

Berkshire Orienteers Newsletter

November 2016



BKO / BADO
SCOL2 Regional Event

30 October 2016
Greenham Common

John Walmsley



Nigel Jefferies



Some water features were crossable with care!



St Andrews children tackling the free Maze-O at Greenham Common



Editorial

I have decided to admit to my problem - a mild form of prosopagnosia. To save you having to look it up, it is the failure to recognise faces.

Apparently, amongst other things, people with prosopagnosia can have difficulties following the plots of television shows and movies - something that I find. Celebrity film stars? No chance!

So why am I telling you this? Because as both Newsletter Editor and as the main BKO photographer, I have to pick the photos to include in the Newsletter. Of course I aim to pick BKO members and to give their name as this helps make the club inclusive and friendly. I have built up a

reference document to help me once I am certain who a member actually is. But if you are not on my list and you don't wear club kit, then there is little chance that you will be included.

So now its over to you. If you are feeling left out or ignored and think that I always include photos of the same people, please send me an e-mail with your photo and I will do my best to spot you in my photos (but even that can be hard!). Better, send me a message and a copy of the photo if you are photographed at an event. Thanks for your help and understanding.

David Jukes

Club Notes

Keeping you informed about the club and its members

Urban Events Update

Southern England Orienteering Urban League 2016

Just a quick update as the League enters the final few races - there are 4 left to go. Since the last issue, there have been races at Wells, Guildford and Royal Wootton Bassett. **Mark Saunders** did very well to win the Men Open class at Wootton Bassett keeping open the possibility of an overall win in the League. **Fiona Clough** now looks secure in 3rd place in Women Vets with the possibility of moving up if the results go in her favour in the remaining races. **Jane Courtier** has moved up to 4th in Women Super Vets and could possibly go higher still. It is similar for **Dick Rae** who is currently 4th in Men Ultra Vets. Finally **Denise Harper** is in 3rd place in Women Ultra Vets, a very competitive class with several potential medallists still able to get a top three place.

National Urban League 2016

With just 2 races to go **Fiona Clough** is lying 4th in Women Vets and this looks likely to be her final position. In Men Ultra Vets (*and not Men Super Vets as mentioned in the last issue*)

Martin Wilson has held on well to the first place position and appears to have this secured with no one able to catch him now.

London City Race 2016

Although not part of one of the above Leagues, this is an established event in the urban

orienteering calendar. This year's event, on 10th September, took competitors south of the river and around Rotherhithe. Our top performer this year was **Ian Cooper** who came in second in the Men's Ultra Vets class. In fact his time (of 35:43) was only one second down on the winner, Mick Smith of HH.

Cover Picture: Eric and Denise Harper once again competed in the World Masters Mountain Bike Orienteering Championships, this year held in Lithuania in September. Although Denise achieved the better results, none of the official photos managed to capture her whilst competing. There were though a couple of shots of Eric and our cover shows him out on his Sprint course. See *pages 19-23 for Denise's report of the various events*

North American Championships 2016

Martin Wilson travelled across the Atlantic this year to compete in the three events comprising this Championship weekend of the 23rd-25th September. Competing as an M65 He did well coming third in the Middle race but his best result was a win in the Sprint race around the Dartmouth campus - coming home with a lead of 12 seconds. Incidentally, it is worth taking a look at the map of the Long race area, Burnt Mountain. See: <http://www.vmeyer.net/gadget/cgi-bin/reitti.cgi?act=map&id=232>

Committee News

The Committee met in early September and this is a summary of some of the matters discussed:

- With his retirement and house move, **Andrew Graham** has resigned from the Committee. The Committee thanked him for his efforts in various posts on the Committee over many years.
- Our Saturday event in January at Langley Park will be staged with support from the Regional Junior Squad and with profits going to the Squad to help their funding situation.
- Due to recent changes in the access arrangements for army land, including a substantial fee for any usage, Southern Navigators have found that it is not viable to stage their Saturday events on army land. As a result, they had requested using our Bramshill event as one of their SN League events. This had been agreed but practicalities were discussed (for example SN normally use SI equipment and the number attending would be significantly increased compared to our normally Saturday events) and agreed.
- The Committee has committed to updating the Club's constitution. This will be necessary due to additional requirements from BOF for additional clauses linked to safeguarding. However Peter Entwistle also feels that we would benefit by being recognised as a Community Amateur Sports Club as this provides certain tax benefits. It was agreed to proceed and that suggested amendments would be drafted for discussion at the next meeting with the aim of bringing proposals to the next AGM in February.
- To further update our event computing equipment, the purchase of a further laptop was approved for use at the Bramshill event.
- Club Championships 2016 were discussed and changes agreed - *see separate box below*.
- Consideration will be given to staging another urban event as a contributor to the SEOUL.

Club Championships 2016

SOC's SCOL4 Event Ashurst Wood / Matley, New Forest Saturday 4th December

This year the format is new. For several years the Championship has been based on a handicap system using BOF ranking points. This is inclusive and gives many people a chance of being crowned 'Club Champion' but also disadvantages others by making it very difficult for our consistent and regular good performers to achieve a good position in the Championship. So this year the Committee has decided to stage the event as a simple competition with all BKO members wishing to compete for the Championship running a designated course. These are as follows:

- **Men's Championship** - Members to run the **BLUE** course
- **Women's Championship** - Members to run the **GREEN** course
- **Junior's Championship** - Junior members (M/W16 or below) to run the **ORANGE** course

Please ensure you enter the correct course for this event to be considered as competing in the Club Championship 2016.

For details of the event, see: <http://www.southampton-orienteers.org.uk/>





As well as having a trip to Australia (see pages 16-18), **Fiona Clough** (with **Derick Mercer**) enjoyed a trip to Portugal for the Porto City Races on 23-25 September.



There were 3 races starting with an evening night event on the Friday, another city race on the Saturday and the main

'Euro Tour' race on the Sunday. Fiona achieved a consistent 2nd place in each race in the Women Super Vet Class - a great performance!

Membership Memo

Ian Hudson - Membership Secretary

The club has some new members, a very warm welcome to:

- **Oliver Wraight** in Newbury and
- **Tony, Patricia, Alex and Katherine Gauci** who live in Midgeham.

It's always good to greet a returning member so welcome back:

- **Alan Jones** in Newbury.

I will take this opportunity to remind you that membership can be renewed for 2017 via the British Orienteering (BO) site from November: https://www.britishorienteering.org.uk/renew_membership. Although BKO fees have not increased; BO has increased senior fees to £10 and junior fees to £3.30. Therefore the total payable will be £17 and £4.30 respectively. But still great value for money.

Your 2016-2017 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

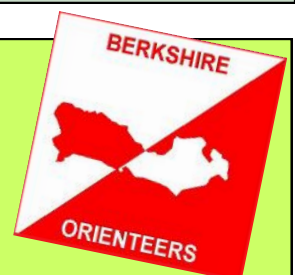
Membership Secretary:

Ian Hudson

membership@bko.org.uk

4 Committee Members and 1 co-options :

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



Gold and Silver Again!

A report on St Andrew's School, Pangbourne, at the British Schools Score Championships (BSSC) in October 2016

Glyn Thomas

It was an early start for us as we headed north to Leicestershire in two school minibuses. My two colleagues, Kirsty Parkhouse and Kirsty Stokes, were driving one bus with ten children, while I had the other five and all the kit and luggage in mine. Eventually, we arrived at Bagworth Heath, a 185-acre country park transformed from the former Desford Colliery, and put up our sail banner.

Our start times for the Score Championships were spread across over 1¼ hours, and our early starters were already back before some of the later ones

had begun their course. There were 31 controls to locate in all, and as each of our children came rushing down the hill and crossed the finish line, we did some simple maths and realised that we were in with a chance in both the girls' and the boys' competitions (they're separate at the BSSC, but at the BSOC we run as one squad).



The awards were presented with the lake as a backdrop, and we listened carefully as the results were announced. Our boys – only four of them, so all of their scores counted – had amassed a total of 640 points and were narrowly beaten into second place by our old friends and rivals from Suffolk, Barnardiston Hall, who scored 665. The boys were Guy Hutchins (our highest scorer overall with 200), Will Stokes, Alistair Wynne and Oliver Smith; they were delighted with their silver medals.

