

Berkshire Orienteers

Newsletter

March 2016



Snelmore Common Saturday Event 17 January 2016

Our first event of 2016 staged in conjunction with BADO



Toni Whittle



Nigel Jefferies



Steve Waite



Mel Golding

Editorial

With support and encouragement from our Club Captain, Martin Wilson, it looks as though we will have our largest turnout for the preliminary heat of the CompassSport Cup on the 13th March. This is really great news and Martin is to be congratulated for generating this increased level of commitment to the club. Whatever the result, the club can be proud of the response.

Of course, this may be good news but we must not be complacent. I cannot recall when we last cancelled an event due to failing to have an organiser but that was the fate of our Saturday event scheduled for the 5th March. Let's hope this is an isolated incident but it does show how we have come to rely on a small number of individuals to perform key roles.

David Jukes



Club Notes

Keeping you informed about the club and its members

**27 February: 2016 British Night Championships -
Cademan & Thringstone Woods (LEI) /**

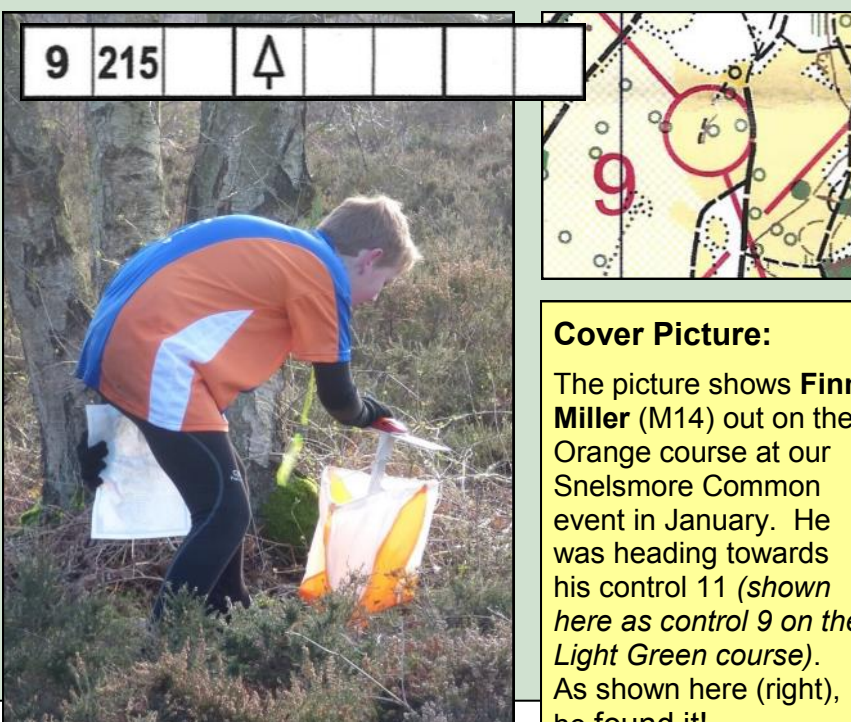
**28 February: 2016 Midland Championships - Sherwood
Forest (NOC)**

On the last Saturday of February, a small group of 5 BKO members headed north to the British Night Championships. It was a tough event with very intricate detail on a part of the Charnwood Forest hills to the NW of Leicester. There were no BKO successes this year.

This was followed by the Midland Championships which, although even further north (between Nottingham and Worksop), attracted a few additional BKO members and here we had success! **Ian Cooper** came through strongly to win M70L and, in a larger class, **Martin Wilson** did well



Ian Cooper approaching the finish at
the 2016 Midland Championships
(Photo: Mark Howell)



Cover Picture:

The picture shows **Finn Miller** (M14) out on the Orange course at our Snelsmore Common event in January. He was heading towards his control 11 (shown here as control 9 on the Light Green course). As shown here (right), he found it!



Top ten listing for third year!

As most members will know by now, CompassSport magazine has an annual assessment of the quality of UK orienteering club newsletters and selects their best 10 (with no ranking for the 10 which make the list).

The list for 2015 was announced in January and once again I was delighted to be included. My thanks to my various contributors who help me achieve this.

And now for 2016 ...

David Jukes

to come in 3rd on the M65L class. Finally we can report **Peter Bennett** coming in 3rd on the M75L. Great performances from 3 of our veteran members!

SCOA League Update



At the time of writing, there have been 8 events in the 2015-16 League series with just 2 still to go. Competitors gain scores based on their position in each of the colour coded courses - the winner gets 100 points with other scores scaled pro-rata based on the time taken. A competitor's best 6 scores over the series are counted to obtain the final score. This means that the maximum score in the season will be 600.

The top BKO positions are shown in the table on the right with the current scores. On White, **Robin Innes** is leading but could be pushed down to second depending upon the results in the remaining two races.

On Orange, BKO already has one winner and one second place. **Adam Methven** has the maximum 600 on Orange and **Thomas Innes**, in second place, will not be able to catch Adam but also cannot be caught by the third place competitor. On Light Green, none of the top competitors has attended more than 2 events so, with 2 events to go, it is an open

competition. On Short Green, it would be mathematically possible for **Peter Bennett** to win; similarly on Green - both **Peter Wilson** and **Anita Hermik** could still take the top spot. For Blue and Brown, positions might change by one or two places but those listed will not be able to get enough points to win.

Full League scores are available on the SCOA website at: <http://www.scoa-orienteering.org.uk/scoa-league>

Committee News

The Committee met in mid-January and made progress on a number of issues. Key points are as follows:

- **Membership:** Ian reported on the annual renewal process. This is continuing with about 130 renewals or new members. This did however leave about another 60 who had not renewed. It is expected that some of these have still to renew and so the final outcome will

Membership Memo

Ian Hudson - Membership Secretary

The turn of the year brought some young blood into the club so a very warm welcome to:

- **Nicki Godbold** and
- **Will Stride** in Maidenhead.
- **Luca Hartley** from Basingstoke.

In addition, much to the Club Captain's delight, a party of eight keen young orienteers joined from:

- **St Andrews School.** Welcome and best of luck for the Compass Sport Cup heat next month.

A final reminder, if you haven't done so, to renew for 2016.

SCOA LEAGUE 2015-16 (after 8 events)			
COURSE	POSITION	NAME (CLASS)	POINTS
White	1	Robin Innes (M10)	495 pts
Yellow	6	Oliver Smith (M9)	94 pts
Orange	1	Adam Methven (M12)	600 pts
	2	Thomas Innes (M12)	458 pts
	5	Fran Miller (M14)	150 pts
	6	Anna Methven (W12)	133 pts
Light Green	2	Antje Innes (W45)	199 pts
Short Green	5	Peter Bennett (M75)	488 pts
Green	2	Peter Willson (M55)	543 pts
	3	Anita Hermik (W45)	527 pts
Blue	5	Doug Greenwood (M40)	481 pts
	6	David Jukes (M60)	437 pts
Brown	4	John Methven (M45)	480 pts

not be known for a few weeks.

- *CompassSport Cup Preliminary Round*: Consideration was given to trying to encourage some of the St Andrews juniors to attend the event in the New Forest on 13th March. However it was thought that the rules might require all competitors to be full BOF members. This would be discussed Glyn Thomas at St Andrews to see if a satisfactory arrangement could be reached to allow their full participation.
- *Events*:
 - Fiona had been working hard to ensure that full permission was confirmed for the use of Barossa for the Concorde Chase and to allow parking at the Royal Military Academy. It appeared that this had been successful, although quite stressful, and the event looked safe. She expressed a desire to stand down from the role of Event Secretary at the AGM and the Committee discussed what the role involved and whether some of the work could be undertaken by others. Subsequently the role was described in an e-mail Update but, at the AGM, to the delight of those present Fiona indicated that she was willing to actually stay in the post.
 - Fiona has had no offers to act as Organiser for our event on 5th March and this may have to be cancelled if no one offers to take on the role.
 - There was some discussion about possible summer events with the option of staging some introductory events around Bracknell still under consideration. However this might be as an alternative to the Summer Parks Series that we have run for a few years. No final decision was reached and Fiona will continue to consider options.
 - Use of Cold Ash: This has been designated as a JK2019 venue (probably Easter

**January
2016
AGM
and ...**

Members attending the AGM were presented with the accounts to scrutinise.



