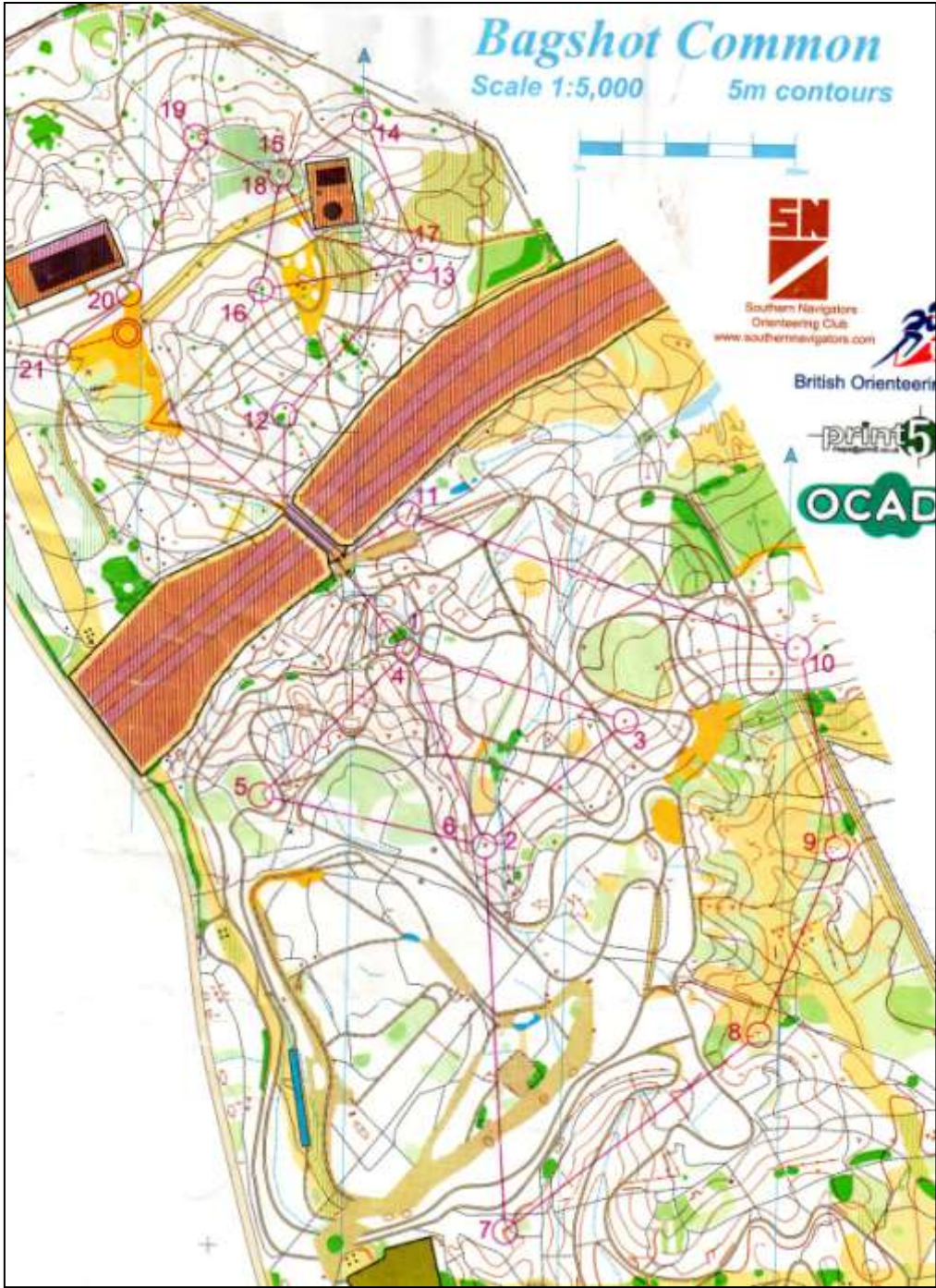




Club Newsletter

July 2012



The Open class short blue course at the SC Relays. Richard Rae reports in this issue.

How are you spending your Summer?



Keith Ellis, Newsletter Editor

The Summer is a time when orienteers take different paths to staying fit over the Summer. Some opt for the multi day events such as the Scottish Six Days at home or abroad such as the event at Bruges that Janet Gibson reports on for us. Others participate in other sports such as triathlon, running or cycling. This Summer I have joined Reading Roadrunners to take advantage of track training sessions with coaches and entered a trail running event which I report on in this issue.

BKO has organised its Summer training evenings and Urban Challenges to extend the season and an update is provided in this issue.

The continuation of this newsletter depends upon contributions from BKO members and so I am grateful to the contributors for this edition who have enabled us to provide another packed edition. Do send me your orienteering news, whatever you have done this Summer including any photos that you have and we'll include in our September newsletter.

Enjoy your orienteering

Keith

BKO SCOA league event – Swinley East

The event at Swinley East proved popular with over 450 people participating. The turnout was helped by glorious weather with the first day of sunshine that we had seen for some time but the recent heavy rain meant that the ground was somewhat damp in places.



BKO members Simon Turton (looking away), Andy Parry, Nick Rayne and Ian Hudson

The event was organised by Helen Fraser with Ken Ricketts planning and Dave Rogers controlling. The event was also aided by the many BKO members who played their part in helping.

