection Regulations. Comments will be collated and a final version adopted.
- *Club tents*: There is concern that the current tents may be nearing the end of their life. Simon has done a temporary repair to some of the poles. There may also be a need to have improved weights to hold down the legs as some of our areas do not allow the use of tent pegs in the ground. The matter will be kept under review.
- *Club Championships 2018*: The Committee had overlooked the need to adopt an event for the staging of this competition in late 2018 and it was agreed that the results from the SOC regional event on the 13th January 2019 would be used to determine the 2018 club champions. Rules would be the same as for the 2017 Championships. The Committee confirmed that local members were eligible to participate.
- *SCOA League (SCOL) 2017-18*: The region is having increased difficulty in putting on a good programme of events for the SCOL. This is partly due to the increased variety of events - for example, urban events normally use age based classes rather than the standard colour courses used for the SCOL. Attendance has also shown a decline aggravated by the December event staged by TVOC clashing with a local event staged by SOC in the New Forest. Perhaps further thought needs to be given to the future of the competition.
- *Club Kit*: Our Club Captain, Martin Wilson, is continuing to develop ideas for our club kit. An additional item considered at the January meeting was a warmer club jacket. This was agreed and the club will provide a small discount to their cost (which fluctuates depending upon the exchange rate and Brexit developments). The stock of old club kit will be offered at a significant reduction to clear our holding.

JK 2019

19th - 22nd April 2019



Here is another update from **Toni Whittle**, our volunteer co-ordinator, about progress and the need for volunteers:

"Thank you to everyone who has volunteered so far, we will be in touch shortly with some further details and information on roles. We are working through all the areas and tasks that need doing and allocating people for those tasks.

However it is not too late to volunteer,

Ian Cooper and Peter Bennett, our dynamic car parking team leaders for Day 3 (Easter Sunday at Cold Ash) really need people to step up and help with car parking.

We also need control collectors for Day 3, so if you are happy to stay on later in the day, please let me know.

Finally, for the Relay on Day 4 (Easter Monday at Minley), a significant number of helpers are needed for this fun last day. If you are not running on Relay day and can help out or if you are running and have family who want to get involved please let me know.

For all days, helpers do not have to be orienteers as any training required will be given for all roles. Please ask family and friends, the more people who are able to assist over the 4 days the easier it becomes for everyone."

Toni can be contacted by e-mail on: toni.whittle@intl.verizon.com

Finally, do keep an eye on the website at: <http://www.thejk.org.uk/>

SCOA League (SCOL)

It was quite difficult to arrange the presentation of awards for the regional 2017-18 SCOA League. The first opportunity was at our event at Black Park on the 18th November. BKO performances were described in the July 2018 Newsletter and included first places for **Robin Inness** (White), **Tom Inness** (Orange) and **Adam Methven** (Light Green). Our photo shows Adam receiving his award from Regional Chairman, **Eric Harper**.

For the 2018-19 SCOL, all three of our 2017-18 winners have moved up a colour and are currently (based on 4 of the 6 events) leading their new courses - Robin on Yellow, Tom on Light Green and Adam on Green.



Membership Memo:

A happy New Orienteering Year to those members who have renewed for 2019 and for those of you that haven't renewed a reminder that subs were due on 1st January.

We have four new members including three juniors, a very warm welcome to:

- **Li Jiao** in Reading.
- **Matthew Gracey** in Silchester.
- **Jolan Harper** in Reading.
- **Alexander Rogers** in Bracknell.

Ian Hudson - Membership Secretary

British Orienteering Incentive Schemes

The Club Secretary is informed when club members achieve a new standard in the national incentive schemes. It was recently decided that we would recognise this achievement by publishing details in the club newsletter. As this is the first such publication, the information here relates to the last six months. For more details, see the May 2018 Newsletter.

Our congratulations to the following on their progress:

August 2018

- **William Jefferies** - Racing Challenge: Silver Award **** ; Racing Challenge: Bronze Award **** ; Navigation Challenge ****

November 2018

- **Tom Inness** - Racing Challenge: Bronze Award **** ; Navigation Challenge ****
- **Yonadab Diez-Urkidi** - Racing Challenge: Bronze Award *****
- **Glyn Thomas** - Racing Challenge: Silver Award ***** ; Racing Challenge: Bronze Award *****
- **David Royse** - Racing Challenge: Gold Award ***** ; Racing Challenge: Silver Award *****

December 2018

- **Mark Conway** - Navigation Challenge *****
- **Tom Inness** - Racing Challenge: Gold Award **** ; Racing Challenge: Silver Award ****
- **Adam Methven** - Racing Challenge: Gold Award ***** ; Racing Challenge: Silver Award ***** ; Racing Challenge: Bronze Award ***** ; Navigation Challenge *****



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 27 Jan	BOK Regional Event	Regional	BOK	Stockhill	Priddy
Sat 2 Feb	NWO Four Colour Event	Local	NWO	Copse Wood	Marlborough
Sun 3 Feb	WIM Regional	Regional	WIM	Godshill, New Forest	Fordingbridge, Hants
Sun 3 Feb	NWO Four Colour Event	Local	NWO	Cherhill Down	Calne
Sat 9 Feb	Saturday Local Event	Local	SOC	Denny North	Lyndhurst
Sun 10 Feb	MV SE League Event	National	MV	Headley Heath	Dorking
Sat 16 Feb	BKO Winter Saturday Series	Local	BKO	Yateley Country Park	Yateley
Sun 17 Feb	TVOC Chiltern Challenge	National	TVOC	Penn and Common Woods	High Wycombe
Sun 24 Feb	HH Ace of Herts SE League Event	National	HH	Ashridge North	Dunstable
Sat 2 Mar	Sunset and Beyond Relay	Regional	SOC	Peartree Green and Woolston	Southampton
Sat 9 Mar	TVOC Saturday Series	Local	TVOC	Bradenham	High Wycombe
Sat 9 Mar	SN Saturday Series	Local	SN	Wisley Common	Cobham
Sat 9 Mar	Northern Champs Weekend Urban Event (UKOL)	National	SYO	NW Sheffield City Centre	Sheffield
Sun 10 Mar	Sarum Saunter	National	SARUM	Great Ridge	Fonthill
Sun 10 Mar	Northern Championships (UKOL)	Major	SYO	Wharnccliffe Woods	Sheffield
Sat 16 Mar	BKO Winter Saturday Series	Local	BKO	Swinley West	Bracknell
Sun 17 Mar	CompassSport Cup Heat	National	SOC	Roundhills	Brockenhurst
Sat 30 Mar	TVOC Saturday Series	Local	TVOC	Christmas Common	Christmas Common
Sat 30 Mar	NGOC Southern Champs Weekend Event (UKOL)	National	NGOC	Knockalls Inclosure (West)	Monmouth
Sun 31 Mar	Southern Championships (UKOL) (Mike Nelson BOK Trot)	Major	BOK	Moseley Green West & Cannop Ponds South	Coleford
Fri 19 Apr	JK Festival - Sprint (UKOL)	Major	BAOC	Aldershot Garrison	Aldershot
Sat 20 Apr	 Middle (UKOL)	Major	SN	Windmill Hill	Frimley
Sun 21 Apr	 Long (UKOL)	Major	BKO	Cold Ash	Newbury
Mon 22 Apr	Relays	Major		Minley	Fleet

