



Club Newsletter May 2012



Andrew Graham starting the JK relay race for BKO - centre left with the headband (credit Wendy Carlyle).

The championship season has started with some hardy BKO folk heading north of the border for the JK, Katy Stubbs reports in this newsletter.



The warmer weather is here

Personally I don't mind the colder weather, it's sometimes quite nice to go for a run in the cold air but I know that some people only like being outside when the weather is warmer. Well Spring is here and we have plenty of events to entice the wider group of orienteers and would be orienteers, in particular our Summer Parks Challenge series and summer evening club nights.

The championship season has also started and we have a report on the JK. Also in this edition Ken Ricketts reviews the schools league which has now finished its second year and I give view of a different Winter/ Spring challenge.

Enjoy your orienteering.

Keith

BKO SCOA league event – Swinley East

This newsletter should arrive with you just before our next major event is to be held at Swinley East on Sunday 13th May. Ken Ricketts is planning the courses and after her debut appearance as an organiser last May, Helen Fraser is organising our May event once again.

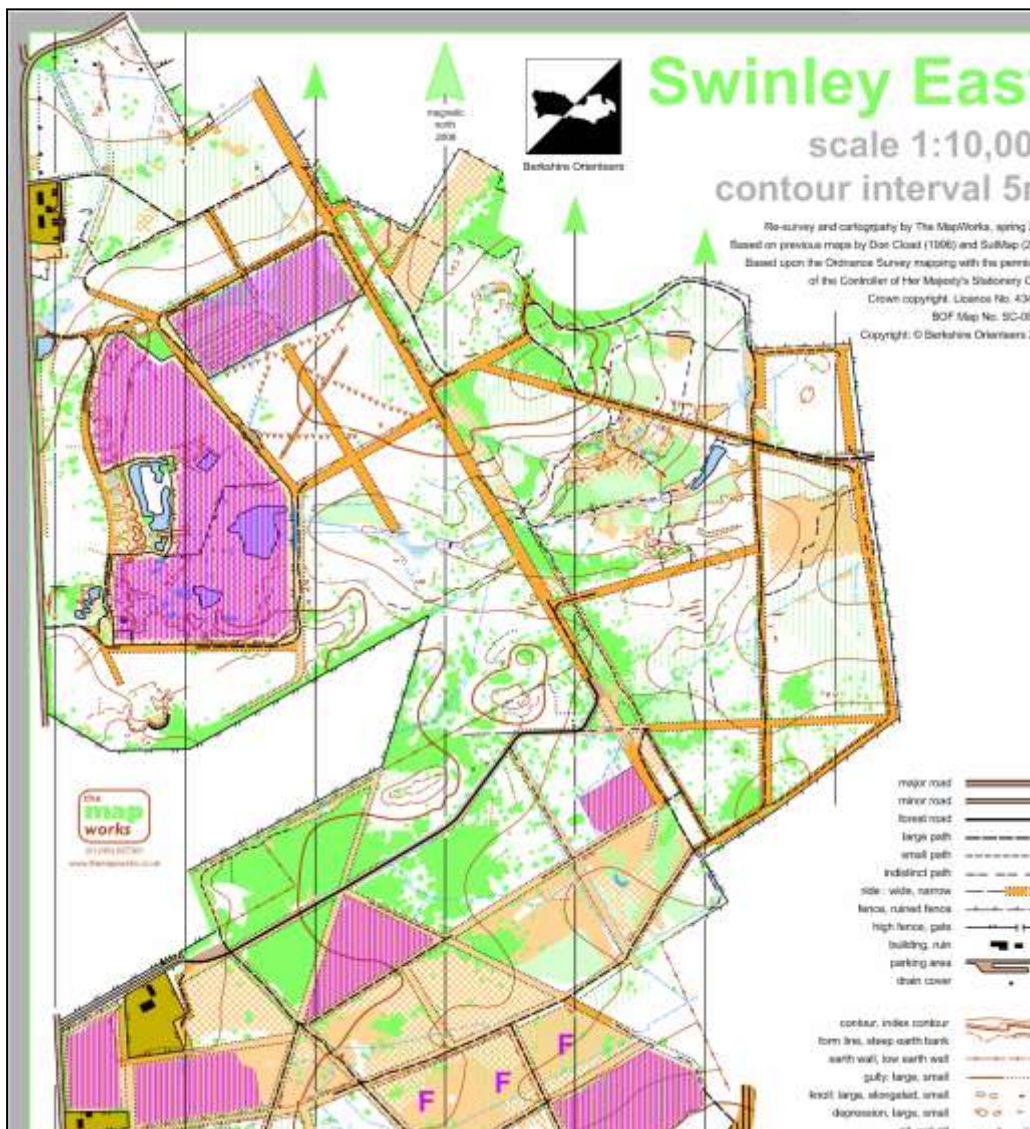


Helen Fraser



Ken Ricketts

Swinley East is a popular BKO venue being sited at the edge of Bracknell, is fairly flat and not too technically difficult so suitable for a wide range of orienteers. A full range of courses will be available from white to brown so there will be something for everyone.



