

Berkshire Orienteers Newsletter

March 2017



Winter Series & Youth League Event
18 February 2017 - Swinley East



**James
Wilkinson**



**William (M14) and
Ian (M45) Hylton**



Steve Waite



**Georgi
Gospodinov**



**Stefan Stasiuk (Planner) (left)
and Ian Hudson (i/c Start) (right)**



Editorial

It was at the end of January that I heard that the BKO Newsletter had again been identified as a 'top ten' orienteering newsletter by the judges of CompassSport magazine. Gaining the recognition the first year was great news and a reward for my ideas and efforts and those of members who help by contributing material. As each year passes it feels that the pressure to maintain the position increases. However, I enjoy the role and will continue to provide material that I hope is of interest to all members - what ever your experience or background. The recognition is an added bonus.

And now I must leave a bit of space for our new Chairman!

David Jukes

From the Chairman.

You couldn't really call it an election – no-one else stood forward at the AGM - so as of February 24th, I've become Chairman of BKO.

I'd been approached by the committee before Christmas to see if I'd consider the role and as I've reached a stage in my life where I've got a bit more time and all the children have left home (at least temporarily), I thought it's about time I put some more back into the sport. So I went along to a couple of the committee meetings as an observer to find out what I was letting myself in for and was relieved to find that the current committee are enthusiastic, very competent and working well as a team. Also, they kept offering to buy me drinks - How could I refuse?

I'm very interested to find out your views on the club and how you want the club to work for you (and also what you can do for the club) – so come and talk to me at one of our events, or drop me an email at chairman@bko.org.uk and let me know what's on your mind

Simon Moore



Club Notes

Keeping you informed about the club and its members

Committee News

The 2016-17 Committee met for the last time in late January and the following is a summary of some of the matters discussed:

- There have been discussions with the Crown Estates regarding the upkeep and maintenance of the Permanent Orienteering Course (POC) at Star Posts. They have asked that BKO consider taking on full responsibility for this subject to Crown Estates approving the location of the posts. The Committee were concerned that this would not be feasible for the club and would place an excessive burden on our limited resources. The matter would be raised with Crown Estates at the next users group meeting. It was also suggested that in any improvement of the posts, QR codes could also be incorporated.
- Future plans for events now include an urban event in the late Spring in alternate years - instead of the usual late spring Level C event. This is being proposed initially for 2018.

Cover Picture:

The cover shows John Methven tackling the Short Blue course at our Saturday and Youth League event at Langley Park on the 14 January. More photos on the inside back cover.

- It was agreed not to hold a 'Summer Parks' series this summer although a single event would be arranged for mid-summer to incorporate the club picnic.
- David Jukes offered to consider options for staging an introductory parks series for the Summer of 2018 targeting potential new members. It was agreed provisionally that some funding would be made available for advertising and maps - plans will be developed later in 2017.
- It was noted that we do still have issues with a shortage of maps at some of our events. The Committee agreed that we should try to ensure that additional maps are available to cover most situations.
- A draft budget for 2017 was discussed with certain changes agreed. This was subsequently presented to the AGM.
- The draft constitution had been circulated and was discussed. A few amendments were suggested and a further version was circulated by e-mail before sending out to members. It was noted that the club would require a 'Welfare Officer' in future.
- The club's 'Clubmark' certification is running out and the Committee discussed the value of the scheme to the club and whether we should renew it. Discussions had been held with those linked to schools and it was generally felt that the additional work involved was excessive and did not bring significant benefit to the club. The Committee agreed that we would not renew it for the time being.
- Summer training sessions are being arranged by Mark Foxwell for about 8 Wednesday evenings. He will be seeking offers for organisers/planners at the AGM.

BKO Youth League

As the 2016-17 Youth League has completed 7 of the 9 events, it is time to look at how the results are working out.

This year's League consists of 9 events with competitors having their best 4 scores used to calculate the winners. Current positions in each age category are shown in the table on the right. Note that if a competitor achieves the designated target speed around a course they then score 100 points. It is therefore possible to achieve over 100 but this represents a very good run.

As will be seen in the table one junior, Joel Taylor, has now four scores which total 405 having competed in 6 of the 7 events - an excellent performance making him the highest ranked over the whole League. Several other competitors are very close to the 400 score and could potentially also go above if they have good runs in either of the final two events.

Although there are relatively few juniors who are regular attenders, the total numbers of juniors so far this season has now reached over 220.

Youth League Standings

(After 7 of 9 events)

Under Tens

- 1 Charlie Hearn (9) St Andrews 396
- 2 Anna Cawley (7) St Andrews 290
- 3 Lauren Cloney (9) St Andrews 280

10-11

- 1 Maddie Woodcock (10) St Andrews 358
- 2 Nathan Taylor (10) Independent 342
- 3 Alistair Wynne (10) St Andrews 341

12-13

- 1 Joel Taylor (12) Independent 405
- 2 Amelia Wing (12) St Andrews 219
- 3 Adam Methven (12) Independent 186

14-15

- 1 James Waite (14) Independent 173
- 2 Joseph Kemp (14) Independent
- 3 Dominic Bowers (14) Independent 152