We had 11 girls, and their four best scores (Captain Cosima Williams, Imogen Woodcock, who scored 190, Amy Slatford and Sophie Shindler) came to a total of 670 points; this was way ahead of the second placed Middle/Prep School team, our namesakes St Andrew's School from Woking, and for the second year running our girls had won gold. Sophie won an individual bronze in the G6 class, with Fenella Greatrix going one better and gaining silver at G5. All 11 girls in the group were entitled to a squad gold medal, so there were lots of happy

children as we left the venue, and plenty of proud parents who were informed of the squad's achievements by Clarion Call.

We travelled the short distance to Leicester and spent a little time letting off steam in a park, before enjoying a private booking of the swimming pool at Leicester Leys – together with flumes and waves. We didn't return home that day, but instead broke our journey in Stratford-upon-Avon and stayed the night at the Youth Hostel. The evening meal was very welcome after a long and busy day, and there was even a surprise for me, as a birthday cake appeared from the kitchens as if by magic, with everyone having a piece before we turned in for the night.

On the Sunday morning, we enjoyed a hearty full English breakfast in the hostel, then spent the morning at the wonderfully quirky and entertaining MAD (Mechanical Art & Design) Museum in the centre of Stratford. We ate our packed lunches on the bank of the River Avon, then headed for home. It had been a very successful weekend again.

Next year, the BSSC will take us up to Barnsley; in the meantime, though, there is the rather important matter of this year's BSOC at Sutton Park in the West Midlands on 20th November to look forward to.



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 !**



BKO Junior League 2015-16

More Medals for St Andrews!


As reported in the September Newsletter, St Andrews dominated our Junior League throughout the 2015-16 season.

The prizegiving was held at our first Saturday event of the 2016-17 season in September at Benyons Enclosure. The photos shows a selection of the St Andrews children with their awards.

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 12 Nov	SN - Saturday Series 3	Level D	SN	Alice Holt	Farnham
Sun 13 Nov	Galoppen and Devon League Event	Level C	DEVON	Fernworthy Reservoir	Chagford
Sun 13 Nov	GO Level C event	Level C	GO	Norbury Park	Leatherhead
Sun 13 Nov	CHIG District event	Level C	CHIG	Epping Highams Park	Woodford
Sat 19 Nov	Oxford City Race	Level C	OUOC	Oxford City Centre	Oxford
Sun 20 Nov	Forest League 3	Level C	KERNO	Penhale South	Newquay
Sun 20 Nov	SO District Event	Level C	SO	Broadstone Warren	
Sun 20 Nov	 SCOL3	Level C	TVOC	Shotover Country Park	Oxford
Sat 26 Nov	TVOC Saturday Series	Level D	TVOC	Black Park	Slough
Sat 26 Nov	Southern Night Championships	Level B	QO	Ramscombe	Bridgwater
Sun 27 Nov	QO Galoppen	Level C	QO	Ramscombe	Bridgwater
Sun 27 Nov	SAX District Event	Level C	SAX	Ightham	Borough Green
Sat 03 Dec	BKO Winter Saturday Series	Level D	BKO	Bucklebury Common	Chapel Row
Sun 04 Dec	 SCOL 4 including BKO Championship 2016	Level C	SOC	Ashurst Wood / Matley	New Forest
Sun 04 Dec	BOK Club and Avon Schools	Level C	BOK	Leigh Woods	Bristol
Sun 11 Dec	SCOA Championships / SN Trophy event	Level B	SN	Long Valley North	Aldershot
Sun 18 Dec	MV SE Families & Veterans Champs	Level C	MV	White Downs/West Ranmore	
Mon 26 Dec	LOK/HH Boxing Day Score Event	Level C	LOK	Trent Park	
Sat 31 Dec	BKO Winter Saturday Series	Level D	BKO	Whiteknights	Reading
Mon 02 Jan	TVOC Urban Event	Level C	TVOC	Didcot Ladygrove	Didcot

Date	Name	Level	Club	Venue	Town
Sun 08 Jan	CHIG Mitre SE League event	Level B	CHIG	Epping East	Loughton
Thu 12 Jan	SOC Wessex Night League Event	Level D	SOC	Romsey	Romsey
Sat 14 Jan	BKO Winter Saturday Series	Level D	BKO	Langley Park	Slough
Sat 14 Jan	SN - Saturday Series 5	Level C	SN	Windmill Hill	Frimley
Sun 15 Jan	 SCOL5	Level C	SOC	Denny Lodge	New Forest
Sun 15 Jan	BOK SWOA Galoppen	Level C	BOK	Cannop Ponds	Forest of Dean



The SCOA League 2016-17

The SCOA League is a competition based on performance at a number of events held throughout the region and runs annually between early Autumn and early Summer. Your total score is the best 6 results out of all the events attended. The winner of each course gets 100 points per event, with other scores scaled pro-rata based on the time taken. The League currently applies to the White, Yellow, Orange, Light Green, Short Green, Green, Blue and Brown courses (but not the Red course).

Below, you will find the full list of the 2016-17 League Events. Note that to raise the profile of the series of events, this year they have been numbered as **SCOL1** through to **SCOL9**.

Also, advance entries are being used for more events. To be sure of being able to run the course of your choice, you are advised to enter in advance if this facility is available. This is especially the case if you want to run one of the more popular courses, particularly Light Green, Green and Blue.

Event	Details/Results	Date	Club
SCOL1	Collingbourne Woods/Everleigh	09-Oct-16	SARUM
SCOL2	Greenham Common	30-Oct-16	BADO
SCOL3	Shotover Common	20-Nov-2016	TVOC
SCOL4	Ashurst wood / Matley	04-Dec-2016	SOC
SCOL5	Denny Lodge	15-Jan-17	SOC
SCOL6	Queen Elizabeth Country Park	12-Feb-2017	SOC
SCOL7	Nettlebed Woods	26-Feb-2017	TVOC
SCOL8	Harewood Forest	19-Mar-2017	BADO
SCOL9	Black Park	21-May-2017	BKO

The league results and details are currently maintained by our Ken Ricketts. Please email him (kenricketts@waitrose.com) if you want details of the league which are not shown here.

For information on the League and to access the updated tables after each event, go to:

<http://www.scoa-orienteering.org.uk/scoa-league>

Bramshill, mapping a new area (Part 2)

Now that many of you have a better idea of the terrain at Bramshill, here Katy continues with an explanation of the issues she faced in preparing the map (Part 1 was in the September issue).

First you just have to work systematically through each block, then look at all the information you have collected when you get back (don't leave it a day or go out before getting everything you got the previous day on to the map). Then go out and do the next block and repeat.

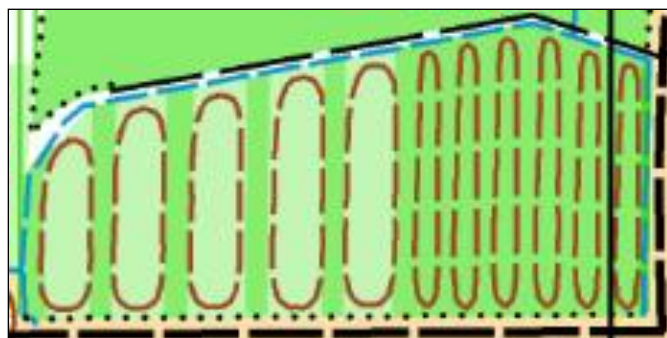
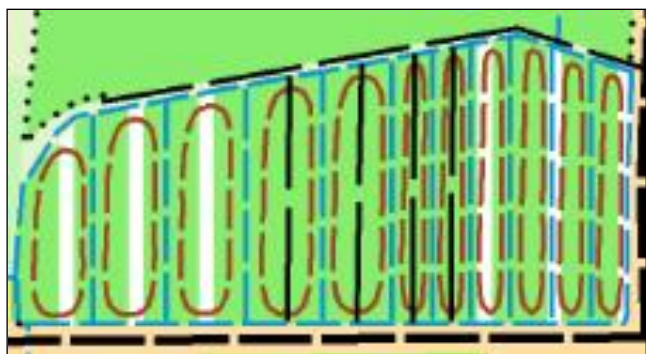
I collect data two ways. The main one is onto mapping film on top of a base map which is no more than twice the scale of your final map. Using mapping film means you can rub out and change as you go along. If you are really neat you can scan this overlay and add it onto your map as another base map and draw from that. I tend not to do this as I collect information in more than one way. You must only work at twice final scale as this means this shows what information you can actually fit on the final map. It is a great way of filtering, if you can draw it out in the wood then hopefully the final map will be readable. For example, do you show a vegetation boundary and a ditch and an earthwall and a small strip of rough open then a strip of gorse along the side of a track? The answer is no, no-one could read them all, you have to choose which means the most to someone running through the wood. If you work at an even larger scale out in the wood (for example 1:2,500 for a 1:10,000 map) then the information can't be drawn or at least not read on the run.

