

Berkshire Orienteers

Newsletter

May 2015



Annika Hermik checking her control description list at the TVOC Chiltern Challenge on the 22nd February. Annika has been making steady progress recently and was delighted to achieve her first 1000+ ranking score at this event. *(Photo taken by Mark Cheeseman for CompassSport and used with permission)*



Also spotted at the TVOC Chiltern Challenge was **Darrell Cruickshank**. It should be noted that Darrell is no longer the UK's oldest ranked orienteer as that position can now be claimed by someone 2 years older. Darrell is though the M90 class leader. *(Photo taken by Mark Cheeseman for CompassSport and used with permission)*



Wedding Planner — Bride's Father:

Things to do:

- Book suitable reception location — extensive grounds a must!
- Send out invitations
- Book caterers
- Survey and plot orienteering map of the location
- Identify control features
- Buy drink
- Check suit fits
- Print maps
- Relax ...

Actually there is a lot more to do but these were some of the things that **David Jukes** did for his daughter's (Polly) wedding one week after Easter. The reception was at Leighton Park School and guests were able to wander around the extensive grounds aided by a new map of the school prepared by David over the Easter weekend.



Editorial

What attracts our members to events? Although this question is simple to ask, the answer is not easy and is certainly complex and varied. However the question is important and relates to two different articles in this Newsletter.

Our Club Captain, Martin Wilson, was very skilful in persuading certain members to join us in the CompassSport Cup heat this year. This national inter-club competition has initial heats in the Spring and a final for qualifying clubs in the Autumn. The competition is split into two with small clubs being eligible for the 'Trophy' but, based on membership numbers, larger clubs compete for the 'Cup'. Our total membership puts us into the 'Cup' competition but in reality we

are a small large club. As success in the heat has always seemed impossible, there has never been a great attempt to persuade members to travel to the heat.

Martin adopted a different approach this year. By carefully studying the scoring rules and identifying club members likely to generate high scores he created a list of members to target and then encouraged, cajoled and persuaded as many of these members to attend. He even asked some members to run longer courses so as to maximise the score. He did a great job as Captain and although we were not successful in qualifying for the final, his tactics were just right. He reports on this on Page 8 but then finishes by noting that the club has many members who appear to just attend the small local events. He wonders what would be needed to get greater participation at other events. Please respond to him.

I have also been wondering whether the SCOA League is attracting members. These regional league events do not appear to be generating the expected participation. The recent regional 'Championship' was also not well attended. I have drafted a discussion paper which appears on Pages 10 and 11 and this is being circulated to the regional committee so as to stimulate debate. Does the concept of a League attract competitors? Attendance numbers suggest not.

Which comes back to my opening question. Does the club and/or the region need to change the approach to events. Should we have more small events and forget the organisation of the larger events. Is more training or support needed? Should there be more coordination of travel to events further away? How can we get more juniors to participate, with or without their parents? We are nearly all leading busy lives and prioritising and scheduling of commitments can be tricky. However feedback would be useful so please consider these issues and provide some feedback.

David Jukes

Cover Picture: The cover shows **Lisa Methven** coming in to finish a run at the JK over the Easter weekend in the Lake District.

(Photo: John Methven)

For a report, see Pages 18-21.

My thanks to the contributors for this issues. For once I have had a surplus of photographs to choose from including many from non-BKO photographers at the major events. I have used a large number of these in this issue. Please take a camera to events and take some for possible publication. However please be aware that we need to act responsibly with regard to child protection issues. The national policy is under revision and the Committee will soon adopt a BKO version of the policy.

Your 2015-2016 Committee

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

4 Committee Members and one co-option :

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

Club Notes

Keeping you informed about the club and its members

Level A Events: Jan Kjellström International Festival of Orienteering 2015 (JK 2015) - 3rd-6th April

This Easter's JK event was staged by the North West Orienteering Association with events at Lancaster University and in locations in the southern Lake District. A detailed report is provided on Pages 18-21 covering the individual days and the Easter Monday relay competition.

Shown on the right are the best performances in the Day 1 Sprint and the combined result for Days 2 and 3. Best performer was **Adam Methven** in M10A with 3 good results including a win on Day 3. Another Day 3 winner was **Martin Wilson** in M65L. Finally, **Darrell Cruickshank** also headed north for the weekend but only competed on Day 2 where he won M90 (although, in the interests of accuracy, it has to be admitted that he was the only entrant).

Level A Events: British Long Orienteering Championships - 18th-19th April - Forest of Dean

This year's Long Distance and Relay Championships were staged by Bristol OK on areas regularly used for major events. The Forest of Dean has mature runnable forest on areas previously used for mining. This results in numerous pits and small but steep man-made hills. The individual long distance race on Saturday used New Beechenhurst with Sunday's relay using the smaller adjacent area—Cannop Ponds.

A report on the relay event can be found later (see Page 21). Top results in the individual can be seen in the box below. Our only podium place on a long (L) or A courses this year was from **Adam Methven** who repeated his 2nd position in the JK

JK 2015:

BKO top half performances

Day 1 Sprint

- M10 - Adam Methven: 4 (out of 18 competitors)
- M45 - John Methven: 39 (112)
- M50 - Derick Mercer: 50 (136)
- M55 - Simon Moore: 52 (121)
- M65 - Richard Rae: 38 (100)
- M65 - Martin Wilson: 4 (100)
- W12 - Anna Methven: 18 (43)
- W45 - Lisa Methven: 30 (78)
- W50 - Fiona Clough: 32 (117)

Overall (Day 2 and Day 3 combined)

- M10A - Adam Methven: 2 (out of 20) (1st on Day 3)
- M55L - Simon Moore: 48 (110)
- M55S - Peter Wilson: 20 (46)
- M65L - Martin Wilson: 8 (107) (1st on Day 3)
- M65L - Richard Rae: 48 (107)
- W55S - Catherine Springett: 6 (25)

BOC 2015

BKO top half performers

- M10A - Adam Methven: 2 (out of 16 competitors)
- M45S - Neil Frankum: 3 (14)
- M55L - Simon Moore: 26 (63)
- M55S - Peter Wilson: 8 (23)
- M60L - David Jukes: 21 (83)
- M65L - Martin Wilson: 5 (73)
- M70L - Ian Cooper: 9 (46)



Darrell Cruickshank coming to the finish at the British Championships
(photo by Wendy Carlyle)

with another fine run around the M10A course.

It was also good to see **Denise Harper** out competing on the W65L. This was her first attempt at the 'Long' course for over 10 years and follows her operations last year to replace her knees.

Also commiserations to **Darrell Cruickshank** who made the journey down to the event and was the only competitor on M90. Unfortunately, despite enjoying 4 hours in the forest, a mispunch cost him the championship medal in his class.