16 Plus

- 1 Oliver Smith (16) Independent 373
- 2 Evan Bowers (18) Independent 189

Overall

- 1 Joel Taylor (12) Independent 405
- 2 Charlie Hearn (9) St Andrews 396
- 3 Oliver Smith (16) Independent 373
- 4 Maddie Woodcock (10) St Andrews 358
- 5 Nathan Taylor (10) Independent 342
- 6 Alistair Wynne (10) St Andrews 341



Annual General Meeting - Summary

About 34 people attended the AGM held on the 24th February. As the club has had a second year without a Chairman, a Committee Report replaced the scheduled 'Chairman's Report'. This was read to the meeting by David Jukes and is given later in this Newsletter. We then considered the accounts for 2016 and the budget for 2017, both presented by Treasurer Peter Entwistle. 2016 had shown a surplus of £984, mainly due to better than expected numbers at several events. The club is budgeting for a deficit of £972 for 2017. He concluded by proposing no change in membership fees for 2018. The finances and proposed membership fees were accepted.

We then considered the new constitution which had been circulated to members with the Agenda. The Secretary indicated that there were some possible additional amendments which might improve the proposed constitution - in particular relating to the disciplinary appeals procedure. He suggested however that, with more consideration time for consideration, appropriate amendments would be proposed at the next AGM in 2018. The meeting then approved the proposal and the Constitution was adopted as circulated.

Tension then mounted as the meeting moved to the election of the Executive Committee for 2017-18. However, when the post of Chairman was considered, the meeting was delighted to hear that Simon Moore had volunteered to take on this role. There being no other people offering to stand, Simon was elected unopposed. All the other posts remained the same apart from Ken Ricketts who had indicated that he would no longer be taking on the role of Development Officer. It was agreed that the post would remain open but Ken would provide some details of the role - this is given in the box below. Anyone who has an interest in this post is invited to contact Simon or Derick. The completed Committee is shown on page 15 of this Newsletter.

A new requirement from British Orienteering is that affiliated clubs should have a designated 'Welfare Officer'. This requirement has been included in the new constitution but it is noted that this post need

Club Development Officer

Ken has provided the following comments on the 'job description' for this post:

This job is, to some extent, whatever you chose to make of it, but I think the key responsibilities of the post are.

- Maintain the club's development plan
- Identify ways of increasing club membership and participation

In addition, and to support these, the Development Officer should feel free to involve themselves in some, or all, of the following, whether this is organising them themselves, or by assisting other committee members and officials:

- General publicity/PR regarding the club's activities
- Assist in developing further the capabilities of the existing membership in terms of organisational ability and orienteering skill levels
- Administer badge awards and other schemes, such as the Youth League
- Work with groups such as schools and local authorities



not be a member of the Committee. The meeting was pleased to hear that Lynne Moore had expressed a willingness to undertake this function. Again, with no other people offering, Lynne's offer was accepted and she will now perform this role. Further details on the work of a 'Welfare Officer' will be given in the next Newsletter.

Awards and championship honours were then presented (*see below*) and the evening concluded with a 3-course Annual Dinner with members enjoying the opportunity to relax and socialise.



Mel Golding



David Jukes

Awards and Champions

The following were announced and/or presented by Fiona Clough:

Awards:

- Jim's Jug (*improved junior*) **Imogen Woodcock**
- Derek Harding Award (*services to the club*) **David Jukes**

Champions (*decided at the Club Championships*):

- Women's Champion: **Annika Greenwood**
- Men's Champion: **David Jukes**
- Junior Champion (Girls): **Anna Methven**
- Junior Champion (Boys): **Adam Methven**
- Handicap Champion: **Mel Golding**



Annika Greenwood

Committee Report on the past year (2016-17)

This report was presented to the AGM on the 24th February.

It was in early February 1968 that a meeting was held and those present agreed to form the Reading Orienteering Club. Since the current name was adopted as a simple replacement to that original name, we are now in the 49th year of the club's existence and, as you listen to our activities for over the last year, you might also like to be considering appropriate ways to commemorate our 50th year in 12 months' time.

So what of the last year?

Events

Our 2016 Concorde Chase was at Barossa and had taken place just prior to last year's AGM. We then completed the 2015-16 Saturday Series with 2 events at Swinley East and Langley Park – a third, planned for early March, was unfortunately cancelled due to lack of an organiser. On a warm spring day in May we staged a SCOA League event in Bloom Wood with **Colin Godbold** as Organiser and **Stefan Stasiuk** as Planner. 288 competitors enjoyed this event.

Our summer parks series last summer consisted of 3 events – Wildridings, Lower Earley and Lily Hill Park. Support for the first was disappointing with only 39 attending although numbers did pick up for the other two – 59 and 53 respectively. Our second summer picnic, arranged by **Fiona Clough**, was held in warm sunshine after the final one in early August. After some discussion at a recent Committee meeting, because of the low numbers at these events, it has been decided that we would not stage this series again this year to give our small band of regular volunteers more of a rest.

Our 2016-17 Saturday Series got going in September and there have now been 6 events including two in December as our New Year's Eve event at Whiteknights was part of the series. Special mention must be made of the October event which was held in Bramshill on a new map produced by **Katy Stubbs**. Whilst it was good to get access to this new area, it must be



John Methven competing in the Saturday event at Bramshill

admitted that the plantation is still quite young and many found the terrain a surprising physical challenge. Another point to note about this event was that, at short notice, Southern Navigators used our event as part of their own Saturday League and we therefore had a much larger attendance – 235.