So (for example) I set mental limits for showing ditches running along the main tracks, they had to be deep enough to be a significant barrier to me to cross. Most were nearly dry when I went out, but it had been a very dry period so if they were deep enough they got shown as blue regardless. Most people don't notice if something is drier than the map shows, but if it is wetter then they get annoyed if they get wet feet when not expecting it. I made the decision not to show ditches between the mounds at all, every set had them between each mound, what added value did putting them all on? It also made the map harder to actually read (keep on reading to see). I kept the ones that went round a block of mounds as they were helpful, they were nearly always vegetation changes anyway so weren't often shown as ditches on the final map.

A second decision I also made was not to map the extraction lanes in the forest when they were in exactly the same direction as the mounds. This one could well be challenged by other mappers. I tried a few ways to show them, in general there was only one on the top of each mound (but in a few blocks there were two). There are two ways to show these, you can map every one as an individual ride (a thin black line with long black dashes) or you can change the vegetation screen so it shows direction of planting. The reason behind showing extraction lanes or direction of planting is either to show an easier way to get through a block of forest or to aid in navigation. Showing the rides along the mounds didn't help in either way. They were always full of brashings or vegetation so it was no faster to run along them than across them. The direction of planting was

Katy Stubbs discussing the Bramshill mapping issues with Ian Ditchfield of Mole Valley at our event





the same as the direction of the mounds so they didn't help in that way either. So I decided not to show extraction lanes unless they were in a different direction to the mounds. It could be argued that not putting these on the map may remove possible control sites, but the actual mounds are just as good (or not depending on how many will actually be in the control circle).

To show what I mean see the above two parts of the same block of the map. The first shows the block with ditches and extraction lanes where the middle part has them as individual rides and the outer two blocks show using the direction of planting symbol. The second is the final map where I haven't shown the ditches or the direction of planting. The boundary ditch is not shown on the south side because it was very shallow, but is there around the rest of the block as it is more obvious. The advantage here is I have been able to add the thicker wood between the mounds in the western part of the block. If I tried to do that on the first example it would have become even harder to read.

The second way I collect data is to use a voice recorder. This is when the amount of information is just impossible for me to put on the map at the time. So I will pace from one already fixed point like a track junction to another. A typical one could be, going N from XX junction, west side flat, slow run, looks like there is a marsh in the bottom, need to come back and check this block. 12 paces wood changes from walk to slow run on east side, 5 paces, first ditch goes off at 065°, ditch is overgrown so strip of walk along it, 14 paces top of mound, same direction, waist high so not a contour change just a form line, 13 paces, next ditch, again at 065°.12 paces, wood changes from slow run to walk, 2 paces, top of mound again at 065° 15 paces, thicket starts along the west side of the track, ditch on east side.....this goes on until I get to the next fixed point.

All of the information then goes onto the map to give what is effectively a basemap, and then I have to go actually through the blocks to find out what changes there are within them. With the vegetation being as high as it could be at this time of year and with limited time to create the new map I did not get through some of the blocks in time. I focussed on the areas that I thought could be most useful for the event (mainly ones that were slow run rather than walk) or that looked like they had useful features within them. It was very frustrating on the day to find that, quite late on, many of these areas were declared out of bounds by the Forestry Commission so all of the time mapping these blocks was effectively wasted.

No mapper can ever actually cover every bit of an area (not unless they want to spend 3 months to draw a map). I spent 14 days out in the forest for this map and really needed at least 3 or 4 more days, but weather and time meant that wasn't possible. I certainly found some blocks of bramble out there on the day that I hadn't found in advance. Now that the bracken is dying down it should be possible for a mapper to get into more of the blocks and find some more useful features or map the complex areas of bramble.

Katy Stubbs

Know your sport: Mountain Bike Orienteering (MTBO)

Most orienteers participate in the sport because they enjoy the combination of running and being out in the countryside (or navigating urban areas). But there are large numbers of people who enjoy cycling - so why not have a sport which combines cycling with the navigation skills of orienteering? It exists - and here we look at what is involved.

There are two types of Mountain Bike Orienteering events, known as MBO Score & MTBO.

Mountain Bike Orienteering Score (MBO Score) is where an Ordnance Survey Map, usually 1:50,000 but sometimes larger scale, is used. The Map is marked with a number of controls (often 30) with differing point's values. These controls are distributed across the map area & competitors aim to visit as many as possible within a pre-determined time limit. At the Start area the rider is given the map with any final instructions and the clock is started for their ride time. The rider is then free to decide which route to take and which controls to try to reach in the time allowed. The ride culminates in a total Score for each rider. Riders can return to the Finish area any time within their allowed time limit. There are no penalties or bonuses for returning early. If the rider is late returning to the Finish area points are deducted on a rising scale from their total score. The rider with the highest points total after deductions is the winner.

MTBO (Multi-Terrain Bike Orienteering) events use orienteering maps that have been specially modified to show rideability, and are usually held within areas containing a good network of tracks and paths, providing a variety of route choices. Again these events start with a map with marked controls being given at the Start area. Riders then aim to ride from control to control in the numbered sequence. The rider with the shortest ride time from start to finish is the winner. The skill set is similar to that required for MBO score events. The top riders tend to have extremely fast map reading and map memory abilities to enable them to ride and plan ahead quickly. The MTBO events tend to be much shorter in duration compared to MBO Score events.

Equipment - the Bike: A competition bike doesn't have to be state-of-the-art. Weight is an important factor in an endurance event and most MBO competitors are conscious of this fact. You will see all grades of bike on an MBO event, but a flashy bike won't ensure a win. Ideally your bike should be well maintained and prepared so that it is less likely to let you down. Most leading competitors use some kind of Map Board which keeps the map visible at all times. This is much more convenient than carrying the map stuck into a back pocket or in a pouch slung around the neck.



Information and photos taken from the websites of the BMBO and the IOF

Maps for MTBO Events

Foot orienteering usually involves choices between running through wooded areas or following the path network - often with courses designed to try and minimise the amount of path running. For MTBO it is the opposite - in fact going off track is usually prohibited. So whilst foot orienteering needs shades of green to indicate 'runnability' through woodland, MTBO maps need more details on the 'rideability' of the track and path network.

The International Specification for Mountain Bike Orienteering Maps (ISMTBOM) uses the following classification:

- Fast riding 75-100%
- Medium riding 50-75%
- Slow riding 25-50%
- Difficult to ride max 25%

This is shown using different symbols and these are indicated on the right. It also means that many symbols normally included on foot orienteering maps (pits, ditches, rootstocks) are not needed and hence not shown.

There are 3 additional symbols which are important and these are shown using purple.



These indicate important barriers or restrictions and are shown on the right. The top one is used for a 'Forbidden Route' which can not be ridden along. The middle one is for a 'Dangerous object across tracks or paths, stairs'. If the obstacle present a

complete barrier (for example a wall) or if it is forbidden to pass that point then the lowest one is used representing 'Uncrossable barrier / forbidden to cross'.