National Ranking List - BKO Positions

Once again I have downloaded the national ranking list and the positions of members shown as BKO. The tables below show our top 15 male and female members taken from the national listing on the 1st January 2019. As a reminder, ranking points are obtained at events classified at Levels A-C when there are enough competitors on a course to make the statistics valid. Also note that the system does not rank juniors under 17 and that the total score is the sum of a competitor's best 6 scores over the previous 12 months.

This year **Mark Saunders** has returned to be our top male member, a position he held in both January 2016 and 2017. Last year he was pushed down to third place by **Pavel Prochazka** (1st) and **Alexander Moore** (2nd). Alexander has retained his second position but Pavel has just missed the cut by coming in 16th. Pavel has however only got five scoring events in 2018 and, with an average event score of 1326, if he had had 6 events he would probably have gained around 7950 points. Also doing well is **John Methven** who has risen up the national lists from 634 last year to 493 this year and rises from 4th to 3rd in the BKO male listing. Also rising over 100 places in the national listing is **Derick Mercer** (from 995 to 836) reaching his highest position in the last 5 years. Making the top 15 for the first time is **Dimitar Gospodinov** (my last year's 'One to Watch') although father **Georgi Gospodinov** is still higher in the listing - perhaps for the last time?

Turning to the female listing, **Lisa Methven** has had a very good year and takes the top spot from Fiona who held this position for the last two years. Lisa's national position at 1690 (and 408 in the female listing) is well above her last year's 1926 position. Also having a good year is **Lynne Moore** who just sneaks ahead of **Fiona Clough** and manages to take the second spot with Fiona third. Another one moving up is **Christine Artus** who did well in urban and sprint races during 2018.

Missing from the female listing are our two W21 members who ran for us in the CompassSport Cup heat last March. **Kezia Jukes** usually competes for the British Army club, BAOC, but is a BKO local member. She currently has a ranking score of 7354 putting her in 48th position in the national female rankings. Also missing is **Andrea Strakova** who is actually in 17th position in the BKO listing and so just off the table. However, she only attended 3 events early in 2018 and, in these, she gained an average score of 1052 which, over 6 events would equate to a total of 6312 points.

And for this year's Editor's 'One to Watch'? Quite difficult to pick this year but I've gone for **Lukasz Wisniewski** who joined the club early in 2018 but, with transport difficulties, he only has scores for 3 events in 2018. These provided an average score of 1228 which would equate to a very good 7370 for 6 events.

Finally, well done to **Ian Cooper** (M75) and **Gill Bennett** (W75) who, despite being born in 1943, both just manage to make one of our top 15 lists.

	National Position	Name	Year of Birth	Total Points
1	221	Mark Saunders	1978	7616
2	227	Alexander Moore	1992	7608
3	493	John Methven	1970	7312
4	745	Simon Moore	1960	7088
5	791	James Wilkinson	1991	7041
6	836	Derick Mercer	1964	7005
7	862	David Jukes	1952	6981
8	942	John Briggs	1958	6927
9	985	Martin Wilson	1947	6895
10	1040	Georgi Gospodinov	1965	6848
11	1168	Eddie Whittle	1969	6748
12	1175	Stefan Stasiuk	1951	6739
13	1250	Nigel Hoults	1953	6682
14	1253	Dimitar Gospodinov	1992	6680
15	1281	Ian Cooper	1943	6662

	National Position	Name	Year of Birth	Total Points
1	1690	Lisa Methven	1969	6342
2	1950	Lynne Moore	1964	6115
3	1957	Fiona Clough	1962	6111
4	1961	Toni Whittle	1970	6104
5	2018	Annika Greenwood	1971	6041
6	2260	Christine Artus	1953	5800
7	2444	Denise Harper	1950	5559
8	2474	Gill Godbold	1954	5507
9	2570	Sue Parker	1960	5376
10	2658	Jacqui Briggs	1961	5246
11	2711	Antje Inness	1968	5134
12	2789	Sally Collins	1951	4992
13	2953	Liz Stradling	1956	4643
14	2958	Susan Wilkes	1954	4638
15	3096	Gill Bennett	1943	4241

Know your sport: TrailO

Orienteering is normally considered to provide both a physical and a mental challenge. For people with restricted mobility, the ability to take part in a physical sport is obviously limited. Does this mean that they then have to miss out on the mental challenge of map reading that the sport provides? Perhaps but 'Trail-O' uses orienteering maps and provides a partial solution - and, what is more exciting, anyone can participate.

The Basics

Trail Orienteering is one of four disciplines in orienteering and provides an orienteering competition on equal terms for people of all levels of physical ability including those confined to wheelchairs.

TrailO has two formats - **PreO**, the form of competition used for many years now, and **TempO**, the relatively recently introduced 'sprint' form of TrailO where all competition activity is timed.

In both forms, at each control site, the competitor has a map with a control circle marked on it along with the control description (using the international symbol format). At each site a competitor will be able to see a number of standard control flags which are possible options for the correct control location - it is also possible that none of the flags will be in the correct location! The competitor has to decide which flag (if any) correctly matches the control circle and the description.