Your Committee Needs You

At the recent AGM two committee posts were left vacant, the Development Officer and an ordinary Committee Member.

The committee would like to appoint people to fill these posts.

Development Officer

We would like someone who is interested in how the club is meeting the needs of its members. Someone who is able to stand back from the nuts and bolts of getting things done and thinking what we should be doing. This person doesn't have to be a longstanding club member, or a very experienced orienteer, but should be enthusiastic about the club and willing to think about the future,

Committee Member

Committee members do not necessarily have specific roles, although some do take on a particular task. This is a great way to find out how the club works.

The committee meets about every two months on a Thursday evening, the next meeting is on 10th May. If anyone is interested in one of the above roles or wants more information please contact Katy Stubbs at chairman@bko.org.uk.

Hardy band head north of the border for the JK

Katy Stubbs

A small group of BKO members made the long trip north to the JK festival this year. Some were only planning on doing one or two days, some were hoping for all four.

Being in between (intending to run the three individual days) I drove the long way north with hopes of some technically testing terrain and interesting planning challenges.



I arrived at Livingston just west of Edinburgh on Good Friday and was fortunate to be parked in the college car park. Fortunately, because this meant that I found the traders and caterers, whilst those people parked in the second car park didn't. Having looked at Google maps before I left, I know where to go to find the assembly area where I picked up my number and the "final details". These turned out to be a paper version of the information that had been on the website and had some limitations, especially no plans of the various day's assembly areas or details of where the various facilities were going to be on each day. Hence those who never found the traders on Day 1! As I had a fairly late start I then went back to the car park and picked up a bacon butty at Tom's burgers and spent a very pleasant hour or so chatting to loads of people I hadn't seen for a while, so much so, that I finally had to interrupt someone to get changed and only got to the start 2 minutes before my call-up time!!

Richard Rae finishing at the sprint event

The Sprint area had been described as "probably the finest technical urban orienteering destination in Britain" so I had high hopes of some really difficult route choices and

navigation. Having negotiated the poorly organised start (guess which lane you should be in, able to start at the wrong time, only those at the very left of the start line being able to tell that was where the start kite was) there was a fairly long run into the estate, which enabled me to plan my first three legs. After areas like Birch Hill in Bracknell and Surrey University, I didn't find the navigation at all challenging, although there was an interesting bit at the end in some hilly semi-open park which did add a bit of a sting to the tail. But I was a bit disappointed in my final position as very few people had any problems navigating (my strong point).

We had 6 BKO members entered for the Sprint, the best result was from Janet Gibson who was 6th in the W70 class.

Day 2 was on Dunalastair, between Loch Tummel and Loch Rannoch. As this day was a World Ranking Event the old map had been on the website so (after some hunting around) I could look at it before I started. It looked very wet, more than 50% marsh, so I was assuming there would be a lot of slow running with tussock grass. The pre-race information also talked about deer fences with high stiles and also a compulsory stream crossing. The deer fences were as expected with very high stiles to get over them, the stream crossing was not a problem as they had kindly provided a good bridge.

The area was typical tough Scottish forest, some thicker areas of young conifers, some open areas with lots of tussock grass and despite the comments that it was drier than usual, I still found lots more marsh than on the map. This meant that my decision to take a longer route to one control to keep out of the marshes didn't help and only added distance and time. However I still felt I hadn't made any big mistakes and had kept going reasonably well, so when I downloaded I was annoyed to see that one of my punches had not registered and I was disqualified. This was totally my fault for not checking, my SI card did seem to be taking longer than normal at each control, but I should have checked that it did flash at every control and obviously didn't at number 6. Other BKO members also found the area or the map tricky and none did particularly well, however special congratulations should go to Doug Greenwood, Annika Hermik and Sejal Naik who I believe were competing for their first time at a JK, certainly for the first time in this type of forest and all managed to successfully complete their courses.