Track Symbols

Track: Fast riding (wide with a stabilised surface)

Path: Fast riding (well maintained but narrow)

Track: Medium riding (wide but some difficult surface features)

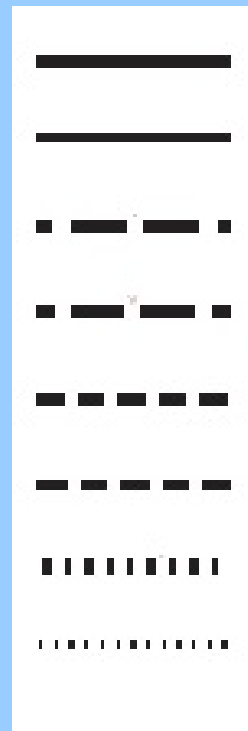
Path: Medium riding (narrow but some difficult surface features)

Track: Slow riding (wide but with obstacles - may need to dismount)

Path: Slow riding (narrow but with obstacles - may need to dismount)

Track: Difficult to ride (wide with difficult obstacles - may be impossible to ride)

Path: Difficult to ride (narrow with difficult obstacles - may be impossible to ride)



More Information

Here are some useful sites for additional information:

- **British Mountain Bike Orienteering (BMBO):** <http://www.bmbo.org.uk/index.php> This is the national governing body of the sport and has lots of detailed information. See in particular their page for 'Your first event guide' at: <http://www.bmbo.org.uk/rider-information/firsteventguide.php>
- Internationally, the sport is administered by the **International Orienteering Federation** but the information on their site is limited. They do however have the agreed map specifications referred to in the box above. This can be seen at: http://orienteering.org/wp-content/uploads/2010/12/International-Specification-for-MTB-Orienteering-Maps-2010_2.pdf



Local MTBO events

Has reading the 'Know your sport' got you interested in the idea of MTBO? Read on ...

In this country, the number of MTBO events is sadly very limited as gaining permissions to use areas becomes increasingly more difficult and most of these events are held in the northern counties. Locally there are more frequent opportunities to attend MBO Score events. These have now finished for this year, but details for next year will be available on these websites. You can ride solo or as a pair.

Gorrick : <http://www.gorrick.co.uk/trailtrax/index.php>

A semi commercial operator, Gorrick offer 4 score events through the season, each based at various pubs in N.Hants and Surrey. Events are held on a 1:50,000 O.S. map, with a choice of 2 or 3 hour duration. Pin punches are used.

SLOW : <http://slow.org.uk/events/mtbscore2016/> (*details of 2016 series, now finished*)

South London Orienteers puts on a series of 4 MTBO score events at various venues, usually in Surrey, again based at pubs. These are for 2 hours on a 1:25,000).S. map, using SI punching and again based at pubs. Much cheaper to enter than Gorrick events.

Midlands MBO : <http://www.midlandsmbo.co.uk>

MMBO hold events throughout the year, a little bit out of our area but some events are in Cotswolds, or Northants/Warwickshire, so not too far. They hold an excellent event, usually in October near Luton, which has surprisingly good trails.

Peaslake : <http://www.peaslakemtbo.com>

Peaslake is a charitable organisation which runs 2 events a year, using an OS map, on the Surrey Hills around Peaslake. The next event is April 30th, 2017.

The SLOW and Midlands MBO events are posted on the BMBO website (www.bmbo.org.uk). There are also details there of series run by other groups, e.g Black Mountains MBO in South Wales.

Know Your Club Members —

Simon Moore

Simon, is married to Lynne and they have two sons - Alexander (currently lying second in the BKO members on the BOF Ranking List) and Joseph. Simon is also performing well in the Ranking List (currently 7th placed BKO member) so time to find out a bit more about him

Age/Class?

- M55

Hometown?

- I grew up in Abingdon and after university I've moved around the South/South east of the UK

How did you start orienteering?

- Roger Baker was my science teacher at Abingdon School back in the 1970s. and he promoted events at school and sometimes arranged transport. I saw a notice at school about an event at Bagley wood near Oxford and asked my father to take me. The original plan was that he would pick me up later, but as we didn't know how long I'd be, he stayed and we went around the score event together collecting maximum points – It's been downhill ever since.

My second event was a Wednesday afternoon army event at Long Valley in 1973? – nothing much changes.

Clubs?

- TVOC Originally, then CUOC, SOC, SO and finally BKO



Best achievement/success?

- Most of my best results were when I was a lot younger! I got championship standard as M19 when I also won the Concorde Chase. There were not that many entrants, but I got a trophy for a year. Nowadays, a really good results is to be in the top third on an M55L, but usually I'm running the short course because of injury.

Most enjoyed event?

- I've really started to enjoy Urban races – In particular the London and Oxford City races. It took me a long time to get to grips with the scale and mapping style for street maps and I still struggle with multi-level depiction of objects on a flat map - I mostly blame my eyesight rather than my brain for lack of understanding, but I enjoy the new challenge. If only I were fitter.....

Worst event/most embarrassing orienteering moment/biggest goof?

- My second JK was my first time in the Lake district as an M15 and I thought I knew what I was doing having started to get some good results 'down south'. The combination of complex open fell and 10m visibility in the mist soon found me out and I managed 100+ mins for 4.5 km.

International experience?

- If you don't count multiple Scottish Six Days, then the only orienteering I've done abroad is the O-Ringen in Sweden as part of an SCOA junior squad trip in 2007. I thought I'd get hopelessly lost, but managed to stay in reasonable contact with the map most days and was far better placed than I thought possible.

What have you put back into the sport?

- I've planned/organised a number of low key events such as Saturday morning/Wednesday evening events in the past few years. Before that, when the children were growing up, I've helped with the Junior Squad and run countless string courses.

What training do you do?

- My training regime these days consists of doing some running/orienteering, get injured, take up cycling while I recover, repeat with occasional visits to physio thrown in. Surprisingly Orienteering seems to cause less injury problems than road/path running. Maybe I just need to orienteer more times per week.

What is the best thing about orienteering?

- Getting out into the woods or onto the fells on a crisp winter morning.

What is the worst thing about orienteering?

- Getting to an event where you have to push the cars into the car park field. (This hasn't happened recently)

Orienteering ambition?

- Sights are a lot lower these days - so get into the top third of the long course at British or JK.

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

- I've built my own car. My yellow Caterham 7 is usually only seen at Wednesday evening or Army events if I'm on my own and I'm reasonably sure that there will be adequate ground clearance into the carpark.



Simon Moore competing at our Summer event at Lily Hill Park this year.



