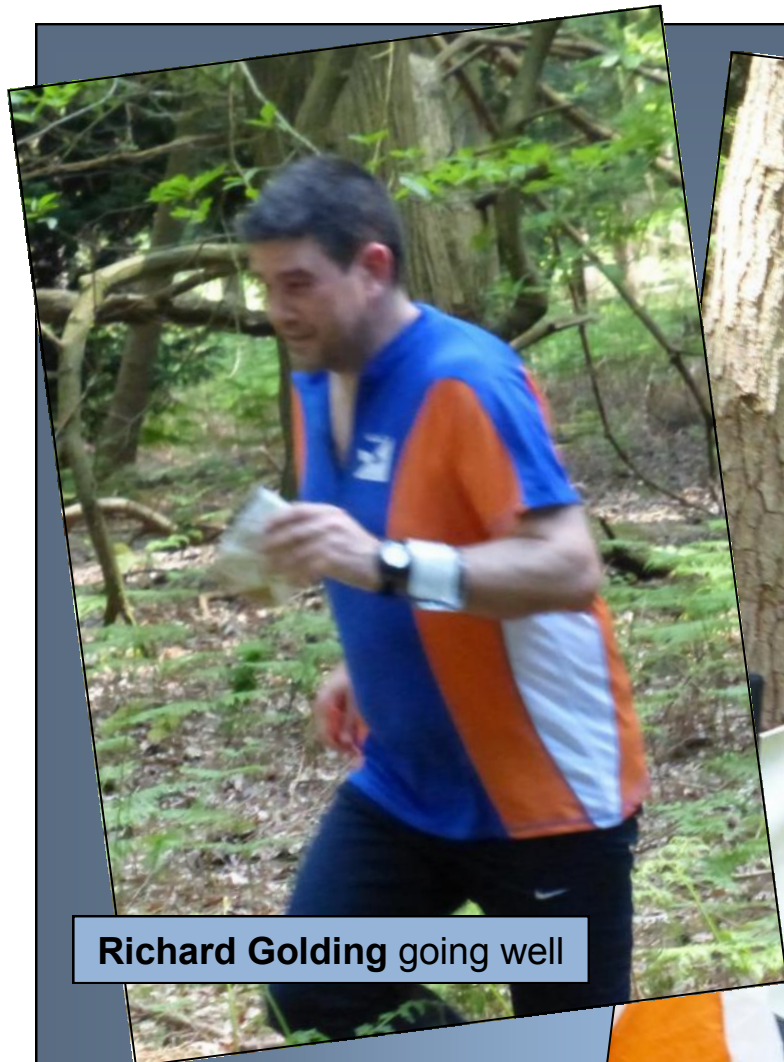


Berkshire Orienteers

Newsletter

July 2014





Richard Golding going well



Planner **Mark Foxwell**



Neil Frankum enjoying the event



Steve Fletcher dashing through the trees

**Rushall Woods SCOA League Event -
18th May**



Editorial

Every club, whether sporting, cultural or social, is made up of a spectrum of members. There will be a group of dedicated enthusiasts who are committed to its core function - in our case the staging of a range of orienteering events within our area for the benefit of our members and those from other orienteering clubs. This requires planners, organisers and, for larger events, controllers. Some of these enthusiasts are willing to take on more mundane administrative tasks which, although vital, do not have the same attraction. Roles such as 'secretary', 'membership

secretary' and 'treasurer' are examples.

There are though others who, when possible, are willing to give the club their time. Without these more occasional volunteers our events would rapidly die as the core enthusiasts could not do everything for every event. And of course there is a third group of members who enjoy the sport but who may not (often for many very justified reasons) actively contribute. Some of this last group will be those new to the sport who are not yet confident enough to offer support.

There is though one important group of people without which there would be no orienteering - the mappers. And BKO is desperately short of mappers! You will see that in this issue there is a piece on this topic by our Chairman and chief mapper, Katy Stubbs. I have also made maps the focus of 'Know Your Sport' on the centre pages. Please read these carefully and if you feel that this is one way in which you can provide additional support to the club, please contact Katy. She is waiting to hear from you!

David Jukes

Club Notes

Keeping you informed about the club and its members

Level A Results

Since the last Newsletter, there have been the Northern Championships on the 4th May and the Scottish Championships on the 24th May and there are no BKO results to celebrate from either event. However there has also been the British Orienteering Championships and the British Relay Championships held over the weekend of the 31st May—1st June. A report on this weekend, attended by 6 BKO members, can be found on pages 16-17.

SCOA League 2013-2014 Results

The SCOA League runs from September to June with the final round for 2013-14 being staged by Thames Valley OC at Hughendon Woods near High Wycombe on the 8th June. The competition is based on different colour-coded courses that are provided at each SCOA League event. The fastest person on each course gets 100 points and then subsequent competitors get fewer points based on their time behind the winner. There were 12 League events this year and the results are based on a competitor's best 6 events if they have attended more than 6.

Information on the top BKO results is given in the table on the next page. Full tables can be seen on the SCOA website at: <http://www.scoa-orienteering.org.uk/scoa-league>
Congratulations to them all and in particular **Thomas Inness** for his 2nd place on White just

Cover Photo: Spring came early this year and Rushall Woods were already very green for our event on the 18th May. The photo shows **Doug Greenwood** heading home from the last control.

missing out on the top position by just a few points. Certificates and prizes are usually presented at the first event of the next season—usually early September.

It is worth noting that the League does not attract a great following, particularly on the shorter courses. For example, on the Orange course there were 5 competitors (including our Rachel Phillips) tying in fourth place on 100 points - each of them had attended just one event and won the course on that day. By attending one or two more events, each of them could possibly have reached third place or better. Worth bearing in mind for next year....

Urban Leagues

Whilst looking at League results, as it is now half way into 2014, it is worth reporting progress in the national 'Nopesport Urban League' and the more local 'Southern England Urban Orienteering League' (SEUOL).

The Nopesport League has 18 events from Edinburgh in the north to Tavistock in the south. There have been 11 events so far but only a few people have been regular attenders - there is still a long way to go before the names of possible winners become clearer. A competitor's top 8 scores are used to determine final positions. Best BKO result is for Martin Wilson who is now 2nd in the Men's Ultra Vets class. This is very competitive at the top with 4 men potential winners. Also doing well is **Fiona Clough** who is now placed 11th in the Women's Veterans class.

In the SEUOL, there have only been five events so far (all which have also been Nopesport League events) with a total of 15 before the end of the year. Competitors best 7 events will be used to determine the overall position. Not surprisingly placings are similar to the national league. Best placed (2nd) is also **Martin** in the Men's Ultra Vets class. **Fiona** is lying 6th in her class.

The next event in both leagues is the race in Swindon on 12th July—there may be just time to get an entry. Certainly for the SEUOL there are still several events fairly local (including Didcot, Guildford, Winchester and Farnborough) so even if you have not yet attended one this year, you are still in with a chance.

Details of these Leagues can be accessed from: <http://urbanleague.nopesport.com/scoring/>

Committee Discussions

The club's committee met in mid May and these are some of the items discussed:

- The meeting was in the week before our Rushall Woods event and an issue had arisen over whether juniors would be allowed to run longer courses. As these crossed the public road, a decision had been taken that juniors would not be permitted on these courses. However a request had been received to allow this. The committee supported the position taken by the organiser and controller and agreed that the crossing of the public road by Juniors was not appropriate at this event. The possible provision of manned crossings were considered but as one crossing was not at a fixed point, it could not be guaranteed that the competitor would use that point.
- There was a discussion about the shortage of mappers in the club and that we had been

SCOA League 2013-14 :

Top BKO placings

WHITE (Winner: 596)

- 2 Thomas Inness M10 591
- 4 Robin Inness M10 478

YELLOW (Winner: 330)

- 5 Adam Methven M10 193
- 6 Franky Rogers W11 185

ORANGE (Winner: 365)

- 4= Rachel Phillips W14 100

LIGHT GREEN (Winner: 552)

- 4= Pete Inness M45 200

SHORT GREEN (Winner: 553)

- 6 Katy Stubbs W55 354

GREEN (Winner: 560)

- 3 Alan Jones M45 537
- 4 Fiona Clough W50 482
- 5 Anika Hermik W40 471
- 6 Gill Godbold W60 444

increasingly reliant on Katy to provide significant updates to our maps (especially of woodland areas) over the last couple of years. More members should be encouraged to have a go at this and spread the load (*you will see further items on this later in the Newsletter*).

