

# ***Berkshire Orienteers***

## ***Newsletter***

***March 2014***







## Your 2014-2015 Committee

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Fiona Clough, David Jukes ( <a href="mailto:newsletter@bko.org.uk">newsletter@bko.org.uk</a> ), Dave Rogers and Brian Sewell			



**On the right track:** Karen Flood, left, and orienteers check their results, below.





**Full speed ahead:** Jenny Dickinson and Pete Maliphant, left, and Paul Street, right, near the finish line of the Southern Orienteering Championships. 137903





**Battling the elements:** Frances Biffin, above, and Daisy Patridge; 13, below, were among those taking part in the orienteering event. 137903  
**PHOTOS: ALICIA FIELD**



**Mapping out route to victory**

THE annual Southern Orienteering Championships took place in Swinley Forest with entrants armed with nothing more than a map and compass. Nearly 1,000 competitors of all ages took on the challenge in Swinley Forest. Berkshire Orienteers hosted the championship on Sunday, January 26, which featured courses ranging from 1.9-16.4km, depending on the age group. Each entrant is given a map with markers dotted around the forest, and they must reach them all in the correct order and in the fastest time to win. Electronic equipment is banned. Katy Stubbs, chairman of Berkshire

Orienteers group who has been involved in the sport for 30 years, explained: "You might have a cross country runner who's really fast but rubbish at navigating!" She added: "The 21 age category is the hardest; we devise the courses ourselves and we have about 20 different ones." Competitors battled through muddy conditions from the start, in the forest north of Bagshot, to get to the finish line, off Bagshot Road, Bracknell, near The Look Out. The Berkshire Orienteers has about 170 members, and meets every Wednesday in Bracknell, holding events each month. For more visit [www.bko.org.uk](http://www.bko.org.uk)

# Bracknell News

Serving the community since 1959

Following our Southern Championship event at Star Posts on 26 January, a report appeared in the local Bracknell News providing good publicity for the club.

## Editorial



I was delighted to be informed one Sunday in February that the Newsletter had been selected to be included in the CompassSport magazine's listing of 'Top 10' orienteering newsletters for 2013\*. As this is not a ranked top 10, reaching the 'Top 10' is the highest recognition. From the various comments that I have had from club members during the year, it seems that the magazine's award is echoed by the readers.

Of course, I do rely on the contributors, some regular and some occasional - without them there would be no magazine. So my thanks to all those members who have helped me during the year. I hope that I will continue to get their support and look forward to some new contributors during the coming year.

I have been out with my camera during the year and I am sure that this adds to the impact of the Newsletter. Please can I encourage more of you to take a camera to club events or activities.

The wet winter has not been the best of times for either competitors or the event officials and their helpers. We experienced this ourselves when we hosted the Southern Championships in January. However the sun shone at the recent CompassSport Cup event in the New Forest when we attempted to take on several larger clubs and get through into the final. It was our best performance but our rivals were stronger. Nonetheless, we should be proud of what we can achieve when we work together as a club — whether as officials/helpers or as BKO competitors in inter-club competitions.

David Jukes

*\* It was particularly pleasing as the e-mail was waiting for me when I returned from the TVOC Nettlebed event having been disqualified for missing out a control in error - but that is another story!*

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## Club Notes

*Keeping you informed about the club and its members*

### *Level A Results*

- **Southern Championships 2014 — Star Posts: 26 January 2014:** You will find more details of our involvement in this event further on in this Newsletter. Here the focus is on the results. With most BKO members helping out on the day, it might not have been conducive to good performances. However 2 BKO members gained top places in their age classes. Congratulations to **Adam Methven** who won M10A and to **Ian Cooper** who had a superb win in M70L beating the next fastest by over 4 minutes. Another excellent performance was that by **Helen Fraser** who was third in W35L - here the competition was very intense and Helen missed out from the first place by just 38 seconds. We also had winners on the short age-class courses: **Simon Turton** (M45S), **Jane Courtier** (W60S) and **Anna Methven** (W12B). Also spotted in the results was **Charlie Betts** who won the non-Championship Orange course.

### *SCOA Long Distance Championships 2014*

It was only last November that the 2013 Championships took place (in association with the November Classic). Results were reported in the last Newsletter so it seems a bit odd to be already reporting on the results of the 2014 competition. The selected event was the TVOC

The cover photo shows **Dan Straka** (M45) at his third control in the Southern Championships at Star Posts in January. *For reports from the Organiser and Planner, see pages 20-23*



Chiltern Challenge, held this year at Nettlebed, NW of Henley, on the 9th February. SCOA competitors could choose to enter their age class (and run the course allocated to that class) and be competitive in the Championships or enter a colour-coded course. Quite a number of BKO members chose the colour courses and so were not eligible for the Championships.

There was some confusion on the day as the computer data-base had failed and matching people to competitive classes proved too complex. The following day, when the official results were posted, BKO came away with 3 class leaders: **Helen Fraser** (in the W35 class), **Jane Courtier** (W60) and **Martin Wilson** (M65). Our list of medallists included second places for **Gill Godbold** (W60) and **Gill Bennett** (W70) and third places for **Fiona Clough** (W50), **Richard Powell** (M35) and **Peter Bennett** (M70). Well done to them all.

### *Committee Discussions*

The club's Committee met in late January and the following are some the items discussed.

- Following discussions at previous meetings, and reported in previous issues, **Brian Sewell** reported that we had now purchased a new lap-top computer and a generator for use at events for results processing. Suitable software has been installed and initial use will be at our Saturday events to gain experience with a limited number of competitors. It is expected that it will be suitable for use at our Level C events (the SCOA League events) but we will gain experience before switching. Further computing hardware would be needed and this would be included in the budget for 2014.
- Also discussed (again) was our ageing Emit equipment. Here a slower approach was agreed with replacement of controls at this stage only when they failed. It is possible that technology might progress significantly in the next few years and the committee did not want to commit too quickly to a significant investment.
- When looking at the accounts in preparation for the AGM, the committee noted:
  - \* that club nights were a significant cost; the committee would review the options during the summer before deciding whether to continue into the Autumn;
  - \* whether we could get to get increased sales of BKO O-tops;
  - \* there was money available for some professional mapping and Rushall Wood was agreed to be a priority.
- Dave Rogers reported on training provision that had been offered at recent Saturday events. Unfortunately, the response had been very limited but he would continue. It was agreed that in future it should be more visible at events with a training notice board and a 'coach' tabard. There might also be an article in a future Newsletter.
- Our involvement in the 2015 British Sprint Championship was once again discussed. The date for the event, agreed by British Orienteering, is Saturday 9th May to be followed by the British Middle Distance Championships on Sunday 10th May. The region is attempting to stage these—TVOC have a suitable venue for the Middle Distance event but there is difficulty in finding a suitable venue available on Saturday for the Sprints. It has now been discovered that the possible arena at our suggested venue (in Bracknell) would not be available on the planned date. Discussions will continue!
- Initial plans for this year's Summer Urban Park Series were discussed with some agreement as to the preferred locations. Permission will now be investigated.



**Fiona Clough** finishing at the Level A  
**British Night Championships** on  
22 February - one of only a few  
BKO entries (Photo: Ian Hudson)

## Newsletter Distribution

Our thanks to those who have indicated that they will be happy to only have the newsletter as a pdf file sent by e-mail as this does save the club money.

If you are willing to only receive the newsletter by e-mail as a pdf file, please let me know and I will add your name to the list.