SCOA Long Distance Championships 2015

This regional Championships was held at the SARUM SCOA League event at Sidbury Hill on the 8th March. The area was generally fast open grassland but the 'Hill' provided complex ground features inside an ancient hill fort. It was also wooded and so tested very different navigation skills from most of the area. For photos of some of the BKO medallists, see inside the back cover (Page 23). BKO medallists are listed below:

SCOA Championships 2015

BKO Medallists

- M50 - 2nd: **Derick Mercer**
- M60 - 2nd: **David Jukes**
- M65 - 3rd: **Martin Wilson**
- M70 - 1st: **Ian Cooper**
- M75 - 2nd: **Peter Bennett**
- M90 - 1st: **Darrell Cruickshank**
- W40 - 1st: **Annika Hermik**
- W50 - 2nd: **Fiona Clough**
- W60 - 2nd: **Gill Godbold**
- W70 - 2nd: **Gill Bennett**.

Committee News / Discussions

The club's Committee met in March for the first time without a Chairman. As Secretary, Derick Mercer asked if someone present would act as Chair for the evening and, luckily, Ian Hudson offered to take on this task. The following were some of the items discussed:

- **Results processing:** We have now obtained a second laptop, one till printer, a 4 gang power socket, router, colour software and Microsoft Office software. This will now give us much improved results processing for our Level D events (the Saturday events) and could be suitable to allow us to manage the results at Level C events (e.g. SCOA League events). We will only progress slowly to ensure that we don't have problems and then fail to generate results for an event. More people will need to be trained in the



Eric Harper at the British Championships (photo by Claro Orienteer)



David Jukes heading for the finish at the British Championships (photo by Claro Orienteer)

process so that we are not reliant on just one or two people.

- *Maps numbers for events:* With entry-on-the-day at most of our Saturday events, it can be difficult to predict numbers and, as a result, the number of maps printed has to be estimated. The Committee felt that it was important to try and avoid situations where we have to attempt to re-use maps. The Committee would prefer to have a larger reserve printed so as to provide a more friendly welcome if numbers of competitors is higher than anticipated (as has happened recently).
- *25th Anniversary:* There were discussions about a celebration event/social to commemorate the 25 years of BKO. A summer social following the final Summer Parks event in Bracknell (18th July) is a likely occasion.
- *Junior League:* The Committee felt that the current Junior League was failing to inspire juniors to attend more events. The bulk of regular attenders are from St Andrews School. The Committee will consider this issue at the next meeting
- *E-mail addresses:* It was noted that if members change their e-mail address they need to inform the club so that they continue to receive e-mail updates.

SCOA Regional News

There was a regional committee meeting in March, attended by Fiona Clough, and the following were some of the items discussed:

- The region has currently not got a Chairman or Coaching Officer
- There are ongoing discussions on the suitability of trophies presented at the Southern Championship. Many are apparently in rather poor condition and maintaining the stock can be difficult as they are only assembled at the event itself.
- New colour coded badges have been ordered as the region was running short - particularly for those colours popular with juniors.
- Southampton OC will be hosting the Southern Championships in 2017, probably in conjunction with that year's November Classic.
- It is possible that BKO will incorporate the SCOA Championships with the 2016 Concorde Chase which is likely to be held at Barossa (subject to gaining access to parking at the Royal Military Academy Sandhurst).
- The region is expecting to stage the JK again in 2019 – initial discussions suggest that the only long distance area available in the region is Cold Ash. The TVOC area at Hambledon, also often considered a suitable JK area, has been provisionally identified by TVOC for use in another major event and so may not be available in 2019.



Ticks

With Spring now here, it is worth reminding BKO orienteers that many woods, forests and heaths are home to ticks. Make it a habit to check your clothes and your body regularly for ticks when you've been orienteering and when you get home. Ticks can transmit bacteria that cause diseases such as Lyme disease, which can lead to very serious conditions if left untreated.

Membership Memo

Ian Hudson - Membership Secretary

Things have quietened down for me over the last few weeks especially as I didn't make it to the JK. Congrats to all that did, I hope the Lake District was kind to you.

Only one new (or maybe returning) member since the last newsletter, but whichever, a warm welcome to:

- **Lucy Perrin** from Reading.

That's it from me!

National Recognition for Katy Stubbs

The club was delighted that, at the recent AGM of British Orienteering held on Good Friday, our former Chairman, **Katy Stubbs**, received the national **Silva Award** for her work in orienteering (see box below for background).

The first announcement inviting nominations had appeared last December and prompted an e-mail from Martin Wilson suggesting that Katy might be put forward. This was then discussed by the Committee (in Katy's absence) and all agreed to this. On the pretext of possibly writing an article on her work for the Newsletter on the occasion of her stepping down as Chairman, we managed to get Katy to provide her orienteering CV - and hugely impressive it is!

A nomination form was prepared, agreed and submitted during February and an anxious wait followed. 3 weeks before the AGM, Katy was informed by BOF that she had been nominated. We all wondered if this was a good sign!

And so it turned out. At the AGM it was duly announced that Katy had indeed been awarded the 2015 Silva Award for her 'very significant contribution to orienteering over a period of years'. **Congratulations to Katy! Very well deserved.**

It is unlikely that most people are aware of all of her contributions over several decades. Club members will mostly know that she has been Club Chairman for two extended periods, that she had been our major mapper, that she has organised, planned and controlled many of our events as well as co-ordinating our training nights over the last 4 years. But here are a few highlights of other activities of national significance:

Controlling: JK Relay, March 1997; British Night Championships, March 2002; British Individual Championships, April 2005; Harvester Trophy, June 2007; JK Relay, March 2008; JK Sprint, April 2010; British Night Championships, February 2014

Organising: Co-ordinator JK SCOA, April 1993; Finish co-ordinator WC 1998; Finish co-ordinator WOC 1999; Co-ordinator JK SCOA, April 2003; Co-ordinator JK SCOA, April 2013



Katy receiving her Award from BOF President, **Martin Ward**

From the British Orienteering website:

"In 1983 SILVA (Sweden) AB decided to mark the fiftieth anniversary of the first Silva compass by establishing an annual award within each IOF member Federation. The awards were to enable Federations to honour those who have contributed in a special way to the development of orienteering. With the assistance of SILVA (UK) Ltd this was interpreted, within the UK, as being a person or persons who have made a very significant contribution to orienteering over a period of years, with an emphasis on 'field' activities rather than committee work. Indeed, nominees may not be active or retiring members of the British Orienteering Board, nor part- or full-time employees of the Federation."

Planning: Inter-Regional Championships, May 1980; British Championships, May 1989; Harvester Trophy, May 1994; JK Relays, April 2003

Technical courses, organiser/presenter: BOF Major Events weekend, tutor 2003 (Organisers), 2004 (Planners); BOF Major Events weekend presenter 2008; BOF Major Events weekend, Controller Grade 1(A) course and Event Safety course tutor, September 2010

Course writer / creator: Revised BOF Grade 3 courses, 2003; Rewrote and added additional material OA, Grade 1 (= UK Grade C) controller, planner and organiser, 2005/2006; Revised BOF Grade C and B courses, C3, P3, C2, 2008; Created BO Event Safety workshop (with H Errington), 2010, wrote Controller Level A course 2010; Revised BO Level C and B controllers courses 2011/12, revised BO Introductory Planners course 2012; Currently updating BO Level C and B controllers course material.

