

Berkshire Orienteers

Newsletter

March 2015



BERKSHIRE

25 years



**1990 - 2015
ORIENTEERS**



NEWSLETTER AWARDS

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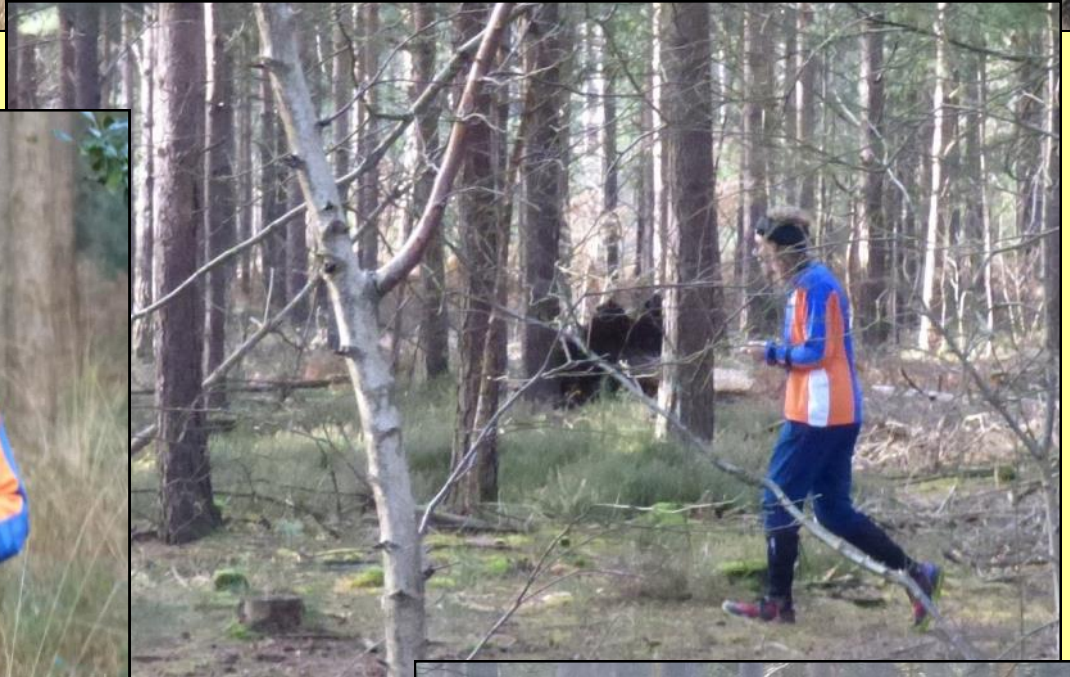
CompassSport

Burghfield Common

**Saturday Winter Series and Youth
League Event: 17th January**



Lynne Moore



Burghfield Common
contains a number of
quite deep ditches which,
after wet weather, can
become difficult to cross
— as shown here!





Editorial

For Berkshire Orienteers, February is the month we hold our Annual General Meeting and so the March Newsletter contains information on that meeting - the Chairman's Report of the club's activities over the past year, some information on our financial situation and reporting any changes to the Committee. You will find all of this inside.

The major item reported is that we no longer have a Chairman. When we got to the point in the AGM when we were asked for nominations to elect a replacement for Katy Stubbs, there was silence in the room. We eventually moved on to the other positions leaving the Chairman's position vacant.

There are two points that arise from this. First it reflects on the impressive work that Katy has done in fulfilling this role over the last 4 years. She had led the club as Chairman but has done much more. She has been our chief mapper, she has acted as controller, planner and organiser at events within the club, for the region and for national events. She has been attempting to establish regular club nights. She has represented the club on regional and national committees. And she has guided and supported others undertaking tasks for the club. And much, much more. She has led the club well and deserves all our thanks. No doubt she will enjoy her new 'freedom' and will take time to consider what her future contribution (if any) will be. It does though leave others thinking that they might not be up to taking on the role of Chairman. In the last Newsletter we set out the more limited tasks that are expected of a Chairman - not everything she did was in her role of 'Chairman'.

Which comes to the second point. Can we run the club without a Chairman? We have a full Committee of willing volunteers who are fulfilling many of the tasks essential for the existence of the club including event secretary, treasurer and membership secretary. So the club will continue but there will be times when the Chairman's role will be missed. There may be disagreements within the Committee or a need to discuss an issue with a neighbouring club or at regional level.

The Committee will meet soon for its first session after the AGM. We will certainly miss Katy and let's hope that the vacancy is filled quickly. After all, who will write the report for next year's AGM and the March issue of the Newsletter next year?

David Jukes



Club Windscreen Badges

One element of the club's Development Plan is to try and enhance opportunities for socialising after events and another is to increase publicity.

The Committee decided that one way to achieve both of these was for members to have a windscreen badge. These would be visible at events identifying yourself as a club member and, wherever you are parked, providing additional publicity that a Berkshire orienteering club exists.

Members attending the AGM received a free badge - other members should find a badge (or badges) enclosed with this Newsletter.

Did you notice the updated '**CompassSport Newsletter Award**' badge on the front cover? It was great to again receive this recognition - this time for being a 'top ten' orienteering newsletter in 2014. And for 2015.....? My thanks to all the contributors over the last 12 months who helped achieve this award

Cover Picture: The cover shows **Derick Mercer** leaping over bracken near the finish of the Saturday/Youth League event held at Burghfield Common on the 17th January.



Club Notes

Keeping you informed about the club and its members

Level A Events - Southern Championships

Having staged this event ourselves last year, BKO members will have appreciated participating without the pressure that comes with being organisers. Once again the organisers had difficulty finding suitable parking and, this year, the solution was to provide buses. The event was held at 'Sheepleas, Netley Heath and White Downs', a section of the North Downs between Guildford and Dorking. The parking was at Guildford University with buses taking competitors closer to the Assembly. There was still quite a walk to reach it and an additional walk to the actual start.

Despite this complication, there was quite a good turnout of BKO members attempting to become a 'Southern Champion'. And some were successful! Those making the top 3 in their class were the following:

- W70 3rd **Gill Bennett**
- M10 1st **Adam Methven**
- M70 1st **Ian Cooper**
- M75 3rd **Peter Bennett**
- M90 1st **Darrell Cruickshank**

Congratulations to them all! In both Adam and Ian's cases, they retain the trophies they had won in 2013.



Adam Methven with his
M10 Southern
Championships Trophy

Level A Events - Midland Championships

Although becoming a 'Midlands Champion' is restricted to orienteers from regions in the central part of England, as with the Southern Championships, the event was open to all. A small group of BKO members attended the event staged on Cannock Chase to the north of Birmingham. The area, Haywood Warren, was partly used for the British Championships in 2010 and provided hilly terrain with plenty of route choice.

Ian Cooper had a great run in M70 and had the fastest time with a lead of almost 4 minutes. **David Jukes** also did well with a 6th place in M60.

The event incorporated the Army Championships for 2015 and it was interesting to see **Kezia Jukes**, a former BKO member but now competing as a BAOC member, winning the Women's Championship.