Trip to the Australian Championships 2016

Fiona Clough

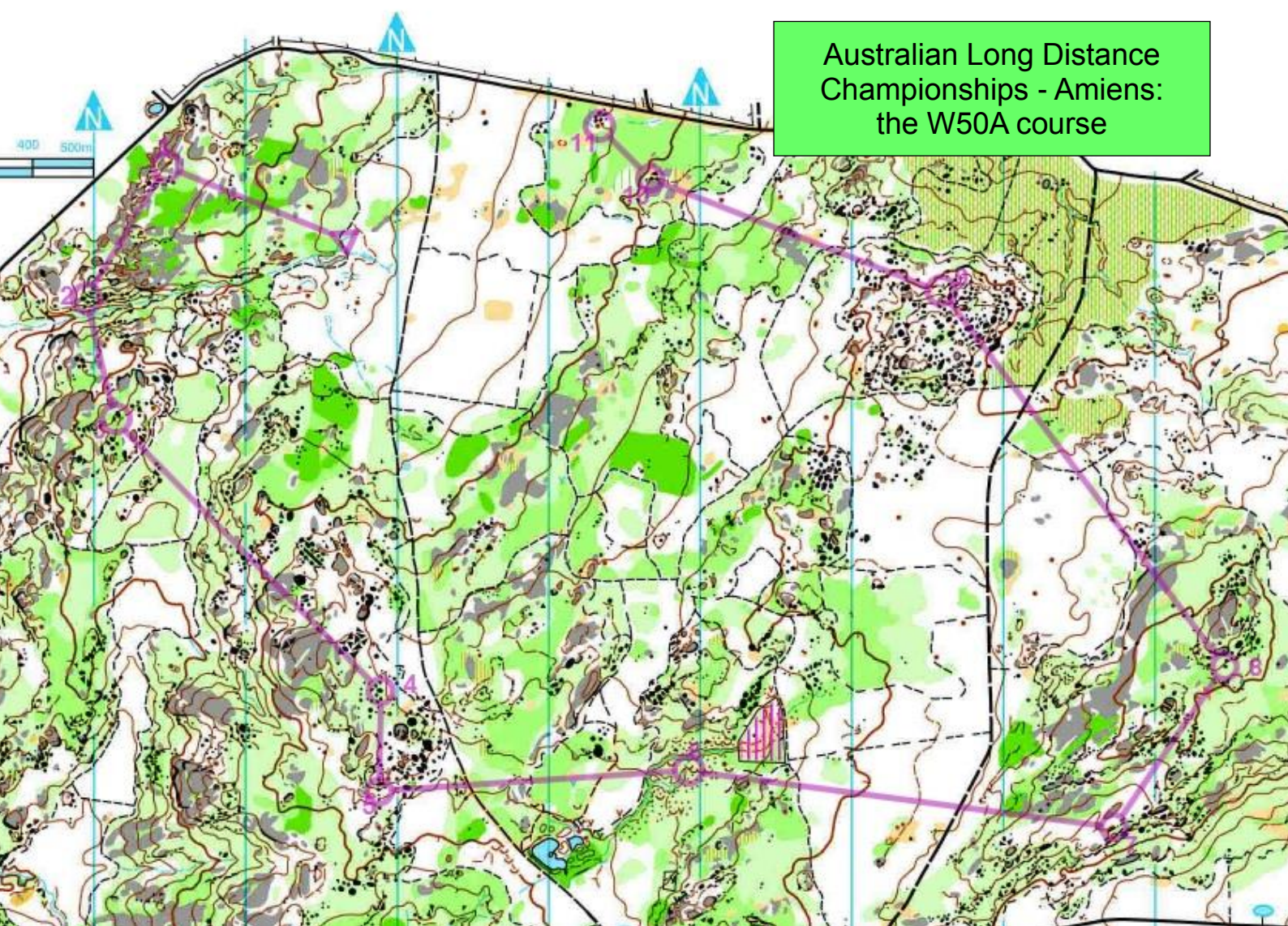
Katy Stubbs and I went to Australia to take part in the Aussie Champs 2016 held over the weekend 1st and 2nd October in an area called 'the Granite Belt' on the southern edge of Queensland.

We first went to the model event on Friday on an area called 'Passchendaele Saw Mill'. There were a number of controls on a similar area to where we would be running at the weekend. Massive swathes of bare rock surrounded by 'walk' forest and millions of boulders – big ones, little ones and in-between ones.

The Saturday event was being held in 'Amiens'. My start was 9am and Katy's start was at 11am so I rather hoped I would be back and enjoying a cup of cappuccino from the lovely coffee wagon at assembly before Katy started. WRONG!

Off to the start, warmed up, stretched, ready to go then I was off. To control 1 my attack point was the boundary between some bare rock and some 'forest – run'. I decided to follow the path a short distance North then go across the two sections of bare rock and follow a corridor of runnable forest between some thickets then across more bare rock. It didn't go well, I ended up fighting through a big lump of sharp, scratchy bushes, eventually popping out onto the road. I then ran 10m up to the road junction, got my bearings, paced and then climbed back into the bushes locating the control straight away – over 11mins to the first control – not a good start.

1 to 2 - I followed the edge of the bare rock to the valley then straight into the control. 2 to 3 –



went on a compass bearing and then blundered about until finally finding the path beyond the control, relocated then in.

By this time I realised firstly, that the compass I was using was not as responsive as I was used to and secondly the terrain was very scratchy and rough going so I decided the path was the best route to 4. It was obviously the long way round but the only route with any certainty. I used a path bend near the control as my attack point and as I was fighting my way through the bushes towards it, a 6 foot tall kangaroo bounced past me! Makes a change from deer.

4 to 5 - a major improvement, compass bearing, check behind a few rocks before finding the correct one. 5 to 6 - attack point was path/stream junction with the route there on paths. 6 to 7 - followed the path until cutting in 50m past the path bend, past some boulders into the valley. Fair to say I floundered a bit before finding the control and the whole section took me over 17mins but it was one of the longer legs. By this stage I had been out an hour and a half and the heat and the jet lag was getting to me. When I opened up the map and realised I was only half way round I did feel like stopping for a little cry but I kept on going.

7 to 8 - a fight through more sharp scratchy bushes.

8 to 9 - the control was in the middle of a big boulder field on a hill. I didn't pick an attack point but I think my brain was shutting down by this time. I came out of 8 onto a path and proceeded to run in the wrong direction for 400m, realised, retraced my steps. Jogged on to the hill covered in boulders. I wanted to skirt the hill but after a short distance was faced with what looked like impenetrable wall of spiky bushes so had to climb into the boulder field and hunt about for the control. I didn't notice the lovely little path leading through the wall of spiky bushes leading to the correct side of the hill. Eventually I climbed back towards the path on the other side, relocated and then went straight into the control – 26mins 45secs.

9 to 10, 10 to 11 and then to the finish was just a matter of following elephant tracks and the crowd.

23 ladies of my age entered, one didn't start, one couldn't find number 9 and gave up and so I was 19th out of 21 finishers. Not last but only just.

The second day was on an area called 'The Cascades – North'. In preparation for this event I had bought a lovely new southern hemisphere compass and had a thorough debrief of the previous days map with Katy (who had achieved a respectable 4th place on her course) so I went out to the start with confidence.

To controls 1 and 2 everything went smoothly, I appreciated my lovely new compass; kept contact with the map, picked obvious attack points but to number 3 it all went horribly wrong. My attack point was a clearing and contour detail above it that should have lead me straight to the

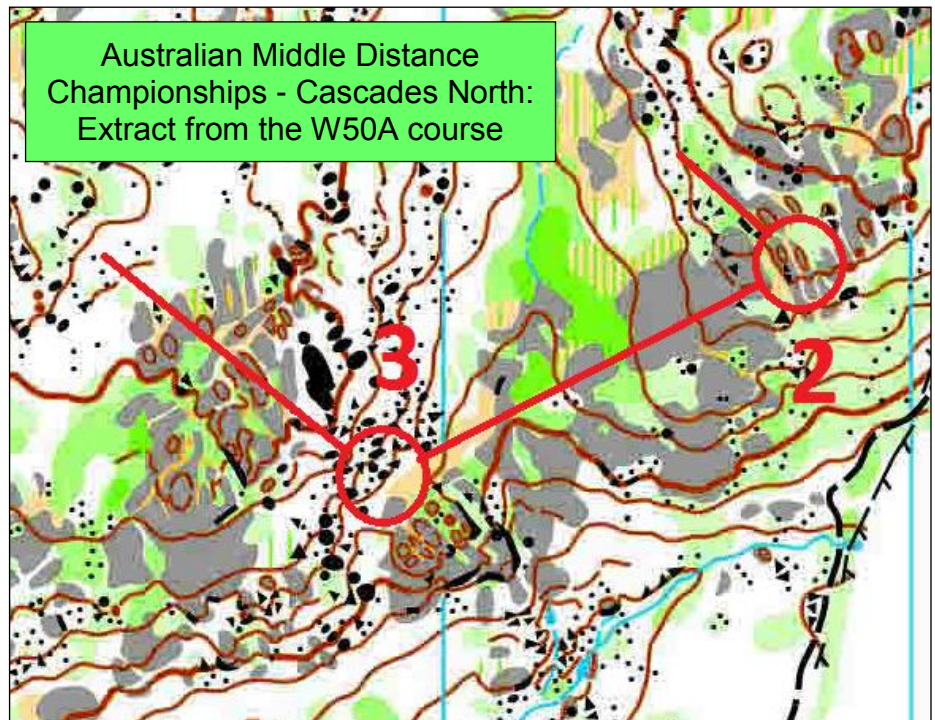


Fiona Clough on the Long Distance course.

control. I got to the clearing by following the dark green area of thicket and then found myself on the edge of an area of open rock with a stream running across it. I tried to cross it but it was covered in slime and very slippery so I turned right to cross the stream higher up and then came back down the valley again. The control was on a big boulder. Well, I made the acquaintance of every boulder within a 500m radius and none of them had a control. I relocated several times and almost went back to control 2 (wish I had) and eventually I was standing looking down at a large stream in front of me wondering

where I was when another woman wandered into view with a similarly baffled expression on her face. I gave her a few minutes then asked 'Are you looking for 167?' she was but had no better idea than I did where it could be. Two more women appeared and the four of us eventually gathered and had a committee meeting that ran along the lines of 'if this is that and that is this then it should be over there'. I know it sounds like gibberish but it is what happened and we all struck out in the same direction. After a couple of goes - joy! There was a control – but not ours. A further committee meeting was convening when a man appeared making a beeline towards the control we were gathered near. We swooped on him and asked where we were. He showed us on the map – we were only 40 – 50m away from our control. Thus I had a monumental 37min error to 3.

