



Berkshire

Orienteers Newsletter



May 2017



Mark Saunders completing his Day 2 run.
(Photo: Wendy Carlyle)



Martin Wilson enjoying his time on the podium for his overall first place in M70L
(Photo: the Methvens)



Stefan Stasiuk (M65L) at the penultimate control (#21) on Day 2 at Ambersham
(Photo: Wendy Carlyle)





Editorial

The JK Festival at Easter provides an opportunity for orienteers to test themselves on difficult courses and to compete against some of the UK's best orienteers. To gain a top three place on any day is a great achievement. To gain a second and two first places shows that the person is truly the top orienteer in their age class. As reported in this issue, that is what **Martin Wilson** has achieved at this year's JK. Not only did he manage that but, as Club Captain, he co-ordinated our entries for the relays on the fourth day. Congratulations Martin!

David Jukes

Club Notes

Keeping you informed about the club and its members

Level A Events - Midland Championships - Bentley Woods - 26 March 2017

After a busy JK at Easter (see below), it is easy to forget that it was preceded by another Level A event - the Midland Championships.

The table on the right shows the BKO members who achieved a 'Championship' standard time at the event. **Martin Wilson** was the best performer with a good second place in M70L

Midland Championships		
Name	Class	Place
Mark Saunders	M35L	5 (of 10)
Simon Moore	M55L	16 (34)
Stefan Stasiuk	M65L	13 (44)
Martin Wilson	M70L	2 (34)
Ian Cooper	M70L	6 (34)

Level A Events - the JK Sprint - Brunel University - 14 April 2017

With the JK this year being in the South East region, the main focus for the events was always likely to be in the Surrey hills or further south - the Weald or South Downs. And that turned out to be the case. However the sprints require a completely different type of area and for this the SE region opted for the Brunel University campus in Uxbridge - really very close to our own home area. The result was that there was a good turn out of BKO members this year.

Our top results are shown in the table on the right. We had two silver medalists - **Adam Methven** (M12) and **Martin Wilson** (M70).

See the back cover for some photos from this event.



JK Sprint (finishers in the top half of their class)		
Name	Class	Place
Adam Methven	M12	2 (out of 35)
James Wilkinson	M-Open	25 (50)
Derick Mercer	M50	34 (122)
Simon Moore	M55	28 (103)
David Jukes	M65	6 (61)
Stefan Stasiuk	M65	23 (61)
Martin Wilson	M70	2 (49)
Ian Cooper	M70	8 (49)
Richard Rae	M70	16 (49)
Lynne Moore	W50	46 (102)
Denise Harper	W65	14 (35)

Cover Picture: The CompassSport Cup Heat at Cold Ash on the 12th March was very much a team effort so it seems only right to provide a cross-section of those who competed in the event.

The cover shows:

Top left: **James Wilkinson** Top right: **Sally Collins**
 Bottom left: **Nicki Godbold** Bottom right: **Alistair Wynne**

For more details of the event and the club's performance, see pages 8-9

Level A - JK Middle Event
- Ambersham
Common - 15 April
2017



Level A - JK Long Event -
Holmbush & St Leonards - 16 April
2017

As a competition, the times taken for Day 2 (the 'Middle') and Day 3 (the 'Long') are combined to give the overall winners. These placings are shown in the table on the right. One again in the A (for juniors) or L (for seniors), our two sprint medallist were successful and gained further medals - **Adam Methven** coming 3rd in M12A (after a relatively poor 'Middle') and **Martin Wilson** taking first place on both days in M70L.

Darrell Cruickshank's first place on Day 2 in M90 also deserves a mention. On the 'Short' course version of classes, **Sally Collins** was consistently good in W65S and **Andrew Graham's** first in the M60S on Day 3 can also be noted.

For details of the JK Relay (17 April 2017), see pages 6 and 7

Committee News

The first meeting of the 2017-18 Committee took place in late March and the following are brief items taken from the draft minutes:

- Some BKO members had expressed an interest in learning more about planning orienteering courses and it was agreed that we would try to find out if there was additional interest before deciding on how to proceed. Information has been provided in the e-mail Updates.

Membership Memo:

Ian Hudson - Membership Secretary

Editor: First, with apologies to both these new members and to Ian, the following should have been included in the March Newsletter:

The New Year brought some new members, so a very warm welcome to:

- **Anne Halson** in Reading.
- **Nicky Parry** in Stoke Poges.
- **Jackie Waterman** in Marlow.

And **returning to the fold after seven years:**

- **Dave Waterman** from Maidenhead.

And, for this Newsletter, Ian has provided the following....

Two new members since the last newsletter, so a very warm welcome to:

- **Gerald Spencer** in Cookham.

And a transfer in from BAOC:

- **Gavin Darke** in Northwood.

JK Overall

(finishers in the top half of their class over the two days)

		Overall	Day 2	Day 3
		3 (out of 26)	8	3
Adam Methven	M12A			
John Methven	M45L	32 (70)	39	31
Simon Moore	M55L	30 (82)	29	32
Peter Wilson	M55S	12 (28)	17	13
Eric Harper	M65S	9 (20)	18	11
Martin Wilson	M70L	1 (54)	1	1
Ian Cooper	M70L	4 (54)	3	4
Richard Rae	M70L	18 (54)	17	26
Peter Bennett	M75L	11 (28)	7	14
Lynne Moore	M50S	7 (38)	13	7
Sally Collins	W65S	2 (13)	1	2

JK Middle or Long

(other finishers in the top half of their class on one day)