Day 3 was on an area well known to long standing competitors, having been used for lots of big events in the past including at least one JK. For those who don't know it, if you drive north up the main A9, just as you are going past Dunkeld you will see some big crags on the east of the road towering over the town. That's Craig a Barns, one of the most technical but also physical areas around that part of Scotland. Having strained my back on the previous day and being out of contention for the JK (being a two day competition) I decided discretion was the better part of valour, especially as the pre-race information talked about significant windblow in the forest due to the winter gales through the area.

So I spent the day wandering around the car park putting adverts for next year's JK on car windscreens, counting the number of minibuses and campervans (around 70!!) and talking to loads of people whilst my companion made her way round the W55S course. I didn't get the chance to talk to many BKO members after they had run, but looking at the results it seems that many did better on Day 3 than Day 2, the standout performance being Janet Gibson who won her W70L course on Day 3, and finished 4th overall.

Tweeting and posting

You can now keep up to date with BKO news on Facebook and Twitter thanks to Josie Rogers and Tim Booth.

On the facebook page there is a view to show what orienteering is about, news of forthcoming events and of course the usual facebook chatter.

Twitter will be used as another medium to announce forthcoming events and other club news.

Our Saturday series continues strongly

The BKO Saturday series continued with events at Snelsmore Common near Newbury and at Rushall Woods.

Over a hundred competitors took part again (125) to continue the popularity of these events with the blue course proving the most popular with 42 competitors, followed by the yellow (31) and light green (30).

BKO had some winners at this event with Alexandra Marwick winning the white course, Charlie Betts winning the yellow, Claire Betts winning the orange, Robert Lattimore putting in a tremendous performance to win the light green course. The top BKO performer on the short blue course was Derick Mercer in 5th place.

Once again there was good representation from local schools boosted by the schools league (see Ken Ricketts' feature later in this edition) and a good number of scouts from a local troop.

The event was planned by Tony Ludford from BADO and as usual organised by Di and Glenn Wass who have overseen the growth in these events over the past couple of years.

The series continued at Rushall Woods on April 21st April. This event was planned by Andy Parry who has provided us with a report:

Rushall Woods – 21st April 2012

On an unexpectedly sunny Saturday morning the final winter series event of 2011/2012 season, took place at Rushall Woods near Bradfield on Saturday 21st April. These woods really are beautiful and with the bluebells just coming into flower this lead to an even more colourful backdrop to the event than usual.

Rushall is one of our more remote sites, but we still saw 70 or so competitors turn out to tackle the 5 courses on offer (white, yellow, orange, light green and short blue).

This was also my first event as “planner”, so I was especially concerned that the event went off smoothly.

Having only joined the club last year, I was wondering whether a comparative novice could indeed produce the required level of event, however with copious advice and help from both Katy Stubbs and Eric Harper, I need not have worried. The software I used to create the courses (Purple Pen), is very easy to use and available to download from the internet. Linked with the official map supplied by Eric, it really is quite simple to produce the highly professional maps that we use and I would encourage anyone to have a go at planning an event, however new they may be to the sport.

Most of the time taken in preparing the course, was taken scouting the area, to make sure that the selected sites on the ground were indeed as they had been mapped, this led to several “walks” of the area and repositioning of some controls. When it came to the event the next duty was to get the controls positioned in time for the 10-10:30 start. In order to take the stress out of this task I placed most of the outlying controls (not on public footpaths) out on Friday evening, aided by Stephen McNab and Nick Rayne, thanks to them.

I arrived on site on the Saturday at 8:15 to meet Ian Hudson, who was going to help me put out the final controls on paths (mostly the White and Yellow courses). When I got there the field we were going to use for parking had the gate securely fastened and there was a large flock of sheep looking for their breakfast ! A quick call to Eric allayed my fears that I had the wrong day, and I set off with Ian to place the final controls.

By 9:30, all was looking a lot better controls were out, the registration tent was up (thanks as always to Glenn and Di Wass) and the event was ready for “the punters”. A regular stream of people began to arrive and by 10:30 the first competitors began.

I checked what a planner was supposed to do at this point, and was told that they “wait !” and listen out for any problems with the course (missing or misplaced controls etc.), so I waited patiently. I was pleasantly surprised by how little incident there was from that point on. Regular volunteers manned the start and finish areas, and all seemed to go off smoothly.

I took the opportunity to try and get a few photos of the event, and witnessed one particularly tricky control (214 on both the Blue and L Green courses), where the undergrowth was a little heavy ! but everyone seemed to find it in the end ☺. My learning for my next planning event will be to steer clear of brambles.

