

Berkshire Orienteers

Newsletter

July 2015





Gill Godbold racing up the final slope to the finish



Fiona Clough also approaching the finish control



Dick Rae taking advantage of the touch free Emit system at the penultimate control at the underpass



Great Hollands Urban Event

30 May 2015



As the event used the new Emit touch free controls, all competitors had to be issued with compatible Emit cards. Here we see the team at registration ready to issue the cards at the start of the event.

Editorial



Cover Picture: *This shows how it is possible to do two things at once — punch at a control (with the new Emit touch free system) and read your map. This is **Martin Wilson** demonstrating the technique that helped him win the M65+ age class at our Great Hollands National Urban League event*

Most of us are leading busy lives. Often this is supporting family or friends, a demanding job, shopping or doing DIY at home. At different times in our lives, we have to focus on specific priorities. And of course, we have to create time for ourselves - to relax, to keep up with friends and do our hobbies and sports.

Our participation in orienteering has to take its place in the list of priorities. For many club members attendance is limited to an occasional event. At the other extreme we have members whose diary starts with the orienteering events and other activities are then fitted around this. At different times in our lives, this will change. In my twenties I attended events most weekends, in my 30s and 40s my large family was demanding of my time and my participation ceased. It is only in the last 10 years that I have returned to the sport and once again can enjoy its many dimensions.

Unfortunately though the sport only exists, and will only continue to exist, when enthusiasts are willing to give time to support their club. This is in the staging of events (whether as event officials or as a mapper) but also in the running of the club and its administration.

As Editor, I have tried to avoid too many appeals for people to give their time to the club. I was though struck when putting this issue together that it includes a number of requests for help from more experienced members - for a club Chairman, for organisers of major events, for controllers and for a results team. But such members cannot do everything. If you can help the club in small ways, the load on the small number of our key volunteers can be reduced. Please consider the requests for help but do also volunteer in smaller ways so that the sport will continue at both the local level and the national level.

David Jukes

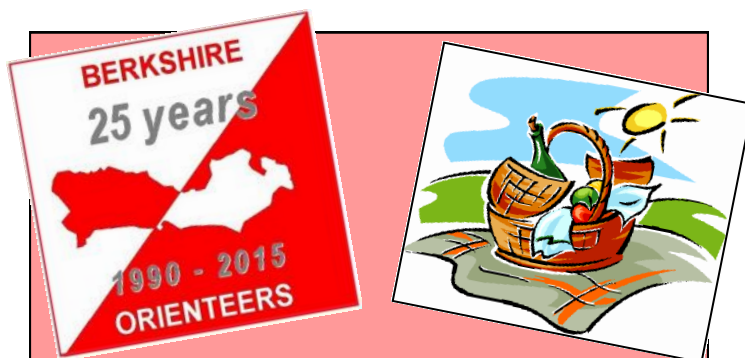
New to the club and the sport?

Do you feel that you would be helped by some individual mentoring? The club has tried providing some training at events but the uptake by club members has been very limited.

The Committee wonders whether a more suitable approach would be to match relative newcomers to the club to more experienced members. This would give the less experienced someone who would be willing to discuss what went wrong (and right) at an event. They could suggest new tactics or techniques.

It would also help newcomers become a bit more integrated into the club and feel that being a club member does add to their experience of orienteering.

Interested in being a mentor or in being mentored? Please contact **Ian Hudson** who is co-ordinating the scheme: membership@bko.org.uk



25 Year Celebration Picnic

Saturday 18th July, 2015

South Hill Park

Rather than holding our traditional summer barbecue, the club will this year be having a picnic lunch after the final Summer Urban event in Bracknell ... More details will be circulated by e-mail.

Club Notes

Keeping you informed about the club and its members

Level A Events:

British Sprint Championships - 10 May 2015

This year's **British Sprint Championships** were staged at Aldershot Barracks and, being so close, enabled a larger than usual contingent of BKO members to tackle this discipline. For most people, the Sprint Championships consists of an initial race (the 'Prologue') where competitors in each class are spread across a number of similar courses. The results from this first series are used to select the runners for each of the second series of races (the 'Finals'). The top runners in the Prologue get to run in the A final and the winner from this is the British Champion. The excitement is increased by having the slowest person from the Prologue starting first in the Final and the fastest setting off last.

This complex arrangement adds to the pressure on the organisers to have an efficient results service. Also, to add a further complication, the event this year used the new touch-free Emit system for collecting competitors' times. This did cause some additional problems as competitors found that their Emit tags did not always respond as they had expected. There was certainly a higher than normal number of disqualifications due to 'mispunching' although the high intensity concentration found in sprint races combined with the high density of controls around the area does also make mispunching more likely (as some of our own members discovered at download).

BKO members who made their age class A Final are shown in the table above. Top result was clearly that from **Ian Cooper** who won the M70 Championship with over a minute lead on the second placed competitor.

British Middle Championships, - 11 May 2015

Held the day after the Sprints, the **British Middle Championships** were staged by TVOC (with support from some of our own members) in Naphill and Park Wood near High Wycombe. The concept of a 'middle' race is explained in the box on the right.

Again BKO came away with another British Champion and it was great to see **Darrell Cruickshank** mounting the podium as the M90 Champion having successfully navigated around his course. Also on the podium was **Ian Cooper** who added to his Sprint gold with a Middle bronze for his third place in M70. Just missing out on this occasion were Adam Methven and Martin Wilson—both coming in 4th in their classes. The table on the right shows those members who were in the top half of the results in their class

Scottish Championships - 23 May 2015

Held towards the west coast of Scotland, near Oban, you would not have expected this event to have attracted any BKO members. However, **Martin Wilson** is Scottish and

British Sprint Championships 2015 BKO Members — Results in the A Finals

- M60A: David Jukes 9th
- M65A: Richard Rae 13th
- M70A: Ian Cooper 1st
- M75A: Peter Bennett 7th
- W50A: Fiona Clough 10th
- W60A: Gill Godbold 13th

British Middle Championships 2015 BKO Members — Top half finishers

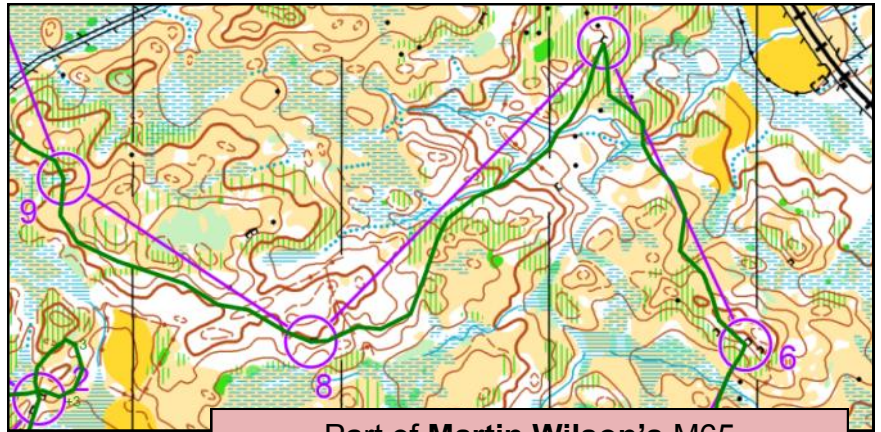
- M10 Adam Methven 4th
- M45 Neil Frankum 39th
- M50 Simon Turton 27th
- M50 Derek Mercer 34rd
- M65 Martin Wilson 4th
- M70 Ian Cooper 3rd
- M90 Darrell Cruickshank 1st
- W50 Fiona Clough 18th
- W50 Lynne Moore 23rd
- W60 Gill Godbold 11th