- We are starting to use our new computer at our Saturday events. It was agreed that we were not yet ready to take on full processing of results for our larger events but Brian is assessing the system and considering developments.
- There have been some issues relating to the tax status of amateur sports clubs and our Treasurer, Peter Entwistle, has been assessing the situation. It was agreed that a small 'working party' would look at the details and report back to the next meeting.
- The Committee considered whether we should have a designated 'Publicity Officer'. No one on the Committee has offered to take on this task and it was generally felt that the Committee did not need to be expanded. Is there a club member willing to take this on whilst not being on the Committee?
- We had heard from Bryce Gibson that he wished to give up responsibility for the issuing of SCOA colour coded badges to BKO members. It was news to some on the Committee that such badges existed! Apparently they are mostly issued to the juniors at St Andrews School. Ken Ricketts agreed to take on the role and we will attempt to publicise them a bit more widely.
- The Committee will need soon to decide on the future of the Wednesday club nights and whether they will recommence in September. All comments welcome.

SCOA Regional News

The regional Annual General Meeting was held on 19th June. Key points were the following:

- Alun Jones (TVOC) stood down as Chairman having served for 3 years. However as no

The Saga of the British Sprint Championships 2015/2016

By Run O'Mok

The saga so far: The South East region (SEOA) was supposed to be staging the British Sprint Championships in 2015 with our region (SCOA) scheduled to stage it in 2016. However the SEOA are hoping to use the new Olympic Park but that won't be available until 2016. So they suggested that SCOA might swop and stage the 2015 event. SCOA agreed to see what areas might be available and the BKO committee thought that Birch Hill in Bracknell might be suitable with the event centre at South Hill Park. Another option offered by the army club (BAOC) was the Royal Military Academy at Sandhurst (RMAS). Then the problems started - RMAS was not available on the proposed dates; Bracknell council would not allow parking on the grass at South Hill Park and South Hill Park itself was booked for an inside event. Further investigation identified possible parking on Bracknell's Southern Industrial Estate. But that would involve a walk of about 30 minutes—probably OK for this event.

Now read on: Late in the day, BAOB suggested a new location making use of their Aldershot base. There was general agreement in SCOA that both suggested locations could provide suitable Championship courses particularly bearing in mind that Juniors need a traffic free location. As the event is a British Championships staged on behalf of the national body (BOF) it was decided to leave the decision to key BOF officials. A visit was arranged and both locations were assessed. We have just recently heard that Aldershot is their preferred location largely due to the complications of the parking and event centre that we would have faced in Bracknell. They agreed that both areas were of a suitable orienteering standard.

What next: So BAOB will have responsibility for staging the 2015 Sprint Championships next year. Will they need some support? Will BKO members be prepared to help after our own offer was turned down? What will the Committee decide to do now that it is confirmed that we have an area in Bracknell known to be of championship standard on which we could stage a high quality event at some point? No doubt the Committee will have this on their agenda at the next meeting and you will be able to read the next exciting instalment in the September Newsletter ...



one came forward to be a replacement, he agreed to act for a further year.

- The Association has been without a Secretary for some time now and, at long last, there was a volunteer our very own **Fiona Clough**. Well done Fiona!
- Other BKO members of the Committee are **Katy Stubbs** who remains as Technical Officer and **Dave Rogers** who remains as Coaching Officer.
- The AGM reviewed the annual fees paid by clubs to be SCOA members. This has been a fixed £25 per club per year but the basis will now change to being a charge per senior SCOA member in each club. The fee for 2015 was set at £2 per senior - large clubs will therefore now pay proportionally more. The event levy fee for 2015 was not decided and will be discussed at the next SCOA Committee meeting in September.

For more details, see the 'SCOA Bulletin - June 2014' on the SCOA website:

<http://www.scoa-orienteeing.org.uk/>



Club 'Barbecue' - 4th June

The forecast was for evening rain so a decision was taken to hold this year's barbecue indoors. As the photos show, there was plenty of food and drink available allowing club members to relax and chat .

Our thanks to Katy for once again allowing the club to use her home and for arranging the food and drink.



Membership Memo

Ian Hudson - Membership Secretary

It has been a quiet couple of months for new members with only one to welcome:

- **Stuart Allen** from Aldershot. I spoke with Stuart one Wednesday evening when he told me he had tried a few events but thought it was about time he learnt to orienteer properly with BKO.

In a vain attempt to keep up with other BKO members in the BO rankings I ran blue at Hughenden in June and royally blew it! Fifteen minutes to locate that platform at 13, what was I doing!

If you don't know where you lie in the club rankings go to:

<http://www.britishorienteering.org.uk/page/rankings>

Select BKO and scroll down to find your name, which will probably come up before mine!



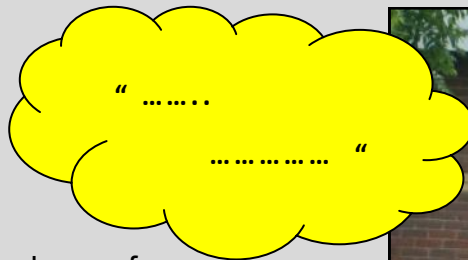
BKO Kit - Changes

After many years supporting the club in the role of 'BKO Kit Manger', **Sue Wilkes** has decided to step down. Many thanks Sue for your help to the club.

The new manager is **Fiona Clough** and she will be taking a good look at the range of items available. For the

moment, the stock include O-tops in both long and short sleeved versions and in a range of sizes at the subsidised price of £20. There are also some sweatshirts available. For orders, please contact Fiona using her e-mail address: **ladybiker729@aol.com**

Photo Caption Competition



Andy Parry was the planner for the first of this year's Summer Urban Park Challenge events at Whiteknights at the start of June. The picture shows him in a thoughtful moment during the morning.

But what was he thinking?

Can you provide a suggestion of something clean but humorous?

Please submit your answers to **newsletter@bko.org.uk** by **10th August** and Andy will be asked to select the best of those suitable for publication.

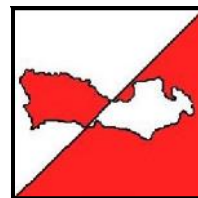


Event Summary

This listing, provided by Andy Parry, shows a selection of forthcoming events. Regular orienteers will be aware that July and August tend to be the quiet months for events although it is also the holiday season. This year there is the 'Lakes 5 Day' festival in early August and entries remain open until nearly the end of July. For a full listing, look at the British Orienteering web site.