For the record the top BKO finishers were as follows:-

Name	Course	Position
Alexandra Marwick	White	1 st
Jacob Marwick	Yellow	1 st
Sid Hardy	Orange	1 st
Mark Croll	Light Green	1 st
Andrew Graham	Blue	4 th

Results as always are available on the club website:-

<http://www.bko.org.uk/results>



I know it's here somewhere

Finally, the controls were all picked up in record time and we were all packed up by 1:20. I wanted to take this opportunity to thank everyone who helped on the day, most of who I wasn't even aware of. This includes the regular team and all of those who manned the start, finish and put out and picked up controls. These events really could not happen without these volunteers.

So my first event went off smoothly, the best I could have hoped for. I hope those who competed enjoyed themselves, I found planning the courses extremely interesting and I think will help me when I compete in future.

If you have ever wondered about how these events work, I would encourage you to give it a go. If you need any information or want to get involved just email Saturdays@bko.org.uk

BKO Summer club nights and training events

During the lighter Summer evenings BKO holds a series of events on Wednesday evenings. Starts are 6.30-7.30 so a great opportunity for some training with fellow BKO runners.

The events planned for this year are as follows:

Date	Venue	Parking postcode
9 th May	South Hill Park	RG12 7PA
16 th May	Swinley East	SL5 8AX
23 rd May	South Hill Park	RG12 7PA
30 th May	Swinley East	SL5 8AX
6 th Jun	Bloom Wood	SL7 3RE
13 th Jun	Swinley West	SL5 8AZ
20 th Jun	Lily Hill Park	RG12 2RX
27 th Jun	Great Hollands	RG40 3DN

Planners are needed for the events on 30th May (contour only), 13th June (map memory) and 20th June (star relay). Please contact Andy Parry if you are able to help.

BKO Summer Saturday and Urban Park Series

Following the success of the Summer Parks series over the past two years, a further Summer series of four events has been planned in the Wokingham / Bracknell area

26th May Wildrings and Easthampstead

Parking is in the car park for St. Mary's Easthampstead at Grid Ref - SU863676

Three courses will be available. Long at approx 6.5km, Medium at 4.2km and Short at 2.0 km

Please note that for insurance purposes juniors under 16 who are unaccompanied by an adult will have to enter the Short course. The Short course may involve competitors crossing some cul-de-sac roads but will not cross any through roads.

9th Jun Sandhurst memorial Park

Parking is Grid Ref SU841613 Three courses will be available – long, medium and short

23rd Jun Lower Earley

7th July Great Hollands

For further details please see club website.

The Reading Challenge

Keith Ellis

I started orienteering at University in the early eighties but gave up soon afterwards before re-starting 12 years ago. During the past twelve years I have competed in an average of 25 events a year so have always been running regularly to keep fit enough to compete. Then eighteen months ago I discovered the Reading Park run so started straight running races each week, I've only missed four of the weekly 5k Park Runs in that time due to work commitments.

Last Autumn some of my fellow Park Runners suggested that I run the Reading half marathon, I knew that I could run the distance with some training but didn't want to just "get round" since I had run four half marathons previously, simply completing the course wouldn't be enough of a challenge, even though it had been 22 years since my last one. I decided to enter in early November and that I would stick to a proper training regime.

Everywhere you look there are training schedules for running races of varying length but which one should I choose? I decided to pick one which was described as being for advanced runners... a bold move. The schedule said that I must be able to run 8 miles comfortably for this schedule and I thought this would be ok since I had started running the brown course regularly at the start of this orienteering season. The schedule was for 13 weeks leading up to the event which meant starting after Christmas with the event being on 1st April. However I decided to make an early start and went for an 11 miles cross country run at Swinley Forest to see how the legs fared. Fortunately this went ok so I thought that I was in for a chance of success if I could stay injury free which was my biggest concern.



In the New Year I started the new schedule which involved five sessions per week which I adapted slightly to fit my other running; a 45 mins cross trainer session, a tempo run, a hill training session, the Saturday 5k Park Run and a long run on a Sunday. The question was how would I fit in orienteering? and the answer was not very well. I only ran the most important two events; the Concorde Chase which my Garmin recorded as 9 miles and the CompassSport cup which I wanted to enter to gain some points for the club (and in

which I gained a bad heel blister).

