

Berkshire Orienteers Newsletter

July 2016



Photo Challenge



Martin Wilson set a complex course around the Wildridings and Easthampstead estates in Bracknell for our first Summer Park and Urban Saturday Event of 2016. The Medium course had 21 controls - see the control description sheet on the right.

Your Editor walked the Medium course and, as well as punching at each control, he took a photo. Now it is your chance to try and match the photos to the controls using the map and the control descriptions.

To see the map, go to BKO Routegadget page at: <http://www.bko.routegadget.co.uk/rq2/> and select the event and the Medium course.

To see the photos, go to the BKO web site and see the Photo Challenge news item.

Note that two controls used the same site (#11 and #16). There are therefore two photos of this control taken from different positions.

The correct answers will be published in the next Newsletter but, if you want, send your suggestions to the Editor for confirmation of your solution: Newsletter@bko.org.uk

Medium	4.3 km		
1	184	↖	△
2	159	←	⊞
3	160	↑	⊞
4	163	⊞	♀
5	161	△	○
6	162	↓	⊞
7	166	↘	<
8	165	↑	○
9	177	↗	♀
10	164	↗	○
11	168	↑	○
12	170	△	
13	167		⊞
14	169	⊞	○
15	171		○
16	168	↑	○
17	172	↗	⊞
18	175	↗	⊞
19	173	↗	⊞
20	174	↓	⊞
21	180	↗	⊞
		40 m	
Courses close at 1300			



2 of the controls on the Medium course. Can you match all 21 photos to the controls?



Editorial

It has been a busy two months in the orienteering calendar as shown by the varied reports included in this issue of the Newsletter.

We had a large contingent tackling the British Sprint and Middle Distance Championships staged by the South East Region. However various members have been travelling further to events in Europe and have provided reports - two different events in Belgium, the world's largest event, the Jukola, in Finland and a brief comment from Spain. My thanks to all of these contributors. Finally the first 'World Orienteering Day' took place in May when the International Orienteering Federation encouraged all member nations to support an attempt to have the largest number of competitors ever on a single day. The focus was on juniors and, as reported by Glyn Thomas on page 7, BKO was actively involved in supporting St Andrew's School stage an event on the day - my thanks to him as well.

Good luck to everyone in your orienteering over the next two months. Keep the reports coming!

David Jukes

Club Notes

Keeping you informed about the club and its members

Level A Events

11th - 12th June: British Sprint and Middle Distance Championships 2016

Detailed accounts from these events are provided later by our two bronze medallists, Adam Methven and Mark Saunders - see Pages 8 - 10. Here we report more generally on BKO performances.

Orienteering at both sprint and middle events requires intense concentration and, when involved in the fast running and rapid decision making of a sprint race or challenged by the complex terrain normally associated with a middle race, mistakes will happen. Taking extra seconds to navigate to controls can lead to a drop in several places and, for the heats in the Sprints, relegation to a lower 'Final'. Worse still is the increased likelihood of a mispunch - the chance of this is increased as in both types of events, there is a higher density of controls in the terrain and it is easy to think that you have reached yours when in fact it is not.

Cover Picture:

Your Editor travelled to a Scottish League event in early May. This used Glen Affric, one of last year's World Championships areas. The photo shows him in action deep in this Scottish forest.

*[I was uncertain whether I should put a photo of myself on the cover but decided, on this occasion, that the quality of the photo, taken by **Chris Spencer of ActivNorth Photography**, justified its selection and use. My wife thinks it makes me look 'evil' though]*

Having provided the excuses, it can be reported that apart from the BKO medallists, the closest another member came to a medal was Ian Cooper in M70 at the Middle Distance Championships on Leith Hill. Ian's time of 55:19 placed him 4th, just 4 seconds down from 3rd place. Also just missing out on a medal was Martin Wilson in 5th place in the M65 A Final at the Sprints, just 24 seconds down on third place.

For 2017 the Sprints/Middle weekend will be in the Autumn. The sprints are listed for Milton Keynes on Saturday 30th September followed by the Middle Distance Championships in Wendover Woods near Aylesbury. With both events being fairly close to us, they will again provide BKO members with experience of Championship competition in these types of events.

Scottish Championships 2016

Although not a Level A event this year, the Scottish Championships are a key event in the Scottish orienteering calendar each year. This year's event was in Royal Deeside and based in the grounds of Balmoral Castle. **Martin Wilson** made the trip north again this year and came in second on the M65 course, just one minute down from the leader.

The area is now closed to competitors as it will be the venue for the 2018 British Championships - Saturday 12 May 2018. The British Relay Championships will be close by on Sunday 13 May in a wood on complex moraine next to the River Dee - Torphantrick.

SCOA League 2015-16 - The Final Positions

The final two events in the regional SCOA League were our own Bloom Wood event on the 22 May and the TVOC Kings Wood event on the 5 June. Overall positions in the League, based on scores from 10 events can now be reported. And there are some excellent BKO results!

A summary of the top performances is given in the table on the right. The scoring system gives the winner on a course 100 points and then, based on the timings, others get progressively less. The best 6 scores count to give a competitors League total. The maximum score is therefore 600. One competitor across the whole League achieved this - BKO's **Adam Methven** on the Orange course. Congratulations to him. Our other winners include **Robin Inness** (M10) on White and **Anita Inness** on Light Green. Another member of

BKO's Top 2015-16 SCOA League Results

White

1	Robin Inness	M10	593
---	--------------	-----	-----

Orange

1	Adam Methven	M12	600
2	Thomas Inness	M12	557
5	Finn Miller	M14	150
6	AnnaMethven	W12	133

Light Green

1	Antji Inness	W45	299
---	--------------	-----	-----

Short Green

2	Peter Bennett	M75	578
7	Peter Inness	M45	483

Green

2	Peter Wilson	M55	543
3	Andrew Graham	M60	529
5	Annika Hermik	W45	527
8	Fiona Clough	W50	493

Blue

5	Ian Cooper	M70	521
6	Derick Mercer	M50	509

Brown

7	John Methven	M45	480
8	Mark Saunders	M35	479



Congratulations

By the time you read this, our Committee Member **Andrew Graham** will have married his partner **Lizzie Brown**. Congratulations to them both on their wedding on the 8th July. Andrew will shortly be retiring and the happy couple will be moving to a country residence in Wiltshire.

Membership Memo

Ian Hudson - Membership Secretary

There have been two new members since my last Memo so a very warm welcome to:

- **Veronica Wastell** in Basingstoke and
- **Ian Hylton** in South Heath.

I hope to meet you at an event soon to put faces to your names.

the Inness family did well - **Thomas Inness** gained second place on Orange. The closest result was that in Green where **Peter Wilson** came in second, just one point behind Elisabeth Dickson.

The first event currently listed for the 2016-17 League is not until the 30th October when BADO are scheduled to have one on Greenham Common.

Southern England Orienteering Urban League (SEOUL) 2016

We are now at about the half way point in this year's SEOUL - the Fordingbridge event on the 2nd July was the 9th of the 19 listed events. In this League the winner also gets 100 points but then points are allocated based on position (and not time). The best 7 of 19 count.