Date	Name	Level	Club	Venue	Town
Wed 9 Jul	MLS Summer Series	Level D	BAOC	Andover area	Andover
Wed 9 Jul	BKO Summer Wednesday Activity (Lily hill Park)	Activity	BKO	Lily Hill Park	Bracknell
Sat 19 Jul	BKO Summer Parks Challenge (Great Hollands)	Level D	BKO	Great Hollands	Bracknell
Sun 20 Jul	SLOW GLOSS Event	Level D	SLOW	tbc	tbc
Tue 22 Jul	Park Series Race 8	Level D	SLOW		Northolt
Tue 29 Jul	Park Series Race 9	Level D	SLOW		Peckham
Wed 30 Jul	MLS Summer Series	Level D	BAOC	Black Park	Black Park
Sun 3 Aug - Fri 8 Aug	Lakes 5 Days Day 1 (UKOL)	5 x Level B	NWOA	Lake District	Various
Wed 6 Aug	MLS Summer Series	Level D	BAOC	Sparsholt College	Sparsholt
Wed 13 Aug	MLS Summer Series	Level D	BAOC	Barton Stacey	Barton Stacey
Tue 19 Aug	Park Series Race 12	Level D	SLOW		Herne Hill
Wed 20 Aug	MLS Summer Series	Level D	BAOC	Fresham (TBC)	Fresham
Mon 25 Aug	TVOC Didcot Urban Event	Level C	TVOC	Didcot Ladygrove	Didcot
Tue 26 Aug	Park Series Race 13	Level C	SLOW		Fulham
Sat 06 Sept	British Sprint Champs (UKOL)	Level A	POTOC	Keele University	Newcastle-under-Lyme
Sun 7 Sept	British Middle Champs (UKOL)	Level A	WCH	Brereton Spurs	Rugeley

Mapping in BKO by Katy Stubbs



As David has clearly shown in his 'Know Your Sport' article about mapping (see overleaf) we can't hold events without maps.

Over the years "BKO" has mapped many different areas. Those maps have been created by many different mappers, some from within the club and some outside. We have had some very active mappers, in the years I have been in BKO (since the mid 1980s) people like Chris Shaw and Don Cload spent a lot of time surveying and drawing maps of our areas. More recently Eric Harper has been responsible for the vast majority of our new urban maps, with one or two others doing or updating one or more maps whilst I have tried to update many of our forest areas when asked to do so by planners or when major work has been done in the woods.

Mapping can cover only those areas found by the planner to have changed since the last update. This is quicker to do and usually only takes a one day visit with up to the same amount of time to update the map and send it to the planner. This is the probably the best option when there are ongoing changes to the wood and the planner is not using all of it for their event. The problem with this is that the map becomes more inconsistent across the entire area, some places have been updated, some haven't or have been done by someone else, so the way the map is drawn is not the same for the same feature. Examples are what one person would put on as slow run, another person may decide is actually walk. The other problem is planners who want to use something in one part of the area have a habit of putting smaller or vague features on the map which aren't mapped elsewhere. Eventually the entire area needs to be re-surveyed, by the same person, which can take a lot of time. For example I spent 18 days updating the Star Posts map for the last big update in 2009/2010.

We have used a number of professional mappers as well, usually for a big event like the Concorde Chase where we can justify paying for a professional. Cost will vary depending on how long they think it will take to map the area and how far they have to travel. The most recent big fully professional remap of one of our areas was Cold Ash for JK2013 where the event paid around £3,000 for the survey and cartography (including travel expenses).

BKO needs to need to increase our group of mappers within the club. If we don't we will need to spend a lot more money paying for professional mapping (equals higher entry fees). So, if members are willing to start doing some mapping, then it makes sense for the club to arrange for training. How to survey and how to draw up the maps.

If you think you would like to learn how to map (it really helps your map reading as well) then please let me know. Depending on numbers we can either arrange for a specific course, possibly pay for you to attend someone else's or I may set up sessions for more than one club in the region.

Contact Katy by e-mail at: chairman@bko.org.uk

Scientific Journal of Orienteering

Whilst thinking of mapping, why not take a look at the latest issue of the **Scientific Journal of Orienteering**. This is an occasional journal with a single issue in 2013 and the one before that being in 2009. However the one just published has a cartography focus. Whilst some of the papers will have just a passing interest for most members, the final article provides a short history of orienteering maps and is of more general interest. The Journal can be accessed on-line from the Journal's index page at:

<http://orienteering.org/resources/publications/scientific-journal-of-orienteering/>

Don't expect a fancy cover photo but there are some interesting images inside.

Know your sport: Where do orienteering maps come from?

All orienteering events need maps. The rules of the sport start with the following statement:

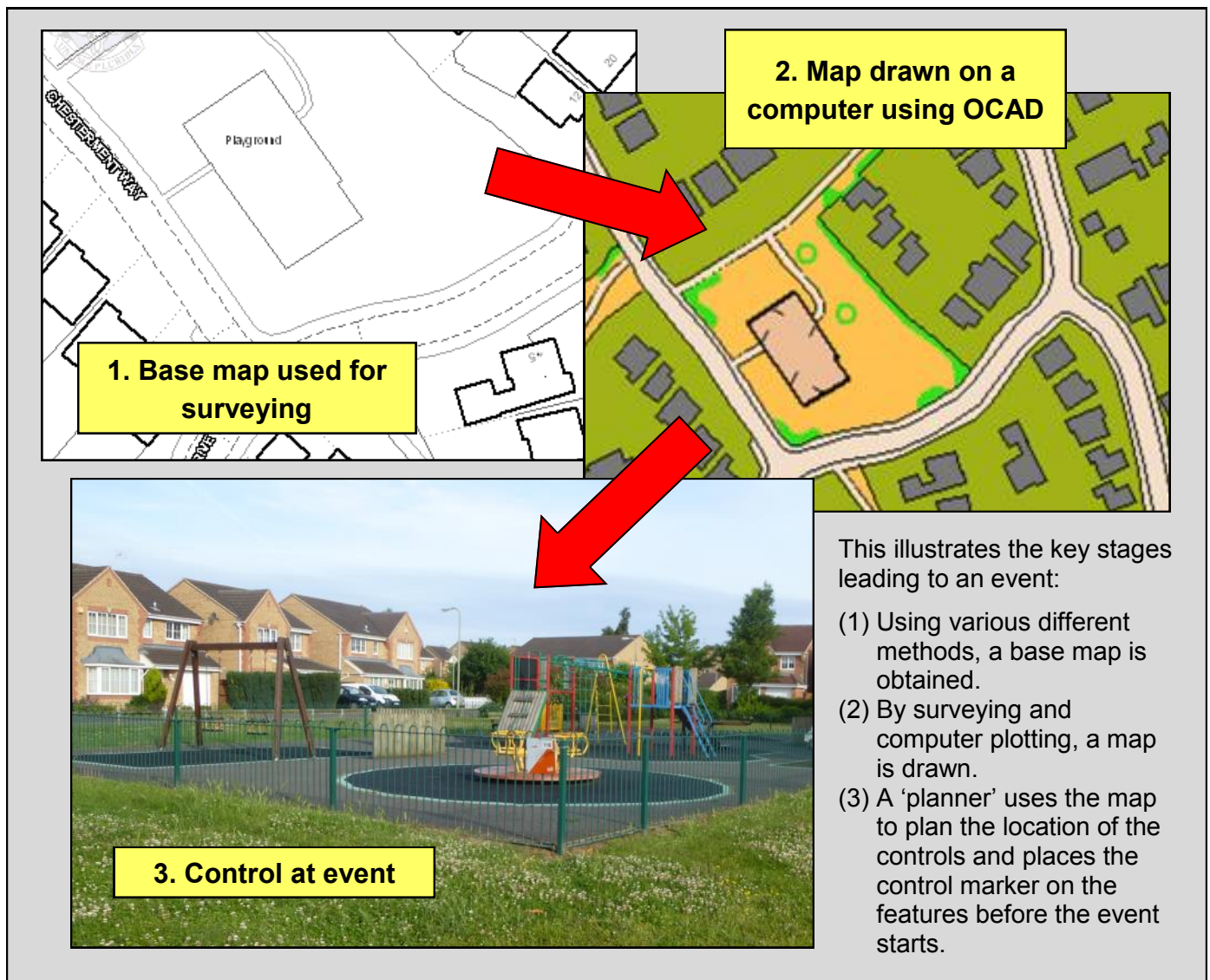
*"Orienteering is a sport in which the competitors navigate independently through the terrain. Competitors must visit a number of control points ...aided in navigation by **map** and compass only."*