My main adaptation of the training schedule was to run more half marathon distance training runs. The actual schedule had just one full distance and one just over distance but I ran eight at or over the distance. The two most challenging runs were 14 miles in 4 inches of snow at Swinley Forest when we had that weekend of snow and 15.5 miles which took in most of the Reading half marathon course. On the latter, a training partner guided me around the course and said it would be a good idea to run fast over the last three miles of the course which we did (7 min/miles) but he then told me that it was unfortunately 5.5 miles to run back to his house where I had left the car and to cap it all it was tipping down with rain for the whole of the run. Still, I figured that if I could manage that I should be ok in the race.

My race number arrived in the post a couple of weeks before the big day – a lucky number - 1990, the year that I had last run a half marathon and when I recorded my personal best of 1 hr 30 mins 15s.

Two weeks before the race was the “taper down” schedule and I was glad of this because I was shattered, all the training had caught up with me and the Saturday 5k Park Runs were becoming hard work. The final choice I had to make was whether to run the Park Run the day before the race, I decided to because I haven’t missed one all season since the start in September and didn’t want to lose league points since I was third. I went for what was supposed to be a gentle run but ended up with a respectable time of 21.20 with a fast sprint finish.



The sprint finish

and after 4 miles wondered whether I had gone off too quick but too late now. I don’t usually look at my time in a race but did check at the 10k stage and found I had reached this in 45.08 so knew that if I could keep going I would be in for a reasonable time.

The big attraction of the Reading half marathon was the crowds and with a brilliant sunny day, they were out in force. Along most of the route the crowds lined the streets including people handing out sweets, students sitting on a sofa drinking wine and some ladies drumming on saucepans. There were also several bands along the route, my favourite being one under the flyover by the oracle car park. The second half of the race was a challenge as I

Finally the day had arrived and the weather was excellent, brilliant sunshine. I went with Jane and some friends and got there with plenty of time to spare. I had entered the 1.30-1.45 finish time category so was waiting with this group of runners in line among the 13,000+ participants. While waiting an enthusiastic trainer had everyone doing vigorous warm up exercises which I’m sure was useful but I was worrying about burning up precious calories. My target was to beat 1 hr 40 mins 58s which would give me an age graded PB.

At last the race was underway and the biggest challenge was keeping moving at the pace that I wanted to run with such a large participation and some people obviously in the wrong start group. Anyway I went off at a reasonable pace (never being one to start slowly in any race)

felt more and more tired but as the post race garmin download showed I didn't slow up, I kept going at the same pace but just felt worse. The final mile was nasty, on approaching the Madejski stadium, you are redirected along a side road into Green Park, half a mile along and then back along the other side of the road before climbing the slope into the stadium. This part was hell, I kept pushing hard but felt sick, still nearly there. I then turned to the stadium, up the slope and then magic, upon entering the stadium I was greeted with a wall of nose from the thousands of spectators. The pitch had been covered with soft material for running on and I shot away, clocking 21km/hr on the Garmin and overtaking half a dozen runners ahead of me. An amazing finish to an amazing run. I had clocked 1 hr 35 mins 44s which was only 5.30 slower than my PB of 22 years earlier, easily and age graded PB and 2s faster than my first half marathon while at University 28 years ago. I was delighted, I couldn't have done more. I was also pleased with the finish position 1,357th of 13,104 so just outside the top 10% and on an age graded basis would be better.

The main lesson from the experience – training pays off as Simon Turton commented on my facebook page. Will I run another half marathon? Hard to say, I've come back to this a couple of times in the past. For now I have entered a couple of local 10k races at Shinfield and Woodley, want to improve my Reading Park Run PB and to get back to some orienteering, hopefully in good shape for this. I would recommend the Reading Half Marathon to anyone, the crowds are amazing and the finish in the stadium is incredible, a great event.

Other Fixtures

Fixtures listed on The British Orienteering website include:

Date	Club	Event	Venue
3 rd Jun	SO	SE Classic Distance champs	Oldhouse Warren near Crawley
4 th Jun	LOK	SE Middle distance champs	Leith Hill near Dorking

BKO Youth League Update

Ken Ricketts

The Overall Winner is Jacob Marwick, with 386 points from his best 4 events. Jacob was also one of only 2 runners to gain 100+ points in more than one event – the other was last year's winner Charlie Betts with a total of 346 points. However Charlie only completed 4 events, whereas Jacob completed 5 so was able to drop his lowest score. A lesson for next season – run at as many events as you can to maximise your score!