Stefan Stasiuk	M65L	-	19 (66)	-
Darrell Cruickshank	M90	-	1	-
Anna Methven	W14B	-	2(9)	-
Katy Stubbs	W60S	-	7 (21)	-
Georgi Gospodinov	M50S	-	-	10 (48)
Andrew Graham	M60S	-	-	1 (34)
David Jukes	M65L	-	-	15 (66)

- With our next event being held in Black Park, it was thought a good idea to try and advertise it with the distribution of publicity fliers at the parkrun staged there every Saturday morning. David Jukes agree to try and prepare an attractive flier for this.
- The summer Club Picnic was agreed for Saturday 12 August at Sandhurst Memorial Park with an event held on the area prior to the Picnic.
- After further discussions about the future of our Emit stock, it was agreed that, for now, we would purchase a further 20 V5 cards.
- Following our January Saturday event staged with support from the regional junior squad, the club is providing £150 to their funds.
- It was noted that the post of 'Development Officer' remains vacant.
- World Orienteering Day (24th May) is again being supported by St Andrews School.

Peter Palmer Coach of the Year 2016

Many club members will know **Liz Yeadon** who was a key member of the BKO Committee until a few years ago when she and **Alan** retired to Wiltshire. Although their main club is now SARUM, they are still local members of BKO.

'Retirement' has allowed Liz and Alan to spend more time in orienteering activities! Liz has driven the introduction of orienteering to a wide variety of juniors from schools across the club's area, with over 100 children now regularly attending. Liz coaches at SARUMs monthly club training evenings and has introduced SARUM's Fast Track Club offering weekly coaching for juniors.

At the British Orienteering AGM at Easter, Liz's contribution was recognised with the award of 'Coach of the Year'. Well done Liz!



Liz Yeadon (right) receiving her award from British Orienteering Chair, Judith Holt
(Photo: Robert Lines)

Summer Training

With Summer expected any day now, our thoughts turn to the club's series of summer training events staged on Wednesday evenings.

The expected schedule is shown on the right and has been put together by Mark Foxwell. The series has been arranged in conjunction with Southern Navigators (SN) who also stage a similar summer series. The SN events which are running when there is no BKO training are indicated in the table.

The standard start times are 6.30-7.00. Please however check the BKO website as the schedule is subject to change.

	Location	Notes including suggested training format
03 May	Swinley West	Map Memory
10 May	<i>Bagshot</i>	SN
17 May	Birch Hill, Bracknell	Loops
24 May	Bucklebury East	Brown Features. (This is the part of Bucklebury not embargoed for the JK.)
31 May	Simons Wood, Crowthorne	Line
07 June	<i>Brookwood park, Knaphill/Woking</i>	<i>Sprint (SN)</i>
14 June	Bloom Wood	Pathless
21 June	Wildridings	Urban
28 June	Great Hollands	Urban
05 July	Lily Hill	

JK Relays - Easter Monday



After 3 days of individual effort, the JK weekend finishes with the relays which allows clubs to compete against each other. Each team consists of 3 club members but the selection process is complicated by the large number of different classes. It is a complex task for the Club Captain (Martin Wilson again) to try and identify the best options from those who have indicated a willingness to participate.

With the club being unable to make a competitive 'Open' team (in either Men or Women's categories), it was a case of trying to maximise the clubs chances in the other options - in particular the classes based summing individuals' age classes. These are 120+, 165+ and 210+. Martin was able to create 2 teams, named BKOsmic and BKOntenders, whose age classes added up to exactly 165. This appeared to maximise the chances in this class. Two teams were created to tackle the Men's Short class and the set was completed with a team in Women's Short and one to tackle the Mixed Ad Hoc class.

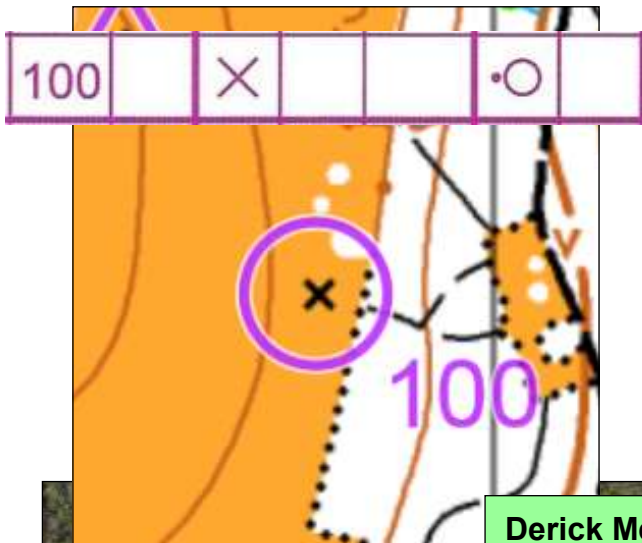
Photos of four of the teams are shown on the right. The two teams missing at the photo session were composed of the following club members:

- **BKOrades (Mens Short):** Georgi Gospoginov / Adam Methven / Ian Hylton
- **BKOcktails (Mixed Ad Hoc):** Terence Hosking / Ann-Marie Hillier / Katy Stubbs

Despite Martin's efforts, we did not return with any trophies or medals this year. Perhaps the exertions of the previous days had taken their toll. Commenting afterwards, Martin stated:

Our relay novices performed well, and all finished their leg successfully. Best of those was surely Adam Methven, who achieved 27th/44 on a full TD5 course. I hope he'll run again for a senior team next year, his comment was 'I enjoyed the forest parts away from the tracks best'. Would some other teams have said that?!

Thanks for all your hard work, Martin.