From the BOF rules:

Middle distance orienteering requires fast, accurate orienteering for a moderate period of time. TD5 courses should be planned to be as consistently technically difficult as possible. Very long legs should be avoided but small and medium scale route choice is encouraged. The emphasis should be on high speed running where competitors need to adjust their speed for the complexity of the terrain. There will be a higher density of controls than for an equivalent long distance race.

made the long trek north to compete in his 'national' championships. For Martin it was a long day which he described as follows: "getting up at 04.30 and flying to Edinburgh, driving 2.5 hours to the event, running for 50 minutes, back to the car then reversing the whole sequence."

It was worth it though as he had a clear run with nearly all the controls appearing as expected - just control 2 gave him a minor problem. He came through to win the M65 class with a lead of over 2 minutes from the second placed competitor.



Part of **Martin Wilson's** M65 Championship course at Ardnaskie, Argyll

The event was one of those being used by the Scottish selectors to choose the team to represent Scotland in the **Veteran Home Internationals** (the **VHI**). This annual event held in the autumn involves teams of 'veterans' from the four home countries. Probably mainly as a result of his Scottish Championship performance, Martin has been selected as the M65 member of the Scottish team. This year's VHI is to be staged in central Wales on one of the areas used for the Welsh 'Creoso 2012' summer orienteering festival - Llynnoedd Teifi – and is combined with the 2015 Welsh Championships. Good luck Martin!

Committee News/Discussions

The Committee met in mid-May and the following are some of the items not mentioned elsewhere which were discussed:

- **Photography at events:** The club is considering adopting a policy about photography at events and the use of such photographs for publicity including in the Newsletter, on the website and in social media (e.g. Facebook). **David Jukes** will prepare a draft which will be considered at the next meeting.
- **Club equipment:** **Brian Sewell** reported on developments and initial use of our new software and hardware at the Saturday events had gone smoothly (although since then there were some difficulties at the urban event at Wildridings). All being well, the plan is to use our own results system at the Level C event on the 8th November. Some additional equipment will be needed to cover this and the Committee will review the proposals at the next meeting.



Brian Sewell testing the new results equipment at our Sandhurst event on the 2nd May

In addition the new system will need a group of trained people to be able to run the system at events. It was agreed that it would be best to have a small team of people (possibly 4 or 5) who would be trained and capable of running the system - too many and the people concerned would not be using the system sufficiently often to run it efficiently; too few and the individuals concerned would be overworked. Offers to join the team would be welcomed.

- **Website:** **Andy Parry** has been developing the website and adding additional features. It should now be fully functional on various different types of devices. You will also now find the 'Know Your Sport' features from the Newsletter available as individual downloads - see 'Club

Information' ... 'What is orienteering?'.

- **Events:** The forward programme of BKO events was considered. An updated listing is shown on the fixtures page. Work is however progressing trying to gain permission for a few additional areas for our events. If permission can be obtained, the committee will consider using some funding to have professional maps produced.

The Club (and Committee) is still without a Chairman and whilst it has been possible to keep the club running so far, the situation is not ideal and there are likely to be difficulties. Any volunteers?

Regional News - AGM and Committee

The regional association (SCOA) held its AGM on the 18th June. Luckily, with **Alun Jones** (of TVOC) stepping down from the post of Chairman, **Di Smith** (SOC) was willing to take on the role and was duly 'elected'. Our own **Fiona Clough** and **Katy Stubbs** remain on the Committee as Secretary and Technical Officer respectively. Another person taking on a position for the first time is **Liz Yeadon** from SARUM (but also a local BKO member) who has taken on the role of Coaching Officer. Di Smith has been orienteering for over 45 years and an active member of SOC and on their committee in various roles for about 30 years (including social sec, newsletter editor, fixtures, permissions and Chair (2002-5)).

The AGM determined that SCOA's membership fees and levies would remain unchanged for 2016. For information, these are:

- Membership fees (*payable by clubs, not individuals*): £2 per senior member.
- Levy (*payable on Levels A, B and C events only*): 45p per participant (with juniors charged as 1/3rd)



Controllers Course

If you have planned at Level C, what about qualifying to become a Controller? Controllers are a vital part of the orienteering framework, ensuring that events meet the quality criteria that competitors expect. To ensure independence at an event, controllers from other clubs are often used and so a few more Controllers would be invaluable for both the club and the region.

Katy Stubbs is staging a Level C Controllers course to be held near Ringwood on 3rd October for Wessex OC. Other prospective controllers would be most welcome - anyone in BKO interested?

Please contact **Katy Stubbs** at technical@scoa-orienteering.org.uk for more details or to book your place.

In the last issue, we reported that **Katy Stubbs** had received the national Silva Award for her contribution to orienteering. Unfortunately the trophy was not available at the time and the photo in the last issue only showed her with the certificate. As shown here, she has however now got her hands on the actual trophy

You wait Adam, you may have
got the better of me today but
I will be back so watch out!

I wonder if Adam has any
French blood in him? If he
does, he could make the
French team soon!

Photo 'Challenge'

As shown in the last issue, the picture on the right shows **Adam Methven** on the podium at the JK and members were asked to suggest what might be in **Thierry Gueorgiou's** mind, several times World Champion and the top member of the French national team.



The two top suggestions have been shown. Thanks for your interest in the 'Challenge'. Look out for our next one!

Following the SCOA AGM, there was a Committee meeting and items discussed included:

- **JK 2019:** This may seem a very long way away. However the JK is a Level A event for which areas need to be identified and key officials appointed three years in advance, i.e. by next April. BKO have offered Cold Ash as an area for the Long Distance race (as at JK2013). But other clubs are being asked to consider what areas they can offer for the other three competition days – Sprint, Middle / Long Distance and Relay. The region is also looking for volunteers to plan or organise one of the days. Interested? Please write to **chairman@scoa-orienteeing.org.uk**. This is a fantastic opportunity to officiate at a top level event although ideally you will already have experience of organising or planning at Level B.
- **SCOA League:** The paper on the future of the SCOA League by David Jukes which had been published in the last BKO Newsletter was also discussed. Whilst there are no plans to make changes for the forthcoming 2015-16 SCOA League, it was generally agreed that the present arrangement might not be serving the needs of the region and its members. Before making any decision on changes, views of members will be canvassed and a questionnaire will be developed and circulated in early autumn.

Membership Memo

Ian Hudson - Membership Secretary

One new family and one returning member to welcome this month so a very warm welcome to:

- The **Evans Family** from Stoke Poges, who are new to the sport.
- **Andrea Strakova** who has been a club member in the past; a useful W21 for the club.