Just a brief report to mention that we currently have two leaders in their classes - both senior ladies. In the Ultravet Women 65+ class, **Denise Harper** is leading with an excellent total score of 650 points. However it is a very competitive class with several people still potential winners. In the Veteran Women 40+ class, Fiona Clough with 637 points is currently well ahead of her rivals but she is the only one so far to have competed in at least 7 events - the league winner in this class could come from several different people.

Committee News

The Committee has not met since the last Newsletter. The May Newsletter was a bit late and covered two meetings and the Committee is meeting in a few days - in fact it will have held its July meeting when you read this. But news of that will have to appear in the September issue!

National Membership Fees

Members may not be fully aware that there is a debate currently taking place with regard to national membership rates. Earlier this year, the Board of British Orienteering was proposing that there should be a significant rise in national membership fees (about double the current rates) for 2017 to cover a loss of national funding from government sources in the coming years.

However there was a lot of opposition to this as it was considered that the increased cost would deter significant numbers from joining. Questions were asked whether alternative sources had been considered such as increasing the current event levy or asking clubs to pay a membership fee based on the number of members they have (the latter would give the clubs the flexibility in deciding how they would raise the additional amount). The proposal was actually withdrawn from the AGM at Easter and a special EGM is now planned for October - very late in the year to be setting fees for 2017.

**Muddy car parks, water-logged marshes, head-high bracken and giant nettles?
Now we know why!**

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

Wettest June on record

THE TIMES | Saturday July 2 2016

Paul Simons

Parts of Britain endured their dullest and wettest June on record, and forecasters predict that the weather is not going to improve any time soon.

After a month of heavy downpours, official Met Office figures released last night showed that the most sodden counties, including Essex and parts of London, narrowly missed setting rainfall records.

Nine weather stations broke their local rainfall records, with St James's in central London having 133.8mm of rain, beating the previous record of 131.4mm. Dull weather records were broken in four places. Heathrow had only 132.5 hours sunshine, down from a June average of 205 hours. Brize Norton in Oxfordshire was the dullest place in Britain, with only 120.9 hours' sunshine. Yeovilton in Somerset and Odiham in Hampshire also had record low levels of sunshine.

Regional News from SCOA



AGM held on 2 June.

- SCOA club membership fees and event levies will continue at the current rates.
- The committee remains the same with one exception: Jerry Newcombe has stood down after serving 11 years as Treasurer, (plus on and off since 1973! – very many thanks Jerry), so there is a vacancy on the committee.
- The Treasurer (when appointed) will now manage both the Association accounts and that of the Junior Squad.
- TVOC was congratulated on being awarded Club of the Year by British Orienteering for their work with newcomers and club members alike.

SCOA Treasurer

There is now a vacancy on the SCOA committee for a Treasurer. This is an important but not especially onerous position. Please contact the chairman chairman@scoa-orienteeing.org.uk if you are interested. The job description is on the SCOA website. See: <http://www.scoa-orienteeing.org.uk/content/scoa-treasurer-job-description>

JK 2019

A multi-day event the size of the JK has to be planned many years in advance. SCOA is hosting this major event in 2019. Right now we need to identify an Event Co-ordinator to oversee arrangements across the weekend, much of which are delegated. This is a crucial role for the success of the JK, and we need to fill it soon. So please think long and hard as to whether you have the skills and the willingness to take it on. Please contact the chairman for details chairman@scoa-orienteeing.org.uk

Subject to landowner permissions, the current proposal is that the events are as follows:

- | | | |
|-----------------|-------------------|--|
| • Sprint | Fri 19 Apr | Rutherford Appleton Laboratories, Harwell |
| • Middle | Sat 20 Apr | Windmill Hill (reserve area Minley) |
| • Long | Sun 21 Apr | Cold Ash (with BKO playing a lead role) |
| • Relay | Mon 22 Apr | Bradenham Woods |

SCOA Junior Squad

Congratulations to current member Fiona Bunn and former member Dane Blomquist on their selection for the GB team at the Junior World Orienteering Championships in Switzerland. Fiona will also be representing GB at the Junior European Cup in Scotland. Bethany Kippin, David Bunn and Thomas Howell have also been selected to attend the Junior Regional summer training camp in Scotland.

BADO are to be congratulated on recently working with the juniors to stage an event, planned and (mostly) organised and run by the juniors, with the squad earning the event proceeds of over £500 to go towards their costs of accommodation, travel and equipment. SCOA also supports the squad with grants to help outstanding athletes attend international events and training camps.

Supporting Volunteers

To maintain event standards and meet insurance requirements, event officials (Organisers, Planners and Controllers) need to attend Event Safety and Welfare workshops before taking on those roles, ideally now but mandatory from Jan 2017. So if you are thinking of, or have already volunteered for such a role, and have yet to attend this short workshop, please look out for notices of forthcoming workshops around the region.

If you are interested in developing your skills as a Planner, Organiser or Controller, Katy Stubbs is the SCOA Technical Officer can be arrange training courses to meet demand. Anyone interested in Coaching should contact Liz Yeadon, the SCOA Coaching and Development Officer: development@scoa-orienteeing.org.uk

Since being set in 2003 in Switzerland, there had been no concerted attempt to break the world record for the number of children and young people orienteering on the same day. However, the first ever World Orienteering Day on Wednesday 11th May 2016 changed all that. Co-ordinated in Sweden by Göran Andersson and Malin Björkqvist, 2,013 schools, clubs and other groups in 81 countries and territories worldwide registered to participate, from as far apart as New Zealand and Greenland.

At St Andrew's School in Pangbourne, we were very keen to be part of this exciting event. A score course was devised by Denise Harper; she and Eric came on the day, armed with EMIT controls, and the scene was set. Every child at St Andrew's took part, from the youngest in the Nursery (aged 3) to all the teenagers (aged 13) in our oldest classes in Year 8. Staff laid down their chalk (or perhaps that should be computer mice?) and came out to help, and the faithful members of the St A's O squad were delighted to have the opportunity to help the little ones.

The weather was a bit of a worry, but we just about got away with it. In any case, our regular orienteers are very used to being rather wet and decidedly muddy at Saturday or Sunday events, and they don't mind at all! In the end, the 288 St Andrew's pupils contributed handsomely towards the UK total of 8,343 young participants, with the world total of 252,927 smashing the previous record of just under 208,000.

World Orienteering Day 2016 was a great success, both at St Andrew's and worldwide. We are now all looking forward to next year's WOD, on 24th May 2017. Is there a school near you who could join in the fun?



Enjoying the challenge



Go to www.worldorienteeringday.com and try and find St Andrew's on the interactive map!



Glyn Thomas of St Andrews explains the event to the children

PARTICIPATING COUNTRIES & TERRITORIES

81

REGISTERED LOCATIONS

2013

WORLD PARTICIPANTS

252927

British Sprint/Middle Championship 2016

These two Championship events took place on the weekend of the 11-12 June. They were originally scheduled to be in 2015 but were moved to this year to allow the use of the Olympic Park for the Sprints. There was a good turnout of BKO members and we had two medallists - Mark Saunders in the Sprints and Adam Methven in the Middles. Both have kindly provided accounts of their experiences.



Sprints: Olympic Park 11h June 2016

Adam Methven

We got off the Jubilee line at Stratford, it was exciting being at the Olympic park – once we had found our way to the event through Westfield shopping centre. We had just enough time to warm up and get to the start, and then we heard they were delayed by twenty minutes. When it finally became my start time, I set off. The course had 18 controls, all behind buildings or in small parks but none of them were very far apart. It was quite easy running around the office blocks, so I only made one slight mistake and ended up running across a bridge in the middle of a playground on my way to number seven, although it only lost me a couple of seconds. I ended up second in this heat so I went into the A final.



