

***March 2020***



***Berkshire  
Orienteers  
Newsletter***





**Amelia  
Wing**



**Trish  
Monks**

**Concorde Chase / Regional League  
Event (SCOL9)**

**Star Posts**

**25 January 2020**



**Eoin Sharkey  
manning the start**



**A tight race between Simon  
Turton (leading in the photo)  
and Bo Oqvist at control 8  
on the Brown course**





## Editorial

Club members enjoy orienteering as a recreational activity combining physical activity with a mental challenge. Taking part at a weekend event or at an evening training provides an opportunity to forget about the many more important aspects of our lives - for example work, careers, education and family. So when, as over the last few months, events are cancelled due to wind and rain (although not snow this year!) it is not critical to our existence. The health and safety of competitors and our volunteers is a key issue and overrides the need to give the enthusiasts their weekly fix. Life goes on!

At the time of writing, we are all aware that the new coronavirus outbreak is a major concern with, as yet, an unknown impact on life here in the UK. It may mean that there will be restrictions imposed by government with severe limits on travel or limits on the size of events. Even without any restrictions, individuals may be 'self-isolating' or may wish to avoid unnecessary travel or contact with others. And it is possible that the volunteers needed to put on events may be in quarantine or ill. At this stage, we simply don't know.

Orienteering does have some advantages in this current health crisis. It is an individual activity where contact with others is very limited. It is not normally a spectator sport in which large numbers meet in a confined space. And our 'stadium' is the open countryside far away from centres of population and infection. So we may find that the impact is limited.

But, as a recreation, we should recognise that we may have to do without some (or many) events for a few months whilst we focus on those more important parts of our lives. By the time of the May Newsletter, we will know much more. But, in the mean time, keep washing your hands and, when you cough or sneeze, use a tissue or your elbow to prevent spreading any virus. Good luck!

David Jukes

## Club Notes

*Keeping you informed about the club and its members*

### Level A Events

*22 February: British Night Championships - Hambleden*

The only Level A event since the last Newsletter has been the British Night Championships staged locally by TVOC at Hambleden. This year there were 11 BKO entries. As was pointed out in the January Newsletter: '*entries tend to be quite low for this event so increasing your chances of becoming a champion - or at least getting a medal*'. Did anyone manage it? Yes! Congratulations to **Trish Monks** who took the bronze medal in the W45 class. A great achievement at her first ever night event. You can read Trish's article on page 16 to see how she managed this feat.

Others were not so successful with perhaps **Denise Harper** almost certainly missing out on a medal when she slipped and fell badly catching her head as she went head-over-heels down one of the steep slippery paths. With a bad head gash, retirement was the sensible option.

**Cover Picture:** Throwing caution to the wind, **Dimitar Gospodinov** descends a steep and slippery slope whilst tackling the Black course at this year's Chiltern Challenge, at Hambleden on the 23rd February.  
(Photo: Steve Rush)

### UK Orienteering League 2019

An item missing from the January Newsletter was a report on the performance of individual members and the club as a whole in the annual UK Orienteering League 2019. This is a competition in which results from quite a large number of designated major events are combined using a point scoring system based on position. The winner of a class gets 50 points, the second 49

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points and so on downwards. There were 23 events designated as UKOL events and a competitor's top 12 scores were used to determine the final League positions. This system tends to benefit those performing consistently well in small classes - it is perhaps not surprising that the two top competitors (both with 598 points) were a W80 and a W65.

BKO's top performer was **John Methven** who, having attended 12 UKOL events reached a total of 366 points earning him the 225th position. Our second was **Martin Wilson** who, having attended 7 events reached a total of 337 points - an average of over 48 per event. This placed him in 277th position overall. Also based on 7 events and coming in as third BKO member in at position 465 was **Denise Harper** with 263 points.

The League also provides for an inter-club League. This is based on the top 15 scores obtained by club members in UKOL events (with representation needed from various age group categories). Unfortunately the club slipped further down the list compared to our positions in 2017 (25th) and 2018 (43rd) - for 2019 we were in 53rd position. Those 15 members who contributed to our scores are the following (*as listed on the BOF page in reverse alphabetical order*):

- Martin Wilson (M70), Stefan Stasiuk (M65), Mark Saunders (M40), Richard Rae (M70), Sue Parker (W55), Alexander Moore (M21), Lisa Methven (W50), John Methven (M45), Adam Methven (M14), Derick Mercer (M55), Denise Harper (W65), Annika Greenwood (W45), Dimitar Gospodinov (M21), Peter Bennett (M75), Gill Bennett (W75)

## **Committee News**

The Committee met in mid-January and the following are some of the items discussed:

- **AGM:** Administrative issues associated with the AGM were discussed. Peter Entwistle presented draft accounts and a proposed budget for 2020. Following comments, there were approved for presentation to the AGM. Potential award winners were discussed and agreed.
- **SCOA Report:** A draft SCOA GDPR Policy has been prepared and is being circulated to the Junior Squad coaches for comment. The region is due to host the Veteran Home Internationals (VHI) in Autumn 2021 - the November Classic weekend is being considered as an option. It is also the region's turn in 2023 to host the British Championships and Relays which will need early consideration.
- **Summer Training:** Mark Foxwell is putting together a series of evening training activities which will be co-ordinated with the series arranged by Southern Navigators.

The next Committee meeting will take place on 19th March.

## **International TrailO Selection**

It was announced in early March that **David Jukes** had been selected to attend the European TrailO Championships (ETOC) in Finland in May. The event provides competitions in both PreO and TempO as well as a Relay. David has been selected to compete in the TempO competition with the Relay team being chosen at the event from those present. David comments:

*I was actually very surprised to get the e-mail announcing my selection. Having only taken part in a few events since my first one in February 2019, I had not considered myself in with a chance. However, those seeking selection have to put their names forward to the selectors for consideration and I thought that I might as well - if only as a marker for possible future selection. Being retired and assuming no significant health issues or travel restrictions from the virus, I will be able to attend 3 international events before ETOC which should help with additional experience. I hope I do not let the team down and can justify my selection!*



## Membership Memo:

*With apologies to Ian, due to an editorial faux pas during the compilation of the last newsletter, the Membership Memo was erroneously omitted. Therefore, it is a bumper edition this month. Editor.*

We had four new members at the back end of last year, a very warm welcome to:

**Lesley Innes & Darryel Botting** in Hook.

**Mandy Abery** in Reading.

**Myfanwy Hughes** in Crowthorne.

In addition, a very warm welcome to the new members so far in 2020:

**Amelia Wing** in Reading.

**Jen Smith, Bret, Philippa & Beth Ryder** in Windsor.

**Graeme & Aiden Williams** in Whitchurch.

**Zac & Elliot Vaughan** in Blackwater.

**Sejal Naik** in London W5.

**Anna Csepanyi** in Reading.

Good Orienteering in the coming year to you all.