Apart from a bit of a glitch going to 5 where I went to a rock outcrop to the north of the control and did a bit of random boulder visiting before realising I was in the wrong area – the rest of the course went better. I took careful compass bearings, attack points were a little difficult but I started to read the contours a bit better and that meant I was actually finding the controls where I expected them to be.



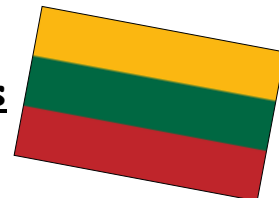
I took 1 hour and 40mins to finish and was 20th out of 31 starters (only 27 finished and number 27 took just under 3 hours).

It was a fabulous opportunity to take part in these championships. The area was exactly as Katy had described it – very challenging – and I would love to go back again and have another go.

A Katy Stubbs and Fiona Clough 'selfie' after the event at Amiens



The World Masters MTBO Championships 2016 in Kaunas, Lithuania



Denise Harper

This was our third attendance at the Masters MTBO champs, but with the previous 2 having been in Portugal, we knew this time in Lithuania was in many ways likely to be quite a different experience.

For a start, the weather in Sep/Oct. was likely to be cool, and possibly quite wet. The events themselves were all close to the centre of the city of Kaunas, which cut down a lot on travelling time. However, being on the fringes of the town, the terrain was very different from Portugal where events were in very rural locations. This time the terrain tended to consist of wooded country parks with scattered settlements, and adjacent forests. As such there was a far denser and more intricate track network than we have previously experienced, with much more emphasis on navigation, and less on the ability to be a strong rider physically. Terrain was generally flatter, though with some steep slopes down to the river valleys. There were also 2 major changes this year; the first and most controversial, and generally unpopular with the older vets, was that where there were less than 10 competitors in a 5 year age class, then the 2 classes within each decade would be merged. This affected most women's and the older men's classes, so although entered in W65, I had to ride in a combined W60 class. The second was the introduction of a mass start for the long course, something about which I was quite apprehensive.

It was a lengthy journey for us via 2 long ferry crossings (North and Baltic Seas) and we spent a week in Latvia before the event, where we managed to fit in a weekend Foot O event (Euromeeing 2016) near Riga. Eventually we arrived in Kaunas to meet up with the rest of team GB at our hotel. The World Masters was combined with the final World MB Orienteering Cup event for the Elites, so the total number of competitors was well over 200. In total we took part in 3 races; the Long, the Middle and the Sprint. Below is a summary of our mixed fortunes during these events

1. Model Event. Useful to get our minds and bodies back into cycling mode, but as last time, it was also rather demoralising. We both found the mapping and profusion of paths confusing and the steep sandy slopes down to the river were very hard going. However, as often happens, this area was not totally representative of what was to come. After the event, the team attended the athletes' procession (of nearly 2 km!) to the town square for the opening ceremony.

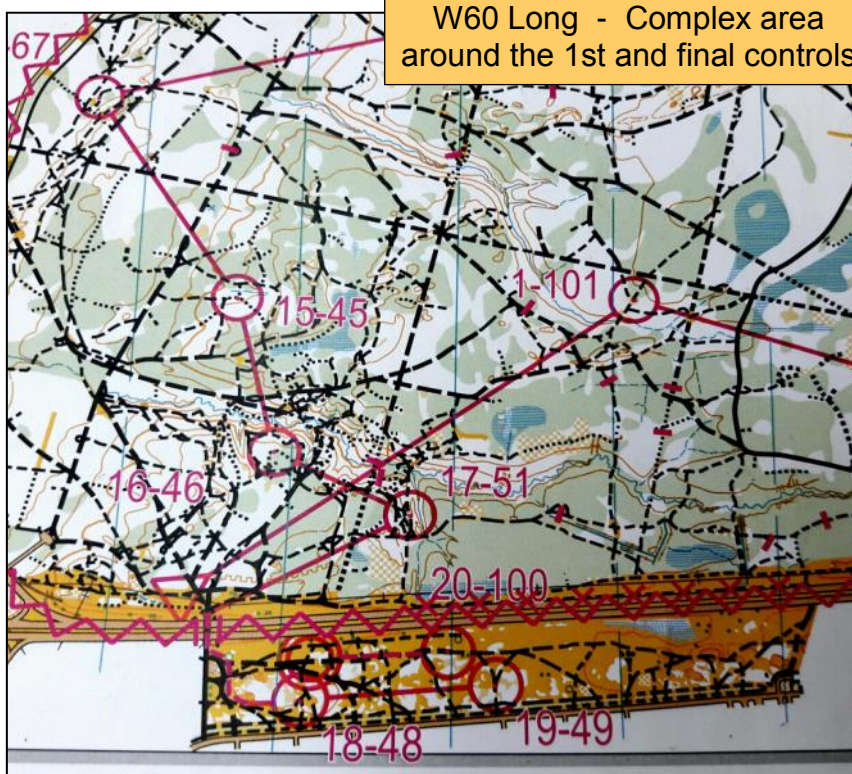
2. Long Distance Race. Length 21.7 Km, 20 controls (W60); 26.1 Km, 28 controls (M65) Map Scale 1:15,000

Terrain was mainly gently sloping, though with very steep, sandy slopes down to the main river and its tributaries, with scattered flat small areas of settlement, in a forested area with a dense network of paths.

The mass start was in 4 start groups, each 5 minutes apart. Getting everyone through the system, and checking/clearing/



W60 Long - Complex area around the 1st and final controls



checking SI cards was chaotic. Maps were issued just before the start, but I hung back, not wanting to be caught in any melee, and tried to plan my route. The path network was very tricky to the 1st control, and I couldn't see any easy option without going a very long way round. I did manage to get to the junction before my first control, but never quite in contact with the map, before making an incorrect decision there, and then taking ages to relocate, as I couldn't make things fit. On the way to #3, my map board, which had been getting looser and looser, despite my efforts to tighten it up, flew off the handlebars, and yet more minutes were lost as I tried to find the bits and put it back together.

Time to review. I never really enjoy the Long, it is just something to endure. I decided it was not my day, and that I would treat this as a training ride, and cut short, leaving out the far controls then finding a way back on tracks with easy riding as much as possible. I did about 6 or 7 controls of the 20, then headed back to pick up the last 3 close to the finish. We had been issued with SIAC (SI air cards) for the event, and I was never sure if mine had registered, as nothing much seemed to happen. When I downloaded after being out for over 3 hours, only those last 3 controls had registered. It turned out that it was one of a batch of 20 faulty cards, as a result of which W60, W70 and M70 classes were voided. I was therefore very pleased I had not flogged myself to death for nothing as only 3 out of the 8 in my class got a result.

Eric meanwhile had fared rather better. With a long leg to his #1, he had gone for a safe route, and although the course took him 4 hours and 2 minutes, he came home in a magnificent 5th place in M65. 10 people on his course were DSQ – for mispunching, missing controls, or missing loops or doing them in the wrong order. The longer courses were split into loops, and M65 had a long A3 loop and a shorter A4 loop, which had to be done in the specified order. Although 2 minutes over cut-off time, Eric's result stood when final results were published, so a fantastic achievement for him at this level.