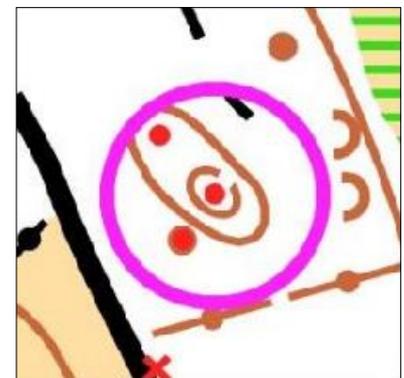
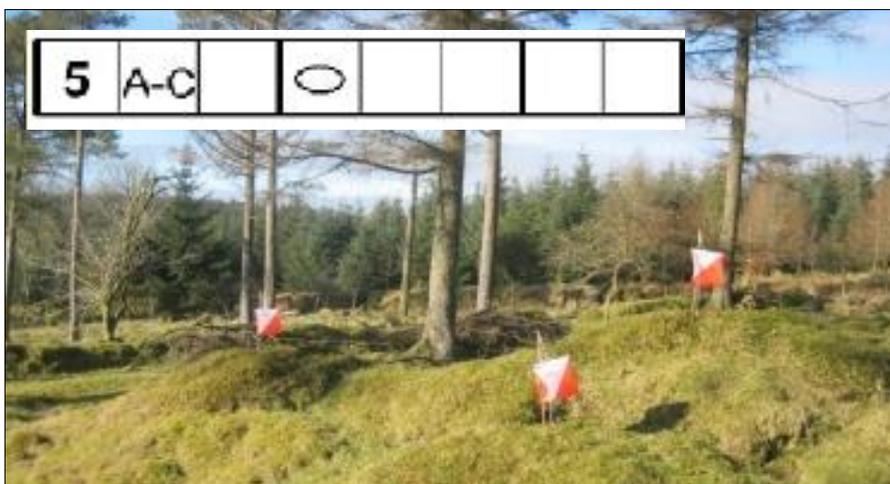
PreO

PreO eliminates the element of speed over the ground, but makes the map interpretation element much harder. Depending on the level of difficulty, several control markers are hung at each site and only one will correspond exactly with the control description and control circle position. Another possible answer is 'None of the controls corresponds'. Sites are chosen so that they can be seen from a wheelchair-navigable path or area, but they may be quite a distance away. The only special equipment needed is a compass. An escort can give the competitor physical help - pushing a chair, holding and orienting map and compass for example. However, it is an important rule that escorts must not help in the decision-making process; they can give as much physical help as may be necessary, but must not offer advice or opinions to the competitor.

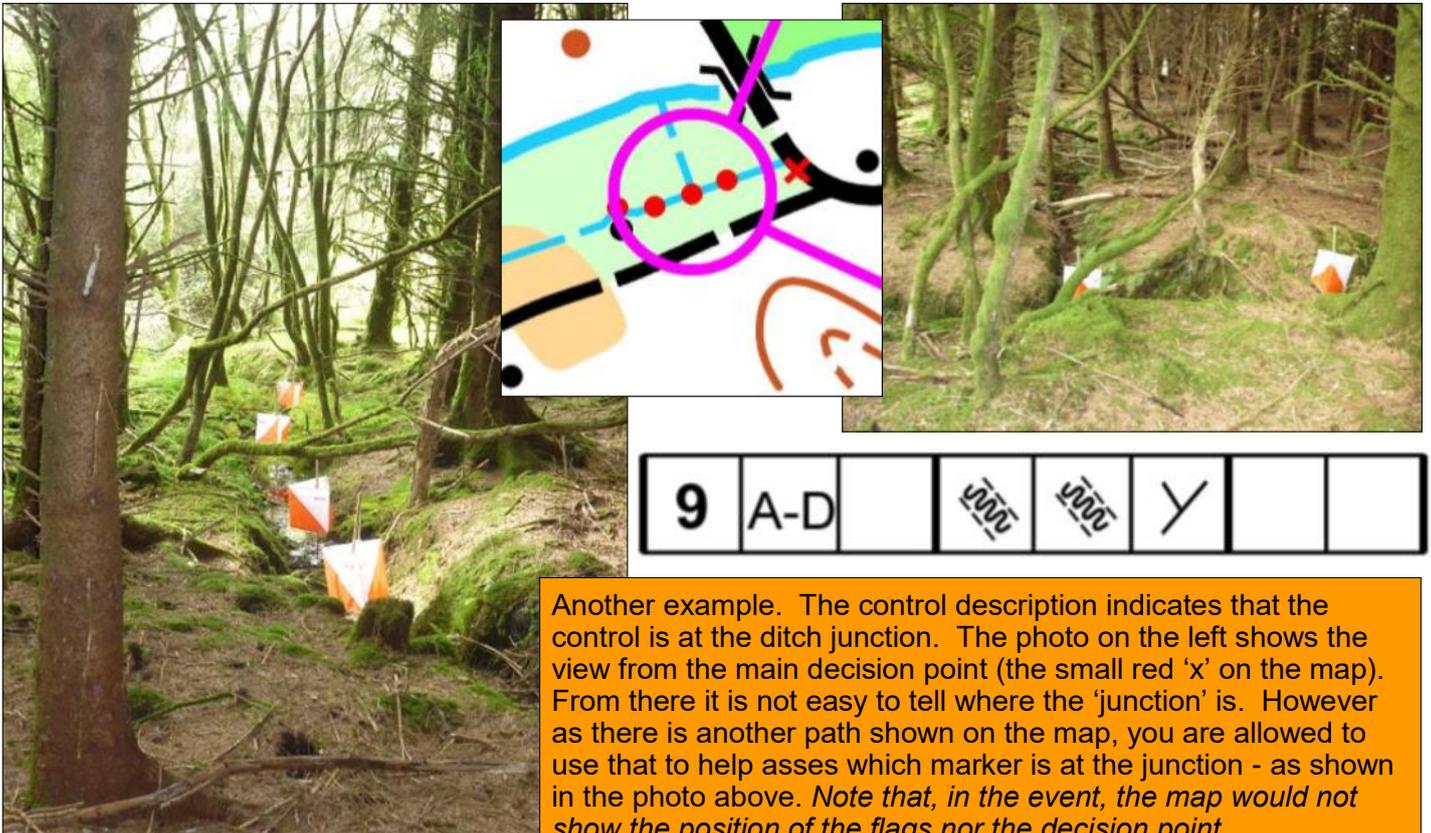
The primary results uses the total number of control sites correctly identified. That is likely to leave several competitors with the same score, so there is a second element, based on time, to identify one or two controls, which acts as a tie-breaker. At a 'timed control' the competitor is handed a 'clean' map with just one control circle and one description on it. The time to make the decision is recorded, not the time taken to get from A to B. The shorter the decision time, the higher the ranking against competitors with an equal number of correct scores.