Club:	Select... ▼	Association:	Select... ▼	Age:	90 + (M/W90) ▼
Pos. ?	Name	Club	YOB	M/F	Points
1 (4947 -28)	Darrell Cruickshank	BKO	1925	M	713
Showing rows 1 - 1 of 1					

Confirmation that **Darryl Cruickshank** is the UK oldest ranked orienteer. When Darryl became an M90 on the 1st January, a fault in the system meant that he was not showing when '90+' was selected. This has now been rectified and clearly shows his unique status.

SCOA 2014-2015 League Update

The regional league is nearing completion with 7 events gone and only 2 remaining. Time to see how BKO members are doing. The club has a good number of members in a top 6 position:

SCOA League 2014-2015			
Positions of BKO members after 7 of 9 events			
White			
2	R Inness	M10	
Yellow			
1	T Inness	M10	
5	A Methven	W12	
Orange			
4	A Methven	M10	
6	L Thomas	W10	
Light Green			
1	P Inness	M45	
Short Green			
5	S Wilkes	W60	
6	T Whittle	W40	
Green			
1	P Wilson	M55	
3	F Clough	W50	
4	E Whittle	M45	
Blue			
2	D Mercer	M50	

The **Innes** family is doing well with **Robin** second on White, **Thomas** leading on Yellow and their father **Pete** leading on Light Green. Numerically it is still possible for all of those listed (with the exception of Derick Mercer) to take the top spot but in many cases that would require the current leaders to not turn up or get very low points at the remaining two events. In Derick's case, although he is currently second, Colin Dickson (BAOC) is so far ahead on Blue that no one can now catch him.

Annual General Meeting

This took place on Friday 20th February with about 25 members present. Chairman Katy gave her report of the club's activities during the past year. This is reproduced on pages 8-10. In addition to this report, the main items for the meeting were the club's finances and the election of the officials and Committee members. These were the key points:

Finances

- The club had made an overall cash surplus over the year of £1067 pounds (2013: £1193). However the club has a policy of putting money into an equipment replacement reserve and if this money had been subtracted, there was a small overall deficit of £347 (2013: Surplus of £656).
- Income over the year had declined due to increased costs at the Southern Championships / Concorde Chase (mainly due to the need for tracking to maintain access to the car parking) and reduced numbers at our two SCOA League events in comparison to the equivalent events in 2013.
- Expenditure was also down mainly due to less mapping costs (Cold Ash had been used for the JK and needed only limited updating) and reduced equipment purchases.
- The club has a healthy balance in the bank amounting to £17,349, a rise of £781. However nearly 70% of this is designated as the 'Emit equipment reserve'.
- Much of our emit equipment is now nearly 10 years old having originally been sold with a guaranteed life of at least 5 years. Failures of controls and Emit cards are now occurring and at some point a decision will have to be taken to completely replace the stock to avoid using unreliable equipment at events. This will be expensive and is the reason the club has specifically built up a reserve to cover this. The equipment reserve is now considered to be about equal the likely cost of replacement.
- The Committee will however be watching for updated equipment being developed by Emit (such as touch-free cards) and will take this into account in deciding when to replace.

Membership Fees

- The Committee had discussed membership fees for 2016 and the Treasurer proposed to

Your 2015-2016 Committee

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

4 Committee Members and one co-option :

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

the meeting that the rate for Seniors should be increased from £6 to £7. It was explained that changes in the regional finances meant that a new individual levy of £2 per member would be operating from 2016 and the increase was designed to partly offset this additional charge. The increase was approved by the meeting.

Elections

- With the stepping down of **Katy Stubbs** from the post of Chairman, the role became vacant. Unfortunately as no one came forward to take on this responsibility, the post remained unfilled.
- The other officer posts remain unchanged.
- **Dave Rogers**, who had been one of the four additional Committee members, had indicated that he would be leaving the Committee and there was therefore a vacancy. Both **Mark Foxwell** and **Andrew Graham** indicated that they would be willing to take on this role and it was agreed that both would join — one as a full 'Committee Member' and one as a 'Co-opted Member' (*the Constitution stipulates that up to 2 co-opted members are permitted*). There was therefore no need to vote and, in the absence of a Chairman, the Committee remains at the same overall number.

Committee News / Discussions

The final meeting of the Committee under Katy's chairmanship met in January and the following were some of the items discussed (and not mentioned above under AGM news):

- **Results processing:** **Brian Sewell** continues to progress the updating of our hardware and software which includes the purchase of a second new laptop computer. As some members will be aware this is happening just in time. Processing the results from January's Saturday event at Burghfield Common was complicated by several failures in the processing. In February the new system was used as a back-up to test the system but at our March event the plan is to use the new system as the primary method but also run the traditional system as back-up. All being well, in April we will just use the new system.
- **Summer BBQ:** We are considering making this a larger occasion to celebrate the 25th anniversary of the adoption of the name 'Berkshire Orienteers'. Discussions continue.
- **Photographs at events:** Taking photographs at events is normally permitted but subject to national guidance. How this should be applied may not be clear to all and the matter was raised at regional level. With your Editor (and others) now taking many more photos, the club needs to ensure that it is complying with appropriate procedures. This will be considered at the next meeting when the national policy will be considered.
- **Regional Colour Coded Badges:** This was discussed at the SCOA meeting in December and it was agreed to continue the scheme. A stocktake of badges in the region will be conducted and more ordered if required.

- **Website:** This is now being hosted on a new server with no limit on usage at the same cost to the club as previously. There have been some issues with e-mail distribution but it is thought these have been resolved.
- **JK2019:** We were given an early warning that the JK Festival over Easter 2019 will be returning to the South Central region. Any offers for a Co-ordinator.....?

Awards

The club has three major awards which are presented each year at the AGM.

The Derek Harding Award (for services to the club):

The Committee had selected **Di and Glenn Wass** to receive this award. Although they had been previous winners (in 2009), the Committee felt that their continued dedication to organising our series of 'winter' Saturday events has been of great value to the club. Neither of them actually do much orienteering but, whatever the weather, they have been there. Glenn will shortly be retiring and we will need to find others to take on this task as they are planning some extended travelling.



Katy Stubbs receiving the Club Champions Trophy from **Derick Mercer**

Jim's Jug (for best junior):

Having reviewed the possible winners, the Committee had agreed that this year this award should go to **Thomas Innes**. It was a close run thing with a couple of other BKO juniors but Thomas won 2015 Concorde Chase M12A, is currently scoring 392 points from 4 events in the SCOA league and won the BKO club championships in the M/W12 category.

Club Champion(s):

These had been decided based on the results at the BADO event staged on 16th November last year. Full details were in the last Newsletter. **Katy Stubbs** had however won the overall BKO Club Champion title and was presented with the trophy.

Membership Memo

Ian Hudson - Membership Secretary

January and February are the busiest months for the Membership Secretary, updating the database as members renew, gently reminding members who appear to have forgotten and making inactive the entries for those who do not renew. Thank you to the 156 BKO members who have renewed for 2015 and as those 16 who decided not to will not be reading this there is no point in me saying anything further!