**... Annual
Dinner**

The official work of the AGM completed, members were able to tuck into a very filling Annual Dinner.



Sunday). This means that it has to be embargoed for 2 years prior to that. However it is being considered for use before Easter next year (2017) for the CompassSport Cup preliminary round which BKO are due to host.

- **Equipment:** The updated computing equipment is generally working well and the Committee approved some further expenditure. There was concern at the increasing number of Emit cards which appear to be failing at the Saturday events. Some will be replaced but serious consideration needs to be given to our future system - whether to continue with Emit or to switch to SI. It is complicated by the expected imminent improvements in both systems.
- **AGM:** The Committee discussed arrangements for the AGM including nominations for the annual awards. These were agreed.
- **World Orienteering Day - Wednesday 11th May:** We had been notified about this special day when it was hoped a large number of events around the country with invitations sent to schools. It a Wednesday and discussions would continue as to whether BKO would stage something as part of this.
- **Training Activities:** Mark Foxwell had been hoping to run some monthly training sessions during the winter but it was not possible for him to actually establish this. The Committee is still considering the possibility of a weekend away with training available on two areas. The most likely location is around Swansea Bay. Further discussion is needed to develop the proposal.
- **O-Safe:** The revised national document on this was briefly considered. In addition to tightened controls on photography, it appears that clubs should ensure that their constitutions allow for a member to be expelled if found to have breached O-safe criteria. It was decided that this would not be rushed and that further discussion would be needed.

Annual General Meeting / Annual Dinner

This year's AGM took place on the 12th February at a new venue - Downshire Golf complex on the outskirts of Bracknell. Unfortunately attendance was slightly down on last year. However those present conducted the business efficiently.

With no Chairman, the Committee had adopted an 'annual report' which was presented by David Jukes (*the text is shown later in this Newsletter*). Peter Entwistle, our Treasurer presented the accounts for 2015 and a budget for 2016. These were accepted by those present. It was noted that the club had built up funds which should be sufficient to replace our Emit equipment when the Committee decides that this is appropriate. We then held the elections to the Committee and, once again, no one offered to take on the role of Chair. However all the other posts were filled with Brian Burt joining the Committee. Fiona had suggested that she might step down from her position as Fixtures Secretary but she indicated a willingness to continue. We then had the award ceremony (*see next page*).

The formal business concluded, those present enjoyed a delicious and filling 3 course meal which was considered a significant improvement over the food last year. Don't be surprised if we to return to Downshire next year!



Your 2016-2017 Committee

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

4 Committee Members and 2 co-options :

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

As elected at the AGM in February



Awards

The AGM provides an opportunity for the club to recognise success and contributions to the club's work in promoting the sport in Berkshire. Two awards were presented at the AGM and are shown in the photos above.

- **Club Champion 2015:** As announced in the January Newsletter, **Anne-Marie Hillier** returned the best performance (based on a handicap system using BOF ranking points) in the competition held in December. The photo shows Fiona Clough presenting her with the trophy.
- The **Derek Haring Award** is for services to the club. This year the Committee selected **Terry Hosking** who consistently offers to help from early on the day of an event and continues with providing help in the collection of controls.

Also announced at the AGM was the winner of **Jim's Jug** for notable performance by a Junior. This year it went to **Adam Methven** and in this case the presentation was at our Swinley East event in February. See the Committee Report for details of his various achievements in 2015.



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 !



All BKO members welcome !



Invitation: Official launch of the
NEW South Hill Park
Permanent Orienteering Course
(POC)

Tuesday 15th March, 1.30 pm
South Hill Park, south side, on the terrace.

Denise Harper

It has long been the intention to install a POC at South Hill Park and finally it has happened. Katy Stubbs mapped the park some years ago, but as restoration work was ongoing, it was not possible to progress the idea of having the POC at that time.

As the restoration is complete, Kath contacted me last year as she was very keen to resurrect this project. Kath and I planned the locations of the posts a few months ago, and since then she has managed to gather a volunteer force to put in the posts. The course looks great, and has control points on both the north and south sides of the park. It is aimed specifically at local schools, youth groups, and local residents to encourage more use of the park.

An official launch is planned on March 15th, when the hope is that the mayor of Bracknell will officiate by declaring the course open. To celebrate, we have invited several local schools to come and have a go on the new course.

It would be much appreciated if any BKO members who are free for an hour or two that afternoon could attend, and be available to help the school pupils or act as marshals in the park to keep an eye



on the children. It is planned only to do a selection of the controls on the south side for this event, to keep proceedings fairly short. The presence of BKO members to show support for the project would also help to demonstrate our appreciation of the excellent working relationship that we enjoy with Bracknell Forest council, which enables the club to hold so many events in the borough.

South Hill Park



Know Your Club Members — Brian Burt

The club's Committee gained a new member at the AGM and your Editor decided that members should know a bit more about him!

Age/Class: M50

Home Town: Born and brought-up in Hampton, Middlesex.
Moved to Bracknell in 1987 and, except for a short stint in Maidenhead for a few years, have lived in the town ever since.

How did you start orienteering?

I must've started orienteering in 1985 (this is my 31st year in the sport). I'd never been in the least bit interested in sport at school and, except for ice-skating (anyone remember Richmond ice-rink?) and a bit of cycling, did not participate in any sporting activity. In the mid-eighties I was working for a chap called Bill Smart who, having recovered from heart by-pass surgery, had just started orienteering. Bill knew that I had an interest in maps so invited me along to a colour-coded event on Epsom & Ashted Commons organised by the Mole Valley club. I decided to tackle the Green and finished in the top 50%. After the second event (Leith Hill Place) I was hooked, and it's all been down-hill ever since! Sadly Bill died in 1995 whilst on a training run, but still think of him whenever I make a 180° error!

Clubs: Just the two. From 1986 to 1993: Mole Valley Map & Compass Foot Racing Society. From 1993 to present: Berkshire Orienteers

Best achievement/success? None that I can recall.

Most Enjoyed event?

I've been to lots of events over the past 30 years – mainly in the South and South-East of England, and I've enjoyed many of them all for different reasons: the weather – running in the sun/rain/snow/sub-zero temperatures; the views; the competition; the 'après-O'. Or just enjoying the challenge set by the planner. Given that I have the memory of a goldfish it's difficult to pick an event that particularly stands-out since they all start to morph into one. Rather it's the locations that I've enjoyed. Those areas that immediately spring to mind are Ashridge, Butter Wood and Hambleden. I also enjoy the urban events which have become more prevalent in recent years - in particular the Brighton City Race and the Venice race – both of which were night events, and of course the London City race.

Worst event/most embarrassing orienteering moment/biggest goof?

Where do I start?

- **Venice 2015** – race #3 – Burano: Ran straight past the first control and didn't realise until I was approaching control 3. I wasn't going to retire or be DSQ'd so decided to run-back to control 1 and carry-on. Finished last.
- **JK – Surrey Hills (2008?)**: Had an excellent run but had forgotten that I'd just moved into a new age class and picked-up the M40S map instead of M45S. Officially DSQ'd.
- **King's Wood, High Wycombe**: Didn't bother reading the event details and completely failed to find the event centre. Finally decided that the event had been cancelled and went home without a run. In fact I'd been searching in the wrong place....
- **Rutherford Laboratory, Harwell, 2015**: It being held on an August Bank Holiday Monday the weather was, of course, atrocious. The rain was relentless. As a result my glasses kept steaming-up and I was unable to read the map properly. By the time I realised that I'd been running to arbitrary controls I was thoroughly soaked through and more than ready to retire.
- **Swinley East Army event** (before the Brickworks SSSI was fenced-off). I ran across what I thought was solid ground, but was in-fact a waist-deep pit cunningly camouflaged as runnable forest, flooded with particularly evil smelling water topped with a delicate crust of algae.

Thinking about it I could almost write a book of my orienteering cock-ups, but I'll stop there for now.

International Experience? The Venice race was my first ever experience of competing overseas. Must do more (please refer to Orienteering Ambitions).



Brian at the British Sprint Championships, Aldershot, May 2015

Biggest Cheat?