Trail Orienteering (TrailO) involves map and terrain interpretation. Competitors are permitted to use mobility aids to travel through the terrain. Any recognised mobility aids, apart from a combustion engine, are permitted. Recognised physical assistance is also permitted. The winner is the person who scores the greatest number of points on the set course.

From 'The Rules of Orienteering'



An example of a TrailO control. The map sample is the solution. At a competition, the 3 red dots showing where the flags are placed would not be on the map. The letters in the second row of the control description tells how many flags have been placed at the location. A-C therefore tells you that you will see three flags: A, B and C (from left to right when viewed from the 'decision point').



Another example. The control description indicates that the control is at the ditch junction. The photo on the left shows the view from the main decision point (the small red 'x' on the map). From there it is not easy to tell where the 'junction' is. However as there is another path shown on the map, you are allowed to use that to help assess which marker is at the junction - as shown in the photo above. *Note that, in the event, the map would not show the position of the flags nor the decision point.*

TempO

TempO is the sprint version of TrailO, consisting of timed controls throughout. Each person is called individually to a control station and is seated – or if in a wheelchair, placed at the same spot – with a view out over terrain with usually 6 kites visible on different mapped features. The 6 kites are pointed out by an official, and then a stack of small map extracts is handed out, each aligned in the direction of view and showing one control circle. Initially a cover sheet hides the first map from view.

When told to start, the cover sheet can be removed and the first map studied. The centre of the control circle is a distinct feature in the terrain – the task is to decide if there is a kite there or not, and if there is, which one it is of the six in view. The answer is given verbally or by pointing to one of the letters printed in large type on a card (A-F or Zero if it is thought there is no kite at the site the circle shows).

Quickly on to the next map in the stack – same map, but circle in a different place; same task, and so on. The timing is stopped when your final answer is given. There is a maximum allowed time, usually 30 seconds per task, and for each wrong answer a penalty of 30 seconds is added to your elapsed time. You then move to the next control station, and go through the same procedures again. In TempO there are usually at least 5 control stations with up to 5 tasks at each. The winner is the person with the lowest time overall.

Give it a go!

You have a chance to try out this version of the sport at this year's JK within the SCOA region.



- On Good Friday, 19th April, there will be a **TempO** event using part of the Aldershot Garrison - next to the main JK Sprint event.
- On Saturday, 20th April, there will be a **PreO** event close to the JK Middle event at Windmill Hill.

The 2019 British Championship TrailO events are scheduled to be held in conjunction with the White Rose event in Yorkshire at the end of August.

Additional Information

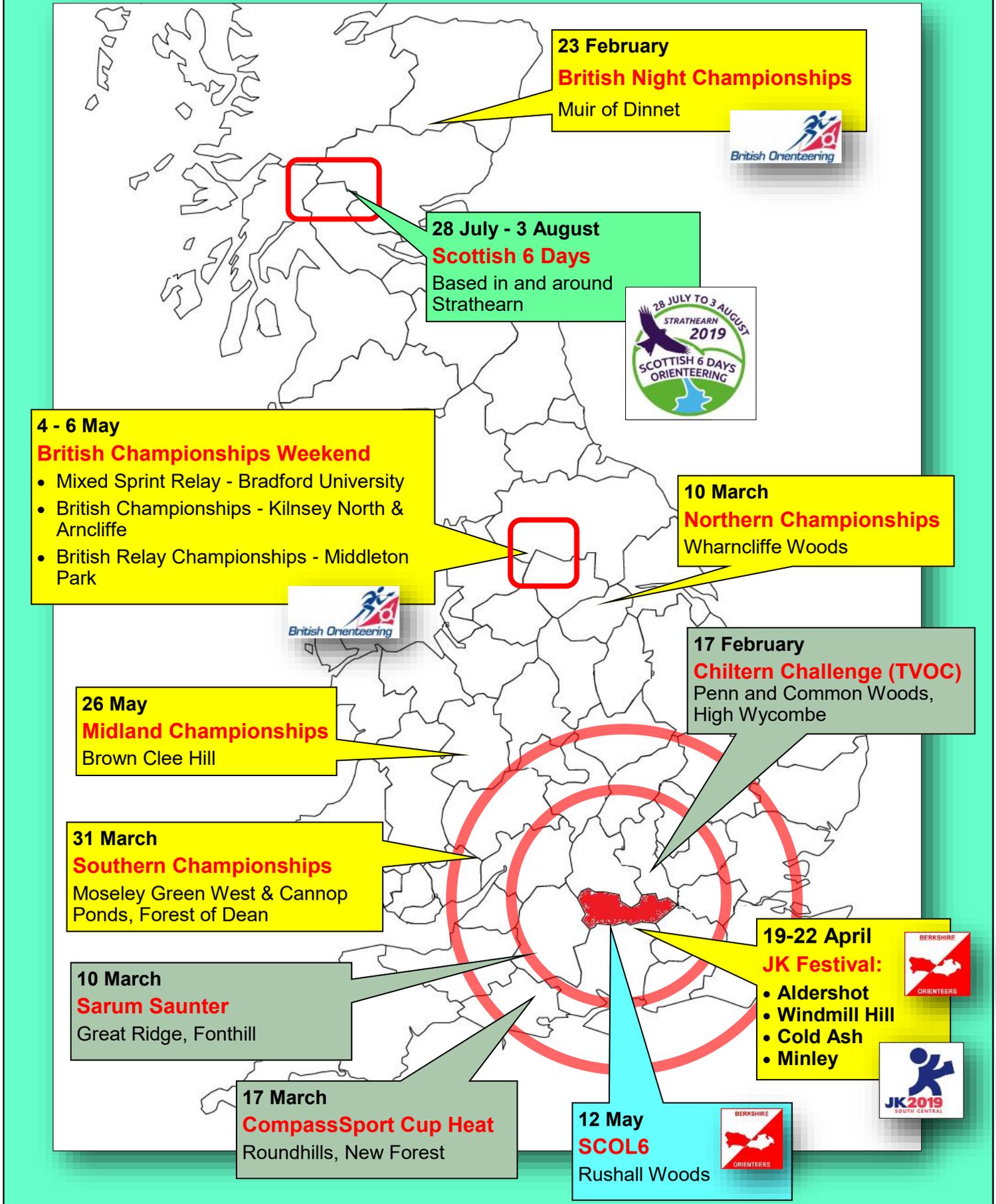
Most of the material for this article has been taken from web pages on TrailO provided by either the British Orienteering Federation or the International Orienteering Federation. For more information, see:

- <https://www.britishorienteering.org.uk/site/trailo>
- <https://orienteering.org/trail-orienteering/>

In particular, highly recommended is the document 'Introduction to TrailO for experienced foot orienteers' available at: <http://orienteering.org/wp-content/uploads/2010/12/Technical-Introduction-to-TrailO-for-Experienced-Foot-Orienteers1.pdf>

Top UK Events: Winter - Spring - Summer 2019

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 in September.



Looking Ahead - for the enthusiast

January brings the usually deluge of advertising for a vast array of holiday opportunities. The long winter nights at the start of a new year will see the enthusiastic orienteer looking for ways to have high quality orienteering with a trip to somewhere providing an interesting combination of touristic opportunities.

Across Europe (and beyond) there are opportunities to attend all types of events whether a single urban city race or a 6-Day orienteering festival. For those of you who subscribe to CompassSport magazine, the December 2018 had a very comprehensive listing of opportunities from around the world. An on-line place to look is the 'World of O' calendar page: <http://cal.worldofo.com/>. This however is not as comprehensive and depends upon the organisers submitting details.

So what might you do? Martin Wilson has already been making plans and this is his commentary:

In 2018, I invited our Editor to join me in Denmark for the Danish Spring event in March, and also the Sprint races at WMOC in Copenhagen in July. Despite his extensive family commitments, David came with me and greatly enjoyed both events. We got on well together, and sharing the car hire, airport parking, and accommodation made it significantly cheaper for each person.

With this success behind us, I've proposed more events together this year, and David has kindly agreed to join me again. Thus we have formed an unlikely 'Club Captain Tours' agency whereby I do all the bookings and billings, and David pays his deposits on time and turns up on the day! For 2019, we plan to share the following events:

- Feb 27th – 5th March: Portugal O Meet: 4 days Long/Medium/Long/Long in forested sand dunes, plus a Mixed Sprint relay and night sprint as bonuses.
- Apr 13/14: Scottish Spring Weekend. Based in Fife. Middle + Sprint on Sat, Long on Sun. (0430 start from home to Luton Airport on Sat morning!).
- July 22-28: OOccup, Slovenia. 5-day competition of Long and Middle races in extremely complex rocky karst terrain. Cumulative time to count, no discards. An absolute nightmare, leave your ego at home on this one! Be humble, be very humble...

Sharing has enabled us to hire nice apartments for POM and OOccup, which is far better for longer events. We will both run M65 (*although with a knee injury, David may opt for something less challenging*), so able to compare notes and routes together afterwards. Hopefully we'll file some interesting comparative snippets for inclusion in the Newsletter. Yet to be decided are Rules of Engagement when we meet in the forest (do we help or ignore..?), or who writes the match reports: winner or loser?! Watch this space.

As the map shows, you don't need to go far to get top quality competition. In fact with the JK2019 here in the region, the world is coming to Berkshire at Easter. And for those wishing to stay in the UK, the Scottish 6 Days will be a great holiday opportunity.

Your 2018-2019 Committee

Chairman:	Simon Moore	chairman@bko.org.uk
Secretary:	Derick Mercer	secretary@bko.org.uk
Fixtures Secretary:	Andy Parry	fixtures@bko.org.uk
Treasurer:	Peter Entwistle	treasurer@bko.org.uk
Development Officer:	- - - - Vacant - - - -	
Membership Secretary:	Ian Hudson	membership@bko.org.uk
4 Committee Members:	Fiona Clough, David Jukes, Brian Sewell, and Mark Foxwell	

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

Reflections on the Rules

What is 'orienteering'? Put quite simply, it is the following:

Rules of Orienteering

1 Orienteering

Orienteering is a sport in which competitors navigate independently through the terrain. Competitors must visit a number of control points marked on the ground, usually in the shortest possible time, aided in navigation by map and compass only.

But when did you last look at the official 'Rules of Orienteering'? The full set runs to 104 pages! Many of these are directed at the officials and are designed to provide a safe and fair competition with a consistent set of rules enabling competitors to compete fairly when attending events anywhere in the country. Some though are for competitors and should be followed by all people.

For a complete set of the rules, go to: <https://www.britishorienteering.org.uk/rules>

The following are two examples provided by club members of situations involving some aspects of the rules and considers their implications.

Case 1: Unlucky for some? By John Briggs

How big a part does luck play in your orienteering? None at all? That's what I used to think until I had reason to believe I was unlucky at the Winchester SEOUL urban event in November.

Running MSV on leg 5 to 6 I was heading west to the major 6-way road intersection just before going under the railway line; this road junction is seen bang in the middle of the map below. The extract at the top of the next page shows how I was approaching the junction and the image (from Google Earth) shows how the junction looked as I reached it.

The junction was controlled by traffic lights - the light on the right of the image was my crossing point. The pedestrian "green man" was lit as I approached but changed to red as I was about 15m away. A runner about the same distance ahead of me took his chance and got across; I had to wait.

So I waited. And waited. Long enough to have a conversation with a lady and her young family, waiting with me, who wanted to know why people were running around holding maps. I had time to tell her about orienteering generally and the Winchester event particularly. She told me she had already done her bit for the day with a Parkrun in Andover.