Only just before my second race it started raining, and then the rain became a thunderstorm – which lasted right through my course. There were quite a few olive green patches – mainly flower beds – around four, five and six, followed by many bridges. It was generally fine until control 14 where – along with many other people – I miss punched as the dibber didn't register properly. So I didn't get a result in the final.

Mark Saunders

This was my first time at the Sprint Championship, but not my first trip to the Olympic Park. The only major change to the park seemed to be the removal of the temporary stadium where I'd watched the basketball during the Olympics. The arena was a strip of parkland overshadowed by the Olympic Rings, with views across the River Lea to a handful of controls on the open parkland opposite.

After a short delay, the heats got started in warm and muggy conditions. The first half of the M35 course was around the residential housing blocks that were once the Olympic Village. This section was straight forward, with little in the way of route choice or navigational challenge. It was just a case of flowing quickly through the controls and making sure not to miss anything out. The second half took us into the park, with a the first few controls being around some lakes and marshes, and then crossing over to the west side of the river to a series of controls in the parkland. In this section there were numerous strips of flower meadows that had been marked on the map as out of bounds, but in the heat of competition these were pretty hard to distinguish on the ground, and a number of runners were disqualified here. Towards the end of my course I punched a wrong control but I was checking the numbers, so I realised my mistake and carried on to my control about 30m further on. It was then back across the river and a quick sprint up to the Olympic Rings sculpture and then a rapid descent into the finish. After download and a wait for the results to be posted, I found out that I had finished 2nd in my heat and would run in the A-final.

There was quite a delay before the finals started, due to the complexity of working out the start lists and dealing with the disqualifications from the heats, and during this time the weather changed. Heavy rain had started to fall and many competitors sheltered next to the Westfield shopping centre while waiting to be called for their start. We started further south in the park this time, overlooking the main stadium. My first 3 controls were round the Aquatics Centre and the

different levels made it more complex. The 4th control involved a longer leg across the river, and I hesitated trying to work out the quickest route and which steps to take up on to the bridge. The next part was a series of 8 controls in the parkland directly outside the stadium. I made a 25 second mistake here by getting in the wrong section of garden and had another long hesitation where I tried to decide between a route up some slippery wooden steps or a longer sloping path. The final part of the course involved a number of legs up and down between the bridges and paths at river level, with a number of viable routes. It was still raining hard and the grass banks had been cut up by the earlier starters, so I struggled to keep upright in my now inappropriate road shoes. Slowing down at the final control my feet slid out from under me and I ended up punching while I was sitting down. A short hair raising decent then took me into the finish funnel.

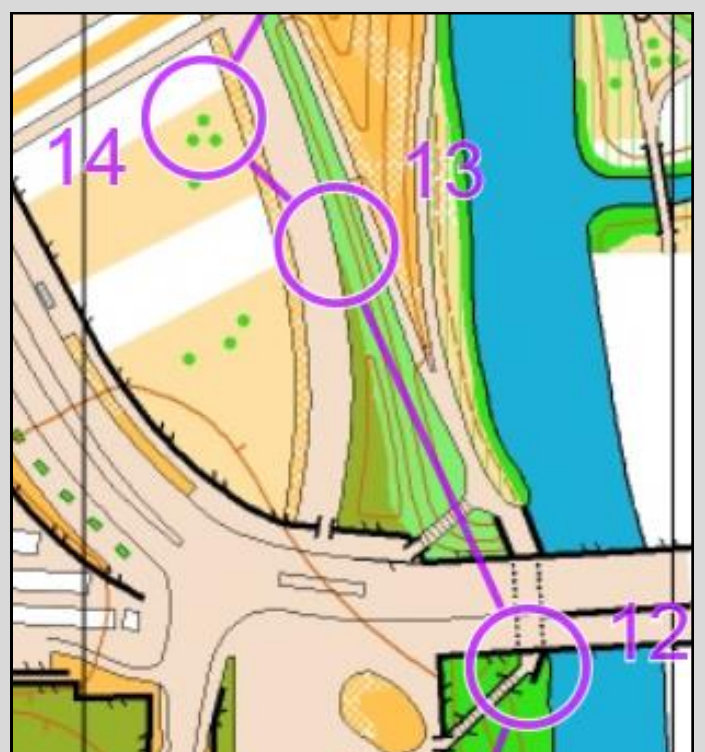
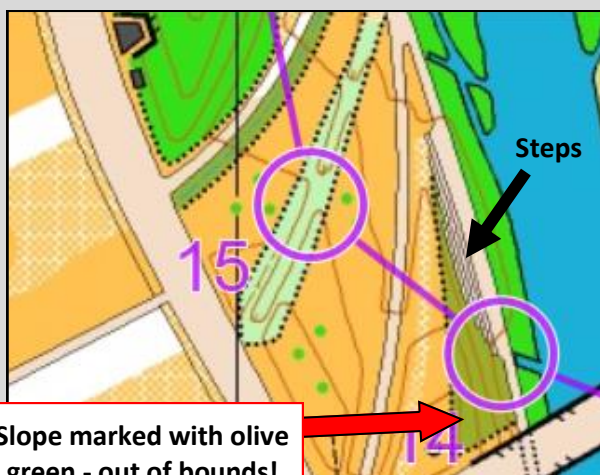


Out of Bounds?

It is always important for orienteers to avoid entering areas designated as 'Out of Bounds' by the event team. As Mark mentions this caused considerable difficulty for many competitors at the British Sprints and a significant number were disqualified.

Permission had been granted to use Olympic Park but competitors were required to avoid certain designated areas of rough ground considered environmentally sensitive. The problem was that these were not immediately obvious when running at speed in the area. The programme provided a warning about these and warned that disqualification was likely for those who crossed OOB areas. Many of those disqualified in the heats had a leg similar to that shown on the left below. Going up the slope from 14 to 15 was prohibited and climbing the steps risked disqualification depending upon where the you reached at the top. Perhaps not surprising that this led to arguments.

The example on the right was from the finals. Here competitors emerged from under the bridge and had to decide whether to go the long way round up the steps on the left or to go straight on and up the slope. But, in the latter case, would it be obvious where you had reached when you hit the paved area? Normally, when faced with this type of control, orienteers would aim to go up the slope and aim off to hit the paved area to the south of the control and turn right into the control. But that risked entering the OOB particularly as the colour difference was quite difficult to see in the thunderstorm!



When I got back to the event centre, housed in a café, there was a long queue for download, so rather wait in the rain, I went to find some dry clothes. About 30 minutes later, when I downloaded, I was astounded to find that I was in second place with two runners still to download. When the next set of results were posted I had slipped to 3rd place. Before the heats, I was asked what results I was hoping for and I said my goal was to reach the A-final, so to achieve a podium finish was a massive surprise. I'd like to give my thanks to everyone from the club who were at the Olympic Park and who have taken the time to offer advice and encouragement since I started orienteering – you made it a great day.