The following new members have joined since the last newsletter, so a warm welcome to:

- **Cliff Thorne** from Reading.
- **Ross Remnant** also from Reading.
- The **Miller Family - Sue, Jess & Finn** from Waltham.
- **Cristina Salazar Palomo** who lives in Reading.

Cristina relies on public transport to get to events, which does present her with some challenges at times, so if you live in Reading and can offer Cristina a lift to an event please get in contact.

I hope to see all 156 of you out in the forest soon.

Review of the year with Berkshire Orienteers

The Chairman's Report to the AGM for 2014/2015

Katy Stubbs



At the AGM (l to r): **Derick Mercer** (Secretary), **Katy Stubbs** (Chairman) and **Peter Entwistle** (Treasurer)

Events

BKO put on a total of 15 events, 8 training evenings out in the forest and 13 club nights over the last year.

On the larger events, **Colin** and **Gil Godbold** organised our SCOA league event at Rushall Wood in May, with **Mark Foxwell** planning and myself controlling. Being in the west of our area numbers were down from last year but we still had 178 competitors.

In September, **Fiona Clough** organised a SCOA league event in Black Park. The area has a number of environmentally sensitive areas and the planner, **Ken Ricketts** had some challenges to plan testing courses. I was very grateful, as controller, that **Mark Foxwell** and **Mark Chapman** of TVOC were able to check sites on the day as I was unable to be there. Again around 191 competitors seemed to enjoy the event despite the restrictions on the planning.

This year's Concorde Chase in Cold Ash was again an event I couldn't be at but from all reports it went very well on the day. The organisers, **Alain** and **Sue Wilkes** returned to the area where they assisted as organisers for JK 2013 and **Dave Rogers** planned the courses with assistance on the weekend from **Andy Parry**. From reports I have seen a total of 499 competitors seemed to enjoy the event.

We have had eight Saturday forest events at Bloom Wood, Swinley West (2), Burghfield North, Burghfield centre, Benyons's Enclosure, Langley Park and Yateley Heath. They continue to be very popular with between 70 and 140 competitors, equating (with pairs and families) to between 75 and 180 actual runners. **Di** and **Glenn Wass** have continued being organisers for nearly all of these events this year with **Fiona Clough** and **Derek Mercer** stepping for one. Thanks also to the various planners, **Andrew Southwood** (2), **Annika Hermik** and **Doug Southwood**, **Ian Hudson**, **Mike Pemberton**, **Mark Foxwell** (2) and **Andrew Graham**.

BKO owes **Glenn and Di Wass** a big thank you for their continued commitment over the last few years for all their hard work organising so many of our Saturday events. They intend to take advantage of retirement and do much more travelling over the next few years so the club will need to find more Organisers if we intend to continue with the successful Saturday series.

The Summer Saturday Park/Urban series continued with four races in 2013 with events at Whiteknights, Ashenbury, Lower Earley and Great Hollands, planners included **Andy Parry**, **David Jukes**, **Ken Ricketts** and **Brian Burt**. The organisation was done by collaboration with a number of people contributing including **Fiona Clough**, **Brian Sewell**, **Mark Foxwell** and **Andrew Graham**. The number of attendees averaged around 55 runners which is slightly up on last year.

Maps were resurveyed for many of these events, some surveys minor, some major. **Dave Rogers** did updates to the Cold Ash map, **Andrew Southwood** made corrections to the Langley Park map and **David Jukes** updated the Lower Earley map. Forest maps were surveyed for nearly all of the rest of our events by myself (**Katy Stubbs**), some with minor changes taking a day, some more significant. Over the last year I have updated all the Burghfield Common maps (Benyons Enclosure, Burghfield North and Burghfield centre), Black

Park, Rushall Woods and both West and East Swinley forest, as well as the permanent course maps for Star Posts and Black Park. In the next couple of years large scale rhododendron clearance and pipeline work will mean that Star Posts will need a major resurvey and probably both of the Swinleys will need more work as clearing and spraying is still ongoing in these areas. **Eric Harper** has done a great deal of mapping for the club over many years but is no longer doing so. I have said this before but the club do need to get more people into mapping in the future otherwise we will have to pay for many more professional map updates. I should point out that it can cost thousands of pounds for a full resurvey of one of our larger areas.

Schools and Community Work

The Berkshire Primary Schools competition continued last year, again due to the contacts that **Denise Harper** has within Berkshire. More heats than ever before were run by BKO in West Berkshire (3 as one LEA needed two events), Bracknell Forest, Maidenhead and Slough with the final again at Wellington College. Thanks yet again to Denise for mapping the areas, planning the courses and (with **Eric**) organising the events, with the support of other BKO members.

Club Nights/ Training evenings

Weekly Wednesday Club Nights continued through the first part of 2014 in Birch Hill Primary School, Bracknell, moving out to urban/forest venues at the end of April.

Summer Wednesdays followed on with a progression of training exercises ranging from map memory, line event and using contour and vegetation only maps with some Sprint races thrown in. **Andrew Southwood**, **Ken Ricketts** and **Andy Parry** all planned 2, together with **Mark Foxwell** and myself with **Andy Parry** and **Brian Burt** helping me with the organisation. 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.

In Autumn 2014 the committee reassessed how to continue Winter Club Evenings as numbers were starting to drop and grant funding from British Orienteering had stopped. Birch Hill School costs the club £35 pounds per night to hire the hall and the numbers of people coming were not justifying the expense. The decision was made to organise training sessions in either urban or park areas, varying from hill training in South Hill Park, urban map memory in Birch Hill and relay training in Lily Hill Park. **Mark Foxwell** and **Katy Stubbs** ran the majority of these, however Mark's work commitments mean that he cannot easily get there in time and I have had family illness which has meant that I am unable to commit to any specific dates. A change was also made from Wednesday to Tuesday evenings for those runners who compete at army Wednesday events but that did not lead to an increase in attendance and actually lost us those juniors who had been coming. The evenings stopped in November and we have not been able to restart them so far in 2015 although Summer Wednesday evenings have already been planned beginning in late April. I would suggest to the new committee that if Winter evenings do restart, then we should return to Wednesdays.



Committee and club matters

Committee members took on a number of different major tasks over the year:

- **Brian Sewell** has spent a lot of time looking into and testing results software and hardware systems and the club have bought some equipment and expect to buy more over the next year. Hopefully we will become self sufficient for all events except for the main Concorde Chase.
- **Andy Parry** has taken control of the club's website and continues to solve problems as and when they arise. It is becoming more difficult to maintain club mailing lists for various reasons, and he has had to spend some time trying to deal with various issues as they crop up.
- **Fiona Clough** has taken over as fixtures secretary which is a big job as she is also dealing with land permissions. Permissions are becoming more and more difficult and time consuming as both paperwork and restrictions imposed by bodies such as Natural England are increasing.
- **Fiona** has also taken over as the club kit manager and many more BKO members are sporting club tops or sweatshirts nowadays. The club bobble hat is currently in development!
- **Peter Entwistle** has been looking into our current financial and tax situation and the advisability of registering as a Community Amateur Sports Club.
- **David Jukes** continues to edit and publish an excellent BKO Newsletter which has been listed as one of the top ten UK Newsletters by CompassSport for the second year running.
- **Ken Ricketts** continues to manage the BKO Youth League, and
- **Dave Rogers** has been running coaching sessions at some of our events in the last year. Dave has indicated that his job requirements mean that he will not be able to stand for the committee for the next year. Thanks to Dave for his contribution for the last 6 years on the committee.