I hope to meet you all at an event soon.

Event Summary

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

Date	Name	Level	Club	Venue	Town
Wed 8 July	SN Summer Training	Activity	SN	Chobham	Chobham
Sat 11 July	Urban Event	Level C	NWO	Marlborough	Marlborough
Sat 18 July	TVOC Saturday Series Penn Wood	Level D	TVOC	Penn Street	High Wycombe
Sat 18 July	BKO Summer Parks Saturday Series 2015	Level D	BKO	Birch Hill	Bracknell
Sun 2 - Sat 8 August	Scottish 6 Days	Level B		Inverness	
Sat 15 August	TVOC Saturday Series Wycombe Abbey	Level D	TVOC	Wycombe Abbey School	High Wycombe
Sun 23 August	Kingston urban race	Level C	SLOW	Kingston	Kingston
Sat 29 August	White Rose Weekend	Level B	EBOR	Pickering Forest	Pickering
Sun 30 August	White Rose Weekend	Level B	EBOR	Pickering Forest	Pickering
Sun 30 August	MV Urban Event	Level C	MV	Leatherhead	Leatherhead
Mon 31 August	TVOC Urban Event	Level C	TVOC	Rutherford Appleton Laboratory	Didcot
Sat 05 Sept	HH Saturday League	Level C	HH	Burtley Woods	Beaconsfield
Sat 05 Sept	Caddihoe Chase Day 1	Level B	DEVON	Fernworthy Reservoir	Chagford
Sun 06 Sept	Caddihoe Chase Day 2	Level B	DEVON	Fernworthy Reservoir	Chagford
Sat 12 Sept	SOC Level D - Hincheslea	Level D	SOC	Hincheslea	Southampton
Sat 12 Sept	London City Race	Level B	SLOW	City of London (East)	London
Sun 13 Sept	LOK Ultrasprint	Level C	LOK	Waterlow Park	Highgate
Sat 19 Sept	BKO Winter Saturday Series	Level D	BKO	Yateley Country Park	Camberley
Sat 19 Sept	SN - Saturday Series 1	Level D	SN	Alice Holt	Farnham
Sat 19 Sept	TVOC Saturday Series Kingswood	Level D	TVOC	Kingswood	High Wycombe
Sun 20 Sept	WIM Galoppen	Level C	WIM	Ibsley Rockford, New Forest	Ringwood

BKO Schedule : September 2015 - May 2016

This listing shows BKO events which have been scheduled for the forthcoming season. Fiona Clough has been hard at work ensuring that the venues are available on the dates but, as you can see, we still need to fill several important official positions. Offers to Fiona at: fixtures@bko.org.uk

Date	Venue	Level	Status	Officials
Sat 19 Sept	Yately Country Park	D	Permissions - Yes Mapping - ?	Organiser – ? Planner – ?
Sun 8 Nov	Bucklebury Common - SCOA League	C	Permissions - Yes Mapping – Needs to be done	Organiser – Peter Entwistle Planner – Andrew Graham Controller – Andy McGregor
Sat 28 Nov	Black Park	D	Permissions - Yes Mapping – Completed recently	Organiser – ? Planner – ?
Sat 16 Jan	Snelsmore Common	D	Permissions - FC Mapping – Needs doing (BADO)	Organiser – ? Planner – Tony Ludford (BADO)
Sun 31 Jan	Barossa Concorde Chase	B	Permissions - FC Mapping – Needs updating	Organiser – ? Planner – Mike Pemberton & Pete Wilson Controller – Mark Thompson (TVOC)
Sat 20 Feb	Swinley West	D		
Sat 6 March	Burghfield Common	D		
Sat 23 April	Langley Park	D		
Sun 22 May	Bloom Wood? SCOA League	C		

Newsletter Distribution:

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

Berkshire Orienteers

is on Facebook !



Know your sport: Ranking Scores

Every event is different — courses, terrain, event type and standard of competitors all vary. In orienteering it is impossible to compare performance on the basis of a 'personal best'. So a different method is needed to compare how people get on. This is the national ranking scheme. This is an attempt to make it understandable!

Basic concepts

- All national members of British Orienteering who are in the top year of classes M/W16, and in all classes M/W18 or older, are automatically included. The membership number is used to uniquely define each person.
- All events at Levels A, B and C can generate a ranking score except for relay, score, chasing start and other mass start events.
- The national ranking list is based on a competitor's best 6 event scores in the last 12 months.

Calculating the score

- An 'average' orienteer having an 'average' run will be awarded 1000 points. However the average run is based on all eligible members in all age groups and includes both men and women.
- The spread of scores is based on the idea that the 'standard deviation' of all ranking scores for the past 12 months will be 200. The 'standard deviation' is a statistical measure of spread. For a symmetrical distribution (with a 'normal' distribution), a known proportion of scores will be within 1, 2 or 3 standard deviations of the average (the 'mean'). For example, over 99% of scores should be within ± 3 standard deviations (or 1600—400). However, times at events are not symmetrical (see figures below) and there is a tail towards the slower times. The highest scores therefore do not reach up to 1600 - the current top score is only 1453—and the lowest are considerably less than 400.
- A course at a Level A, B or C event will have competitors on it who already have ranking scores for the past 12 months. These are used to give an indication of the quality and variation of competitors on the course and determines the range of scores to be awarded on it. Courses with competitors with high averages will generate course scores with high scores. If someone has done better than their usual average in comparison to the other people on the course then they will score a higher than usual score—the reverse also applies!
- The precise method of calculating the scores is given in the example at the top of the next page.

Notes: (1) It is mathematically possible to get negative scores but the lowest allocated is zero. (2) The whole database is recalculated each week. As the average age in the sport is slowly increasing, each event score rises slightly during the year so as to keep the overall average score at 1000. (3) The bottom 10% of results on a course are actually not used to calculate the average and standard deviation time. This is because some of these might not be actually competing—they may be injured for example.

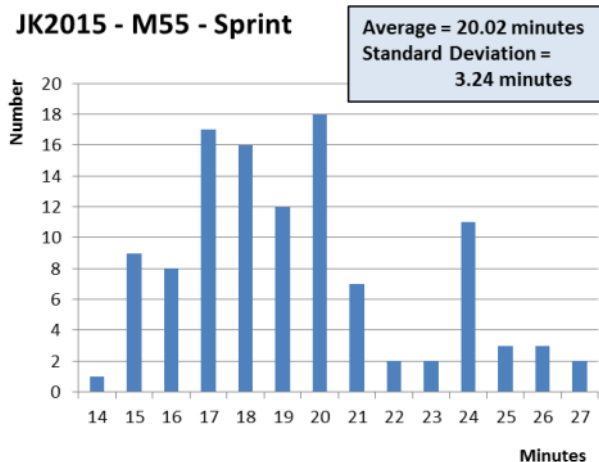
For the official details on the British Orienteering web site, see:

[http://](http://www.britishorienteering.org.uk/images/uploaded/downloads/events_competitionrule2014_s_rankingscheme.pdf)