Part of the MSV course at Winchester showing the leg 5-6 and John's route in red

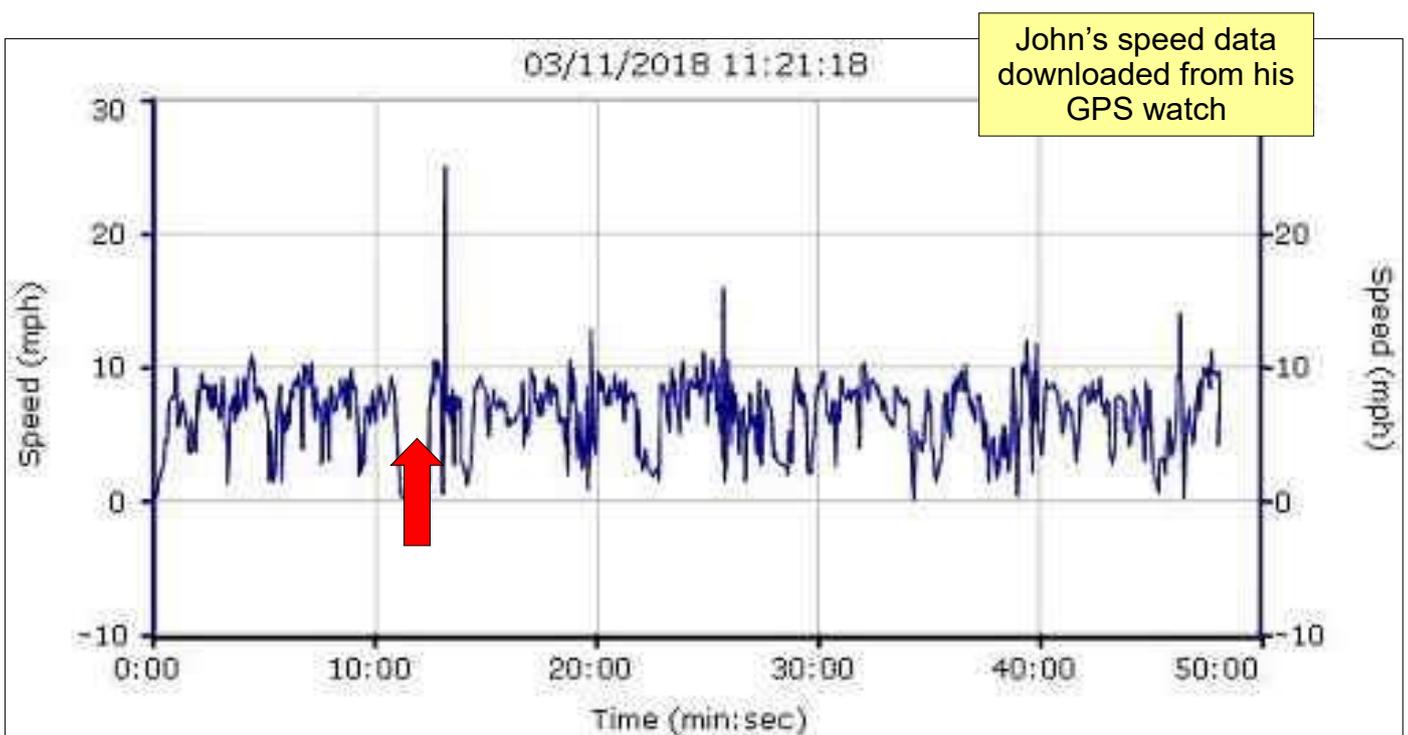


After what seemed like ages I eventually got across, and had a reasonable run overall. But I was intrigued to know my time loss. I had been wearing a GPS watch that I often use to study my route afterwards (more so in the woods than on urban runs) but this time I had a look at the speed data shown in the plot below.

Note the period of inactivity - zero speed - starting at 11 mins 08 seconds (*marked with the red arrow*). This shows I was stationary for a minimum of 1 minute 12 seconds, but it could have been up to 1 min 20s due to the spacing of the data points. And the effect of that? Well if I had been able to run straight across the junction (like the guy in front) with no time loss, that 1 min 12s time gain would have improved my finishing position on MSV from 28th to 16th. 1146 ranking points would have increased to 1160.

Interestingly, the organisers had included the following statement in the details: *"No race in Winchester could be held without having to cross busy roads; the good news is that the pedestrian crossings lights change quite quickly but extreme care should be taken at all times when crossing the roads."* So: better luck next time I arrive at traffic lights? Maybe.

(Incidentally I don't really think I hit 25 mph at about 13 minutes on the above speed record! This is just the GPS temporarily losing contact with satellites as I ran under the railway bridge).



Editor's Comment:

Now look at the extracts from the Rules given in the box on the right. Rule 20.3 is drafted recognising that there will always be some element of luck in an event - the presence of another competitor at a control can make it easier to locate a control. But luck needs to be 'minimised' so is it right that some have to wait for over a minute to cross a road? Would most competitors consider that to be 'quite quickly'?

In fact the issue here is perhaps more to do with safety. John may have been willing to wait for over a minute. A more competitive or impetuous orienteer might have ignored the 'red man' and tried dodging the traffic to cross the road. And this is the reason for the other section quoted in the box. For reasons of safety, having a timed-out road crossing should be considered on 'busy roads'. Although it states 'where necessary', perhaps in this case the planner was at fault.

Rules of Orienteering

20. Course Planning

20.3 The element of luck must be minimised;

Appendix B, Section 11 - Urban

11.9.5 Where necessary, busy roads may need controlled crossings with marshals and/or timed-out

Case 2: Lucky for some? By Martin Wilson

Running the Blue course at a recent SOC Level D event at Highland Water, after a clean run 1-5, I entered a very complex area of heavy scattered gorse bushes interspersed with a myriad of marked and unmapped paths. On 5-6, I tried three times to work into the gorse and gaps from different directions, but always ended up 'not found'. Stopping again to re-consider what to do next, a runner appeared from the gorse, and the following unsolicited conversation took place:

He: Are you looking for no. 150? [Yes, I am actually..]. Well, do you see those two gorse bushes behind there? [Yes..] Well, you go through those bushes, turn left a bit, then climb the slope ahead of you [Oh, I see..] until you reach the top of the slope [OK..]

Now do you see the bloke standing there above the high gorse bushes? [Yes..] He's at the top of the climb [Oh, right..]. When you get there keep right of the thicket to pass round it. Once you're past it, there's a very steep embankment on the left, and the control's at the bottom of that embankment in a deep pit [Oh right...well, er, thank you very much...].