Outside of the main committee **Martin Wilson** took on the role of Club Captain at last year's AGM and has encouraged and managed teams for the CompassSport Cup, JK and British relays. We have had some good relay results this year the highlight probably being 4th place in the M60 class at the British Relays for **David Jukes**, **Martin Wilson** and **Stephan Stasiuk**.

As I said at last year's AGM I am not continuing on the committee this year. I recently checked and realised that I have been involved on and off with the club committee since 1985, in other words for 30 years, and I think it is about time I left and allowed newer people to take the club forwards.

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

2015

Looking forward we have our first major urban event which is a NopeSport Urban League event at the end of May in Bracknell and a SCOA league event September.

In between you will all have seen in the Newsletter that this year is the 25year anniversary of the change from Reading Orienteering Club to Berkshire Orienteers. The Committee are planning that the summer BBQ will celebrate the formation of Berkshire Orienteers.



Katy Stubbs (Chairman) being presented with flowers by **Fiona Clough** to thank her for her work as Chairman of the club

The 2015 Season of British Championships

Two weekends just 3 weeks apart will see 4 British Championships taking place. This is a great opportunity to participate in the sport at the highest level. The first two take place in the Forest of Dean, about 2 hours driving to the west. The second pair are local - just minutes away from most of us!

Long Distance Championships - Saturday 18th April 2015 - New Beechenhurst

The beautiful New Beechenhurst forest offer some of the very best orienteering in England and Wales and there will be challenging courses for all age classes. The area has a fascinating history of coal and iron mining, which have left complex pitted areas and enormous spoil hills now completely wooded, giving challenging contour detail. The forest is a mixture of mature deciduous trees and Forestry Commission plantations. Streams and ditches abound. A network of abandoned railway lines and forest tracks is maintained for runners, walkers and cyclists.

Pre-entries only - Closing date: 29th March



British Relay Championships

These are being staged the day after the Long Distance event - **19th April**. They are at Cannop Ponds, an adjacent area to New Beechenhurst. Watch our for e-mails from Club Captain, **Martin Wilson**.

Sprint Championships - Saturday 9th May 2015 - Aldershot Garrison

The competition will be held within the newly built Aldershot Garrison complex of barracks, which are located north and south of the Basingstoke Canal. The southern part of the map consists of an intricate complex of office and accommodation buildings similar to a university complex, whilst the northern part of the map is a more traditional barracks complex with a mixture of large & small buildings, small copses and open areas and some contour detail.

The event consists of two races. The initial race determines the starting order for the final.

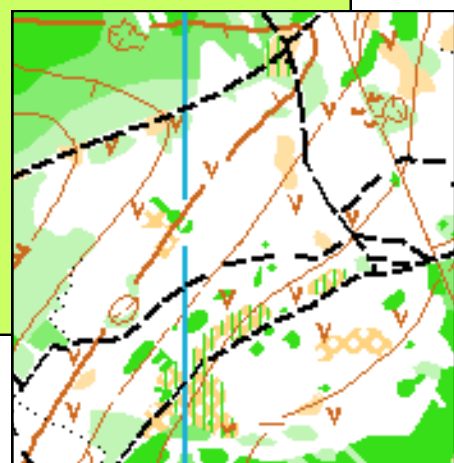
Pre-entries only - Closing date: 26th April



Middle Championships - Sunday 10th May - Naphill and Park Wood, High Wycombe

Park Wood, used by all courses, is typical managed Chilterns beechwood with many pits, depressions, earthbanks and vegetation changes. Runnability is generally good although there are small areas of slower going underfoot. A central valley will test the legs and lungs. The Far Start uses Naphill Common which is a mostly flat, very runnable area with many pits and depressions, plus some thick vegetation interspersed with a plethora of paths. Longer courses will visit Cookshall Wood, another varied beechwood managed for shooting and with a small valley.

Pre-entries only - Closing date: 26th April



This event is being organised on behalf of the SCOA region by Thames Valley OC and BKO are supporting them by providing volunteers to help run the event. **Derick Mercer** has volunteered to act as the BKO contact. BKO helpers will get a half-price entry using a code that can be used on Fabian4 when entering. Details from Derick – please e-mail your offers to him on: **derick.mercer@sse.com**

Know your sport: Map scales and pacing

As well as understanding the symbols on the map, in orienteering there are 2 key aspects to finding controls. One is to make sure you go in the right direction, and for this you use the compass. However you also need to understand distance — you must know how far you have to go and how far you have gone. For this you need to know about map scales and pace counting.

Map Scales

People use maps for all sorts of purposes — driving, weather forecasts and hill walking are a few examples. A map of any area can be produced in a range of scales — the choice depends on the amount of detail that needs to be included, the final size of the map and the size of the symbols (i.e. can the symbols be read easily).

Orienteering maps have obviously to be produced to meet the needs of orienteers. The international guidance given in the official international specifications (see box right) tries to identify what this means in practice.

In the early days of orienteering in the UK, maps were based on the Ordnance Survey which meant that maps were often 2½" inches to one mile, roughly 1:25 000. However gradually metric scales were adopted and with increasing amount of detail being added to the maps, 1:15 000 became the accepted standard. Mappers though have continued to find areas which they feel are better mapped at other scales — often 1:10 000 or even 1:7 500. Also for small sprint areas with complex buildings, paths, steps, etc. scales of 1:4 000 or 1:5 000 are common.

There does though have to be a balance. One issue is whether orienteering involves accurate navigation using fine detail on the map or whether it is determining the best route to take over a long leg. Internationally, and for the longest courses, 1:15 000 is considered to provide the best compromise allowing the whole of a long leg to be examined for the best route but giving the required detail to navigate the route accurately.

Despite the standard for international maps being 1:15 000, here in the UK, most maps are now produced to 1:10 000 unless the area being used for the event is large when a 1:15 000 map may be used (often only for just the longer courses).

What it means:

Scale	1 cm on map =	100 m on ground =
1:15 000	150 m on ground	0.67 cms on map
1:10 000	100 m on ground	1 cms on map
1:5 000	50 m on ground	2 cms on map
1:4 000	40 m on ground	2.5 cms on map

scale 1:10,000

International Guidance

ISOM:

The scale for an orienteering map is 1:15 000. Terrain that cannot be fieldworked at a scale of 1:7 500 and legibly presented at a scale of 1:15 000, is not suitable for international foot-orienteering.

Maps at 1:10 000 may be produced for relay and short distance competitions. The scale 1:10 000 is recommended for older age groups (age classes 45 and above) where reading fine lines and small symbols may cause problems or for (age classes 16 and below) where the capacity of reading complex maps is not fully developed.