Collaboration with another neighbouring club can also be noted as we joined up with BADO in late October to use Greenham Common for a Night Event followed the next day by a regional league event – now branded as the SCOL - our Greenham Common event being SCOL2 in the 2016-2017 series. The two events attracted 80 and 238 competitors respectively. We can thank **Fiona Clough** and **Peter Entwistle** for Organising these events with BADO for providing the planners. Our own **Eric Harper** was the Controller for both of them. We see this as a useful collaboration where volunteer work-load is split over two clubs and we are supporting a smaller club to mutual benefit.

And so that brings us to this year's Concorde Chase at Hawley and Hornley. Staged at the end of January with **Eoin Starkey** and **Fiona Clough** as Organisers and **Richard Rae** as Planner. The event went well despite a cold dull day. At Barossa in 2016 there were 568 competitors. This year's event is showing 565 – less than 1% difference! That seems healthy except in 2009 and 2010 we had numbers in the high 600s (674 and 655).

And finally, under events, we must mention that yet again **Denise Harper** (with support from Eric and other members) organised a series of events for schools as part of the Berkshire Schools Games. Unfortunately, this year the final event was cancelled on the day due to heavy thunderstorms.



Administrative Issues

Events don't just happen. They need scheduling, planning and organising. They need maps and equipment. These days they need data processing and computing hardware and software. And of course they need additional people on the day to provide manpower for many tasks. Luckily the club has a dedicated core of members who are active and willing to support these various tasks. It is impossible to list everyone but a few deserve particular mention.

As Event Secretary, **Fiona Clough** has taken on much of the scheduling and, in the absence of others, has often taken on the role of organiser. The ability of members to orienteer locally would be considerably diminished without her contribution. As already mentioned, **Katy Stubbs** produced the new map of Bramshill for the October event. As well as providing varied mapping support (which often includes printing maps for events), **Eric Harper** continues to store and maintain the club's equipment. On the computing side, **Brian Sewell** has led the way in the replacement and commissioning of new hardware and software for our results processing. He has been training a small team of volunteers and we have successfully been running the results system at our Saturday events during the year. These have around 100-150 competitors. As the team gained experience, the next stage was to support our Level C regional league events. This we did at the Greenham Common events in the Autumn. It can also be recorded that **David Jukes** was again recognised by the magazine CompassSport as producing a 'top ten' club newsletter during 2016 – he is now attempting to extend this to a 5th year.



Brian Sewell supervising **Derick Mercer** and **Ken Ricketts** as the results team at Grennham Common

As mentioned, during the year **Brian** has provided computing training to a results team. Other training during the year has involved a mapping course in the autumn when 7 members were given a day's introduction to the techniques used to survey areas for the production of orienteering maps. We look forward to them putting their new skills into practice! Another aspect where training has been needed is in event safety. From January this year, a new requirement linked to the national event insurance scheme is for event officials to have attended an event safety workshop. Luckily we have in the club **Katy Stubbs** who is able to run these courses and she recently ran a workshop attended by 8 members. More members though will need to have attended workshops in the near future as will not be able to rely on such a small number. Although many members may think that they can stage safe events, training in appropriate risk assessment and management techniques will ensure that officials can provide for safe competitions and, in the event of a problem arising, respond appropriately. It can also be mentioned that **Brian Burt** and **Katy Stubbs** recently attended a first aid course which adds to our ability to cover small events.

Another training opportunity was provided by **Mark Foxwell** and **Katy Stubbs** who arranged a technique training day at Merthyr Mawr in South Wales in June – 6 members took up this offer. More locally, **Mark** coordinated the summer series of Wednesday evening training sessions.



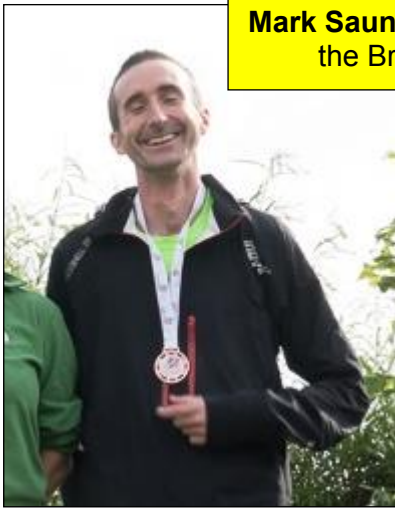
Ian Cooper on his way to winning the M70L class at the Midland Championships

Performance

So what of results? In late February, **Ian Cooper** won the M70L class at the Midland Championships and followed this with a 4th place in the JK in Yorkshire and a 3rd place in the British Championships on Brown Clee Hill in May. The British Sprint and Middle Championships were in June, staged in the South-East region. At the Sprints around the Olympic Park, **Mark Saunders** was delighted to gain 3rd place in the M35 class and, on the following day on Leith Hill, **Adam Methven** gained 3rd place in the M12 class.

The year's Southern Championship was staged in conjunction with the November Classic and we had two champions (**Martin Wilson** in M65 and **Darrell Cruickshank** in M90), two second placed members (**Mark Saunders** in M35 and **Pavel Prochazka** in M21) and a third place achieved by **Adam Methven** in M12. The final 'Championship' event of the year was the regional SCOA Championships staged by Southern Navigators on Long Valley North in early December. We had quite a number of medallists but top places were taken by **Adam Methven** on M12, **Martin Wilson** on M65, **Denise Harper** on W65, **Gill Bennett** on W70 and **Darrell Cruickshank** on M90.