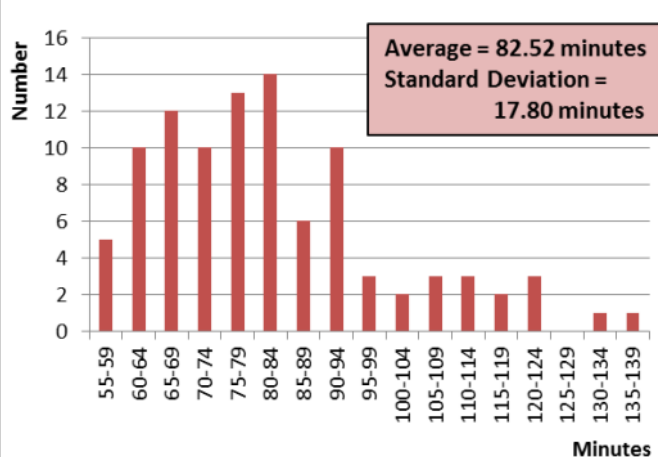
www.britishorienteering.org.uk/images/uploaded/downloads/events_competitionrule2014_s_rankingscheme.pdf

Examples of the spread of results in events

JK2015 - M55 - Sprint



Concorde Chase - 2015 - Blue



Example: Calculating ranking points

The table show the times, rounded to a whole minute, for 10 competitors on a course. Their average time is 59 minutes and the standard deviation of these times is 11 minutes.

The second column shows the average ranking scores (over the last 12 months) for these 10 competitors taken from the national database. The average of these scores is 910 and the standard deviation is 166.

The 'time factor' is then calculated using the formula:

$$\text{Factor} = (\text{average time} - \text{runner's time}) / \text{time SD}$$

This factor is then used to work out the points:

$$\text{Event Score} = (\text{Factor} \times \text{ranking score SD}) + \text{average ranking score}$$

So **Competitor 6** ran the course in the average time (59), their factor is zero and they get the average ranking score (910). **Competitor 2** is 11 minutes faster (or one SD). Their factor is therefore 1.00 and their ranking score is therefore one ranking score SD (166) above the average (910) making a ranking score of 1076. Notice that **Competitors 4 and 5** had previously the same average scores but, since **Competitor 4** beat **Competitor 5** by 4 minutes, they get a much better score.

	Minutes	Average ranking score	Time factor	Event score
1	47	1126	1.09	1091
2	48	1111	1.00	1076
3	49	995	0.91	1061
4	52	974	0.64	1016
5	56	974	0.27	955
6	59	915	0.00	910
7	63	897	-0.36	850
8	68	784	-0.82	774
9	72	729	-1.18	714
10	79	598	-1.82	608

Average	59	910		905
SD	11	166		166

The Ranking List

This is available on the British Orienteering web site at:
<http://www.britishorienteering.org.uk/page/rankings>

It is updated every Wednesday-Thursday night to include the results added to the national site during the previous seven days. An example is shown in the figure:

Rankings

You can Filter the Rankings List by selecting from the Club, Age and Gender dropdown menus and clicking "Filter". Events that are part of the Ranking Scheme will be denoted by an "R" in the Fixture List.

Club: BKO Association: Select Age: Select Gender: Select Results per page: 25 Filter Reset Find Me

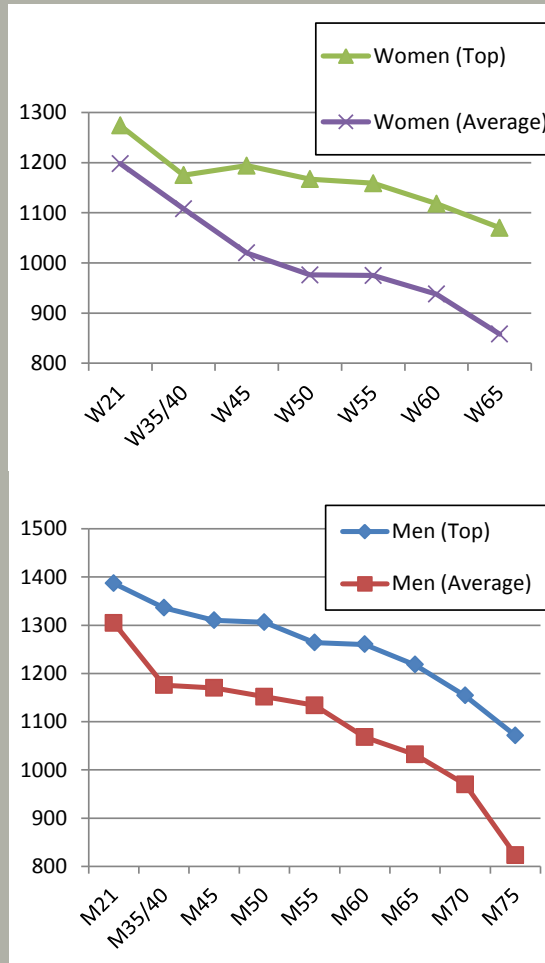
Pos.	Name	Club	YOB	M/F	Points	Contributing scores
1 (414 +1)	Alexander Moore	BKO	1992	M	7318	1196, 1200, 1254, 1236, 1164, 1266
2 (486 +3)	Mark Saunders	BKO	1976	M	7232	1233, 1177, 1215, 1214, 1203, 1190
3 (516 -73)	Martin Wilson	BKO	1947	M	7118	1184, 1192, 1189, 1182, 1191, 1180
4 (712 -4)	Ian Cooper	BKO	1943	M	7028	1170, 1164, 1131, 1219, 1143, 1201
5 (741 +1)	David Jukes	BKO	1952	M	6997	1156, 1148, 1161, 1162, 1186, 1184
6 (790 +5)	Simon Moore	BKO	1960	M	6951	1154, 1131, 1179, 1157, 1153, 1177
7 (841 +8)	John Methven	BKO	1970	M	6910	1143, 1164, 1136, 1135, 1187, 1145
8 (919 -31)	Derick Mercer	BKO	1964	M	6853	1145, 1163, 1136, 1134, 1131, 1144
9 (940 +2)	Andrew Graham	BKO	1955	M	6833	1142, 1133, 1150, 1138, 1132, 1138
10 (1072 +5)	Stefan Stasiuk	BKO	1951	M	6713	1112, 1111, 1160, 1108, 1115, 1107
11 (1186 +2)	John Briggs	BKO	1958	M	6625	1148, 1096, 1087, 1145, 1072, 1077
12 (1196 +2)	Neil Frankum	BKO	1969	M	6625	1132, 1113, 1093, 1065, 1089, 1113
13 (1256 +1)	Nigel Hoult	BKO	1953	M	6565	1120, 1096, 1121, 1040, 1076, 1112
14 (1419 -2)	Peter Wilson	BKO	1959	M	6442	1082, 1092, 1076, 1074, 1067, 1051
15 (1425)	Andrew Southwood	BKO	1964	M	6437	1061, 1025, 1128, 1080, 1056, 1087

A filter can be applied so as to show different 'ranking lists' based on the particular filter—club, association, age and gender. This then displays the people who match the desired filter but also indicates, in brackets, their position in the full list. Also shown is the change in position since the previous week.

The table also displays the person's top 6 scores, in date order, which make up the total score used in the list.