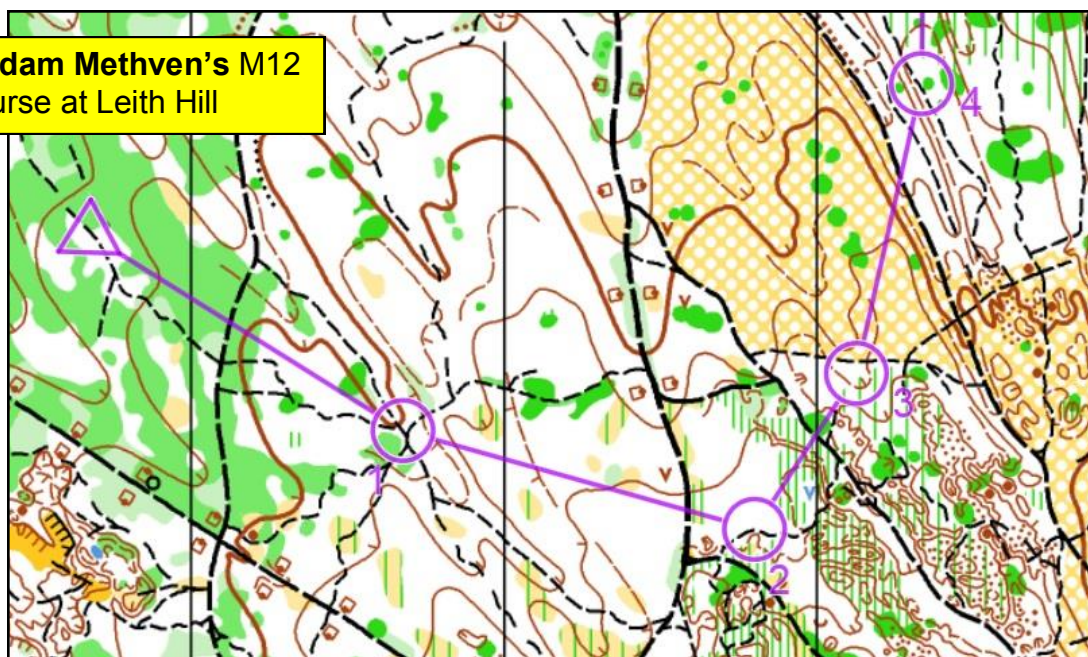
Middles

Adam Methven

It was raining as we approached the very complicated area of Leith Hill. We ran over to the starts and I began my course. Controls one and two were easy as they were on paths, but it took me a while to find three because I kept on running into the same depression instead of the re-entrant that the control was in. I was just about the first runner in to the finish due to my early start, so it was a long wait until everyone had finished and I knew that I had come third. I am extremely happy with this position as it is my first year in M12.



Part of Adam Methven's M12 course at Leith Hill



Your 2016-2017 Committee

Chairman:	** Vacant **	
Secretary:	Derick Mercer	secretary@bko.org.uk
Fixtures Secretary:	Fiona Clough	fixtures@bko.org.uk
Treasurer:	Peter Entwistle	treasurer@bko.org.uk
Development Officer:	Ken Ricketts	
Membership Secretary:	Ian Hudson	membership@bko.org.uk

4 Committee Members and 2 co-options :

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

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
16 July 2016	SN Urban Event	Level C	SN	Goldsworth Park	Woking
24 July 2016	<i>Croeso 2016 Day 1</i>	<i>Level B</i>	<i>WOA</i>	<i>Kenfig Burrows</i>	<i>South Wales</i>
25 July 2016	<i>Croeso 2016 Day 2</i>	<i>Level B</i>	<i>WOA</i>	<i>Kenfig Burrows</i>	<i>South Wales</i>
26 July 2016	<i>Croeso 2016 Day 3</i>	<i>Level B</i>	<i>WOA</i>	<i>Margam Forest North</i>	<i>South Wales</i>
28 July 2016	<i>Croeso 2016 Day 4</i>	<i>Level B</i>	<i>WOA</i>	<i>Llangynidr</i>	<i>South Wales</i>
29 July 2016	<i>Croeso 2016 Day 5</i>	<i>Level B</i>	<i>WOA</i>	<i>Craig Fawr, Margam Park</i>	<i>South Wales</i>
6 August 2016	BKO Summer Saturday Series 2016	Level D	BKO	Lily Hill Park	Bracknell
21 August 2016	LOK - SE Sprint Champs	Level C	LOK	Bloomsbury	London
28 August 2016	MV Urban Event	Level C	MV	Leatherhead	Leatherhead
29 August 2016	TVOC Urban Event	Level C	TVOC	Grove	Wantage
3 September 2016	BOK Blast Sprint Orienteering including SWOA Championships	Level C	BOK	Yate	Yate
4 September 2016	BOK Blast - UK Urban Orienteering League	Level C	BOK	Wells	Wells
10 September 2016	London City Race	Level B	SLOW	City of London	London
18 September 2016	GO Guildford City Race	Level C	GO	Burpham	Guildford
18 September 2016	WIM Galoppen	Level C	WIM	Godshill Wood, New Forest	Ringwood
25 September 2016	NWO Urban Event	Level C	NWO	Royal Wootton Bassett	Royal Wootton Bassett



6 August 2016

BKO Summer Saturday Series and Club Picnic

Lily Hill Park, Bracknell

Do join us !



Belgium

Belgium 3 Days : 14th-16th May 2016

Sue Parker



Brian and I have enjoyed multiday events in the UK, so, with the encouragement of my brother in Germany, we agreed meet up in Belgium for the 3 day event in May. This was our first experience of any orienteering event outside the UK so I am reporting back on our adventure!

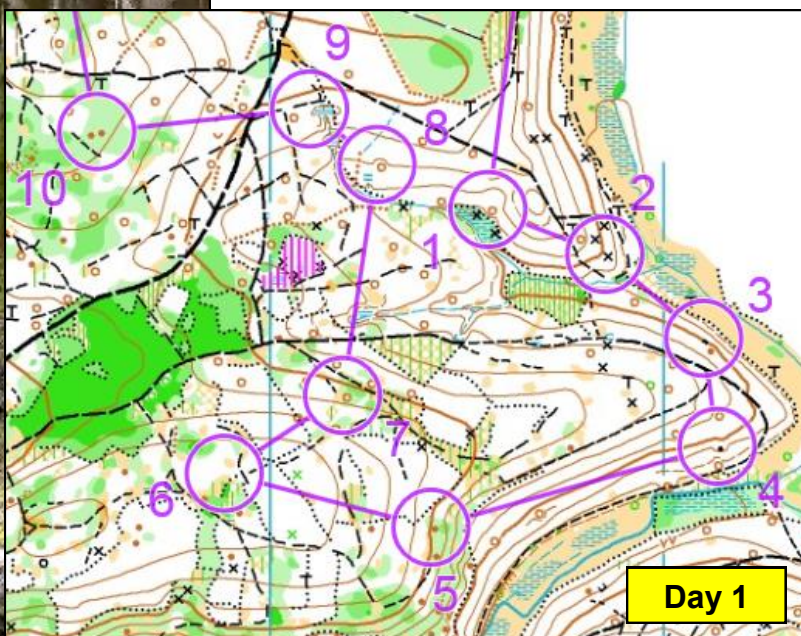
to

Day 1

None of us had a good run on Day 1, our lack of planning and several road closures meant we struggled to find the event at all, but finally spotted a stream of cars heading in



BKO in Belgium - **Brian Sewell**
tackling the forest



one direction and decided to follow. This proved a good decision and we were ready to go. We were all caught out by the lack of start kite anywhere within site of the start. Luckily for me the start kite was just 100m from the actual start and I recovered quite quickly. Brian had about 1km of run to the start kite (initially taped and then unmarked down a path), without realising this he struggled to get started at all. The map section below shows the typical terrain, this is from my course and I struggled with indistinct paths and lack of distinctive features (other than the big hill!). After a slow start I connected better with the map and completed in a reasonable time. Once through the finish I was handed a small paper bag, which I accepted, to discover that all finishers were given a sausage, courtesy of a local producer. Brian, who was pretty tired after his long run, mistakenly turned away the paper bag, not realising it was a bonus sausage. All 3 of us managed to not finish last, so we celebrated with some excellent Belgium beer, knowing that on Day 2 we would all do better.