Posts held: BOF councillor, May 1992 to April 1995 and Nov. 2003 – Sept. 2004; SCOA chairman, June 1995 to June 1998; BOF Events & Competitions Committee, 2012 to 2013.



Martin Wilson at the British Relay Championships

BKO at CompassSport Cup

Martin Wilson - Club Captain.

The club entered a team at the CompassSport Cup heat at Fonthill in mid-February, with 37 members competing, providing enough qualifying runners to give us the full 25 counting scores. Our competition was BOK, SOC and DEVON. BOK is the current CSC holder, and brought an amazing 90+ runners, most of them extremely good! Our goal was as last year, to perform well as a Big Club and perhaps beat one team. In 2013 we did much better than in previous years, and we were determined to continue that improvement.

Much preparation time was spent explaining the scoring to our team members, for many it was their first experience in the competition. It works in a seemingly simple way, yet offers brain-numbing options on which class to run people for maximum effect. There are seven senior and four junior classes. Winner of each senior class scores 100 points, second gets 99, and so on down the field. A club may only count four scores from any one

class. Junior scores go 100, 98.96, etc, with only two to count from any one class. Teams can bring as many runners as they want, and the non-scorers can effectively 'block' other team's runners into lower scores by finishing ahead of them. BOK brought 16 runners in one class, scoring four best runners, with the other twelve effectively lowering other team's scores. Sheer domination!

The best 25 scores make up each team's total score. It is an odd feeling watching the results come in throughout the race. Individual scores can seem high early on, but steadily lower as other runners finish ahead. The team score can go up and down throughout the event, making it almost impossible to guess where we will finish.

The results swayed back and forth during the competition, with BKO and DEVON fighting for 3rd place. After a ding-dong battle, BKO ahead by 37 points at 2 pm, but DEVON clawing back to lead us by just 6 points towards the close, looking like clinching it. But our final runner, Lisa Methven, running up in Women's Open, completed a long run to bring us an excellent 90 point score. This was just enough to put BKO back in front, and at the death, it was BKO with 2261 that just pipped DEVON with 2257, a tiny 4-point margin. A magnificent result from our team, smaller than other clubs, yet many members exceeded expectations with surprisingly good scores. The social afterwards was a happy occasion, with smiles all round. Captain's prizes were awarded to the following:

- **Junior Endeavour:** Anna and Adam Methven (Both scored well. Adam beat two counting DEVON M14s, still an M10!)
- **RUN of the DAY:** (Men) Simon Moore - 95 points on Green Men; (Women) Jane Courtier – 95 points on Vets Short Green



Peter Wilson racing to the Finish in the CompassSport Cup at Fonthill

- **Medal of Honour for gallantry over and above the call of duty:** Doug Greenwood (89 points on Brown, despite a bad back) [runner-up was definitely Lisa Methven!]
- **Mention in Despatches:** Denise Harper, Sue Wilkes, and Jacqui Briggs, who each blocked a DEVON counter. (Their efforts plus Adam's made all the difference in a very tight score.)

Congratulations to all our members on a fantastic team effort! It was a great day out together. For next year, I'll try to get the date announcement out much earlier. To improve our position, we need all our best runners to be there on the day.

Stop Press: The BOF Event Calendar suggests that the 2016 heats will be held on **Sunday 13 March** — possibly organised by SOC.

Postscript:

The BOF Rankings List shows 80 BKO runners have at least one ranking score. Apparently we have 148 full adult BOF members. It seems that almost 50% of our members do not compete at a Level C event or above, only at a more limited level. This seems a very high proportion of our membership. Anyone who can complete a Light Green course can complete a Level C event course, and gain some ranking points. I'd be very interested to hear from any of these members what's preventing them 'promoting' themselves into ranking events. Is it lack of time, confidence, coaching, interest or what? We do want the club to be as active as possible, and we encourage people to attend more events and meet more people. Mail me at clubcaptain@bko.org.uk if you've any comments to make.

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

Photo 'Challenge'

The picture shows **Adam Methven** on the podium at the JK having come second in the M10A class. This picture however also includes World Champion **Thierry Gueorgiou** walking behind and apparently looking at Adam. From France, Thierry is considered by many as the World's best orienteer. He is the current Men's World Long Distance Champion (2014) having also won it in 2011 and 2013.

But what might Thierry have been thinking?

Suggestions please to your Editor and the best suggestions - whether humorous or serious - will be published in the next issue.

[Suggestions preferably in English please!]



(Photo: the Methvens)

Time for a New SCOA League?

David Jukes

Background

I have been wondering whether it is time to make some changes to the way clubs in the region arrange their events and, in particular, how the regional league operates. Factors which I feel need to be considered include the following:

The League is failing to attract competitors:

Data taken from the 2013-14 League results (with 12 events and best 6 to count) shows the following:

	Number of events attended by 5 th ranked person	Total competitors	Attended at least 6 of the 12
White	4	29	3
Yellow	2	25	0
Orange	1	17	0
Light Green	2	48	1
Short Green	4	72	4
Green	7	137	6
Blue	6	186	15
Brown	4	87	2

Only the Blue course attracted sufficient to make it truly competitive. Perhaps the current data for 2014-15 does look a bit stronger. With results from 9 events so far (out of 10 in total) there are 5 competitors who have attended all 9 and 22 people who have attended at least 6 events. Only the result for the Green course is close with 3 people having attended all 9 events - the result will depend on the final event. However for Orange no person has attended more than 2 events.

Clubs are putting on a more varied selection of events

The rise of urban and sprint events has created opportunities for varied formats which do not fit into the standard SCOA League structure. There are also more Saturday events, originally targeting newcomers or juniors, but which are now attracting many experienced local members. There are summer park events. BKO are using a traditional May SCOA League slot for a Nopesport National Urban League event.

There is a surplus of stand-alone Level B events

BKO holds an annual 'Concorde Chase', TVOC have their 'Chiltern Challenge', SARUM hold a 'SARUM Saunter', SOC have the 'November Classic', SN have an 'SN Trophy'. These have to be fitted around similar events staged by adjacent clubs in other regions including GO with their 'OO Trophy', SLOW with 'OK Nuts Trophy', WSX have a 'Dorset Delight', HH have an 'Ace of Herts'. There is often fixture congestion with these and, if one from an adjacent region clashes with a SCOA League event, then they tend to be seen as more attractive than the League event.

Regional championship competitions are not attracting competitors

At the recent SCOA Long Distance Championships, held in conjunction with a SCOA League event, numerous classes had only one competitor who won by completing their course. Some classes had no competitors and only 6 classes had more than 5 competitors from the region.