Despite what you might hear to the contrary I don't cheat. Or lie..... I suppose that the biggest 'cheat' was in the days before ePunching at an event on Blackdown near Haslemere where I mistakenly ran the Blue course backwards (you know what I mean). Banstead Heath score event: Despite entering and running the 60 minute race the results reported that I finished first in the 45 minute race. Running through the invisible uncrossable boundary behind the guard-room at the British Sprint Champs at Aldershot Garrison last year. Along with half the field.

What have I put back into the sport?

Not nearly enough. I've been a member of your committee sporadically, and helped at numerous events, and planned a number of low-key events. I've even tried my hand at organising.

Other activities/interests?

I was a member of the Twickenham division of St. John Ambulance for many years, and developed a keen interest in Rugby during that time. Thankfully have only had the occasion to use my first-aid skills once whilst orienteering. Enjoy photography, travel and cycling, and each year I try to combine all three on at least one cycling holiday. Last year it was Greece. This year Romania.

Employment?

I worked for Cable & Wireless for the last 25 years of its 150 year history, part of a team building the global under-sea optical fibre cable network which carries the majority of our international telephone and internet traffic. I'm now doing the same job for Vodafone. If anyone is interested I'm happy to bore them silly on the history of international telecommunications.

What training do you do?

I've been seen at the occasional Park Run on a Saturday morning, and am a fair-weather cyclist. I've successfully avoided the gym, although have recently taken-up yoga (which is far tougher than it looks!).

What is the best thing about orienteering?

The maps, getting out in the forest, getting muddy, the challenge, the competition.

What is the worst thing about orienteering?

Inaccurate maps, brambles/brashings, getting REALLY muddy, the drive home.

Orienteering ambition?

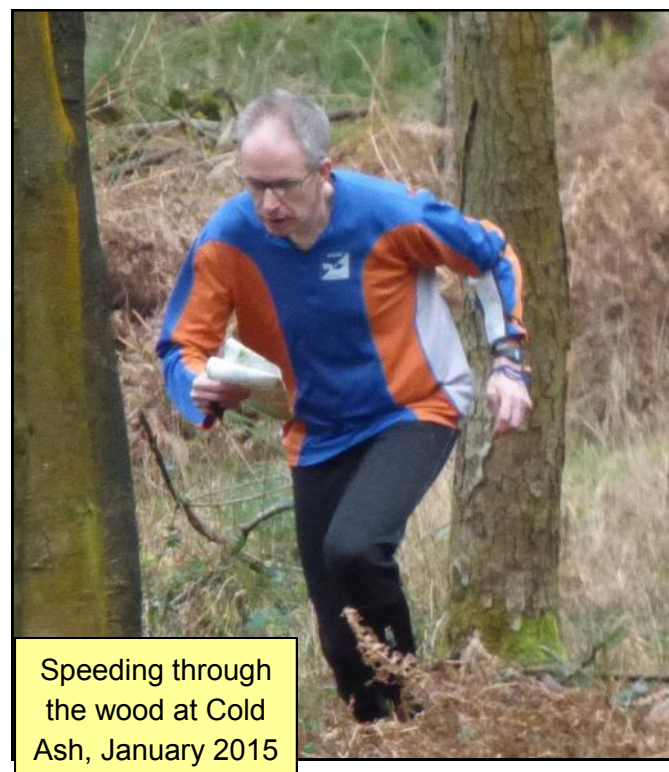
I was diagnosed with Parkinson's Disease in 2012 so my real ambition is to continue competing for as long as I'm able to do so. Other than that, I want to extend my overseas orienteering experiences.

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

Driven an ambulance from Twickenham to central London on blues 'n two's with a police escort. Been a crew member of a tall-ship (twice). Para-glided off the top of a mountain in Slovenia. Flown in a microlight above the Victoria Falls. Been trapped beneath the lip of a waterfall in Turkey. My rescuer had to climb back-up the waterfall and abseil both of us back down again. Swum in the crocodile and hippopotamus infested waters of the Okavango Delta. Got lost in Bogota. The last three items are not to be recommended.

Favourite music/book/film/etc...

- Music: I have a fairly eclectic taste in music – I tend to like anything with decent lyrics and/or a catchy tune. I just played my Spotify favourites on shuffle and the first five artists were Elvis, Chic, Kirsty MacColl, U2 and Daft Punk. Other current favourites are Cara Dillon, Nicola Benedetti, and Alison Krauss.
- Books: Favourite genre is historical fiction. I've just finished the Century trilogy by Ken Follett and Warriors of the Storm by Bernard Cornwell. Other books on the 'to read' list on my Kindle include Girl on the Train by Paula Hawkins, Bloodline by Conn Iggulden, and Beer Orienteering by Chris Eversman (!)
- Films: I don't really have a favourite film, however I recently saw Bridge of Spies and Testament of Youth on a flight back from the USA. Both excellent.



Speeding through the wood at Cold Ash, January 2015

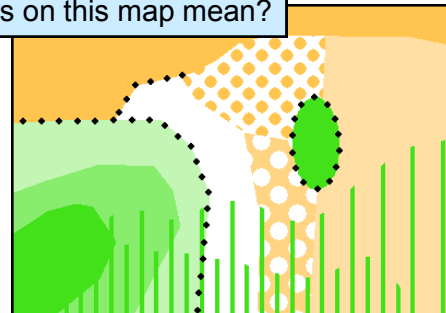
Know your sport: Vegetation - From yellow to white to green

Many people using orienteering maps for the first time can find the various colours on the map confusing. This may be because they are most used to Ordnance Survey maps where open areas are white and woodland green. On orienteering maps, white areas are woodland and open areas are yellow. Here the use of colours for orienteering is explained.

The Basics

Orienteering is a competitive sport with the fastest person to visit their controls being the winner. This needs each competitor to select what they consider represents the fastest route between each control for them and the ability to interpret many different aspects of the map. A key element is the speed with which someone can cross different terrain. Can they expect to run at full speed or will the trees be tightly packed making running slow or even impossible?

Can you picture what the colours on this map mean?



According to the specifications for orienteering maps set by the International Orienteering Federation (IOF), the basic principles of colour on maps are:

- white represents runnable forest,
- yellow represents open areas divided into several categories,
- green represents the density of the forest and undergrowth according to its runnability and is divided into several categories.

Runnability

The term used to describe the speed a competitor can traverse an area is '**runnability**'. The IOF specification divides this into 4 categories according to the likely running speed. If speed through typically open runnable forest is, for example, 5 min/km, the following rates apply:

• open forest	80 - 100%	5 - 6:15 min/km
• slow running	60 - 80%	6:15-8:20 min/km
• difficult to run	20 - 60%	8:20 - 25:00 min/km
• very difficult to run	0 - 20%	> 25:00 min/km

Complex vegetation seen on part of the Barossa map

Large area of 'Slow running'

Area of 'Rough open land with scattered trees' but with 'Slow running' undergrowth

Small area of 'Open land' (or clearing) in an area of 'Open forest'

Large area of 'Difficult to run'

Section of 'Rough open land with scattered trees'

Small area of 'Rough open' (or clearing) in an area of 'Open forest'

Small area of 'Very difficult to run' (termed a thicket)

Large area of 'Open forest'



For more detailed explanations of these terms, see over

Woodland Screens

The IOF specifications provide for four variations of runnability in woodland areas. These are listed here along with a fifth which can be used, common when there has been forestry work thinning young trees:



Forest: easy running: Typically open runnable forest for the particular type of terrain. If no part of the forest is runnable then no white should appear on the map.



Forest: slow running: An area with dense trees (low visibility) which reduces running to about 60-80% of normal speed.



Forest: difficult to run: An area with dense trees or thicket (low visibility) which reduce running to about 20-60% of normal speed.



Vegetation: very difficult to run, impassable: An area of dense vegetation (trees or undergrowth) which is barely passable. Running reduced to about 0-20% of normal speed. *Notice in this case, it can also refer to the undergrowth rather than the density of the trees.*



Forest runnable in one direction: When an area of forest provides good running in one direction but less good in others, white stripes are left in the screen symbol to show the direction of good running. *Note that the stripes do not represent individual sections of run - they are spaced a standard distance apart.*



An example of '**Forest: easy running**'. An area of mature forest allowing competitors to run at their top speed (100% runnability). This is considered the standard forest type and is white on the map.