**Ian Hudson - Membership Secretary**

## British Orienteering Incentive Schemes

Our congratulations to the following on their progress in January-February 2020: For more details, see: <https://www.britishorienteering.org.uk/incentives>

- **Lesley Innes:** Racing Challenge: Silver Award \*\*\*\*\*
- **Stephen Waite:** Racing Challenge: Bronze Award \*\*\*\*\*; Navigation Challenge \*\*\*\*\*
- **Sue Parker:** Racing Challenge: Silver Award \*\*\*\*\*
- **Sejal Naik:** Navigation Challenge \*\*\*\*\*
- **Jon Vaughan:** Racing Challenge: Silver Award \*\*\*\*\*
- **Amelia Wing:** Racing Challenge: Bronze Award \*\*\*\*\*; Navigation Challenge \*\*\*\*\*



## Inter-Services Championships

Having returned from her cycle trip around the world in December, BKO member **Kezia Jukes** was in good form at the Inter-Services Championship held in conjunction with the NGOC event at Lightning Tree Hill in January. She led the Army Women's team to victory over the other services and retained her title as Inter-Service Women's Champion.



(Photo: Andy Johnson)

**Berkshire Orienteers is on Facebook !**



## CompassSport Newsletter Awards 2019

As those members who have been members of the club for a few years will know, CompassSport is the UK-based magazine which covers all aspects of orienteering (as well as some related activities such as mountain marathons). Each year it recognises the work of club newsletters in promoting the sport at club level and selects those which are considered to have been the best overall during the year. For the 2019 Award, the best 6 were selected - down from the previous best 10 due to a decline in the number of club newsletters being published.

Once again, the Berkshire Orienteers Newsletter has been recognised as being one of the top newsletters. That now makes a continuous sequence from 2013 - a total of 7 years!





## Interland 2020 - Adam runs for England 1 March

*Interland is one of only two annual competitions where England fields a team. It is a match between England, France, the Netherlands and two teams from Belgium (the French and Flemish speaking regions). As a junior you need to compete in 3 out of 5 selection races around the country to be considered for the team.*

**Adam Methven** was delighted to be selected this year to be one of three on the M17 team for England.

### Being on the England team for the weekend

#### **Adam Methven**

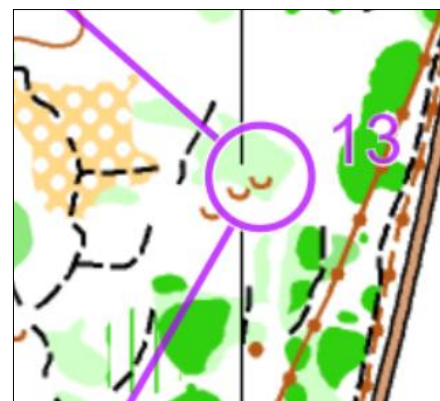
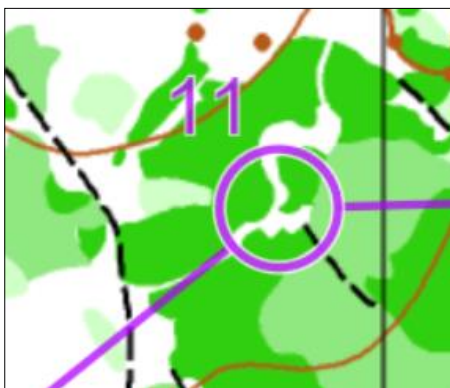
This year England was host and the competition was at the Ace of Hearts event at Burnham Beeches on the 1st March – so not far to travel! The international teams and all the England juniors took part in a training event at Hosey Common, Kent, on the Saturday. The wood was dense and most of the map was a shade of green, but it was exciting to be there. The England team juniors and one of the teams from Belgium stayed overnight in Lee Valley Youth Hostel in one of the wooden lodges. After dinner we all had a briefing from the organiser John Rye. Since it is a team competition, we were told above all to concentrate on being careful, checking control numbers and avoiding a mis-punch. Much better to complete the course cleanly and win points for the team than to run flat out for first place but make a mistake. Early wakeup call at 06:20 for breakfast and then transport to the event.



**Adam Methven** competing in an England top at Interland

The Interland competition took place before the regional Ace of Hearts event with starts 9:00-10:30. I was the last M17 from England to start – running on the blue course. Going strong on the first 4 controls, followed by the very long leg (1.8 km) to 5. Nearing control 6 one of the Belgian M17s caught up with me. We ran close through 7, but both made a mistake on control 8 in the complex area in the southwest corner of Burnham Beeches. He was faster to number 9 and I didn't see him again – he turned out to be the winner of M17. It proved difficult to find the narrow gap in the dark green vegetation leading to control 11 and I lost two minutes there, as well as about 5 minutes at control 13 which was in a confusing area of clearings and indistinct paths which didn't seem to fit the map well. By this time I was very tired, crossing the main valley on the last 3 legs to the finish.

When the results were in, I was 9th out of 12 on M17 which I wasn't too upset with, being the youngest competitor by a year. It was great to be part of the team and to come home with an England top.



Two of the trickier controls mentioned by Adam





Our team of 7 Juniors for the Yvette Baker Heat

## **Yvette Baker Trophy    8 March**

**“A very close run thing...”** (*Duke of Wellington after the Battle of Waterloo*)

*Club Captain, **Martin Wilson**, reports:*

Our Yvette Baker Team of seven runners made the long journey to Bedford for our regional heat on Sunday. We'd been planning this for several months, unable to raise a larger team due to the distance. Plans to change to a High Wycombe event in April didn't work out, so Bedford it was. In the Shield event for smaller clubs, we expected to be facing SUFFOC and NOR (Norfolk). With a week to go we learnt that NOR had moved to the main Trophy class. Thus it came down to a head-to-head of BKO v SUFFOC.

Scoring was 100 pts for the winner of each class, 99 for 2nd, etc. A great system when there are many clubs, but really tricky with just two. If only one team entered on any course, that runner got 100 pts just for completing the course. If our runner beat their runner on a course, it was effectively a two-point gain versus the other way round. At pre-entry closing, SUFFOC had only declared 4 runners, when 5 scores were needed to qualify. A walk-over for BKO? No, they entered two runners EOD (sneaky, but allowed...), giving six against our seven. The area was quite technical, hilly contours and a myriad of paths, really quite difficult for juniors.

Our team all ran their hearts out, but with no interim results on display we couldn't tell how we'd performed till quite late on. Finally they appeared, and we discovered that it was BKO 499 points, SUFFOC 498 points! Huge scores for such small fields, but it had been very, very close. Adam beat a SUFFOC M16 by around 90 secs, Luca (M14) won the Orange class outright, beating the SUFFOC M16(!) by 3 minutes, a huge achievement. Amelia, Maddy and Natalie all had to run Light Green, because they had medalled at the Southern Champs, but SUFFOC had no entrants so our trio bagged 100, 99, and 98. SUFFOC had a strong M10 in Men's Yellow; we had no-one, so they got another 100 pts there. But our saviour was an inexperienced W12 from St Andrews on Women's Yellow, Harriet Parke. Harriet kept going round her course to complete it in 68 minutes for... 100 points, giving us the single point advantage for victory. A fantastic result, putting us through to the Final by one point.