David Jukes handing over to **John Methven**
(Photo: Will Heap)



Derick Mercer at the Spectator Control - a 'man made object'
(Photo: Wendy Carlyle)

For more JK relay action photos, see page 19

BKO JK 2017 Relay Teams

4 of the 6 BKO teams

BKOntessas (Women's Short):

Lynne Moore /
Toni Whittle /
Lisa Methven



BKOMmanders (Men's Short):

Derek Mercer /
Eddie Whittle /
Peter Wilson



BKOsmic (M165+):

Martin Wilson /
Mark Saunders /
Andrew Graham

BKOntenders (M165+):

Simon Moore /
David Jukes /
John Methven



Scoring:

- The winner on a course gets 100 points; 2nd gets 99 points; 3rd gets 98; etc. (where this only considers those competitors eligible for the competition)
- For the Cup, the best 25 scores are included but with a maximum of 4 scorers per large class (classes 1-7) and a combined maximum of 4 per combined small classes (i.e. 8A+8B and 9A+9B) - see table below for the various courses and allocated age categories.
- If two (or more) competitors get the same time and place, they both (or all) score the higher amount. Theoretically, a team could get 2500 points if their scorers are the best in all their classes and have identical times. More realistically, with no identical times, the maximum is actually 2483 (11x100 + 11x99 + 3x98). Even that though assumes that a club has the top few competitors in every class!
- The spread of scores does depend upon how many clubs are in the competition. In this year's heat we were only competing against 2 others - TVOC and SN.

Tactics

- **Rule One:** The club must get 25 scorers. Since only 4 scores are allowed in each class, these have to be spread out over at least 7 of the 9 classes (where 8A and 8B are combined as well as 9A and 9B). This is why including a good number of juniors greatly boosts a club's score.
- **Rule Two:** A club's best orienteers must attend. Whilst getting out large numbers can potentially push down another club's scorers, the aim is to try and get everyone into at least a top 10 position (and hence getting at least 90 points). However with only 3 clubs in this year's heat this needed to be a top 5 or 6 position.

2017 Result Summary

We did have 25 scorers – these are given below. In summary the results were the following:

• 1st	SN	Total points	2431	Average points	97.24
• 2nd	TVOC	Total points	2403	Average points	96.12
• 3rd	BKO	Total points	2385	Average points	95.40

CompassSport Cup - BKO Scorers

1. BROWN (Men Open)

- Mark Saunders 96
- James Wilkinson 95

2. SHORT BROWN (M20- M40+)

- Rob Smart 95
- Eddie Whittle 93
- John Methven 92

3. BLUE WOMEN (Women Open)

- Kezia Jukes 98
- Nicki Godbold 97

4. BLUE MEN (M50+)

- Simon Moore 99
- John Briggs 93
- Simon Turton 91

5. GREEN WOMEN (W20- W45+)

- Annika Hermik 93
- Fiona Clough 92
- Toni Whittle 91

6. GREEN MEN (M60+)

- Andrew Graham 95

7. Vets Short Green (M70+ W60+)

- Martin Wilson 100
- Ian Cooper 99
- Richard Rae 96
- Peter Bennett 94

8A. Junior Men (Men 18-)

- James Waite 96

8B. Junior Women (Women 18-)

- Imogen Woodcock 98
- Amy Slatford 96

9A. Orange Men (Men 14-)

- Adam Methven 98

9B. Orange Women (Women 14-)

- Amelia Wing 98
- Anna Methven 96
- Cosima Williams 94

Club Captain's Report

We did very, very well this year so well done! Remember we were all organisers and helpers as well as competitors, yet we finished well up with two very large and very competent teams. Final result SN 2431, TVOC 2403, BKO 2385. The differences between 1 and 2 and 2 and 3 were only 28 and 18 points. Doesn't sound much, but it means 19 people have to finish one higher, still a big ask. But we are definitely 'in the mix', and I'm sure gaining respect from the other teams as tough competition. One disappointment was the loss of Pavel and Andrea Procházka who had been on holiday in the Canaries in the week before the event and had their passports and ID documents stolen. They had to go to Prague to get new ones, and so very sadly could not be part of the team on the day.

It was certainly tough in the woods at Cold Ash. Mark Foxwell's courses were very good, the terrain was mucky and rough, and staying in map contact with the constantly changing vegetation and path network was not easy. Despite that, we put in a big number of great performances. Our strategy for the Junior courses worked well. We gained seven high point scores from them at an average of over 96 points. We averaged 95 points per Senior scorer. Some performances I'd like to mention which exceeded my expectations:

- *Brown:* **James Wilkinson:** 96 pts, beating one SN and one TVOC scorer. Promoted to "One To Watch".
- *Short Brown:* **Rob Smart:** 95 pts in a high-quality field. Promoted to "One To Watch".
Eddie Whittle: 93 pts.
- *Blue Women:* **Kezia Jukes:** 98 pts, beaten only by two UK team level runners. Promoted to "Rock Starlet, 1st Class".
Nicki Godbold: 97 pts, beating one SN and one TVOC counter. Promoted to "Rock Starlet, 2nd Class".
- *Blue Men:* **Simon Moore:** 99 pts, an astonishing run, only 13 seconds behind TVOC's ex-Chairman ranked 500pts above him. Promoted immediately to "Rock Star".
- *Green Men:* **Andrew Graham:** 95 pts. Excellent 'best of the rest' run behind very strong SN/BAOC/TVOC runners.
- *Vets Sh Green:* **Richard Rae:** 96 pts.
- *Junior Men Green:* **James Waite:** 96 pts. Ran with us instead of playing rugby for Newbury, and beat one SN counter.
- *Orange Women:* **Anna Methven:** 96 pts. Very good score from a less regular runner.

