

Berkshire Orienteers

Newsletter

July 2018





Racing beside the River Thames



Berkshire School Games

Bisham Abbey

27 June 2018

The winning team: St Edmund
Campion Primary, Maidenhead



Editorial

What a change in just two months! After a wet and cold Easter JK and the cancelled events in April due to water-logged car parks, we are now finding that the ground is parched, grass is turning brown and the risk of woodland and heath fires is rapidly increasing. Some may recall the closure of Forestry Commission land during previous very dry spells and it is possible that this will occur again if the hot and dry weather continues.

However, orienteering is adaptable and can be enjoyed in many different ways. I have just been orienteering in the heart of Copenhagen (see the report later) and I am now looking forward to the British Sprint Championships at Bath University. The sport may have been born in Scandinavian forests but the navigational challenge can be enjoyed in all terrains.

I wish you all the best over the summer holiday season. If you are orienteering, please submit a report of your activities!

David Jukes

Club Notes

Keeping you informed about the club and its members

Urban Leagues

UK Urban League

Those with long memories may recall that the final race of the 2017 UKUL was due to be held in early December 2017 at Castle Vale, near Birmingham. However, with overnight snow, the event was postponed and was rescheduled to 16 June 2018. This event took place and so we can now report the final positions for BKO members.

In fact, the only BKO member at the event in June was **David Jukes** running in the Ultravet Men (M65+) class. Prior to the race he was in third position in the League but, to move up a place, he needed to beat Mike Smithard (DEE) who was in second position. Unfortunately Mike won the race with David in second place leaving him third overall.

Congratulations to **Peter Bennett** and David on gaining podium positions in this League.

The 2018 UKUL has now had 15 of its 20 races. However it seems more difficult this year for those in the south to attend a good selection of events. Current results suggest that BKO members will not achieve the scores needed to reach the top levels in any of the classes.

There are still two relatively local UKUL events which BKO members might consider attending: Godalming on the 20th October and Oxford on the 27th October.

BKO Top Performers - UKUL 2017

Class	Name	Position	Points	Events
Men Open	Mark Saunders	30	232	3
Veteran Men	Derick Mercer	15	474	7
Veteran Women	Lynne Moore	23	349	5
Supervet Men	Simon Moore	36	337	5
Supervet Women	Fiona Clough	9	590	7
	Susan Wilkes	34	327	5
Ultravet Men	David Jukes	3	681	8
	Martin Wilson	29	450	5
Ultravet Women	Denise Harper	7	607	7
	Sally Collins	17	406	6
Hypervet Men	Peter Bennett	3	369	5

Note: The winner gets 100 points, second gets 96 points, third gets 93 points, fourth gets 91 points and then it drops by one point per position. Best 7 events to count

Cover Picture: This shows **Martin Wilson** competing in the World Masters Orienteering Championships M70 Sprint Final held in Copenhagen in early July. For a full report, see pages 16-19. The image was taken as he passed through the large square between controls 10 and 11.
Photo credit: Bent Hjarbo

Southern England Orienteering Urban League (SEOUL)

With a more local bias, the SEOUL provides BKO members with an opportunity to compete regularly and get amongst the leaders. As members will probably recall, our own urban event at Great Hollands on the 17th June was a part of the SEOUL.

Considering first the results from Great Hollands, it was pleasing to note that **Alexander Moore** won the Men Open class with **Mark Suanders** coming in second. In Ultravet Women, **Christine Artus** finished second and went one better the following week when she won at the Staines urban event. We had another winner in the Hypervet Men class with **Peter Bennett** finishing first. He also won at Staines giving him three wins this year.

In the Hypervet Women class, **Gill Bennett** is having a good year. Although she did not compete at Great Hollands, in her 6 events she has had 2 wins and 4 second places. Unfortunately for Gill, the current leader in her class has already had six wins and two seconds - but it is still possible for Gill to take the title with good results in the remaining events.

Another BKO member celebrating a recent win is **Nigel Hoult** who won the Ultravet Men class at the WIM event at Bridport.

For the leading BKO positions so far, see the table on the right.

There are still a further 7 events to count towards the 2018 and with a competitor's 8 best scores to count, there is still a long way to go before the leaders can be confirmed.

Class	Name	Position	Points	Events
Veteran Men	Eddie Whittle	12	309	5
Veteran Women	Toni Whittle	2	589	7
Supervet Men	Colin Godbold	15	426	6
Spervet Women	Gill Godbold	12	323	4
Ultravet Men	Nigel Hoult	3	614.5	7
	David Jukes	6	478	6
	Martin Wilson	16	341	4
	Richard Rae	17	326	4
Ultravet Women	Denise Harper	3	461	5
	Christine Artus	6	380	4
Hypervet Men	Peter Bennett	1	486	7
Hypervet Women	Gill Bennett	2	584	6

Regional News from SCOA - the Regional Orienteering Association

Although much of the regional effort is currently being put into planning the International JK Festival next Easter [See the request for volunteers on page 6], there are still some other items of interest.



Of particular note is that SCOA has a new Chairman. Di Smith (of Southampton OC) has stepped down after 3 years as Chair and our own **Eric Harper** has agreed to take on the role. Well done Eric! This does however leave the region's leadership rather dominated by BKO. In addition to Eric, SCOA's Secretary is **Fiona Clough** and their Treasurer is **Peter Entwistle**.

Details of the final positions in the 2017-18 regional league (the 'SCOL') are given on page 7. This includes the results of the first inter-club competition based on performance in SCOL events. However, it is reported that there will be some adjustments to the rules and that these will appear on the SCOA website and will apply to the forthcoming season. In particular they will apparently clarify who is eligible to score points.

New Club Kit

Did you miss ordering a new club O-top with the first order? Don't worry! A second order will be submitted as soon as more people request one. No need to wait for Christmas - they are perfect for summer and early autumn events. To order your own top, e-mail Simon Moore (simon@bray12.plus.com)

Cost £25 each. For sizes, see: <https://www.bryzosport.com/orienteeringshirts>



They come highly recommended! Read this review by Club Captain, Martin Wilson:

"I used the new BKO top for most of my WMOC races. I found it excellent in the warm weather, very soft to the skin and clear of moisture. It looks really good, very modern, and only needed one wash! I can recommend it as your 'Sunday best' for major competitions, particularly in the summer, when our old top is really too warm. I hope many of you will add it to your wardrobe."



Committee News

The club's Committee met in the middle of July and this is a summary of some of the matters discussed:

First aiders: We are aware that the club has three qualified first aiders: **Fiona Clough, Brian Sewell** and **Katy Stubbs**. However it was thought likely that there may be additional members who have gained a qualification through work places scheme and it might be that some of these would consider acting as a first aider at our events. This will be explored further.

Equipment: The club has purchased a new digital display clock for use at the start. This has already been put to good use at Great Hollands and Jennett's Park.

Cliveden: We are still awaiting a response from the National Trust to our suggestion that if we were to support their creation of a permanent course at Cliveden by the production of a map, then we would like permission to stage small scale events there in the future.