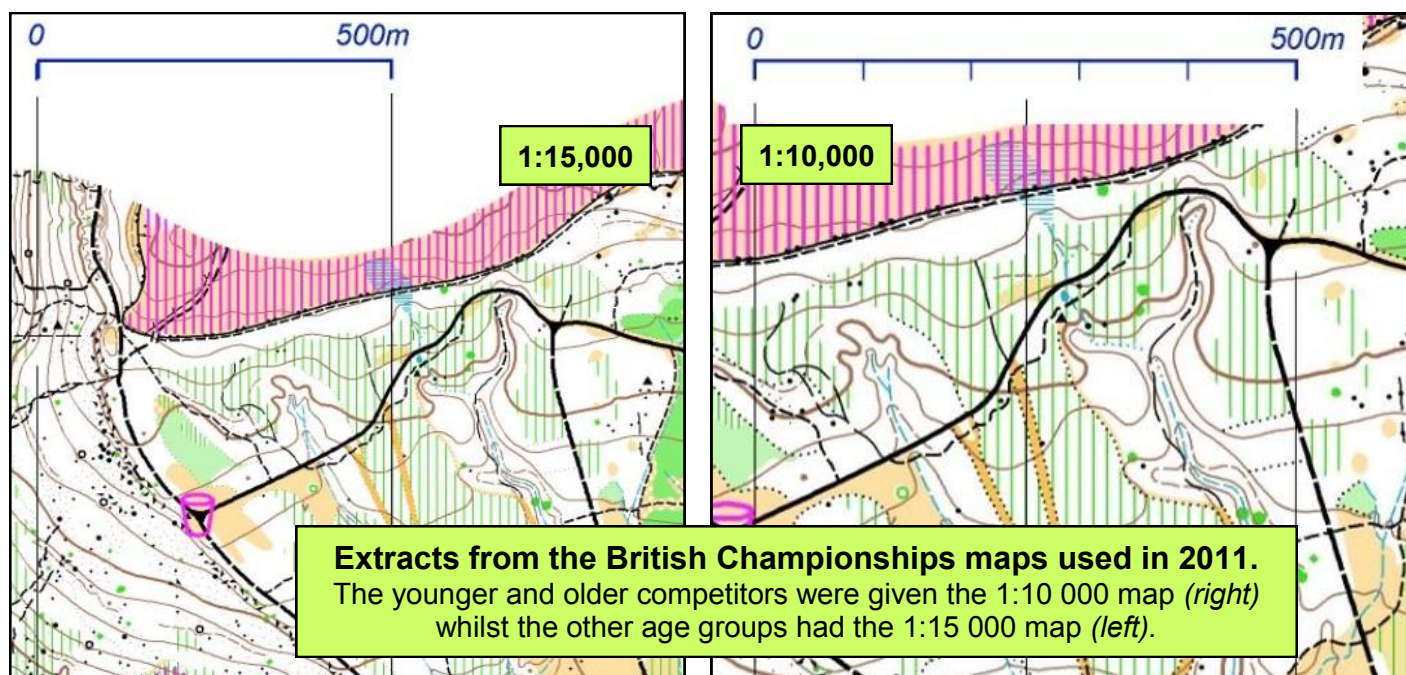
In education there is usually a progression of scales from 1:2 500 to 1:5 000 to 1:10 000. Maps at very large scales such as 1:2 500 will clearly contain additional detail such as playground equipment.

Other scales may be produced for other forms of orienteering.

For practical reasons a map should not be larger than is necessary for the orienteering competition. Maps larger than A3 should be avoided.

ISSOM (Sprint maps):

The map scale shall be either 1:4 000 or 1:5 000. The scales 1:5 000 and 1:4 000 are suitable for the sprint format. They allow course lengths up to 4.0 km with a handy map format. A scale of 1:5 000 is suitable for most terrains. However, the level of detail in some urban terrains, particularly in the centre of old towns with lots of essential features (e.g. stairs, narrow alleys or small passages) may be better suited to a scale of 1:4 000. The size of the symbols is the same for both scales.



Pace Counting

So you have arrived at your 'attack point' and now need to head off on a compass bearing into a block of featureless woodland. The problem is that the control, perhaps a 'pit', may be about 200 metres away and visibility may not be that good — so you need to have a good idea how far into the wood you have gone. The technique which everyone can use (and it costs you nothing!) is **pace counting**.

Pace counting does what it says – you count the number of times your foot hits the ground to work out your pace. But beware, you only count one foot! Make sure you choose a foot (e.g. if you are right-handed, you may find it easier to count the number of times your right foot hits the ground). Every time that foot hits the ground is a 'pace'.



If you know approximately how many paces you take to run 100 metres then, depending upon the scale of the map, it is quite easy to convert 1cm on the map into a number of paces. Whilst everyone will be slightly different, a typical count might be 40 paces per 100 metres. So a control 200 metres into the wood should be about 80 paces away. Everyone should do a test run over a measured distance—use a map of an area and run between two obvious features to calculate your own number of paces per 100 metres.

You do need though use the technique intelligently. Whilst you might manage 40 paces/100m on a good track, once you enter the wood, things will change depending upon the terrain — usually you will need additional paces either because the ground is softer or because you have to run around obstacles. So you need to add some additional paces to take these factors into account — 40 paces may become 50 (it almost certainly will need extra paces!). At the next Saturday event, club training evening or when you go for a jog, try pace counting over measured distances and over different terrains. This will help you to calibrate your own pace counting and to get a feel on how much you should adjust your pacing for different terrains.

Get into the habit of counting paces as much as possible. Even when running down a track to a junction where you will need to turn off, it is good to pace count as it will help you anticipate when the path junction will appear and there is less chance of running past it if it is not as obvious as it appeared to be from the map. It will also mean that you don't forget to pace count when you most need it.

Some of us are instinctively better at distance judgement than others – these differences are probably related to how individuals process information differently. Pace counting is a very useful tool for distance judgement. Many elite orienteers use pace counting throughout their races as one of their key navigational tools.

Some people will add a 'pacing scale' onto an edge of their compass so they can measure directly into 'paces' without going via 'metres'. But don't forget that you will need to change it if the scale of the map changes.