My Hot ROD (Run of the Day) Awards go to: **Rob Smart** (Senior Men), **Nicki Godbold** (Senior Women), **James Waite** (Junior Men), **Anna Methven** (Junior Women). They all made significant and unexpectedly large scoring contributions to the team. A rough estimate of the difference we would have had with Pavel and Andrea running for us is + 9 points, still not enough to beat TVOC, but putting us just 9 points behind, which would have been excellent.

One disappointment was a lack of high scoring from Green Women team. We had five good runners, and had hopes for a good contribution to our overall score, but on the day they got lower points than their rankings would suggest. On a good day they are capable of around +3 points each, I believe. Some food for thought and pub discussion over the next 12 months.

I'm really impressed how much we've improved over the past three years. Thank you to each team member for the commitment you've made to the cause again and again. I hope you enjoy us testing ourselves against the best clubs - slowly we're making progress. Each year is different, and one of the ...er...joys...of the Club Captain role is trying to work out the correct runners strategy for the specific occasion. I hope you'll all join in again next year to see if we can do even better. To help us, when on holiday this summer, please ensure you lock your passports in a safe location!



Club Captain **Martin Wilson** finishing his run at Cold Ash

Know your sport: Welfare issues in orienteering

Over the last few years there have been several well-publicised cases of abuse occurring to children in a number of different sports.

Sport England has developed policies which all national governing bodies are expected to implement to try and ensure children and vulnerable adults can participate in sport and are cared for and protected. This includes British Orienteering (BOF) and, in consequence, BOF expect clubs to have in place appropriate procedures. Here we look at the issue and explain how it operates

As a result of new and enhanced rules and procedures developed by British Orienteering, additional requirements were expected to be included in club constitution. At the club's AGM in February 2017, our Constitution was fully revised and updated so as to make it compliant with the new rules. This now includes reference to a 'Club Welfare Officer'. The relevant extract from the Constitution is shown in the box below. Notice that this makes reference to the 'Club's child protection policy'. This in fact was adopted in 2006 and is brief - it simply refers to the national policy and commits the club to 'adopt and promote' the national policy. This Club statement is also given in the box below.

BKO Constitution - 2017 (extract)

11 Discipline and appeals

The Club shall appoint a Club Welfare Officer who will be the lead contact in the event of any child protection concerns. If the post falls vacant, the Chair will act in this role until a replacement is appointed.

All concerns, allegations or reports of poor practice/abuse relating to the welfare of children and young people will be recorded and responded to swiftly and appropriately in accordance with the Club's child protection policy and procedures.

BKO Child Protection Policy (Effective 1st Sep 2006)

Berkshire Orienteers is intent that children and vulnerable adults will find orienteering a safe environment in which to have fun, learn and develop. The Club will do this by adopting and promoting the **British Orienteering Federation Policy on Protecting Young and Vulnerable People**.

O-Safe

British Orienteering has a Code of Ethics and Behaviour which includes the following as an expected minimum standard:

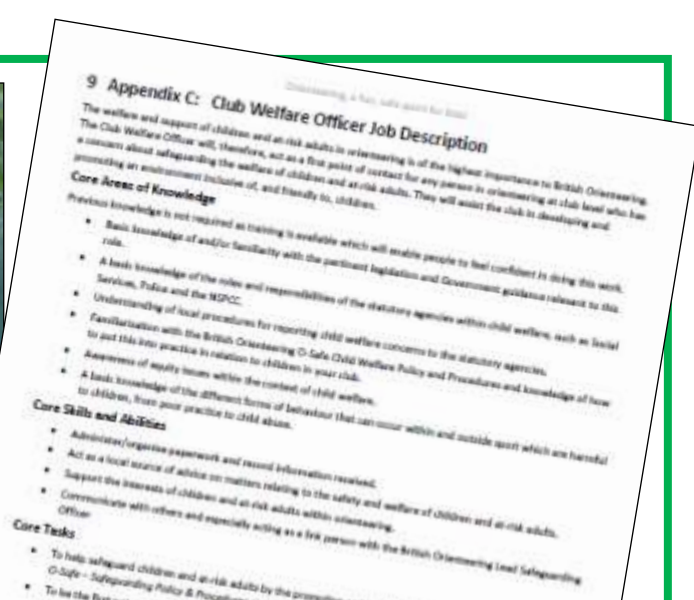
"All individuals involved in orienteering will, at all times ... abide by 'O Safe' the British Orienteering Safeguarding and Protecting Young People Policy and Procedures and Good Practice Guidelines."

The original safeguarding policy was adopted in 2001. The most recent version is called '**O-Safe - Safeguarding Children & At-Risk Adults in Orienteering**'. This document sets out full details of both the background to the policy and the implications for both employed staff and for volunteers in the sport. It is 35 pages long so difficult to summarise here. The link to an on-line version is given below.

It can be noted that it covers both children and young adults (up to their 18th birthday) and 'at-risk adults' (defined as those adults with mental illness, physical or learning disabilities, or other special needs).



https://www.britishorienteering.org.uk/images/uploaded/downloads/governance_O-Safe%202017.pdf



Welfare Officer - Core Tasks

- To help safeguard children and at-risk adults by the promotion and implementation of the *British Orienteering, O-Safe – Safeguarding Policy & Procedures* at club level.
- To be the first point of contact in the club for the reporting of concerns relating to the safety and welfare of children and vulnerable adult.
- To assist in the raising of awareness of others in orienteering at a club level in respect to the safety and welfare of children and at-risk adults.
- To be the source of advice and information on the safety and welfare of children and at-risk adults at a club level.
- To report regularly to the club's committee, becoming a club Committee Member if appropriate.
- To maintain confidentiality, as far as is practically possible, in all child and vulnerable adult's welfare matters – further information is available on confidentiality and the related flow of information in the document entitled 'Protocols for Information Sharing'.