Suggestion for Discussion

That in future the regional SCOA League is based on a smaller number of Level B or C events. These would include the current named Level B events but a few extras. For example

BKO: Concorde Chase +1
TVOC: Chiltern Challenge+1
SOC: November Classic+1
BADO: 1
SARUM: Sarum Saunter

This would give 8 events with the possibility of including the SN Trophy as a 9th. A suggested outline for the system used could be the following:

- Best 6 events to count
- League to be based on age classes.
- For Seniors, the score obtained at an event is the national Ranking Point score. An alternative would be needed for Juniors as they do not get Ranking Points. Courses might need to be designated for the different junior age groups and the current scoring system used.

Two other suggestion could follow from this: (1) that the League replaces the SCOA Long Distance Championship as determining the 'SCOA Champions' each year, and (2) stronger marketing of the SCOA League would mean that the traditional event names could be dropped and replaced by 'SCOL1', 'SCOL2', etc.

Possible advantages:

The larger attendance at the Level B events would make the League more competitive and might encourage people to attend some of the others. By setting the number to count at 6 it would mean that attendance beyond the core 4 'named' events would be valued.

There would be fewer traditional League events to arrange around the new core League events making the scheduling of events a bit easier and giving clubs greater flexibility

Clubs would be freer to decide on the nature and number of their other events to suit local needs.

Problems

One slight technical problem is that currently the national ranking score obtained at an event can change slightly when the data is recalculated each week. Perhaps the initial set of ranking points published with the results would be retained.

This paper was briefly considered at the recent BKO Committee and, although not actively supporting it, it was agreed that it could be used to generate discussion at the next SCOA Committee. Any comments from BKO members would be most welcome in advance of that meeting in June.

The Derek Harding Award

Members may recall from the last Newsletter that this was awarded to **Di and Glenn Wass** for their services to the club especially their unflagging organising of the our Saturday events. However as they did not attend the AGM in February, they could not receive the award on that occasion. Instead they were presented with it at the next Saturday event!

(Photo: Brian Burt)



Know your sport: Up and down — using contours

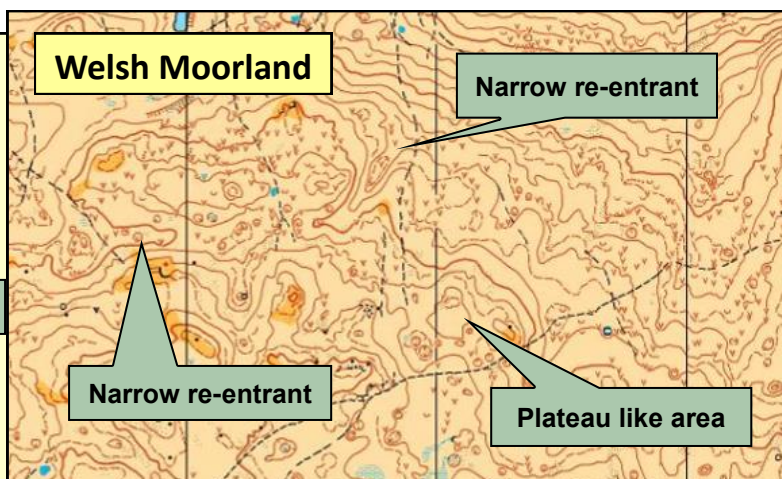
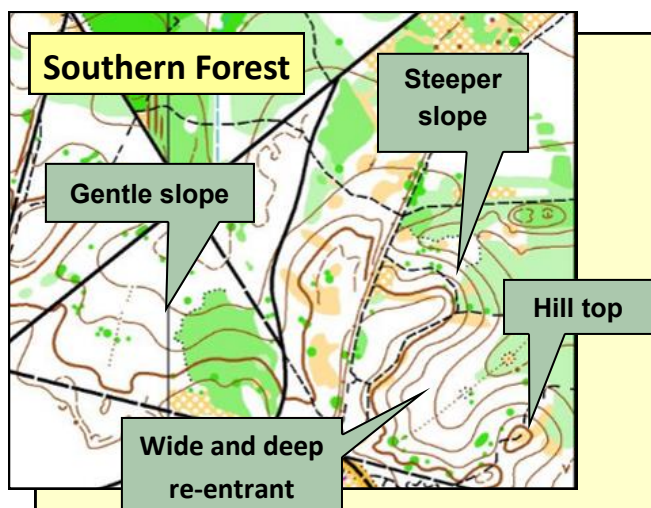
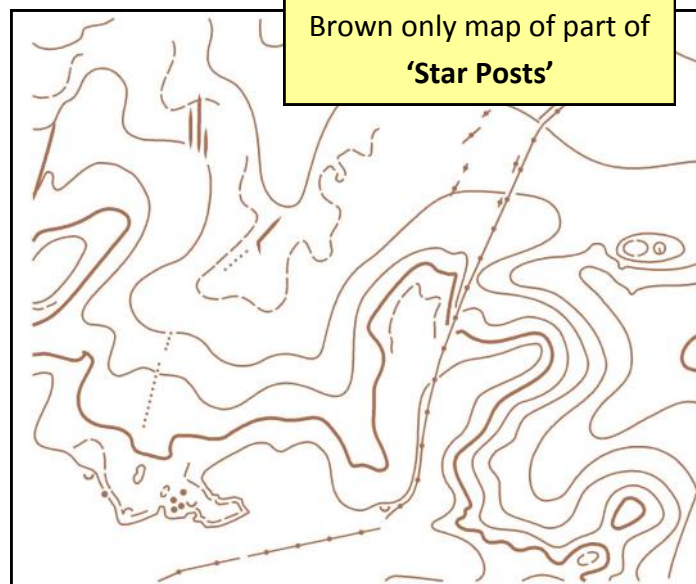
We can orienteer over all types of terrain—from flat areas of forest, to forested sand dunes, open upland moors and undulating heathland. The maps we use need to show this.

What are contours?

The maps we use are a representation on a flat (2-dimensional) sheet of the competition area. The area however is 3-dimensional. Contours are therefore the way that the orienteer is given information about the shape of the land — where there are hills and valleys and numerous other minor changes in height.

As most people will know, contours connect points of the same height. On orienteering maps the contours are usually placed to show the ground at intervals of 5 metres but this is sometimes 2.5 metres where this detail is useful. In addition, where it can help show the shape of the land, additional 'form lines' can be added between the main contours.

On orienteering maps, most symbols representing ground form are shown in brown. On the right is part of the map of 'Star Posts' showing only the features marked in brown. Notice that it is almost impossible to identify which areas are high and which are low. Other symbols usually make this obvious but where there might be confusion, a small tag is shown pointing down hill. This can be quite commonly seen in large depressions but it can also be added to contours and form lines (see the 'Scottish Moraine' map below for numerous examples).



Reading contours

Every area used for orienteering is unique and part of the skill is being able to interpret the contours in very different terrains. Here 3 different areas are shown and being able to 'read' the contours will help you navigate accurately across the areas.