There are various League competitions linked to orienteering



Mark Saunders with his 3rd place medal at the British Sprint Championships

Andrews School under the inspiring leadership of **Glyn Thomas**. In the regional 2015-16 SCOA League, club members were winners in White (**Robin Inness**), Orange (**Adam Methven**) and Light Green (**Antji Inness**). In the regional Southern England Urban League, third places were achieved by both **Mark Saunders** in the Men Open and **Denise Harper** in Ultra Veteran Women. In the equivalent national League **Martin Wilson** had a convincing win in the Ultra Veteran Men's class. Consistent overall performance at top national events during the year is covered by the UK Orienteering League and in 2016 **Martin Wilson** came in 2nd in the M65 class – particularly impressive for someone in his final year of an age group. Once again, the children of **St Andrew's School** brought home some trophies at the national school events. In the Score Championships in October in Leicestershire, the girls won the Middle/Prep School category

with the boys being narrowly beaten into second place. And then at the British Schools Championships in November at Sutton Coldfield their combined team won the trophy as Middle/Prep School Champions. Congratulations to **Glyn Thomas** and the children.

Under Performance, we must certainly mention our attendance at the large regional heat of the CompassSport inter-club competition in March 2016 under the captaincy of **Martin Wilson**. He brought a level of organisation to the BKO team which few will have seen previously. Somehow he managed to get nearly 60 members to travel to the event in the New Forest and what an impressive team it looked. With a large number of juniors swelling our ranks (thanks to St Andrews School), their shorter courses meant that we took an early lead in the competition. However we slowly sank down the order and, despite the great efforts, we were pushed into the last slot just a few points behind Southampton. Perhaps we can do better in a few weeks' time – Martin's target is for us to beat Thames Valley this year.



As well as being Club Captain and organising our CompassSport team, **Martin Wilson** also competed at the event

Finally for members results, it is worth mentioning a few international performances. **Fiona Clough** has been winning medals in various places – first place in a Spanish 3-event weekend in June and second place in each of the 3 events at the Porto City Race weekend in Portugal in September. **Martin Wilson** travelled across the Atlantic to the North American Championships and achieved third in his Middle Distance event and did even better by winning his Sprint event. And at the World Championship Mountain Bike Orienteering level, we once again had a medallist with **Denise Harper** taking third place in the W60 class Middle Distance event.

So some great performances from club members with a good selection of events for members to attend whether our own local events but with many opportunities to compete on complex terrain further afield.

Land fees

There is one significant and worrying issue which we (and other local clubs) face. During the year, new charges were introduced for civilian access to military training areas – and by charges we mean an enormous fee – around £6 per head with a minimum fee of £1,000. This was the reason for Southern Navigators joining us at Bramshill as they cancelled the event they had planned on military land for that day. There is no way that any club can afford these fees. We are affected as Hawley and Hornley is one such area. Our Concorde Chase event went ahead with a lower (but still large) fee as permission had been granted prior to the increase. Efforts are being made to try and get the policy changed but it will need quite a campaign, even perhaps at national level.

And finally ..

Looking forward though, let's be positive. This report started by reminding members that we are now in the club's 49th year and that next year will represent 50 years of the club promoting the sport in Berkshire. The 2018 Concorde Chase will also be the 40th such event. We will need to celebrate both these occasions and the Committee will be trying to ensure that they are celebrated in a number of ways – suggestions are also welcome from any member.

Know your sport: What to wear?

Because different people attend orienteering events for different reasons, it is not surprising that what they choose to wear can be very varied. For quite a number, particularly ramblers who have discovered the sport, orienteering may be just a way of adding an additional map-reading challenge to their walk in the country. For them, they can wear whatever they find suitable for a strenuous walk.

However, for the competitive orienteer, perhaps an enthusiastic cross-country runner looking for an additional challenge, there is a need to find suitable sports clothing. It needs to be light but capable of withstanding the extra difficulties found when running through brambles or across a hillside.

One important consideration is that the official 'Rules of Orienteering' (see right) specify that clothing needs to cover the torso and legs. Covering the legs is considered necessary when there is a high risk of people's legs being cut by brambles or other vegetation. It is considered a possibility that blood might get transferred between competitors and might lead to illness - there was a heightened level of hepatitis in Swedish orienteers at one point which might have been caused by this. The rules do allow shorts but **only** if the Organiser considers the terrain is suitable - particularly at urban or sprint events - and states that they are permitted.

What should I wear is a question that beginners often ask. As the photo below shows, people wear all sorts of different types of clothing. Here we take a look at what is normal for competitive orienteers.



Rules of Orienteering

- 10.1 Competitors must wear clothing that fully covers their torso and legs unless the Organiser has stated otherwise and has permitted shorts to be worn.
- 10.2 If an Organiser has given notice that additional safety measures are required, competitors must comply with these requirements. These will be notified to competitors either in advance or during the event. These measures may include the following:
- The carrying of a lightweight waterproof hooded top or similar waterproof clothing, ...

Orienteering Clothing

Regular competitive orienteers often wear light-weight polyester tops. Most clubs have designed their own club tops and shown here are BKO members wearing the long and short versions of our own tops. In cold weather it is common to wear something additional underneath - perhaps a 'Helly Hansen' running vest.