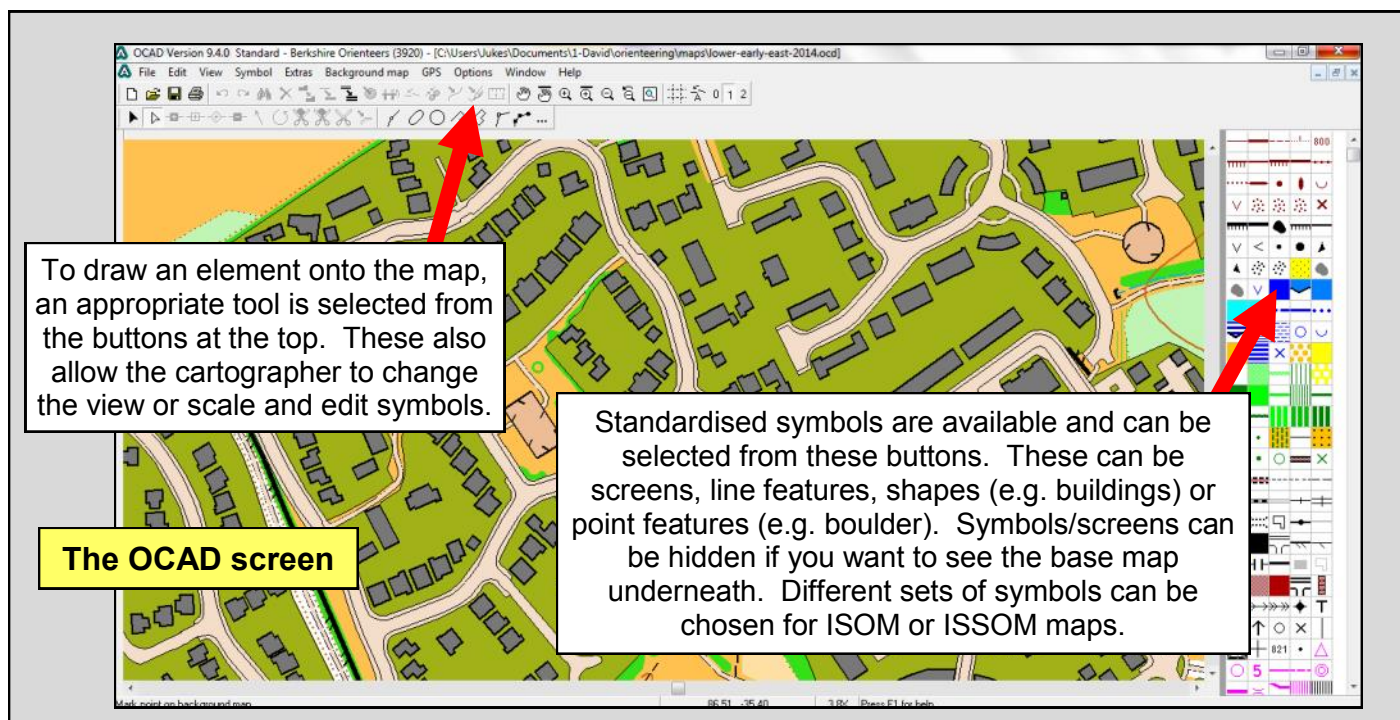
So where do the maps come from?

When the sport started here in the UK, the early events used black and white photocopies of Ordnance Survey maps. Quite quickly though the limitations of these were recognised. Many OS maps were years out of date, their accuracy was very variable at the level of detail used in events and many features useful for navigation were simply missing from the maps. In the late sixties, orienteers started to go out into the areas and began drawing updated versions. Initially these were then photocopied in black and white but eventually maps were drawn with pen and black ink on drafting film with different sheets for each colour for subsequent professional printing into multi-coloured orienteering maps.

As maps were being drawn by orienteers, standardised international symbols could be used so that any orienteer would interpret the map in the same way - these are now laid down internationally and are known as ISOM and ISSOM (see box on next page). As the sport had been developed earlier in Scandinavia, the standard symbols had already been developed and these were adopted in the UK.

With the development of computerised drafting, the pens and ink were dropped and digital maps were prepared electronically. The most common program used for this is 'OCAD'.





There are two fundamental components in producing an orienteering map - **surveying** and **cartography**.

Surveying

Starting with a 'base map' the surveyor spends time in the area slowly and steadily walking across the whole terrain to check the base map and to identify all the features which an orienteer would expect to see when using the map. Features have to be identified and then correctly located with respect to the other features and a decision made how it should be shown on the map. In complex wooded areas, this can be a time consuming process; in more featureless areas, it can be quicker but positioning a point feature (a boulder or depression) must still be carefully plotted — taking compass bearings and pacing in different directions to known fixed points will be necessary.

Cartography

Once some surveying has been completed (usually a day at a time), the resulting data has to be converted into the digital electronic version using programs such as OCAD (see box above). Initially the base map is set up in OCAD (with the right scale) and then all the orienteering symbols are drawn over the top. This does take some practice and skilled map drawers will have their own shortcuts so as to minimise the work. Eventually the base map can be hidden leaving the finished orienteering map. Depending upon the actual area, for woods the cartography may take much less time than the surveying (but it may not!). However for urban areas, with a much higher density of symbols to draw, the computer work can be considerably longer than the survey.

ISOM and ISSOM

ISOM : International Specification for Orienteering Maps

The standard set of symbols was developed many years ago but the current specification dates from 2000. The basic standard set of symbols is for use on a 1:15,000 map but with permission to provide a 1:10,000 if appropriate. These symbols are used for all of our main wooded, heath or moorland events.

ISSOM : International Specification for Sprint Orienteering Maps

The development of the 'sprint' specification started in 2001 when sprint races were being introduced into the World Championships. After draft versions were published the first official specification was adopted in 2005. Some corrections were introduced and the current ISSOM spec was applied from January 2007. Sprint maps are usually at a scale of 1:4,000 or 1:5,000. ISSOM is commonly used for urban events as well as sprints.

To see the official versions of these and other mapping specifications, see:

<http://orienteering.org/resources/mapping/>

Know Your Club Members — Debbie Robinson and son Oliver

Debbie (or Debra), along with sons Oliver and Daniel Smith, are relative newcomers to the club and have been enjoying their new sport. Here Debbie and Oliver answer the Newsletter questions ...

Age/Class?

Oliver is M12, Debbie is W45 and Danny doesn't want to do this interview!!!

Hometown?

Oliver (and Danny) were born in Santa Cruz, California and Debbie is from Beckingham in Nottinghamshire

How did you start orienteering?

We knew about orienteering through scouts and through a friend at work then saw the event at Benyon's Enclosure 2012 and decided to have a go as it is so close to where we live. Danny and I did the yellow followed by the orange as we had enjoyed it so much.

Clubs?

BKO

Best achievement/success?

Oliver was very happy to win the BKO junior trophy last year and Debbie was delighted with 8th in class in the Compass Sport Cup heats which included beating a rival for the first time :-)

Most enjoyed event?

Ashridge

Worst event/most embarrassing orienteering moment/biggest goof?

Oliver spent 59 minutes and 6 seconds on one control, including running off the map across a golf course!! Debbie has had lots of "lost moments" but the thing that sticks out the most is completely forgetting the last control in the rush to get to the finish on a summer parks event last year!

International experience?

None

Biggest cheat?

Seeing people going into controls and following but not sure how you avoid that one :-)

Other activities/interests?