The best BKO performances of the day were:

Brown	Dan Straka	25 th
Blue	Andrew Graham	24 th
Green	Alan Jones	5 th
	Richard Rae	6 th
Light Green	Brian Sewell	9 th
	Andrew Townsend	10 th
Orange	Ben Hutchins	8 th
V. short green	Catherine Springett	3 rd
Yellow	Jacob Marwick	3 rd
White	Alexandra Marwick	4 th

Organiser Helen Fraser provided the following comments:

Once again the club put on a great event at Swinley on the 13th May. The weather leading up to the day itself was damp to say the least but the weather on the day itself was a real treat which no doubt contributed to the fact that we had a record turnout of over 400 people, many of whom entered on the day. As this was the second event I have organised, I still did it very much under the supervision of experienced club members, especially Katy who made sure that I had thought of everything and who also more importantly helped to get all the necessary kit to the event.

There were a few things on the day that could have gone better, such as putting the extra maps we had to print into waterproof bags, and having control descriptions and white and yellow maps at the start, but good communications between the assembly area and the start team meant that most issues could be sorted out quickly. The one more major issue of the toilet flushes disappearing overnight in mysterious circumstances was solved relatively quickly thanks to the loo hire company coming out with replacements.

The string course was described as "adventurous" which we hope was a good thing, and the bridge that had been constructed the week before managed to last out the day without depositing any toddlers in a muddy ditch.

My thanks go out to all the club members who helped, including volunteering on the day itself. This necessitated some early starts from some, for example those on car parking duty and some late finishes for those who stayed behind to collect controls in. And a special mention to Ken who was there early on the day and was the last to leave and lock up.

British Championships

The British Championships were held in the Lake District this year and because relatively far away, we had just a small band of BKO members attending with the highest placed being Zuzana Straka who finished 2nd in the W20L group.

Martin Wilson	M65L	5th
Richard Rae	M65L	36th
Ian Cooper	M65L	51st
Bryce Gibson	M70L	28th
Zuzana Straka	W20L	2nd
Janet Gibson	W70L	5th

JK IS COMING TO SCOA

Katy Stubbs

Some of you will know that the JK is coming to our region next year. To those who are experienced orienteers and travel the country to compete at the bigger events this is good news because hopefully they will be able to save on fuel costs! For the rest of us I would like to explain what the JK is and then what it means to local orienteers.

JK stands for Jan Kjellström, he was an orienteer from Sweden who played an important role in the development of the sport of orienteering in Great Britain. Jan, son of Silva compass founder Alvar Kjellström, travelled to Great Britain to promote the sport. He helped to develop orienteering in GB in competition, mapping and coaching. Jan died in a road accident early in the year of 1967 and the JK event started soon after in his memory, moving to Easter in 1969 and gradually developing into a full four day event. The last time SCOA hosted the JK was in 2003 and in those days it was a 2 day Individual followed by a Relay, on Good Friday we only had to arrange an informal training event (albeit for up to 1000 people).

The JK Festival now consists of a Sprint event on Good Friday, a 2 day Individual Event on Saturday and Easter Sunday (times are added together from the two days for the overall result) and a Relay on Easter Monday. We are expecting between 2500 and 3000 runners from all over the UK and from the rest of the world. We will be applying for the Sprint Race to be a World Ranking Event and to attract top overseas competitors. Despite this, the main event is open to anyone who is a British Orienteering member and we will also have the usual colour-coded courses up to Light Green open to anyone. So you can compete in the same event as the best in the world (entry to the top Elite courses can be subject to selection depending on the actual number of entries).

SCOA have been working on this since September 2009, first just one person, myself (Katy Stubbs) identifying possible areas, then appointing the main officials such as planners and organisers. The core team then worked together to obtain permission to use the areas and arranging for mapping. We are now at the point where we are compiling a draft budget, have new maps of the two main forests (the Sprint area has only just been agreed), and putting together the teams of people that are needed to run the events and associated administration. We have appointed the on-line entries and results contractors and are currently looking for a commentary team (with all that includes, such as PA).

The teams are listed as follows, but there are already a number of other people involved.

Central team
 Co-ordinator Katy Stubbs (BKO)

Ass't co-ordinator Gina Starling (BKO)

Treasurer Jocelyn Andersson (BKO)

Safety Officer Dave Rogers (BKO)

Equipment Officer Tom Murphy (BAOC)

Publicity Alun Jones (TVOC)

Entries sec' Christine Vince (KERNO)

Plus the Day Organisers, see below:

	Area	Day Organiser(s)	Planner(s)
Sprint Fri 29 th March	Whiteknights Reading	Luke McNeill (TVOC)	Nev Baker (TVOC)
Individual day 2	Hambleden Marlow	Glynis Wheatcroft (TVOC) Jon Wheatcroft (TVOC)	Colin Duckworth (TVOC) Seamus Cunnane (TVOC)
Individual day 3	Cold Ash Newbury	Liz Yeadon (SARUM) Alain Wilkes (BKO)	Eric Harper (BKO)
Relay	Hambleden Marlow	Scott Collier (KERNO)	Steve Long (TVOC) assistant Andrew Southwood (BKO)

We are currently looking for a second Start Team Leader, Enquiries Team Leader(s) and Event Centre Manager(s).

So what does the local orienteer get out of this??

SCOA gets a lot of its funding from the large events that we run on behalf of British Orienteering such as the JK and the British Championship. We keep one third of the surplus, British Orienteering keep two thirds (but we don't pay any event levy). Those SCOA funds pay for much of the cost of running the SCOA Junior Squad. SCOA give grants to members who have been selected for international representation, or those attending coaching or training courses. They also support the running of training courses such as the recent Grade C Controllers course and the Event Safety Workshop.