To cover the legs, similar light-weight polyester trousers are common. However depending upon individual preference these might be either full-length or shorter (just covering to below the knee). In the latter case, long socks will be used to ensure that the requirement for covered legs is met.

What is required is clothing which does not simply absorb lots of water whether on a wet rainy day or from the various marshes and streams that may be encountered out on a course. Running with heavy clothing will significantly slow you down. It may also make you cold if the weather is cold or windy.



Footwear

Most orienteers look for shoes which combine a light weight with a sole that provides a good grip in muddy conditions. However as there might be a great variety of terrains encountered during an event it is often a compromise. Typical examples are shown on the right.

Some people will have different shoes for different terrains. One type of shoe has short metal spikes (or 'dobbs') which provide additional grip on certain surfaces - crossing wood or ice for example. For urban or sprint events where most of the race will be on hard surfaces, flat-soled shoes will be preferred. In these areas, organisers also sometimes prohibit the use of 'dobbs'.

And to stop the laces coming undone during a race, try wrapping the ends tightly together with some insulating tape - it also is easier to undo at the end compared to tight knots.

Gaiters

As orienteers often take routes through woods with areas of brambles, the standard light-weight trousers are at risk of tearing. It is very common for orienteers to then wear special gaiters to provide extra protection. In fact these also come with some additional padding down the front as the shins are prone to bumps with cut branches and the padding reduces the damage.

Miscellaneous

Also to be seen are sweatbands around the head (they also help stop the loss of glasses in a fall). Talking of glasses, some orienteers find using a 'rain visor' helps keep the rain off and enables the map to be seen when otherwise it would difficult.

Finally remember that you may be required to take a cagoule with you if the weather is bad so it is good practice to have one in your kit bag.



Although it is possible to get running shoes at many high street outlets, for orienteering kit, it is best to use a retailer that specialises in the sport and appreciates the specific requirements. Of course these are not very common in the average high street. There are two main suppliers which have good on-line sites but which often travel to events. The two main suppliers of orienteering equipment are:

- **Ultrasport:** www.ultrasport.co.uk
- **Compass Point:** www.compasspoint-online.co.uk/



Membership Memo:

Ian Hudson - Membership Secretary

The year has turned again and now membership fees are overdue. Most of our 2016 members have renewed but for the 40% who haven't, and you know who you are, here is where you can renew:

https://www.britishorienteering.org.uk/renew_membership

Although BKO fees have not increased, nationally BO has increased senior fees to £10 and junior fees to £3.30. Therefore the total payable will be £17 and £4.30 respectively.

Enough of my nagging, in the closing weeks of 2016 we had some new members, so a very warm welcome to:

- **Georgi Gospodinov** in Reading.
- **Pilar Gomez-Jimenez** also in Reading.
- **William Hylton**, a junior from South Heath.
- **Liz & Phil Stradling** transfers in from BOK.

And just joined us as a new local member for 2017:

- **Kezia Jukes**, daughter of David, who normally competes as a British Army OC member. As BAOC is a 'closed club', she has joined us as her 'open club'.

Best wishes for, and good orienteering in, 2017.

Event Safety and Welfare Workshop - Simon Moore

I've been orienteering for over 40 years and been to events ranging from 10 competitors to over 15,000 up and down the length of the UK and some abroad, so I think I understand how events work and are organised. – I've seen a lot go right and a few things that go wrong. So why do I need to attend an Event Safety and Welfare workshop? There are 2 reasons that I can see:-

- Looking at events from the outside is very different to seeing what's going on behind the scenes. Common sense and using your own brain power might get you 95% of the way to running a safe event, but what about the other 5 or 1 or 0.1 %. How do you decide what things you should be worrying about – What things are less important. There's a lot of experience inside the sport that can be encapsulated and used as best practise to train event officials into avoiding or managing unexpected or unwanted incidents.
- It's now a requirement from BOF and particularly BOF's insurers that event officials have attended a safety workshop (*see box or page 102 of the BOF rules and appendices*)

As a club we need to ensure we have enough members who've been on a course in order to carry on running the number of events that we put on every year.

Fortunately, Katy Stubbs was one of the authors of the training material for BOF, so one Saturday morning in January, six club members went round to Katy's house to find out what it was all about. We weren't bombarded with dull presentations, but worked through a range of small group exercises allowing us to understand potential issues and solutions to possible problems. So for example, I now have a better understanding of the role of risk assessments and how/when they should be used. I know how to look at the layout of the event car-park, start, finish and assembly area and assess it for potential risks. I now know about having a plan for potential missing competitors – rather than waiting for it to happen and then try and figure out what to do when there's almost no-one left at the event (except for that unknown empty car on the other side of the car-park).

I'd recommend the course to any club member especially if you're interested in becoming involved in helping to run events in the club.

Extract from the Rules of Orienteering:

7.1.1 Attendance at a British Orienteering Event Safety & Welfare Workshop is a mandatory requirement for all Organisers, Planners, Controllers and other key officials at all events registered with British Orienteering.

7.1.2 Before being initially appointed as a British Orienteering Controller Grade C or before moving up from Controller Grade C to B or Controller Grade B to A, attendance at an Event Safety and Welfare Workshop is a mandatory requirement.