GPDR: We believe that our club membership database is now compliant with the deletion of the details of members who have not renewed their membership. The entry form for use at Saturday events has also been modified. **Simon Moore** has been working on preparing a club Data Policy and will be circulating a draft to the Committee shortly.

Concorde Chase 2019: We have been attempting to negotiate the potential use of an SN area on army land which, due to the high fees now charged by the army for its use, make their use at small events uneconomic. Discussions are continuing.

Summer Training Activities: These had been co-ordinated by **Mark Foxwell** and the Committee felt that they had been generally well received by those who attended. With the focus on 'training', members were able to improve their technique.

British Schools Championships 2019: It seems likely that this will be staged in the region in the Autumn of 2019. The likely location is Greenham Common but, as a reserve area, Black Park is being considered. Discussions are continuing.

Membership Memo:

The spell of recent good weather, coupled with our Saturday events, has brought in a clutch of female new members. A very warm welcome to:

- **Trish Monks** in Blackwater
- **Karen Jackson** in Bracknell
- **Patricia Barrett** in Warfield

Ian Hudson

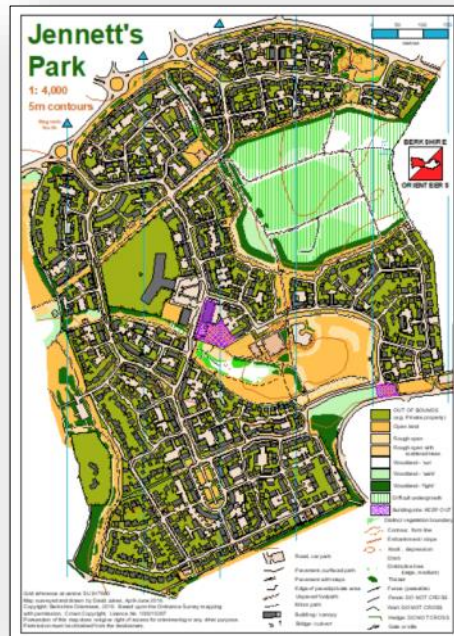
Next meeting: 13th September.

Bracknell Summer Events

Our event at Jennett's Park on the 14th July was well received. Comments posted on Facebook or sent by e-mail included:

- Thank you to BKO for putting on another excellent Urban event. I have been to many BKO Urbans and they never fail to please. (*Mike Frizzell, TVOC*)
- Another great BKO urban area. (*Cameron Lamond, SN*)
- Once again a great event. Thanks BKO (*Jon Stead, BADO*)
- Great area and good courses - many thanks! (*Mike Shires, TVOC*)

We have our next event based at South Hill Park on the 11th August. This will be followed by our club's **Summer Picnic** at which the 50 years of orienteering in Berkshire will be celebrated. Please join us there if you are not away on holiday. Please let us know if you are attending so that we can estimate numbers for catering purposes. Details will follow by e-mail soon!



JK 2019

To All BKO members

Next year the JK is being hosted by SCOA and Di and Terry Smith from SOC are co-ordinating the 4 day event. It is estimated that 150 volunteers will be needed for each day. This is a great opportunity to get involved in the biggest annual multiday event in the country with all venues within easy reach.



Here is the schedule:

- **Day 1 - Friday 19th April** – Aldershot Garrison (sprint)
- **Day 2 - Saturday 20th April** – Old Windmill Hill, Mytchett (middle distance)
- **Day 3 - Sunday 21st April** – Cold Ash, Newbury (Classic distance)
- **Day 4 – Monday 22nd April** – Minley (Relays)

BKO are organising Day 3 so it is particularly important that as a club we provide a good show of volunteers but helpers would be very welcome for any of the other 3 days. Whatever time you can give is up to you and will be valued. Don't worry if you haven't helped at an event before – it is intended that training will be given as required to ensure that helpers are comfortable and confident in their roles. As an added incentive all helpers will be given £5 worth of vouchers to be spent any day with any of the traders (so someone helping on all 4 days could save them and spend £20 on clothing on day 4).

The main tasks will be:

Setting up and clearing the site, Signage, car parking, Start (days 1,2,3) prize-giving (which will need about 12 people each day), map issue (day 3) enquiries, download and results display (paper sheets)

Needless to say the helpers are vital for the smooth running of such a prestigious event

I would be grateful if you would e-mail me your availability and preferences (if a particular job appeals to you) and if you want a competitive run.

Thank you in anticipation

toni.whittle@intl.verizon.com

Toni and Eddie Whittle (Contact Point for BKO helpers)



SCOA League 2017-2018



The 2017-18 running of the regional league, termed the 'SCOL', was unfortunately disrupted by the eventual cancellation of the final event. BADO's event at Butterwood was initially scheduled for the 8th April but the cold and wet Easter weather (*can you remember when it was cold and wet?*) led to a postponement until the 29th April. However as the new date approached there was more heavy rain (*yes - heavy rain!!*) and it was apparent that the car park area would again be unusable and BADO reluctantly cancelled the event.

This meant that the SCOL would only consist of 6 events and therefore the results would be calculated on a competitor's best 3 event scores and not the best 4 as originally planned. Data had to be recalculated so details were not available for the last Newsletter. But now they are!

Individual SCOL performances of our top performers are shown in the table. Remember that the winner gets 100 points and then drop by one point per place.

	Position	Score	Comment
White			
Robin Inness	1	300	Robin competed in the first 4 events and won all of them! At the final event he tackled the Yellow course and came in fourth.
Yellow			
Amelia Wing	4	100	A win at SCOL3.
Orange			
Tom Inness	1	299	Two wins and a second place gave Tom a nearly perfect score.
Light Green			
Adam Methven	1=	300	In Light Green, the winning positions in the 6 races were shared between Adam (M14) and a W14 rival from TVOC giving both maximum points.
Short Green			
Peter Bennett	3	276	
Antje Inness	5	271	
Green			
Peter Inness	4	271	
Blue			
Simon Moore	4	284	Although only competing in 2 events, Simon had good scores as he was also awarded 100 points for acting as organiser for our Bucklebury SCOL3.
Brown			
Mark Saunders	5	274	

This year also saw the introduction of a club competition based on the performance of club members in the SCOL events. This is based on the combined total points scored by a club's members divided by the combined total of number of competitors.

However, in addition, there is a bonus point added for each 4 members of a club competing at an event. It uses all the SCOL events to determine the club's position at the end of the season. Overall it is a seasonal average with a small reward for those clubs with more members attending.

Results are shown on the right. It turned out to be a closely fought contest with the top three clubs being separated by less than a single point when the averages were calculated. BKO came in third being just beaten by both TVOC and BAOC.

TVOC	91.19
BAOC	90.85
BKO	90.75
SOC	86.77
SN	86.37
BADO	81.91

Watch out for details of the events to be included in the 2018-19
SCOA League due to start in September !