**newsletter@bko.org.uk**

## Berkshire Orienteers is on Facebook !



## Club AGM and Annual Dinner - 7 February 2014

The club's main social activity of the winter, the AGM and Annual Dinner, was once again held at The Bull at Theale. We have the large upstairs room and spend about an hour on the official business. The main items at the AGM were:

- The overview of the club's year given by Chairman Katy Stubbs (*the text of this is given on pages 8-9*).
- There was then the consideration of the audited accounts for the year presented by Treasurer Peter Entwistle. These showed a healthy improvement over 2012 (which had been in deficit by about £200) and a surplus on the year of just over £1000 was achieved. This was partly due to increased income from events and subscriptions but also there had been reductions in some expenditure — most notably for the Newsletter thanks to some members having pdf versions and by initially distributing some issues at our Saturday events. Although the finances appeared good, the club's Committee has recognised that a substantial equipment renewal will be needed over the coming 2-3 years and has set aside a reserve to ensure that this can be financed.
- The Committee recommended that the fees for 2015 should remain at the same level as 2014 and this was agreed at the meeting.
- When it came to electing the Committee, there was very little excitement as all the 2013-14 Committee members were willing to continue for 2014-15. No one put themselves forward in opposition so there is no change in membership. *The Committee members are all listed inside the front cover.*



**Understanding the accounts  
during the presentation by  
Treasurer Peter Entwistle.**



- The presentation of awards led to warm applause for those in receipt of them (*see next page*).
- Finally the AGM was asked to consider whether to appoint somebody to the role of 'Club Captain' (*see box for what this might involve*). Those present at the AGM thought that this might be a good idea. The next question though was: "**who?**" At this point the room was initially silent but eventually, in the absence of others, Fiona started to offer. However others were suggesting that **Martin Wilson** would be the most capable person and he was encouraged to take on the role. To applause, he agreed, and becomes our new Club Captain. *He was very soon required to perform in this new role - see pages 10-11.*

The AGM came to an end and, after a brief interlude to refill glasses, the room was converted into a dining room and those present sat down to an enjoyable Annual Dinner.

### Club Captain

Generally in other clubs, a **Club Captain** takes responsibility for the entries for competitions where:

- (a) the results of an event are used to determine an overall club result (e.g. CompassSport Cup) or
- (a) BKO relay teams are entered and selection may be necessary to determine which relays to enter and who will run in which relay team.

The Captain might therefore encourage participation, identify those wanting to be part of the BKO entry, identifying optimal BKO entries (by selecting relay teams) and co-ordinating the entry. If present at the event, the Captain would take the lead in any on-the-day interaction with the event organisers (e.g. registering teams, collecting numbers).

The club has managed in the past to use *ad hoc* volunteers for this but the Committee wanted discussion as to whether we should have a designated individual who would take on this responsibility.



Enjoying the meal after the formal business of the AGM was completed.



## Club Awards

The AGM is also the time when the club recognises some of the best performances (both competitive and administrative) of club members during the previous 12 months.

The 3 awards are:

- **Dave Stubbs BKO Club Champion's Trophy**
- **Jim's Jug:** for most improved junior
- **Derek Harding Award:** for contributions to the club

The Club Champion was based on the results of the BADO event in November and the full results were recorded in the January Newsletter. In a very close result, **Eric Harper** just managed to win against **Stuart Parker** and **Debra Robinson**.

The other two awards are decided by the Committee and Jim's Jug was awarded to **Oliver Smith** and the Derek Harding Award went to **Andrew Graham**.



## Ticks



With Spring just around the corner, it is worth reminding BKO orienteers of a potential risk that arises from the sport. Many woods, forest and heaths are home to ticks.

Ticks can transmit bacteria that cause diseases such as Lyme disease, which can lead to very serious conditions if left untreated. Symptoms of Lyme disease can include a circular rash, fatigue, and muscle and joint pain.



Make it a habit to check your clothes and your body regularly for ticks when you've been orienteering and when you get home. Tick bites may not hurt and you don't always notice you've been bitten, so make sure you thoroughly check yourself, your children and your pets.



For more details, see the Public Health England leaflet:

[http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb\\_C/1317138920210](http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1317138920210)



## Chairman's Report to the AGM

Katy Stubbs

### *Events*

BKO put on a total of 16 events, 9 training evenings out in the forest and 28 club nights over the last year.

To start with the larger events, Jane Courtier organised our SCOA league event at Bloom Wood in May, with Andrew Southwood planning and Mark Foxwell controlling. A new parking field was found by Andrew and we had around 265 competitors. In September, Andrew Graham organised a SCOA league event in Yateley Heath. The planner, Ken Ricketts, had many challenges with new quarrying blocking off a large part of the western area and felling restricting the use of the northern block. Again around 260 competitors seemed to enjoy the event despite the restrictions on the planning. A New Years' Day score event was organised by David Jukes and planned by Katy Stubbs and despite the pretty foul weather we still had 115 runners.



This year's Concorde Chase in Star Posts was a Level A event, the Southern Championships, and had a number of challenges. The main one was the parking, which involved multiple visits, refusal of permission from Natural England for the best tracks, then flooding of the alternative parking areas that didn't involve going into the competition area. The size of the parking teams was much bigger than normal which did put a bit of a strain on the rest of the organisation, but with the assistance of many BKO members the event itself went very well. The organiser, Fiona Clough really jumped in at the deep end for her first event, but was ably supported by Derick Mercer with some assistance from myself (Katy Stubbs) and Martin Wilson's courses certainly seemed to go down very well.

We have had eight Saturday forest events at Bloom Wood, Swinley East (2), Rushall Woods, Black Park, Cold Ash, Benyons's Enclosure and Yateley Common. They continue to be very popular with between 60 and 125 competitors, equating (with pairs and families) to between 80 and 170 actual runners. Di and Glenn Wass have continued being organisers for all of these events this year and we thank them for their hard work. Thanks also to the various planners, Steve Fletcher (2), Alan Philips, Ian Hudson, Stefan Stasiuk, Andy Parry and Eric Harper. Ian is new to planning, partly as a result of a planning course put on at our Club Nights.

The Summer Saturday Park/Urban series continued with four races in 2013. We returned to Sandhurst Memorial Park, Easthampstead and Wildridings, Lower Earley and Birch Hill; planners were Eric Harper, Andy Parry, David Jukes and Ken Ricketts. The organisation was done by collaboration with a number of people contributing including Derick Mercer, Fiona Clough, Peter Entwistle, Ken Ricketts, Katy Stubbs and Glenn and Di Wass. Numbers averaged around 40 runners.

Maps were updated for many of these events, some minor, some major. Ken Ricketts re-surveyed the Yateley Heath map, Eric Harper updated some of the urban maps and created the new map of Yateley Common, and David Jukes extended the Lower Earley map. Forest maps were corrected for nearly all of the rest of our events by Katy Stubbs, some minor changes taking a day, some much more significant taking weeks (Star Posts for example). We do need to get more people into mapping in the future as one person can't take on the responsibility for updating every forest map, Alternatively we will have to pay for more professional map updates.

### *Schools and Community Work*

The Berkshire Primary Schools competition continued last year, again due to the contacts that Denise Harper has within Berkshire. Heats were run by BKO in West Berkshire (both LEAs),



Bracknell Forest and for the first time in Slough, with the final at Wellington College. Thanks to Denise for mapping the areas, planning the courses and (with Eric) organising the events, with the support of other BKO members. We have again been approached about the forthcoming year.