Congratulations to all our runners. We now have to do it all again at the Final at Westonbirt Arboretum, just north of the M4 beyond Swindon - so a bit closer than the heat - on 5th July. We hope to add to our team for that occasion, Yellow and Orange experience will be very welcome.

Team Captain, **Martin Wilson**, gives the team a briefing



# The Annual General Meeting

7th February 2020

*Our AGM was again held at Sand Martins Golf Club. Members heard reports of the club's activities and finances, winners of the annual awards were announced and the evening finished with our Annual Dinner.*

*Here are some of the main items:*



## **Chairman's Report by Stefan Stasiuk**

### *Events*

BKO has put on 11 events over the year. Thanks to everyone for helping and making many of these events successful.

- The early part of the year the club focussed on putting on the JK Day 3 at Cold Ash. We were rewarded with one of the hottest Easter Sundays and as a club put on an excellent event with most club members spending much of the day helping. Katy was the planner with Fiona the organiser but many of you were leading teams to get the job done.
- We staged the British Schools Championships in November. Organiser Eric Harper sent this message "Thank you all for all the work you put in on the day. It is unlike the usual events that we put on which did put some added pressure on the organisation but from my perspective everything went well with quite a few nice comments about the organisation. We had the whole site cleared by 3.30".
- Saturday event on 16th February at Yateley with 81 runners.
- Saturday Event in March at Swinley East was postponed to December.
- We put on our SCOL event on 12 May at Rushall Woods with 207 competitors.



In summer we had 3 local events:

- Lower Earley, Reading, with 40 runners Bracknell,
- Jennett's Park, Bracknell, 66 runners (with a Club Picnic organised by Katy and Fiona which was excellent).
- East Woodley, Reading. An August event with 69 runners (which had to be postponed for a week due to high wind).

Autumn /Winter

There was a full programme of events. I would like to single out Bo Oqvist, our new Fixtures Secretary, for his efforts for liaising with Crown Estates and securing 3 events for the club.

- At our SCOA league event at Buckleberry, we were all treated to a beautiful sunny day and an interesting and challenging set of courses from **Mark Saunders** with 245 runners. The event was well organised by **Glyn Thomas** and supported by a number of club members.
- The first Saturday event of the season held at Swinley West organised by **Eoin Sharkey** and planned by **Alan Phillips** attracted 102 runners and Radio Berkshire. The event was successfully completed even with rather high bracken.
- The club successfully put on the Saturday event at Swinley East with a good turnout of 107 competitors.
- The Southern Championships scheduled for 25th January that the club was organising on Long Valley North was cancelled by the Army due to the area being used for military training



at short notice. The club therefore decided to hold a level C Concorde chase at Star Posts at short notice on the 24th January in order to minimise the financial imposition from the loss of the Southern Champs. We are all most grateful for **James Wilkinson** for stepping in at very short notice to plan this event and to **Simon Moore** and **Fiona Clough** for organising the event at short notice. We had 320 competitors and a very good profit of £1700 which was most welcome.

### *Performance review*

Highlights include **Adam Methven** (M14A) who finished 3rd in the Scottish 6-Days, a truly magnificent performance and congratulations to our junior team (Adam, Maddie, Natalie and Amelia) who came 2nd in the National Peter Palmer Day-Break relays on 8th September.

The Club Championships were held at Pamber Forest on the 23rd November and congratulations go out to **Peter Inness** for winning the Handicap Championship and to Club Champions **Trish Monks** and **Derrick Mercer**.

### *Development matters*

Phil Conway, the local BOF development officer for South England received a request for help earlier in the summer from the Berkshire Schools Sport Network. This follows the retirement

Brunel University runs a Teacher training course and has a module on Orienteering for the students to learn about orienteering and then teach it to West London school kids. They asked for some help in putting on a course in February for these students and one in June for the school kids. This we are supporting.

There is an increasing age profile in orienteering. We need to look at how to attract and retain younger people. We need to provide activities to anchor these people to the club. We need a Development Officer to drive this at BKO.

*Added later: I was very happy to see James Wilkinson volunteer for this role at the AGM.*

### **Extracts from the Treasurer's Report covering 2019**

Financially 2019 was a disappointing year for the club with a large deficit of £2,788, although bank and cash balances are still comfortable. A major deficit was certain once MOD land permission for the 2019 Concorde Chase on Long Valley North fell through. Normally the Concorde Chase is the biggest earner for BKO and in 2018 had contributed a net surplus of £1812.

Much of the additional costs incurred in 2019 came from professional mapping fees of £2,225 including a resurvey of Rushall Woods and additional mapping of both Bucklebury and Hawley Common to extend the BKO areas mapped for the JK (the mapping costs for those areas needed for the JK were not charged to the club).

Increased costs for the use of Crown Estate land were also unexpected - £900 was charged as a combined fee for 3 events and two of these were Saturday events. Senior fees for Saturday events were increase by £1 from December in consequence.

With the staging of a successful 'Concorde Chase' in January at Star Posts as a replacement for the postponed Southern Championships, the budget for 2020 is looking distinctly better. Currently the budget suggests a small deficit of about £270.

### **Awards**

In addition to the 2019 Club Champions (see the January Newsletter), congratulations to the following announced at the AGM:

- **Derek Harding Award** for services to the club: **Denise Harper** in recognition of the organisation over many years of the orienteering competition staged as part of the Berkshire Schools Games.
- **Jim's Jug Award** for a junior making great progress during the year: **Adam Methven**.





# Know your sport: So what is orienteering?

For those who are orienteering enthusiasts, it may not seem necessary to answer this question. However, those new to the sport may well ask it and expect a simple answer. In practice though it is not that easy since there are many varied versions of the sport and, trying to include them all within a simple definition creates problems. Here then is a short description to help newcomers know what **orienteering** actually is!

A publicity leaflet produced by **British Orienteering** states:

*Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace.*

This does incorporate most aspects (but not all!) of the sport. As a competitive sport, it is open to all and can be enjoyed in many different ways. At its most competitive, orienteers are athletes who maintain a high level of fitness in order to race at speed across the terrain whilst still navigating accurately. For these orienteers, there are national, regional and world championships with selection for the national team being an important incentive as a way of progressing to a future world championship medal.

But it does not have to be seen in that way! Many 'orienteers' enjoy the opportunity to visit local woods or country parks and to walk a new route as set out by the course - speed may not be a consideration. They may choose to go round as a pair, a family or a group - at most events this is perfectly acceptable. Children will often initially go around a course with a parent or teacher so as to gain confidence in map reading. Age is no problem either. For the very youngest 'orienteer', special courses are sometimes provided where the map reading is kept very simple and the route to be followed is shown on the ground by a string. Courses are also provided suitable for all age groups which take into account the declining strength and endurance of the older competitor - currently there are competitors in their 90s. In most cases results are based on the speed taken to complete the designated course although even that is not always the case. In TrailO, it is the more the ability to accurately compare the map to the terrain which is critical.

There are though variations on the basic concept. The definition above states 'outdoor' - there have been events held inside buildings.