Clubs get less obvious benefits, probably the obvious one is they have a brand new map of one or more of their better areas but there are less tangible benefits. Club members involved as officials get the opportunity to be trained in how to do their job at big events and the chance to practice those skills at the highest level. That means that there is a bigger pool of skills and experience in the club that can be used at the club's events in the future.

As an individual you get the chance to be involved as a volunteer and see just how satisfying that can be seeing everything falling into place. Even better is the buzz you get as a competitor at such a large event. Seeing how well you do against in the UK (don't forget local knowledge) can be rewarding. Even just coming in down the run in having successfully completed the course with literally hundreds of people, tents and club banners is fun.

As a team our aim is to welcome our visitors, make their JK2013 Festival enjoyable, with high quality orienteering and a great weekend. To do that we will need as many volunteers as we can find.

So put the date in your diary, Easter 2013, 29th March to 1st April. You don't need to be experienced, there are many smaller jobs that actually don't even need an understanding of what orienteering is. Bring the family, recruit your friends. I can't guarantee the weather, but the areas are the amongst the best in the region and we will do our best to make it an excellent weekend.

Katy Stubbs
Co-ordinator JK2013

BKO Summer Saturday Urban Park Series

At the time of writing, the first three of the four planned Summer urban orienteering events had taken place.

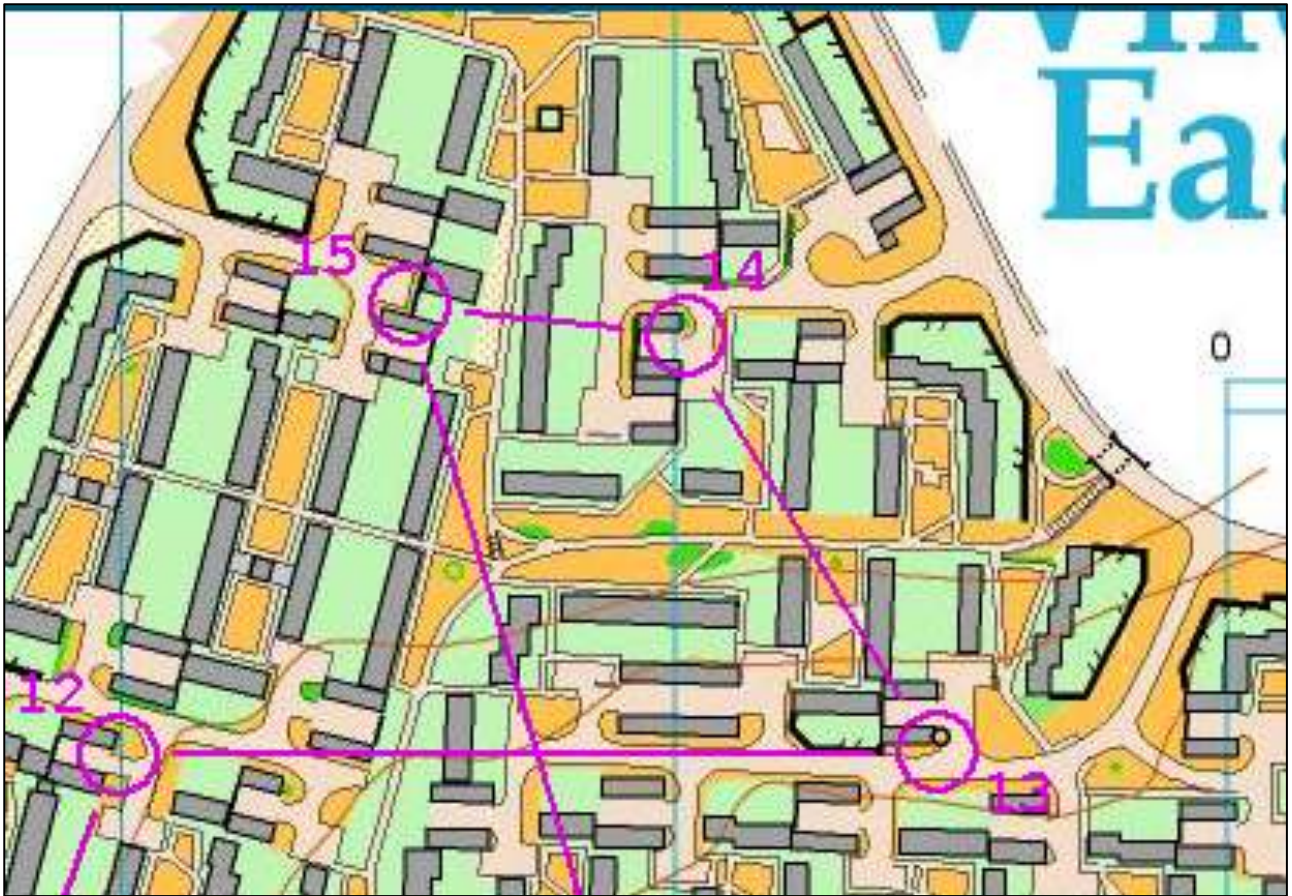
The first event was at Wildridings and Easthampstead on a glorious hot sunny day and attracted 43 competitors. Pat Wills was first home by a comfortable margin on the short course. On the medium course Nigel Hoult was first home followed by Glenn Wass and on the long course it was a family 1,2 with Dave Rollins coming home first ahead of Sarah and the first BKO entrant being David Jukes in third.