Based on this data, the plots on the right show the current average of the best six for the top scoring person in each age group along with the average value. This shows how scores decline with age!

National ranking list: top scores and average scores for each age group
 (using the total scores divided by 6)



Know Your Club Members —

Mark Saunders

In the January issue of the Newsletter, Mark Saunders was described as the 'one to watch' as, at that time, he was down at 25th BKO male in the national ranking list. As predicted, he has been rapidly rising up the list and is now second BKO male and challenging for the top spot.

Time to find out a bit more about him. Here are his answers to the Editor's questions:

Age/Class?

- M35

Hometown?

- Reading

How did you start orienteering?

- I did a little when I was a child with my parents with what I think was called Marlborough Orienteering Cub, but that seems a long time ago. More recently, I got to know Keith Ellis a little at Reading parkrun and he took me along to Swinley Forest in late 2011. It is only over the last year that I have started to orienteer a bit more frequently.

Clubs?

- BKO and a couple of running clubs

Best achievement/success?

- I've been slowly making my way up the BOF rankings and I've made it into the top 500. I'm also top of the SEOUL league, but it won't last, I've just run more events than anyone else so far.

Most enjoyed event?

- I can't say I have a clear favourite, but I have been enjoying the urban races this spring.

Worst event/most embarrassing orienteering moment/biggest goof?

- Pretty much any time I head into the woods I end up getting lost. Someone always seems to spot me heading in completely the wrong direction too.

International experience?

- I've not been too far away from home, but I think I may have strayed into Wales on the final day of the Triple Gloucester.



Mark Saunders at the start of Lower Early event in July 2014

What have you put back into the sport?

- I've helped out with a few minor things at BKO events, but I still seem to be helping more at running events than orienteering.

Other activities/interests?

- I'm a pretty serious runner and I've taken part in a lot of different races over the last few years, from 5km parkruns, to the London Marathon and 24-hour pairs races.

What training do you do?

- I'm running 6 times and 40-50 miles each week, at the moment.

What is the best thing about orienteering?

- It is a great excuse to go somewhere new and then find your way around. I hope I never find a day when running in the woods is dull.

What is the worst thing about orienteering?

- I'm always a little surprised how short the courses are. I think I need to see if I can find a 25km race somewhere.

Orienteering ambition?

- I plan to run a few more events in the SEOUL league this summer and then see what I fancy next. One day it might be nice to find a control cleanly in the woods.

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

- I ran a 40 mile race over the Berkshire Downs during Easter weekend and then the London Marathon a few weeks later.

Mark at the final control of the CompassSport Cup heat at Fonthill earlier this year



Mark is currently doing very well in the Southern England Orienteering Urban League. As an M35, Mark runs in the Men Open class. There have been 6 races so far (out of a total of 17 in the whole of 2015) and Mark is currently leading the field having competed in 5 of them. However there are some good M21s in the list just below him including one who has scored maximum points from the 4 races he has attended.

Good luck, Mark!

Your 2015-2016 Committee

Chairman:	** Vacant **
Secretary:	Derick Mercer
Fixtures Secretary:	Fiona Clough
Treasurer:	Peter Entwistle
Development Officer:	Ken Ricketts
Membership Secretary:	Ian Hudson

secretary@bko.org.uk
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4 Committee Members and one co-option :

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



Highland 15 Planning Update

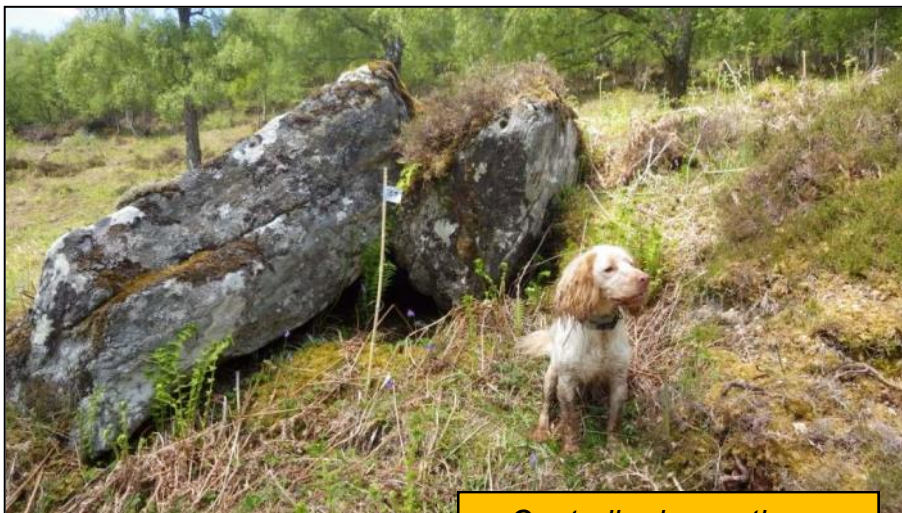
Martin Wilson

Entries for Highland 15 have now reached 4,800, and seem certain to exceed the target of 5,000 runners, so it is going to be massive. All courses are now planned and agreed with the Controllers, and the huge task of printing over 40,000 maps has begun. As a team, we're now moving into preparing the terrain, removing unsafe fencing, clearing patches of wind-blown and creating crossing points over and through other fences. I spent last week in the area, working with a team to reduce some bracken hot-spots. 'Swishing' early

bracken with a cane lowers the final height, making contoured areas clearer on the ground. We had a glorious week of constant sunshine for this work, a real joy. Bracken growth is much later than last year after a cold winter, so we hope it will not intrude too badly on courses.

We conducted more test running of courses in May, when the bracken was down, and the area was very fast. As a result I lengthened some of the Blue courses: sorry about that! With a very wide range of abilities on all courses, it is hard to set the 'right' length. However, the Technical Manual defines set ratios of M21E and ELT (Expected Leading Time), and we anticipate high quality fields in all age groups, so I've tried to keep lengths and climb on target. M21E has been test-run by a WOC-standard runner in 57 minutes with only canes for controls against an ELT of 60 minutes, so the running speeds look about right for August.

I planned Red and Blue courses, co-planner Roger Scrutton planned Green and White courses, with significant input from me (mainly to make them more difficult!). There is a good entry from BKO, covering all starts. Aside from the Elite courses, my favourites are M50L and W45L. Each is constantly technical, full of running and route choice, with many twists and turns. Planner's insider tip for club members: take a magnifier. Maps are 1:10k, control circles are just 6 mm, and there can be a lot of detail within the circle. You could be so near, yet so far....



Controller inspecting a remote M21E control...

It has taken a huge team effort to reach this stage, and lots more to come, but I've enjoyed every minute of it. All volunteers from the Scottish Clubs are contributing, determined to make this a great event for everyone, and the landowners have been very supportive. We're all hoping for fine weather for the Strathfarrar day, as the area is so beautiful. I hope all members enjoy their courses, whatever their result, and do put your routes up on RouteGadget afterwards. See you there!