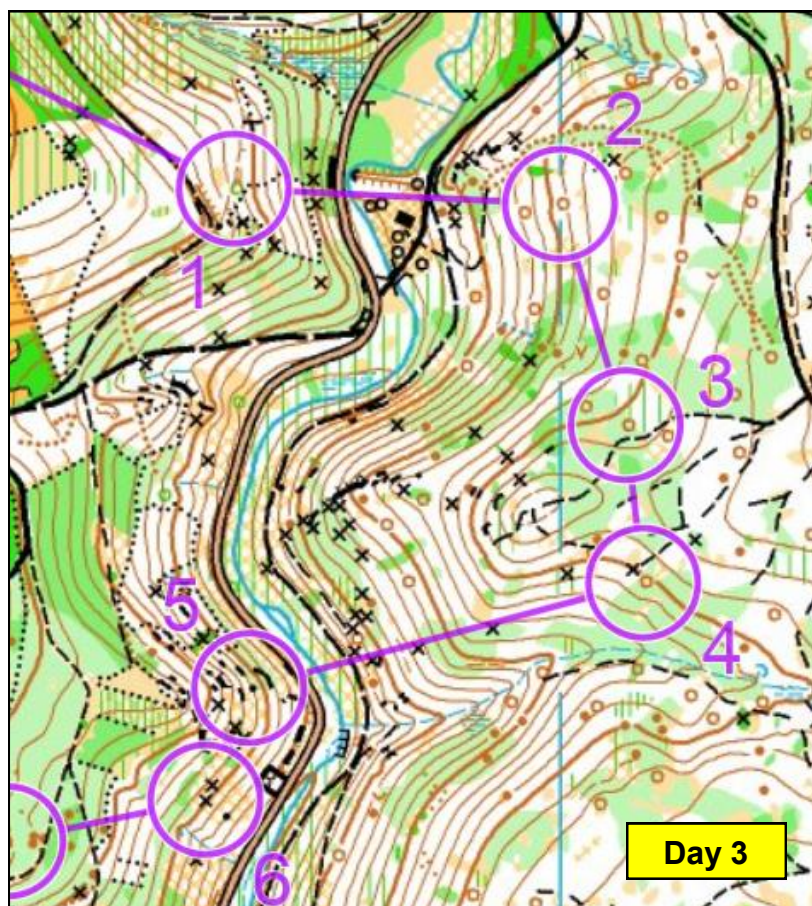
Day 2

This was from the same assembly area, but using a different area of the wood. The feel of the woods and the mapping of the area were very similar to day 1. Perhaps other people had mentioned the start kite, because today we got instructions as to where this would be found. All of

us improved today, it felt good as the woods were easy to run through and the courses were well planned. I enjoyed my run and was particularly pleased to be able to use compass, pacing and contours to navigate in the closing section of controls.

Day 3

The map for Day 3 (*on the right*) shows the very different nature of the area for the third day. I was determined to build on day 2 and improve my performance. It all went wrong on the way to control 1 where a young boy asked for help. I don't know why this throws me out so much, but having worked out where he was on his map, which was a different scale, I found myself unable to make sense of my map and spent 30 minutes going up and down very steep slopes with no clear idea of where I really was. I finally decided to just go to the finish, at this point I found control 5, so completed the course from there.



The whole 3 days, despite a couple of minor problems, were brilliant. The organisation was very good and everyone friendly and helpful. We will definitely go back to Belgium - the website is www.3days.be - it seems to be an annual event - I'm guessing it's the Belgium equivalent to the JK. As an introduction to orienteering outside the UK I would highly recommend the Belgium 3 day - see you there for a beer!

Final day: The view from Sue's 2nd control. Not the type of terrain that Sue had imaged!



Final day: Sue 'sheepishly coming through the finish'

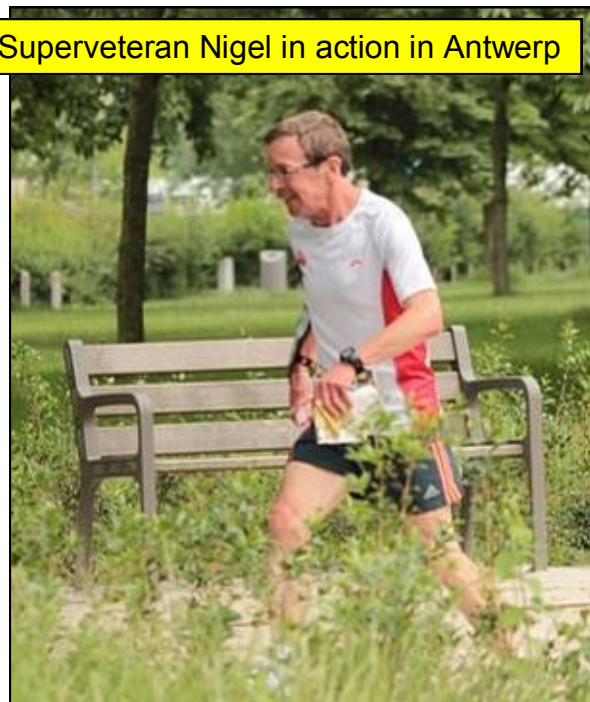
ASOM 2016 25th-26th June 2016

Nigel Hout



Overseas events provide an opportunity to combine a holiday with orienteering so, as I'd never been there before, I travelled to Antwerp for ASOM 2016 at the end of June; given how near it was, I was surprised to be the only BKO member there. The letters stand for "Antwerp Sprint