This example shows an area where there are younger trees which are closer together making it harder to get through. Runnability is therefore less, perhaps only 70% of top speed. An example of '**Forest: slow running**'.



Here we can see a transition in vegetation. The mature trees in the front change to an area of denser younger trees. The runnability changes from 100% to less - perhaps only 30% - a case of '**Forest: difficult to run**'. The map shows this with white at the bottom changing to a medium green at the top. Some mappers might have considered this sufficiently distinct to have used the 'vegetation boundary' (black dots) symbol - but not in this case.

Open Screens

Although there are many places where an area of woodland comes to an abrupt end followed by an area of open land, in other places, often of natural woodland, the changes are more subtle and it can be difficult for a mapper to decide whether the area is wood or open. To help overcome this difficulty, as well as showing an area as 'open' or 'rough open', the IOF specifications include options to indicate 'with scattered trees'.



Open land: Cultivated land, fields, meadows, grassland, etc. without trees, offering easy running.



Open land with scattered trees: Meadows with scattered trees or bushes, with grass or similar ground cover offering easy running.



Rough open land: Heath, moorland, felled areas, newly planted areas (trees lower than ca. 1 m) or other generally open land with rough ground vegetation, heather or tall grass.



Rough open land with scattered trees: Where there are scattered trees in rough open land, areas of white (or green) should appear in the tone. Such an area may be generalised by using a regular pattern of large white dots in the yellow screen.



Here is a wide section of '**Open land**' which is easy to run across. It is shown as bright yellow. If the weather was sunny it would be bathed in (yellow?) sunlight. Also notice that the edge of the woodland is shown here with the black dot symbol showing a '**distinct vegetation boundary**'. The symbol is used to show a distinct forest edge or very distinct change in vegetation within a forest.



Here the ground is more varied and is considered '**Rough open land**'. Although there are a few scattered young trees they are small (typically less than 1m) and would not change the type of classification.



Although still considered rough open, the trees here are larger making this area '**Rough open with scattered trees**'.

You can download copies of the full 'International Specification for Orienteering Maps' (ISOM) from:
<http://orienteering.org/resources/mapping/>

Undergrowth

Unfortunately, it is not only areas of dense tress which can slow competitors down. Even though an area might contain mature trees (and would normally be considered suitable for being shown as white) or open (and normally shown in yellow), other vegetation can cause problems. Sometimes considered as the 3 'Bs' these include brambles, bracken and brashings.

- **Brambles** can sometimes spread over large areas of woodland and dense areas can be difficult (and painful) to cross. These tend to be fairly permanent although heavy snow can sometimes knock back some growth.
- **Bracken** grows rapidly in late spring and by mid-summer can be very dense and difficult to push through. However in late October (depending upon when the timing of the first frosty nights) the bracken dies, turns brown and slowly decays. This complicates mapping when the runnability varies through the year. This is termed 'seasonal undergrowth' and may, or may not, be shown on maps. Event details may give an indication as to what to expect.
- **Brashings** (cut branches) are more variable and depend upon forest operations. They are often not shown. Their impact on people will vary and event details might give an indication as to whether they may present problems.



An example of bracken making an area '**Difficult to run**'

To help orienteers take these into account, the IOF specifications include two additional screens for undergrowth which do also indicate that they can be used for 'cut branches' as well:



Undergrowth: Slow running: An area of dense undergrowth but otherwise good visibility (brambles, heather, low bushes, and including cut branches) which reduces running to ca. 60-80% of normal speed.



Undergrowth: Difficult to run: An area of dense undergrowth but otherwise good visibility (brambles, heather, low bushes, and including cut branches) which reduces running to ca. 20-60% of normal speed.

Final thought

The decision as to which screen to use in any particular part of the terrain will be taken by the mapper. This will be a judgement - there is no precise way of measuring runnability. In the same way, mappers need to use their judgement to assess whether an area is 'wood' or whether it is open with scattered trees - an increasing density of scattered trees will, at some point, be considered woodland.

An orienteer needs to recognise this and learn to see the map and the terrain through the eyes of the mapper. When competing on a new area, be prepared to take a bit of extra time over the first few controls to get accustomed to how the mapper has viewed runnability and the use of colour. Learn to interpret the map.

Areas of rhododendron bushes can be almost impossible to get through and are nearly always shown as '**Impassable**'. Here a single bush has been plotted with a small green dot.



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
Sun 13 March	Compass Sport Cup and Trophy Heat	Level B	SOC	Hollands Wood	Brockenhurst
Sat 16 March	TVOC Saturday Series	Level D	TVOC	Shotover Woods	Oxford
Sat 19 March	Bridgwater Urban Event (SEOUL)	Level C	QO	Brewery Field	Bridgwater
Sat 19 March	SN - Saturday Series 8	Level D	SN	Frensham Heights	Farnham
Sat 19 March	HH Saturday League & Youth League	Level D	HH	Frithsden East	Berkhamsted
Sun 20 March	Sarum Saunter	Level C	SARUM	Grovely East	Salisbury
Fri 25 March	JK - Sprint (UKOL)	Level A	YHOA	Leeds University	Leeds
Sat 26 March	JK - Individual 1 (UKOL)	Level A	YHOA	Wass Forest	Thirsk
Sun 27 March	JK - Individual 2 (UKOL)	Level A	YHOA	Kilnsey	Skipton
Mon 28 March	JK Relays	Level A	YHOA	Storches Hall	Huddersfield
Sun 10 April	Galoppen	Level C	NGOC	Danby Lodge	Blakeney, Glos.
Sun 10 April	Kingston Urban Race (SEOUL)	Level C	SLOW	Kingston	Kingston
Sun 17 April	Warminster Urban Race (SEOUL)	Level C	SARUM	Warminster Town	Warminster
Sat 23 April	BKO Winter Saturday Series	Level D	BKO	Langley Park	Slough
Sun 24 April	Chiltern Challenge	Level B	TVOC	Wendover Woods	Aylesbury
Sat 30 April	British Long Champs (UKOL)	Level A	WMOA	Brown Clee Hill	Bridgnorth
Sun 01 May	British Relay Champs	Level A	WMOA	Brown Clee Hill	Bridgnorth
Sat 7 May	HH Saturday League	Level D	HH	Croxley Moor	Watford
Sat 7 May	Saturday Series	Level D	TVOC	Cuttesslowe Park	Oxford
Sat 7 May	Double Urban Sprint Races (SEOUL)	Level C	WAOC	Cambridge Science Park/North Cambridge	Cambridge
Sun 8 May	Level D Event	Level D	BADO	Pen Wood	Newbury
Sat 14 May	Dorset Sprint Champs	Level C	WIM	Potterne Park	Verwood
Sat 14 May	Southdowns Weekend. Middle	Level B	SO	Friston Forest	Eastbourne
Sat 14 May	Southdowns Weekend, Evening Sprint Race	Level C	SO	Hampden Park	Eastbourne
Sun 15 May	Southdowns Weekend (white to black)	Level C	SO	Friston Forest	Eastbourne
Sun 22 May	SCOA league event	Level C	BKO	Bloom Wood	

Committee Report on the Past Year - 2015-16

As presented to the AGM

We recognised 2015 as the silver jubilee for the club – 25 years of Berkshire Orienteers. As a contribution to this, at the start of the year we issued all members with a car sticker. Of course, whilst being a recognition of the club's jubilee it also provided another way for club members to identify each other and to interact at events. We hope that they have been put to good use! But what did the club manage during this 25th anniversary year?

Events

First our events which were co-ordinated by our Fixtures Secretary, **Fiona Clough**. Our 2014-15 Winter Series of Saturday and Youth League events continued with events in January to April. The 2014-15 Youth League team event was dominated by St Andrews which, led by **Glyn Thomas**, were regular attenders at our League events. As well as easily winning the Team competition, several of the St Andrews' students performed consistently well as individuals. Our thanks to **Ken Ricketts** for maintaining the Youth League records – something he has been doing as part of his club 'Development Officer' role.

Our 2015 Concorde Chase had been staged at Cold Ash before the last AGM so our second major event of the year was our first National Urban League event at Great Hollands in May with Planner **Mark Foxwell** and Organiser **Fiona Clough**. This was also a regional Southern England Orienteering Urban League – our second as our Windsor and Eton event in 2012 had been our first.