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
Sat 11 Aug	Bracknell Local Urban and Club Picnic	Local	BKO	South Hill Park	Bracknell
Sun 12 Aug	NGOC League 6	Local	NGOC	Minchinhampton	Stroud
Sun 12 Aug	Wessex Summer Series	Local	SARUM	Tinneys Firs	Downton
Sun 19 Aug	South West Sprint Championship	Regional	QO	Longrun Meadow, Roughmoor and Tangier	Taunton
Sat 25 Aug	TVOC Saturday Series	Local	TVOC	Wycombe Abbey School (Tbc)	High Wycombe
Sat 25 Aug	White Rose	National	EBOR	Duncombe Park	Helmsley
Sun 26 Aug	White Rose and YHOA Superleague	National	EBOR	Windy Pits	Helmsley
Sun 26 Aug	SEOUL Urban event	Regional	MV	Leatherhead	Leatherhead
Sat 1 Sept	British Sprint Championships (UKOL)	Major		Bath University	Bath
Sun 2 Sept	British Middle Championships (UKOL)	Major		Stockhill	Wells
Sat 8 Sept	Winter Saturday Series	Local	BKO	Tbc (<i>awaiting permission</i>)	tbc
Sat 8 Sept	SN Saturday Series - Event 1	Local	SN	Horsell Common	Woking
Sun 9 Sept	SEOUL Urban Event	Regional	TVOC	Thame	Thame
Fri 14 Sept	London Weekend Friday Sprint Race	Regional	SLOW	Rotherhithe	Rotherhithe
Sat 15 Sept	SLOW City of London Race	National	SLOW		London
Sat 15 Sept	TVOC Saturday Series	Local	TVOC	Wendover woods	Wendover
Sun 16 Sept	LOK City of London Race Sunday	Regional	LOK	Bloomsbury	Bloomsbury
Sun 16 Sept	Corinium Canter Urban Event (SEOUL)	Regional	NWO	Cirencester	Cirencester
Sat 22 Sept	Caddihoe Day 1	National	SARUM	Perham Down	Tidworth
Sun 23 Sept	Caddihoe Day 2	National	SARUM	Sidbury Hill	Tidworth

Report by Bo Öqvist

For some time I had wanted to give something back to the local community. I myself had grown up with my own and my friends parents starting up and managing different sports teams.

So, what could be 'my thing'?

The inspiration came when I read an announcement about the World Orienteering Day (WOD) being held on May 24th 2018. This is a day when the International Orienteering Federation (IOF) market the sport with the purpose to spread it into communities where it is not generally known yet.

I decided to arrange a World Orienteering Day at my daughter's Primary School at Cheapside, Ascot.

The first task was to create an orienteering map of the school grounds. How difficult can that be, it is only a small school ground, I thought? Quite tricky was the answer. Thanks to help from Eric and Denise Harper I managed to produce a map of sorts, shown on the right.

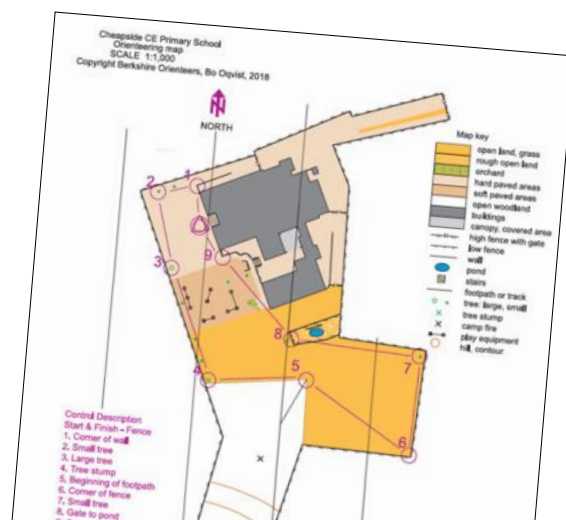
On the actual day, I introduced orienteering to Years 3 up to Years 6 (so from 7-11 years old). We started off with some games to learn the basic symbols on an orienteering map. Half the children in the class got a card with a photo, the other half got a card with an orienteering map symbol on. The task was to find the friend that had the matching photo or symbol.

After the indoor session it was time for some outdoor orienteering. I had set a course with nine controls within the school ground. I used kites with the traditional style for punching (where you punch holes in your startcard). For the youngest children, punching in the numbered box was the highlight of the day!

The children went out in pairs to run the course. The older children in year 5 & 6 did well, they generally got the idea that map and reality should match and they also took the time to read the map when they were not sure where they were going.

The younger children in year 3 & 4 used a different strategy. The map was binned as soon as they got it in their hands. Instead they had a look at where their friends were going and just followed them. Almost all of them subsequently skipped controls 6 and 7 and had to go back again. This was all very similar to when you see really young children playing football and absolutely everyone is chasing the ball but oblivious to where the goals are!

In the end, there were lots of smiles and laughter. The children really did enjoy it. The teachers commented that some of the children who normally refused to run during PE lessons had been running around the course without



thinking about it. The children of Cheapside Primary School are in good company, orienteering legend Thierry Gueorgiou also reflected on this (google Running Wild: Orienteering | The New York Times – YouTube)

At the end of the day, four classes and 100 children had been given an introduction to orienteering, for most of them for the first time.

Since there seemed to be an interest in the sport, I decided to strike while the iron was hot. The following week I arranged a junior beginners coaching session at Lily Hill Park outside Bracknell. Eight children showed up at the first session. After three additional sessions this has now increased to 15-20 children through the children referring each other. When possible (travel time from Ascot and area suitable for beginners considered), we are having the juniors beginners training together with the Wednesday evening regular club training.

So, what happens next? The trainings will continue on Wednesdays at 18:30 until school summer holidays. We will have the final exams on Saturday 21st July where the children will show their parents that they can run a course of white standard independently. We will then encourage the children and the families to join the club as members and also try out one of the Saturday events, starting with our own at Jennett's Park on July 14th.



Harvester Relay - 23rd June 2018

Mark Saunders

For the first time in a few years, we took a team to the Harvester Relay. This is an annual event taking place overnight near to the longest day of the year, so that there are a mix of day and night legs. We were taking part as a team of 5 in the B relay, as an *ad hoc* team, as we had did not have the correct make up of age categories to compete for the prizes.

This year's event was organised by Southdowns Orienteers at Tilgate Forest, near Crawley. Quite a mixed area of forest, parkland and golf course, that didn't suffer too badly from summer undergrowth. The camping was in a section of 'white' beach wood that was a fantastic spot to spend the night. With an indoor cabin hosting the map collection, results and live updates on a big screen from the radio controls, it was all set up for a good night's racing.



The Harvester Trophy

Leg 1 – Simon Moore – 4.5km

After a team barbeque and a few hours' sleep, Simon led the team off from the mass start at 1:30am. After a slightly messy start in the darkest part of the night and overshooting the first control, Simon put together some good splits in the middle of his course and brought the team home in 5th place out of 23 teams.