BKO Update

As the final pre-entry deadline has approached, the number of BKO members heading North has risen to 23. There will be some interesting BKO challenges. For the men we have **John Methven** and **Dan Straka** both competing in the M45L, **Mark Foxwell**

and **Derek Mercer** are both in the M50L, **David Jukes** and **Stefan Stasiuk** in the M60L and **Martin Wilson** and **Richard Rae** in the M65L. For the women we have a threesome in the W60S consisting of **Sally Collins**, **Anne-Marie Hillier** and **Sue Wilkes**.



The Harpers at the World Masters MTBO Championships in Portugal - again.

Denise Harper reports ...

After attending our first Mountain Bike Orienteering (MTBO) Masters Championships in Portugal in 2013, Eric and I enjoyed it so much that without hesitation we decided to go again this year. In the meantime I had had surgery to replace both knee joints and we had both upgraded to better bikes, though I'm not sure how much this helped.

The event was held in June in the county of Idanha-a-Nova, a very scenic and rural backwater of N.E. Portugal, right on the border with Spain. The GB team HQ was a rather gorgeous hotel, which we shared with the Austrian team, with a splendid swimming pool, which was much needed as temperatures towards the beginning of the week approached 40 C. It had the extra convenience of being just a few minutes walk down to the Event Centre, so we were able to go to the medal ceremonies each evening to support the team and meet other competitors socially.

The World Masters was combined with the European Championships for Elites, Youth and Juniors and consisted of 5 racing days, 3 individual and 2 relays, and model events beforehand. We were taking part in the individual races and the Mixed Sprint Relay, having decided to opt out of the Long Relays assuming we might have had enough by then. Here is a summary of our mixed fortunes at each day.

Model Events. We just went to one and, as last time, it was rather demoralising. 5 Km of cycling to the Start and back in temperatures of 40 C were not conducive to positive vibes. Terrain was very hilly and hard going. But I did better than the N.Z. couple who stopped me to ask where they were when I was on my way back – they had never even found the Start.

Mixed Sprint Relay. Held in the town of Idanha-a-Nova. Length 3 – 3.4 Km x 2. Teams of 2 (Eric and me). Each person rides twice, and each leg consists of 3 loops; 1 in a complicated little park area, one up a steep scrubby, rocky hillside, and one in a housing development. Eric and I were taking about 30 mins. per loop, which meant having to go into mass starts for the later loops. Very hot, very tricky, and even without a mispunch, we would have been near last. On the plus side, my times were comparable with the only other W65 taking part. We barely finished in time to join the GB team for the athletes procession and Opening Ceremony. Eric was given the dubious honour of being GB flag bearer.

Sprint Distance Race. Penha Garcia, Length 4.2 Km, Climb 95 m.
Great fun; loved it. More about this below.

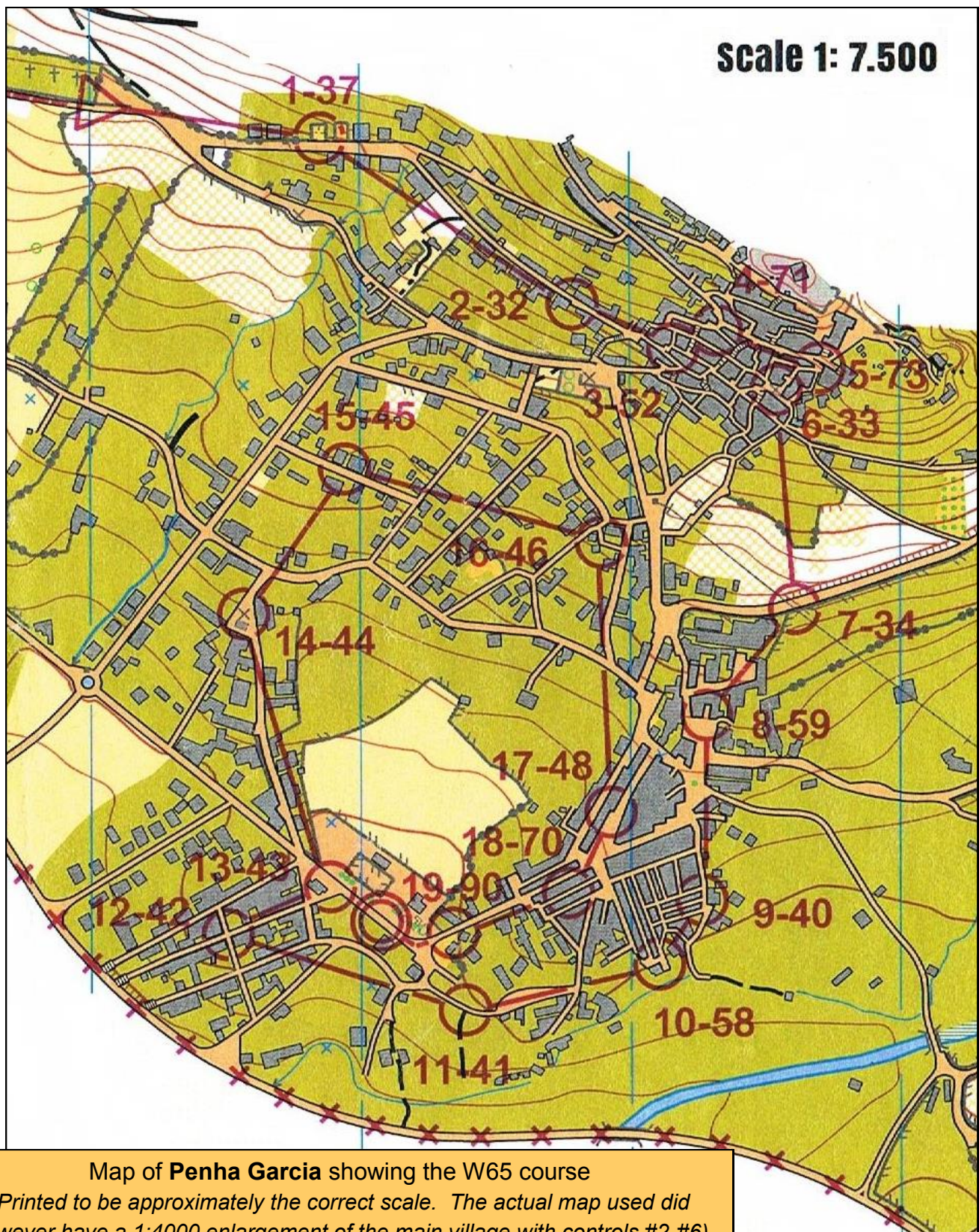
Middle Distance Race. Vale das Eiras. Length 8.5 Km, Climb 255 m.
Hmm – best forgotten. Held in a mature forest with very steep slopes. I was suffering from a tummy bug, so not feeling 100%. I rode out of the start the wrong way, almost immediately straight off the map – Doh! Then went wrong and messed up #2. Decided it just wasn't working for me, so chose an easy route to have a short ride then return to the finish. Bizarrely Eric did exactly the same. Not the Harpers' finest hour.