- Oli: Football, hockey, judo, guitar, scouts, golf, reading
- Debbie: Scouts, golf, reading, walking and gardening

Employment?

Oliver is currently an odd job man and Debbie is an electronic engineer



Debbie at this year's JK in Wales (Photo: L Crawford)



Oli at last year's British Relay Championships

What training do you do?

Debbie usually runs 4 times a week. Oli does loads of sports all the time.

What is the best thing about orienteering?

The challenge of running and thinking at the same time

What is the worst thing about orienteering?

Not thinking as quickly as we run - leads to trouble!

Orienteering ambition?

To not come last!!! Of course we can also dream of winning :-)

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

Oliver spent 59 mins and 6 secs on one control and still found it :-)

Favourite food?

Oli: Grandma's mince pies and jam tarts. Deb: Chips and chocolate.... (not together)



BKO Summer Parks Challenge 2014

Your final chance to join us!

Our final 'Summer Parks Challenge'
event for the year is on
**Saturday July 19th at Great
Hollands, Bracknell**

Registration: 10:00am - 11:00am, Starts:
10:30am - 11:30am

***Note that the car park is not accessed
via the Great Hollands Estate. See the
BKO website for full details***

Seen at Ashenbury

It was great to see **Denise Harper** out and about at The Ashenbury/Woodley event on 21st June. After her two knee operations she is making good progress and admitted to be wanting to jog a bit whilst walking around the

Medium course
(which would
have been
against medical
orders).



Your 2014-2015 Committee

Chairman:	Katy Stubbs	chairman@bko.org.uk	0118 978 2875
Secretary:	Derick Mercer	secretary@bko.org.uk	
Fixtures Secretary:	Andy Parry	fixtures@bko.org.uk	
Treasurer:	Peter Entwistle	treasurer@bko.org.uk	01628 635278
Development Officer:	Ken Ricketts		
Membership Secretary:	Ian Hudson	membership@bko.org.uk	
4 Committee Members :			
Fiona Clough, David Jukes (newsletter@bko.org.uk), Dave Rogers and Brian Sewell			

British Championships 2014 — BOC and BRC

David Jukes

To reach the furthest point in England from Reading is about 360 miles (Berwick upon Tweed). To reach this year's British Orienteering Championships (BOC) was only 30 miles short of this. It is not surprising therefore that only six BKO members attended the event: **Ian Cooper, Martin Wilson, Stefan Stasiuk, Anne-Marie Hillier, Peter Wilson** and myself.

The weekend consisted of the 'long-distance' British Orienteering Championships held on Saturday 31st May followed by the British Relay Championships on Sunday 1st June. The wet spring had given way to a drier and warmer period in the weeks just before the event allowing the ground to dry out and the plants to grow (bracken, brambles, nettles and, most relevant for the Saturday event, the bilberries).

So what is there to report? I asked Peter Wilson, a relative newcomer to the club, to give his opinion as I felt my view might not reflect a general opinion. Here is his account:

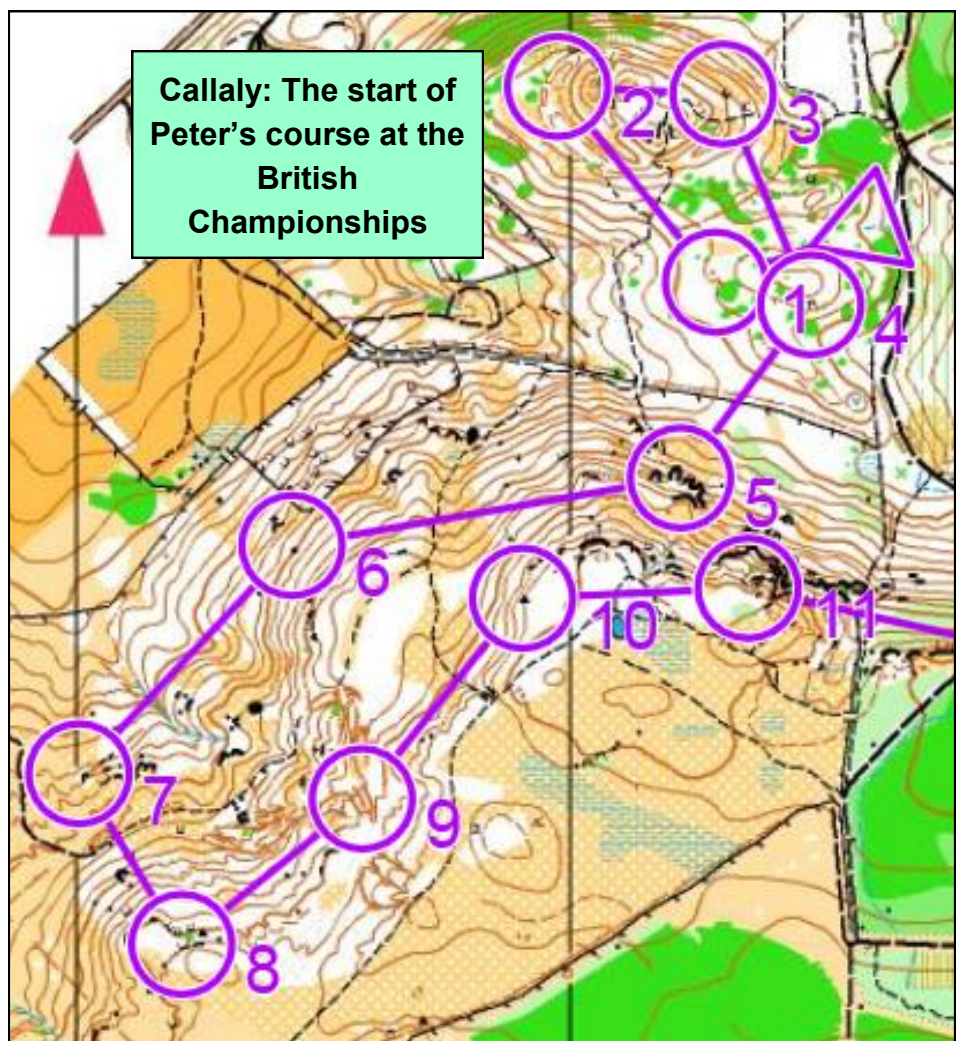
Reflections on the Individual by Peter Wilson