It also states 'run, walk or jog' - but there are versions of orienteering for cyclists (MTBO) and for skiers (SkiO) and versions allowing wheelchair uses to compete with the able-bodied (TrailO). Another variation is to allow competitors to choose the order in which they visit controls so in these events the 'sequence' is not important. **What all these variations have in common though is the use of the map to create a challenging competition.**

As a competitive sport, it is an **individual** test where decision taking and accurate navigation provide the mental challenge. This aspect makes the structure of an event rather different from, for example, cross-country. For many events, competitors start at minute intervals so that you are not racing alongside others. For large events, this means that people may be starting over a period of 2 or even 3 hours. They are then also finishing over a long period so it will not be known who is the fastest until later in the day.





## Finding out more...

For several years, the **BKO Newsletter** has published a series of articles covering a wide range of orienteering topics. These are all available for download from the 'What is Orienteering' page of the BKO website (see the 'Club Information' section). The complete list (with direct links) is provided below with the different leaflets grouped into topics:

### Different orienteering formats:

- [Events, Competitions and Activities](#)
- [Long, Middle or Sprint?](#)
- [Night Orienteering](#)
- [TrailO](#)
- [Mountain Bike Orienteering \(MTBO\)](#)
- [Orienteering Relays](#)
- [Permanent Orienteering Courses](#)
- [The JK International Festival](#)

### Taking part

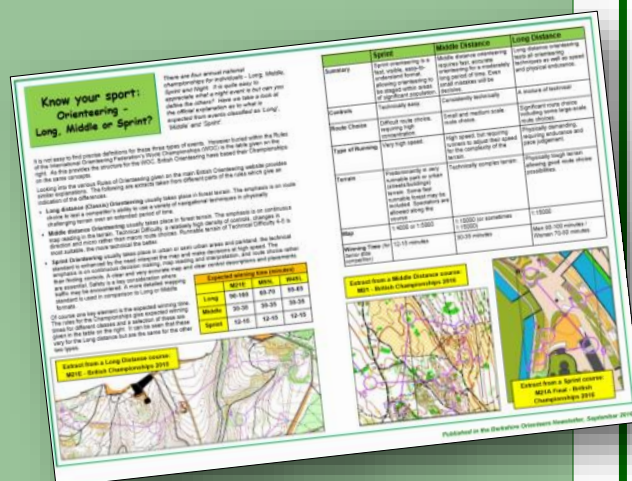
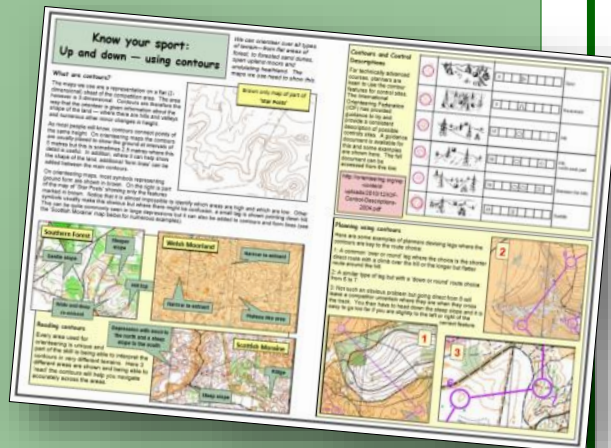
- [What to Wear?](#)
- [Colour-coded Courses and Technical Difficulty](#)
- [Electronic Timing: Emit and SI](#)
- [Compasses](#)
- [Map Scales and Pacing](#)
- [Control Descriptions](#)
- [ISOM 2017 - The New Map Symbols Explained](#)
- [Up and Down: Using Contours](#)
- [Vegetation - From Yellow to White to Green](#)

### Performance and Technique

- [Ranking Scores](#)
- [National Incentive Schemes](#)
- [Techniques: CAR\(E\) and RAG](#)
- [Post-race Analysis](#)
- [Planning, Training and Competitions](#)
- [Developing GB Talent](#)

### Administration

- [The Early Days of Orienteering](#)
- [Administering the Sport](#)
- [Event Officials](#)
- [Where do orienteering maps come from?](#)
- [BKO's Event Locations](#)
- [Welfare Issues in Orienteering](#)
- [Top Orienteering Websites](#)
- [Event Safety](#)
- [Land Permission](#)




For more information, see British Orienteering at: <https://www.britishorienteering.org.uk/>



## 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                | Event Name  | Level           | Club        | Venue                                     | Town                |
|---------------------|---|-----------------|-------------|---|---------------------|
| <b>Sat 21 March</b> | <b>British Championships (UKOL)</b>   | <b>Major</b>    | <b>SEOA</b> | <b>Golden Valley &amp; Cognor Wood</b>    | <b>Haslemere</b>    |
| <b>Sun 22 March</b> | <b>British Relay Championships</b>  | <b>Major</b>    | <b>SEOA</b> | <b>Iron Hill and Parkgate Rough</b>       | <b>Haslemere</b>    |
| Sat 28 March        | Sunset and Beyond Relays  | Regional        | SOC         | West Wood                                 | Southampton         |
| Sat 28 March        | Indoor Urban  | Regional        | SAX         | Discovery Centre                          | Sandwich            |
| Sun 29 March        | Highland Water (Middle)   | Regional        | SOC         | New Forest                                | Lyndhurst           |
| Sun 29 March        | South East League Event   | National        | SAX         | Chilham + Kings Wd                        | Chilham             |
| Sun 5 April         | Mike Nelson BOK Trot  | Regional        | BOK         | Black Down                                | Shipham             |
| <b>Fri 10 April</b> |  <b>Sprint (UKOL/WRE) + TrailO</b> | <b>Major</b>    | <b>NEOA</b> | <b>Stockton Riverside</b>                 | <b>Stockton</b>     |
| <b>Sat 11 April</b> | <b>Mid. (UKOL/WRE)</b>  | <b>Major</b>    | <b>NEOA</b> | <b>Sneaton Forest</b>                     | <b>Whitby</b>       |
| <b>Sun 12 April</b> | <b>Long (UKOL/WRE)</b>  | <b>Major</b>    | <b>NEOA</b> | <b>Pickering Forest</b>                   | <b>Pickering</b>    |
| <b>Mon 13 April</b> | <b>Relays</b>   | <b>Major</b>    | <b>NEOA</b> | <b>Hutton / Skelder</b>                   | <b>Whitby</b>       |
| Sat 18 April        | SN Saturday Series - Event 6  | Local           | SN          | Eagle House School                        | Sandhurst           |
| Sat 18 April        | SEOUL Urban   | Regional        | WIM         | Poundbury                                 | Dorchester          |
| Sun 19 April        |  <b>SCOL7</b>                    | Regional        | TVOC        | Wycombe Abbey Sch. ool & Deangarden Woods | High Wycombe        |
| Sun 19 April        | Southampton Common  | Local           | SOC         | Southampton                               | Southampton         |
| Sun 19 April        | East Anglian Championships  | National        | HAVOC       | Epping Forest SW                          | Chingford           |
| <b>Sun 26 April</b> |  <b>SCOL8</b>                    | <b>Regional</b> | <b>BKO</b>  | <b>Bloom Woods</b>                        | <b>High Wycombe</b> |
| Sun 26 April        | Urban   | Regional        | SARUM       | Warminster Town                           | Warminster          |
| Sun 3 May           |  <b>SCOL10</b>                   | Regional        | BADO        | Butterwood                                | Hook                |
| <b>Sat 9 May</b>    | <b>British Middle Distance Championships (UKOL)</b>   | <b>Major</b>    | <b>LOC</b>  | <b>Summerhouse Knott</b>                  | <b>Newby Bridge</b> |
| Sun 10 May          | Northern Championships (UKOL and UK Elite OL)   | Major           | MDOC        | High Dam                                  | Newby Bridge        |
| Sat 16 May          | "Sunny Sussex" (1 of 3) Middle Distance   | Regional        | SO          | Abbots Forest                             | Hailsham            |
| Sat 16 May          | "Sunny Sussex" weekend (2 of 3) Evening Sprint  | Regional        | SO          | Sovereign Harbour                         | Eastbourne          |
| Sun 17 May          | "Sunny Sussex" weekend (3 of 3) SE League Event   | National        | SO          | Friston Forest                            | Eastbourne          |
| <b>Sat 23 May</b>   | <b>BKO Saturday Series</b>  | <b>Local</b>    | <b>BKO</b>  | <b>Benyons Inclosure</b>                  | <b>Mortimer</b>     |
| Sat 23 May          | Tamar Triple (1) Urban  | National        | DEVON       | Tavistock                                 | Tavistock           |
| Sun 24 May          | Tamar Triple (2) Long (UKOL)  | National        | KERNO       | Davidstow Moor                            | Bodmin              |
| Mon 25 May          | Tamar Triple (3) Mid.(UKOL)   | National        | KERNO       | Hardhead Downs                            | Bodmin              |