Leg 2 – Pavel Prochazka – 7.5km

Pavel, having just returned from the Jukola, showed us how to run a night relay. The longer course crossed the road bridges over the M23 into a more hilly section and took in a few controls on a golf course. With few mistakes and good speed over the terrain, Pavel ran an impressive leg and was leading as he came to the finish.

Leg 3 – Katy Stubbs - 4.0km

Katy writes:

'Having been injured for most of this year and only run a (small) handful of events on terrain I was very

wary of being able to run. But I love the Harvester, having helped at the very first event in 1978 and run in many before BKO seemed to lose interest in overnight relays.

Simon had a decent run and Pavel an even better one so I ended up going out in full dark in the lead on the B relay. I knew that I wasn't likely to keep that lead, my target was to have a clean run and not lose too much time. So no major mistakes and safe routes.

The mass start for the 7 person teams at midnight!

(Photo: Will Heap, Southdowns Orienteers)



The first few controls weren't too difficult and the paths seemed obvious. The first cross country route I took I ran further than expected before I saw the first path so I turned left at the obvious one which would take me either to the control (if I had gone as far as I thought) or to a path junction which would take me straight to the control. It was the further path, so at least my distance judgement was working!

The one that I did mess up was the next one to 5 where, in the dark, I read the obvious path going to the control overlaying a contour line as a vegetation boundary. So I tried to go cross country using a ditch from the previous ride. Not a good move as the "run" forest wasn't that in the dark and, after a very slow 150m, I ended up on the veg boundary (i.e. path) close to where I would have come in off the main track anyway.

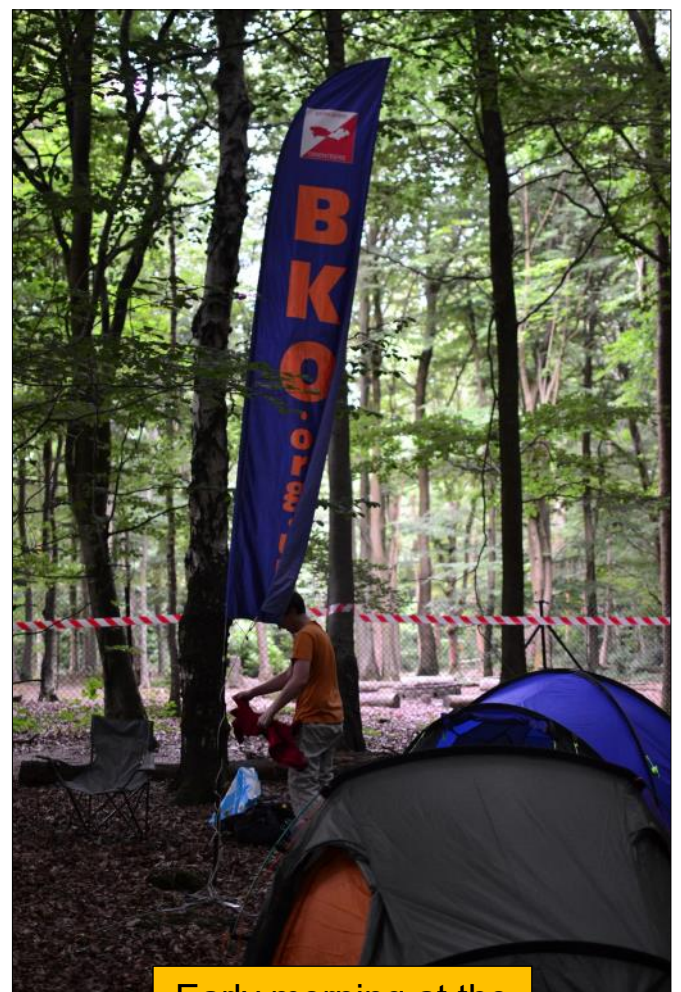
No other major problems, one route where I took the path before the one I was aiming for, but I already had my relocation sorted in advance so I didn't lose much time there. I lost quite a bit of time for the team but still finished in early dawn light so as far as I was concerned that was a reasonable run. Runners on my leg who went out in daylight had a much easier time navigationally so being low in the overall results didn't bother me too much.'

Leg 4 – Mark Saunders - 4.5km

Mark writes:

'I was lucky in that I got to run just as it was getting light and the birds were just beginning to sing. The first few legs in the woods were dark but in the more open areas and towards the end of my leg I didn't really need my head torch. I don't know if it was the lack of sleep, but I lost concentration a few times during my run. Exiting the 1st control I rushed out towards the nearby path but hit the wrong one and ended up running the wrong direction by 90 degrees for about 150m before I checked my compass. The area had many small paths and it seemed to make sense to run hard around the long route rather than risking a mistake by running straight.

The first time I really went far into a block of forest was for controls 9 and 10. The first I hit cleanly but the second I made a bit of a mess of and had a big hesitation while I worked out that I'd mistaken where I left the path network. Legs 10-11-12 I took the long path option and lost concentration re-tracing the same ground back to 12 and blew about 45 seconds as I'd stopped checking my map. The last couple of controls were pretty straight forward and I ran hard up the hill to the handover.'



Early morning at the BKO 'campsite'.

Leg 5 – James Wilkinson – 7.5km

James writes:

'As Mark arrived back from his leg sooner than I had expected, I had no idea where the team was in the current standings. I was determined just to concentrate on my own run. However, it didn't take long for the racing to develop.

Southern Navigators' team last leg started just 25 seconds behind me. With different initial gaffles, this created some really close racing, arriving at control 3, 5 and 7 almost together, but diverging between. After crossing the motorway bridge, we chose different routes to the next control, with mine proving the slower. However, after somehow getting ahead on control 9, I was able to steadily pull out the lead, and after passing on the way out of 12, I didn't see my chaser again.

At control 13, I also encountered a runner from South Yorkshire Orienteers (SYO). At that point, I assumed it was someone else passing me. My impression of a faster runner was only confirmed when I was unable to keep up over the next couple of controls, and by the time we crossed back to the north of the motorway again, I had lost him. It was only when I got back to the start that I discovered it was actually the course leader who had set out nearly 10 minutes ahead of me.

It turned out that ignoring the other runners out on the course and concentrating on my own run had paid serious dividends. With one of my best runs in quite a while, I was not only able to distance the chasing team, but also pull back to within a minute of the team ahead.'

After roughly 4.5 hours we finished in 2nd place, 55 seconds behind the winning team from SYO. The result was largely irrelevant, as we were a non-competitive team, but there was a little tension as the splits came in from the radio controls while James was running the last leg.

However, the event wasn't only about the time in the forest. As there was no pressure to rush for a start, there was time to sit and chat beforehand and enjoy spending time in the woods.

The venue hasn't been announced for next year yet, but I hope we'll be able to get a team or two together and make it a fun weekend.

Some Harvester Relay Memories - Katy Stubbs

With this year's event being the 40th staging of the Harvester Relays, here Katy looks back with some memories of her involvement.