Age Class Winners

Age Class	Name (Age)	Points(Events to score)
Under 10s	Alexandria Marwick (7)	350 (4)
10-11	Jacob Marwick (11)	386 (4)
12-13	Tom Wright	106 (2)
14-15	Philippe de Frechou (14)	88 (3)
16+	Robert Lattimore (18)	195 (4)

Awards

In addition, the following receive awards for having completed at least 4 events:

Charlie Betts	Amy Croll	Francesca Rogers
James Waite	William Jefferies	Charlie Bell Olivia O'Hara

There were a lot more teams represented than last year, but disappointingly most were represented by a limited number of runners at only 1 or 2 events. The only team to qualify for a prize were St Andrews.

The prizegiving will take place at the BKO Swinley East event on 13th May.

Ken Ricketts
youthleague@bko.org.uk

Harvester opportunity

Katy Stubbs

The Harvester Relay is coming to SCOA on 1st July 2012.

The event is at Bordon Heaths, which will be familiar territory to those who ran the Southern Night Championships.

The event is generally very sociable with a campsite next to the assembly area so people can get some sleep while they are waiting for their runners. The idea is for teams to start in a mass start (for their course) in the middle of the night (hence the campsite), timed so that the fastest teams have their last runner going out just after dawn. Most teams will have their last two or even three runners going out in the light, seeing dawn break as you run round can be quite spectacular. The A relay can be very competitive, with teams of elite runners, however there is also a B relay, which has a handicap class in which we could be reasonably competitive. The B relay has 5 runners and will start at something like 1:30am.

If anyone is interested please let me (Katy Stubbs) know by email, the first closing date is 14 May.

Your committee members

Chairman: Katy Stubbs	0118-978-2875	katy.stubbs@bko.org.uk
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Treasurer: Peter Entwistle	01628-635278	treasurer@bko.org.uk
Fixtures: Andy Parry		andy.parry@bko.org.uk
Membership: Ian Hudson	0118 9784077	ian.hudson@bko.org.uk
Development: Vacant		
Ken Ricketts	0118 9787168	ken.ricketts@bko.org.uk
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Berkshire School News

Denise Harper

As reported by Katy Stubbs at the AGM, despite the cutback in funding and resources from both government sources and British Orienteering for schools work and schools competition, BKO are continuing to support local school orienteering competition as best we can where there is a demand for it. In previous years we have organised competitions for a number of Berkshire School Sports Partnerships and also last year a county final for both primary and secondary schools. Sadly it was not viable to run the county finals this year, but we did provide competitions for both Bracknell Forest and West Berkshire (both East and West) School Sport Partnerships during March.

The Bracknell Forest Primary Schools competition was once again held at Wellington College, and as last year, we were extremely fortunate to be given the use of the Monro Pavilion as a base, which gives direct access to the grounds, as well as providing shelter, warmth and toilets. There was an excellent entry of 9 schools, some of which had competed before, but one or two of which were new to this competition. We were lucky to be blessed on the day with fine dry weather and a very exciting morning of competition was had by all. The course of about 1.5 km started on the playing field before heading off into the woods for a few controls, then emerging again on the far side of the playing field with a final run round the edge and back to the pavilion. The pavilion itself, with its spacious balcony, provided an excellent viewing platform for spectators, who cheered themselves hoarse encouraging their team-mates into the finish.

The final result was very close, but by the narrowest of margins a new winner was declared – New Scotland Hill (Sandhurst) - who just beat last years winners, Ascot Heath Juniors, despite Ascot Heath actually having the two fastest pairs. Well done to all teams, results below: we do hope to see some of these competitors and families at some of our summer events in Bracknell.

School	Points	Position
New Scotland Hill	30	1
Ascot Heath	33	2
Meadow Vale	49	3
St Joseph's	80	4
Wildmoor Heath	82	5
Cranbourne	104	6
College Town	106	7
St Michael's Easthampstead	125	8
Whitegrove	128	9

A week later, we held the West Berkshire Primary Schools competition, again at Park House School, Newbury. This venue is very different from Wellington College, as over the years there has been much new build and construction of huge astro turf and other outdoor courts. This severely limits the planning of the course, channelling it into corridors linking the few more open spaces. However, the 8 schools teams which had entered coped very well, with the result that everyone completed the course successfully with no DSQ, although there was a big variation in times. Again, there were some new school teams, and a new winner – Spurcroft Primary School, Thatcham. Results below:

School	Points	Position
Spurcroft, Thatcham	20	1
Curridge	33	2
St Nicolas, Newbury	47	3
Pangbourne	54	4
Francis Bailey, Thatcham	74	5
The Ilsleys	116	6
Welford & Wickham	120	7
Theale	146	8



We hope to see some of these competitors at our Rushall event; indeed, some of the team from St Nicolas had attended the joint BADO event at Snelsmore Common, which obviously stood them in good stead, as they were quite proficient with their use of Emit.

