

Berkshire Orienteers

Newsletter

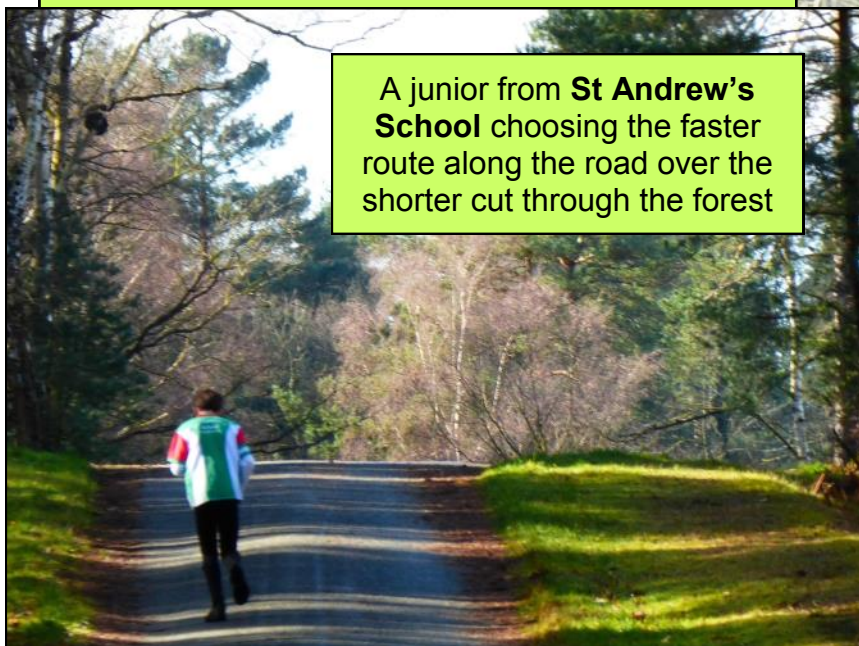
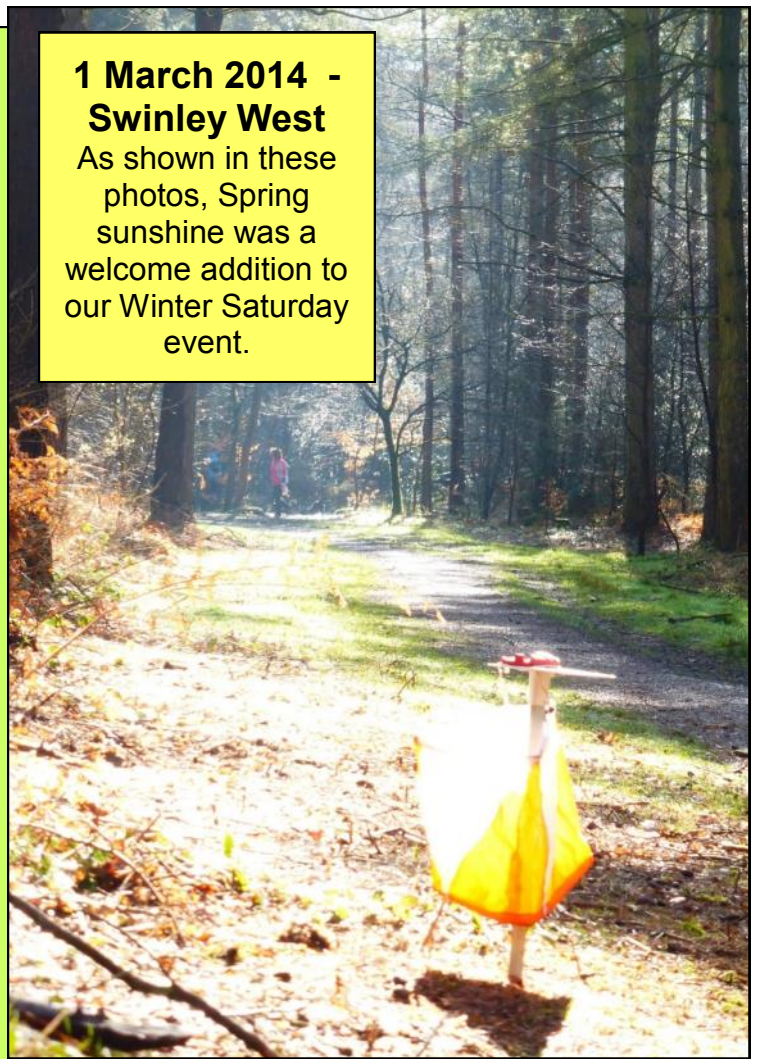
May 2014





1 March 2014 - Swinley West

As shown in these photos, Spring sunshine was a welcome addition to our Winter Saturday event.



A junior from **St Andrew's School** choosing the faster route along the road over the shorter cut through the forest



Eddie Whittle, a new member from 2013, enjoying the event

Editorial



Orienteering is never dull! Although I been orienteering regularly with BKO for about 7 years, I am still visiting new area within the region. Every area is different — from the mature plantation forests around Bracknell to the historic New Forest (which despite its name, has more open terrain) and, just to the north, the beech woods of the Chilterns.

But travel a bit further and the variation is even greater — from the sand dunes in Cornwall and South Wales to the open moorland of the Brecon Beacons. It was the later which presented members with a huge challenge at the JK Festival over the Easter weekend. We then have all the various park and urban events. We have our own short series of summer events using local parks and urban estates coming up quite soon. Even returning to the same area involves new challenges as each course is new. Then we have the seasons — winter frosts and snow, the bluebells of spring, summer heat with butterflies and the autumnal tints.

The only surprising thing is that we do not have more people joining us. Spread the word!!

David Jukes

Club Notes

Keeping you informed about the club and its members

Committee Discussions

The club's committee met in late March and these are some of the items discussed:

- We normally stage a regional SCOA League event in late September. There is however some fixture congestion around that time. In particular there is now to be a Level B event on Holmbury Hill on the 28th September—our original date. The 12th October seems to be the next option.
- Will the club stage the 2015 British Sprint Championships? At the Committee Katy reported on developments. The major issue was car parking as Bracknell had decided that we could not use the grass areas near South Hill Park. Alternatives were being investigated including some offices on industrial estates. Incidentally, the 2014 Championships is being staged in early September at Keele University—might be worth attending to get a feel for what is involved!
- The Committee is hoping that more members will consider buying and wearing club O-tops. This is available at a discount and it is hoped that we can find ways to encourage members to wear it as it is a great way to be noticed and to meet up with other members at events. Fiona is also keen to see other items of clothing (such as woolly hats) and is encouraging the Committee to agree. Costs will be needed first though.
- Although coaching has been offered at recent Saturday events, there has been little actual interest. Dave Rogers will consider ways to promote this more widely.
- Next meeting will be in mid-May. The Committee is always pleased to hear from members with items for discussion!

Regional News

The regional SCOA committee met in March and the following were among the items raised:

- The region has been coping without a Secretary but the situation will worsen in June when

Cover Photo: Is it a bird? Is it a plane? No, taken at Day 2 of Easter's JK Festival, it is **Fiona Clough** attempting to reach a control in a depression without falling in (Photo: Peter Ribbans)

the Chair is due to stand down after 3 years in the post.