The Harvester relay was set up in the late 1970's as a UK version of the successful Jukola relay held in Finland. The name comes from the club – Combined Harvesters (CH) which was a small club, with Elite or close to Elite members. Initially there was one course for teams of 7 runners, not certain if there were any class separations at the time.

I'm not certain why Ecclesall Woods in Sheffield were picked as the first venue in 1978, although at least one and possibly more CH members lived there (it was a long time ago!). In any case SPOOK, the ex SHUOC (Sheffield University) club, members helped at the event. I remember spending a number of hours checking controls cards under torchlight after my run with other SHUOC members. When we were finished it felt like midday at around 7am in the morning. I'm afraid the SPOOK tradition of beer after an event kicked in and two "party sevens" were opened and shared around, much to the disgust of more traditional YHOA members. Those under 60 may need to ask older members what a party seven was, I can assure you that the beer tasted awful.

For the next few years, from 1979-1982, it was still organised by CH with the help of local clubs. We competed with our local club (HALO) and they alternated between the north and south of England, Long Valley near Aldershot, Lyme Park near Manchester, Ash Ranges and Catterick Camp. The numbers of team types and relays went up gradually over the time.

On return from 2 years overseas, Dave and I joined Reading OC (BKO) and continued going with the biggest number of club teams competing at Sutton Park in 1986 (3). By then it had become a national British Orienteering event and moved around much more. Sutton Park was not the most successful year for BKO, two teams lost the kavlen while running (handed from team member to the next to prove no cheating) and one person overslept by about an hour until I finally found his campervan, woke him up and sent him off. But that isn't the point with the Harvester, it's running together, in the dark and



The Harvester Trophy

working as a team that counts. Rough campsites and junk food are the order of the day.

Pembray *[an area of wooded sand dunes on the South Wales coast]* in 1987 was memorable for the weather, Don Cload got serious heat exhaustion running last leg (6-7:30am) which was pretty unexpected. Plus no-one got any sleep as the commentator (Hag Harris) talked and sang at full volume all night. We ran at all of the races up to 1990 and I then controlled the next one on Hankley Common. That was most memorable for the thick fog that settled in the valley and completely hid the lit changeover from incoming runners. In 1994 BKO organised on South Star Posts (now known as Barrossa) and we planned. The views of lights chasing each other from W to E in the open land on the north side of the main valley were very impressive until the weather changed. Everything was working fine until it started to rain and the "waterproof tape" that held the maps rolled up was found to be not at all waterproof. Try finding a hundred or so of rubber bands in recently felled rough open at 7am in the morning!!

Enthusiasm in the club for night and/or relay events dropped after that time, probably due to a few enthusiasts retiring or moving. Hence I remember very few races until controlling again, this time at Penhale Sands on the Cornish coast. Again the weather played a significant part, we should have been able to see runners' headlights from at least 2km away but the sea fog rolled in.

I have so many memories of different events, different types of area (some really enjoyable, some unpleasant). It was great to do the event again this year, but I don't think it will ever compete with the Jukola which had something like 1800 teams this year.

Shamrock O-Ringen, 2nd-4th June 2018

James Wilkinson



With no Scottish 6 Days taking place this year, I needed to head elsewhere to get my fix of multiday orienteering in heather and peat bog. With this in mind, I made my way to Ireland for the Shamrock O-Ringen, hosted by Cork Orienteers. The competition consisted of three days orienteering over a long weekend on the border of counties Cork and Kerry.

Day 1 was a middle distance race in an area called Coolcurtoga. It consisted of undulating terrain on top of a subsidiary summit of some higher mountains, and the slopes dropping off to the north. After a 20-minute minibus ride from the event centre, it was still another 2.5km walk with 330m of ascent to the start – more climbing than was actually on my course!

Aware of major mistakes in similar terrain previously, I set off from the start at a very careful pace, ensuring that I maintained constant contact with the map. The early sections of the course on the higher part of the area required a lot of counting off reentrants, as well as sticking to the right marshy area through the terrain. My slow and steady approach worked well, and I encountered each control exactly as expected. After nine controls across the top, the course then dropped down the side of the hill. Very steep and rocky slopes on the direct line to control 10 meant that I chose to stay on the higher ground and swept west before dropping to the control. Picking down the slopes on a rough bearing, I was able to make for a short stretch of ruined wall; this made the perfect attack point into control 10. From there, it was a relatively straight forward run to the finish. I completed the day in 3rd place (M21S), only 25seconds off 2nd. I had plenty left in the tank, and could have run quicker, but would this have sacrificed the accuracy?

Day 2 was a classic distance race on Crohane Mountain, the other side of the road from the previous day's event. This meant another minibus ride, and a similar walk into the start. Inspecting the maps available before the start, I identified the southern part of the area as a cause for concern – a maze of high parallel



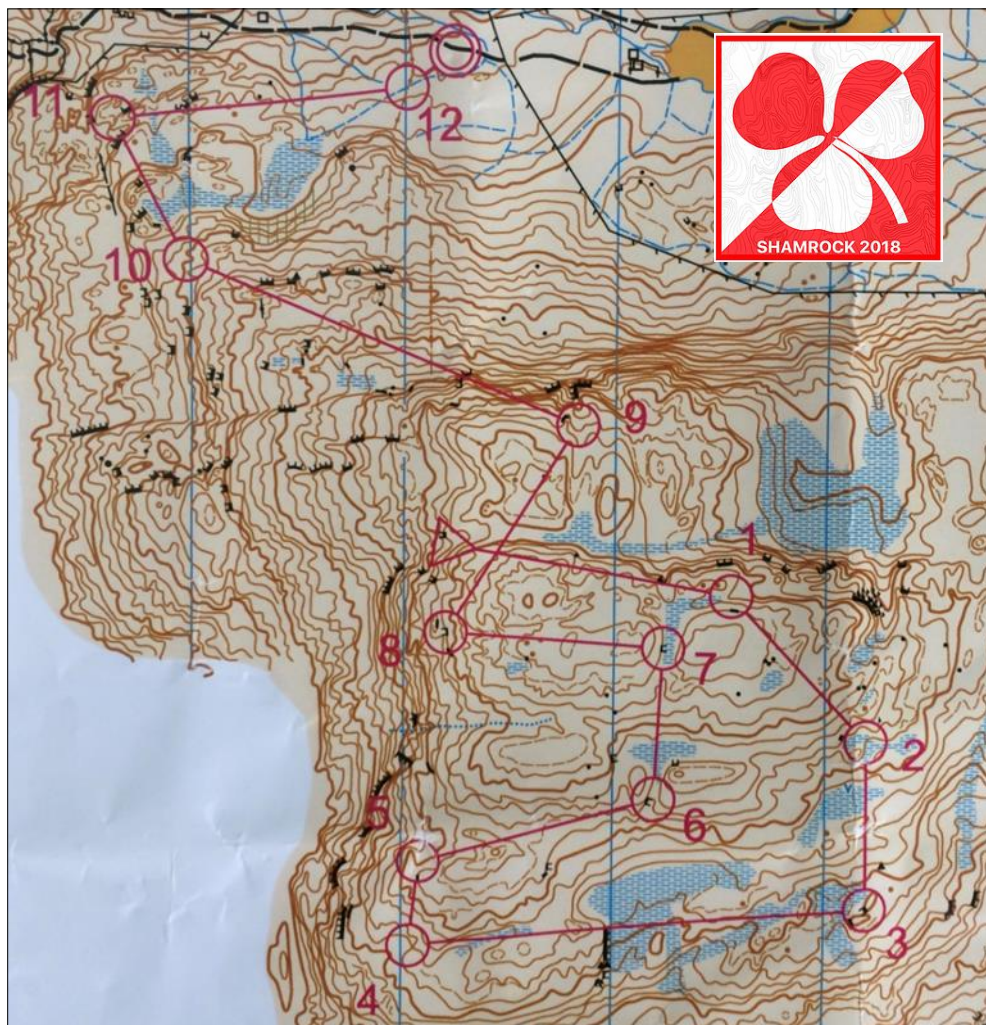
craggs and ramparts running east west. Get lost in there, and relocation would be all but impossible.