Depression with knoll to the north and a steep slope to the south



Contours and Control Descriptions

For technically advanced courses, planners are keen to use the contour features for control sites. The International Orienteering Federation (IOF) has provided guidance to try and provide a consistent description of possible controls sites. A guidance document is available for this and some examples are shown here. The full document can be accessed from this link:

<http://orienteering.org/wp-content/uploads/2010/12/IOF-Control-Descriptions-2004.pdf>

		5 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Spur
		6 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Re-entrant
		17 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Hill
		18 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Hill, north-west part
		19 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Between the hills
		23 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Saddle

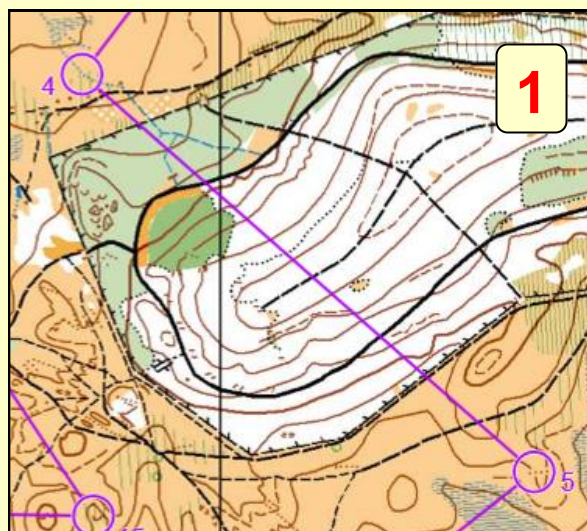
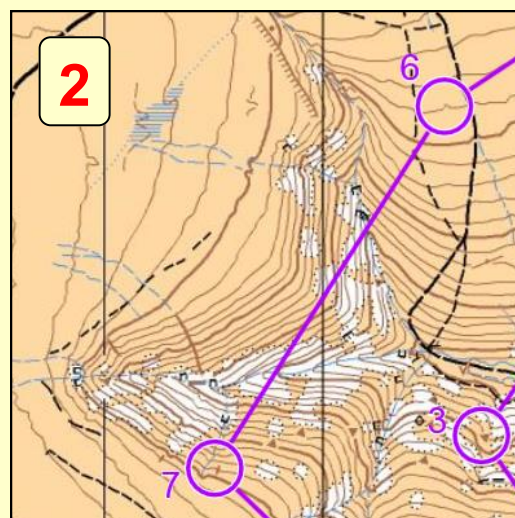
Planning using contours

Here are some examples of planners devising legs where the contours are key to the route choice:

1: A common 'over or round' leg where the choice is the shorter direct route with a climb over the hill or the longer but flatter route around the hill.

2: A similar type of leg but with a 'down or round' route choice from 6 to 7.

3: Not such an obvious problem but going direct from 6 will leave a competitor uncertain where they are when they cross the track. You then have to head down the steep slope and it is easy to go too far if you are slightly to the left or right of the correct feature.



Event Summary

This listing shows a selection of forthcoming events — most of the local events and some of the more important ones from further afield. For a full listing, look at the British Orienteering web site.

Date	Name	Level	Club	Venue	Town
Sat 9 May	British Sprint Championships (UKOL) (<i>Entries closed</i>)	Level A	BAOC	Aldershot Barracks	Aldershot
Sun 10 May	British Middle Championships (UKOL) (<i>Entries closed</i>)	Level A	TVOC	Naphill and Park Wood	High Wycombe
Sat 16 May	Southdowns Weekend (1/3) - Middle distance	Level C	SO	Charlton Forest (Central)	Goodwood
Sat 16 May	Southdowns Weekend (2/3) - Short Urban (evening) SEOUL event. <i>ENTRY LIMIT OF 150</i>	Level C	SO	Chichester City Centre	Chichester
Sat 16 May	South West Sprint Championships	Level C	WIM	Wimborne, Dorset	Wimborne
Sat 16 May	TVOC Saturday Series University Parks, Oxford	Level D	TVOC	University Parks Oxford	Oxford
Sun 17 May	Southdowns Weekend (3/3)	Level B	SO	East Angmering & Patching Hill	Between Worthing & Arundel
Sat 23 May	Scottish Championships Individual	Level A	ECKO	Ardnaskie	Taynuilt
Sat 23 May	Springtime in Shropshire	Level B	HOC	Brampton Bryan	Ludlow
Sun 24 May	Springtime in Shropshire	Level B	WRE	Stapeley	West Midlands
Mon 25 May	Springtime in Shropshire	Level B	WRE	Corndon	West Midlands
Sat 30 May	Great Hollands Urban	Level C	BKO	Great Hollands	Bracknell
Sun 07 June	WIM SEOUL Urban Event	Level C	WIM	Sherborne, Dorset	Sherborne, Dorset
Sat 13 Jun	TVOC Saturday Series	Level D	TVOC	Cholebury and Hawridge Commons	Chesham
Sat 20 Jun	BKO Summer Parks Saturday Series (2/4)	Level D	BKO	Wildridings	Reading
Sun 21 Jun	Moonraker Relay	Level D	SARUM		TBD
Sat/Sun 27/28 June	Harvester Relays	Level B	WIM	Rushmore Estate, Tolland Royal	Blandford Forum, Dorset

Date	Name	Level	Club	Venue	Town
Sat 4 Jul	BKO Summer Parks Saturday Series (3/4)	Level D	BKO	Ashenbury Park	Reading
Sun 5 Jul	SCOA League Event	Level C	TVOC	Great Hampden	Princes Risborough
Sun 05 July	SE Middle Distance Championships	Level C	DFOK	Brasted Chart	Sevenoaks
Sat 11 July	NWO Urban Event	Level C	NWO	Marlborough	Marlborough
Sat 18 July	BKO Summer Parks Saturday Series (4/4)	Level D	BKO	Birch Hill	Bracknell
Sat 18 July	SN Urban (to be confirmed)	Level C	SN	Farnham	Farnham

Summer Training

Each year the club arranges a series of informal training events on Wednesday evenings in collaboration with Southern Navigators (SN). BKO members are welcome to attend those shown below as 'SN' and SN members are invited to attend some or our events. The current plans are shown below but please check the websites and watch for e-mails with updated information.

Date	Location	Training activity
6 May	Horsell Common (SN)	
13 May	Swinley West (BKO)	Line event, park at the sawmill (+SN)
20 May	Lily Hill Park (BKO)	Map memory
27 May	Swinley East (BKO)	Window (+SN)
3 June	Congo Stream (SN)	
10 June	Simons Wood (BKO)	Sprint loops
17 June	Bloom Wood (BKO)	Brown features
24 June	Great Hollands (BKO)	Urban Score (+SN)
1 July	Bagshot Heath (SN)	
8 July	Chobham (SN)	Urban/fields
12 August	Gordons School, West End (SN)	Sprint



Saturday 30th May 2015 Great Hollands, Bracknell BKO Urban Event

Part of the Nopesport UK Urban League and the South of England Orienteering Urban League (SEOUL)

This is your chance to experience the best of urban orienteering and to compete against a national field. Great Hollands is recognised as being an exceptional urban area providing challenging orienteering. Enter via Fabian4 — helpers discount will be available!

Know Your Club Members —

Neil Frankum

Age/Class?