- The AGM will be held on 19th June. Details will be on the SCOA website.
- After reviewing the list of events available this year, the SCOA Committee has decided not to offer a Relay Championship, or a Sprint or Middle Distance Championship in 2014.
- British Orienteering plans hold a coaching conference either this Autumn or in Spring 2015.
- British Orienteering insurance policy has changed from 1st January. Details of the new policy are available at http://www.britishorienteering.org.uk/page/events_documents. One major change is an increase in the amount of public liability cover, which now extends to £10m.

Knee News

Many of you will be aware that Denise Harper has for the last few years been having increasing problems orienteering due to painful knees. The decision was taken that both should be replaced and the first operation was earlier this year. She has asked me to include the following:

I would like to thank all those who have sent me their good wishes, either in person or via Eric, following my knee replacement operation on February 6th. It certainly cheered me up in the early days when pain and discomfort levels were high.

Recovery is progressing well, according to the physios, who say it is excellent; though it is not as quick as I'd like. I have been out orienteering at Wednesday army events recently, with a trekking pole for re-assurance, but am still not really able to cycle on the road yet. However the scar is very neat, and my leg is much straighter now than it had been.

The operation to have the other knee replaced will be on May 9th, whence it will be back to square one again, but I hope to be reasonably mobile again come the autumn, and maybe even to start orienteering again. I look forward to seeing you all back in the woods; a new woman! (or at least one with new and relatively pain free knees)

Denise Harper

Membership Memo

Ian Hudson - Membership Secretary

Due to an editorial oversight (*Ed: Sorry!*) Membership Memo's failed to make it into the March newsletter. Therefore there are a number of new members to mention, so without further ado and in no particular order a warm welcome to:

- **Mark Lattimore** of the Woodley Lattimore's.
- **Rachel Phillips** from Binfield.
- The **Heath Family** from Wokingham.
- **William Stride** in Chesterfield joins our far-flung members.
- **Sue Hunt** from Tadley.
- **Peter Wilson** and **Anne-Marie Hillier** from Bracknell.
- **Mel** and **Rich Golding** from Windsor.
- **Helen Williams** from Maidenhead.
- **Gwyn Martin** from Bracknell.

In addition **Sejal Naik** from London W5 has re-joined so welcome back Sejal.

Contact e-mail: membership@bko.org.uk

For those of you who have been following our orienteers' progress at the JK, the BKOcktails relay team failed to make the start line at Phyll Du due to injuries (hey ho, I nearly made it to my second JK)! But well done to the BKOntenders, and the BKOntessas; you made it around a difficult area. [Editor: See later for more details of BKO at the JK]

Your 2014-2015 Committee

Chairman:	Katy Stubbs	chairman@bko.org.uk	0118 978 2875
Secretary:	Derick Mercer	secretary@bko.org.uk	
Fixtures Secretary:	Andy Parry	fixtures@bko.org.uk	
Treasurer:	Peter Entwistle	treasurer@bko.org.uk	01628 635278
Development Officer:	Ken Ricketts		
Membership Secretary:	Ian Hudson	membership@bko.org.uk	
4 Committee Members :			
Fiona Clough, David Jukes (newsletter@bko.org.uk), Dave Rogers and Brian Sewell			



Wednesday 4th June 2014 : Club Barbeque

From 6:30, food from 7pm

Arguably the best social event in the BKO calendar!

(as there is no risk of being elected onto the Committee as at the Annual Dinner)

Contact Katy by 29th May by e-mailing: chairman@bko-org.uk to let her know you are coming including numbers and any dietary requirements (like veggie or vegan).

Note date earlier
than usual

BKO Youth League Results

The BKO Youth League is based on the results at our monthly Saturday events from September to April. Full details can be seen on the BKO website. The Overall Winner this year is **Lowri Thomas**, with 337 points from her best 4 events.

Age Class Winners

Age Class	Name (Age)	Points (Events to score)
Under 10s	Maddie Woodcock (7)	327 (4)
10-11	Lowri Thomas (10)	337 (4)
12-13	Tallulah Willoughby (12)	310 (4)

Awards

In addition, **Amy Slatford, Ella Skipsey, James Betts, Imogen Woodcock** and **Imogen Reed** are due awards for having completed at least 4 events. The full results are on the BKO website at <http://www.bko.org.uk/youth-league-current-standings>.

No-one in the 14-15 and 16+ age classes completed 4 events, therefore there will be no medals for these classes. However, for the record these were the best scores:

14-15	Danny Smith (14)	162 (3)
16+	Louise Jubainville (17)	180 (3)

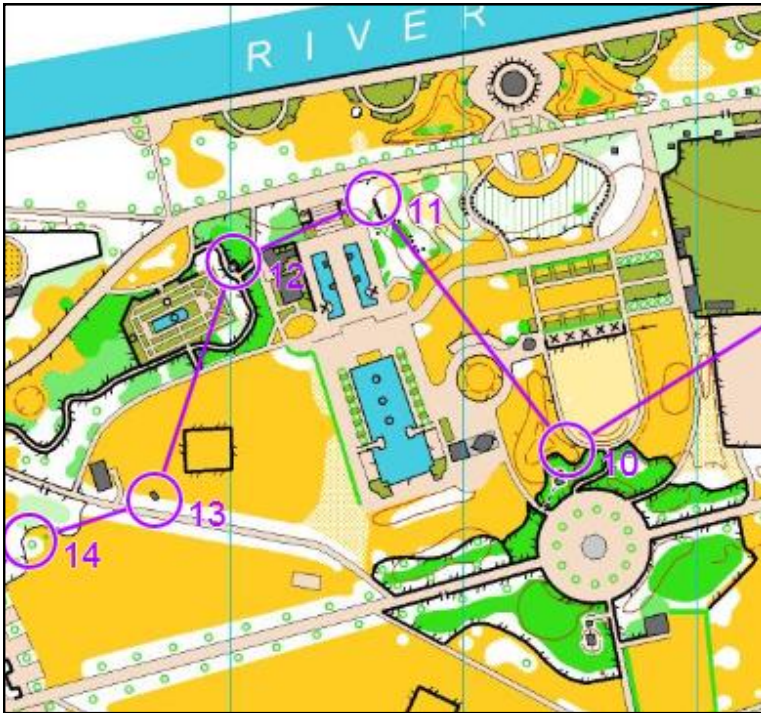
Team Award

There were a similar number of teams as last year, but again 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, with 1464 points.

Ken Ricketts
youthleague@bko.org.uk

Not the SCOA Relay Championships 2014

Battersea Park, London - 30 March



Having had our two teams take 1st and 3rd place in the Handicap class at the 2013 SCOA Team Championships, there was some disappointment when we learned that there would not be a 2014 version of the event. It had been suggested that the region could use the SEOA version being staged in Battersea Park, London, but other clubs in the region felt that this was too far to travel and the idea was rejected.

However, our new Club Captain (Martin Wilson) was enthusiastic and encouraged members to make the trip. Perhaps aided by the cancellation of an alternative woodland event out west, 9 members volunteered and made the trip into central London. The event consisted of a relay with teams of 3 people. As the Park is quite small, the planner devised a system

whereby runners could go out twice. In the Open class, each runner would make two circuits of the Park (A-B-C-A-B-C) with the Handicap class having one runner doing a single circuit (A-B-C-A-B). The ages of our members enabled us to enter 3 teams in the Handicap class and Martin spread our abilities out to make it a good competition between the teams.