[O-Safe: Extract from Appendix C - Club Welfare Officer Job Description]

The club role

The O-Safe policy requires all clubs affiliated to British Orienteering to take responsibility for safeguarding children and at-risk adults as is required by law and as is suggested by accepted good practice. It then lists a number of expected items. These include "taking responsibility, moral and legal, for safeguarding children and at-risk adults from abuse by implementing procedures that provide a duty of care and well-being".

In particular, clubs are expected to have a '**Club Welfare Officer**'. Their responsibilities and duties are set out in an Appendix to O-Safe. Those items listed as 'core tasks' are given in the box above. As indicated in the second bullet point above, the Welfare Officer is the person who should initially be contacted when a concern is raised. It can be noted that there is also a national contact which can be used if, for any reason, someone feels that it is not appropriate to raise the issue at club level.

The policy then provides details of what procedures to follow once a concern has been raised. The issue of confidentiality is important here as there is a need to ensure that the person raising the concern feels able to discuss the matter without provoking additional problems. This is also dealt with in the O-Safe document.

Orienteering is often seen as a great family sport with several generations in a family being able to participate competitively. Ideally the club's Welfare Officer will have little to do! However should there be an issue, the club will fully implement the O-Safe requirements.



**To contact the Club Welfare Officer,
e-mail: welfare@bko.org.uk**

SCOA Championships 2017

Hambleden - 9th April



Denise Harper -
2nd in W65

With the 2016 Championship having used the Southern Navigators event on the 9th December to determine the regional class champions, it might seem that those 2016 Champions will feel short changed. Just 4 months later we had the 2017 Championships!

The event however was held in glorious spring sunshine with a warm southerly breeze - a worthy 'championship' event. The event was organised by Thames Valley OC in the Chilterns around the village of Hambleden - their annual 'Chiltern Challenge'.

The club was delighted to have several medallists when the results were announced. Congratulations to the following club members:

Mark Saunders (1st in M35), **Simon Moore** (3rd in M55), **Martin Wilson** (2nd in M65), **Ian Cooper** (3rd in M65), **Richard Rae** (3rd in M70), **Peter Bennett** (2nd in M75), **Darrell Cruickshank** (1st in M90), **Toni Whittle** (3rd in W45), **Fiona Clough** (2nd in W55) and **Denise Harper** (2nd in W65).

Congratulations to them all!



Darrell Cruickshank
- 1st in M90



Regional News from SCOA

The following items are taken from the regional SCOA Bulletin published in March and available in full on the SCOA website:

<http://www.scoa-orienteeing.org.uk/>

Regional Junior Squad

The South Central Junior Squad has been busy with monthly training activities and the pattern continues. Several sessions have involved travel to join up with other regional squads – a great opportunity to meet other juniors and experience different terrain. Parents and athletes supported a BKO-led event in January to raise funds for the squad. Specifically, Alison Smith acted as Junior Squad rep and Thomas Howell as planner. Thank you BKO!

Fiona Bunn, David Bunn and Bethany Kippin have been selected to represent England at Interland, hosted by Belgium on April 17.

JK 2019

JK2019 (April 19-22) is being staged by SCOA and its constituent clubs. Plans are coming together with areas and officials being identified and confirmed. The areas will shortly be registered on the BO website and embargoed until the JK events have taken place. Anyone who has attended a JK event will know that the numbers are large and that each event will need large numbers of volunteers to ensure smooth running. With all the events being so close to home, we hope that as many SCOA club members as possible will be able to both compete and help.



The Regional SCOA League 2016-17

Since the last report, SCOL8, organised by BADO, took place in Harewood Forest. With only one event still to go in this year's 'SCOL', here is how things are looking for BKO members. For more information, see: <http://www.scoa-orienteering.org.uk/scoa-league>

Good luck at Black Park on the 21st May!

Course	Position	BKO Member	Comment
White	3	Robin Inness (M10)	Unfortunately with only 4 events, Robin can not now reach the first spot - but second is still possible.
Yellow	3=	Adam Reed (M12) Charlie Hearn (M10)	Again, unfortunately the first and second places are no longer possible but there are about 20 (!) competitors still able to take the third spot.
Orange	3	Adam Methven (M12)	With good runs at the last event, Adam could still win and Tom could come second
	4	Tom Inness (M14)	
Light Green	1	Alan Jones (M50)	Theoretically, Alan could still be caught but it seems unlikely.
Short Green	2	Peter Bennett (M75)	Peter has been overtaken by Andy MacGregor (of BADO but a local BKO member) and will not be able to catch him. He could theoretically be still pushed down into 4th position though.
Green	3	Andrew Graham (M60)	The first has been decided (by an M14!) but Andrew could rise to 2nd but he could also fall back to 5th.
Blue	3	Georgi Gospodinov (M50)	Georgi has now risen to 3rd but is under pressure and could be beaten back to 7th in this competitive class.
Brown	3	Mark Saunders (M35)	This is the one class where the top 3 positions have already been decided whatever the results of the final event.

Advance News for 2017-18

For the 2017-18 season the region has decided that will be an **INTER-CLUB COMPETITION**. Based on individual scores, each club will have a score per event of the total scores of all their runners, averaged per run. This gives all members, including beginners, a chance to score for their club. As there are so few opportunities to compete for your club, this provides a local, ongoing competition which allows juniors and seniors to contribute. We hope that you will support this idea and have fun at the same time.