Setting off from the start, it was uphill straight away to control 1, which presented no problems. Control 2 was a very short leg, but I still managed to overshoot, passing the control too far southeast. The very dry weather meant that it was not always easy to tell on the ground what had been mapped as marsh, and what was just a small valley, which didn't help some of the finer navigation. Similarly, I missed control 4, drifting too high up the hillside, although I was able to spot the flag below and correct my error. Neither felt like major mistakes at the time, although subsequently looking at routegadget showed them to be larger than I had anticipated.

The next leg was a long one, taking us across the map and into the craggy area. Leaving control 4, you could see the large marsh area at the base, with the small valley heading south into the crags; it was therefore easy to just run across the hillside for the initial part of the leg. Once into the crags, I slowed to a walk for the majority of this part of the course, ensuring that I always knew exactly which of the parallel ramparts I was on, and which gap I was climbing through. In this manner, I was able to chart a near straight line through the crags and to control 5. Control 6 was a similar story, picking as near a straight line as possible, whilst always maintaining map contact.

After looping through the crags, the course dropped back down the hillside, and into a section of woodland. This was surprisingly slow going, with the steep hillsides proving to be very rocky underfoot; on one wet rock I completely lost my footing and hit the deck, giving my shoulder a bit of a knock in the process. Luckily, there was no major damage done, and I completed the course in 4th place.

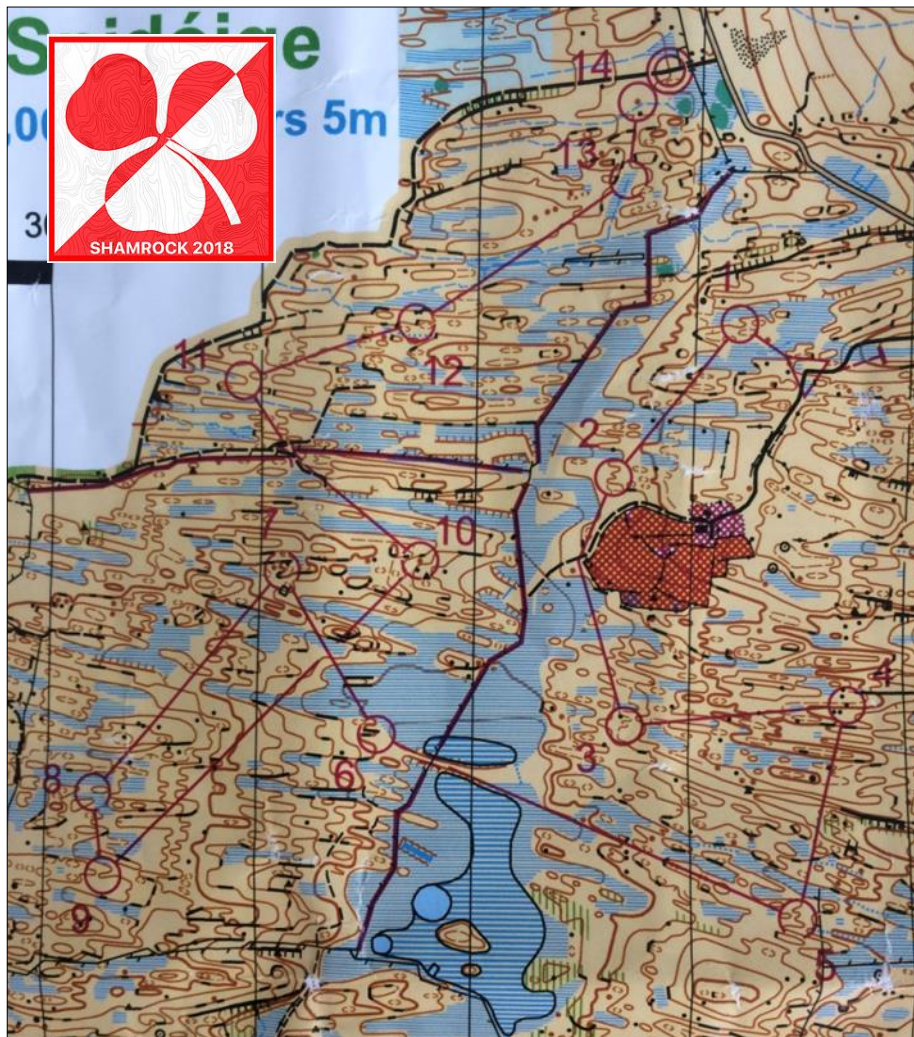
Day 3 was a chasing start at Tír na Spidóige, based on aggregate times from the previous two days. I would be starting 3rd, 3 and half minutes behind 2nd, but only 2 minutes clear of 4th. I knew it would tough to hold onto my podium spot, as the runner in 4th had



lost a lot of time on the first day with a major mistake, but had won day 2.

The area was not dissimilar to the previous days, but much lower. There were a series of low parallel ridges, some with rocky outcrops, but without the very high crags of the previous day. The early controls were relatively straightforward, with the boulders on top of the small hills (remnants of glaciation in the area) proving to be extremely useful features for ticking off the distance covered. I was running well, despite being passed by my 2-minute chaser relatively early on, navigating cleanly to all the controls. This was until control 11.

Leaving control 10, I knew I was making my way to a fence crossing, and thought I could see it below me. I was only when I crossed the fence, and set my compass that I realised I had made a mistake, when the fence seemed to be running in the wrong direction. I had gone to the wrong fence, 90° out from where I should have been going. I ended up having to track back west along the fence I should have crossed. It was frustrating that the only real error I had made was a result of switching off my brain and not checking my compass leaving the control, rather than as a result of technical terrain. However, this mistake made no real difference to my final result, as I was further down on the next runner than the time lost. I finished 4th on the day, and in the overall classification.