## SCOA League (SCOL) 2019-2020

When the 2019-2020 SCOL started back in September, there were only 6 events listed. However, additional events have been added although, due to the rain, we have also lost one event. The list had been increased to 8 by the end of the year but our addition of the Star Posts event (as SCOL9) increased it to 9. There is now also an additional event at Butterwood (SCOL10) being staged by BADO in May. Unfortunately, the WIM event in February (SCOL6) was cancelled.

There are still 3 events left in the 2019-2020 SCOL (*see the event listing for details*). With competitors counting their best scores based on 5 events there are still plenty of opportunities to do well. Current BKO member featuring towards the top of their colour courses are **Elliot Perrin** (1<sup>st</sup> on Yellow), **Tom Inness** (2<sup>nd</sup> on Light Green), **Alan Jones** (1<sup>st</sup> on Green) and **John Methven** (3<sup>rd</sup> on Brown). One to watch though is **Mark Saunders** currently in 5<sup>th</sup> on Brown but he has only attended 4 events whilst those above him all have 5 scores.



### Club O Top

Modern design, slim cut, summer weight. Cool in summer, also works well with a base layer underneath for all-seasons use. Washes well without shrinkage, retains all the colour fastness. The tiger stripes give a real wow factor, gaining compliments from other clubs.

### Summer Jacket

A neat-looking outer jacket, good for warm-up and cover at events. Single layer material, woollen cuffs, blue central zip, good value. Helps other members to recognise you at events!



### Winter Jacket



A 3-layer softshell jacket, perfect for all-year round use. The fabric is breathable and abrasion resistant, with a PU membrane to remove perspiration to the exterior. Waterproof and windproof, regular cut with close fit to provide warmth, plus white zip, two side pockets and useful small chest pocket. This is the go-to jacket for regular orienteers, very smart styling, it really suits the club colours and style.

If you want to order an item, or try on one in stock, please, mail [clothing@bko.org.uk](mailto:clothing@bko.org.uk) with your chosen sizing. We order in batches, to reduce delivery charges. Delivery timescale is around 6 weeks from order placement with Bryzos, we anticipate about three order cycles each year.

**Current Prices: O Top - £25 / Summer Jacket - £29 / Winter Jacket - £49**



## **Know Your Club Members — Pete Inness**

*As was reported in the January Newsletter, Pete Inness won the Club Handicap Championship in December. Time to find out a bit more about him!*

### *Age/Class?*

- M50

### *Family circumstances?*

- Married to Antje with 2 children, Tom, 15 and Robin 11. They all orienteer but Robin is getting more reluctant to turn out.

### *Hometown?*

- I've lived in or near to Reading for over 30 years now, so I'd have to say Reading.

### *How did you start orienteering?*

- When I was a kid my Dad had a book about orienteering on the shelf. It was probably the one by Gordon Pirie who was a GB track athlete in the 1950's and 60's before taking up orienteering. We never went orienteering but I liked looking at the pictures and maps, so when I started University the first (and only) club I joined was the orienteering club.

### *Clubs?*

- Reading University (the amusingly named RUOK) and then BKO.

### *Best achievement/success?*

- Just getting to the finish having found all the controls and not having lost too much time is achievement enough for me.

### *Most enjoyed event?*

- I usually enjoy most events as long as I haven't spent too much time thrashing about in undergrowth or swamps.

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

- At an event at Puttenham a couple of years ago there was a section with a "butterfly loop" where you had to visit the central control of the "wing" loops several times. This threw me completely and I did several controls in the wrong order and missed some out.

### *Favourite area and/or terrain?*

- Anywhere without too many brambles or swamps. Chiltern beechwoods fit the bill quite well and we live next to one so that's good.

### *International experience?*

- I did the Scottish Championships once, does that count?

### *Biggest cheat?*

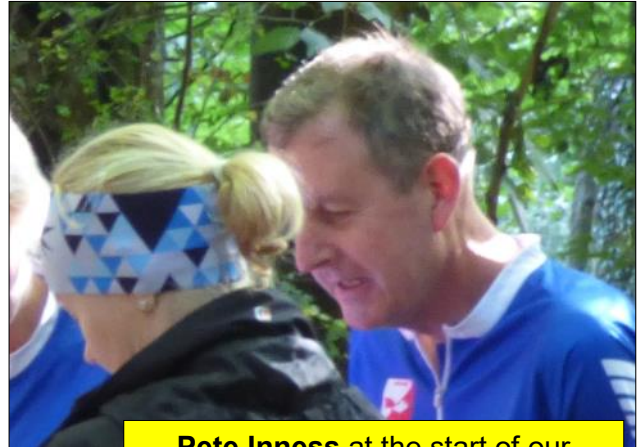
- Is it possible to cheat?

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

- I was club secretary at RUOK and spent a year on the BKO committee some years ago, but since the arrival of the boys I've been a bit lazy. Something to get more involved with at retirement perhaps.

### *Other activities/interests?*

- Family stuff mostly. I enjoy watching Tom play cricket and my cricket scoring has improved a lot over the past 5 years or so.



**Pete Inness** at the start of our Saturday event in October last year

### *Employment?*

- I'm a lecturer in the Meteorology Department at Reading University. I've been there for 21 years now - before that I worked for the Met Office when it was still in Bracknell.

### *What training do you do?*

- None. I've never approved of artificial performance-enhancing activities.