### *Club Nights/ Training evenings*

Weekly Club Nights have continued throughout 2013, based in Bracknell in Birch Hill Primary school. We had grant support from British Orienteering which will maintain the cost of hall hire until March 2014, after that we will need to consider whether to continue to subsidise these evenings as they do not pay for themselves with the room hire being relatively high. Mark Foxwell and Katy Stubbs ran the majority of these, with Jason Edwards continuing to support these evenings when he is able to do so.

The summer Wednesday evening events followed on from the Club Nights starting with Swinley West at the beginning of May. They were designed to follow a progression of training exercises ranging from map memory, line event and using contour and vegetation only maps. This year the club coaches took the lead in planning these events, Mark Foxwell, Jason Edwards and Katy Stubbs. We again shared 6 evenings with Southern Navigators, they came to 3 of our events and we went to 3 of theirs which lightens the load to some extent.

### *Other Events – JK2013*

I can't make a report for 2013 without mentioning the enormous amount of work that was involved in staging the JK in SCOA. Many BKO members took leading roles over the 4 days of Easter weekend, most helping for more than one day and in some cases all four days.

A few of the names are given here: co-ordinator, mapping, programme Katy Stubbs; treasurer; Jocelyn Andersson; safety officer Dave Rogers; accommodation Di and Glenn Wass; enquiries/ EOD team leaders Andrew Graham and Ian Hudson; day 3 planner Eric Harper; day 3 assistant organisers Alain and Sue Wilkes. The list could go on and on, but thanks again to everyone who helped, even if only for a short time on one day.

### *Committee matters*

For the first time in a number of years we have had a full committee thanks to the new members elected this time last year. New members Derick Mercer (secretary), Fiona Clough and Brian Sewell have become very involved with the club during the year and Brian and others have recently researched and now purchased better equipment to allow us to manage entries and results which you will be seeing at future events. This will mean we will be more independent at our Level C events and potentially higher level ones as we get better accustomed to the software.

Thanks for many years service from Eric Harper who has recently passed over getting the land permissions (as a non committee post) to Andy Parry. Eric still keeps the club equipment so he is not completely out of a job.

I would like to thank all of the BKO committee for their support and everyone who has been either an official, or helped at any of our numerous events this last year.

### *2014*

This coming year is a quieter one for BKO than last as we don't have the JK international weekend at Easter. That doesn't change the fact that we will always need organisers and planners. Looking forward we have our SCOA league events in May and September, the summer Urban Parks series and next year's Concorde Chase at Cold Ash.

We are already thinking about the next big event, which will be the British Sprint Championships in 2015.

I repeat what I said last year, if no-one is willing to take on positions then the events will not happen. If members want to be able to go to them, then they have to be willing to help put them on.

## CompassSport Cup — Regional Heat

Ashurst, New Forest — 16 February 2014

Commentary by Martin Wilson, Club Captain

In February the club made its annual trek to the CompassSport Cup heat and a very tough draw had placed us against SOC, TVOC, SO, SN, and NGOC. The first four of these are very large clubs with many good orienteers, so realistically we were not going to match them. North Gloucestershire OC (NGOC) was an unknown quantity, but might be a good target for us to chase. Teams can count up to four scorers from each senior class or pair of junior classes, up to a maximum of 25 scorers. A course winner gets 100 points, second gets 99 points and so on (100, 98, 96.. in junior classes).

Historically, we have always struggled in this competition, with few members attending the event. As a club, however, we've advanced a huge amount in the past two years. We now have a strong presence in the Women's senior classes, an emerging set of Juniors that will do very well over the next few years, plus we have one current JK champion and one BOC champion. We had 28 members competing on Sunday, far higher than any year I can remember. We thus at last had enough runners to achieve the maximum number of 25 counting scores, which I think is another record for us. We no longer needed to have our runners 'running up' a class to fill gaps; instead they could obtain their best score on their own course. Many thanks in particular to the extended Straka 'clan', who provided talented runners across the younger senior classes, and to our key Juniors, Daniel and Oliver Smith, for adding such strong capability to our squad.

As a symbol of the 'new' BKO, we set some targets for the day, as it helped us to gauge success appropriately. The targets were:

- achieving 25 scoring runs
- achieving 2000 points in total (an average of 80 per person, very tough to achieve. We usually get under 1500!)
- beating one team

So how did we perform? It was a great day out, and the pub lunch was excellent afterwards! The New Forest was as wet as I've ever seen it, but it made great running, not too difficult (after the first 2 controls!), and we acquitted ourselves better than even I thought we would. We achieved two of our three objectives, with 25 counting finishers, and 2082 points. I thought NGOC would bring a small team, as it was a fair distance for them to come, but I hadn't expected them to bring a coach with 40 people! It just shows how seriously other clubs take this competition. Nevertheless, we finished 'in the mix', looking like a serious contender, and that is what we wanted. To beat NGOC, we needed an extra 3 points per scoring person. This doesn't sound much, but is quite hard to achieve. One thing I should have asked is for everyone to run really hard through the last leg and run-in! There were a lot of close finishes, and the odd second or two saved near the end can make a significant difference to the results in such large classes.

Our average counting scores in each class were: Brown 86/Short



The **BKO** 'feather' flying in the sunshine at the event



Brown 82/Blue Women 90/Blue Men 70/Green Women 82/Green Men 82/Short Green 89/Orange (Men) 86. So the Best Team prize goes to Zuzka, Andy and Annika – well run! Sadly, it looks like we were short of a rock star or two in the Men's Blue, a very tough class to compete in. To do better than we did, we really do need every active member to take part, particularly our higher-ranked members. The large numbers of 'middle-rankers' from other clubs tend to force our scores lower. I hope that this good result will encourage more members to attend next year. The detailed results are on the SOC website. If a person's score is in bold print, then they were a counting finisher. Congratulations!

Well done and thanks to everyone who competed. I think we all felt proud to be part of a fine and competitive BKO team. I certainly did. Let's see if we can build on this result in future relays and CS Cup competitions.

### **JK and BOC Relays - Martin Wilson**

The JK is in South Wales (Easter Weekend) and the British Championships (BOC) are north of Newcastle (31st May / 1st June). Both are a significant distance for BKO members to attend. The availability of relay runs can make the trip more worthwhile, particularly if we can get enough runners to fill competitive age-group teams. We will be asking people later whether they want a relay run in either of these competitions, but here's an overview of the classes that might fit our profile best. Note the difference in classes between JK and BOC:

#### **JK**

- M or W 120+ (combined age groups of 3 runners must be 120 years or more e.g. 3 x W40s)
- M or W 165+ (combined age groups of 3 runners must be 165 years or more e.g. 3 x M55s)
- Mini-Relay (M/W12-)

#### **BOC**

- M or W 40
- M or W 50
- M or W 60
- M14
- Mini-Relay (M/W12-)

If you're thinking about attending either of these events, do please consider joining a relay team. We now have a rich 'pool of talent' of women members from which to develop quite competitive relay teams. Most clubs may have one or two good runners in a particular class, but not three. We seem to have the potential for several good teams. To the right is an extract from the first page of the current BOF ranking list of BKO women. Anyone with a best ranking score of 900+ could run well in an age-group team; anyone with a 1000+ best score should definitely be there!

Needless to add, entrants for the Men's classes are equally welcome....