As we moved into the Summer, we once again staged a series of 4 'Summer Parks Events' which generally combined some urban parkland with complex housing estates. For 2015 we used Sandhurst Memorial Park, Ashenbury Park in Woodley and two Bracknell estates (Wildridings/Easthampsted and Birch Hill). At the final one we followed the event with a successful picnic with catering ably arranged by **Fiona**. Luckily we had a dry day enabling club members to socialise in South Hill Park whilst enjoying the food and drink.

After the summer we started on the 2015-16 Saturday series of Level D Saturday events. The first took place in late September (on Yately Common) but the second was not until late November (at Black Park). The most recent event, this January, was organised in collaboration with BADO and used Snelsmore Common to the north of Newbury. The 2015-16 Youth League is based on these events but also made use of our late Autumn Level C event. This saw us return to Bucklebury Common for the first time for many years – the event was organised by **Peter Entwistle** with courses planned by **Andrew Graham**.

Which brings us to the 2016 Concorde Chase held just two weeks ago at Barossa. Although army training areas can provide challenging orienteering, they have become increasingly challenging to stage as the process of obtaining permission has become more bureaucratic. However Fiona gained the necessary permissions and the event went ahead based at the Royal Military Academy Sandhurst. Our thanks in particular to organiser **Jane Courtier** and planners **Peter Wilson** and **Mike Pemberton**.

We must also mention that once again we staged a series of summer training activities on Wednesday evenings co-ordinated by **Katy Stubbs**. Various members were involved in providing 7 evenings - some based around training techniques such as map memory or brown-only maps.

Finally we must not forget the continued key role played by **Denise Harper** in the staging of the preliminary rounds and the final of the orienteering component of the Berkshire School Games. This provides an excellent opportunity for a large number of children to experience the challenge of the sport and perhaps spark an interest which will at some point develop into full participation.

Although some specific individuals have been named, no event can be staged without the support and



Summer Picnic - July 2015

commitment of numerous other club members who regularly offer to act in various roles at all of our events. The Committee thanks them all!

Maps

With no maps, we would have no events. So we must also recognise **Katy Stubbs'** contribution as our major mapper once again. She provided major updates to our maps of Great Hollands and Bucklebury Common for our 2 Level C events as well as spending time ensuring that many of the maps for our Level D events were fit for purpose. Other club members, particularly the event planners, were also active in ensuring that our maps are updated to reflect the continuously changing vegetation and human activity on our areas.

Equipment

Another necessary part of staging events is the provision of basic equipment (controls, stakes, tents) as well as the various components needed for the electronic timing – the various Emit components (the control units, the dibbers and the computing hardware and software) needed to extract the data and convert it into results and splits. Even once the data has been obtained, it has to be transferred onto websites and also uploaded to programmes such as Routegadget so that competitors can both see their results and analyse their performance. The basic equipment continues to be stored and maintained by **Eric Harper** but a lot of work has been done by **Brian Sewell** to review our results processing operation – during the year we have been investing in new computing equipment (both hardware and software) which is seeing a significant improvement in our ability to handle data at Level D events with the potential to also service our future Level C events. This will however need additional volunteers willing to learn how to use the new systems.

Our Emit equipment will be coming to end of its life soon – we are already finding increased failures in the club's stock of Emit dibbers. The clubs in the South Central region had all originally adopted the Emit system of electronic results and so these other clubs will also have to replace their equipment soon. Most other regions adopted the SI system and the committee is aware that both the club and the region should seriously consider the various advantages and disadvantages of the two systems before we spend large sums investing in Emit again.

Committee Work and Related Activities

All the above aspects need coordination, financing and planning. The club's Committee tries to perform this function to the best of its abilities taking into account all of our other varied work and hobbies. Despite the lack of a Chair, we have continued to meet and agree the things that need to be done. It has been more challenging and sometimes issues may not have been resolved appropriately or as efficiently but the club has survived. **Derick Mercer** has acted as our Secretary and has ensured we get relevant communications and that our decisions are accurately recorded. We believe our finances have been ably managed by our Treasurer, **Peter Entwistle** – you will be able to assess this for yourselves shortly! Ian Hudson has acted as Membership Secretary ensuring that our database is maintained and enquires get a speedy and friendly welcome. **Andy Parry** has been maintaining and enhancing our website and e-mail systems as well as circulating a regular listing of fixtures. **David Jukes** has managed our Facebook page, kept members informed by regular e-mail updates and has continued to edit the Newsletter – and for the third time being recognised by inclusion in CompassSport's list of the top 10 club newsletters for 2015.

Performance

Whilst staging events and activities is a key reason for the club's existence, we also provide a means for supporting members develop their skills and to celebrate the successes of those club members who are successful in the sport.

Starting with the juniors, of which there are fewer than we would like, the year started well with **Adam Methven** winning the M10 Southern Championships in February which he followed up with being fastest in M10A on Day 3 of the JK giving him a second place overall on Days 2 and 3 combined. He also achieved a second place in M10A at the British Championships in the Forest of Dean and just missed a podium place by coming 4th in the British Middle Championships.

The Inness juniors have also been performing consistently well with good runs at the various SCOA League events. At the end of the 2014-15 competition, **Robin Inness** (an M10) achieved an overall 2nd place on White with brother **Thomas Inness** (an M12) winning the Yellow category.

Talking of Juniors, we have already mentioned the St Andrews performance in our Junior League. On the national stage they won the 'Middle Prep Girls' category and were second in the 'Middle Prep Boys'

category in the British Schools Score Championships in October. In November they travelled to Norfolk for the main British Schools Championships and came second in the 'Middle – Preparatory' class with some fine individual performances.

Turning to our seniors, **Ian Cooper** was also a winner at the Southern Championships in February in the M70 class. Also winning his age class was **Darrell Cruickshank** as a first year M90. Later in February Ian also had an emphatic win at the Midlands Championship event on Cannock Chase. In the JK both **Martin Wilson** (in M65L) and **Darrell Cruickshank** (in M90) were fastest on one of the days. **Martin** was also on excellent form for the Scottish Championships in May. Despite having to get up at 4.30 on the day to fly to Edinburgh, he came through to win the M65 class and gain selection to represent Scotland in the Veteran Home Internationals.

In March, under the determined leadership of our club captain, **Martin Wilson**, the club competed in the CompassSport Cup Heat at Fonthill. As one of the smaller "large" clubs we struggle against teams with strength in depth but this year, with increased BKO participation, we were thrilled to beat another team, something we have failed to do for some time. Hopefully we can repeat this (or go even better) in a few weeks' time.

Turning to the urban scene, in the Southern England Orienteering Urban League (SEOUL) **Martin Wilson** achieved first place in the Men Ultra Vet class with **Fiona Clough** (in Women Vets) and **Denise Harper** (in Women Ultra Vets) both being placed third overall. On the international stage, **Fiona's** 3rd place in W50 at the Krakow City Race was certainly a highlight.

Congratulation to all those mentioned – we hope that we have identified all top performances. Apologies for any that have been missed.

Concluding highlights

We have left until last a few real highlights of the year:

- With the World Championships being staged in Scotland in early August alongside the Scottish 6 Day event, volunteers were needed from far and wide to undertake all the varied duties. BKO was represented in two key roles. **Dave Rogers** was the Health and Safety Manager for the World Championships with **Martin Wilson** taking on the planning of Day 2 of the Scottish 6 Days in Strathfarrar to the west of Inverness. Well done to them for their contribution to the success of the two events.
- We celebrated **Darrell Cruickshank's** 90th birthday in late October by presenting him with a large chocolate cake and some liquid refreshment at our Bucklebury event in November. It is a tremendous achievement for a 90 year old to still be active both as a competitor and as a willing volunteer for the club. Long may this continue!
- In another version of orienteering – the Mountain Bike discipline – we have to congratulate **Denise Harper** on gaining the bronze medal for 3rd place in the W65 class at the World Masters MTBO in Portugal in June.
- Finally, early in 2015, the Committee submitted a nomination for **Katy** to receive the national Silva Award for contributions to the development of orienteering nationally. The award ceremony was held in conjunction with the BOF AGM in early April and we were all delighted when it was announced that Katy had indeed received the Award – a recognition which was well deserved. Whilst most of us are aware of her many years of work on behalf of the club and even the region, within the club her national work may be less well known. Our congratulations to her.