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

- Can I say Tom and Julie's catering? If it has to be about the actual orienteering then just getting out in the country and going to places I wouldn't otherwise have visited.

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

- Brambles and swamps - have I mentioned them yet?

### *Orienteering ambition?*

- I've never been up to much so far so I'm hoping to be a late developer. British champion in M90 perhaps? But realistically if I can still get around a very short green course under my own steam in my old age I'll be happy.

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

- For 6 months in 1989 I worked as a weather observer on the Isle of Tiree in the Hebrides. Its an automatic weather station now so there's no chance anyone else will get to do it anymore.

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

- My musical tastes are fairly catholic. Recently I've been listening a lot to Karine Polwart, a Scottish folk singer, and I also like Capercaillie. Having been a teenager in the 80's I also still listen to quite a lot of old 80's music. For books I've always had a soft spot for Thomas Hardy's Wessex novels. They're a bit miserable but he must have been an orienteer with his detailed descriptions of the countryside. He even named his books after his local O club. As for films I haven't been to the cinema to see a "grown up" films for years, but I did love the original Shaun the Sheep film.

### **2020 World Orienteering Day / Week**

What will you be doing for  
**World Orienteering Day ?**  
It is on Wednesday 13 May  
2020. However, any  
activity held between Wednesday 13 May and  
Tuesday 19 May will count. For more details, see:



**<http://worldorienteeringday.com/>**

### **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](mailto:newsletter@bko.org.uk)**

### **Your NEW 2020-2021 Committee**

|                              |                 |  |
|------------------------------|-----------------|--|
| <b>Chairman:</b>             | Stefan Stasiuk  | <a href="mailto:chairman@bko.org.uk">chairman@bko.org.uk</a>       |
| <b>Secretary:</b>            | Derick Mercer   | <a href="mailto:secretary@bko.org.uk">secretary@bko.org.uk</a>     |
| <b>Treasurer:</b>            | Peter Entwistle | <a href="mailto:treasurer@bko.org.uk">treasurer@bko.org.uk</a>     |
| <b>Membership Secretary:</b> | Ian Hudson      | <a href="mailto:membership@bko.org.uk">membership@bko.org.uk</a>   |
| <b>Fixtures Secretary:</b>   | Bo Oqvist       | <a href="mailto:fixtures@bko.org.uk">fixtures@bko.org.uk</a>       |
| <b>Development Officer:</b>  | James Wilkinson | <a href="mailto:development@bko.org.uk">development@bko.org.uk</a> |

**4 Committee Members + 2 co-opted:** Fiona Clough, David Jukes, Brian Sewell, Mark Foxwell and Simon Moore



## **British Night Championships: How I won a medal!**

**Trish Monks**

Now I'm two years into my orienteering journey and have managed to get my husband (Jon) enthusiastic about it too (the kids are a work in progress!), I'm getting the opportunity to compete more at the weekend, I'm less worried about being last (done that) or getting lost (done that) so when I saw that there was a big night orienteering event coming up, that it was part of a weekend of events and we could stay overnight in our campervan, I booked us up without a second thought, despite having no night orienteering experience at all!!! The second thoughts came afterwards, especially once the fifth person had said "you really should get some night experience before the champs", hmmm. The best we could do was to plan a route using the permanent orienteering course in Hawley Woods (near our house), head in there in the dark, and pretend we didn't know where we were. If nothing else it showed us that we needed more illumination, and we gave a few people a bit of a laugh as we came out of the woods fully kitted up (including dibbers)!



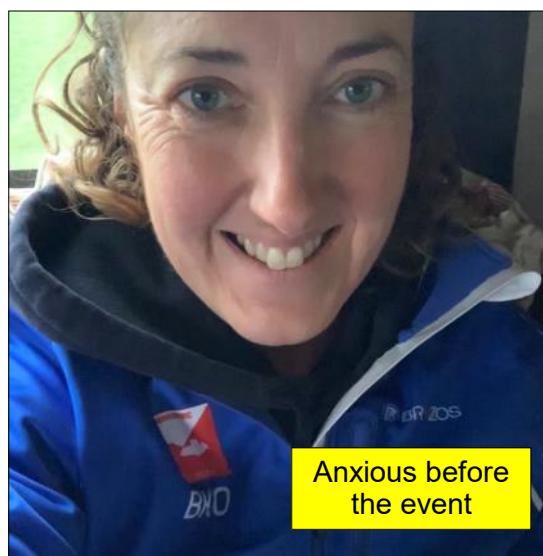
As the weekend of the Champs rolled around, we were both nervous – and excited - all day. Would we be able to find any of the controls? Would we be wandering the woodland forever more? Was this a big mistake?

Unable to wait any longer, we left home around 3pm - Kids x 2 packed, dog, food, kit, all on board – the excitement was building. We arrived in the field near Henley and collected our numbers, more waiting, got changed, final charges of the torches, and then it was dark.....and then we were getting ready to go into the woods, IN THE DARK!!

It was such a crazy experience – but so much fun!!

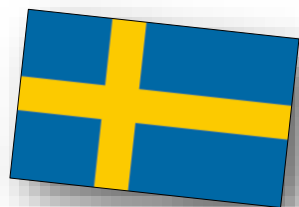
I was steady to #1 – no problem – messing around with my lights a bit. 2, 3, 4 – Ok, a bit scrappy, brashings even trickier in the dark. Ran down hill across an open field and up the other side, thinking "this is amazing", promptly fell flat on my face (barbed wire fence in my shoe laces), lost concentration and took some time to #5. Fine for a while – keeping good contact with the map - but then got a bit lost going to #9. Aaargh. Did not panic, kept going – how bad could it be – found a path, took a gamble – YES, back in the game. Navigating OK from there, not particularly fast moving but still loving it. A stick around the ankles heading to (unlucky?) 13 took me down like a sack of spuds, (at least it was dark so no one could see me I suppose!), picked myself up, and hobbled the last couple of controls to the finish! Not lost forever in the dark. Hurrah. Met up with Jon in the tent and we both agreed it had been huge fun - we were both beaming - and really glad to have tried it.

As the icing on the cake it turned out I was third W45, so I got a medal, a turn on the podium, and my first orienteering "win". Followed by a bowl of Tom & Julie's chilli and a celebratory beer, it was a good evening all round, and I would recommend anyone to give night orienteering a try.



## Stockholm Indoor Cup

Nigel Houlst



Just as many would consider the O-Ringen the pinnacle of forest orienteering, and Venice of urban orienteering, so the Stockholm Indoor Cup is certainly the ultimate indoor event. Indoor orienteering is one of the more unusual branches of our sport, but as I write this with storm Ciara raging outside, it has its attractions! Having seen write-ups of previous events in CompassSport, and tried a couple of indoor events previously (one in York and one in Denmark), I felt I had to give this one a go. The event is always held at the very start of February (maybe Swedish half-term, as the events are often in schools), and is very popular; it was booked up within days of entries opening, with more than 1000 competing each day. As well as junior and beginners' courses, there are two senior courses (men and women) and two for veterans (40+), called "gubbar" (uncles) and "tanter" (aunts), so naturally I entered the "gubbar" course.