The Regional SCOA League 2016-17

There have now been 7 of the 9 events that make up the 2016-17 regional league. Potential top performers are now starting to be clearer but there is still plenty to compete for in many colours. Here is a summary based on the results which now include **SCOL6** (Queen Elizabeth Country Park) and **SCOL7** (Nettlebed). Remember that a competitors best 6 scores count:

Course	Position	BKO Member	Comment
White	2	Robin Inness	3 wins and a 3rd in his 4 events. Still could win but it will need high positions in both the remaining events - but will be at least 3rd.
Yellow	3=	Charlie Hearn (M10)	A wide open class with only 2 competitors having attended two or more events.
	3=	Adam Reed (M12)	
Orange	3	Adam Methven (M12)	5 wins in the 5 events he has attended. If he gets a good result at one of the remaining races, a good chance of being first.
	4	Tom Innes (M12)	4 good results in his 4 events.
Light Green	1	Alan Jones (M50)	Another open class but Alan has four good results so far.
Short Green	1	Peter Bennett (M75)	Peter is being challenged by Andy MacGregor for the top spot.
	4	Antje Inness (W45)	Doing well and in with a chance of a place in the top three.
Green	4	Andrew Graham (M60)	Top place is decided but Andrew has a chance of getting second.
Blue	5	Georgi Gospodinov (M50)	It seems likely that the top 3 places will be shared by three BAOC members.
Brown	2	Mark Saunders (M35)	Top position is decided but Mark is being challenged by several others who could get ahead of him.

For information on the League and to access the updated tables after each event, go to:

<http://www.scoa-orienteering.org.uk/scoa-league>

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 !

York Indoor Cup

Nigel Houlst

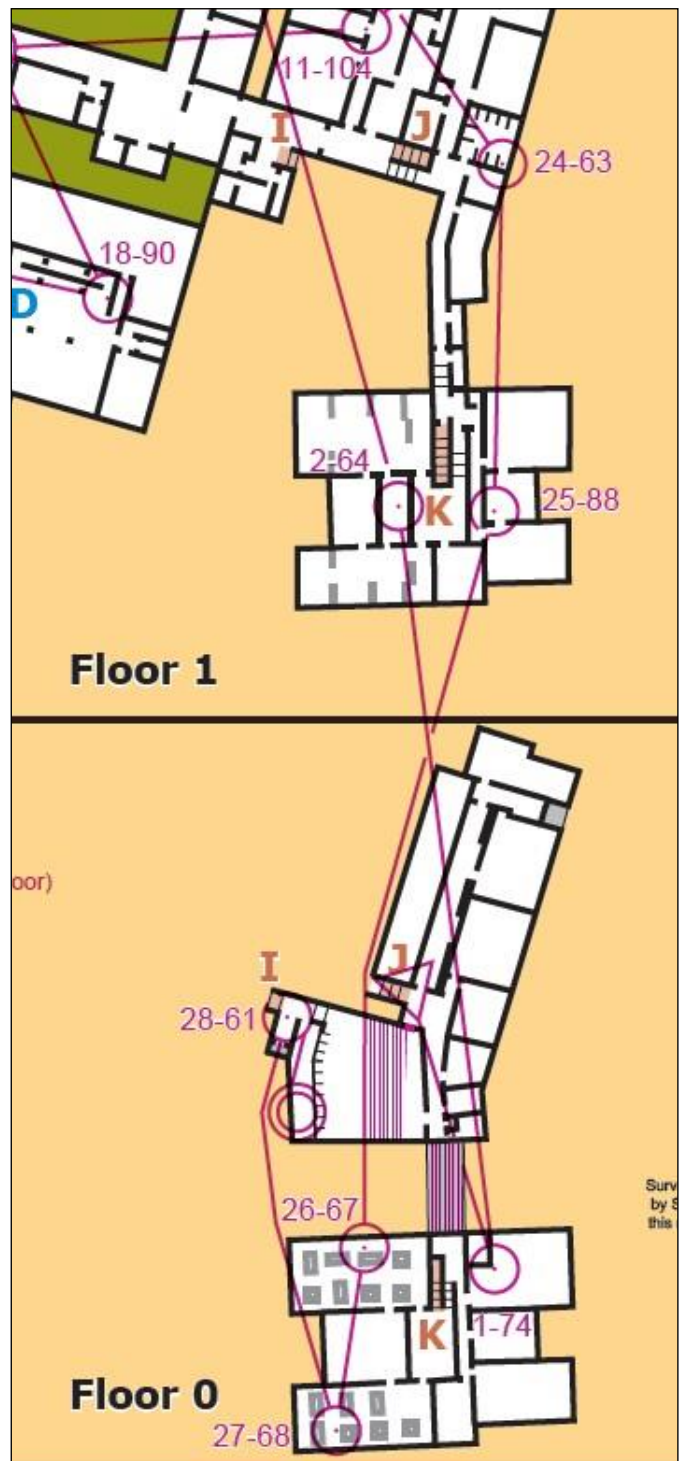
The York Indoor Cup was actually staged in October at Millthorpe School, just a kilometre from York station. Unfortunately the Editor overlooked Nigel's report when preparing the January issue but he provides an interesting account of the unique challenge posed by this unusual format.