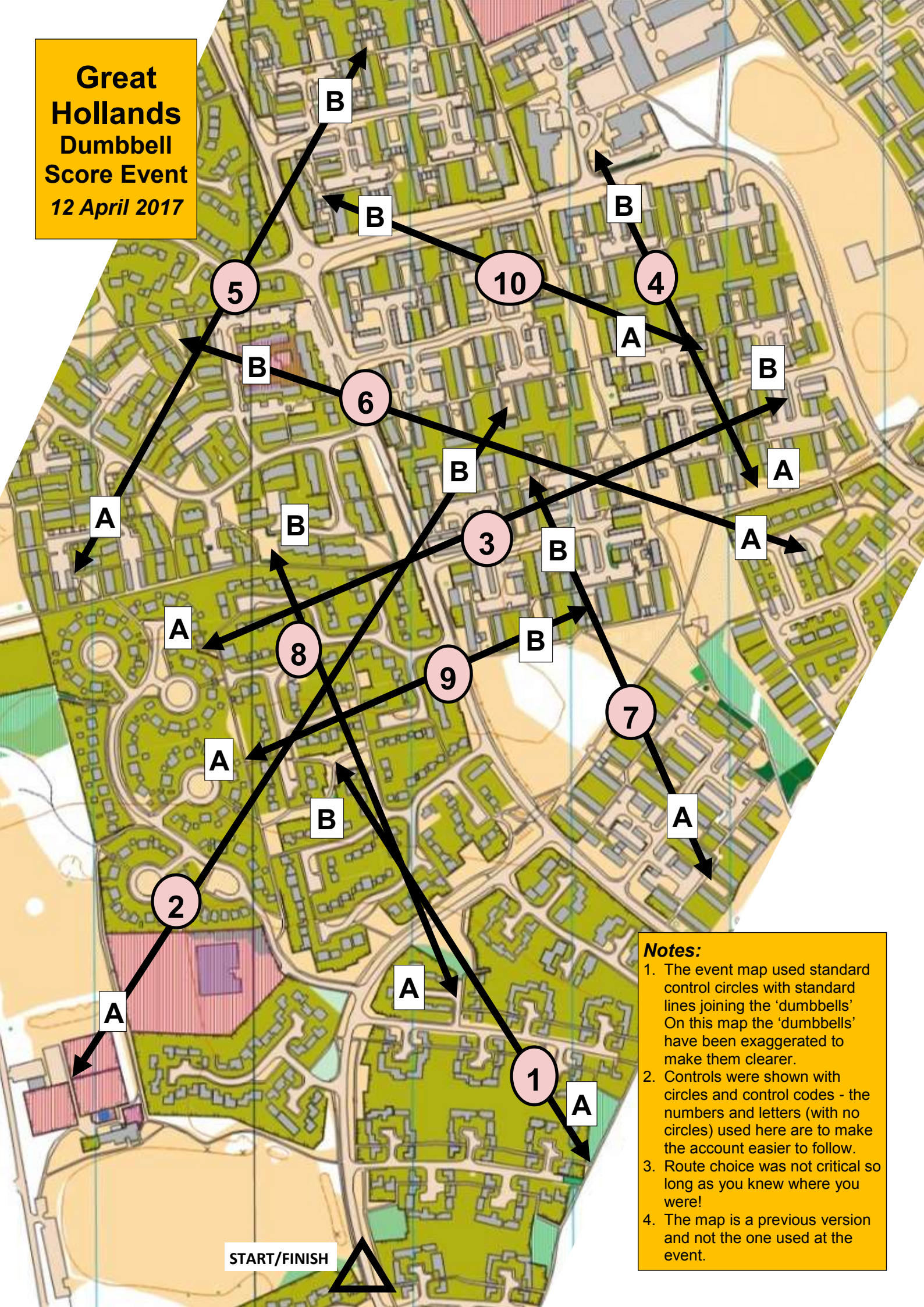
Newsletter Distribution:

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

Berkshire Orienteers is on
Facebook !



**Great
Hollands
Dumbbell
Score Event**
12 April 2017



Notes:

1. The event map used standard control circles with standard lines joining the 'dumbbells'. On this map the 'dumbbells' have been exaggerated to make them clearer.
2. Controls were shown with circles and control codes - the numbers and letters (with no circles) used here are to make the account easier to follow.
3. Route choice was not critical so long as you knew where you were!
4. The map is a previous version and not the one used at the event.

Great Hollands 'Dumbbell' Score Event— 12th April 2017

It was several months ago that we were approached to consider staging an event in the week before the JK in the South East region. We had originally been scheduled to have a Saturday event on the 8th April and had decided that it would stretch the club too far to stage two events. TVOC stepped in (or more accurately Roger Thetford) and offered to stage an urban event on the Wednesday evening as a 'training' prior to the JK Sprint on Good Friday. As it happens, our Saturday event was cancelled but TVOC still retained responsibility for the Wednesday event.

*Roger decided that it would be a 45 minute Dumbbell score event. These are not very common so here is **John Methven's** explanation of the background and his (and his family's) thoughts.*

It was only the second time that I have tried a "dumbbell score event" – last time was also in Great Hollands on an evening last summer (?). It's a bit like trying to solve a "travelling salesman" problem while jogging around attempting to focus on the map – a great challenge. The idea is to complete each pair of controls connected by the dumbbell in any order, within the allotted time (45 minutes). My only strategy on setting out was to minimise the distances between the end of one dumbbell and the start of the next. Immediately on leaving the start, I identified leg 2 as the longest and probably the best option for last leg if I had time for it. So I headed for control 1A first – as did most of the other competitors. With the contactless emits I was unsure what would happen if I registered a control on passing by accident – so I steered clear of control 8A while I was passing it on the way to 1B.