In principle, indoor orienteering is just the same as the normal version, but invariably held somewhere with multiple levels and many staircases (think Barbican centre on steroids!). To make things more challenging, in this event the organisers taped off some routes and made some corridors one-way (with a marshal to check!). The map scale was about 1:1000, course distances impossible to measure, and controls were just SI boxes without any kites. In the main, the challenge was to find a



route (any route!) to the next control, with some competitors taking over half an hour on a single leg (though my worst was under 13 minutes), but there were also very short control-picking legs. As these could give extremely short split times (my best was 3 seconds!), there was a facility for reprogramming modern SI and SIAC cards to reduce the "flash" time, since it isn't possible to record another control while the dibber is flashing. There was a designated "hardest leg", common to the 16+ and all senior courses, and results were published for this as well as for the courses as a whole.

The first event was held in a historic school building (Viktor Rydbergs Samskola) in the rather smart suburb of Djursholm, which was a short train ride north from the city. Although the building was, apparently, smaller than usual, this didn't make it any easier; there were 6 floors and 15 staircases. My course was won in 17 minutes (with 2nd place more than 2 minutes behind), and I finished in 48:02, 113th out of 144 starters. The map extract shows the "hardest leg" (4-5) – note that I've cropped the map to just show the areas relevant to this; the original showed all floors in full. I've shown two routes but there may be more. Both routes start by going up staircase M (an outdoor spiral fire escape) to floor 4 and then along the right corridor. The red route (which I think I took) goes up staircase P to the 5th



View from the outside of the building used for the first event

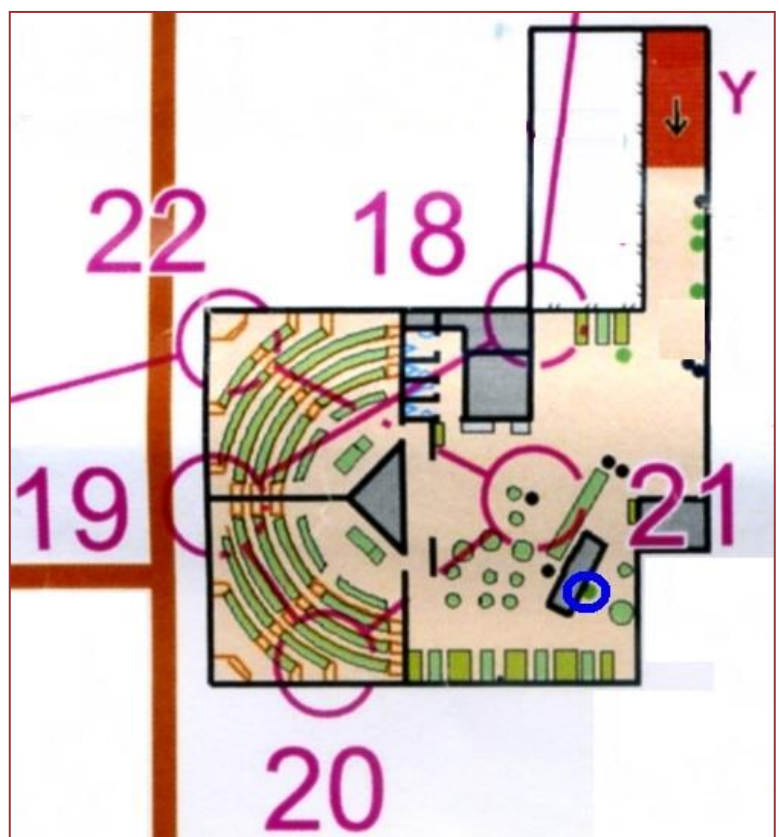
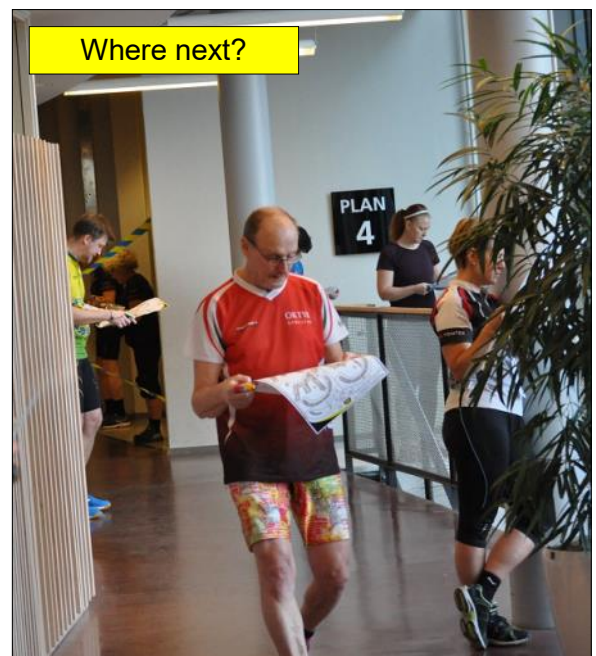


floor and along the main corridor to staircase K. Looking at this staircase from any floor, you would see stairs going down on your right (K) and left (J), with stairs going up in the centre to a sort of mezzanine level, then continuing on both sides up to the next floor. However, as you can see from the map, some routes were blocked on some floors. The red route descends the right hand side (and middle stairs) as far as the mezzanine on floor 3, then goes back up the other side (J) to floor 4. It continues along the main corridor to staircase A, down to the third floor, and finally zig-zags to the control. The blue route, by contrast, descends staircase L back to the third floor, along the main corridor, down staircase K to the 2nd floor mezzanine (note that labels J and K have been cut off in this map extract), through the lecture theatre and out of the door on the right (blue here means permitted outdoor routes), back in through another door and up the centre and left hand stairs to the mezzanine on floor 3, from which it is the same as the red route. (Are you confused yet? I

was!) I'm not entirely sure which way I actually ran, but it was most probably the red route (with some detours). The fastest time for that leg was an amazing 1:52 (by a senior man), with the fastest veteran man 2:59. I took 7:59, which was just above half-way across all courses; the slowest on my course was 35:35, and the slowest overall 54:36! I was relieved not to have mispunched though I came close; I almost took two controls out of order, only realising at the last minute.

Day 2 was in a larger building (Södertörns Högskola) in the southern suburb of Huddinge, again a short train ride from the city centre. This had 10 floors and 16 staircases! I hoped I was a bit better prepared than on day 1, but there were still some "headless chicken" moments, most embarrassingly on the 2nd control which was a very simple leg; I was in the right place but just couldn't spot the SI box (they were sometimes on the floor). I did do significantly better on the "hardest leg", taking only 5:07 to the leader's 1:59 (and a fastest time of 2:53 on my course); the longest this day was 44:25! I did rather better overall too: 83:27 to the winner's 39:20, and 94th out of 121 who completed the course successfully and 18 who did not. There was a complicated control-picking section right at the end (see map extract); 19 was particularly cruel, as there was another control in the same corner the other side of the wall, which I visited first – must read the control descriptions! After that I was fine up to 21, where I first went to the control on a plant (circled in blue) and then spent over 2 minutes hunting for the right one, which was all of 5 metres away! Four of the mispunches were on this control.