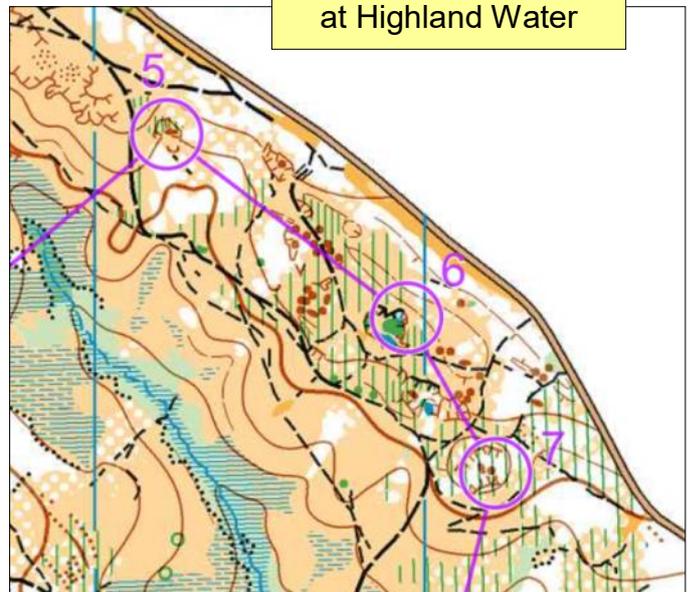
Well, of course I then just followed his directions and ran precisely on to the control. Thinking about the incident later, however, I wondered whether a) I should have declared myself DSQ as I'd received outside assistance, and/or b) whether the Good Samaritan should have DSQ'd himself for offering assistance!

Amusing though this was, it was just another example proving that the biggest item affecting our performance is not the terrain or the map or our navigation or fitness: it is the presence of other people around us. I was lucky but if I'd started one minute earlier or later I might still be out there looking for no.150!

Editor's Comment:

Martin wonders if he should have disqualified himself. The issue here is Rule 9.12 given in the box on the right. As Martin mentioned, this was a relatively small event ('Level D') and the results did not contribute to any competition (e.g. a regional league or a championship) so taking no action was sensible. However we all need to be aware of this rule (and all the others!) if we are considering being 'Good Samaritans'.

Part of the Blue course at Highland Water



Rules of Orienteering

9.12 Competitors must not collaborate in any way unless they are competing as a team or a person being shadowed is receiving guidance from the person shadowing them.

BKO Summer Training 2018

Eoin Sharkey

Why I'm writing this + why you should be interested in reading

It seems strange to be writing about the Summer Training of 2018 in the depths of midwinter. But I hope in doing so to make other club members aware of this great series, to build participation for future series, and to express gratitude to all who made the 2018 series possible.

The Summer Training Series itself

I'm a little hazy on the exact details, I think this was a shared training programme with Southern Navigators ? But all of the events I went on were BKO ones. While I think the training was designed with the hard-core orienteer in mind, even a novice like me could enjoy, and possibly even learn something.

My experience of the Series

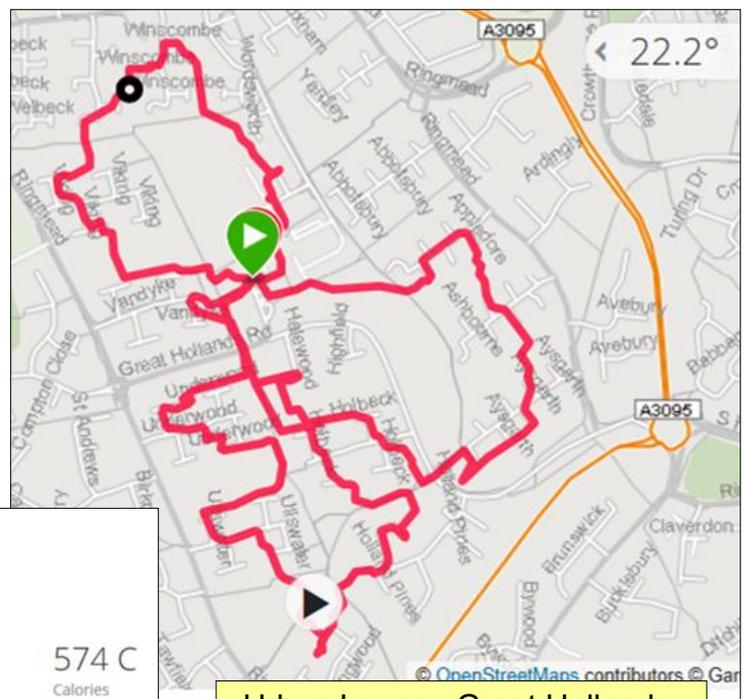
From a mix of memory racking and checking activity records from my watch, I can recollect attending 6 events between May and July of 2018. These happened roughly every week on a Tues or Weds, normally with starts between 6 – 7 pm. Some of the highlights for me:

- Varied programme - forest, park, campus, urban settings – attending the series is like a sampler of all the areas available to BKO.
- Novel to me, and I've added some details below:
 - * A 'Trail-O' taster within the Bloom Wood event, thanks Katy Stubbs!
 - * Urban sprint loops at Bracknell, thanks Brian Burt
- I found some great orienteering areas new to me like Bloom Wood and Lily Hill Park.
- Easy to access, put change of clothing in car and call in on way home from work.
- Low-key, but very well organised, proper maps, EMIT devices, even a printout at the end!
- Some of the techniques (like map memory, corridor maps) were "too much" for me. But friendly planners were usually able to put me straight, and provide a regular map, meaning most could be run as regular orienteering events
- Often a chance for a drink and/or a bite to eat and/or some good conversation on orienteering and other matters afterwards.

Urban Loops

Check out the temperature recorded 22C — feels such a distant memory as the outside temp is currently 1C and the "feels like" is in the red

For urban loops, starting at a central point you asked for a map of your choice — which took you on a loop. On return you asked for another map and did a further loop. All loops were pretty short, about 1 to 2 K in length from recollection. Like Street-O these maps used the (numbers on) lampposts as controls. You are obviously on your honour to find the correct control,



TRAIL RUNNING ▾ BY EPEE SHARK ON JULY 4, 2018 @ 6:37 PM

Bracknell Forest Trail Running

Event Type: Uncategorized ▾ Course: - ▾ Gear: [Add](#)

5.96 km	47:16	7:56	29 m	574 C
Distance	Time	min/km	Elev Gain	Calories
		Avg Pace		

Urban Loops - Great Hollands, Bracknell, 4th July 2018

this system makes set-up and 'control collection' a lot easier.