The day was sunny and warm - perfect for the event allowing team members to sit and watch the runners come and go.



Our teams consisted of:

- BKOol: Martin Wilson / Fiona Clough / Sue Parker
- BKOoler: David Jukes / Andrew Graham / Katy Stubbs

and

- BKOolest: Ian Cooper / Derick Mercer / Gill Godbold

After the first leg there was not much to separate the 3 teams - BKOolest in 4th had a 4 second lead over BKOoler (in 5th) and BKOol was just over a minute down (in 7th). As the event progressed, the pressure mounted and ultimately led to the some errors in navigation. Ultimately, BKOolest came out winners (6th overall) with BKOoler next (in 13th). Best performer on the day was probably Derick Mercer who managed two good runs and confirmed his steadily improving ability.



Post-race analysis with
Katy, Ian and Andrew

As the only club with teams taking part based solely in the SCOA region, it might be possible to claim that BKO improved on its 2013 positions of 1st and 3rd with positions of 1st and 2nd in the 'not the 2014 SCOA Championships'. Southern Navigators might dispute this since they belong to both SEOA and SCOA but I think we can dismiss any such claim!

Have you got your BKO kit yet?

The club has a selection of different items to allow you to stand out from the crowd and be recognised by other club members. The O-tops come in both long and short sleeved versions (*see photos on other pages for examples*) and in a range of sizes. Price £20. There are also some sweatshirts available.

Sue Wilkes keeps our stock so if you don't yet have a club top, give Sue a call on **01635 522356** and she will be able to get you kitted up. Alternatively, send her an e-mail on: **sue_w26@yahoo.co.uk** to discuss your needs.

BKO SCOA League Event

Sunday 18th May - Rushall Woods

Our next major event is our SCOA League Event at Rushall Woods, near Bradfield to the West of Reading.

There will be all the usual SCOA League courses from White (for beginners and young juniors) to Brown (for the most experienced and fit competitors)

Details are on the BKO website - Helpers needed as well, contact: events@bko.org.uk

Event Summary

This listing, provided by Andy Parry, shows a selection of forthcoming events. It is extracted from the national listing and shows all Level A events (important national events including championships) but only more local events or activities at lower levels. For a full listing, look at the British Orienteering web site.

Date	Name	Level	Club	Venue	Town
Sat 10 May	TVOC Saturday Series Wittenham Clumps	Level D	TVOC	Wittenham Clumps	Didcot
Sun 11 May	SARUM Galoppen & SCOA	Level C	SARUM	Bulford Ridges	Bulford
Wed 14 May	Military League South	Level D	BAOC	Bramshott	Aldershot
Wed 14 May	BKO Summer Wednesday Activity (Swinley West)	Activity	BKO	Swinley West	Bracknell
Sun 18 May	Harvester Trophy	Level B	SLOW	Winterfold and Pitch Hill	Peaslake
Sun 18 May	BKO SCOA League Event (Rushall Woods)	Level C	BKO	Rushall Woods	Reading
Wed 21 May	Military League South Prize Giving	Level D	BAOC	Long Valley South	Aldershot
Wed 21 May	BKO Summer Wednesday Activity (Bloom Wood)	Activity	BKO	Bloom Wood	High Wycombe
Thu 22 May	GO Come and Try It	Level D	GO	Chancies/St. Marthas	Guildford
Sat 24 May	Scottish Championships - Individual (UKOL)	Level A	INT	Dalnamein	Pitlochry
Wed 28 May	BKO Summer Wednesday Activity (Swinley East)	Activity	BKO	Swinley East	Bracknell
Sat 31 May	British Long Championships (UKOL)	Level A		Thrunton and Callaly	Newcastle
Sun 1 Jun	British Relay Championships	Level A		Cragg Estate and Chesterhope Common	Newcastle
Sat 7 Jun	BKO Summer Parks Challenge (Whiteknights)	Level D	BKO	Whiteknights (Reading University)	Reading
Sun 8 Jun	SAX Tunbridge Wells Urban	Level B	SAX	TUNBRIDGE WELLS	Tunbridge Wells
Sun 8 Jun	TVOC Colour-Coded Event	Level C	TVOC	Hughenden and Downley	High Wycombe
Wed 11 Jun	BKO Summer Wednesday Activity (Swinley East)	Activity	BKO	Swinley East	Bracknell

Date	Name	Level	Club	Venue	Town
Sat 14 Jun	TVOC Saturday Series Bloom Wood	Level D	TVOC	Bloom Wood	High Wycombe
Sat 21 Jun	BKO Summer Parks Challenge (Ashenbury Park)	Level D	BKO	Ashenbury Park	Reading
Sun 22 Jun	GO Local event	Level D	GO	Chapel Common	tbc
Wed 25 Jun	BKO Summer Wednesday Activity (Simons Wood)	Activity	BKO	Simons Wood	Finchampstead
Wed 2 July	MLS Summer Series	Level D	BAOC	Long Valley South	Long Valley South
Sat 5 July	Summer Series 8	Level D	SOC	Shawford Down	Winchester
Sat 5 July	BKO Summer Parks Challenge (Lower Earley)	Level D	BKO	Lower Earley	Reading
Wed 9 July	MLS Summer Series	Level D	BAOC	Andover area	Andover
Wed 9 July	BKO Summer Wednesday Activity (Lily hill Park)	Activity	BKO	Lily Hill Park	Bracknell
Sat 19 July	Summer Series 9	Level D	SOC	Hursley Park	Winchester
Sat 19 July	BKO Summer Parks Challenge (Great Hollands)	Level D	BKO	Great Hollands	Bracknell

BKO Summer Parks Challenge 2014

As shown on the above listing of events, this popular series of local events is being repeated again this summer (end of May until mid July). Combining urban open spaces, modern estates and possibly a return to the University of Reading award winning campus at Whiteknights.

Venues are as follows:

Whiteknights, Reading - Ashenbury Park, Woodley
Lower Earley, Reading - Bracknell

Newsletter Distribution:

Our thanks to those who have indicated that they will be happy to only have the newsletter as a pdf file sent by e-mail as this does save the club money. If you are willing to only receive the newsletter by e-mail as a pdf file, please let me know and I will add your name to the list.

newsletter@bko.org.uk

Know your sport: Techniques - CAR(E) and RAG

Recently this 'Know Your Sport' section has been used to provide some general guidance on aspects of the sport. From the structure of events, to pictorial control descriptions and night orienteering. We now turn to look at some aspects of techniques — how you can improve your performance during an event. Dave Rogers, the club and region's Coaching Officer has helped provide this material.

Take CAR(E) and use RAG at your next race

This month we will look at CAR(E) and RAG and using these techniques to help with your route choices during your races.

How do you select a route? When you're standing at the start looking towards the first control what goes through your mind? Do you have a plan or a standard approach? Or, is it more a case of racing off from the start and then stopping and looking at the map?