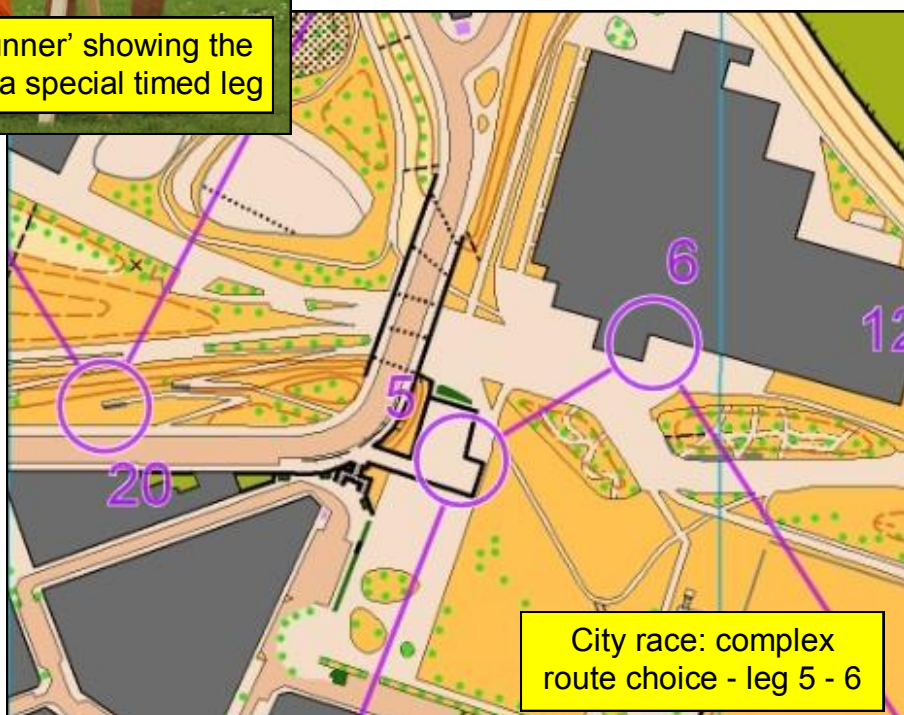
Orienteering Meeting", and there were three events in all: two sprint races on the Saturday afternoon and evening, and a city race on the Sunday. However, as well as the normal orienteering competition, there were some extras, probably borrowing a little from the Tour de France. First of all, in each event the winner of each category was given a yellow jersey to wear in the next race. Secondly, there was (as the organisers put it), a



The 'runner' showing the start of a special timed leg

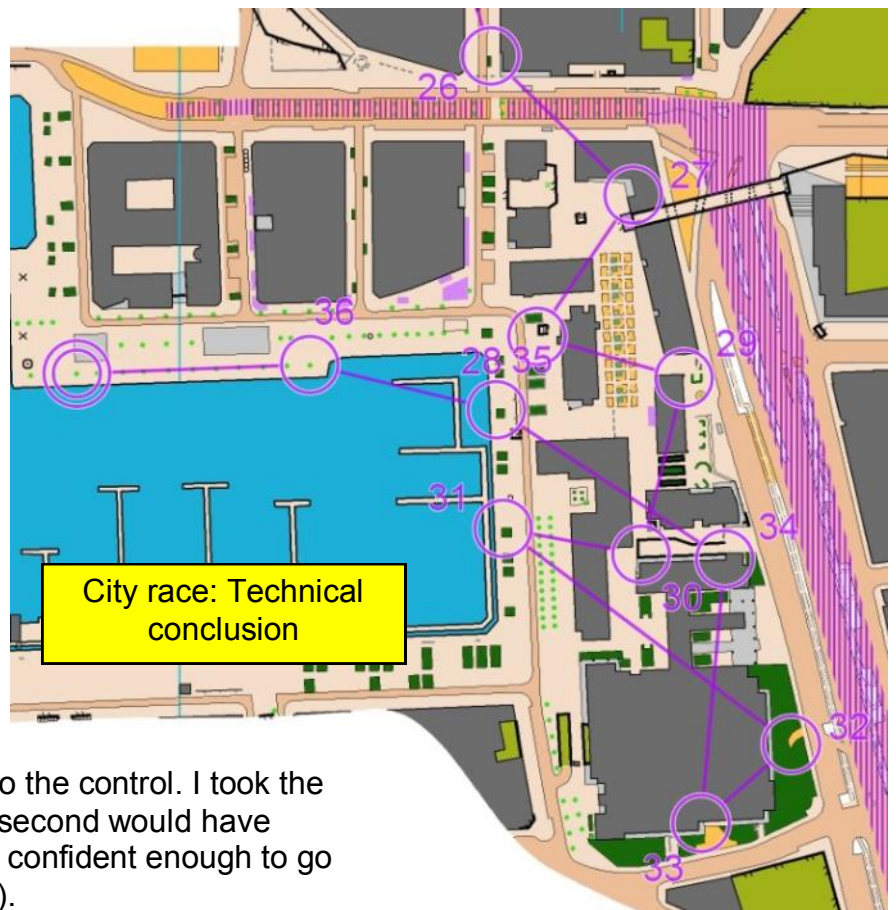
competition for the Usain Bolts amongst us. In each event, every course had two identical legs: one starting at a statue of a runner, and the run-in to the finish. The times were added up, and the leading man and woman were given a green jersey to wear in the next race. (In case you wondered, Antwerp isn't full of statues of runners: it was a portable one!) All this for €30, with a technical T-shirt and Emit hire thrown in, together with a raffle with 25 prizes ranging from socks to €1000 cash – good value compared to most UK events.

The two sprint races were based in a residential area on the left bank of the river, and were planned fairly conventionally, though with more running on grass than usual. The city race, however, was a bit different: my 6.1km course had 36 controls, making it more like a long sprint, and again, open areas were used more than usual. The "green jersey" legs were also interesting, and seemed to get more difficult with each event. The one at the first sprint was a simple "over or



City race: complex route choice - leg 5 - 6

round” choice (though no-one in their right mind would have gone over!), while that at the second gave the options of going left and up some steps or right and up a ramp. The one in the city race was the most interesting of all, and was 5 to 6 [See map bottom of previous page]. The description for 5 was “wall, outside SW corner”, and what might not be apparent from the map was that the uncrossable wall was actually surrounding an elevated platform. I can see three routes: west across the road, down either the slope or zig-zag path (according to footwear!) and back under the road, west then south down the steps and back east through the gap in the wall, or west then north up the road and east down the bank to the control. I took the first, though with hindsight I think the second would have been better (especially as I didn’t feel confident enough to go straight down the slope in racing flats).



The end of the city race was perhaps the most technical bit (good planning!), zig-zagging through some buildings [See map above right]. Note that control 30 was described as “wall, inside SE corner” (it was actually at the foot of an entrance to an underground car park) and 34 was “building pass-through, inside SE corner” and only accessible from the west.

So how did I get on? The first sprint race was a bit of a disaster: in trying to avoid my usual slow start, I raced off but at 90 degrees to the way I intended, got disoriented completely, and spent a few minutes doing a pretty good “headless chicken” impersonation before seeing the runner statue (control 3!) and getting back on track. The rest of the course went well, but having lost about 4 minutes I finished well down. The second sprint race was a lot better; my only real mistake was at control 15, where I climbed a steep slope, saw a control and punched it, and then scrambled down the slope and off towards the next control. I glanced at the code on the description sheet, and realised (correctly, as it turned out) that I’d probably just punched the wrong control. So it was back up the slope again! Only about 90 seconds lost this time, though. The main problem for me in the city race was maintaining the necessary level of concentration; twice I missed my intended route choice through this, and ended up losing about two and a half minutes in total. The fact that the heavens opened as I was about half way round didn’t help either, though at least it wasn’t cold. Overall, I came 21st of the 31 who successfully completed all three events, and 91st= in the “green jersey” competition, with a total time over the 6 legs of 3:14; the winner (an under-20) took an amazing 1:46 and the fastest M60 (James Crawford of GO) 2:43, so I didn’t think that was too bad. One final advantage of orienteering in Belgium was beer at the finish (or indeed before the start if you wanted!).





Finland

Lappee-Jukola 2016: 17th-18th June 2016

Sheffield University and friends take on Finland!