Long Distance Race. Monfortinho. Length 21.5 Km, Climb 385 m. Plus 4 Km, 90 m climb to the start. A day of epic endurance and attrition. The terrain was a mixture of steep forests where tracks were covered in loose rubble and rocks and crossed by washout gullies; eucalyptus forest, in which loose branches were strewn liberally over the tracks, just waiting to get entangled in the bike, and tracks in the valleys where tracks were very overgrown with underbrush and bushes due to earlier wet weather. Track junctions were indistinct and overgrown. It was a condition that you had to start with 1 litre of water and emergency numbers on your mobile as the area was so remote. The crags soared above us; the vultures hovered... Injuries to competitors and punctures and damage to bikes affected many – including me. About half way round my gears seized up and from then I could only ride in the middle ring. With no low gears to be able to attempt the hills, any chances of glory had gone. I decided to try to complete anyway and set myself a target of 3 hours. After a lot of pushing I finished in 2 hrs 52 mins in 5th place, feeling pretty wiped out. Eric finished sub 3 hours as well in 2.59. It had been hard, rough and tough. At least the hotel, with showers and swimming pool, was only 5 minutes ride from the finish.

And so – back to the Sprint Race.

This was held in the typical Portuguese hilltop village of Penha Garcia, a very picturesque place with the old village at the top of a hill dominated by the church and crags on top of which was an old ruined castle. The courses took place in combined urban and farmland/scrub areas with multiple paths, open areas and

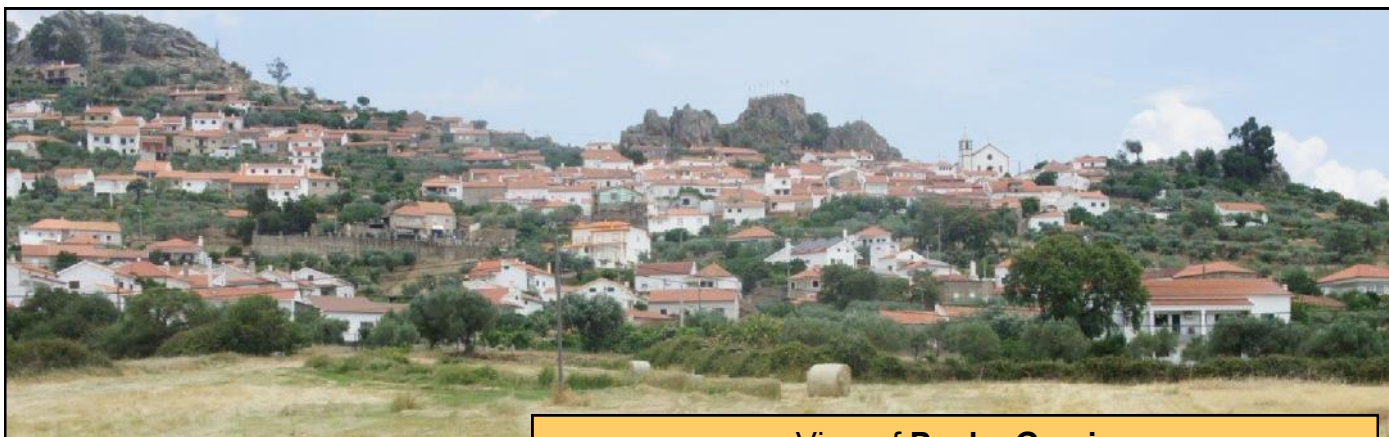




buildings. Steep areas sometimes had technical up or downhill sections, including potentially unrideable steps. All courses went through the old village with its maze of narrow cobbled streets with tight corners and alleys giving great potential for accidents. Villagers had been warned about the race, but only the main road crossed by the courses next to the spectator control and adjacent to the finish/assembly areas were closed, so competitors also had to be very vigilant about cars, loose dogs and pedestrians.

During the race, the villagers were out on the streets, cheering, observing, and pointing to controls (not always the right ones.)

I had first start of the W65s, at 10.01, which at least meant I wasn't starting in the heat of the day. With starts in the Sprint at just 1 minute intervals, I was going to have the 2 fastest competitors next off just



View of Penha Garcia

(taken from close the Finish - just north of #13 and looking NE)

after me, Birgit from Denmark and Licia from Italy. We had a substantial climb over rough fields then a stony track to get up to the Start, which was located, auspiciously enough, by the village cemetery. At least it meant there wasn't too much more uphill at the start, I hoped. I tried to stay positive, and forget about the bad performance in the relays on the previous day, as it looked as if the terrain here would be different, and also hopefully not consist of lots of small loops, which were very confusing to read on the map whilst riding.

Once called up I could see the start kite, and at -1 when maps are issued, I tried to get it onto my map board as quickly as possible to give myself time to look at the map and plan the first few legs. #1-2-3 looked quite straightforward, and I was conscious I needed to get as much speed up ASAP as with a straight route, Birgit would be able to keep me in view.

Time to start – Swing up left past the cemetery – straightforward nav, but uphill and onto the cobbles. #1 easy enough, now a long level stretch before reaching the old village proper at #3. As I left it, I spied Birgit approaching. No way I could cycle up the next steep twisty section, so ran as best I could with the bike, hoping to get to #4, which was tucked out of sight, before B. got round the corner and saw me, and avoiding the alternative route with steps. Straight ride along a narrow cobbled road to #5, but Birgit caught me just before



Control site 5 - bottom of lower wall



Bottom of track between #6 and #7

the end of the road. Initially I didn't see the control, as the road unexpectedly split into 3, but I'd only seen 2 splits on the map. The control was tucked into a corner at the bottom of a vertical retaining wall, hard to see unless on you were on the RHS of the road as you approached. Birgit saw it, and I followed her down. Another twisty section downhill, too tricky to ride, so again, ran with the bike to #6. No sign of Birgit. Then my first major problem. I

arrived at a junction of 2 very narrow cobbled paths, one of which had a dead end sign. I thought I should have hit a main road! I dithered for what seemed like forever before realising I had misread the map. I was now having to transition back to the main map from the enlarged section, and in so doing was looking at the leg for #16-17, instead of #6-7. I flew down the steep cobbled path, thankfully not encountering anyone else, and down to the road to the East of #7.