Planner for the event Andrew Graham has kindly provided us with his report for the event:

“Back in that brief period of May which closely resembled summer but was really just the climate toying with us, BKO held its first event on the new area of Wildridings and Easthampstead. This used a map that Eric Harper had slaved away on to cover, at 1:4000, a large but varied area of housing interspersed with small greens, parkland, shops, schools and one significant area of woodland.

But perhaps the most striking part of the event was that Eric had arranged our use of the church hall so we had an ‘event centre’ in a building, with loos, running water and mains electricity. So there was no grappling with guy ropes and bungling with batteries and best of all the organisers kept out of the heat outdoors.

Eric had planned Short, Medium and Long courses and in the heat of midday, the Long did feel long. Indeed only Dave and Sarah Rollins and the boy Jukes beat the hour for the course. There were some good long legs and routegadget shows some of the varied routes people took (either intentionally or otherwise). The west and northern parts of the map needed concentration because of the numerous narrow paths and passageways. A few controls were next to uncrossable walls which meant approach from the correct (not always most obvious) direction was essential.



Part of the Long course

Both Medium and Long courses took runners through woodland covering Bill Hill. Those who, like me (otherwise I would obviously have beaten the boy Jukes) took time to explore the hilltop, would have found the remains of a Bronze Age Bowl Barrow – a burial mound and scheduled ancient monument. Obviously Eric was unable to stick a stake in the ground here for fear of incurring Baldrick’s wrath. Elsewhere on the courses, in an urban environment, the controls had to be chained up, but none appeared to have been interfered with so the event went off smoothly. Everyone seemed to have enjoyed their runs and the challenging courses.

So another area is added to BKO’s list of urban maps. Perhaps we can use it again soon – at night? “

The second event was at Sandhurst on 9th June and was an almost entirely adult event with only two juniors participating and most competitors running the long (5.5km course). After coming second in the first event, Sarah Rollins went one better and won the long course with the best placed BKO finisher being Neil Frankum in 8th position. There was a better result for BKO on the medium course which Martin Wilson won comfortably while there was just one finisher (non BKO) on the short course. In total there were 43 competitors, the same as at Easthampstead.

The third event was at Lower Earley and on a sunny but windy day attracted a similar number of entries to previous events (49). The short course was set in Laurel Park with the medium and long courses extending into the housing estates in the surrounding area with the many residential roads and connecting alleyways. Some of the regular Reading Park Runners gave orienteering a go on a day when the Park Run was not running due to a regatta taking place by the course. The event was the first in which the club used its new set of Emit controls that only require the card to be presented to the control outline on the kite for the card to be read. Unfortunately there were a number of “teething problems” with some cards not being read properly at some controls and some being registering twice at a control, instead of only the last reading. Apologies were given to those for

whom their result was a few seconds different from the correct time. Simon Turton won the long course by a comfortable margin of 1 min 38s while John Methven was the leading BKO running on the medium course in second place and Pat Wills won the short course by several minutes.

Pete Cook who regularly takes the photographs for the Park Run took part on the short course and then snapped away to provide some good photos of the event with a few shown below. Thanks to Pete for providing the record of this BKO event.



Which way now? Richard Rae



Simon Turton galloping in to win the Long course



Registration



Terry Hosking finishing



Sue Cloud at the finish



Nearly there – Catherine Springett



"If you wanna win ,you gotta run, run, run"

This is the title of the song written for the Bruges weekend. It was sung at the event centre on the Sunday by a band called Cornflake. You can see it at

<http://www.youtube.com/watch?v=FjtOoI2Ib7w&feature=relmfu>

Orienteering can take you to remote hillsides populated by a few sheep, and cities on the tourist trail which can get very crowded. If you have not tried city races yet, when you do, remember to ask for an early start. The start system at the Bruges events was turn up and go which made for a relaxed start to each day

The Event Centre for the Saturday sprint races was at a military base in a Bruges suburb. The courses started in a small area of woodland then crossed a busy road at traffic lights. Everyone then had 300m timed out section back to the military base where timing started again at a control just inside the gate. Luckily for some an official made sure everyone punched that control. The fact that you could take as long as you liked in the timed out section did not stop some competitors racing in at speed straight past the control.



My course was 1.9 km and as often happens was shared with the youngest groups of juniors. I managed to lose a little time by leaving a control in the wrong direction. So short non technical courses still need full concentration. I finished second from two in the W70 class.

Saturday evening had been warm and sunny but Sunday, the day of the City Race, was very wet. We reached the Event Centre and sat in the car looking out at heavy rain. The start was a twenty minute walk so, not wanting to get soaked on the way there, we waited until the rain became drizzle. The Event Centre was a college hall where helpers were busy preparing filled baguettes and beer was already on sale. We braved the weather and set out for the start just a little later than we would have liked. The start was in the Market Square in an area surrounded by lots of small alleys, bridges, inner courtyards and narrow passageways. Since I was sharing a course with the youngest juniors again I was not likely to see any tricky bits. So no mistakes and try to run. The course was 2.5km. Fortunately the rain had kept the visitors inside their hotels for a little longer than usual and the streets were not crowded.

There were two British entries in W70, my aim was to beat the other one. As expected the course was quite straightforward until I reached the site for control six. I headed out of control five South East down the lane to the road then right and right again. There was no doubt that I was where I needed to be and the group of trees could be seen from some distance. Once there I checked each tree but no control. I went under the canopy, left and left again and there it was just to the west of the canopy leading back onto the lane. The time lost searching and a little more getting my brain straight again did not spoil things too much and I did manage to win.