CAR(E)

Top orienteers use techniques to make every leg of their race a lot simpler. CAR(E) is an example of one of these techniques. We can define CAR(E) as follows:

CAR(E) = Control, Attack Point, Route, (Execute)

For each leg of your race, you follow the same sequence of Control, Attack Point, Route, Execute:

- **Control** – focus on your next control.
- **Attack point** - identify potential attack points and choose one.
- **Route** - working backwards from the control and the attack point, choose your route.
- **Execute** - carry out your chosen route to your identified attack point and do not deviate or change your mind. This is key - many errors occur in orienteering races due to competitors changing their mind or not sticking to their planned route.

With practise, you will be able to carry out steps 1., 2., and 3. very quickly and it will become automatic.

You can practise CAR(E) by looking at online tools such as **RouteGadget** (BKO past events <http://www.bko.routegadget.co.uk/rg2/> or for other clubs go to the main Route Gadget page at: <http://www.routegadget.co.uk/> or websites such as the **World of O** (<http://worldofo.com/>). Choose an event and course and practise the CAR part of CAR(E) for each leg of the course and then review your route choices and attack point selections by seeing what runners at the event actually did.

RAG

Another useful technique that all orienteers can use during races is RAG. RAG is also known as **traffic lighting** and stands for **Red – Amber – Green**. RAG refers to the different speeds the competitor goes during each of their legs and also the different levels of technical focus needed.

- **Green** – top gear, travelling smoothly, quickly and confidently in the right direction along your chosen Route - low level of technical focus needed
- **Amber** – middle gear, slowing down as approaching your Attack point or gathering speed when leaving the control and heading off on the next leg - moderate level of technical focus needed
- **Red** – low gear, slow speed, within the Control circle, making sure coming into the control from the right side and using any Catching feature - high level of technical focus needed



Clearly, the idea is to stay on Green for the greatest % of the route, and down shifting through

Amber and Red, and then upshifting through Red and Amber and back to Green, as efficiently as possible.

So, in summary, at your next event why not try CAR(E)+RAG?

In the week before the race, practise CAR using online tools and websites

- From the Start of Race – What will you be doing? - Plan ahead, stay focussed and use CAR (E) on every leg
- Manage the Physical and Technical balance throughout each leg with RAG
- After your race, analyse what you did, how consistently you used CAR(E) and RAG, and how often your route choice was optimum.

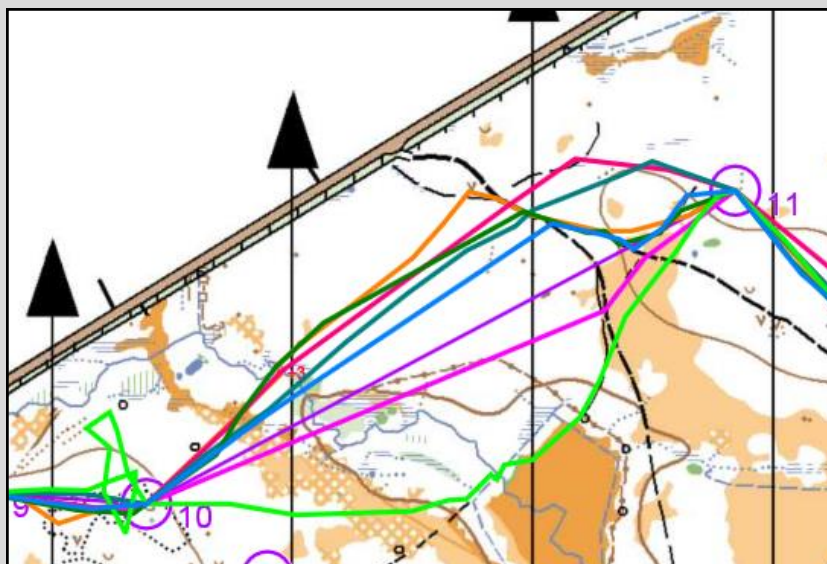
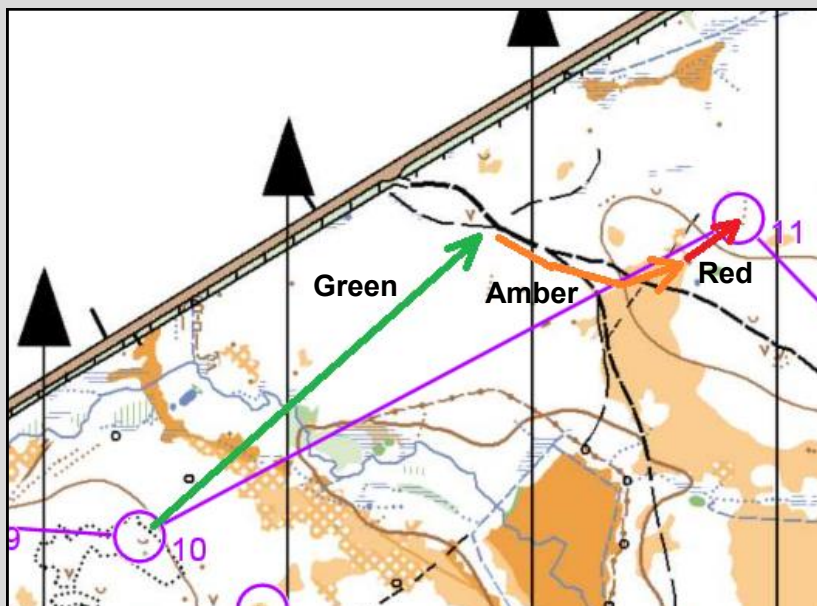
Traffic Light Exercise: Pick a recent course that you ran, and draw your route in three colours: Green for the parts where you ran without much attention to the map and at good speed, orange for parts where you had to give some attention to the map and red for the parts where you put a lot of attention to the orienteering (e.g. and probably slowed down significantly, based on your technique). Approximately what percentage of the course and what percentage of time did you spend on each Green, Amber or Red? Do the same exercise for your next few races and see if applying CAR(E) increases your Green percentage values and reduces your Amber and Red percentage values.

RAG in action

Here is an example of a leg where RAG could have been used effectively. It is taken from the CompassCup heat in January in the New Forest.

- **Green:** Leaving Control 10, there is a stream to be crossed and, further on, a major path. The forest is 'white' and runnable. By running fast and heading slightly to the left of the direct route, little navigation is needed. When you get to the major path, turn right.
- **Amber:** You may not be certain where you had hit the path, so more caution is needed. Take the left fork and turn left at the rough open.
- **Red:** Now to navigate carefully to the control. There is little to 'catch' you if you miss it so a slow and careful approach is best.

The lower map shows the routes of the 7 competitors who added their routes onto Routegadget. 5 of them do drift left from the direct route, one appears to have gone more direct and one took a more careful route and appears to have navigated using features to the south - the latter is a careful choice but would not have allowed such fast running.



Know Your Club Members — Andy Parry

Andy is a relative newcomer to the club and was rapidly persuaded to join the Committee and take on the task of Event Secretary. He is also now our webmaster. So it is time that we all found out a bit more about this character:

Age/Class?

Just had my 52nd birthday in March so
M50

Hometown?

Oldham, Lancashire (although left when I was 2 and spent the other 50 years in Bracknell, then Wokingham)

How did you start orienteering?

Back in 2009, I took part in the "Microsoft Challenge" as part of a 6 person HP team. The format of the event was adventure racing, basically involving running, mountain biking, kayaking to checkpoints (controls) in various orders depending on all sorts of variables (more like an orienteering score event, but with vastly simpler navigating). As part of our training we started to attend the Wednesday night summer training sessions to brush up on our navigational skills. I met Eric and some of the other club members and never really looked back. I think I eventually joined the club in 2011.