I'd definitely recommend this event to anyone looking for a different orienteering challenge; physical fitness is far less important than mental agility! Look out for details (in Swedish and English) on <https://www.facebook.com/StockholmIndoorCup> and <https://www.stockholmindoorcup.se> towards the end of the year. Entry is by the Swedish Eventor system, with payment possible at the event.



6



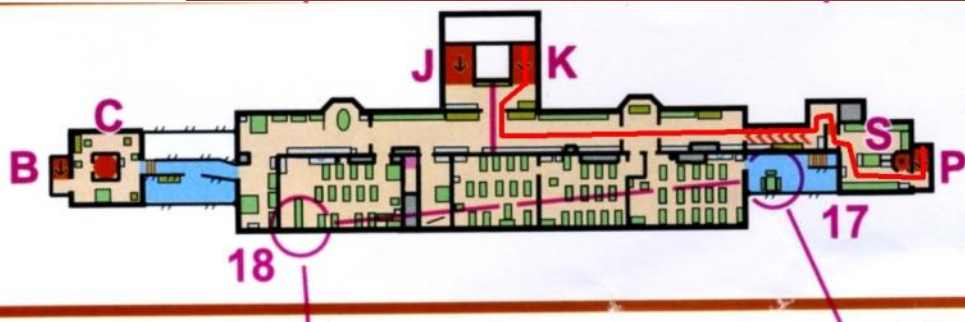
## Stockholm Indoor Cup 2020

1st February - Event 1: Viktor Rydbergs Samskola Building

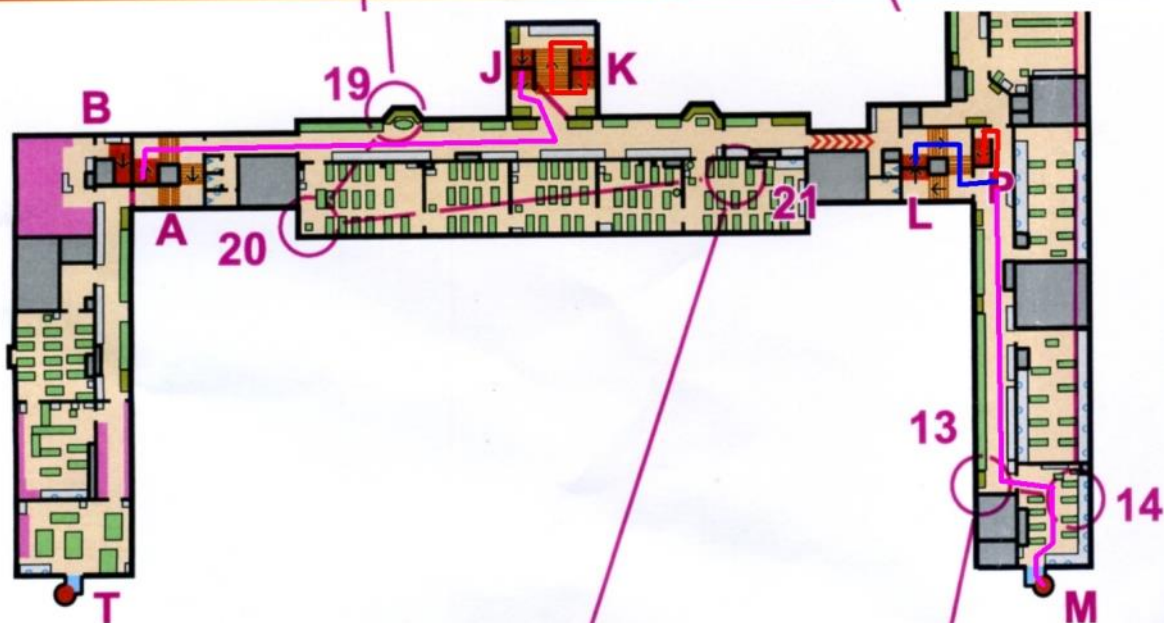
The map shows part of Nigel's course.

Compare the map to the image of the building on page 17. Note that Level 6 goes into the tower on the left of the picture.

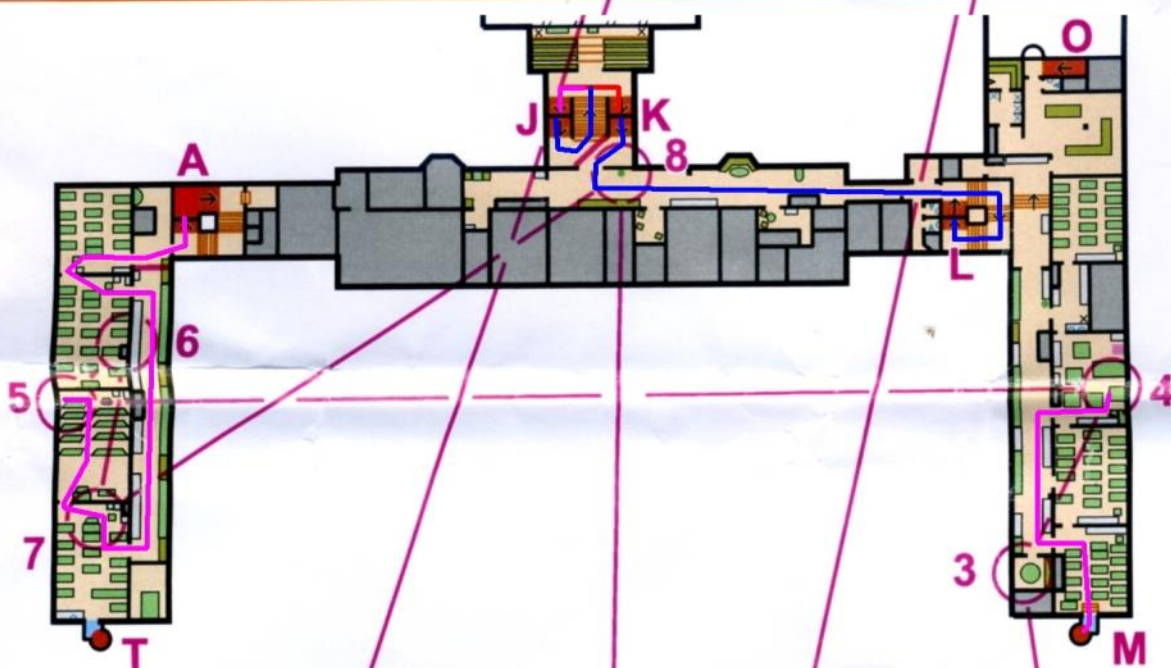
5



4



3



2





**Terry Hosking** (and others)  
navigating below the pylons -  
another wet part of the Common



**Luca Zurek**



A very determined junior racing for the finish  
(leaving the family in the background)



**Ian Hylton** splashing his way  
through puddles to the finish

**Saturday Event**  
**Burghfield Common**  
**22 February 2020**