<b>Name</b>	<b>Points</b>	<b>Contributing scores</b>
Lenka Straka	5835	990, 950, 1014, 918, 1036, 927
Gill Godbold	5777	998, 979, 951, 969, 948, 932
Fiona Clough	5773	1017, 970, 980, 926, 940, 940
Debra Robinson	5746	963, 879, 969, 921, 1079, 935
Lisa Methven	5598	1075, 813, 910, 870, 952, 978
Katy Stubbs	5497	966, 952, 879, 909, 891, 900
Annika Hermik	5478	908, 915, 911, 938, 888, 918
Catherine Springett	5431	938, 871, 897, 855, 970, 900
Sue Parker	5332	909, 889, 893, 874, 883, 884
Janet Gibson	5061	876, 812, 830, 820, 882, 841
Jillian Ullersperger	5052	937, 876, 859, 867, 727, 786
Philippa Jefferies	5036	858, 903, 790, 816, 751, 918
Helen Fraser	4999	976, 1004, 1015, 948, 1056
Lynne Moore	4633	1003, 900, 931, 907, 892

For the JK, see: <http://www.thejk.org.uk/jk2014/> Entries for the 3 individual days close on 30th March.

For the BOC, see: <http://www.boc2014.org.uk/> Entries for the individual are at their cheapest until Sunday 16th March and the final closing date is Sunday 11th May

In both cases, the club pays the entry fees for the relays if you run as part of an agreed BKO team.

## Know your sport: Events, Competitions and Activities

Many people take part in orienteering as a personal challenge to get around a course - whether in a forest, on moorland or in an urban area. However as a sport, it is competitive with, at most events, the fastest person being the winner.

But how to structure the range of events and how to make the competitive aspects of the

sport more exciting for those seeking to reach the top? Also how should the events be graded so as to provide participants with an awareness of the likely 'quality' of the event? And how might 'quality' be defined?

The nature of the sport means that there is no single answer to these questions and, over the years, different event structures have been tried. So here is an attempt to make things a bit clearer based on the current system!

First we need to separate out '**activities**' (see box on the right). Essentially these are anything put on by a club that does not lead to results - there is no competitive element (except possibly for the personal satisfaction of the participants!). For BKO this would include our club nights and the summer Wednesday evening training sessions. Everything else is an '**event**'!

Events though come in many different forms and quality. To help participants distinguish between different events, currently these are classified into 4 different grades:

- **Level A** events are the most prestigious events intended to provide opportunities for competitors to take part in the ultimate orienteering challenges in the UK
- **Level B** events provide opportunities for more experienced competitors who seek a wider variety of terrain, challenging courses and competition. Competitors are prepared to travel longer distances to attend these events.
- **Level C** events provide opportunities for participants seeking competition at a wider variety of venues and against a varied group of competitors but without wishing to travel great distances.
- **Level D** events encompass a wide range of formats and types of event that clubs wish to stage to provide opportunities for participants to orienteer at a venue near to them. These events may be of any format and type in any terrain: clubs decide what suits the needs of the prospective participants.

It is worth noting that results from events in Levels A-C are normally used to generate national ranking points (*but that is another story for another time!*)

### Definitions:

- An "**Event**" is an orienteering meeting that takes place. The term encompasses all aspects including the planning of the courses and the organisational matters. An event may include one or more competitions.
- An "**Activity**" is a gathering of people who intend to participate in activities related to orienteering: to practise, train or as an introduction to the sport and there is no intention to rank or publish the competitive outcome of the gathering other than results of the coach-led exercises for the purposes of training.
- A "**Competition**" is where persons compete under competition rules to determine the final results with winners and places. A competition may involve one or more races.
- A "**Race**" is where persons complete an orienteering course in the terrain and are ranked from fastest to slowest.

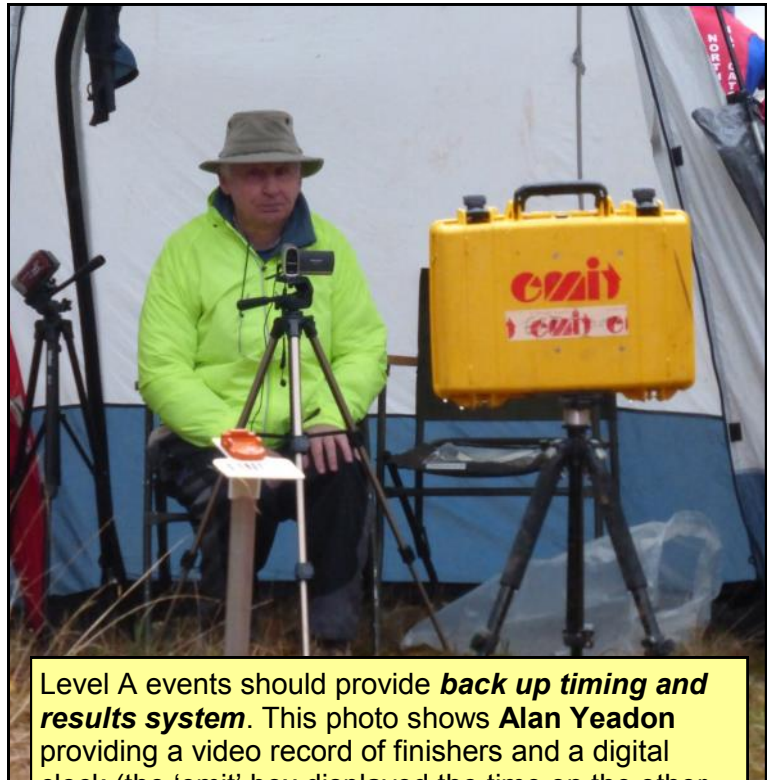
Much of this article is based on the latest version of the '**Rules of Orienteering**' available on the British Orienteering website at: <http://www.britishorienteering.org.uk/page/rules>



The **Levels** help define the quality of the event. The requirements are laid down by British Orienteering and get more demanding as you progress from Level D through to Level A. For example, at the top end there should be an 'arena' with the courses finishing in it, there should be a public address system linked to radio controls and there should be a results display in the arena. The type of terrain is important and the officials need to be experienced and suitably qualified.

Another important factor is that Level A event are scheduled by the British Orienteering Events Committee, Level B by an less formal national Event Scheduling Group and Level C are agreed at regional level. Clubs are free to decide when to stage Level D events around these other events. These requirements are designed to avoid significant clashes between important events.

So where do '**competitions**' fit in? The definitions indicate that these involve '**rules**' and that the rules determine '**winners and places**'. These can in fact take place at any 'Level'. The most important ones, such as the British Championships, the Regional Championships and the JK, take place at Level A events. However many competitions use other levels: the Scottish 6 day competition uses 6 Level B events; the 'White Rose' weekend in Yorkshire uses 2 Level B events; the regional SCOA League is based on a series of Level C events staged by different clubs throughout a season (September-June); and our own Youth League uses our winter Saturday events which are Level D. Some of the regular 'competitions' are listed in the box below.



Level A events should provide **back up timing and results system**. This photo shows **Alan Yeadon** providing a video record of finishers and a digital clock (the 'emit' box displayed the time on the other side) at our recent Level A Southern Championships.

### Some of the Main Competitions

The top competitions are generally regarded as the various British Championships (the Long Distance, Middle Distance, Sprint, Relay and Night) and the Jan Kjellström festival each Easter (comprising a Sprint, two individual events and a relay). More locally we have the Southern Championships (all BOF members can enter the event but the competition is restricted to members of SEOA, SCOA and SWOA) and various SCOA Championships - the 2014 SCOA Long Distance Championships was held in conjunction with the recent TVOC Chiltern Challenge event. Others include:

**CompassSport Cup:** This event (not defined by British Orienteering) is the main Inter-Club competition combining all ages. There are regional heats usually held in February and a national final, restricted to the clubs which get through from the heats, in October.