In conclusion, we can note that **Darrell** was one of the founding members of the original Reading Orienteering Club and he has seen it evolve since its formation in 1968. So although this report started by mentioning that in 2015 we were celebrating the 25 years of BKO, we will be celebrating again in 2018 when we achieve our 50 years of orienteering in Berkshire.



Pictures (from top): Martin Wilson (l) with John Methven, Dave Rogers, Darrell Cruickshank, Denise Harper and Katy Stubbs (l)

SCOA Survey: An Analysis of the Data

David Jukes



Background

It was in the May 2015 BKO Newsletter that I published an article I had written about the SCOA League. This was prompted by an apparent lack of regular participation at events in the series. In particular, winners were mainly being decided by the number of events a person attended rather than their performance at the events. My suggestion was that the League was not really providing a valued competition which attracted participants. I went on to suggest some alternatives for consideration.

The article found its way to the regional SCOA Committee and it was discussed at their September meeting (which I attended). It was generally agreed that the time was right to review the value and nature of the League and it was decided that the views of regional members should be obtained. An on-line survey was agreed and I drafted the questions and Committee members suggested some amendments. A question assessing interest in SCOA Championships was also included. It was available for completion on-line throughout November.

The data has been collected and an initial analysis prepared for discussion at the next meeting in early March. At this point it is not known what the outcome will be. However, some of the data from the survey is shown below comparing the overall results with that of BKO members.

Background of those replying

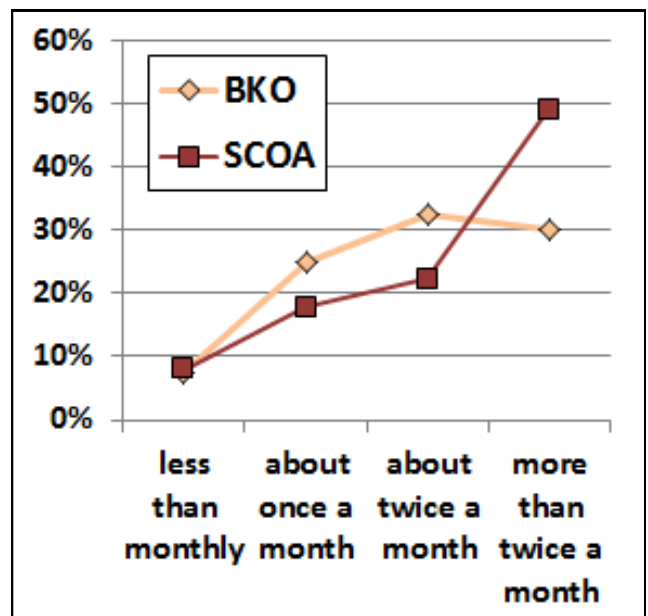
There were a total of 129 responses with 122 naming a SCOA club. 93% of the responses came from 4 clubs: BKO (33%), TVOC (25%), SOC (22%) and BADO (13%). BKO therefore had the largest response which perhaps was due to my continued promotion of the survey by e-mail Updates during November.

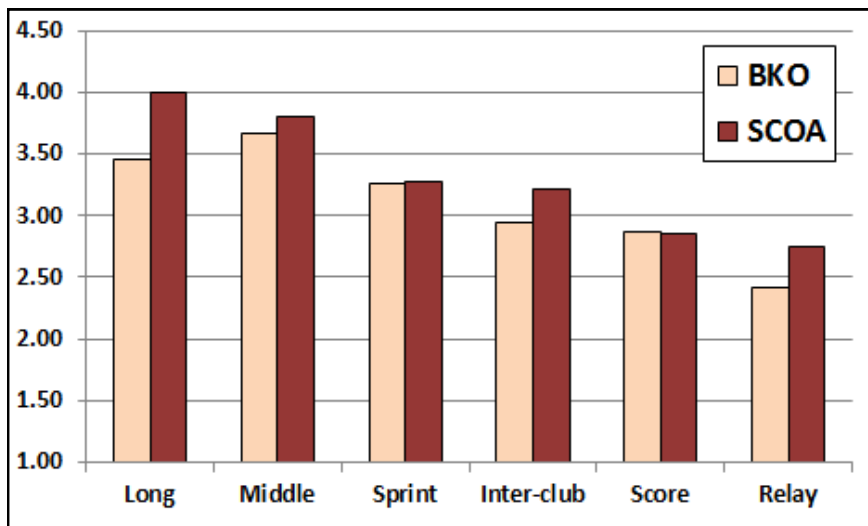
For membership, 70% of the responses were from 'Seniors', 28% 'Families' and only 2% 'Juniors'. Of the families, nearly half (46%) had 2 juniors and 30% were couples (with no juniors). SOC had the biggest proportion of 'Families' replying (37%) compared to BADO, BKO and TVOC being 25%-27%.

Class distribution: 73% of those replying were men and 27% women. 52% of replies were from people in classes 55 or over. The women were proportionally younger than the men (e.g. 56% of the men were M55 or over but only 39% of the women were W55 or over).

Not surprisingly, willingness to travel was greater for Level B events. For example, 29% would travel for over 60 minutes to a Level C but 70% to a Level B. There was some variation between clubs: most willing to travel were TVOC members where for over 60 minutes these were 43% (C) and 87% (B) and least were SOC with 11% (C) and 59% (B) - possibly a reflection of SOC's greater number of family responses. BKO's figures were 36% (C) and 63% (B).

When frequency was assessed, the responses were mostly from enthusiasts! As shown in the figure on the right, 53% competed 'more than twice a month'. However, responses from BKO were more evenly spread. For example, for BKO only 30% were from those who replied 'more than twice a month' compared to 69% BADO, 58% SOC and 57% TVOC.





Regional Championships

Responses were scored as:
 Very interested=5, Quite interested=4,
 Limited interest=3, Small interest=2 and
 No interest=1.

Interest in regional championship, as indicated by the average scores, is shown in the figure on the left. These have been ranked according to their overall average score - a high score indicating 'interest'. The top rated overall was a Long Championships with the lowest being a Relay Championships (at 2.7). For BKO