As always, these events could not happen without the willing assistance of a number of BKO volunteers on the day to run them. Our reward is to see the children's obvious delight and excitement which is generated by having high quality competition with electronic timing; and the gratitude of the school staff and schools sports partnership staff, who acknowledge that they could not

run this themselves, and are always full of admiration at how well organised and slick these competitions are – we've had a few years practice now to get it right. Hopefully there will be knock on results for the club in bringing in a few new participants to our summer events.

Both Bracknell Forest and West Berkshire School Sports Partnerships have made generous donations to BKO in appreciation of our efforts, and both have made quite clear that they hope we will continue to provide these competitions both next year and in years to come

Know your club members

Martin Wilson

When did you start orienteering?

Late 1977. I'd seen the sport mentioned in the Sunday Times, and decided to try it. Cricket was my main sport at that time, and O filled the winter months nicely. It gradually took over to become my prime activity. I'd always been a good runner (1m 58s for 800m on a grass track at age 17 – about the same time the top women athletes run nowadays) but had stopped at university.

Age Class?

I moved up to (gulp) M65 this January. Once again, I'm racing against Ian Cooper and Richard Rae, though at last I seem able to keep up with them. Nationally, I have to race against Mike Murray for two years, and then face Andy Hemsted for the next three years, which is all rather dispiriting, as they perform ten years younger than their age group. Geeza chance, Andy..

Clubs?

LOK, CUNOC, LINOC, and then BKO. I worked in London for ten years after graduating from university in Scotland. Many of those LOK stalwarts are still in the sport, including David Jukes and Peter Entwistle at our own club. I returned to Scotland in 1981 and learnt how to get through those tough Scottish forests, and what the brown lines on the map really mean. I've lived in Crowthorne now for over twenty years, always with BKO. It was not a coincidence that I chose to live near Star Posts – though much of it blew down in the 1987 hurricane the week I arrived south.

Orienteering achievements?

I've won Short class titles over the years. JK 1990 (Craig a' Barns, M40S), 1992 (Bigland, M45S), and 2004 (Graythwaite, M55S), BOC 2000 (Mytchett, M50S). I seem to perform much better in highly technical areas like these, and over shorter distances. They make me focus on the map much more, and I'm a naturally quick and agile runner through hilly, intricate terrain. When I got back to the club tent at Mytchett, Richard Rae asked me how I'd got on. "I think I've won" I said. "You should have run Long then" came the immediate response. Thanks Richard! Most recently, I won M60L at the Southern Championships at Hambleton last year. I was gobsmacked. Trophies..*Moi?*

Employment?

I worked in the IT industry for 35 years from 1971. Latterly I was a Business Development Manager with Siemens in Bracknell, selling significant IT projects to the UK government, a role which required the patience of Job to execute. It was very rewarding to win some of these contracts – both emotionally and financially. I enjoyed my whole career very much, and had spells working abroad in Holland, India and two great years in Prague shortly after the Velvet Revolution. I was able to take pensions at 60, so decided to adopt the much harder career of not working, as I had no further work ambitions.

I am now the Treasurer for a local Sports Club, catering for various sports and leisure pursuits. I find I can use many of the management, project and communications skills I developed in my career to help make significant changes. Not so easy to do when we're all volunteers!

Other Interests?

I have three main loves: being on the hills, being in the forests, and being on the water (but not in it). I've climbed all the Scottish Munros and Tops, and Kilimanjaro, and trekked in many countries. I've owned four yachts over the past thirty years, won a few prizes at regattas, and also chartered in many locations abroad. I would have been a wealthier man if I'd never owned yachts, but I've had a huge amount of fun, companionship, and fulfilment from my time on board. Which would you rather have?

I enjoy the Times crossword, and I play Bridge at the Sports Club. I also play acoustic guitar. I hate gardening.

My claim to fame?

I won the first-ever Scottish Island Peaks Race in 1982 skippering my own yacht. We had to race from Troon to Oban, and climb Goat Fell on Arran, the Paps of Jura, and Ben More on Mull on the way. Total crew of 5, with 2 runners on each climb. After sailing round the Mull of Kintyre through the night, I and another runner landed at Craighouse at 5 am to run 13 miles over the very stony Paps of Jura. I could hardly move along the last 3 miles of road back to the boat. However, we sailed on and eventually finished well in front. We won the race again two years later, but this time with proper hill runners on board!

Overseas orienteering?