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 7 March	Oxford City Race	Level C	OUOC	Oxford City Centre	Oxford
Sat 7 March	HH Saturday League & Youth League	Level C	HH	Ashridge South	Berkhampstead
Sun 8 March	Sarum Saunter (and SCOA Championships)	Level B	SARUM	Sidbury Hill	Salisbury
Sat 14 March	BKO Winter Saturday Series	Level D	BKO	Swinley East	Bracknell
Sat 14 March	TVOC Saturday Series Cutteslowe Park	Level D	TVOC	Cutteslowe Park, Oxford	Oxford
Sun 15 March	CompassSport Cup Heat	Level B	SARUM	Fonthill	Salisbury
Wed 18 March	Oxford Street-O Series 7	Level D	TVOC	Abingdon	Oxford
Sun 22 March	WSX Galoppen and Yvette Baker Qualifier	Level C	WSX	Rushmore Estate	Shaftesbury
Sun 29 March	BADO SCOA League Event	Level C	BADO	Butterwood	Hook
Fri 3 April	JK Weekend Sprint (UKOL)	Level A		Lancaster University	Lancaster
Sat 4 April	JK Weekend Individual 1 (UKOL)	Level A		Ulpha Park & Barrow Fell	Ulverston
Sun 5 April	JK Weekend Individual 2 (UKOL)	Level A		Bigland	Ulverston
Mon 6 April	JK Weekend Relays	Level A		Graythwaite	Windermere
Sat 11 April	BKO Winter Saturday Series	Level D	BKO	Rushall Woods	Bradfield
Sat 11 April	HH Saturday League	Level C	HH	Mardley Heath	Knebworth
Sat 11 April	TVOC Saturday Series Shotover	Level D	TVOC	Shotover Park, Oxford	Oxford
Sat 18 April	British Long Distance Orienteering Championships (UKOL)	Level A	BOK	New Beechenhurst	Coleford, Forest of Dean

Date	Name	Level	Club	Venue	Town
Sun 19 April	British Relay Orienteering Championships	Level A	BOK	Cannop Ponds	Coleford, Forest of Dean
Sat 2 May	BKO Summer Parks Saturday Series 2015	Level D	BKO	Sandhurst Memorial Park	Sandhurst
Sat 9 May	British Sprint Championships (UKOL)	Level A	BAOC	Aldershot Barracks	Aldershot
Sun 10 May	British Middle Championships (UKOL)	Level A	TVOC	Naphill and Park Wood	High Wycombe
Sat 16 May	TVOC Saturday Series University Parks, Oxford	Level D	TVOC	University Parks Oxford	Oxford
Sat 23 May	Springtime in Shropshire	Level B	HOC	Brampton Bryan	West Midlands
Sun 24 May	Springtime in Shropshire	Level B	WRE	Stapeley	West Midlands
Mon 25 May	Springtime in Shropshire	Level B	WRE	Corndon	West Midlands
Sat 30 May	Great Hollands Urban	Level C	BKO	Great Hollands	Bracknell



Saturday 30th May 2015
Great Hollands, Bracknell
BKO Urban Event

Part of the Nopesport UK Urban League and the South of England Orienteering Urban League

This is your chance to experience the best of urban orienteering and to compete against a national field. Great Hollands is recognised as being an exceptional urban area providing challenging orienteering. Enter via Fabian4 — helpers discount will be available!

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

Know Your Club Members —

Gill and Colin Godbold

Gill and Colin Godbold have been members of the club since 2011. Their daughters Catherine and Nicki also orienteer, although at the moment only very occasionally.

Age/Class?

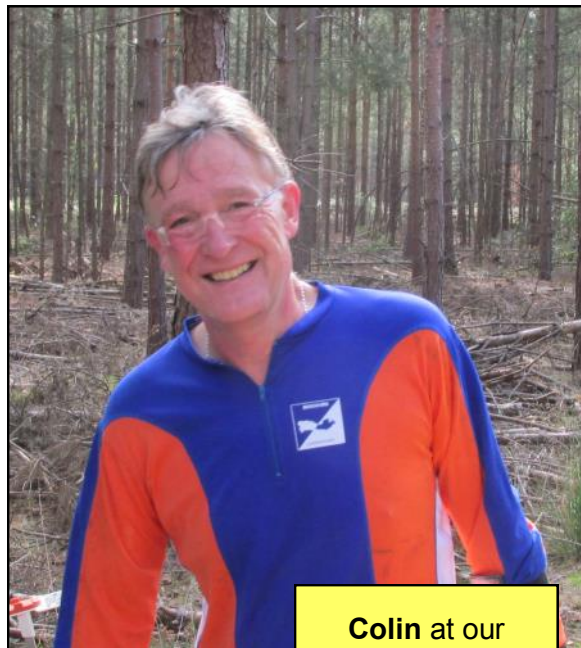
- **Gill:** W60 (only just!).
- **Colin:** M55.

Hometown:

- **Gill:** Exeter.
- **Colin:** Southend (no Essex jokes, please).
- We've lived in Maidenhead since 1982.

How did you start orienteering?

- We've always been keen on the outdoors and did a few fixed courses over the years, then some friends invited us and our children along to a TVOC event around 1999 and we started to do some more events. However we've only really been regular orienteers in the last few years.



Colin at our Yately event in September 2013

Clubs:

- **Gill:** Just BKO.
- **Colin:** TVOC a few years ago, then BKO when I had the time to be a more active orienteer.

Best achievement/success?

- **Gill:** Not a lot – I just enjoy it!
- **Colin:** Nothing outstanding in normal orienteering, but I managed 2nd place veterans in my class at the Saunders Lakeland Mountain Marathon in 2012.

Most enjoyed event?

- **Gill:** Most of them!
- **Colin:** I like being out in the countryside, but I also enjoy urban events and I'd pick out last year's London City Race based at the Barbican. I used to work near there so it was interesting to run past lots of familiar sights - and it helped that it was one of the rare occasions where I didn't make many mistakes!

Worst event/most embarrassing orienteering moment/biggest goof?

- So many that they all tend to blur together! Probably our biggest navigational error was many years ago walking in the Lake District – we set off to climb Scafell Pike, reached what we thought was the top, and then turned round to see a much higher



Gill at this year's Concorde Chase

summit behind us. It turned out we were on Lingmell which is 550 feet lower.

International experience?

- None yet – the furthest we've travelled for orienteering so far is the New Forest!

Biggest cheat?

- **Gill:** Following people – but it often ends badly!
- **Colin:** Starting late at a very snowy event in Wendover a few years ago – it was just too easy to follow the track in the snow all the way round while admiring the fantastic winter scenery.

What have you put back into the sport?

- We try to help out at BKO events and have organised two ourselves, at Rushall Woods last year and a summer series one at Sandhurst in 2012.

Other activities/interests?

- Our main passion is skiing, and more recently ski touring to get away from the crowds on the piste. We also do a lot of mountain walking in the UK and abroad and a bit of sailing and windsurfing on holiday. In between, Gill plays hockey for Maidenhead Ladies, Colin does some road running, we play some bridge, and we seem to watch a lot of rugby and football.

Employment?

- **Gill:** I was a teacher and education administrator, and now do some part-time education consultancy and help run a local charity.
- **Colin:** I worked in the IT business for IBM, and now do a mixture of consulting and voluntary work.

What training do you do?

- **Gill:** Hockey in the winter (training and playing), some running, pilates and occasional tennis.
- **Colin:** I try to run three times a week and usually do a pilates class. This year I'm starting to do some cycling and swimming as I'm thinking of having a go at a triathlon.

What is the best thing about orienteering?

- **Gill:** I just love running through the countryside – why would anyone ever run on a road?!
- **Colin:** See Gill's answer (but urban events are good, too).

What is the worst thing about orienteering?

- **Gill:** When Tom isn't there for a cuppa and an egg roll.
- **Colin:** It's so frustrating when you have a really good run and then lose concentration on the last few controls and make a big mistake – sadly, this seems to happen to me a lot.

Orienteering ambition?

- **Gill:** To carry on as long as Darrell Cruickshank.
- **Colin:** To get 1100 points at an event just once would be nice.