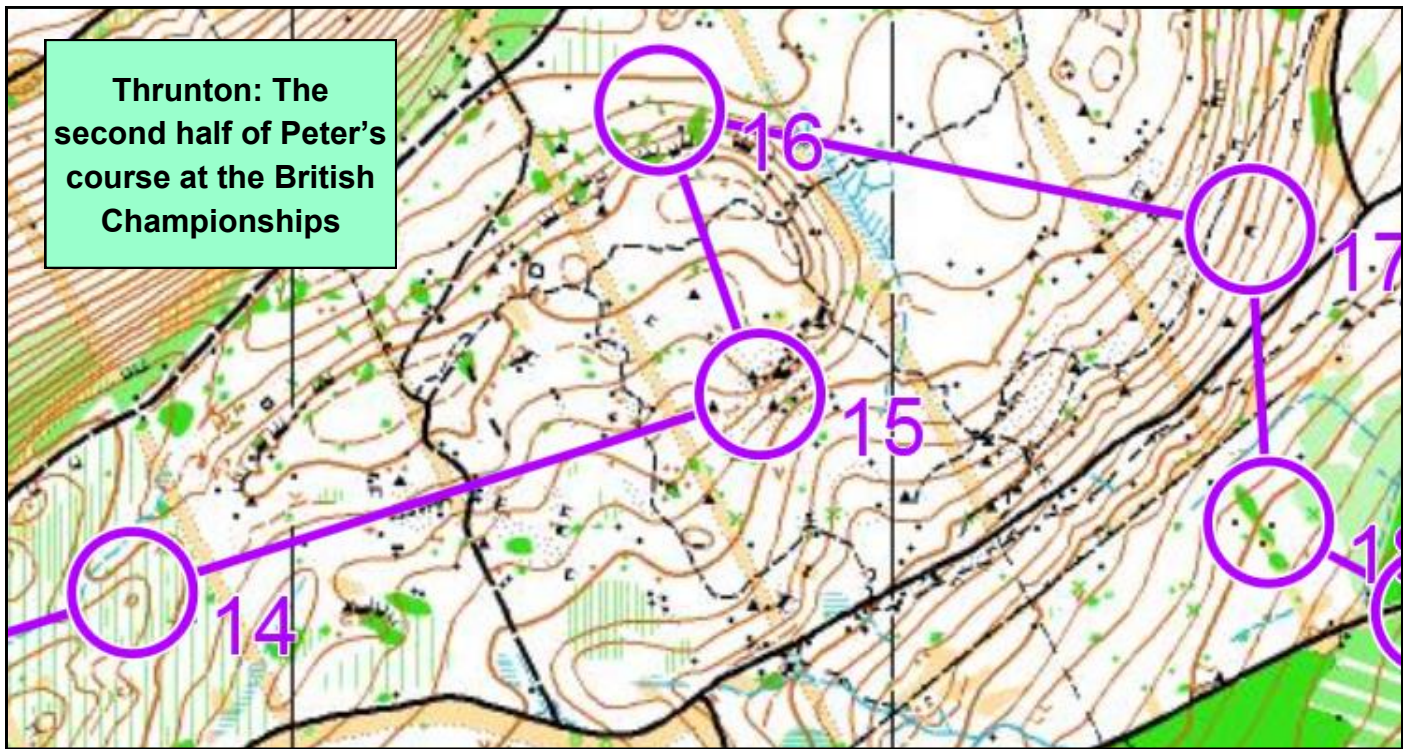
My first experience of Thrunton Woods was as a teenager back in 1974 with a 1:20000 two colour map, and I was back as a member of the organising club the following year when the area was remapped and used as a warm up event for the 1976 WOC in Scotland. And that (I think) was the last time Thrunton was used for orienteering.....until this year!

The temptation to return back to my orienteering roots was too much to resist, and in total six BKO members made the long trip to the NE, and were greeted with glorious sunshine....and a 4km walk to the start!

According to the planner, the long walk allowed competitors access to the more interesting and varied areas of the woods, and onto the open moor of Callaly, which I remembered as challenging terrain from the last time I was there! And the pre event information featured a few intriguing comments, such as "rock features have been mapped according to their usefulness to the competing orienteer" and "many 'knolls' on the map are actually boulders overgrown with bilberry on most sides".....so I knew it was going to be interesting!

Picking the map from the start box, a quick glance showed my course to be loop around a heavily contoured area, with a linking section onto a broad





ridge with lots of point features. The first few legs were quite short, and my first control was only about 150 metres away, around a number of thickets, so took it steady as I got a 'feel' for the map, and dropped into the small re-entrant without mishap. A quick check of the compass and off to the next control, across a path and slowly uphill through the bracken, keeping the thicket to my left and into the depression I want...the next one was straight over the hill to a small crag and fairly straightforward! Confidence growing, it was a straight run on the needle to another rocky step, and then across the valley and a steep climb up the other side to a re-entrant between two towering rock pillars.

From there, it was a gradual descent for the next couple of legs with careful navigation trying to pick a good line through the bracken and bilberries. After control 7 my course turned up the hill again, with a very steep ascent before another 90° turn at the top to begin the homeward run. Although running was becoming increasingly difficult, as the combination of ground cover and contour detail slowed my progress for the next few controls until I crossed the fence and the anticipation of runnable woodland ahead.

There were a few hundred very welcome metres on a forest track, and then it was a handful of what appeared to be fairly straightforward legs through the woods, although careful navigation would clearly be necessary. But, once off the track and online for the next control it was quickly apparent that progress through the forest was severely hampered by the dense bilberry growth which concealed rocks, fallen branches and the general unevenness of the ground. Looking around at other competitors, few people were moving at the sort of pace you would expect at a championship event and I found myself almost wading through the vegetation between controls. Although my progress was slow, for the most



Ian Cooper:
2nd in M70

part my navigation was accurate until I finally lost concentration when looking for a one metre high crag as the finish was almost in sight. I had already taken over 90 minutes, so the time loss was not too significant, and the final few controls were simple enough through the felled area!

In the end, I took 114 minutes to cover 5.9k, which (even given my state of fitness) is a long time for me, but generally reflective of the overall winning times of most courses. According to the planner, the fact that there had been no recent events in the area to gauge running times, combined with the late surge in bilberry growth before the event seem to be the main contributors to the long winning times! At least it wasn't raining!!

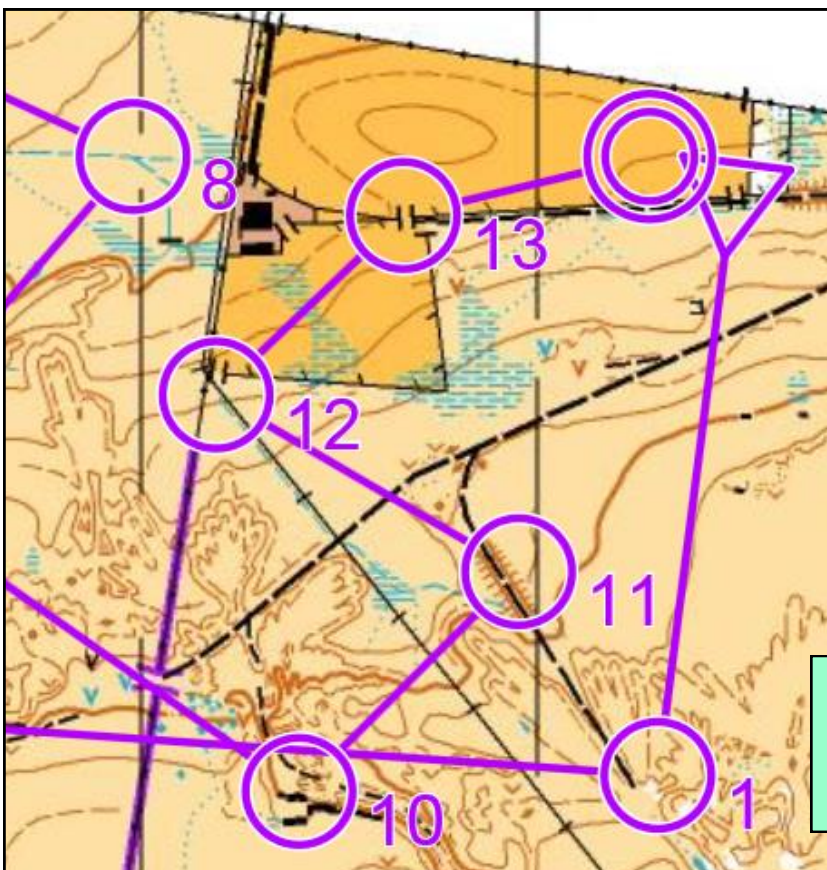
Peter, running M55S, was on Course 16 which happened to be also used for the M70 competition in which our own Ian Cooper had been hoping to repeat his performance at last year's event which he won. However, having had recurrent ham-string problems over the previous couple of months (remember the report on the JK in the last Newsletter), he had not been hopeful. He also found the terrain tough but managed to keep going. Although over 8 minutes down from the M70 winner, Ian's time was still good enough to get him into second place

And my opinion of the terrain - worse than that of Peter. I have come to the conclusion that my speed declines much more than most when faced with difficulty conditions underfoot. Perhaps I am not prepared to take the risks that others do or perhaps my ankles are not as flexible. The course was long, the undergrowth energy-sapping, the hills steep, the white 'runnable' forest had good visibility but required a walking pace and, in my view, some mapping decisions were dubious. However, it was a Championships and I suspect that in most classes the winners were indeed worthy Champions.