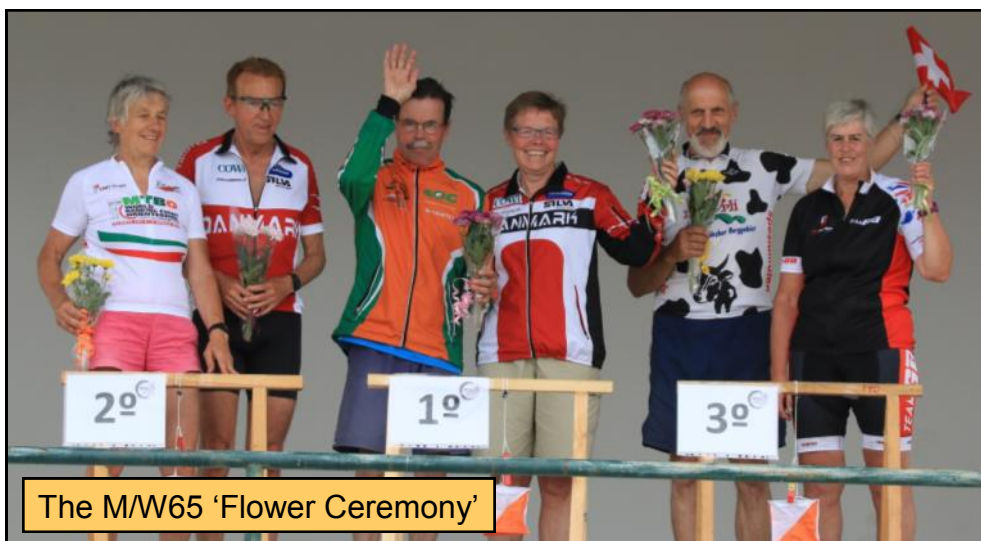
The next section was on more major roads, but still cobbled, through various squares, and round roundabouts, where traffic could be more of an issue. It was quite tricky balancing the urge to speed as fast as possible downhill with still reading the map, going the right way at junctions, watching out for hazards etc. and I did have to slow down quite frequently to make sure I was taking the right roads. However from #12 – 15 was a brief respite in nav, with tarmac roads in the more modern part of the village, and easier route choices. #13 was the spectator control, then #14 - #15 was a lung busting climb. I looked at the hill up from #15 and decided to go down instead and approach #16 from below. I did manage to cycle some, but still had to get off and push the last bit.

I then made my only real mistake of the race – choosing a bad route to #17. I don't know why I got it into my head I needed to go across to the main road East, which involved a bit of a climb out of #16. I then went the wrong way by the school, where the children were hanging on to the school fence, cheering encouragement, and had to do a quick about turn – rather embarrassing. I lost well over a minute on this leg, and looking at the splits, I had been in 2nd place up to this point. So be it. I then pushed on as hard as I could through the final controls to the finish, where I heard the commentator announce 'A new best time for sure on W65, Denise Harper, in 28 minutes, 37 seconds). As I dibbed, Licia, the Italian, also finished, so I knew the best I could hope for was probably 3rd. I didn't see any other W65s come in for the next 10 minutes or so, and went back to the car to change my shoes and get my camera to get a photo of Eric when he finished.

Shortly after that, the races for the elites and juniors had got started, so race results for the Masters were only being announced very sporadically. It was a couple of hours later that Eric noticed where the results were being posted, and I was stunned to see I had kept my 3rd position, 2.50 behind the winner, but a good 9-10 mins ahead of the next competitors. The Flower Ceremony for winners was due to be held at the venue, and rules are that podium finishers must be dressed in team uniforms. I hadn't even ridden in mine as I was saving it for later days, so had to quickly borrow Eric's and change in the car – at least the figure hugging nature of the GB kit meant it wasn't too baggy on me. It was a very emotional moment to step up to the podium and receive the flowers, and even more so in the evening, when the medal ceremony was held back at the event centre. To be wearing GB kit and be presented with a world bronze medal, especially at my age, was a very proud and special moment, and with the vociferous cheering from the other 20 or so Brits there, made it even better.



Denise Harper with medal and prize'

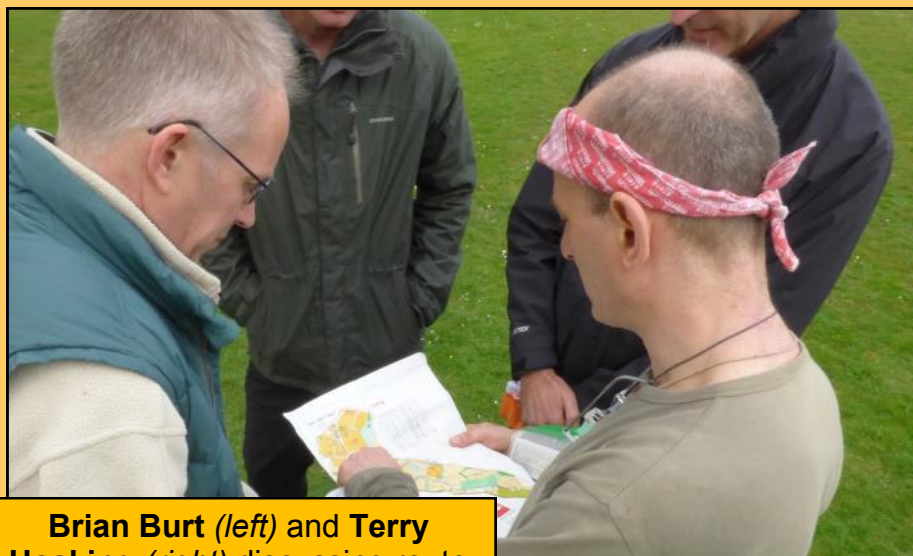


The M/W65 'Flower Ceremony'

Looking back – certainly recent urban/sprint foot O races in GB have helped with technique for this, as I've had virtually no experience of Sprint Bike O as it's so hard to arrange in this country. I know I need to develop more speed/stamina for the longer races, so something to work on for next year – Lithuania in Sep 2016. We're already planning the logistics!



Jillian Ullersperger tackling the Long Course



Brian Burt (left) and **Terry Hosking** (right) discussing route choice options after the event

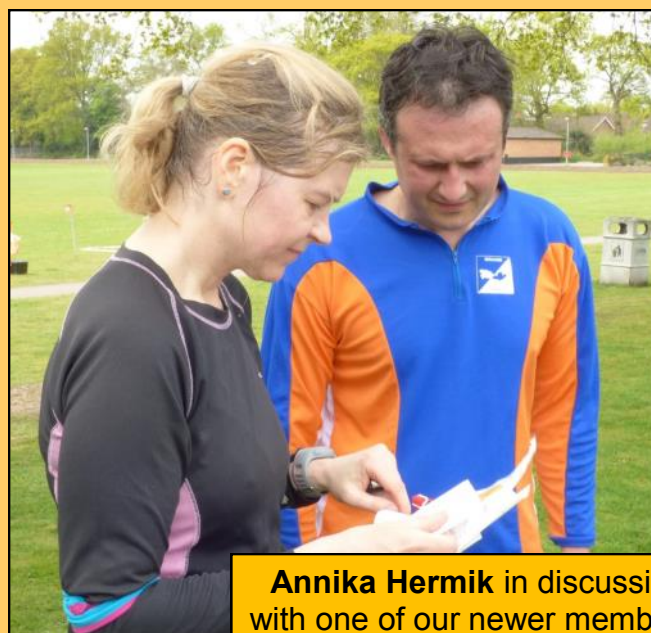
Summer Parks Series
Sandhurst Memorial Park
2 May 2015



John Briggs



Catherine Springett looking pleased at finding a control



Annika Hermik in discussion with one of our newer members, **Jean-Rene Blaif**



Ian Cooper finishing strongly in the Sprint Final at Aldershot and winning the **M70 Championship**

British Sprint and Middle Championships

10 — 11 May 2015

Two BKO Champions!



Darrell Cruickshank receiving the gold medal and prize for taking the **M90 Championship** title in the British Middle race at Naphill and Park Wood, near High Wycombe.



Two pictures of **Brian Sewell** approaching the finish in the Sprint Finals. On the left is the official photo taken by the BOF event photographer, Robert Lines, and on the right is the same view seen by David Jukes.