Indoor orienteering is somewhat of a novelty – although there have been events in Sweden and Turkey (the bazaar in Istanbul), the only one I can think of in the UK was in the Westfield Stratford City shopping centre in 2012. So I couldn't turn down the chance to try this version of the sport at a school in York. The event had a number of unique features:

- **Courses:** two (men and women), and I suspect that was only to cope with numbers as they were of similar length. (There was also an easier newcomers' course but few tried that.)
- **Map:** 1:750, oriented West, no grid lines, four running levels shown one above the other. According to the final details, there were 45 sets of stairs and 182 internal doorways!
- **Course length:** impossible to measure (but believed to be about 2.5km by the optimum route). *It seems quite amazing that you could fit such a distance inside a single building.*
- **Climb:** more than you might think!
- **Control descriptions:** none (a dot at the centre of the circle was adequate)
- **Compass:** no use as we were told it would misread in some areas (plus see "map" above)

Clearly this would be an event that tested the brain more than the legs; wherever you went there were a lot of people standing around wondering which way to go. The Swedish events have used artificial barriers or locked doors to increase the difficulty in the past, but amazingly there were only two such restrictions here, and one of those was the assembly area being OOB (eminently sensible in any case!)

The map sample shows the first and last few legs, and gives a taste of what we were faced with. Although the start and control 1 were on the same level, it was immediately obvious to me that the corridors were of no use (plus I'd seen no-one else go that way), so I headed (slowly!) up staircase J to Floor 1. From here I quickly realised that you had to double back and turn right down the bent corridor to staircase K back



Below: **Nigel Hoult** pausing to plan a route.

Right: A competitor at a control in the Design Technology Department

(Photos: Steve Whitehead and Heidi Schwarze)



to the ground floor. The fact that the corridors weren't level, but had steps in them, added to the confusion, as you had to distinguish these from the staircases that led to other floors. The latter were colour-coded and labelled on the map to aid navigation. It seems from the results that I stole a march on many others on

this leg (9th fastest). However, I then blew it on the next one by punching control 25 rather than 2 (though I realised in time and corrected this).

The last few controls were similarly challenging. After visiting 25 (for the second time!) and heading down staircase K for 26 and 27 (both pretty straightforward), I was then faced with finding a route to 28 (once again, on the same level but not directly reachable). I headed up staircase K and made the mistake of trying to go down J (which would have taken me to the start) before realising and going down I, right into the control.

Overall, I thought I'd done OK, but at download I learnt that I'd punched two controls in the wrong order, and so was disqualified; but for that I'd have been about halfway down the field. In spite of that, I found it a thoroughly enjoyable event, as it seems did everyone else. The course took us through all areas on the school: the library, canteen (with a mezzanine level), metalwork shop (which is probably where a compass would have misbehaved) and the IT room (my control was the 3rd computer on the right). It was amazing that they gave the event such unrestricted access.

One interesting observation from the results was that 26 of 94 men mispunched but only 8 of 74 women. While 8 of the men missed 23 which was on the straight line between 22 and 24 (the women's course didn't have such legs), that's still a significant difference. I hesitate to offer an explanation for this!

Your 2017-2018 Committee

Chairman:	Simon Moore	chairman@bko.org.uk
Secretary:	Derick Mercer	secretary@bko.org.uk
Fixtures Secretary:	Fiona Clough	fixtures@bko.org.uk
Treasurer:	Peter Entwistle	treasurer@bko.org.uk
Development Officer:	----- Vacant -----	
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4 Committee Members and 1 co-options :

Brian Burt, Andy Parry, David Jukes, Brian Sewell, and Mark Foxwell



Know Your Club Members — Eoin Sharkey

Eoin is a relative newcomer to the sport (at least compared to some old hands) but, having discovered it he has been an enthusiastic club member and recently has been actively becoming part of the team of main officials at some BKO events. Time to find out a bit more about him.

Age/Class?

- I started at M50 and am still in that bracket. I'm not sure about Class, don't know if I have any! At classic orienteering I am about equally likely to get lost at Light Green and Short Blue distances.

Hometown?

- I'm originally from the West of Ireland but have lived in Thames Valley since the 1980s, and for the last 20 years in the village of Wargrave with my wife Mairead and our 3 children.

How did you start orienteering?

- Inspired by an article in the Guardian (about trying new things), I persuaded my family to come along and we all did a short course on a parks event at Whiteknights in 2014. It was a rainy miserable Saturday, and enthusiasm levels among our party varied, but I was immediately intrigued and turned up for more park and urban events that summer and then some forest events in the autumn.

Clubs?

- Just BKO ! I am also a member of Wargrave Runners and Maidenhead Chess Club

Best achievement/success?

- I've managed to enjoy just about every single event, despite a signal lack of sporting success.

Most enjoyed event?

- Urban events are less fraught for me since there is less potential for getting (completely) lost. I can easily recreate the feeling of being a kid dashing (in my mind at least) through the small green areas and cut-throughs. Two standout events were the TVOC Harwell urban event and our own recent Whiteknights event (Planned by Eric Harper), so maybe there is a campus style theme emerging.

Worst event/most embarrassing orienteering moment/biggest goof?

- Far too many to mention! My map-reading skills are still so basic that disaster is often just around the corner (unlike the control which I am hoping is there!)

Favourite area and/or terrain?