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WMOC 2018 : 7-13 July - David Jukes



The World Masters Orienteering Championships is an annual competition which gives 'masters' the chance to compete at international level against top quality opposition. The event caters for all age groups from M/W35 upwards. One point to note is that it is an 'open' event - attendance is not restricted to a national team and anyone can enter. The WMOC includes competitions for the Sprint, Middle and Long disciplines with qualification races and finals. Competitors are randomly allocated to a heat for the qualification races (1, 2, 3, etc) and these determine which final race (A, B, C, etc) a competitor will run in. Those who win their A final are declared the World Champions in their age group.

*Three BKO members attended the WMOC this year in Denmark. **Nigel Hoult** and **David Jukes** (both M65) attended just the Sprint races (qualifications and finals) and **Martin Wilson** (M70) stayed the whole week to compete in all three disciplines. In this report, David Jukes focuses on their approaches and results in the Sprint races.*

Tactical Considerations in Sprint Events

There were two races - on Saturday the qualification races were around a 'science park' to the north of Copenhagen; on Sunday the finals were held in central Copenhagen. To compete at the top level, the initial aim must be to try to gain a place in the A final. There were a maximum of 80 places available in the A finals. For both M65, with 342 competitors, and M70, with 385, there were 5 heats with the top 16 in each heat reaching the A final. Our three competitors needed to consider their best options to achieve this.

Qualification Races

For Martin, who has competed internationally and who knew that he was capable of challenging the world's best M70s, it might seem that the qualification race would be a formality. A chance to stretch out but to keep some energy in reserve for the final the next day. In fact, speaking to some other top UK orienteers, they cautioned him - 'Take it steadily; no need to race hard.'

For Nigel, the situation was the opposite. He is a running enthusiast and can run fast. However, when navigating an orienteering course, his times are slower. Overall he assessed his ability as being borderline for the A final. As he wanted to maximise his chances of reaching the A final he decided to attack the qualification race and really push himself to try and reach the top 16 for his heat.

Then what about me? The day before the qualification race, Martin asked me what my tactical plan was for the qualification race. "Go flat out to make the A final!", I said. As Club Captain, Martin knew my ability better than I did! Slowly, and with good reasoning, he persuaded me that I was perfectly capable of reaching the A final and that I should approach the heat with more confidence in my chances. It was better to have a clean run leaving a bit in reserve. This made sense and was particularly important as, in two recent races, I had had one disqualification and one disastrous result due to stupid errors.

So what happened in the qualifications? Despite the advice, Martin prefers to push quite hard on qualification races, keeping his pace and concentration high, and using it as proper race practice. He found himself moving well and enjoyed pushing hard - perhaps at a 95% pace. He had a nearly clean run and found himself with a lead of over a minute. A great result but indicating that a slower run might have left him with more energy for the final.

Nigel ran hard and as fast as he was able. He was at the



Before running in his Sprint Heat race, **Nigel Hoult** was a 'parkrun tourist' and did the Copenhagen 5km run.

limit of his navigation and unfortunately in this situation mistakes and errors can occur. For two controls he found himself approaching a control on his selected route which he took to be his control - unfortunately they were not and he was disqualified. His split times are interesting. For the final 4 controls he recorded the fastest or second fastest splits demonstrating his high level of fitness. His overall time would have put him in 15th position demonstrating that his tactical approach had been correct and he had needed to use his speed to attempt to reach the A final.

With Martin's advice in my mind, I did indeed set off to achieve a clean run without excessive pushing for speed. It worked! All the controls appeared as expected and my steady pace saw me reach 6th position and well into the top 16 places available for A final qualifiers from my heat. Wow!

The Sprint Finals

Of course, for the finals, the aim must be to go fast and push but don't make mistakes - tactics that apply in any orienteering event! However the pressure of a World Championship final makes achieving the correct balance harder. One is tempted to push harder than normal but this increases the chance of errors. Whilst we all like to think that we can avoid doing something silly, in the heat of the moment, things can go wrong.

For Nigel, his disqualification in the heats meant that he was placed in the lowest of the four M65 final races - M65D. This might sound depressing but Nigel was not alone in being disqualified. In fact, amongst the 'D' racers was Eddie Harwood, currently ranked 8th in BOF's M65 ranking list. I suggested that Nigel should regard beating Eddie as having a great run. In fact Nigel did very well. He again had the fastest or second fastest legs over 4 of the last 5 controls and finished in 3rd position. And Eddie? He was 4th, 31 seconds behind Nigel mainly due to having a leg (9-10) which was 40 seconds slower than Nigel's - presumably an error.

For Martin, his first place in the fifth qualification race meant that he was the final runner in the M70A race. You can see his comments on this in the box over the page. Of course he was in with a good chance of taking the top place but all competitors in the A final have a chance of doing well and it is another race to be won. As he reports below, he came in 5th. He was of course disappointed in this given the possibility of making the podium but seconds matter at that level and it was not to be.

For me, my qualification position meant that I was starting quite late in the M65A final. I felt that I should push hard and really attempt to finish in the top third. Things went well - in fact I had the fastest split to the first control and I had a 7 second lead at the second. Then some small errors occurred. I punched a wrong control, realised and went on to the correct one. I looked at a wrong courtyard on the map and tried to find an exit which didn't exist. However I was running and navigating well and was still in 12th position at the 10th control with just 3 more to go through the final large courtyard. What could go wrong? My leg #9 - #10 was the same as Martin's #11 - #12 (shown on page 19). The black dots represent individual columns in a colonnade. The approach was through an arch from the previous smaller courtyard. On leaving the arch I looked up and saw, ahead of me, a colonnade and I ran straight towards it and started searching for the control. It was only when I had gone past about 10 columns that I realised I must have gone wrong. In fact I had run straight past the control and was exploring the later colonnade which projects further into the courtyard. My splits show that I lost 50 seconds here and that I dropped from 12th to 31st with this one error. It was still a top half finish and, without the error it would have been a really great result *(but I know we can all say that!)*.

Overall it was a superbly organised sprint competition and great fun to be participating in such a prestigious event.



David Jukes completing his Sprint Heat race
(Photo: Nigel Hoult)

Martin's Sprint Final : See maps on next page

Got to wear the coveted M70-1 bib (see front cover!). No nerves really, had been in this position in 2016 in Estonia WMOC. Just focus on each leg, use 1-2-3 to get into the flow, and enjoy it.

1 & 2: easy warm-up. 2-3: took E route round the back of the gardens. Did think of NE-SE route also, I now think it would have been quicker, as gardens were more twisty than expected. Caught my one-minute man at 4, very unexpected. At 5, I was (5 secs) in the lead.

5-6: Mis-read the map, thinking the E exit from the alley halfway along the red line was open. Overshot, had to double back through the gardens again. Lost 20+ secs, a real shame, slipped back to 9th.

7-10: Longer legs helped get my speed up, giving splits of 3,1,2,1 that got me back to 2nd, only 5 secs behind the leader. 7-8: like most people went NW to go under the bridge, up the steps, along the NE side of the road, then down steps to the control. I wonder if faster was NE to the road, then cross on the (less busy) SW side of the bridge, down steps and NE to the control.