I've done many major events overseas with my wife Ann, in France, Spain, USA, Czech Republic and elsewhere. Since Ann passed away in 2003, I'd not run abroad again until WMOC 2009 in Australia, and again last year in Slovenia and Italy. It definitely brings more variety than just the UK.

Most memorable run?

JK 1990 Day 2 at Craig a' Barns. I had lost 9 minutes on Day 1, and was lying third overall, seven minutes behind the leader. I had a late start on Day 2, and knew exactly what time I had to do to win: 58 minutes. I set off hard, made several mistakes, but at half-way I was still on schedule. Got to the last three controls in the open with seven minutes to go: still just possible. Ran like a maniac through to the last control: clipped, had 1 minute to finish. The run-in looped round a long way and took forever. Crossed the line, pressed my stopwatch, and checked the time: 58 m 4 s. Damn it!

I walked disconsolately back to Assembly. Eventually I had to look at the results: 1st - Martin Wilson 57m 5s. I couldn't understand it. Suddenly, I remembered that I'd started my stopwatch at Start-1 minute, so that I didn't forget to do it on the line!

Sneakiest moment?

Back to the Island Peaks Race. Leading through the night ahead of another boat, we switched off our navigation lights so they couldn't see where we were going (no GPS in those days). We never saw the boat again till after the finish. It turned out they got lost without our lights to follow, and landed on the wrong island. Gotcha!

Worst mistake?

At the Capricorn Trophy Mountain-O event in the fells east of Keswick one year, I sped off the main ridge down a gradual valley, then left over two ridges into another valley. By this time the terrain clearly did not match the map, and I was totally lost. It began to rain heavily. I sheltered in a farmer's barn nearby, to work out where I was, but still couldn't make sense of it all. The farmer then appeared. "Can you tell me where I am?" I said. "Back O' Skiddaw" he said in his Lakeland burr. I looked at him in astonishment: I was not meant to be in that area at all. Five minutes of map study showed me I was about three miles west of where I should have been. How to get back from here? I was cold and tired. I finally decided to head west for three miles into Keswick – and get a taxi back to the finish. An hour later I stood in the Tourist Office in Keswick at the Moot Hall, absolutely drookit, in running shorts, T-shirt, cagoule and studs asking the lady to call me a taxi. Back at the finish, when my friends arrived, they said "You're back early" and the whole sad story had to come out.

The nightmares stopped a few years back, and I'm now down to just two therapy sessions a week. I've never dared to go into the Moot Hall ever since!

O ambitions?

I am two-thirds of the way through a 40-year master plan. By only competing enough to keep fit, I hope to be the last man standing at WMOC at M90.

Favourite film and music?

Last of the Mohicans. The first two minutes are just like orienteering, as they chase the deer. I remember reading the book as a teenager, and being entranced with the outdoor life it portrayed. I grew up in the magical musical period of late 50s to mid 70s. I have a musical ear, and try to listen to more recent music, but very little of it resonates with me in the same way. Shame, really.

What contribution do you make to BKO?

I've planned the Concorde Chase three times, and also two Saturday events. I am currently planning two Wednesday evening urban events in Bracknell. I greatly enjoy planning as it fits round my lifestyle. Days out in the terrain searching for devilish control sites can be very enjoyable. Putting the complete jigsaw of courses together appeals to my logical nature, and encourages good lateral thinking. People seem to like the results, which is nice.

I've also organised a team of BKO runners for the Dorset Coast Path Relay for three years running. We did actually beat one team, SOC, on our last outing, which made it all worthwhile.

Recently, I've set up our Personal Performance System (PPS) to increase the club's focus on individual performance. I believe my Hot ROD Gold Awards are much sought after



Martin Wilson

SCOA league update

With just one event to go in the SCOA league (The BKO one at Swinley) there is all to play for on a number of courses.



The finish at Butterwood, the most recent event (credit – BKO facebook page)

Well placed BKO people include:

Alexandra Marwick 2nd on the White course

T Inness 2nd Yellow

J Marwick 4th Yellow

William Jefferies 4th Orange

Katy Stubbs 2nd Light green

Alun Jones 6th Green

David Jukes Joint 6th Blue

Andrew Graham Joint 6th Blue

Simon Turton 3rd Brown



Dave Rogers at the finish of the TVOC Chiltern Challenge (credit Ian Buxton)

Newsletter contributions

For newsletter contributions please contact Keith Ellis on 0118 9771101 or email keith.ellis@bko.org.uk. Without your news, views and photos there would be no newsletter so please do send in something for the next edition, the more different contributors we have, the more interesting the newsletter will be.