**Yvette Baker Trophy:** This is the premier Junior Inter-Club competition for English and Welsh clubs. It is named after Britain's first World Orienteering Champion, who won a Gold in 1999. There are regional heats (this year in the early spring) and a final (this year in July).

**Harvester Trophy Relay:** This is an annual fixture which is an extended relay run through the night and into dawn the following day. It is usually held in mid-summer when the nights are short. The main relay is designed for teams of 7 but there is also a course for teams of 5. The main open competition is for the Harvester Trophy but there are other categories with other trophies.

**UK Orienteering League (UKOL):** This is an annual, national competition for individuals and clubs based on a selection of high quality events. The purpose is to find the top competitors.

## Event Summary

This listing, provided by Andy Parry, shows a selection of forthcoming events. It is extracted from the national listing and shows all Level A events (important national events including championships) but only more local events or activities at lower levels. For a full listing, look at the British Orienteering web site.

Date	Name	Level	Club	Venue	Town
Sun 2 Mar	SCOA League	Level C	SOC	Queen Elizabeth Country Park	Portsmouth
Wed 5 Mar	Military League South	Level D	BAOC	Barossa	Camberley
Sun 9 Mar	Sarum Saunter	Level B	SARUM	Great Ridge	Salisbury
Wed 12 Mar	Military League South	Level D	BAOC	Long Valley South	Guildford
Sat 15 Mar	TVOC Saturday Series Wendover Woods	Level D	TVOC	Wendover Woods	Wendover
Wed 19 Mar	Oxford Street-O Series 7	Level D	TVOC		Oxford
Wed 19 Mar	Military League South	Level D	BAOC	Frith and Windmill Hill	Deepcut
Wed 26 Mar	Military League South Team Harris	Level D	BAOC	Harewood Forest	Andover
Wed 2 Apr	Military League South Team Relay	Level D	BAOC	TBC	TBC
<b>Sat 5 Apr</b>	<b>BKO Winter Saturday</b>	<b>Level D</b>	<b>BKO</b>	<b>Burghfield</b>	<b>Mortimer</b>
Sun 6 Apr	BADO Level C and SCOA League Event	Level C	BADO	Perham Down	Tidworth
Wed 9 Apr	Military League South	Level D	BAOC	Hankley South	Deepcut
Sat 12 Apr	TVOC Saturday Series Brill Common	Level D	TVOC	Brill Common	Oxford
Tue 15 Apr	Oxford Street-O Series 8	Level D	TVOC	Botley	Oxford
<b>Fri 18 Apr</b>	<b>Jan Kjellstrom Festival - Sprint (UKOL)</b>	<b>Level A</b>	<b>SBOC</b>	<b>Swansea University &amp; Singleton Park</b>	<b>Swansea</b>
<b>Sat 19 Apr</b>	<b>Jan Kjellstrom Festival (UKOL)</b>	<b>Level A</b>	<b>SWOC</b>	<b>Merthyr Common</b>	<b>Ebbw Vale</b>
<b>Sun 20 Apr</b>	<b>Jan Kjellstrom Festival (UKOL)</b>	<b>Level A</b>		<b>Llangyndydr</b>	<b>Ebbw Vale</b>
<b>Mon 21 Apr</b>	<b>Jan Kjellstrom Festival Relays</b>	<b>Level A</b>		<b>Pwll Du</b>	<b>Blaenavon</b>



Date	Name	Level	Club	Venue	Town
Sun 27 Apr	TVOC Regional Event	Level C	TVOC		TBC
Wed 30 Apr	Military League South	Level D	BAOC	Collingbourne Wood	Ludgershall
<b>Sun 4 May</b>	<b>Northern Championships (UKOL)</b>	<b>Level A</b>	<b>SROC</b>	<b>Gummer's How &amp; Blakeholme</b>	<b>Newby Bridge</b>
Sun 4 May	SO level B,	Level B	SO	Charlton Forest	East Dean, nr Chichester
Tue 6 May	SLOW Night Street Series	Level D	SLOW	Chiswick	tbc
Sat 10 May	TVOC Saturday Series	Level D	TVOC	Wittenham Clumps	Didcot
Sun 11 May	SARUM Galoppen &	Level C	SARUM	Grovely West	Salisbury
Wed 14 May	Military League South	Level D	BAOC	Bramshott	Aldershot
Sun 18 May	Harvester Trophy	Level B	SLOW	Winterfold and Pitch Hill	Peaslake
<b>Sun 18 May</b>	<b>BKO SCOA League Event (Rushall Woods)</b>	<b>Level C</b>	<b>BKO</b>	<b>Rushall Woods</b>	<b>Reading</b>
Wed 21 May	Military League South	Level D	BAOC	TBC	Aldershot
<b>Sat 24 May</b>	<b>Scottish Championships - Individual (UKOL)</b>	<b>Level A</b>	<b>INT</b>	<b>Linn of Tummel</b>	<b>Pitlochry</b>
<b>Sat 31 May</b>	<b>British Long Championships (UKOL)</b>	<b>Level A</b>		<b>Thrunton and Callaly</b>	<b>Newcastle</b>
<b>Sun 1 Jun</b>	<b>British Relay Championships</b>	<b>Level A</b>		<b>Cragg Estate and Chesterhope</b>	<b>Newcastle</b>



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

Our next major event (*quite small in comparison to the Southern Championships!*) is our SCOA League Event at Rushall Woods, near Bradfield to the West of Reading.

There will be all the usual SCOA League courses from White (for beginners and young juniors) to Brown (for the most experienced and fit competitors)

Details will be on the BKO website .... Helpers will be needed as well!

## Know Your Club Members — Annika Hermik and Doug Greenwood

*Annika Hermik and Doug Greenwood are a couple who have been in BKO for 3.5 years*

### *Age/Class?*

Annika: 42 so age class W40. Doug: M40

### *Hometown:*

Annika: Tallinn, Estonia. Doug: I grew up in Suffolk, and we now live in Binfield.

### *How did you start orienteering?*

Annika: I have always been quite outdoorsy, so I joined my school orienteering club as W10. Everyone tries orienteering at school in Estonia at least once and it is a much more widely-known sport. I stopped when I was 14 and did not do any orienteering until I did my first race here with Doug about 4 years ago. Time flies!

Doug: Annika entered a mountain marathon a few years ago and did an orienteering event as training – she asked me if I'd like to come along, so I did and enjoyed it - we've been going ever since.

### *Clubs:*

Annika: Hiiumaa Orienteerumisklubi W10-W14 and now BKO. Doug: BKO

### *Best achievement/success?*

Annika: 4th place in Estonian championships age class W12 (pure fluke) and 3rd place in a pancake-eating competition.

Doug: I finished second in my class at an urban event – everything seemed to come together that day – the navigation, route choice and fitness. Plus hardly any people turned up.

### *Most enjoyed event?*

Annika: I love being out in the woods, so I always have a great time orienteering. One event that I really enjoyed was a sprint race at Wellington College a couple of years ago. Somehow I ran really well, made no mistakes and the College grounds just shined in beautiful spring sunshine. Wonderful!

Doug: I really like the events in the New Forest – beautiful countryside, always followed up with lunch in my favourite pub.