I think for serious training the idea is you are getting a new map having run quite hard on a previous loop, so you challenge your ability to absorb new information and plan while under stress. Maybe the other point is that the short loops means you get a chance to focus just on that section without the distractions of a full map.

Or, as I did, you can just treat this as 3 short courses, and take time to recover between each one!

Trail-O Taster

On another glorious summer evening (according to Garmin the temperature was the exact same 22.2 C !) we had an event at Bloom Wood – new to me. It was certainly lovely to run in the shade of the forest that evening.

This was a 'classic forest' event, no special stipulations but some control locations to make you really look at the map and what is around you.

Katy Stubbs also kindly provided a Trail-O taster somewhere in the middle of the course.

Cunningly Katy placed the Trail O control at the top of a steep hill, so we got to solve the Trail-O while still out of breath.

What it was: Around a feature (a large pit), there was a solving station. Looking into the pit, one could see a number of control flags with numbers visible. On the map, were 2 separate clues – standard pictorial control

descriptions. The task is to solve each clue by deciding which of the control flags corresponds to the description. Then write the corresponding number on your map, using the pen thoughtfully attached to the solving station.

Sounds simple, but it really does make you think about what does pictorial clues mean, and you need to check your compass carefully to find the orientation of the feature.

Arriving at the top of the aforementioned steep hill around the same time as a number of other let's say 'less elite orienteers', there was a certain amount of discussion and one of the decisions you had to make was whether to go with group consensus or follow your own judgment – all added to the fun. At the end, Katy checked the map and awarded points depending on your answer.

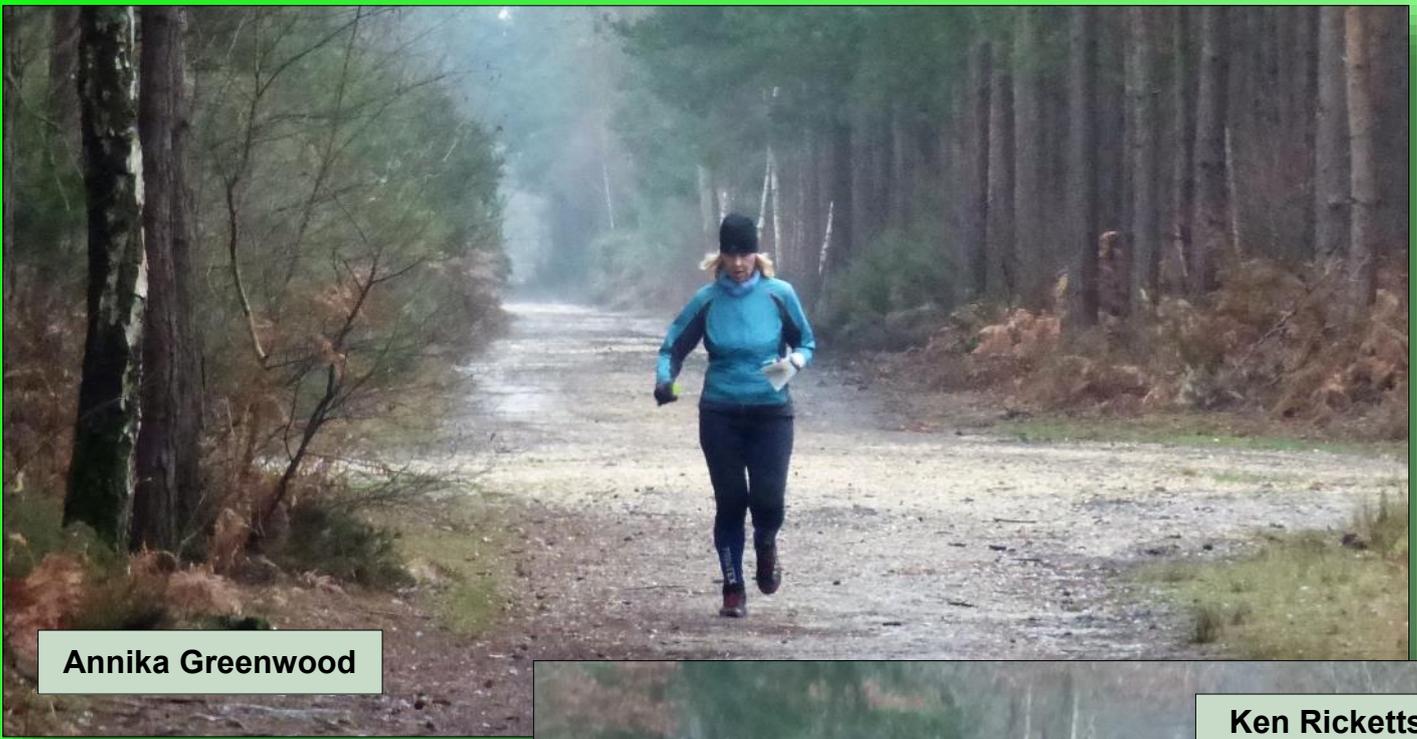
This was a simple, low-key but a thoroughly fun introduction to Trail-O, you can find out more at this link: <https://www.britishorienteering.org.uk/page/Trail%20O>

In Summary

These events provided a great chance for some relaxed running, in fine weather with the forest providing welcome shade. Even if the advanced training techniques were too much for me, the chance to practice outside of a bigger, intense competition was really welcome.

Many happy memories for me. I'd like to thank all who organised and made this series possible, and hope to see some of you 'out there' in Summer 2019, when it comes.





Annika Greenwood



Ken Ricketts

Burghfield
Saturday Event
Saturday 15th
December 2018



Did you see the YouTube video taken at our event by Jon Steed? This combines the video with a moving image of the map constantly showing the position of the competitor. This can be seen at:
<https://youtu.be/RX7Zkdxqe4E>



**Peter
Bennett**



Regional League Event (SCOL2)

Black Park

Sunday 18th November 2018



At the same time as our standard orienteering event, a 'Radio-O' event was taking place, More formally known as Amateur Radio Direction Finding (ARDF), competitors have to find the location of radio beacons hidden in the area. Here is one competitor attempting to locate a beacon. For more details, see: <http://www.nationalradiocentre.co.uk/ardf/index.html>