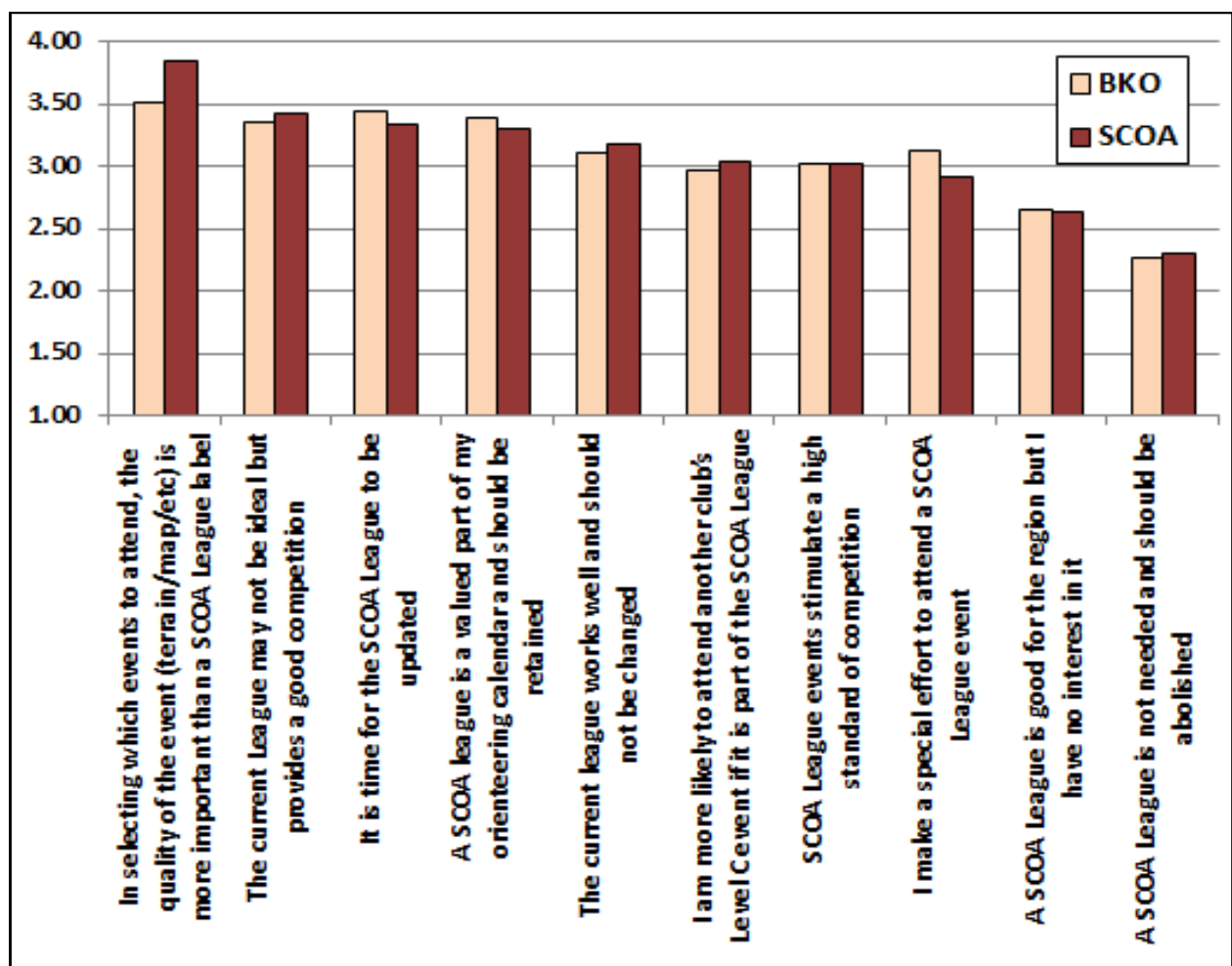
members the order was a bit different with the top being a Middle Championships (at 3.7) but still having a Relay Championship as the least popular (at 2.4). Notice that the BKO scores were all either the same or less than the overall equivalents. This is probably due to the greater number of less active members who completed the survey for BKO – those participating less frequently are probably less competitive and thus presumably less interested in taking part in 'championships'.

The overall interest (as well as within BKO) in a Middle Championship suggests that this might be worth considering further.

Comments on the SCOA League

Responses were scored as:
 Strongly agree=5, Agree=4, Neither agree nor disagree=3, Disagree=2 and Strongly disagree=1.

There is some support for the concept of a SCOA League (see figure below). The comment with the lowest overall average was "A SCOA League is not needed and should be abolished" at 2.31



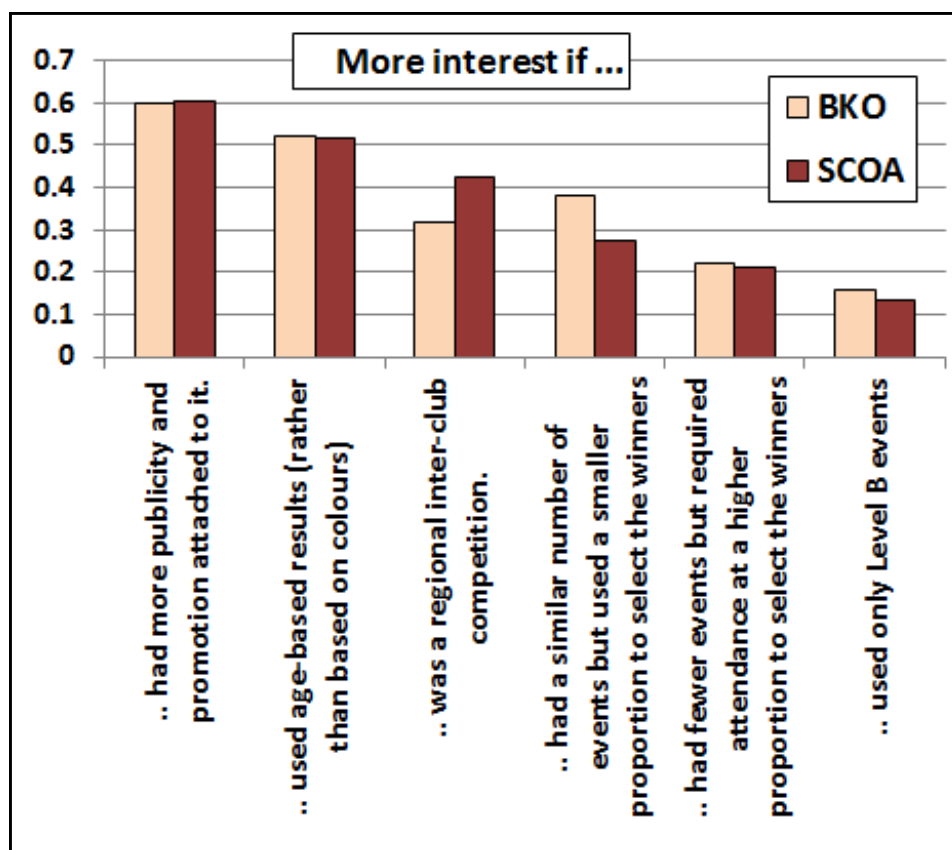
with BKO members disagreeing with this slightly more (at 2.26). However there was only rather limited support for many of the positive comments. For example “The current league works well and should not be changed” achieved an overall average of 3.18 and for BKO 3.10 (which were both just over the half-way point of 3.0) but overall scored less than “It is time for the SCOA League to be updated” at 3.34 (for BKO this was 3.44). Two related questions about likelihood of attending a SCOA League event were both close to neutral (overall and for BKO) whereas the highest average overall was for “In selecting which events to attend, the quality of the event (terrain/map/etc) is more important than a SCOA League label” at 3.85. For BKO this average dropped slightly to 3.51 which, as above, might be due to the increased number of replies from the less active in BKO.

Other variation by club could be seen. The club with the response most supportive of the current status was BADO with the least favourable being TVOC. This might reflect (a) BADO’s location centrally in the region, and (b) the ability of TVOC members to travel to a greater number of other region’s events. Overall the comments suggest a willingness to support the concept of a SCOA League but no great enthusiasm.

How to increase interest

Scores were based on ‘Yes’=1 and ‘No’=0; ‘Don’t know’ responses were ignored.

Only one suggestion got an average response which was significantly closer to ‘Yes’ than ‘No’ - “I would be more interested in attending SCOA League events if the League .. had more publicity and promotion attached to it.” gave an average of 0.60 both overall and for BKO (see figure on the right). The response “.. used age-based results (rather than based on colours)” was second but only got a very neutral 0.52 in both cases. All other responses were significantly more ‘No’ with the least popular being “.. used only Level B events” (at 0.14 overall and 0.16 for BKO members)



The two highest responses were significantly more popular amongst the ‘frequent’ competitors (e.g. “.. had more publicity and promotion attached to it” was 0.71 for frequent competitors vs 0.44 for those not frequent).

Overall these comments do not appear to provide a strong response in favour of any specific change. The changes needed to bring in an age-based system would result in more complexity and it seems difficult to justify based on these results. The only clear message that can be supported by this survey is that more publicity and promotion should be undertaken at least as a first step.

It will now be for the region to consider in detail the results of the survey and decide what, if any, changes need to be made to SCOA events – both the League and the regional championships. Finally I must thank those BKO members who completed the survey.

Swinley East: Corridor Course

Martin Wilson

While planning our recent Saturday event at Swinley East, I thought it would be a nice bonus for members to have the option to experience a corridor course for Short Blue. A corridor course only shows the map along the direct route between controls: it is intended to train runners to maintain direct compass direction, and to relocate accurately on features close to the control. It can also add some extra complexity within a mixed quality forest like Swinley East. The map segment shown here demonstrates the principle, though some legs had to be widened to allow for essential route choice.

We had twelve entrants (the Twelve Apostles), and comments afterwards were quite revealing. Many people seemed not to be comfortable with direct running in terrain, tending to use paths wherever possible. One entrant spent two minutes at the start flag, before venturing directly towards no 1. Compass running is an art form that needs constant practice, especially on longer legs. Legs 2-3, 5-6, and 11 through to 14 all needed good line running. 13-14 seemed to catch most people out (including those on the standard Short Blue) as people drifted R then could not relocate.