### *Worst event/most embarrassing orienteering moment/biggest goof?*

Annika: Plenty of these I remember vividly when I ran my first November Classic and spent about 45 min looking for control number 2. Overshot that control by about 1 km!!! One Saturday event in Star Posts I managed to do a 180-degree error and navigated myself well off the map. I also always get completely lost at least once in every night orienteering event.

Doug: Annika always pre-registers both of us for events, sometimes weeks in advance – a few times I've got to the start boxes and realised I can't remember which course I'm meant to be doing.

### *International experience?*

Annika: None really if you don't count Estonia

Doug: The furthest I've travelled to do orienteering was to the Cairngorms in Scotland.

### *Biggest cheat?*

Annika: I used to follow others when I just started out orienteering, but that always got me into worse trouble afterwards.

Doug: A couple of times on events that use dibbers (SI card) I've benefitted from hearing the beep from other people finding the control.

### *What have you put back into the sport?*

Annika & Doug: Mainly helping out on all of the events that club is organising. We recently planned the





Bloom Wood Saturday event in February.

### *Other activities/interests?*

Annika: Doug and I both do Open Water Swimming in the summer when the “normal” orienteering season ends. The lake opens in May and closes in September, so the seasons work out perfectly. The only problem is that we forget to do any running in the summer or swimming in the winter, so our early-season form is always very low for both sports. Doug and I are also hiking quite a lot and have done a few long-distance hikes over the years.

Doug: I really enjoy swimming, hiking and am an avid Formula One fan – many’s the time we’ve had to hurry back home from orienteering so I can watch a Grand Prix!

### *Employment?*

Annika: I work for an oil company called Expro implementing and supporting their Financial systems (SAP). Doug: I’m a web designer and developer for an agency in Marlow.

### *What training do you do?*

Annika: I normally run once a week in the winter on top of orienteering on the weekend. In summer we swim approx. 3 times a week and also do some Open Water races.

Doug: I like running, hiking and swimming in addition to the weekend’s orienteering exertions.

### *What is the best thing about orienteering?*

Annika: I always think that orienteering is a perfectly-rounded sport: your mind is busy finding the best route to the control, it’s very physical and it is almost always taking place in beautiful woods that pleases your aesthetic senses. I also love the fact that you can just run wild, off-paths and I always feel such a bad-ass running through a stream like that is a most natural thing to do.

Doug: I love the fact that I get to see so many beautiful bits of countryside – I think we’re spoiled for choice in our region. I also like that if you’re not a good runner you can still get a good result if you navigate well – it’s a good leveller.

### *What is the worst thing about orienteering?*

Annika: Can’t think of anything that I dislike about orienteering. I’m searching my memory - the worst that has ever happened was stepping in a dog poo couple of times.

Doug: When we have to park the car in a really muddy field and I know it’s going to be tough to get out.

### *Orienteering ambition?*

Annika: I hoping to win my age class when I get to W80

Doug: I’m not actually very ambitious – am happy to keep improving steadily & enjoy it.

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

Annika: I once crossed the Uzbekistan/Kazakhstan border illegally, but I am pretty sure that there have been other people in the world who have done that.

Doug: I don’t think I’ve done anything unique, but I’ve been going to the Le Mans 24 Hours every year for the last 30 years, and I doubt many people have done that.

### *Favourite music/book/film, etc?*

Annika: It is difficult to pick a favourite, because my taste is always changing. I like most Wes Anderson movies, especially “Moonrise Kingdom”. Books – I guess Scandinavian noir at the moment. Most of them mention orienteering in one point or another. Incidentally, if anybody from the club has the cult classic “Murder at the 14th control” I would really like to borrow it!

Doug: My favourite book of all time is Papillon by Henri Charriere, and I’m enjoying the Game of Thrones books at the moment. I’m a big fan of Carry On films and the original Star Wars trilogy.



**Doug at last year’s JK - finishing Day 2 at Hambledon**

## Younger Persons with Dementia and Orienteering

Alain Wilkes

Some of you may be aware that I am trying to introduce some younger persons with dementia (YPWD) to orienteering.

It started some months back with the establishment of a new charity – YPWD (W.Berks). It's a charity close to my heart and has been doing some exciting things with YPWD. It tries, for example, to help YPWD and their families stay involved with physical activities that they previously enjoyed or to introduce them to new ones.

Originally I was asked to set up a running group. My excuse not to? I was not a runner but an orienteer. I run because I orienteer, not the other way around..... So I was asked to see if we could introduce orienteering as part of the range of activities on offer by the charity.

So we experimented firstly by getting some of the charity helpers to sample a Saturday event. In my head I had thought to see if we could get to the stage of some YPWD attempting yellow or orange courses on their own. What became clear very quickly was that this was unlikely to work. You forget how challenging orienteering is to first timers.

So the focus became more of a family walking challenge or a group social activity. We have now had several occasions when YPWD have tried a yellow course – one with and one without family. In the first instance the family group very much enjoyed the challenge and involved the YPWD in route choice as much as was possible. In the second the YPWD needed to be guided around the course with appropriate prompts. On both occasions, members of the charity attended - going as a separate group in the first instance and with the YPWD in the second.

My role has been to guide them through various processes and to make sure that they did not get lost. And to help them understand an O map and how this related to the terrain around them. So when there were two groups I ran between them and stayed long enough to help them make sense of the course, pointing out features and route when not sure. In the second I stayed with the group all the time and had to break in to the social bit to remind them to keep track of where they were....

So why this article?

I am looking for a few people interested in acting as volunteers to help when I am not able to make a Saturday event or as more YPWD start to join in. This could mean doing as I have done – introducing people to the sport and/or being part of an inexperienced



Here is **Alain** (on the right) at our Saturday event at Cold Ash last November



group who need someone to stay with them and make sure they don't get (too) lost.

At present the charity is only advertising the Saturday events but it may be that over time some will be interested in attending a few Sunday events. What is clear is the benefit of physical activity for YPWD as evidenced by the feedback from families even for just these two occasions. (On a separate note, the charity has now established a running group and a few exhausted members would welcome any volunteers to help them out – they are having to run in relays to keep pace with some of the YPWD).

So what's planned for the future? As the focus is more on the social side of orienteering I have agreed to organise an event for the charity some time in Spring, probably using the permanent course at Dinton's Pasture. And probably a Wednesday. It will be advertised as being for all the family and I plan to meet with the park rangers to see what other activities we might be able to offer that day. It is also handy that there is a nice café on site for refreshments. So more volunteers to help out on the day would be welcome. I have no idea as yet as to how many people might turn up but other similar events have been well supported.

On a practical note – for those who might not know, YPWD is defined as any person under 65 who is diagnosed as having dementia. Across the west of Berkshire (Reading, Wokingham and W.Berks) there will be some 150 individuals with younger onset and around 24 will develop the disease each year though it may be some time before they are actually diagnosed. So across this 150, there will be some in the very early stages and some with very advanced dementia, many in some form of residential care. Many, however, will not be known to health or social care services. The YPWD charity seeks both to encourage people to come forward and to find activities that any or all can do. For those interested in learning more about the charity, the website is [www.ypwd.info](http://www.ypwd.info)

Interested? Then please do have a word with me. I'm happy to have a without commitment chat, especially if you just want to know more about dementia before committing. Contact details – 01635 522356; email [alainm50@yahoo.co.uk](mailto:alainm50@yahoo.co.uk). Or just approach me any one of our events.

### **Have you got your BKO kit yet?**

The club has a selection of different items to allow you to stand out from the crowd and be recognised by other club members. The O-tops come in both long and short sleeved versions and in a range of sizes. Price £20. There are also some sweatshirts available.