10-11: Sadly, I read the map as a continuous olive green section in front of me. I think the bright sunshine narrowed the differential between the yellow and olive green. Wasn't sure the route R by the red line was clear, so chose to run SE-SW to the pond. Hard to believe I missed the opening right in front of me, but I did, a classic case of not reading ahead late in the race. Another 20 secs dropped, and back to 5th.

12-F: a bit scrappy on this section, I didn't gain what I should have done, and finished 4 secs behind 3rd, and 1 sec behind 4th. So near, yet so far....but 5th out of almost 400 was actually not that bad.



Martin Wilson at the Sprint Final finish
(Photo: Nigel Hoults)

WMOC - Middle and Long - Martin Wilson reports

I stayed on in Denmark for the forest events, Middle and Long Distance. Both of these had qualifying rounds. A Forest Qualifier event decided your start in the Middle Finals, and the FQ and Middle days decided your start in the Long Finals. Sadly, I made a real mess of one long leg in the FQ, getting very lost indeed while close to leading the race, and this dropped me to the Middle D Final. I won that final by about 4 minutes, and thanks to a new rule that 1st and 2nd in each Middle Final were promoted to the Long A Final, I ran that on the last day, albeit with a very early start time.

It was lovely to run the A Final in cool conditions, in a great forest, though quite rough and green in parts, which at that time was almost empty. I saw few people all the way round, and no competitors at any of my controls bar one. OK, I made a few mistakes, but even with a perfect run I'd still have been about 25% behind the winner, so 49th out of 80 from an early start wasn't so bad. Almost all the Brits were finishing well down, we only won two medals, one of them being Nick Barrable, who lives in Sweden. The Scandinavians just seem so much faster than us through this type of terrain.

WMOC is not a favourite event of mine, I find it too large, very expensive overall, and difficult to keep in touch with O friends as start times are very spread out. But for anyone wanting to test themselves against great terrain and the best runners in their age group in the world, it's a great occasion. Many couples use it as a holiday favourite every year. The organisation, maps, forests and planning are all top-class. Next year WMOC is in Latvia. Just don't set expectations on your final placings too high!

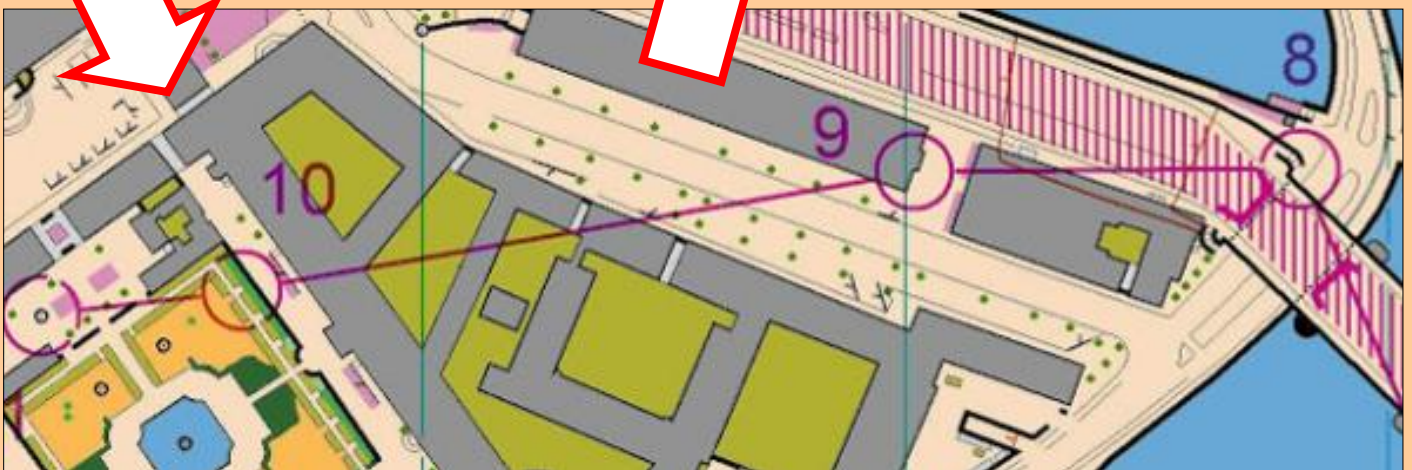
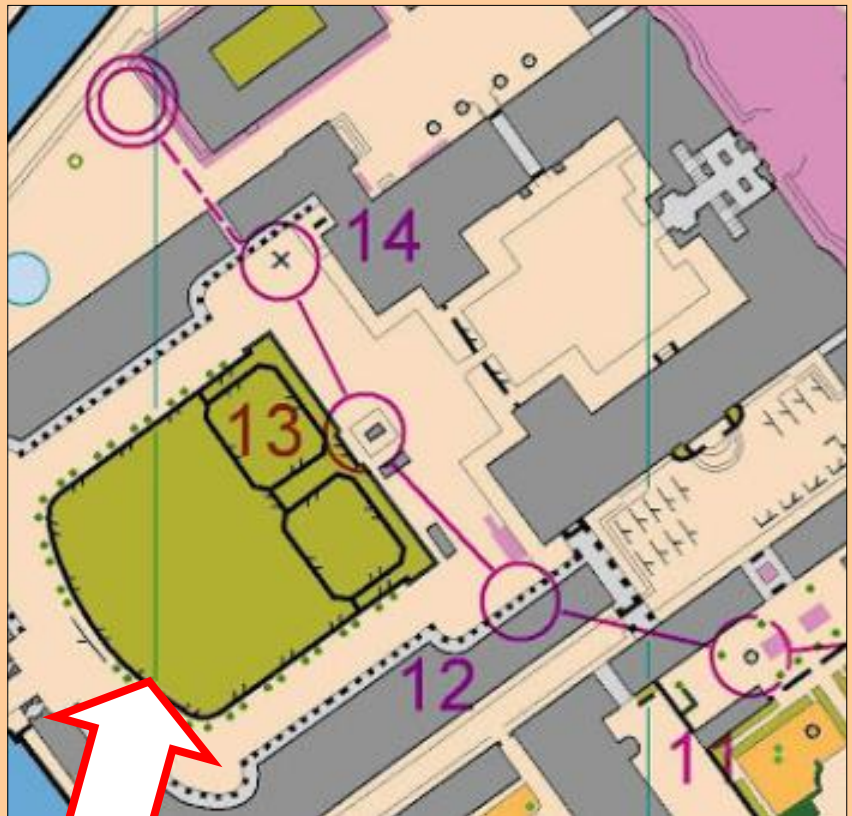




WMOC M70A Sprint Final - Copenhagen



Note: Maps are slightly larger than at the event. At actual size, the magnetic North lines were 3.8 cm apart.



Post-race analysis with **Peter** and **Gill Bennett** discussing options with **Terrance Hosking**

Bracknell Summer Urban Event

Jennett's Park

14 July 2018



Ken Ricketts



James Munday



According to the results, this is **Adam** being shadowed by **Lisa Methven**