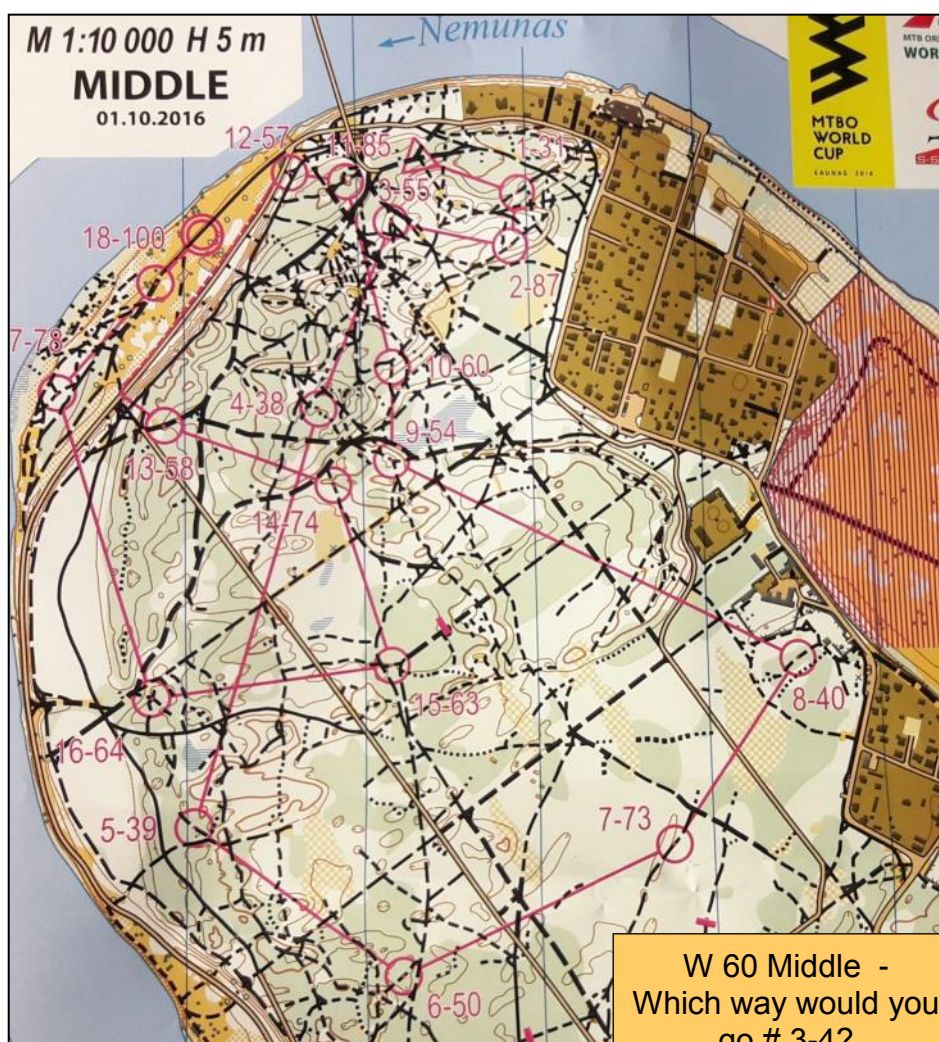
3. Middle Distance Race. Length 8.4 Km, 18 controls (W60) 12.6 Km, 26 controls (M65). Map scale 1:10,000

I always enjoy the Middle and the Sprint, as they are short, and usually require a higher degree of navigation.

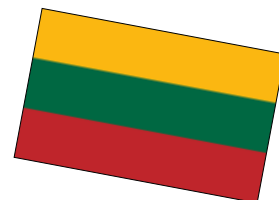
The terrain for the area was mostly gently sloping with some flat areas of settlement, a mixture of forested park, and forest with a very dense network of paths in some areas, many of which, as it turned out, were narrow single track but often quite fast. I was one of the first off in my class, with 2 minute intervals between riders.

We were issued with new SIAC cards at the start, and this time there was no mistaking that it worked!

A quick glance at the map as I started revealed an area of massive complexity, where careful



navigation and minimizing mistakes were going to be key. After yesterday's problems with #1, I decided on a longer, safer route this time to ease my way into the map, so did not take the direct straight uphill option. The required turn off to the right seemed to take a while to reach, but I found OK. Then carefully through all the junctions to #2 and 3, all going well. I had identified #4 as likely to cause problems, so had decided to head out to pick up the major track to the west, then head south, and approach from the south. Unfortunately, due to the very confusing paths around #3, I went out the wrong way, and ended up on an incorrect track. I knew I had gone wrong, but I was on a good track and just decided to ride then relocate. I was very surprised to end up by the corner of the settlement to the SE of #3 – whoops! So headed back, finding #4 from the east instead = 5 minutes lost.



Leg #4-5 had a few tricky junctions as well, and I lost contact again, but just kept heading in the right direction, crossed the tarmac road and ended up by Y junction on the cycle path NW of #5. so knew where I was.

I really enjoyed the next few legs to #9, as the tracks were good, the navigation much less complicated, and there were few people around. However, #10, 11, 12 were back in the complex area. I should have learnt my lesson and concentrated harder – but left #9 without being careful enough, picked up the wrong path to #10, and in an area of reduced visibility, couldn't work out the landforms too well. Eventually relocated on my #4, then did some cross-country bike pushing (which was allowed), ending up with a load of greenery and bits of tree in my rear mech. to find my #10, another 5 minutes lost. The route to #11 went through an impossibly complex area, so I decided to just go in the right direction and relocate by the huge bridge – which worked, to a degree, but I then ended up enmeshed in all the competitors

queuing up with their bikes for the start, and not finding the correct path out initially as they were obscuring it.

#12 was the spectator control, and from there it was back to relatively simple navigation, thank goodness as the brain was feeling definitely overworked! The rest of the course was fine, apart from a near tumble on the sandy tracks to the final control.

I was very surprised to hear myself announced as I finished as being 3rd in W60, because I had not exactly had an error free ride, with 2 major mistakes and a number of more minor ones. I was sure I would be beaten by later riders, so was amazed to eventually finish in 3rd place, with a time of 1.28, 18 and 19 minutes up on the next 2 behind me.

Eric meanwhile had not been able to repeat his success, coming well down in time, and then was DSQ for missing out a control, which he'd failed to see as it was the middle control in a line of 3. He had struggled to read the map, which was hard, even though it was clearly printed at 1:10,000, but even so it was just so 'busy' to read, especially whilst trying to ride a bike.

As stated previously, the Masters event had been combined with the final World Cup races for the Elites, which of course made it financially more viable, but did inevitably cause conflicts and compromised the Masters event to some degree. The Masters very much had to fit around the Elites, rather than the other way round, and one particularly annoying consequence was that the Masters, starting early in the day, then all had to go into a Finish Quarantine zone for several hours once they finished, until all the Elite competitors had started. There were toilets, catering and a big screen in the zone, but very limited shelter, and had the weather been poor it

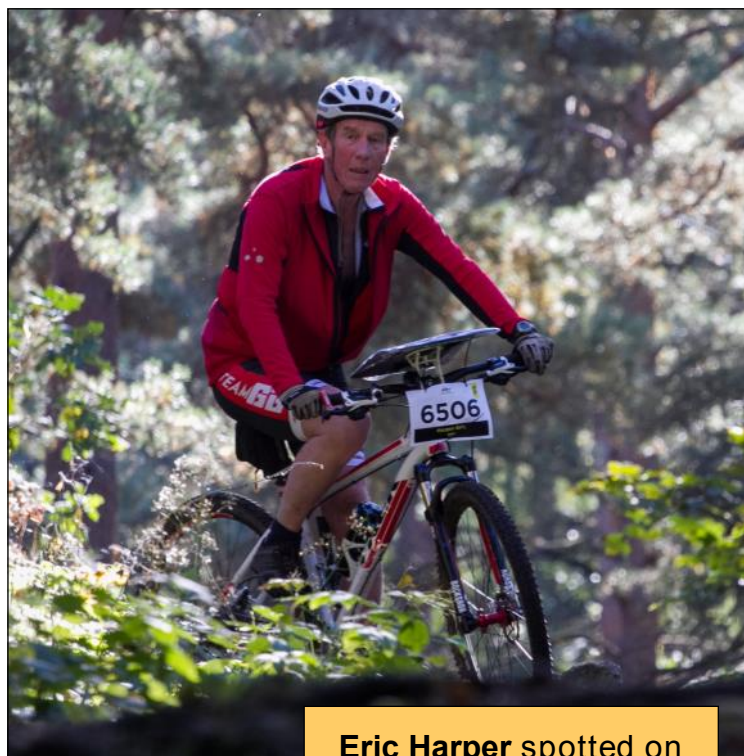
Medal Ceremony Middle Distance - 3rd in W60



would have been a miserable few hours. As it was, we were very lucky, and the weather was dry, and in fact unseasonably warm. The event centre this time was just a room in a hotel in central Kaunas, so medal ceremonies were held at the event, but this was not till late afternoon, once the Elite competitors had finished.