Clubs?

Only ever been a member of BKO

Best achievement/success?

Probably the Southern Sprints at Wellington College. I like the urban/semi-urban events.

Most enjoyed event?

I attended my first JK last year, and thoroughly enjoyed the whole thing, even turning up at a freezing Cold Ash, with a hangover on a Sunday morning (we had been celebrating at Hambleden the night before) and being the first to start at 10am. Not a particularly good event time, but I finished !

Worst event/most embarrassing orienteering moment/biggest goof?

Well this has to be the New Year's event at Greenham Common in 2012. I did know the map was double sided, but for some reason my brain decided not to bother with the other side of the map. I don't think I did too badly, but everyone else seemed to opt for the other half of the map in the end ! I just wanted an extra challenge really

International experience?

Not quite yet, but hopefully one day.

Biggest cheat?

Ooooo, are we allowed to do these ? I can't remember doing anything too bad, but I do like to walk around The Lookout with the dog, especially before the Southern Champs.



What have you put back into the sport?

After having attended club night for a season, I put my hat in the ring to plan one of the Saturday events. I was amazed how intuitive it was to use the Purple Pen software to plan a course, and with the assistance of Eric and Katy, I managed to get one or two nice comments from participants about the courses I'd planned. Since then I have planned one or two a year, and I really think it helps in all aspects when I compete, with things like map skill and distance judgment, I would recommend it anyone to have a go.

I joined the committee at the beginning of 2012 as fixtures secretary and in 2013 I took over the website from Tim Booth who has emigrated to the USA. I did some redesign on the site, but as always this is work in progress and if anyone has any comments or suggestions about the website please do let me know (webmaster@bko.org.uk)

Other activities/interests?

As I have no doubt bored people at length I am a long time (now short suffering) Manchester United fan and had a season ticket in the 3 years that we were champions consecutively (heady days Sadly now well and truly gone)

Employment?

I have worked for Hewlett Packard in Bracknell for over 25 years, but no I don't work for the printer or PC division and have to pay full whack for the printer cartridges !

What training do you do?

..... erm (do people do that ?).

What is the best thing about orienteering?

I love the maps ! and have started tentatively to do some map updates. Since I was never built for speed (even when I was fitter), I always rely on my navigation, which is improving. I love being out in the open with no one else around and Orienteering gets you out of the house. We have just taken delivery of a new Collie/Spaniel puppie and she needs lots of exercise, so when I can, I always bring her along she loves the woods too ! she is very quick and agile, however I do not think much of her orienteering skills.

What is the worst thing about orienteering?

Rain and Brambles !! (but I have never been put off by the rain yet).

Orienteering ambition?

I reckon one of these days, if I pick the right event and age category, I might get on a podium (maybe a night championships where I'm the only competitor). Realistically though I would just be happy trying new events in other areas and even internationally one day.



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

Probably too many things ... pick one from.

1. Kidnapped the TV weatherman from Southern TV, when I was at University (for charity)
2. Ridden the Coast to Coast (walking route) on my mountain bike (200 miles in 5 days) (for Charity)
3. Our team (of 6) raised £45,000 for the NSPCC in the "Microsoft Challenge" mentioned above.

Favourite music/book/film, etc?

Bit of a rocker:- Queen, ELO, 10CC Last concert I went to was Status Quo last year

The Jan Kjellstrom Festival of Orienteering - 2014

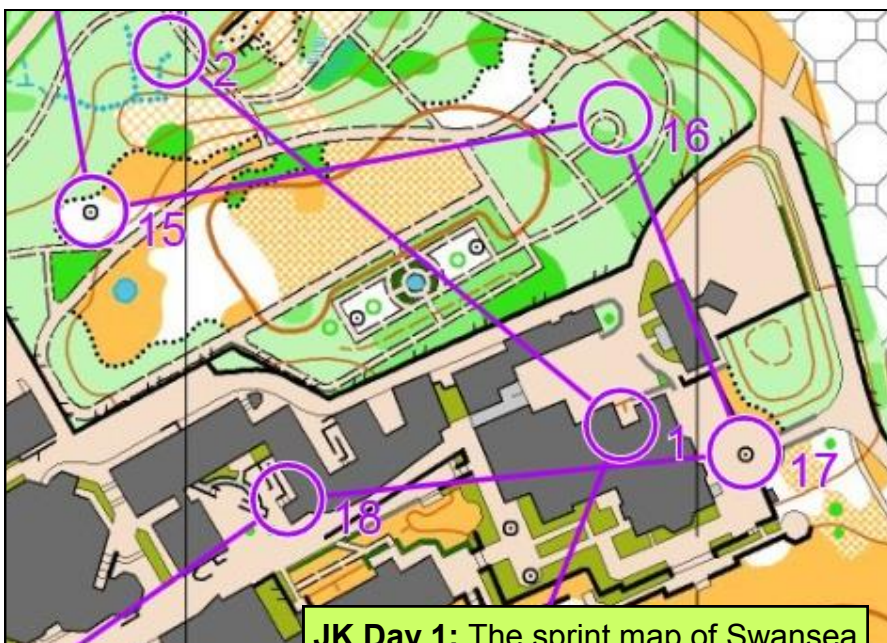
David Jukes reports



The JK is always something special. I can still recall my first: parking was at the Road Research Laboratory and the main event was at Star Posts. This was followed by a relay at Hawley and Hornley. I remember that the Saturday was cold, perhaps even with snow flurries. That was back in about 1972 or '73!

This year, as for the last few years, the Festival is over 4 days: a sprint on Good Friday, two long races with time combined for Saturday and Easter Sunday to give overall JK individual winners, and a team relay event for clubs on Easter Monday. Responsibility for the Festival rotates around the regions — last year it was ours, this year it was Wales and next year it will be the North West.

The Day 1 Sprint this year was in Swansea using the campus of Swansea University and extending out onto the adjacent Singleton Park. The courses switched back and forth between the two terrains making for some additional challenge. The areas themselves were not particularly complex. However for a sprint, with winning times of only 15 minutes, it is seconds which can make the difference. The weather was warm and sunny — a glorious spring day beside the sea. This had brought out the crowds making driving along the coast road slow but the organisers had agreed to be flexible with start times which reduced stress levels.



JK Day 1: The sprint map of Swansea University and Singleton Park

11 BKO members made the trip. Top results are shown in the box on the next page. **Martin Wilson's** result of 4th on M65 stands out as the best. He was only 13 seconds off 3rd place and a 'podium' position — seconds really do count! I had a good steady run on my M60 course but was over 2 minutes off the winning time from Alun Jones of TVOC. The event was well organised with a good finish run-in making for a good atmosphere (*see photo on back page*).

The Sprint was though purely a curtain raiser for what lay ahead. The much greater challenge was to take place over the next two days on moorland on the southern edge of the Brecon Beacons. The description for Day 2 is fairly bland stating: *"It consists of open limestone uplands lying between 420 m and 620 m above sea level. There are numerous pits, depressions and sink holes as well as limestone pavements and other rock features. Runnability is generally good."* Day 3 used an adjacent area of moorland with a very similar description. Anyone studying the previous maps (using the link on the JK website) would have noticed that there were practically no paths or other linear features, that the areas were slopes (from gentle to quite steep) rather than undulating and that the main features were the pits. How could someone from Berkshire hope to use their experience to successfully navigate this type of terrain? We were about to find out!