- M45

How did you start orienteering?

- A family friend who was a member of LEI talked my parents into going along to a couple of events when I was an M10/12. They were not interested enough to keep going, so I didn't orienteer again until I was at university about 7 or 8 years later. Loved maps as a child, so came to the sport as a navigator rather than a runner.

Clubs?

- Possibly LEI (don't know if my parents ever actually joined us up); LSOC (Loughborough Students Orienteering Club); BKO.

Best achievement/success?

- Won a number of events whilst running M21S / M35S /Blue.

Most enjoyed / memorable event(s)?

- O-Ringen 1990 in Gothenburg, Sweden. This was only my 15th ever orienteering race. I was totally overawed by the sheer scale of it – twenty three thousand competitors, and the infrastructure to cope with them. It was also the most effective training I've ever done, as experiencing that terrain made me realise that you can use other features than paths as line features to navigate by.
- London City Race – that confused feeling on my first ever run through the multi-level Barbican, where I could see my next control, but at first could not see any route to actually get there.
- Being part of the finish team at WOC '99, and watching Yvette Hague run in to take Britain's first ever gold medal, to some of the loudest cheering I've ever heard at an orienteering event.

Worst event/most embarrassing orienteering moment/biggest goof?

- Taking 15 minutes to do a <150m leg.
- Being overtaken at control 3 by the friends who started 10 & 15 minutes behind me.
- Running off the map on Crowthorne Woods (but in my defence it was a map memory exercise, and there was an unmapped gap in the fence).
- Running off the map during a badge event in south Wales (but in my defence it was less than 50m visibility in the fog, and others ran a lot, lot further off the map than I did).
- Having my torch pack in on a night event. I couldn't see the map to work out how to retire...
- Running almost 1km through knee deep heather at the November Classic, only to realise that I had missed a control. The thought of up to 2km extra running through the heather



Neil Frankum enjoying the sun at our Rushall Woods' event in May 2014

was so demoralising, I retired for only the third time ever.

Favorite Area(s)?

- Bernwood, Bigland, Egypt Woods, Butter Wood, Barbican, any area that suits my orienteering style – flat/downhill, light green, and technical.

Least Favorite Area(s)?

- High Dam (not because it's bad, but because I've never taken less than 2hrs when I've run there). Anywhere with big uphill climbs, or knee deep heather (or both!).

International experience?

- I've been to the O-Ringen in Sweden twice. This is an event that I think every orienteer should do at least once in their life.

What have you put back into the sport?

- I've planned at least 15 events, including at least 6 Wednesday evening summer training sessions, 2 events for the Army, 2 BKO New Year's Day score events, 3 colour coded events, a CompassSport Cup heat, and the Concorde Chase at Bucklebury Common in 2001. I organised the Wednesday evening training runs BKO did for several years. I served as an ordinary committee member on the BKO committee for (I think) 13 years. I was on the LSOC club committee for a couple of years.

Other activities/interests?

- Conservation volunteering – carrying out practical work to maintain local nature reserves across Berkshire and north Hampshire.
www.berkshire-conservation-volunteers.org.uk
- Travel – Been to 50+ countries so far, mostly trekking and wildlife watching holidays.

Employment?

- I'm a Chartered Electrical Engineer, originally working for Thames Water, until we were outsourced. I now work for a US engineering company working for Thames Water (same work, same office, different logo on the payslip).

What training do you do?

- None, other than going to events at the weekend. I used to go for a midweek run with others from BKO, or the running club I joined whilst working away from the area. Currently very unfit!

What is the best thing about orienteering?

- The challenge of navigating around an unknown course on a new area.

What is the worst thing about orienteering?

- Hills, heather, and most especially hills covered in heather.

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

- Whilst on holiday in Cyprus I accidentally gate-crashed the reception for the visiting President of a small South American country!



Neil Frankum finishing the Farnborough Urban event last Autumn

Jan Kjellstrom Orienteering Weekend - JK 2015

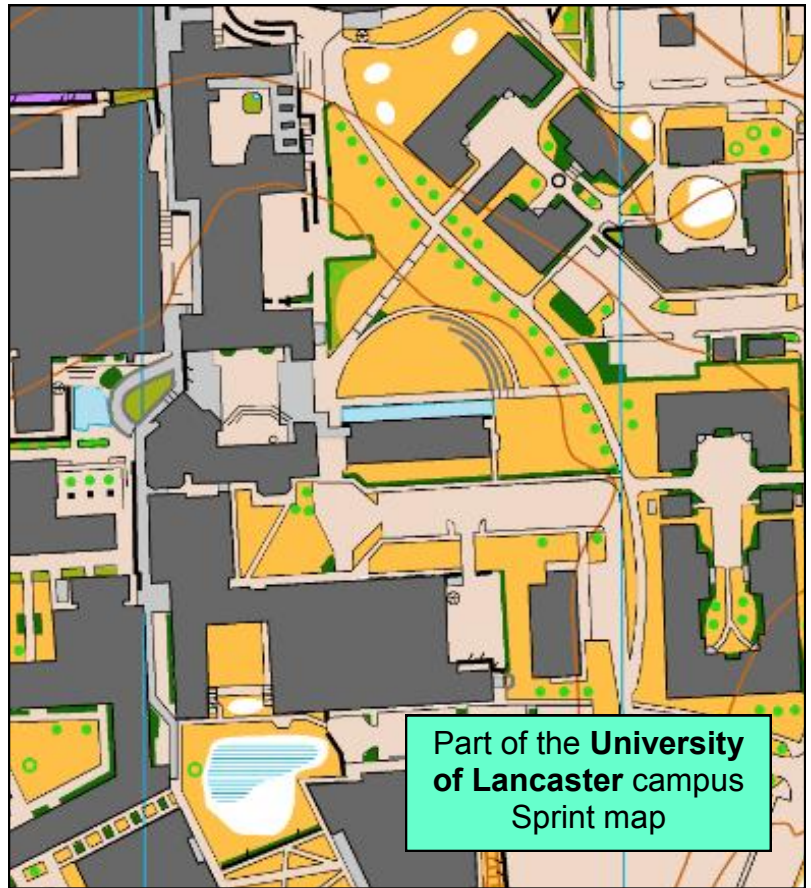
This year's Easter JK Festival of Orienteering was staged by the North West OA. Here we have reports from Lisa Methven and family for Days 1-3 and from Club Captain, Martin Wilson, for the Relay on Day 4.