We saw Nigel Houlton at the event centre after his run and discovered that he had had the same control site as my faulty one and by the time he was there the flag and box were in the correct place. Bryce achieved second place in M70. Nigel took the photograph.

Your committee members

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Secretary: David Jukes	0118-969-2514	secretary@bko.org.uk
Treasurer: Peter Entwistle	01628-635278	treasurer@bko.org.uk
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Development: Vacant		
Ken Ricketts	0118 9787168	ken.ricketts@bko.org.uk
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Summer club night and BBQ – 18th July

A date for your diary, please see the club website for details.

Trail and error in the Surrey hills

Keith Ellis

Over the past eighteen months I have spent an increasing amount of time on straight running as well as orienteering but have also found an intermediate event of interest, trail running. I first tried trail running at an event organised by GO last August. There was a choice of three courses starting and finishing on the downs to the East of Guildford and the courses took in the hills and a little urban running at the edge of Guildford. On this occasion I entered the middle course which was billed as 14k but ended up being 18k. A map was provided but most controls were at easy to find places, although one was in a tricky spot. Richard Rae also entered this event as the sole other BKO entrant and I thoroughly enjoyed the experience which combined the off road running that I enjoy but not too much navigation required to slow down the pace.

Three weeks ago I thought that I would scan the internet for any other trail runs. The first one to pop up was 250 miles and the results were just in, the winner taking over 60 hours with just about eight 20-30 mins stops, that's running almost non stop for 2.5 days and those lower down the field ran for four days. That didn't sound like what I was looking for so I looked further. I soon found that SLOW have been organising a series of trail runs with the next major one being in two weeks time, the Surrey Hills Trail Challenge, this sounded more like it.

There were three courses on offer, 30k, 16k and 10k. I thought that I would opt for the 16k but checked how far the course would actually be before entering and was assured that the optimum route was in fact 16k and not the orienteering style straight line distance so I entered this. I was conscious that I only run two long runs (10 miles) since the Reading half marathon in the previous seven weeks so was not sure how fit I would be, especially since this event was billed as being very hilly. However I was conscious that I should start to get some more long runs in before my next major race target, the New Forest 10 (miles) on 8th July which is off roads.

When reading the event website I noticed that a previous winner was fellow BKO member Richard Rae who won the 10 miles race in 1984 in an incredible time of 68.15, that looked a very tall order.

The events involved running off road in the hills SW of Dorking with a 1:25000 map provided. I could see the map on the website but wasn't sure how easy this would be on the ground so was a little in the dark.

The race day arrived quickly since I entered less than two weeks before the event and as luck would have it was the hottest day of the year so far, When I arrived I parked up next to one of my fellow orienteers who had been in the Exeter University Orienteering club with me many years ago, we meet up occasionally at events. He was experienced at this event having run many times before and said that there were some tricky parts to watch out for.

We made our way to the start and I found everyone huddled in the shade of hedge because it was very hot. The 16k race was the last of the three to start so I could see what we were in for. The start was amazing – a steep 1k uphill from the off, I had never seen a race start like that before. I chatted to some other competitors and found that most had run the event several times before and so knew where they were going, the event not being about navigation and practice tours had been arranged some weeks before for those who had entered early enough. I wasn't sure whether a compass was required and saw that few others had one but I took mine just in case.

After clearing our SI cards we were off, I managed the first 1k uphill ok and wasn't too concerned about this but was wondering how I would cope with the next 15k. I was soon panting quite hard as the race went steep downhill and then on a gradual uphill through some fields. I looked at the map occasionally but in the early stages was following the line of runners. After about 4k, the field split

at a junction and I had to make my first route choice and followed the minority, although the amount of hill looked the same either way.

The hills really started then and post race when downloading from my Garmin I could see that the hills were tough for the next 6k, all uphill at varying degrees of incline, culminating with arrival at the top of Leith Hill. I was shattered by the time I reached here, especially due to the immense heat. The next part was tricky, there was a multitude of tracks and extra ones created by mountain bikers. I found myself following a couple of other runners in front who were going in about the right direction but when we headed downhill, I knew we had gone wrong. We were on a track in a valley and needed to climb uphill again to find a trail going in the right direction, this was a killer. I climbed the hill and followed some trails but had to cut across through the thick stuff (in my shorts) to find the main trail. I there found another couple of runners not sure where they were going but was fairly confident I knew now and did find the next checkpoint with a welcome drink.

I then entered a relatively easy phase of the race, a flat part along trails in a valley but soon the uphill started again and by now I was tired. I ran on and was caught up by another runner. I followed him through the next control and just two to go and circa 5k.. Unfortunately while we went the right way to start with, the chap in front had not run the course before either and I soon found that we had taken a wrong turn somewhere and I still don't know how after reviewing the map. Anyway I found where we were and concluded that we need to run a different route to the next control. By now the heat was intense and the legs were running in autopilot. We found the next control but the final leg was back up a steep hill again, shattering. Eventually though it was downhill to the finish and I managed a 20kph sprint along the final flat straight to the finish.