Day 2 was cool with clearing skies but thankfully dry. Due to restrictions imposed late on due to a nesting peregrine falcon, the parking was stretched out along the main access road giving late arrivals a very long walk to the arena and then a further walk on to the starts. The start itself was just on the edge of the moor and positioned so no one could see what was to come. As with any

JK2014 South Wales — Top BKO Results

Day 1: Sprint—Swansea University and Singleton Park

- M60 David Jukes 13th (out of 87 competitors)
- M65 Martin Wilson 4th (91)
- M70 Peter Bennett 21st (43)
- W50 Fiona Clough 33rd (107)

Day 2: Merthyr Common

- M10A Adam Methven 9th (17)
- M55S Peter Wilson 25th (50)
- M60L David Jukes 12th (107)
- M65L Martin Wilson 6th (104)
- M65S Alain Wilkes 12th (33)
- M70L Ian Cooper 30th (62)
- M70S Peter Bennett 2nd (12)
- M85 *Darrell Cruickshank* 5th (5)
- W12B Anna Methven 3rd (13)
- W45S Debra Robinson 16th (56)
- W70S Gill Bennett 4th (13)

Day 3: Llangyndydr

- M10A Adam Methven 6th (16)
- M55S Peter Wilson 11th (45)
- M60L David Jukes 33rd (99)
- M65S Alain Wilkes 7th (32)
- M70L Ian Cooper 1st (55)
- M70S Peter Bennett 3rd (9)
- W45S Debra Robinson 10th (48)
- W50L Sue Parker 32nd (67)
- W60S Sue Wilkes 9th (26)

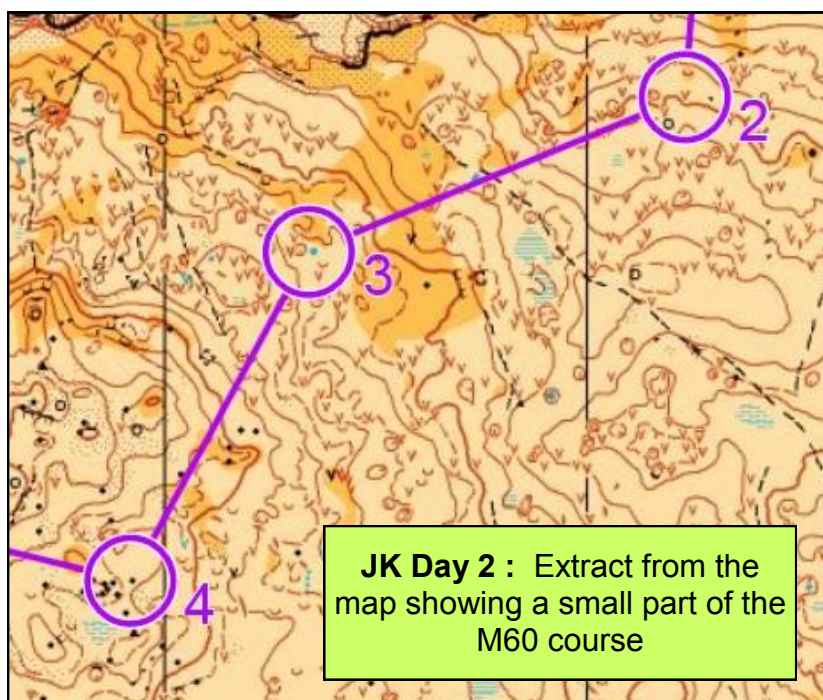
Overall: Based on combined times for Days 2 and 3

- M10A Adam Methven 5th
- M55S Peter Wilson 14th
- M60L David Jukes 15th
- M65S Alain Wilkes 7th
- M70L Ian Cooper 3rd
- M70S Peter Bennett 2nd
- W12B Anna Methven 4th
- W45S Debra Robinson 11th

Day 4: Relay Event - Pwll Du, Blaenavon

- **Womens' Short:** Fiona Clough / Sue Parker / Debra Robinson 39th (47 teams)
- **Veteran Men (165+)** David Jukes / Derick Mercer / Martin Wilson 33rd (63 teams)

area, a slow careful start was the best approach — get to know the map and the terrain. After a short easy first control, my second was quite a long way up a slope — this was mostly walked giving me a chance to get a feel for the area. Somehow, by spotting and ticking off the more visible features, by taking careful bearings and by constantly pace counting, the controls kept appearing in the right place. Only once, nearing the end, did I drift too low and miss the control. However I noticed that most people were taking a higher route and by climbing up a bit I was able to see the depression that hid the control. Not too much time lost. I was pleased with my result — only 9 minutes down from the top M60 runner, Eddie Harwood of Moravian Orienteers. Once again though, **Martin** returned a good performance coming in 6th on M65L. Others appear to have had more problems.



John Methven in reflective mood after completing the Day 2 event.

Katy unfortunately found the rough terrain difficult (with some of the rocks obscured by the heather) and suffered ankle injuries which forced her out of the event and meant she missed Day 3 and the Relay. Ian Cooper was concerned about a possible ham-string injury and took things very slowly (compared to his normal pace) and came in the middle of the M70Ls and nearly 25 minutes down on the leader.

The forecast for Day 3 was rather depressing and turned out to be pretty accurate. A dull, cold and windy start deteriorating to steady rain. Perhaps the rain was not as bad as had been suggested! Cagoules were made compulsory (we had been warned in the final details that this might happen) - either to be worn or carried. Early starters were faced with low cloud obscuring the higher ground; later runners had to contend with the drizzly rain. The conditions just added to the complexity of the event. Quite a number of people took more than double the winning times for their courses.

In my own case, things were not as good as Day 2. One error happened when, having reached a feature consisting of a rocky slope with an associated depression, I looked back at the map and mistakenly saw a very similar feature a bit to one side and further on. I set a bearing and headed off and quickly started to find that things did not fit. Panic started to set in and, after a bit of wandering around, I headed back to the rocky slope. It was then that I realised my error and headed off in the right direction.

Other mistakes lost me more time and I ended up at 33rd on the day but still 15th overall (two of the top runners from Day 2, including Eddie Harwood who punched a wrong control, were disqualified which helped!). The outstanding run of the day was **Ian Cooper** who forgot about his



injury concerns and successfully managed his M70L course in 53:11, over 12 minutes faster than the second placed competitor. This was so good that it took him up to 3rd place overall, only about 2:40 slower than the overall winner. His result was so good that I persuaded him to explain how he managed it (*see next item*). Again there were some very long times — one club member admits to drifting

JK Relay: This shows **Derick Mercer** heading towards the spectator control - this is the one shown on the map extract on page 19

off the map and taking about 30 minutes to get back onto it; another has indicated that they took over 12 times longer than the fastest on a leg of only about 150m.

Our relay teams were reduced to just 2 by injury and illness. The terrain was still moorland but rather different in nature. It was described as follows: *"It consists of open upland terrain lying between 400 m and 500 m, which, although only about 10 km from the Day 3 terrain, is very different in nature. The technical challenge here was created by a vast amount of historic surface mining (coal and limestone), which has left a legacy of intricate contour detail"*.