Day 1, Sprints

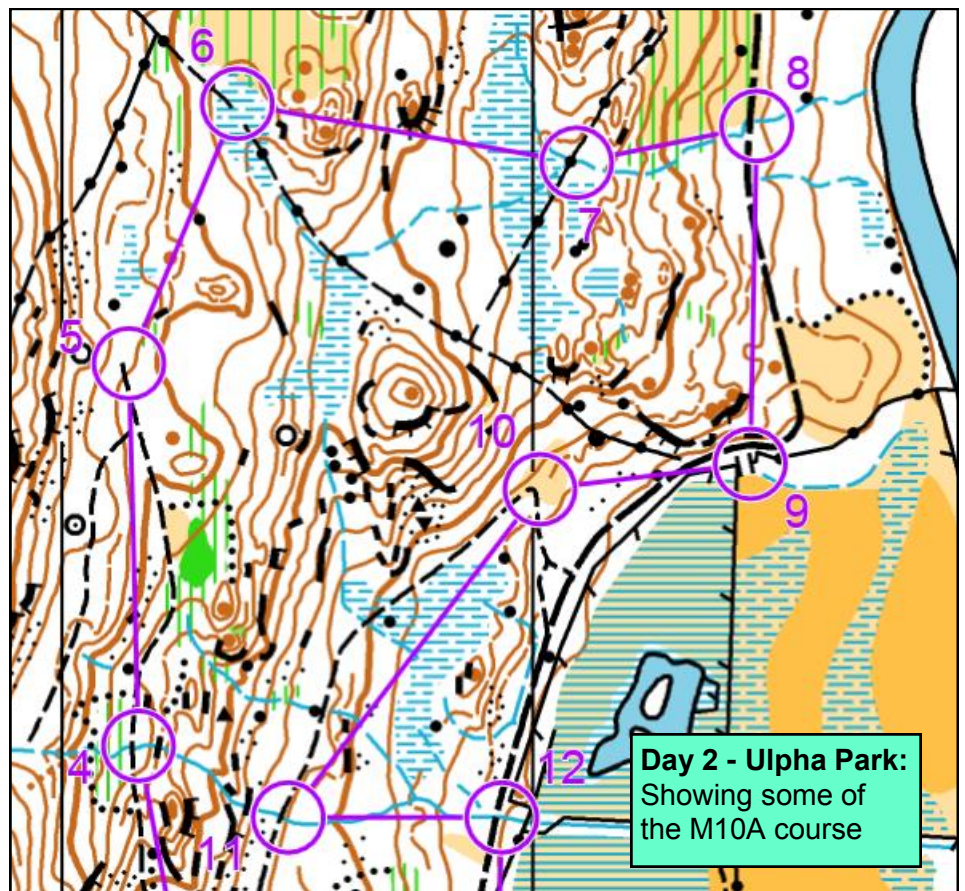
Most of Day 1 was spent on the dreaded M6 – having left Reading at 8:15 we were just driving onto Lancaster campus at 3:15, when we should have been starting! Our navigational skills were sorely tested on the car-O trial in the suburbs of Preston and fenlands of Lancashire in an attempt to reach the venue on time. However, the JK organisation was fabulous, there was a tent set up for sorting out late starters (almost everyone it seems) and we were off within minutes. The courses were full of sharp corners and, despite the map looking totally grey, there were plenty of slippery grass and mud paths. The latter perhaps being due to the constant rain we had had all day....but that was the last of the rain we were to see all weekend. The final run in was good fun, it involved hurtling around a corner and running full pelt to end at a finish line alongside a rectangular pond, rather than into it, something that not all competitors noticed, making it more exciting for the spectators! From a Methven perspective, all of us were happy to be less than half way down our respective classes. Adam did best coming 4th on M10, narrowly missing a podium position by running past a control and having to go back for it. However Lisa was rather too pleased to beat her friend from Walton Chasers by a whole 3 seconds (this is the first & only time this **is ever likely to happen!**).

Day 2, Ulpha Park

The whole day at Ulpha Park and Barrow Fell was bathed in glorious sunshine. The white/yellow start (which included Adam in M10) was down at the bottom of the valley near the arena; the green/orange start (including Anna on W12) on the hill on the north of the map and the red/blue start (including M45/W45) was in the woods to the



south of the road. This made an interesting start to my (Lisa's) day as I had to get Anna and Adam to their respective starts before my own – perhaps this should have given me an unfair advantage as I had seen some of the terrain to come; but unfortunately I failed to make use of the advantage! The first thing to note for all the main events was the unusual map scale of 1:7500. Despite comments of carrying a picnic blanket from a few friends, I was more than happy as there is no way I could have even attempted to see any detail on a smaller map scale. In fact having looked at older 1:15000 maps of the Bigland (Day 3) area printed a few years



Also at Ulpha Park, this is **Derick Mercer** (photo by Claro Orienteer)



previously – they just looked like a mass of brown even with my reading glasses on! The area was very diverse and interesting, covering two large open areas, open woodland full of crags and even a few patches of dense woodland. It would take some getting used to the terrain and the sheer number of short crags on the map. The W45 course had a beautiful open section on the southern hill which was great and I would have loved more of it – unfortunately after 6 controls we were into the craggy woods which I really struggled with on Day 2.

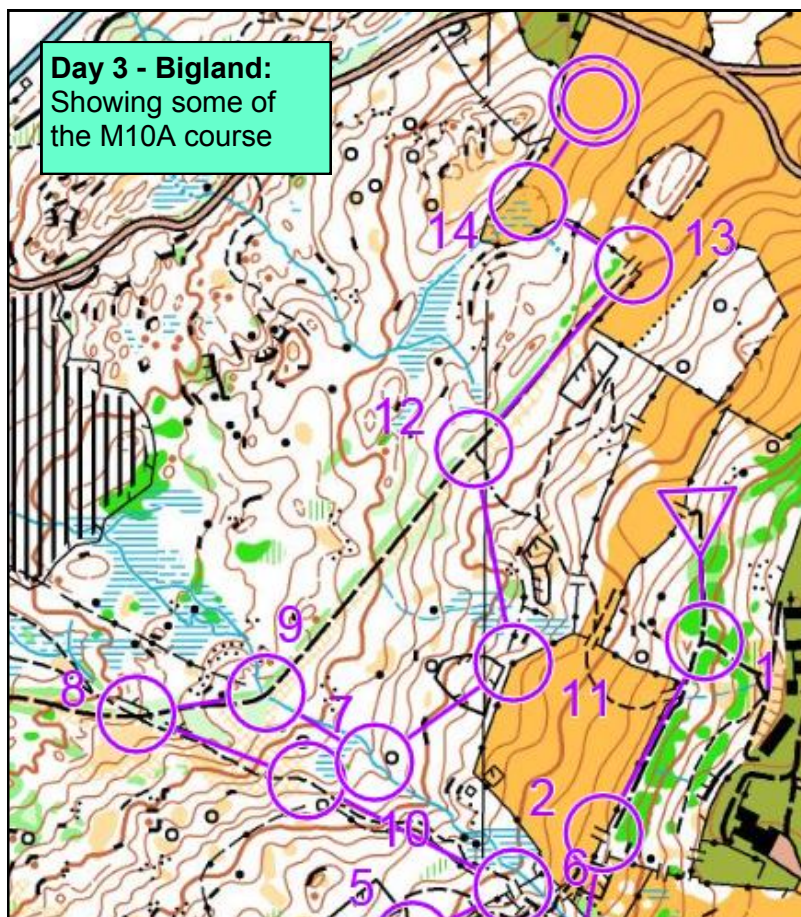
In discussions at the end of the day I realised that my main error was not to have taken in the overall picture of the area, I had failed to see the main outline of an area on the map from the index contour lines and instead I was only focusing on detail surrounding me...such as trying to find an exact crag when actually in the wrong set of crags altogether! This caught me out twice, at controls 12 and 16 on the W45 course where, despite the 1:7500 scale, I had stopped short in both cases, panicked with the huge numbers of other runners and other controls in the area I was in and started hunting for my control too early.