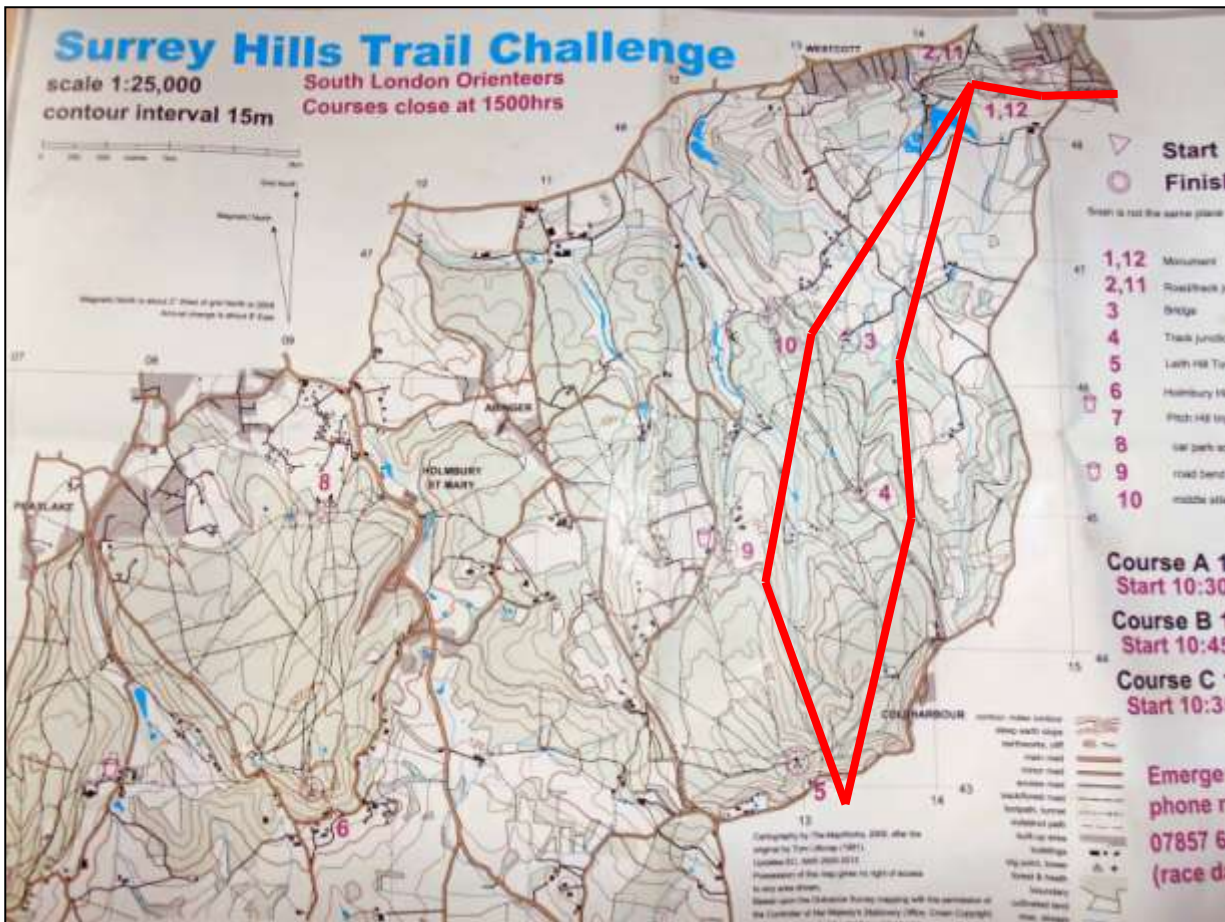
After downing two pints of water I returned home for a shower, some food and a rest. Then I reviewed the event. I had run 18.7k so almost a half marathon up and down some steep hills on rough paths in intense heat, quite tough. Not surprisingly I came well down the field but then I had run further than most. I was a little disappointed with this since this was a navigational event and those who had run several times before knew exactly where they were going, still I will know better for next year and I think that I will enter again.

To quote from the SLOW website race report "A fantastic turnout for this classic southern Fell Race with 127 hardy entrants who took up the challenge of competing on the hottest day this year. The A race of 30km certainly took no prisoners and as ever proved a challenging course taking in the summits of Leith, Pitch and Holmbury Hills, congratulations to all those who completed this and the other two courses, it certainly wasn't a walk in the park for anyone."

All in all, I enjoyed the event and would like to try again next year when I will have a better idea of where I am going. The course is a real physical challenge although the 10k one would offer the chance to sample the area without the excess kms. I don't think I'll be attempting the 30k course.

When back at home, I downloaded my run to the Garmin website and viewed on Google maps. I took some comfort from this because I could then see that where as the map had indicated running straight on, the actual route was to take a right fork where I had gone wrong, the danger of a 1:25000 map that does not show the level of detail that we are accustomed to for orienteering.

For anyone interested in trying a trail run with slightly less serious hills, the GO Pilgrim Way event in September is worth trying, again three courses will be on offer if the same as last year. SLOW also run a series of shorter and less hilly trail runs.



The straight line between controls

SCOA league results

There were no winners from BKO for this season's SCOA league but there were some top three placings with the highest placed being Thomas Innes coming 2nd on the yellow course.

White:	Alexandria Marwaick	3rd
Yellow	Thomas Innes	2 nd
Light Green:	Katy Stubbs	3rd
Brown:	Simon Turton	=3rd

Know your club members

Ian Cooper

Hometown?

Pinner, Middlesex. An area these days classed as North West London. Born 1943, and now a last year M65. Currently living in Twyford.

Family?

Married to Jan with two daughters in their twenties. My elder daughter the only other orienteer. Based in London she enjoys the local evening parks and urban events as a way of keeping fit.

Employment?

I have worked as an Analytical Chemist in various laboratories for most of my life. I joined the Environment Agency in 1994 and worked at their pleasantly situated premises at Fobney Lock on the Kennet and Avon Canal. When they, inconveniently, decided to relocate to Exeter in 2000 I moved to Thames Water and was based at their Laboratory in South Reading, not far from the Madejski Stadium. I (finally) retired last year.