I asked via email afterwards if people found it challenging and useful: answer was a definite yes. Would they use some of the learnings? Several people said they found themselves applying the learnings unconsciously on their Sunday event the day afterwards, running more directly with more confidence. Hopefully they'll keep up this improvement!

Unusually, I could email entrants ahead to tell them about the course, and what to expect. I couldn't resist offering some advice on compass running, which I offer here as suggested good practice:

- Look at your compass and check/adjust your direction as often as you look at the map.
- Compass without pacing is very risky: you have no second source of measurement of where you are. Re-start your pace count as you pass any known feature.
- Ensure the compass is level and steady each time you look at it, and that it is pointing at right angles to your body at all times.
- To adjust your course, move your body to match the compass lines, not the lines to match your body!
- C & P is an aid to finding controls, not the way to find them. As you approach the circle, read the map lots to picture the features you hope to see, and regain total map contact via those onto the control. Never C & P for stretches, and then just look for the flag: at this point you are actually 'not found' and about to lose time.

I like the idea of something special like this at our Saturday events, and making it members only with pre-ordering of maps gives an extra benefit of club membership. I hope other planners may try something similar in the future. The Apostles seemed to agree with all that!

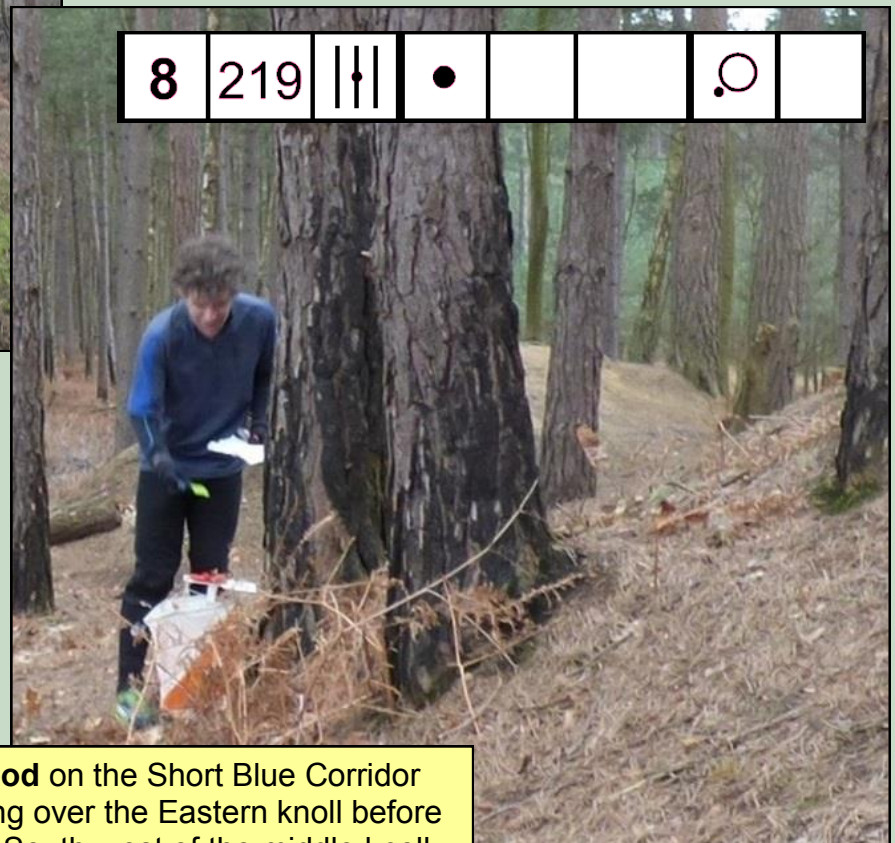
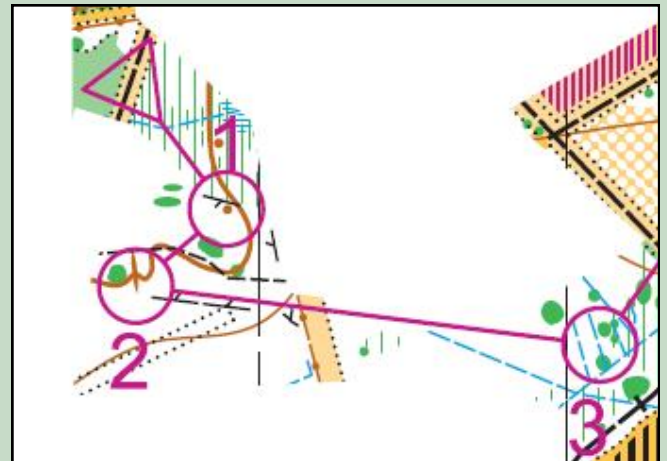
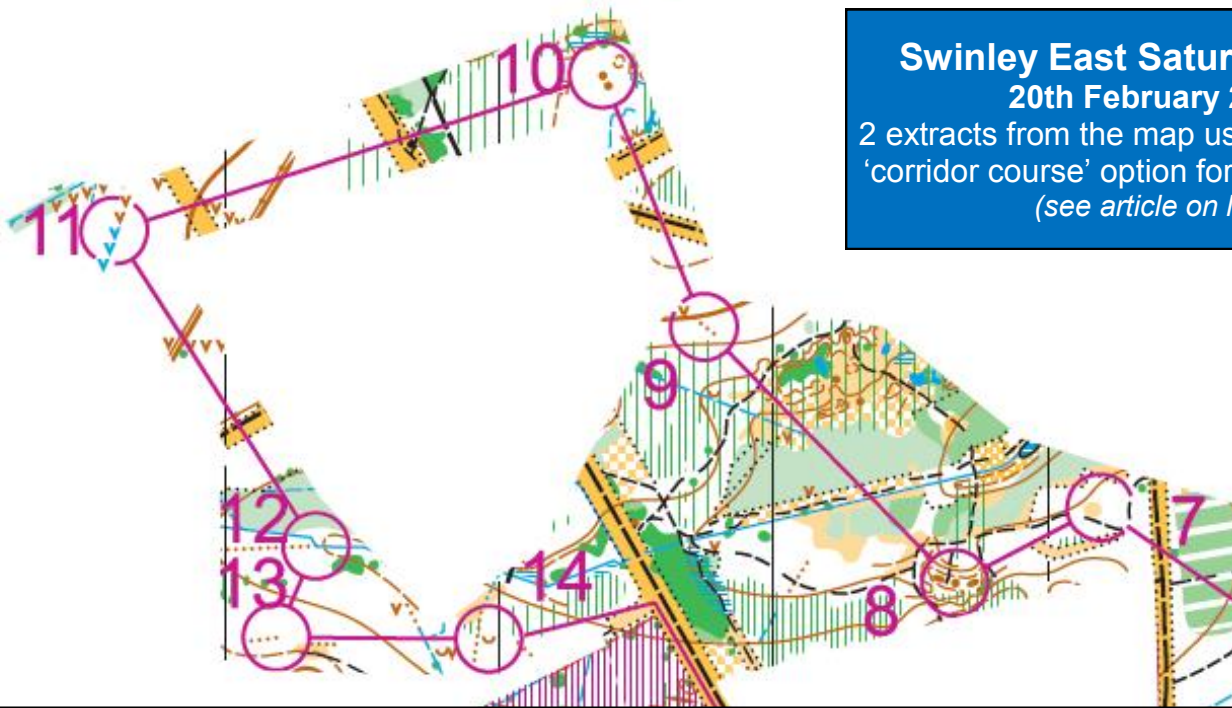


Planner **Martin Wilson** checking on the progress of competitors on his courses at Swinley East

Swinley East Saturday Event

20th February 2016

2 extracts from the map used to provide a 'corridor course' option for the Short Blue
(see article on left)



Here are two shots of **Doug Greenwood** on the Short Blue Corridor Course. Above left he can be seen going over the Eastern knoll before dropping down to find the control to the South-west of the middle knoll.



Mike Pemberton (*left*), who jointly planned the event, discussing route choice options with a competitor



Pavel Prochazka (*left*) with **Dan Straka** (*right*)



Neil Frankum

Concorde Chase2016 31 January 2016

Some BKO Members
at the event



Andy Parry



Peter Bennett