One final note on the results: the winner (and to be truthful, the only entrant) in W90 was out on her course for about 3 hours and 50 minutes. She took over an hour to go from control 2-3, a distance of about 500m. And the course was only 2.0km in total. The planner did confess that in retrospect the courses for older competitors were probably too long!

British Relay Championships

Our team captain had entered a single BKO team in the M60+ category. The initial plan had been to run the same team as that which took the silver medal at last year's event on Holmbury Hill near Dorking. However Ian's hamstring was an issue and with just a week to go before the event, Ian informed us that he could not commit to the event and that we should try to get a substitute. As it happened, Stefan is an M60 and could be a substitute leaving us still with a competitive team. Stefan agreed to stay on the extra day to be the final



Cragg Estate: British Relay Championships
Part of one of the M60+ legs

**Stefan Stasiuk
bringing home
the BKO team**



leg runner making the BKO team: David, Martin and Stefan.

We knew it would be tough as, with the extra year, some new strong teams had emerged. However the terrain was clearly going to be fast and that suited us. It was an area of reclaimed spoil heaps with some intricate contours. It was generally fast open moorland with excellent visibility.

David headed off at the mass start up the first hill and headed into the first control. As the course was also being used by the Men Short, the W40 and the M18 classes

it was impossible to know one's position. However I had a generally clean run and brought BKO in at 4th place in M60, about 90 seconds behind the leading team from MDOC—not one of the fancied teams.

Martin headed off second and sped around his course catching and overtaking the other teams. We knew he would be fast but was it enough? We had a lead of about 5 minutes over the second placed TVOC (with Alun Jones out last) but we knew that the big threat was the Harlequins team (HOC) with Andy Hemsted on final leg which had come in 5th and about 8 minutes down.



**The BKO team: Stefan Stasiuk,
Martin Wilson and David Jukes**

Stefan knew he was in the lead—but by how much? He had not prepared for the event and had returned from holiday just a few days before the weekend. He did well and was still in the lead at the spectator control (8 on the extract - the ditch junction). But the lead had not been enough and several teams were just behind him. He was clearly tired but pressed on and managed to bring the team in at 4th place of the 16 teams competing. Andy Hemsted had the fastest leg of all runners and not only made up the 8 minutes that HOC had been behind but brought them home first. It was close though as the second team (TVOC) were just 2 second behind, It had been a great team effort showing the depth that the club has in this age group.

Although we had slipped a couple of places from last year, it had been an exciting event and made the weekend finish well after a rather depressing first day.

Newsletter Distribution:

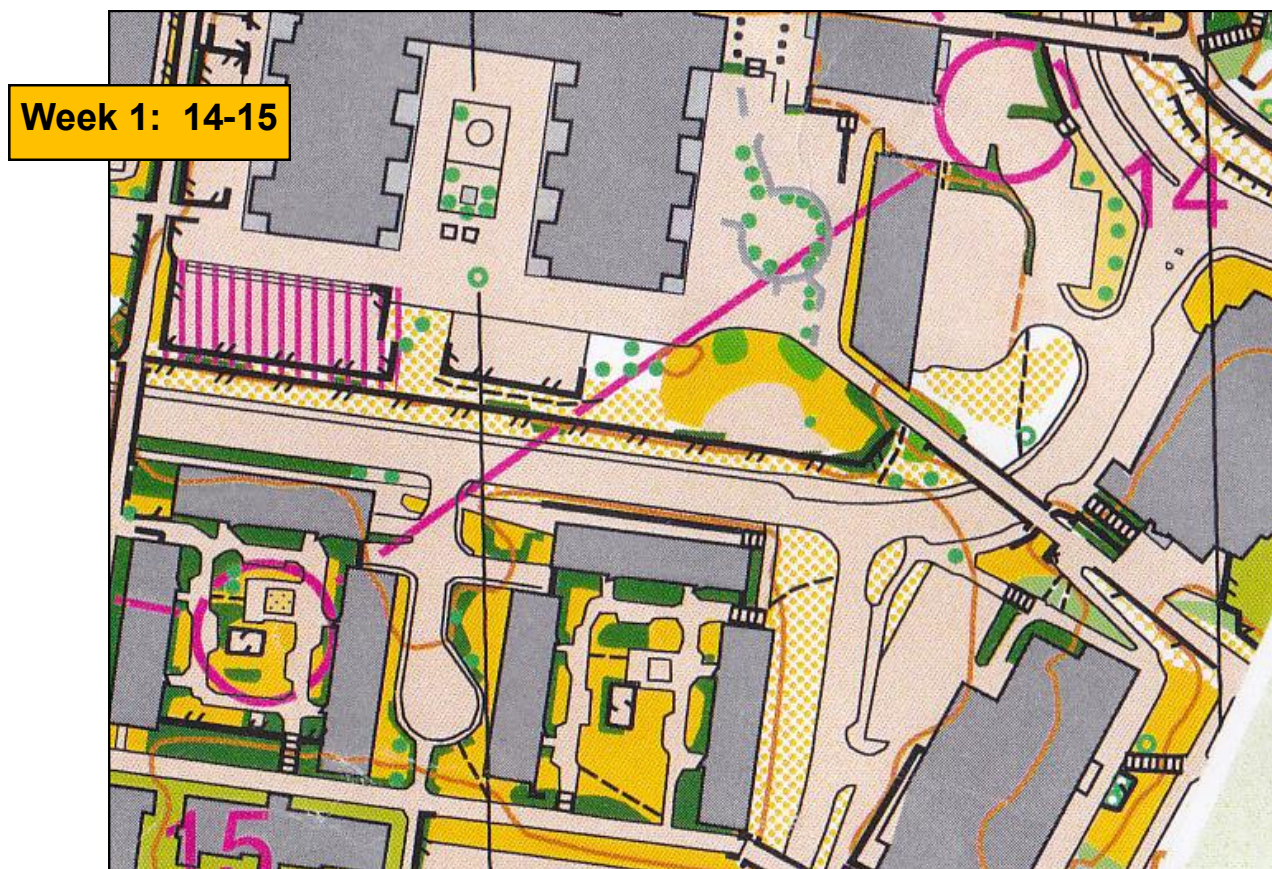
Our thanks to those who have indicated that they will be happy to only have the newsletter as a pdf file sent by e-mail as this does save the club money. If you are willing to only receive the newsletter by e-mail as a pdf file, please let me know and I will add your name to the list.

newsletter@bko.org.uk

Stockholm City Cup by Martin Wilson

The Stockholm City Cup is a major urban sprint series held over three consecutive Wednesday evenings in May each year. It has only one adult Men's class (M17+, over 300 runners) and one adult Women's class (W17+, 200+ runners). Start intervals are 15 seconds at peak periods! Times are cumulative over the three events. Only the top 10 after the first two races qualify to become champion after the last race, so competition is fierce.

I took part in the first two races as part of a longer visit to Sweden. What target do you set yourself as an UltraVet in a top-class field of 300+? Well, nothing too high....the races were just over 3k each, run at Sprint pace in complex urban terrain. This was almost a full Urban event for my age group. Top 200 perhaps? Nah, far too optimistic.



PLEASE READ THE TEXT ON THE NEXT PAGE BEFORE READING THIS!!