- While urban/campus events are more favoured, the settings rarely appeal to my aesthetic sense so my favourite orienteering area would probably be Bucklebury; there is a beautiful peaceful quality to the woods, enhanced by watery winter sunlight pouring through them.

International experience?

- On a family holiday in 2015 in Denmark, I joined an informal training event run by a local club on the island of Bornholm. My performance could easily qualify under 'most embarrassing moment', but fortunately they didn't publish the results.

Biggest cheat?

- Like most beginners I have learned to watch out for other runners and cautiously see where they are going. At a recent event I discovered that standing on an earth-bank gave me a good view of the surrounding forest including the control I was looking for!



What have you put back into the sport?

- I've been named Organiser for 2 Level D events (Black Park 2015 and Bucklebury 2016) and Assistant Organiser on our recent Concorde Chase event. While Organiser is a daunting title, I've discovered most of the hard work is done by the very dedicated Planners. Also been most impressed by the 'hive mind' of BKO members; they just turn up and do the various duties needed to make an event run smoothly, often without even being asked. In general the 'DIY' ethos and 'can-do' attitude of orienteers is a most impressive aspect of the sport to a newcomer.

Other activities/interests?

- I'm about as good a runner as an orienteer but I greatly enjoy running, especially cross-country and am a sporadic chess player

Employment?

- Currently work as an engineering manager with Virgin Media, one of the UK's leading provider of broadband, TV and voice services to homes and business.

What training do you do?

- I've occasionally been known to count my paces while walking down to the shop to the consternation of other road users. And I try to use walks around town as a chance for route selection with mixed results!

What is the best thing about orienteering?

- Every run is an adventure!

What is the worst thing about orienteering?

- Sometimes adventures go wrong! It is possible you will end up with 2 wet feet and no idea of your location vis-à-vis the map!

Orienteering ambition?

- One thing that impresses me about other orienteers is the lifelong spirit of trying to improve their practice and find new ways of doing things. So one ambition would be to aspire to still be doing this in many years time. A more concrete near-term goal is to make some 'standard' times at Light Green or Short Blue.

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

- Not sure if there are any other cryptic crossword fans in BKO? After many (many) years of trying I won the Guardian Prize crossword competition in Summer 2016.



Favourite music/book/film, etc?

- Not sure about favourite, it is usually the last one I have read. I am just finishing *Nostromo* by Joseph Conrad, which has a hugely detailed recreation of an fictitious Latin American country 'Costaguana', and on many occasions in the narrative characters have to undertake journeys where the route choice really matters! Conrad's topographic descriptions are sufficiently precise, and important to the story he tells, that academics have published papers presenting maps of the action areas derived from his prose descriptions, so there is a kind of orienteering tie-in. Is anyone really interested in my film choice? Last year I was greatly impressed with *Barry Lyndon* (Stanley Kubrick), which was re-presented for the 40th anniversary of the first release in 1976.



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 19 March	 SCOL8	Level C	BADO	Harewood Forest	Andover
Sat 25 March	Warwickshire Orienteering Weekend Rugby Urban (UKUL)	Level B	OD	Rugby	West Midlands
Sun 26 March	Midlands Championships	Level A	OD	Bentley Wood	Atherstone
Sat 1 April	TVOC Saturday Series Christmas Common	Level D	TVOC	Christmas Common	Christmas Common
Sat 8 April	BKO Winter Saturday Series	Level D	BKO	Rushall Woods	Bradfield
Sun 9 April	 Chiltern Challenge & SCOA Championships	Level B	TVOC	Hambleden	Henley-on-Thames
Wed 12 April	Oxford Street-O Series (Bracknell)	Level D	TVOC		Bracknell
Fri 14 April	 JK - Sprint	Level A	SEOA	Brunel University	Uxbridge
Fri 14 April	 JK - Temp-O	Level B	SEOA	Brunel University	Uxbridge
Sat 15 April	 JK - Middle Distance	Level A	SEOA	Ambersham	Midhurst
Sun 16 April	 JK - Long Distance	Level A	SEOA	St Leonards and Holmbush	Horsham
Sun 16 April	 JK - Pre-O	Level B	SEOA	Leechpool	Horsham
Mon 17 April	 JK - Relays	Level A	SEOA	Pippingford Park	Forest Row
Sun 23 April	SE Middle Distance Champs	Level C	SLOW	Wimbledon Common	Wimbledon
Sat 29 April	Ancient Wiltshire Weekend - Urban race	Level C	SARUM	Amesbury Town	Amesbury
Sun 30 April	Ancient Wiltshire Weekend - and Yvette Baker qualifier	Level C	NWO	Savernake Forest	Marlborough
Sat 20 May	Poole Town Race	Level C	WSX	Baiter Park	Poole
Sun 21 May	 SCOL9	Level C	BKO	Black Park Country Park	Slough
Sun 21 May	South West Sprint Championships	Level C	WIM	Blandford Forum	Blandford Forum, Dorset



Langley Park Youth League Event

14th January 2017

The front cover was from this event but here are some additional pictures. Planning was undertaken by the regional junior squad with the club making a contribution to regional funds.

Regional junior squad members running a course



One of the more exotic (and noisy) residents of Langley Park



Control: SW side of bridge



Concorde Chase 2017

29 January 2017

Hawley and Hornley Commons



Dick Rae (Planner)



A St Andrew's Junior finding the technically difficult gully on the Short Blue course.