The overnight rain had gone leaving a cool wind but sunshine. The organisation was excellent and the orienteering challenging with the intricate contours providing a very different test to that of Days 2 and 3. The structure of the competitions was not in our favour as our men's team (of an M50, an M60 and an M65) was up against teams with younger members—the total age had to be at least 165. The same applied to our 'Short Women' team where some of the fastest times were recorded by some W16 runners in other teams. The best performance of the day was probably **Debbie Robinson** who was so quick she was not spotted by Fiona and Sue who spent quite a time waiting on the run in looking for her believing that she was having a terrible run.

Overall an excellent JK with many challenges but well worth the trip to South Wales. It is certain that the areas will be used again in the near future and they are highly recommended if you get the chance. Next year the main JK events will be in the Lake District and are once again sure to provide complex and challenging orienteering — do go if you can!

Ian Cooper's JK - Days 2 and 3

What a topsy-turvy weekend! Two weeks prior to the JK I suffered a painful hamstring injury. Normally I would have cancelled but I was keen to experience the interesting nature of the JK terrain and, with the British Championships only a few weeks away, to remind myself of how to navigate in these contoured, open areas. On the other hand I had to be careful not to sustain a more long term injury.

The plan was to walk/jog my first day (JK Day 2) and re-assess any further involvement on completion of the course. That evening I only had a sore leg and no real pain so decided to have a similar slow attempt on Day 3. As it turned out Day 2 proved to be invaluable experience for the following day's competition.

On arrival at the start I was pleasantly aware that my leg appeared to be much improved. Even so, I was still intending a slow approach. Unlike the day before the weather was grim – overcast, low mist and a cold northerly wind – but this didn't particularly bother me as I was dressed for walking with four layers of clothing which included the organiser's mandatory cagoule.

Thinking I was 'non-competitive' I started in a relaxed frame of mind and no tension. In hindsight perhaps a plus point. I successfully fast walked the short legs through controls 1 and 2 in the disused quarry before starting the sequence of more difficult controls.

My experience from Day 2 confirmed that very good compass bearings were essential together with accurate distance judgement (I use a pacing scale attached to my compass).

Starting from the crag above the quarry end I used these techniques, along with contouring, to approach control 3. I was slightly high but a fellow competitor helped me in! Surprisingly, I found myself running this leg and had to admonish myself for doing so.

See the map extract at the bottom of Page 19 to follow Ian's description.



A compass bearing from 3 to 4 took me at a fast walk up the steep hill through the heather and the potentially ankle breaking rocks near the top. I passed between a large and small depression amongst the rocks and with a glance at the map noticed with some satisfaction that I was spot on the red line. I used the crossing of the path at the top of the hill to check the number of double paces required to the control. With the land flattening out and so far no errors, my competitive instinct started to take over and I found myself running again. This time there was no easing back! From this point onwards I gave navigation 100% concentration and only thought about my leg after

the finish. Control 4 appeared at the last moment out of the heather. This big feature could easily be missed but my trusty bearing hadn't let me down.

4 to 5 was a longish leg and I waited patiently for the compass needle to fully settle. As usual I looked into the distance to where the compass was pointing and carefully noted a landmark. I mentally ticked off the early big depressions and then spotted the stony cairn (dot in a black circle on the map) on the hill. Passing to the right of this I reset my compass and as I crossed the wet ditch re-measured the pacing required to the control. As I approached the control area I must have been slightly left as I missed the large patch of stony ground but ran through marsh and onto the spur above the large depression containing marshy ground. I couldn't see the control feature from here and found myself running too far north. Luckily a glance over my shoulder showed another competitor dropping into a hole. Half a minute lost but it could have been much worse.

A compass bearing from 5 took me to a small hill immediately prior to the E/W path. Crossed the path and passed to the right hand side of the two large stony depressions. I hit the end of the long north running path and confirmed my position by the stony spur to my left. I stayed on the path (heaven – a path!) until I was approaching the grassy, stony spur (yellow on map). I turned off at 90 degrees and neatly hit the control.

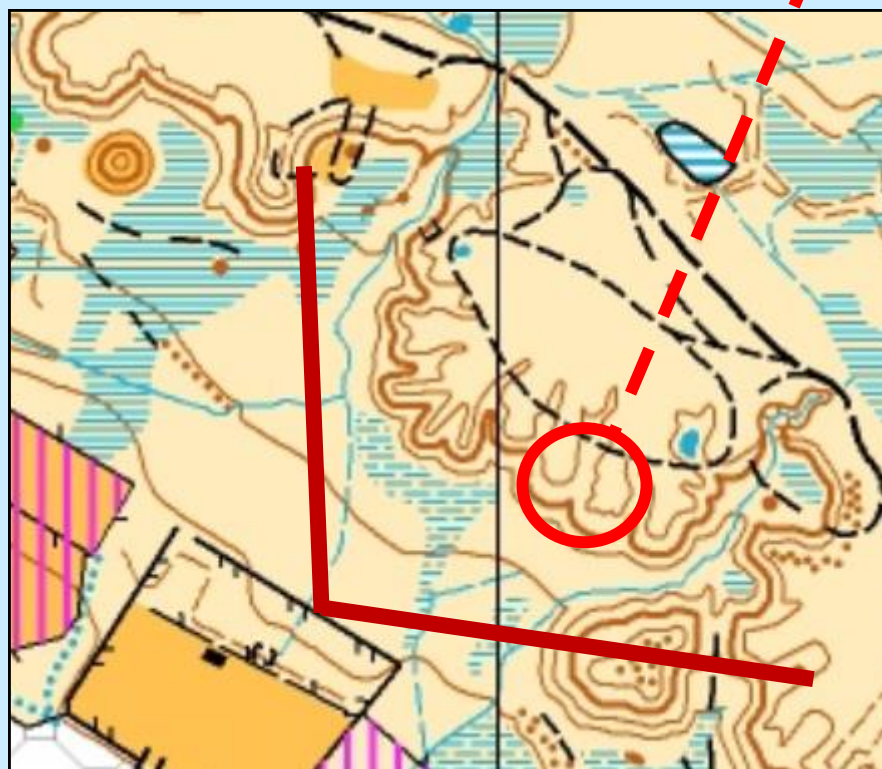
Compass as usual from 6 to 7 and as I crossed the path on the saddle I rechecked the pacing required to the control. I passed between the depressions in the big dip but was surprised that I couldn't see my control feature. I stuck with my compass bearing and pacing and the required dual depressions finally appeared over a brow.

7 to 8 was probably the most difficult leg. I was not prepared to run direct as this appeared to involve too much climb. I did set the compass but initially ran slightly right of the needle. Looking at the ground ahead on leaving control 7 the easiest route was up two contours and onto the edge of the grassy area below the small crag. I then contoured and paced and kept an eye on the compass to make sure I didn't run completely off track. I missed the sheepfold (black circle) both on the map and on the ground. Just over halfway to the control I found myself starting to descend into the wide re-entrant/basin. I couldn't pick out any major feature to run at so I stuck with my compass bearing as I felt I was now back under the red line. I also rechecked my pacing requirements from the start of the descent. As my pacing started to run out I noticed a wide spur in front of me and the hillside starting to drop off more steeply. This seemed to fit the map and I was mighty relieved to drop over the edge and into the control. I have not checked the splits but I may well have gained some significant time here.