After the first leg, it seemed efficient to double back to 8A and then complete the leg to 8B. Things were going well so I decided to head for the top of the map via leg 5. Then I had a quandary – leg 4 or 10 next? In retrospect I think I made wrong choice and went for 10B-10A first. I realised that 4B was out on a limb, so I went back to it for leg 4B-4A. Finally, it dawned on me that the most efficient was to complete the long rectangles made by legs 6 & 10 and legs 3 & 9 together – so I set off to the NW on leg 6A-6B. After completing it, I had almost reached control 10B when I realised the error of my ways – I had already done that leg but forgotten. If only I had taken a pen to remember which legs I had done. So I then had a rather wasteful long run from near 10B via the underpass to the beginning of my next leg at 3B.

Realising that time was running short, I set off along leg 3 at the same time as Mark and it was nip and tuck around some corners and avoiding cars driving into the cul-de-sacs in a race to the other end. I had time to complete the short leg 9 and then had to sprint through the wood from 9B and along the road to the finish, just 20 seconds over.

In our family post run analysis we agreed that probably the most efficient route choice was legs 1-8-5-4-6-10-3-9-7-2 which made the most of the longest, thinnest parallelograms. If only I had made the other choice at the north of the map at control 5B, I would have definitely made 9 legs. However, I was simply too slow to complete all 10, although one of the visitors from Leicester managed it with 20 seconds to spare. Next time ...

Editor's comment: Stupidly I decided that since 2A was off to the side, the best thing to do was get it first. I agree with John's analysis - in future I will leave the longest 'dumbbells' to the end!

Your 2017-2018 Committee

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

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



Know Your Club Members — Toni and Eddie Whittle

Toni and Eddie have been club members for about 3 years. As reported elsewhere in this issue, they agreed this year to join other club members as part of the club's JK relay teams at Easter. It seemed as though we needed to find out a bit more about them

Age/Class?

- Eddie (M45), Toni (W45)

Hometown?

- Upper Basildon, Reading

How did you start orienteering?

- Eddie – “Ask the wife.....”
- Toni – “How did we start Orienteering?, on a whim is probably the best way to describe it. After playing hockey for 20 years more or less injury free, I was unlucky to have a hockey ball fracture my knee. I recovered and went on to play for another 2 years but wear and tear meant I had to hang up my hockey stick and look for a new hobby. I searched the internet and nearly joined a water polo club, but then came across orienteering. Neither of us had heard of orienteering, but at the time Eddie and I were both members of a jogging club. Whilst we enjoyed jogging, various bits of our bodies were not so happy with the constant pavement pounding, orienteering seemed like a good alternative to keep running but not on pavements, so I signed us up as members of BKO. Minor point to mention here, Eddie was blissfully unaware of our new hobby until he received a membership email. Oh, and second minor point I forgot to mention to Eddie when he asked why he was a member of Berkshire Orienteers, was that we were attending an event before we had been to a Wednesday night training session, on how to Orienteer.”

How difficult could it be?

- Well 3 years on, we are still learning, with many more years to come I expect!

Clubs?

- Only BKO

Best achievement/success?

- Eddie – Still to come, but looking forward to that day.
- Toni – Probably my one and only little medal at 2017 Chiltern Challenge.

Most enjoyed event?

- Eddie – Whilst frustrating on many occasions, I find most events enjoyable and cannot choose just one at the moment. However, I really enjoyed my first relay at the JK in April 2017

Worst event/most embarrassing orienteering moment/biggest goof?

- Toni – Too many worst events to mention, just take a look at my splits.
- Eddie – More a stupid moment recently at the Cold Ash Compass Sport event, I moved through the start boxes, picking up control descriptions, punched the start, collected map, then realised that compass was still safely tucked inside my zipped pocket. How not to be prepared!



Toni Whittle



Eddie Whittle



Toni at the JK Relay
(Photo: Wendy Carlyle)

Favourite area and/or terrain?

- Toni – New Forest / Eddie – New Forest

International experience?

- None yet, but we now have a camper van so hopefully more opportunity to go a bit further afield in the future. Not so sure we will get as far as Fiona at the World Masters in our van though! [Ed: New Zealand!]

Biggest cheat?

- Eddie – I wouldn't know how to cheat, doesn't that come with experience?
- Toni – Take a look at my results, they are not the times of a cheat.

What have you put back into the sport?

- We both work full time with erratic hours at times which make it difficult to commit, so are only able to help out at weekends where we can. We feel that we have not put a huge amount back into the sport compared with some people. We hope we will still be orienteering when we retire and can help out more then.

Other activities/interests?

- Hmm, what don't we do, aside from orienteering we enjoy being out and about with our two dogs (Kwali and Wookey), we enjoy any cycling (Mountain Biking, Road Biking and Indoor spinning) although we tend to spend more of the summer months on the bikes. During the week, we both do Yoga, Eddie plays drums and Toni swims, we top it off with Rock and Roll jive classes.

Employment?

- Eddie – Self Employed Carpenter
- Toni – Contracting and Pricing for Verizon (A telecoms company)

What training do you do?

- Not as much as we should!

What is the best thing about orienteering?

- Fresh air, going to new places, the people you meet, being out in all weathers. Orienteering is a great leveller for all capabilities and ages.

What is the worst thing about orienteering?

- Toni – "If only....." those words I repeat after every run.
- Eddie – "If only....." those words Toni repeats to me after every run

Orienteering ambition?