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

- **Gill:** Camping at the foot of a glacier in Norway for 6 weeks trying to map the glacial meltwater channels for my degree (easier said than done!).
- **Colin:** Also as a student, spending a fortnight measuring gravity around Gairloch in NW Scotland (where a local came along and asked us "Is the gravity especially good around here, then?").

Mapping Conundrum — Power Lines

David Jukes

power lines have been omitted.

Producing orienteering maps involves a lot of personal interpretation. The mapper tries to provide a visual image on the paper of a complex area of terrain including changes in vegetation, and complex ground forms. One of the biggest dilemmas in my experience is to try and decide when woodland (white on the map) becomes 'semi-open' or even 'open with scattered trees'. Another is when 'run' (white) becomes 'slow run' (pale green), 'walk' (mid-green) or 'fight' (dark green). I would actually recommend anyone to take up mapping if they want to improve their competitive map reading. When competing you would have a much better appreciation of the decisions taken by the mapper and you are more likely to navigate correctly.

This article is looking at one issue which can cause mappers difficulties - when to map overhead cables and their supporting poles/pylons. I can recall having this problem many years ago when producing a 1:15,000 map of Holmbury Hill for the British Relay Championships in 1981. Going across the area, and almost in a straight line, was an overhead electricity cable supported by posts (slightly larger than telegraph posts). However along the length of the route there was a small path which zig-zagged around the posts. In this case I decided that the path was relatively insignificant and the course of the cables should be provided. Part of the reason was that, further on, the power line split and went across more open land without a path underneath. However on the most recent map, used in the British Relay Championships of 2013, the power lines were omitted and the path was shown — perhaps it was more significant than it had been. (See *extracts*). Other examples of important maps where the power lines have been omitted are the two main maps used for the JK2013 - our own Cold Ash and TVOC's Hambledon.

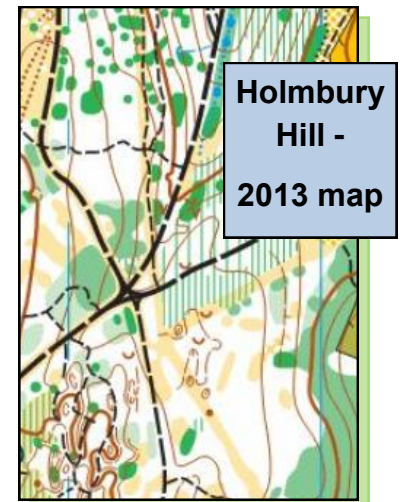
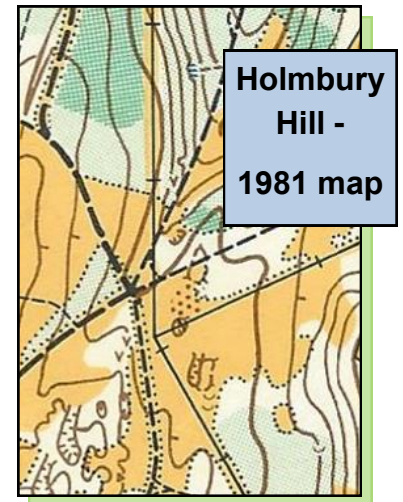
Another issue with overhead cables is that, when running through woodland, overhead cables may be very difficult to see. Putting a line on the map through woodland may make it appear a much more significant feature than it actually would be to the competitor. For these reasons, mappers often leave the cables and their posts off the map.

However, my thoughts about the topic were prompted by the recent Saturday event at Burghfield Common and, in particular by some photographs that I took whilst walking around the Orange course. I have included two of these to illustrate the issue. The competitors involved are not regular orienteers and so will have little knowledge of mapping conventions. Often, when overhead cables and supporting posts/pylons are ignored, there is a mention of this in the Legend but in this case this was not included.

Looking at the images, imagine this conversation:

- A: "See those pylons? They must be marked on the map!
- B: "No, they have been left off because ..."

If you were B, how do you think you would



have completed this response?

The relevant map extract is shown on the right. Notice that two small towers (T), each about 4m tall, are included on the edge of the rough open area and one of these was used as a control site. In comparison to the unmarked adjacent pylons, these are tiny! As an experienced orienteer, the absence of the pylons and any indication of the overhead cables did not surprise me and was not a problem but, in retrospect, I think this was wrong.

I turned to the agreed international specifications for orienteering maps (ISOM and ISSOM) which define map symbols. The relevant extracts are given below. There is no reference to leaving power lines and their posts off the map but there is an introductory comment:

An orienteering map is a detailed topographic map. The map must contain the features which are obvious on the ground to a competitor at speed. It must show every feature which could influence map reading or route choice: land forms, the path and track network, other lines of communication and features useful from the point of view of navigation.

I also turned to the British Rules of Orienteering for January 2014 - Appendix D: Mapping. Again I could find no reference to circumstances in which the omission of power lines is, or is not, allowed. So it appears that the regular omission of power lines is simply a recognised element in the drafting of O-maps.

But is this right? The photos shown here lead me, as a personal opinion, to believe that it was wrong in this case. In my view, any pylons of this size should always be shown using the ISOM 'Major power line' symbol. However, I also feel that in this case the actual pylons are so large that a single line across the course of the cables would be inadequate to indicate the location of the pylon. Perhaps using the 'High tower' symbol would be best but I would be tempted to create a special symbol looking more like a square with a cross (⊠).



	516 Power line Powerline, cableway or skilift. The bars indicate the exact location of the pylons. Colour: black.
	517 Major power line Major power lines should be drawn with a double line. The gap between the lines may indicate the extent of the powerline. Colour: black.

ISOM Specifications

	516 Power line, cableway or skilift Power line, cableway or skilift. The bars indicate the exact location of the pylons. Colour: black.
	517 Major power line Major power lines should be drawn with a double line. The gap between the lines may indicate the extent of the powerline. Very large carrying masts shall be represented in plan shape or with the symbol <i>high tower</i> (535). In this case, the cable lines can be left out (the map shows only the pylons). Colour: black.
	535 High tower A high tower or large pylon. Very large towers shall be represented in plan shape with the symbol <i>building</i> (526.1). The symbol is orientated to north. Colour: black.

ISSOM Specifications (Sprint maps)



Highland 2015 Planning Update

Martin Wilson

As the snows recede and the gales relent, draft courses have been completed, and are with the Controllers for first approval. Some of these courses were planned while I was in Tasmania in January, an odd feeling to be designing while on the other side of the world. My co-planner and I have spent a great deal of time integrating and load balancing the senior courses. With some courses having almost 200 runners, moving them to another control just shuffles the load to somewhere else. An absorbing and intellectual puzzle to solve, but it does rather frazzle one's brain. But we now have 34 distinct courses which could be run. Plus we've still got to check out some windblown parts which might require re-planning.

The early entry closing date was mid-January, and by then almost 3,000 entries had been received. It looks like the 5,000 planning number may be realised, and emails talk of 'expect more courses to be needed'. Where we put all the runners is not clear! Nor are more controls being made available (yet).