Ah well, I still enjoyed myself, despite coming almost last in my class, as it was such a great area, great weather and I have learned a lot. The M45 course that John ran took them out onto both open areas, where they ran directly up the North hill that the W12 course started on. The ascent was relentless, followed by a fun leg contouring around the top of the hill. The toughest on John's course were the last couple of long legs

contouring on the steep, boulder-strewn hillside towards the finish. The W12 and M10 courses certainly looked harder on the map than typical orange and yellow courses respectively, mainly due to the lack of handy paths in comparison to our Berkshire woods. However, both Anna and Adam did well. Adam came 2nd on M10, losing 5 minutes when the marsh confused him following the stream on his way to his control 7. Overall, a superb day for most...although the area was unforgiving if you fell. One of our friends from Cardiff fell with his hand hitting a rock, resulting in a broken wrist that led to a many hours in Barrow hospital.

Day 3, Bigland

Bigland by name and big land by nature, at least if you were on the M45 course. The course lengths of M45 and W45 were 7.9 and 5.2 km respectively, so neither very long. However the map for the M45



course was over twice the size as they did a full orbit of the area. John was, as always, on an early start, a definite disadvantage today as it was thick fog and their course started relatively high up on open land. The first part of the course covered a lot of marsh but was nice and fast, slowing down once hitting a single 1.3km leg dropping eventually into the steep, craggy woods. So 7.9 km may not be very long, but when 2 hours is still a respectable time, this again demonstrates the difference from our local wooded, and much flatter, areas!

The W45 course had 4 controls in a lovely open area before diving into the craggy woods, but I was ready for them today. I kept much more focused on the big picture and forced myself to spend longer planning my route between each control before just running off. This paid off to some extent as I finished about half way down my class rather than nearly last; in fact John informs me that I had my best BOF score ever (not that I have a clue how the point system works!). Anna also had a good day also coming about half way in her group. Adam won his M10 course, which meant he came 2nd on M10 overall receiving a JK medal, a buff and, all importantly, an Easter Egg on the podium!

Overall, we thought the JK was superb this year. The areas were just fantastic, the organisation was perfect and whoever booked the sun should have all the medals. Yorkshire next year, running on both Moors and Dales, should be good.

Relay News

Club Captain, Martin Wilson, reports:

JK Relays

With the JK being so far north, we had few teams available to run. Many relay classes at the JK now tend to be 'combined age' classes, e.g. W120+ for three women with combined BOF class age of at least 120 years. We had one men's team in M165+ and one ladies team in Women's Short Open. Our M165+ team donned the BKOntenders mantle, led off by Simon Moore, with Martin Wilson and Derick Mercer to follow. The courses were very hilly, not popular after two Long Distance days each with huge climbs. Simon came home well up, Martin gained us a few places, and then Derek had to hang on hard to bring us home in a good position. He said afterwards that 'it was good to be able to run for a change' after his two Long days out! Overall, our team finished a highly credible 23rd in a huge field of 75, a top third finish, well above expectations.

Our BKOntessas Ladies team had one guest runner from DEE on first leg, as we were short. Sadly, Lynne Moore had twisted her ankle the day before, so the team drafted in their newest recruit 'Petra Wilsonova' to run 2nd leg at short notice, with Fiona Clough running 3rd leg. The team managed a finish just about mid-table, which was very good. They were fortunate that the officials failed to spot Petra's extensive facial hair, and the result stood! Petra's reward was an invitation to run in our Men's Short team at the BOC Relays – but that's another story.

BOC Relays

BOC Relays tend to be age classes (e.g. M40, W55) rather than combined age classes. Thus it is harder to field an age group team when we have a small travelling membership. Nevertheless, we entered three compliant teams. We had the unusual situation where our BKOntenders (M60 class: David Jukes/Stefan Stasiuk/Martin Wilson) were running directly against our BKOMrades (Men's Short: Simon Moore/John Methven/Peter Wilson) on the same courses at the same time.

Of course there had to be a sweepstake, £1 each in the kitty, winners take all, to heighten the pressure.

On first leg, Simon came in a few metres ahead of David, who had (for the third year in a row) run a superb opening leg putting the Contenders in 3rd place in class. John and Stefan then slugged it out, with Stefan having a slightly longer leg to run. Thus John came home a few minutes ahead of Stefan, leaving Martin with some catch-up to do on Peter. Martin was OK on the downhill sections,



Stefan Stasiuk, leg 2 for our M60+ team, at the BOC Relays' spectator control

but was running on empty in the later stages, leading to some errors. He just held on to give the Contenders victory over the Comrades, and a 9th place overall in a class of 32. Grumbling comments afterwards that the sweepstake should have been decided leg by leg were quashed by the Club Captain who ruled it was on the overall result, and besides, he'd already spent the winnings!

Our third team BK Ocktails (Lisa Methven, Adam Methven and Lynne Moore) had quite an adventure. In this class, the legs are split into Medium, Short and Long,



Lynne Moore finishing the final leg 3 for our 'Mixed Ad Hoc' team



Post-race analysis: **Stefan, John and Martin** consider optimum routes

with the second leg being less technical at TD3, making it suitable for a talented youngster. Adam is some competitor: a superb 2nd in M10A on Saturday, he was not going to let sister Anna hold the title of 'biggest mistake maker' for the weekend after her 20 minute error. Oh no, Adam had to make a 21 minute error at a complex path junction! Undaunted, he relocated and finished successfully. Lynne had to run over 5k for the last leg, but everyone finished OK for the team to beat 17 other teams, a great result.

I hope for next year we can encourage more members to take part in this exciting form of the sport. The atmosphere at

the crowded JK relays was great, and they are a good test of your ability to keep in contact with your own course at speed, while avoiding being dragged off course by others. It's also a good way to get to know and rely on other members. No experience necessary!

Berkshire Orienteers

is on Facebook !



David Jukes



Gill Bennett



Ian Cooper

The regional
SCOA Long Distance Championships
Sidbury Hill, 8th March 2015
Some of the BKO medal winners
receiving their medals from regional
Chairman, Alun Jones (TVOC)
(Photos: Alan Yeadon)



Darrell Cruickshank receiving his
medal from event planner Dave Mullins



Annika Hermik

Stefan Stasiuk



Adam Methven



**CompassSport Cup Heat
Fonthill**

15th March 2015

Some pictures taken from the Finish

(For a report, see Pages 8-9)



Mark Foxwell



**Left:
(left to right)
Andrew Graham
Gill Godbold
Toni Whittle**