- Toni – Obtain 1000 ranking points or more on a run.
- Eddie – To beat Derek Mercer J

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

- Whilst on our honeymoon we climbed to the summit of Mount Kinabalu in Borneo.

Favourite music/book/film, etc?

- Eddie – Good films would normally be funny gory, like Kill Bill, Hot Fuzz, Shaun of the Dead. I like to read books by James Patterson and will listen to most music (but not The Carpenters).
- Toni – My film selection would include any easy watching, toe tapping films, like Footloose and The full Monty. My music taste varies widely and I will happily listen to 50's, 60's, 70's, 80's and 90's tunes all in the same car journey usually (much to Eddies dismay, I may even be able to sneak in a tune by The Carpenters) if I am DJ for the journey.



**Eddie at the
CompassSport Cup heat
in the New Forest, March
2016**

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 13 May	Southdowns weekend 1/3 Middle Distance	Level C	SO	Angmering Park Estate (East)	Arundel
Sat 13 May	Southdowns Weekend 2/3. Urban event (SEOUL)	Level C	SO	Chichester City Centre	Chichester
Sun 14 May	Southdowns Weekend 3/3. Long Distance	Level B	SO	Rewell East (part of Arundel Estate)	Arundel
Sun 21 May	 SCOL9: BKO	Level C	BKO	Black Park Country Park	Slough
Sun 21 May	SOS Urban (SEOUL/ UKUL)	Level B	SOS	Colchester	Colchester
Sun 21 May	South West Sprint Championships	Level C	WIM	Blandford Forum	Blandford Forum, Dorset
Sat 27 May	TVOC Saturday Series	Level D	TVOC	Cotteslowe Park	Oxford
Sat 27 May	Springtime in Shropshire Day 1	Level B	HOC	Long Mynd	Church Stretton
Sun 28 May	Springtime in Shropshire Day 2 (UKOL) Long Distance	Level B	HOC	Caer Caradoc and Hope Bowdler	Church Stretton
Mon 29 May	Springtime in Shropshire Day 3 (UKOL) Long Distance	Level B	HOC	Brampton Bryan	Knighton
Sun 4 June	SAX District Event	Level C	SAX	University of Kent Campus	Canterbury
Sat 10 June	BOK Blast - City of Bristol Races (Euro Tour)	Level B	BOK	Bristol Harbourside North & Clifton Wood	Bristol
Sun 11 June	BOK Blast - City of Bristol Races (UKUL & SEOUL)	Level B	BOK	Bristol Harbourside East & Temple Quarter	Bristol
Sun 18 June	Poole Town Race (SEOUL)	Level C	WSX	Baiter Park	Poole
Sun 18 June	SE Relays	Level C	SO	Capite Woods	tbc
Sat 1 July	WIM Urban (SEOUL)	Level C	WIM	Dorchester Town Centre	Dorchester
Sat 22 July	TVOC Saturday Series	Level D	TVOC	Headington Hill Park and Oxford Brookes Campus	Oxford
Sat 12 August	BKO Summer Park Event and Club Picnic	Level D	BKO	Sandhurst Memorial Park and Shepherds Meadow	Sandhurst



John Methven sprinting for the finish line

Terry Hosking



Ann-Marie Hillier



Mark Saunders



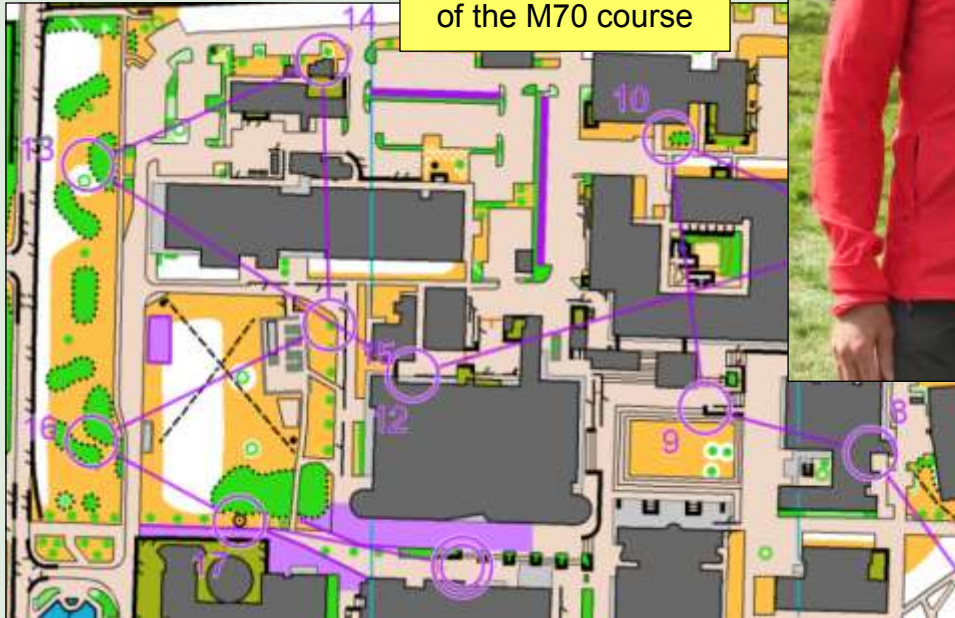
Ian Hylton

JK Relay
Pippingford Park
17 April 2017



JK Sprint
Brunel University
14 April 2017

Part of the map
showing the last part
of the M70 course



Our two medallists
See page 3 for details!

Mark Foxwell (M50) approaching the last control -
Isambard Kingdom Brunel's statue

**Gill Bennett
(W70)**



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