Martin's suggested routes:

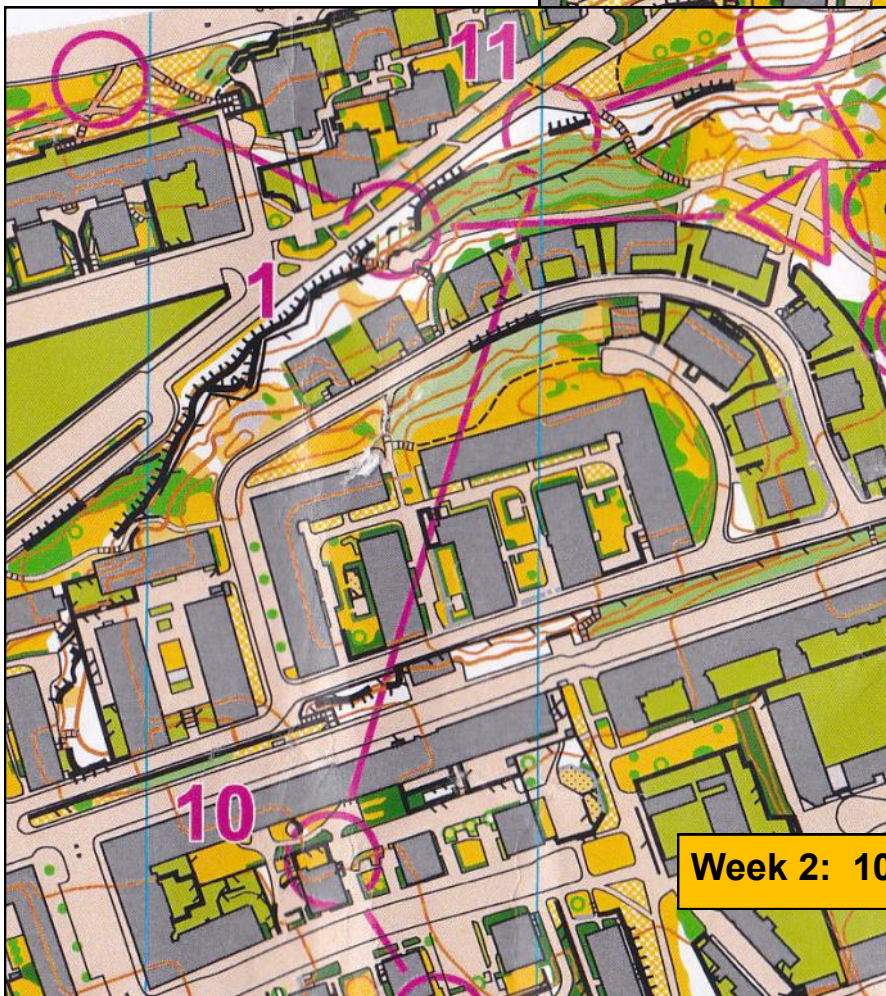
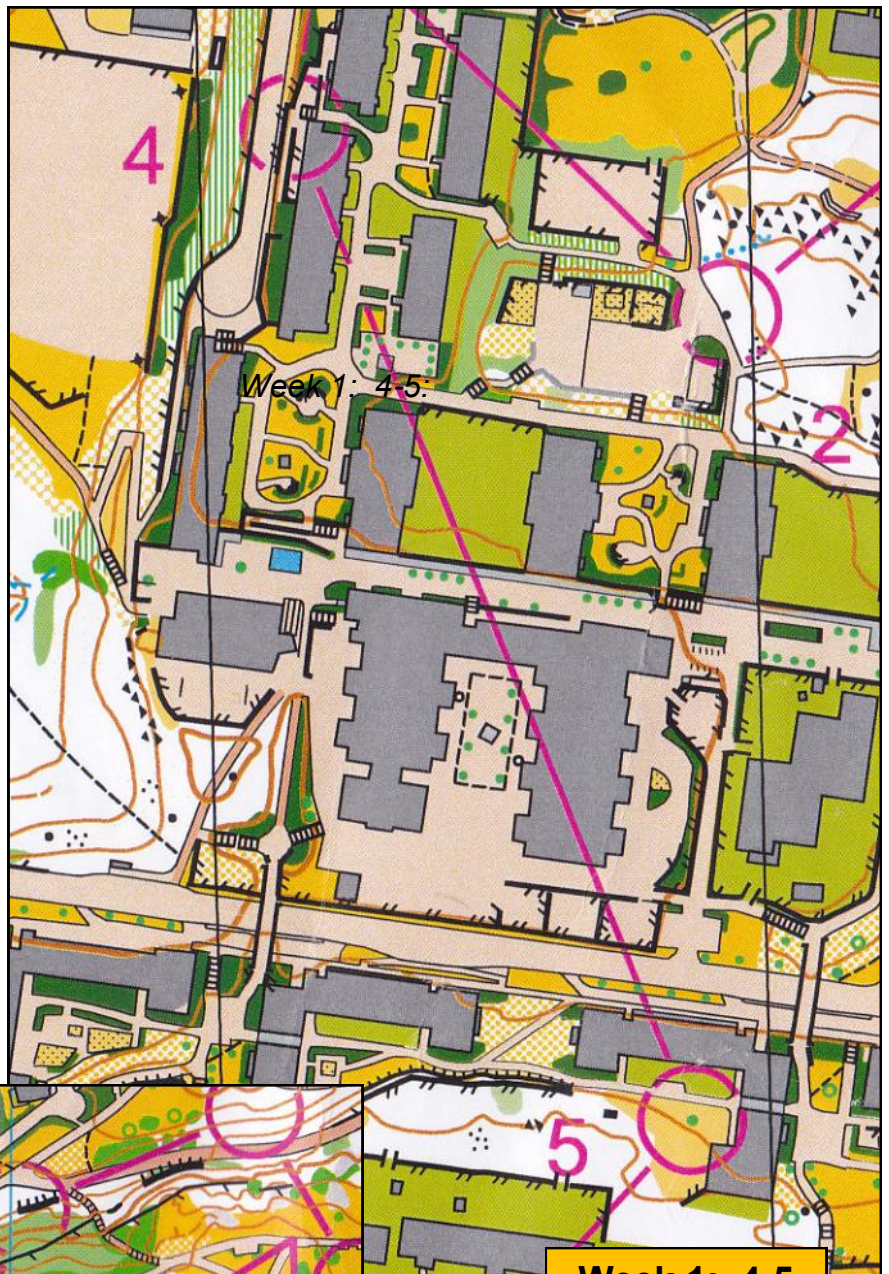
Week 1: 4-5: Head due S on path to E side of bouldery forest. Continue S to E-W road. Turn E under bridge, then SE through gap in blocks to 5. [The Planner was apparently watching people's routes, and he saw only the 1st and 2nd placed Men take this route. I was one of the other 298 people...].

Week 1: 14-15: Head due S under the bridge, then SW up small path into gardens of first block. Then steps exit in SW corner, W along pavement, then N via steps to 15. [I did not spot steps on map: quite hard to read with dark background. Took a much longer route].

Week 2: 10-11: Head ENE along pavement, over crossable fence into playground, then N onto E-W road. Go up steps (very hard to spot on map) immediately across this road onto next E-W road. Turn R, then 2nd L to gap in blocks, NE through alley to Start triangle, then NE via steps to 11. Really hard to get right; too hard for me. However, I improved after that, and gained 40 places in the interesting legs from 12 to the Finish!

Here's your chance to test your route choice skills. Working it out at home may not be too difficult (we're all superb armchair navigators, aren't we?), but try it while running on the spot, and it's not so easy. The legs were longer than I'm used to in sprints, with multiple route choices. With the legs being so complex, it was extremely difficult to find a moment to read ahead. Suggested answers are at the bottom of the article.

Was I successful? Results of 251st and 224th indicate a very steep learning curve. But it was fantastic fun!



Week 1: 4-5

Week 2: 10-11



Summer Parks Challenge
Whiteknights Park
University of Reading
7th June 2014