Alex Moore



As one of the more elusive members of BKO, perhaps should begin by introducing myself. I've been a member of BKO since 2000 (8 years old) when I moved to Maidenhead with my parents Lynne and Simon and my brother and sister. I trained with the South Central Junior Squad (SCJS) as a teenager and have spent much of the last 6 years at the University of Sheffield.

With the University of Sheffield Orienteering Club (ShUOC) I've travelled to many events in the UK, as well as the Tallinn O-Week (Estonia - 2014) and TAKAS 2015 (Lithuania). This year we decided to go to the Jukola/Venla relays in Finland. This event marks one of the largest events on the international orienteering calendar and is really something special. My last trip to Scandinavia was for the 2007 O-Ringen with SCJS and I was awed by the scale of the event – there were 14,300 competitors! Jukola would prove to be an entirely different kettle of fish.

The women's relay Venla was held on the afternoon of 17th June and saw 1,400 teams of 4 women battle it out in the rain. Sheffield's team included Tamsin Moran of SOC who finished first leg in a cool 181st, before handing over to the first of two Swedish ringers recruited online. Fellow Brit Alice Rigby caught a few places on the anchor leg, bringing the team home in a respectable

451st position. Tamsin described scenes of chaos during the mass start long run out followed by slogging through a kilometre of light green and marsh to control 1. Yum!

The men's relay was to host 1717 teams of 7 runners and was due to start 3 minutes after sunset at 11pm. Despite being a night relay, the location and proximity to the summer solstice meant there would only be 4.5 hours before sunrise. ShUOC was fielding two teams and several other Brits, including Jonny Crickmore (previously of SO) and my housemate Will Gardner, were running also first leg for their Scandinavian teams. The atmosphere leading up to the start



Entrance to the event centre

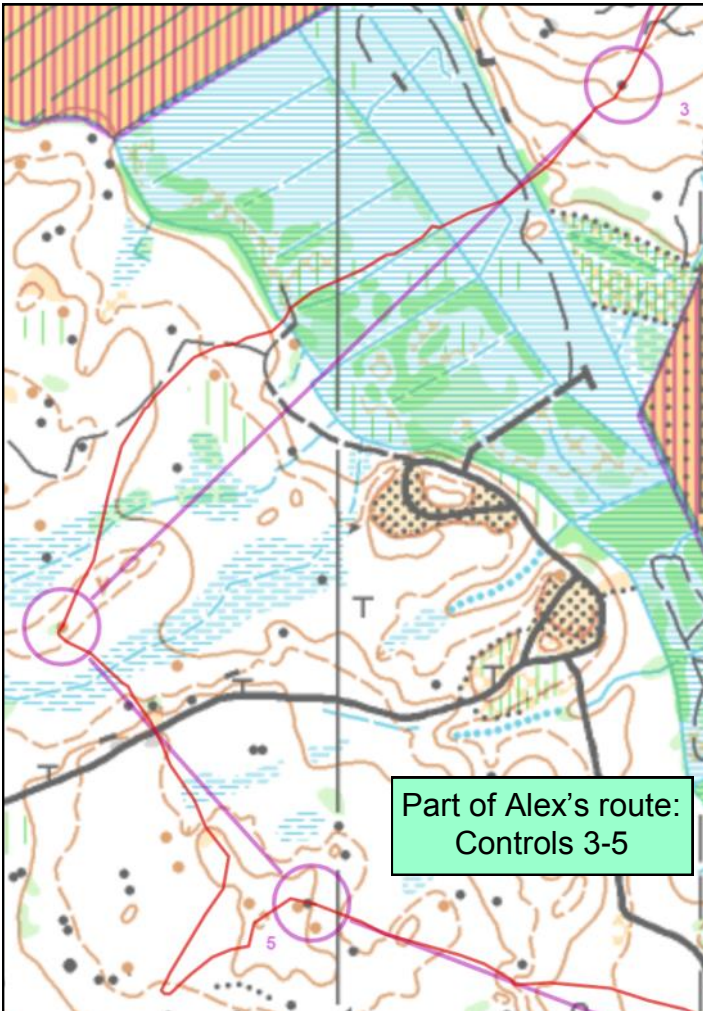


Post event relaxation. Gentle training run in a Swedish forest on the way home. Alex is on the bridge.

The photo is a still image from a headcam video.

was tense: the rain was poured, the sky grew dark, and the waiting crowd of 20000 fell quiet. A burst of rifle fire started the relay, and the mass of 1700 head torches at the far end of the field began to move toward us, slowly at first, then streaking past and round a hairpin bend at breakneck speed. It was truly spectacular and surreal experience.

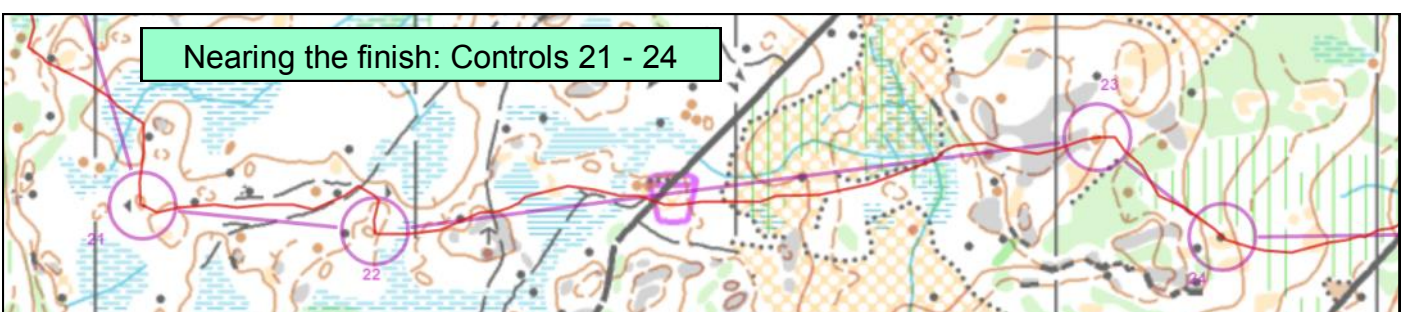
After watching the leaders go through a couple of TV controls it was my turn to get into the changeover box. I was running leg 2, the darkest leg, and with no night orienteering experience to speak of I was feeling a little nervous. When the leaders sprinted into the finish followed by a continuous stream of runners I began jogging up and down the warm up area desperately searching the faces for my first leg runner. 30 minutes passed then suddenly there he was – Patrick Jones sprinting down the bridge toward the finish hairpin in 732nd position. I ripped off my jackets and pushed to the front of the changeover pen where Paddy passed me map and I began. Or would have begun if after 15m I hadn't realised that he'd given me the map for team 836 instead of 876. I rushed back and he fished out my new map, but I was losing a place every second. With the new map in hand I sprinted off to begin my 12.5km course at 00:30am.



In an enormous train, hundreds of people long, I ploughed into the green squeezing passed runners wherever I could. We emerged onto a path and I nailed the navigation to my gaffled 1st control. "That wasn't so bad, this is going to be easy" I thought. I messed up number 2, going to both other gaffles before my own and losing about 150 places. Whoops! I decided that navigation was probably going to be necessary after all. The terrain mostly featured complexly contoured forested hills with smatterings of green and marsh that often couldn't be avoided. There was not,

however, any of the ferns and brambles that plague many British forests, making the terrain very runnable. I got my head into the race, following enough that I could focus on taking places, but making sure I got my attack points right...most of the time. Occasionally I lost map contact or followed a train to the wrong gaffle, but I had a clean race for the most part.