When did you start orienteering?

1982 as an M35. I was vaguely aware of the existence of orienteering having seen a short film about the 1976 World Championships in Scotland. I thought this might be a sport that suited me as I enjoyed using maps and felt that I could be a competitive runner because I used to win the cross country races at school. My chance came when a colleague at work mentioned that he dabbled in the sport. His deal was that he would accompany me to an event provided I took a car load of his scouts! The event turned out to be a TVOC Chiltern Challenge at Coombe Hill, Wendover. I only competed in the 'Long Wayfarers' course but managed to finish second and, slightly embarrassingly, beating my colleague. Countryside, running and map reading – I loved it!

Clubs?

Always BKO (or as it was originally known ROC – Reading Orienteering Club). We bought our first house in Owlsmoor (Yateley) but only when I started orienteering did I realise that, by a stroke of luck, we were living less than a mile from one of the best 'o' areas in the south (Starposts). I would don my track suit over my 'o' gear - I was somewhat self-conscious of running through the housing estate in my 'pyjamas' (early 'o' suits) - arrive at the forest, deposit my track suit in my 'changing room' (a small hidden clearing in the woods) and embark on my terrain training run. I initially used surplus 1982 JK maps bought for 10p each.

Favourite Areas?

Locally: Starposts, Mytchett and Long Valley. Further afield: New Forest (excellent), Forest of Dean and Cannock Chase. Also Bigland and Graythwaite in the Lake District or anywhere that provides a serious navigational challenge. Surprisingly, I have never orienteered in Scotland (I must make amends for this before hanging up my 'o'shoes), or abroad.

Successes?

I have finished in the top ten in some British Champs and JKs in past age groups but my best results have been in M65. As a first year M65 I finished 2nd overall at JK2008 having won day 2 at Pippingford Park (Ashdown Forest). At the 2010 British Championships in Cannock Chase I managed a very satisfying 2nd place, behind Mike Murray.

Disasters?

This year's British Championships at Dalegarth in the Lake District. Probably my worst run ever, and I mean ever. I finished way down the results having lost huge chunks of time hunting for three controls and substantial time at others. I think I only hit 5 out of 17 controls cleanly. My problems were probably due to insufficient recent practice on this type of terrain but it was also, I think, just a bad day at the office. Southern terrain is not good preparation for open, hilly land with relatively complex contours and many rock features (that's my excuse anyway!).

Equipment Used?

Baseplate compass with own pacing scale attached. I have never tried a thumb compass.

Strengths?

Reasonably fit. Can run a good compass bearing. Am able to work ahead, or at minimum, know my direction of departure at the next control.

Weaknesses?

Not always looking at my control descriptions. Complex contour areas eg. sand dunes.

What training do you do?

During the busy part of the season I try to run twice during the week. Runs might range from 35 to 45 minutes with at least one taking in some hills. I try to vary routes and terrain as much as possible to avoid becoming stale. I'm afraid hill reps. and speed sessions are mainly a thing of the past!

Where did you acquire your map reading skills?

Prior to orienteering I spent many years as a navigator in road and stage rallying mainly with my brother as driver. He ran a rally preparation company and any successes were a good advert for his business.

What preparation do you do before an event?

Apart from training I like to study a previous map of the area to obtain a 'feel' for the terrain and to remind myself as to what is 'up' and 'down' contour-wise. I read the final details carefully and use these to try and establish where the start might be on the map and even where the course may run. On the day I'll endeavour to arrive in good time, eye-up the finish and any final control if they are nearby, do some stretching exercises and use the route to the start as a warm-up. Finally, I try to note in which direction any fellow competitor leaves the start (but not totally trusting this as he may be wrong!).

Other interests?

Walking, cycling (trailquests, MTBO, organised trail rides), DIY and I have recently finished two terms in an 'improvers' swimming class. In the summer I used to compete in road races (half marathons: 1hr 23mins. 10kms: 40mins). Half marathons I stopped many years ago but 10k's only recently. My stamina is not what it used to be! I have just bought myself a set of golf clubs (you can tell I'm retired) but not yet used them in anger. If anybody is looking for a game later in the summer.....?

Any Tips?

- Don't forget the basics, and in particular choose a good attack point and use it well.
- I find a pacing scale invaluable
- Don't run off the map! It's impossible to relocate. I know. I've been there!

What have you done that others might not have?

Competed in six RAC Rallies of Great Britain (forerunner of current Rally GB). 2,500 miles of tightly timed motoring all round England, Wales and Scotland incorporating 450 miles of special stages through the forests. Only one night's sleep in 5 days and held in late November so every conceivable weather condition is thrown at you. A true adventure!!

What do you like about orienteering?

Countryside, fresh air, physical exercise and the navigational challenge. Also, how else would you visit places like, for example, Ogof Ffynnon Ddu (no, I don't know how to pronounce it either) in the wilds of South Wales. Contoured, treeless, rocky terrain with limestone 'pavement' and a baffling number of sink holes (big pits) resembling a lunar landscape. Sadly, I don't believe this area has been used in recent times probably due to environmental reasons.

What do you dislike about orienteering?

Why with 30 years of experience I still make mistakes!!!