**Sue Wilkes** keeps our stock so if you don't yet have a club top, give Sue a call on **01635 522356** and she will be able to get you kitted up. Alternatively, send her an e-mail on: [sue\\_w26@yahoo.co.uk](mailto:sue_w26@yahoo.co.uk) to discuss your needs.

### **BKO Summer Parks Challenge 2014**

This popular series of local events will be repeated again this coming summer (end of May until mid July). Combining urban open spaces, modern estates and possibly a return to the University of Reading award winning campus at Whiteknights.

Provisional venues are as follows:

**Whiteknights, Reading - Ashenbury Park, Woodley**  
**Lower Earley, Reading - Wildridings, Bracknell**



## The Southern Championships — From the Officials' Perspective

### **Fiona Clough - Event Organiser**

In July 2013 at a committee meeting at Katy's house, the subject came around to the Southern Championships/ Concorde Chase on 26th January 2014. This event needed an organiser urgently. I had a strange feeling that every eye in the room was on me. Yes, every eye was on me! Thus I was specially selected to organise the first Level 'A' event of 2014 with Katy Stubbs as my 'assistant'.

Crown Estates agreed we could hold the event at Star Posts but the parking was problematic and was only resolved by negotiation (begging and pleading).

On with the arrangements, booking EMIT and finish arch, traders and First Aid. Calculate the event budget - BOF Levy, SCOA Levy, Crown Estates fees, EMIT fees, card hire fees. What proportion of juniors to seniors? How much do we charge? Thank you Peter Entwistle for help with this. Completing the fabian4 form full of questions I didn't understand let alone know the answer to. A morning with Katy sorted that out.

In December a crisis meeting at the South parking bog revealed a need for tracking, tow trucks and plea to Crown Estates to park around the heather – pretty please?

Design a flyer; make regular visits to monitor the south parking bog, draft the assembly plan. A begging email to BKO members for helpers on the day produced an overwhelming response – thanks again to everyone. A week of hard graft resulted in the Risk assessment. Will there be ticks in January? What about dangerous water features? Helpers plan – how many volunteers for each task?

The Final Details went on the website. Will it ever stop raining? How many vehicles will be lost in the south parking bog? 400 entries and counting, yes, we can park them, 600 entries? Becoming a bit of a problems, 800 entries – PLEASE STOP ENTERING! The final count on fabian4 was over 900 entries (all of which emailed me individually for various reasons).

Saturday found both the Start team leaders in the forest setting up. The afternoon was spent putting up the large marquee, tying it down to stop it blowing away and a final visit to the south parking bog. The day finally arrived – I met the tracking lorry at 5.45am and then my off-road Ford Fusion and I meandered about the forest dropping stuff off, hanging signage off trees and bushes and opening gates for the early helpers. Then, before I knew it the event was off like a runaway train!



**Fiona Clough at the event — still smiling!**

If you read these two reports carefully, you will appreciate the contribution from **Katy Stubbs**. As you will see from Fiona's report, although Katy was not willing to take on the role of 'Organiser', she acted in support of Fiona throughout the complex process of putting on a Level A Championship event. But that was not all, read Martin's report and alongside the planning process was the re-mapping - all done by Katy as well. Mapping is restricted to a short winter period when the bracken is low but then the days are short and cold! This was as much Katy's event as Fiona and Martin's. **Thanks Katy!**

The day went in a flash, within minutes it seemed we were handing out trophies then taking down tents and packing everything back into the cars.

A big thanks firstly to Katy Stubbs for all her support, advice and assistance. Also to all the willing volunteers without whose help the event would have never taken place.

Would I do it again? Ask me again in a month or two.

## Martin Wilson - Event Planner

When I took on the Planner's role for SC14 in December 2012, I knew that there would be no new map till (very) late 2013, that the forest was undergoing huge changes due to felling, thinning, and new mountain bike trails. There was even talk of rhodo removal. I resolved then to treat the entire planning role as a change programme, expecting nothing to remain the same, and to be prepared to re-design courses to suit changing requirements. This was the right decision!

I'd planned the Concorde Chase three times, so had significant experience of the role, and was keen to test myself and learn about Level A requirements. The main difference is the increased number of courses, and the increased emphasis on all-round quality in mapping, planning, and event organisation. It's just a bigger job all round.

The Planner inevitably has to play 'Tail-End Charlie' to all the restrictions imposed by the landowner: felling, sensitive areas, bike trails, fixed assembly locations, car park intrusions. I spent Dec 12 to April 13 researching the forest for control sites and routes (part of the role I love), the only bracken-free period to do that work, and designed a set of sample courses based on a possible Assembly location. This enabled me to develop a flow of courses round an M21E course of 14.5k. In fact, much of this design survived the subsequent re-work, and became the final courses, albeit from a different assembly area. During this period and later, I was working with a three-year old map, and added a large number of 'planner's edits' including some bizarre mapping of the new bike trails from the back of my mountain bike.



**Planner Martin Wilson (left) in discussion with his M65 rival David May (SLOW)**

In March, we tried to get permission to use Rapley Farm, east of the area, for Assembly/parking. This was a superb selection of fields, and the farmer seemed keen until it appeared that some grants would be lost due to parking. I'd re-designed courses to use a Start from that side, but again, they couldn't be used. From May onwards, the forest is unusable for serious planning, as the bracken takes over. During the summer, I did what I could, but backed off till we had the go-ahead for any parking and Assembly.

Finally in early October we gained approval for the Assembly that was finally used. Fiona, Katy and I met at the site to check it over. "Where do you want the run-in?" was the first question (damned if I knew – it was the first time I'd seen the area!). We had very complex routing problems due to the adjacent bike trails. Parking restrictions meant that we had to have a major amount of parking close to Assembly. I was finally left with what seemed the crazy task of planning Championship-level courses for up to 1000 runners to finish in an Assembly area which had a bike trail alongside to the W (no crossing of the trail, please), a huge ride full of cars to the NE, and no forest to the SE and S. Forty-eight hours of head-scratching and a hot OCAD application later, I had finishers approaching from four different directions, including through a gap in the parking, and this was accepted. Whew!

I always plan the longest course first, to see if the area will take the length and TD, and then the shortest, White (to see if it is practical at TD1). I then work down from the longest and up from the shortest till I complete with the middle courses. I had a promise of 30 controls to borrow from TVOC, so I was not obsessed with reducing the number, but wanted to ensure there was not too much congestion. I ended up with 106 controls, which may sound a lot, but there were 19



courses, and if M21E takes 33, and White and Yellow take around 20, you're half-way there already.

The Controller liked all the Senior courses right away, which was great. The Junior courses were harder to get right, as the terrain made it difficult to integrate controls between them (and one of the White course paths was removed from the map late on, which meant a marked route being introduced), Through my contact with Nick Barrable (CompassSport editor) I was able to enlist some Elite runners to test run some of the longer courses. They provided valuable feedback, and I was able to tighten up some control sites and routes to improve the quality.

Courses were approved by mid-December, and Katy's draft final map was released then also. The bike trails with their special symbol made their impact, and were rather depressing to see, impacting courses more than I thought. Obvious course changes were made to reduce crossing and re-crossing of the central trail, but the 'demented' twisting trail section was left for competitors to cross as well as they could. It actually turned into quite a nice complex feature to navigate through or round.