As the race continued, the train thinned out, and I found myself running with a consistent group of people. The first time I lost sight of all the other head torches I got spooked. I was immediately overtaken by the group of 7 runners who it appeared had been following me since the previous control. Running with this group pushed up my pace, and through the remainder of the course I



found myself trading leadership back and forth with one of the stronger navigators. As the end approached I put the last of my energy into overtaking couple more runners before finishing at 02:20am in 599th, 133 places up.

As the adrenaline wore off and tiredness crept up on me, the others in my tent assured me it was worth going for a shower and a sauna. Looking back, they probably just didn't want to share the tent with someone who had spent 2 hours in a swamp. The showers were the outdoor communal affair common at Scandinavian events, but the sideways rain made them even less than enjoyable. Cold brought on a bout of shivering and I staggered to the sauna, where I was embraced by the warmth of 4 steamers and 100 beer-drinking Finns. It was a strange place to be at 3am.

Our team finished at midday on Sunday, 12 hours, 54 minutes, and 2 seconds after starting, and in glorious sunshine. Tamsin had put in an early morning leg under a pseudonym, catching 54 places, and Rob Finch, also of SOC brought us home in 530th, picking up 80 places of his own on the way. Despite competing in the worst weather for the last 20 Jukola relays, having to be pulled out the car park by a tractor, and almost missing the infamous Jukola Party Boat to Stockholm, things were good in the world. We were all wrecked, but we felt victorious.

Spain



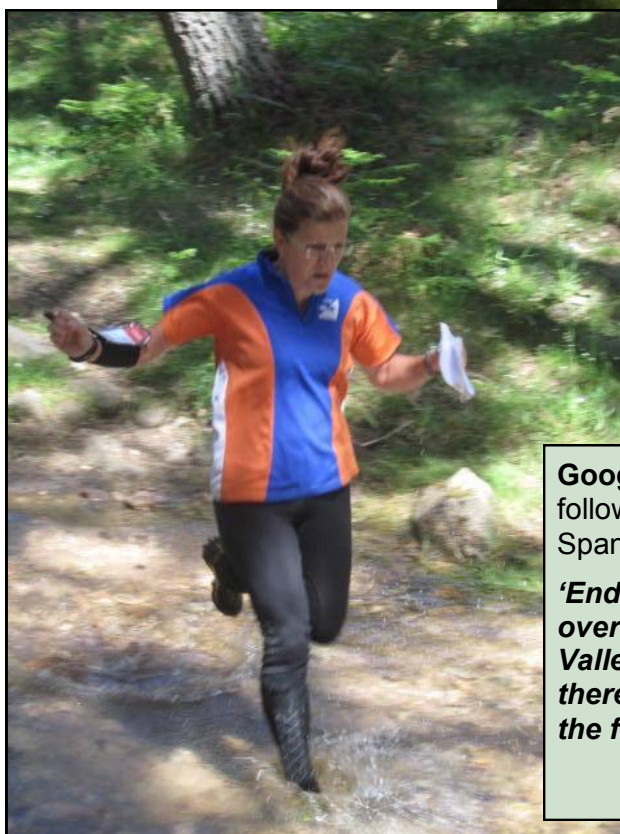
Orientacion en Peguerinos

17-19 June

This was a weekend of orienteering took place just to the NW of Madrid. Fiona Clough and Derick Mercer attended this year.

Fiona, competing in W50, has commented: "I was chuffed to discover I was the winner of all 3 events in my age group. There were only a total of 5 of us - but my times were brilliant! I took 28 mins for the first event (2nd came in at 45.51). The sprint took me 12 mins and the second took 18! Top it off with today, took 52 mins with two errors and 2nd took 1 hour and 18mins!!!!!"

Derick also had a good series with a third place in M50 for the sprint race.



Google Translate included the following for one sentence on a Spanish website:

'Ending the day with an overnight score around the Valle Enmedio camping where there will be at stake hidden in the field ham.'

Sounds fun!



Lynne Moore and Terry Hosking discussing route choice options at the finish

Neil Frankum



Catherine Springett

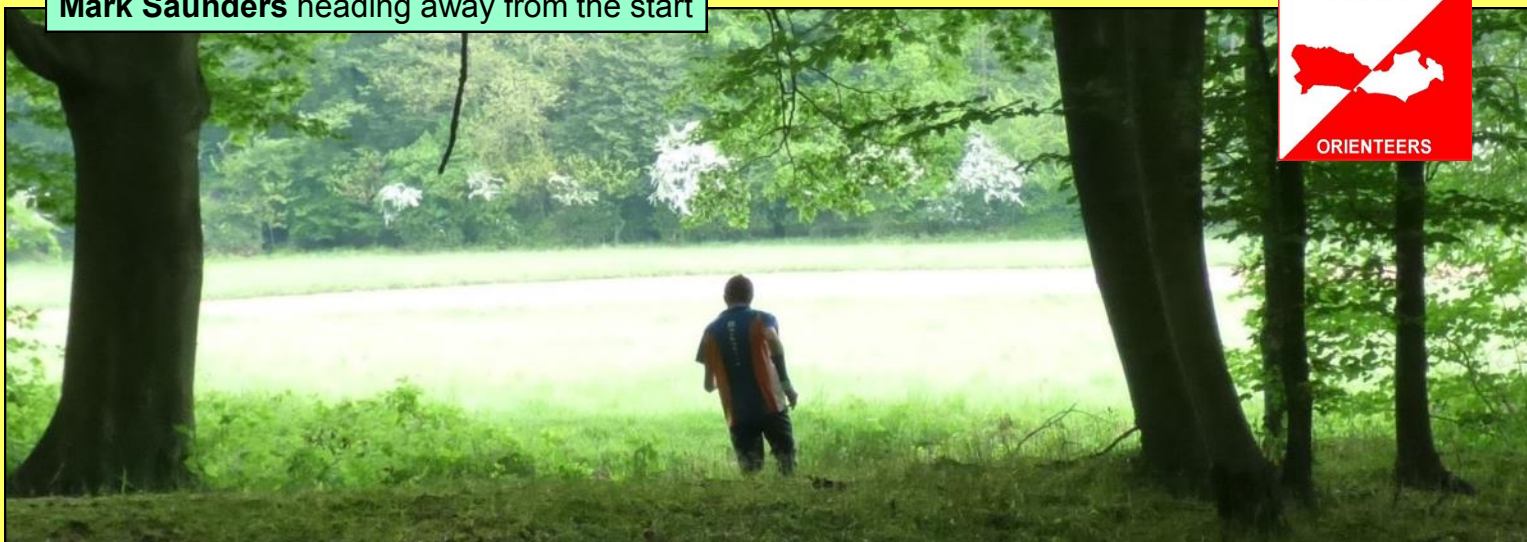


Ian Cooper



Summer Park/Urban Event
18 June 2016
Wildridings and Easthampstead

Mark Saunders heading away from the start



BKO's SCOA League
Event

22 May 2016

Bloom Wood



Andrew Graham



Jillian Ullersperger



Andrew Southwood