With the huge amount of printing to be carried out and checked, the closing dates for mappers and planners are very early. All map changes completed by end March: final courses by mid-April; course map proofs by end April; laser printed proofs by late May. Then the printing presses run from 8th June. And then each map will have to be checked for accuracy. By me.

Yet Strathfarrar is only one day of the 6 Days, and there are all the WOC race, training and model event maps also to be produced and checked. I close with this final comment from the Mapping Co-ordinator for both WOC and S6D:

"For what it's worth we're working on 28 'events' with 366 different map types and about 47,000 paper maps. Amusingly this is a pile that will be 71 feet high and weigh over 2/3 of a metric ton (without the bags)."

Now I know why they asked for the starts to be near a 4x4 track!

Club Entries

In addition to Martin (who has entered Days 3-6), there are currently 10 BKO members listed on the SI Entries Website as entered for the 6 Days and these are: Fiona Clough (W50L); Sally Collins (W60S); Andrew Graham (M60L); Anne-Marie Hillier (W60S); Derick Mercer (M50L); Richard Rae (M65L); Katy Stubbs (W55S); Alain Wilkes (M65S); Susan Wilkes (W60S); Peter Wilson (M55S). However several others are making arrangements to attend but have not yet got around to actually entering (*including your Editor!*).

Entry fees rose by £1 per day in early February and will rise again by another £1 per day at the end of April.

Note that the overall competition over the week is based on a cumulative scoring system with a competitor's best 4 days' scores being used to determine the class winners for the 6 Days competition.

**If you want to get
fit, go running**



**If you want a different life
Go Orienteering**

**Berkshire Orienteers
is on Facebook !**



Spotted on the Facebook page of the **ISF Orienteering World Schools Championship** (18 April - 24 April 2015) being held in Turkey (*but slightly adapted. Do you recognise the map?*)

Concorde Chase 2015

*This year's Concorde Chase was at Cold Ash using the map prepared originally for our event at JK 2013 on Easter Day. Planner this year was **Dave Rogers** and organiser **Alain Wilkes**. Here Alain provides an account of his various activities as organiser.*

Organiser's Report

Alain Wilkes

At the time it seemed so obvious – I had been the Assistant Organiser for the JK at Cold Ash in 2013, so why not Organiser for the club's event in 2015? Simple.

And in many ways it was helpful already knowing the area, the personnel and the challenges we had faced, particularly with parking. In the event the farmer was happy for us to use the most weather sure of his five fields – both in terms of surface and access point. He was even more accommodating in cutting an opening in the fence in one corner nearest to the wood and then allowing us to open up a fence the opposite side that had clearly been cut previously and rewired. So we now had separate access points to the start and back from the finish, with cars nowhere in sight.

But there was still the entry/exit to the field and the potential for cars to get stuck – especially on exit as it was slightly uphill. JK to the rescue again. A trip to the New Forest resulted in two lengths of the matting very successfully used at the JK. And lo and behold, no problems – just a rather back breaking morning pulling up the huge pins that held them down and cleaning off all the mud.

As with the farmer, so with the Head Forester and Head Gamekeeper. Both were remarkably accommodating as Dave (planner) will testify. And so it continued with regular communication between them, the farmer, the organiser and planners, keeping each other up to date and when necessary, agreeing minor but significant changes.

A first call for helpers produced that most valuable of help – the string course. Sue Parker and Brian Sewell immediately offered to plan and set it up. With an innovation..... The adult courses used emit, so why not the string? And so it came to pass, and very successfully. This was the first string course attempted by our two year old granddaughter and a short video clip showed her successfully placing the brick down not once but several times on one unit. And as time went on, more club members offered help until we had a full house. And as usual, on the day they made everything run smoothly.

As the date loomed, I thought I should let the police know that we were holding an event in their area but reassure them that there would be no problems. They in turn forwarded the email to the West Berkshire Council which resulted in an email from the Head of Highways. He reminded me that legally we were not allowed to put up signs without their permission and wanted to know the sizes and location of signs, the number of competitors and cars expected, the exact location of the parking field and reminded me that it would be illegal for any of our volunteers to direct or hold up traffic. A very full explanation was given to all his questions and in fairness, he emailed back to say he had no concerns and wished us well with the event.



Courses, car park, toilets, first aid, caterers, traders and signage all sorted meant that our ski trip to France two weeks before the event should be fairly relaxed. The hotel had WiFi so we could keep up with emails and deal any minor queries – that was until the first aid provider emailed to say that they could no longer provide the manpower promised. An urgent email to another provider that had been previously contacted resulted in them confirming they could. Sigh of relief. And then, ironically, the original provider emailed to say panic over they had found new volunteers. And so an email explaining that we had found a replacement and no longer needed them.

The day before the event saw a small force of cadets helping to rid the field of branches that had fallen in the assembly area and then clearing the route to the start, getting rid of trip hazards and small branches that might hit you in the face. There was even a short amount of time available to put some pine brashings across the huge and muddy ruts close to the start.

The day of the event itself seemed to pass off well with only a relatively minor number of problems, thanks to the superb efforts of the BKO volunteers – to them my sincere thanks. We did have a minor panic when 9am arrived but the toilets hadn't. Some fifteen minutes later they were there. They had been delayed because the electronic gate in the yard they rented had frozen!

Another minor panic occurred when I went to put out some streamers to the finish, to find that all the units and banner had disappeared! As I returned to the field I discovered that the assistant planner (Andy!) had moved it from the path back in to a wooded area as the rides themselves were just seas of mud. Which had also caused a panic for Peter Entwistle, who had put out the finish, left his chair by the banner and then returned, like myself, to find a blank space. The muddy nature of the wood due to forestry activities also featured in comments by the controller who heard shrieks in the wood and wondered if any children were injured – only to find on investigation that they were shrieks of enjoyment as they played in the mud! But there was no real criticism about the conditions – indeed everyone seemed to have enjoyed the whole experience.

And so it was over, with only the usual tidying up and sorting to do.



Orienteering has something for everyone. At Cold Ash we used Emit for the **String Course** for the first time. **Bryce Gibson** was in charge and for this event the theme was 'Sesame Street'. And there was a reward for every entrant!

Concorde Chase 2015

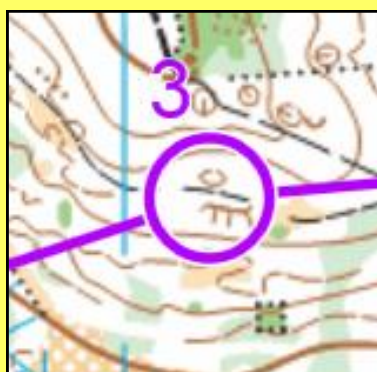
Cold Ash
25th January



Although recent forestry work had created some tracks with deep mud, most parts of the forest were fine. Shown below is control 3 on the Orange course



Nigel Jefferies



Concorde Chase 2015

Cold Ash
25th January

Lisa Methven



2 pictures of the control at a
'Distinctive Tree'

Above: **Mark Foxwell**
Right: **Gill Godbold**

You may recognise it. The tree
was used by numerous courses:
Black, Brown, Blue, Green, Short
Green, Light Green and Orange



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