Final map changes were only completed mid-January, with a focus on key points surrounding controls. By this time the rains had arrived in earnest. One day I took a phone call from Katy: "I'm standing in a flood near control 197, up to my thighs in water. I can't find the control tag: where is it?!" This led to a long rambling conversation about whether we should hold the event, whether it could be postponed, how over-protected Star Posts was, etc. We were all getting a bit fazed trying to bring the occasion together in the time left.

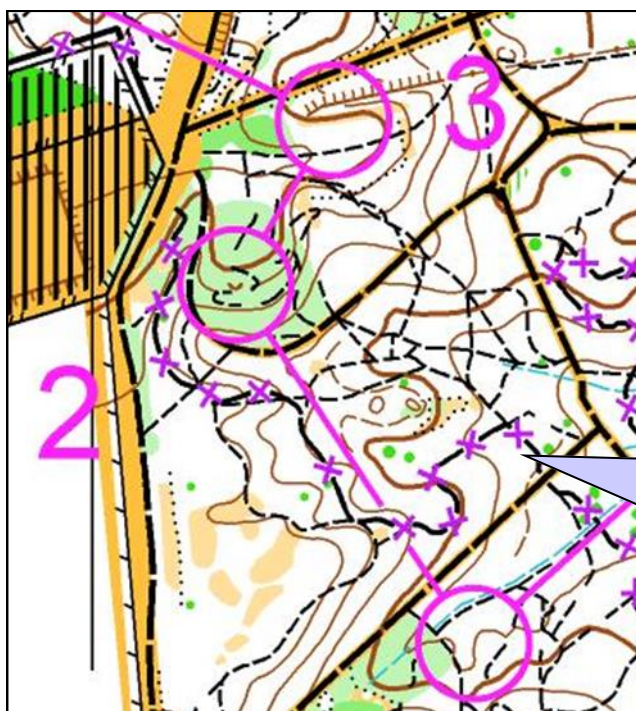
The final week before the event involved fifteen hour days, daylight spent putting out controls, evenings sorting map numbers against a constantly changing entry. A final closing date just four days before the event caused huge work for the printers in turning round extra maps, checking, etc. A closing date two weeks before the event is surely enough for competitors to decide.

On the day, people seemed to enjoy their courses. I was very pleased with the impact of the complex thicket section in the last quarter of the courses. I enjoyed 45 minutes standing in the area watching people navigate all over the place, criss-crossing each other exactly as I intended. It was just so unfortunate that after all our efforts we had such a wet day.

Was it all worth it? Well, I certainly enjoyed the planning work, and the time in the forest felt more like a hobby than work. But I do feel that I didn't get the overall technical quality I wanted, partly because the forest is not really that complex, but also the lack of time to put the extra changes in once the proofs came enough. At this level, I now believe it needs a co-ordinated effort between Controller, Mapper and Planner in the 4-2 weeks before the event to really make the courses as good as we can.

Would I do it again? Not a good time to ask....too soon after the event. I'll just say I wonder what the entry fees would be if the Planner and Organiser's time were funded!

P.S. If anyone knows a foolproof way of checking 106 controls in a forest 5km x 3km between 7 and 10 am on the Sunday of the race, when every orienteer in the South region wants to have a competitive run, do get in touch.



Control 2 shown here was my favourite control, a small depression on a steep hillside. It was very difficult to run diagonally uphill and hit this spot dead on. Many people missed it and ended up at the top of the hill (and of course then complained that the map was wrong. But they would say that, wouldn't they?)



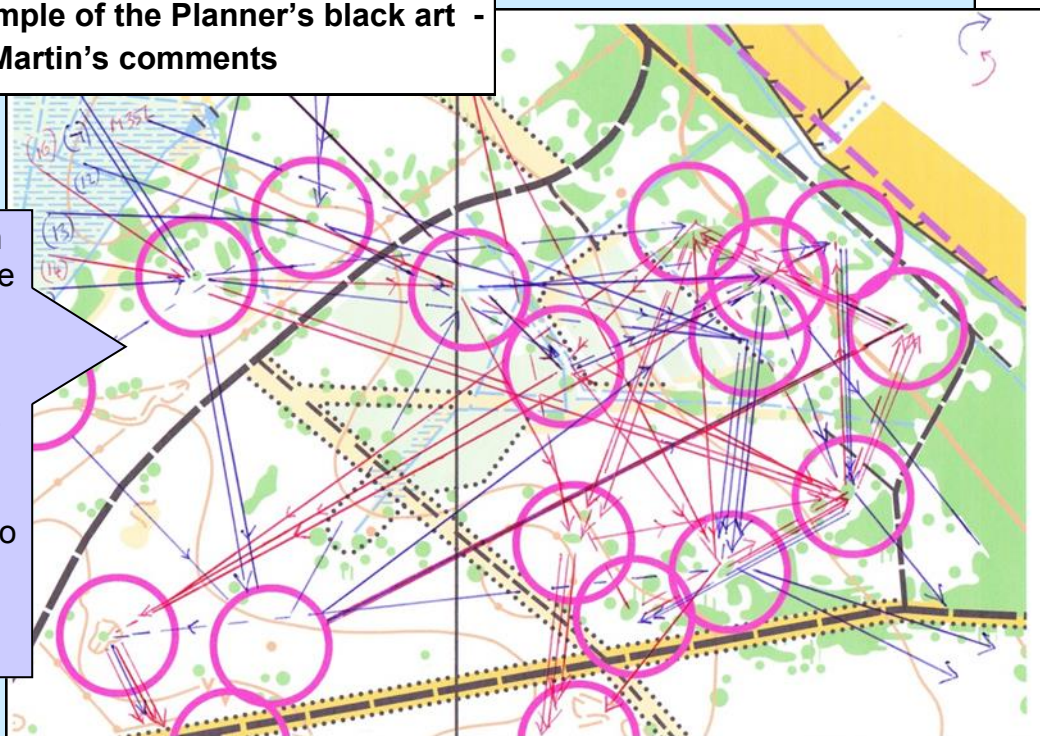
Course 8 (M45/50L) was a real brute. After three controls on Surrey Hill, 3-4-5 was two legs each of almost 1.5k, then a tiny turning control in thickets which some got wrong, then this 1.4k leg 6-7. The course originally had another control midway along this leg, SSW of the Lookout. But planner's mantra says 'if three controls are in straight line, is middle control really necessary?' I knew the N route via the Lookout might be an option, but I did not realise till the brighter map proofs came through that it looked the shortest option. Most people took it (not what I wanted at all) and RG splits showed it was 30 secs quicker than the direct option. Planner's mantra says 'direct route should be quickest but most risky; path routes are for lazybones'. My job was to tempt them to go direct. I should have created a new control about 100m WSW of 7 on another thicket, and made people really think which route was best, including the road to the S.

*(One of our committee members 'ran' Course 8, taking 2.5 hours. I was greeted at the AGM with an overlong bone-crushing handshake, unsmiling eyes, and through gritted teeth the slow words "Nice course, Martin").*



**Some map extracts showing 2 examples of legs and, below, an example of the Planner's black art - with Martin's comments**

This was the routing diagram for all the courses through the late thicket/ditch/light green section. The NEmost control had to be moved NE to the ditch, as it was 58m from another thicket. The SEmost thicket control had over 500 people through it, but I had no alternative control site within reasonable distance to split the load.







**Peter Entwistle  
approaching the finish**  
(Photo: Wendy Carlyle)



**Jillian Ullersperger  
at the finish**



**Heading home  
through the forest  
after competing**



**Heading for the finish  
from the final control**

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