I set off to 9 on a compass bearing but soon spotted the grassy, stony spur half way along the leg. I used this as an effective attack point for the control.

All the difficult legs were now behind me and the only immediate problem was to cope with serious overheating due to too many layers!

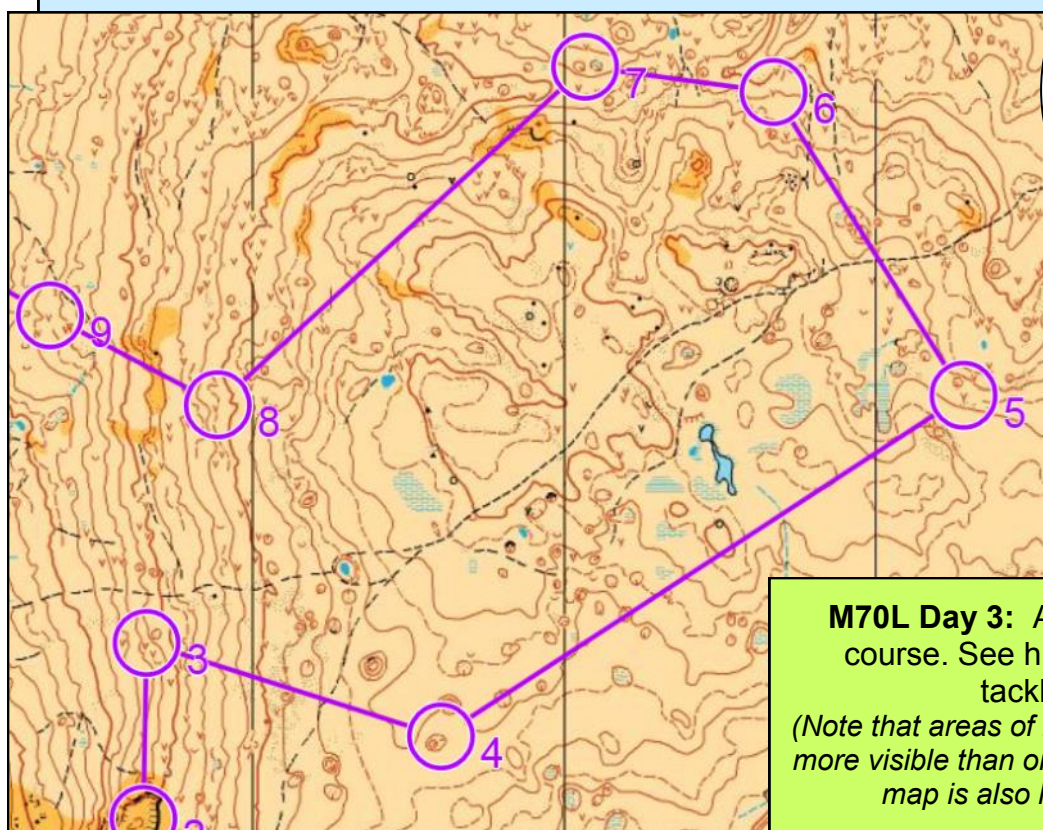
I was satisfied with my run because I had, in the main, stayed in contact with the map and successfully used the techniques highlighted on my first day. Missing the subsequent rain also helped! On crossing the finish line I didn't think my time would be particularly competitive because I had had such a slow start. The result was a bonus. Amazingly, my leg was only slightly sore.



JK Relay

The photo above is a panoramic shot taken from the edge of the assembly field — the thick lines on the map indicate the approximate edges of the photo. There were 'spectator' controls positioned on the hill closest to Assembly. Most of our members had to visit the one in the re-entrant marked with the control circle on the map and the arrow above.

(Note that this map is greatly enlarged—nearly double the original size!)



M70L Day 3: A section of Ian Cooper's course. See his description for how he tackled this section

(Note that areas of rocky ground, black dots, were more visible than on this version of the map. This map is also larger than at the event)

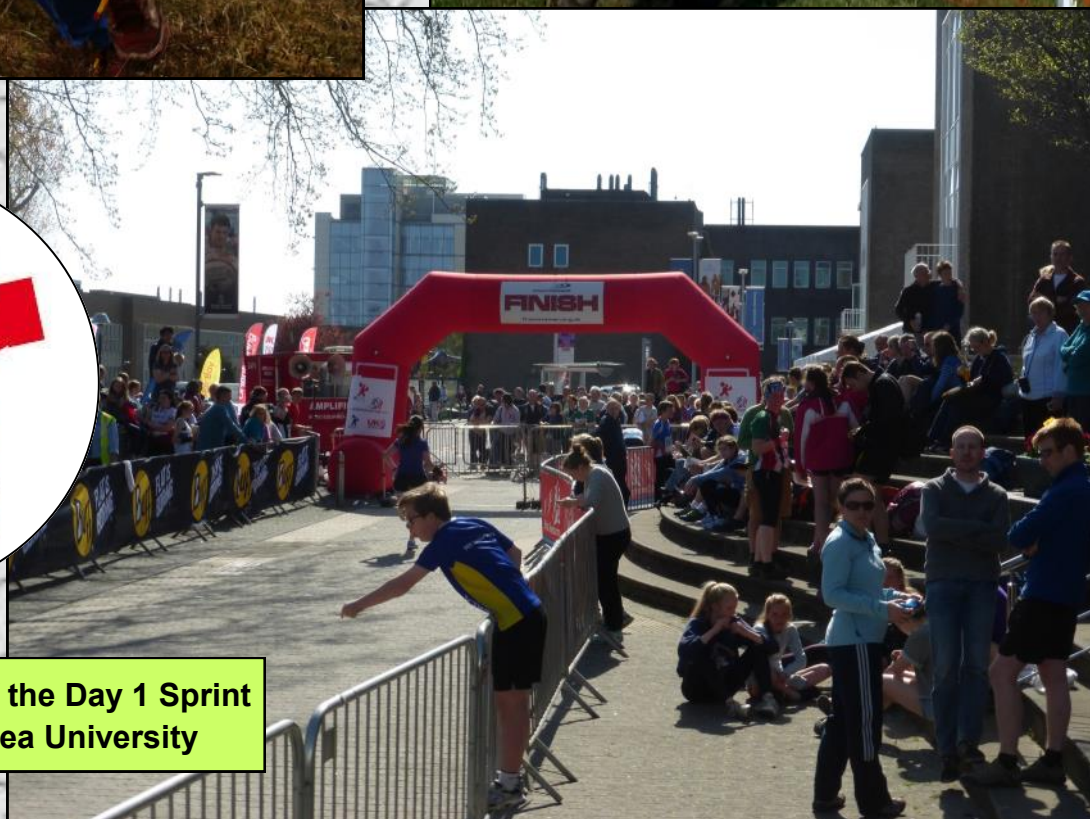
View from the finish arena used for Days 2 and 3



Martin Wilson
descending off the
moor on Day 2
(Photo: Peter Ribbans)



**Sue Parker approaching
the finish at the Relay**
(Photo: Crawford Lindsay)



**The finish of the Day 1 Sprint
at Swansea University**