Ian Cooper

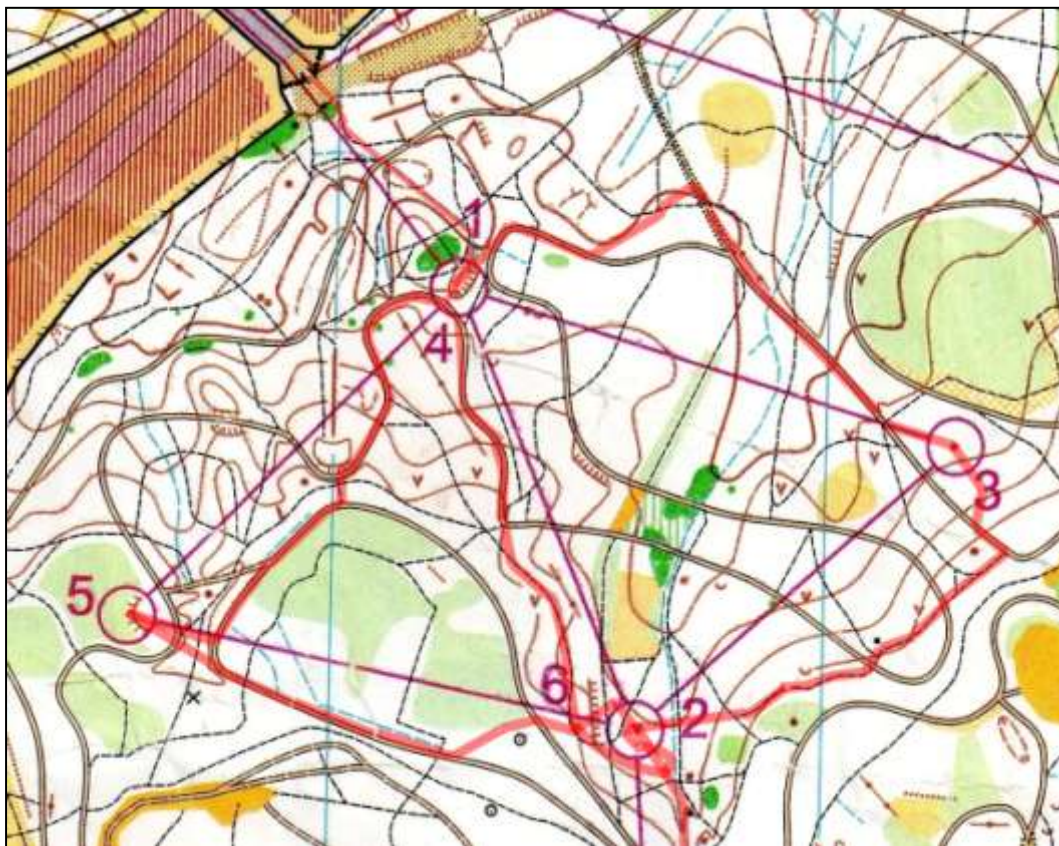
SE and SC Relay Championships

Richard Rae

The inaugural SE and SC Relay Championships were held at Bagshot Common on the 16th June., with prizes for both SE and SC winning teams. Andrew Graham, Brian Burt and myself, Richard Rae, made up team BKO1 to compete in the Open class. Being one of the more senior teams, a podium place was not expected, as the SC opposition included fit and younger BAOC and SOC teams. However, Andrew finished the first leg in a commendable 9th place, only a few seconds down on team BAOC3, who finished 3rd in the SC competition. Unfortunately, Brian and myself

could not quite match Andrew's pace and BKO1 finished 10th overall, or 5th in the SC rankings, and ahead of both SOC and BAOC teams. Nevertheless, we had done better than anticipated.

Bagshot Common consists of two plateaus straddling the M3, but connected by a tunnel. The area has an intricate network of tracks, paths and gullies as it is a military vehicle training area. The bracken was growing, but not yet an impassable barrier. Compared with most major relays, the event was fairly low key, in the style of Saturday morning races. Unusually, the three courses per team featured a couple of common butterfly loops, rather than the more usual relay practice of having a few common controls with different but closely adjacent controls between. The butterfly technique has the advantage of reducing the number of controls to put out.



Butterfly on Open class short blue leg

The first butterfly loop, below, shows my route. On this loop, I had to visit controls 1,2, 3, 4 (=1), 5, 6 (=2) in order. Andrew visited these controls in the order 1, 5, 2, 3, 4 (=1), 6 (=2). Many teams were confused at speed, mispunched, and were disqualified.

Some comments on my routes:- Control 2 (4) was very difficult to spot in the low undergrowth, even on the second occasion - no tell-tale lip. On leg 2 - 3, I chose the high path route to avoid the possibility of bracken on the contour route. In retrospect, this was not the best option. On legs 3 - 4, and 4 to 5, I missed major track junctions. Strangely, so did Andrew. Perhaps we merely overshot, as the map scale was 1:5000.

Team BAOC1, Sarah Rollins, Colin Dickson and Dave Rollins, led from the start and were overall and SC winners. The Women's Open class, also running the same course as the Open class, was won by Southdowns. The Handicap class had the most entries, and was won by a Happy Herts team. BADO teams finished 3rd and 4th overall in the Handicap, taking the SC trophies. Junior SN teams won both the SE and SC trophies, as SN club members belong to either SE or SC regions.

SN did a good job organising an enjoyable event. Thankfully, the rain forecasted earlier in the week stayed away.



The start of the Open and Women's Relays



Brian Burt, on leg 2, taking over from a tired Andrew Graham

Newsletter contributions

For newsletter contributions please contact Keith Ellis on 0118 9771101 or email keith.ellis@bko.org.uk. Without your news, views and photos there would be no newsletter so please do send in something for the next edition, the more different contributors we have, the more interesting the newsletter will be.