We decided to head back to the hotel for an hour or so before returning for the medal ceremony, where I was awarded the bronze medal for 3rd in W60 (but I was 2nd in W65!). We also received a lovely mug, which apparently had a different pithy comment on the back for each day's competition.

4. Sprint Distance Race *Length 5.6 Km, 23 controls (W60) 7.6 Km, 27 controls (M65).*
Map scale 1:7500

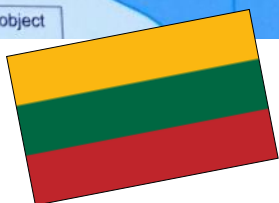
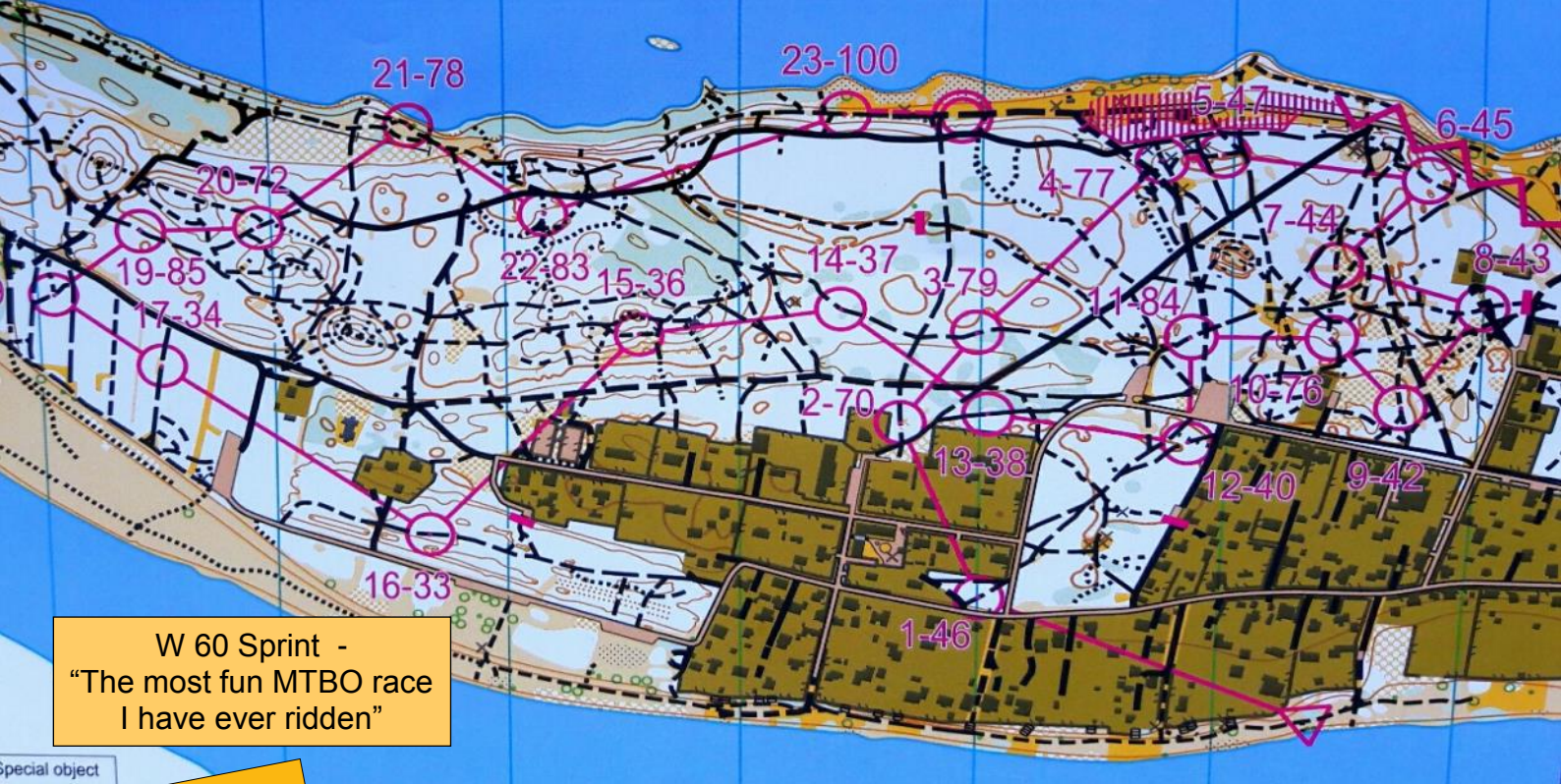


Eric Harper spotted on his Middle Distance course

I love the Sprint – fast and furious, it's the closest you come to really feeling that you are in a race. This one was very different from the two we had experienced in Portugal, both in old hill towns, obviously steep, with lots of cobbles. This event was held in terrain similar to the previous day, but although there was a dense path network, it was not quite as complex as before, and as previously the tracks were generally very rideable, even though many of them were narrow single track. At the west end of the map a network of artificial paths had been mown through some long grass to add interest, but my course didn't go that far.

Again, W60 was one of the first classes to start, (each age group always started together as a block) but this time I was nearly last, with just one very slow, and one very fast rider, the almost certain winner, behind me, so I didn't feel so pressured, even though we set off at just 1 minute intervals. The first leg started across a tussocky field, so I diverted at the first opportunity into the settlement to pick up the tarmac roads. I very soon found myself developing a good flow, in control, reading the map, committing as much as possible to map memory and articulating to myself what I had to do. Approaching #4, I had almost caught Licia, the Italian lady who started 1 minute before me. I stayed behind her through #4,5,6 as the tracks were narrow but on the way to #7 when she stopped to look at the map, I seized my chance, as I could see the control clearly across the open wood. I rode directly to it, not on the track, as this was allowed, but then that disorientated me going out, and, conscious that she was behind me, I unfortunately went into headless chicken mode, failing to turn to the east for #8. 3 minutes lost bouncing off various bits of settlement before I worked out where I was after passing my #9. I caught up with Licia again, then lost her from #11 - #12. From then on, I regained composure, got back in the flow and really enjoyed the rest of the course. I didn't see any of my competitors again and was able to concentrate, though felt myself tiring when we had to climb back up from the river from #21 - #22. I finished with a time of 41.06, in 4th place. Disappointing, as I missed out on bronze by 17 secs, and silver by about 90 secs – all down to the one 3 minute error to #8. I was really pleased with my riding generally, as apart from the one lapse, I didn't make any mistakes, my flow and map reading was good and although almost on the edge, I was always in control and knew where I was. I consoled myself in the knowledge that I was actually 2nd in the W65 class. Looking at the splits afterwards, I had actually been in the lead through controls #5, 6, 7. After that I dropped down to 4th, but I had gradually picked up to 2nd, just losing it to drop to 3rd, then 4th, as I tired over about the last 4 controls.

The use of the SIAC cards certainly added a new dimension to the Sprint race, and greatly improved flow, as it was possible to ride straight past controls without having to stop and dib,



although that did require a high degree of confidence that you had definitely visited the correct control, as it wasn't really

possible to check control numbers without stopping.

Eric again unfortunately had the same problem as the previous day, DSQ for a missed control.

The overall experience was very enjoyable and being our first visit to any of the Baltic countries, very interesting too. As usual, we slotted the Masters into a longer trip, with visits to Riga, Vilnius and the Curonian Spit being amongst the highlights. It was fascinating too to see the numerous relics and leftovers from the Soviet

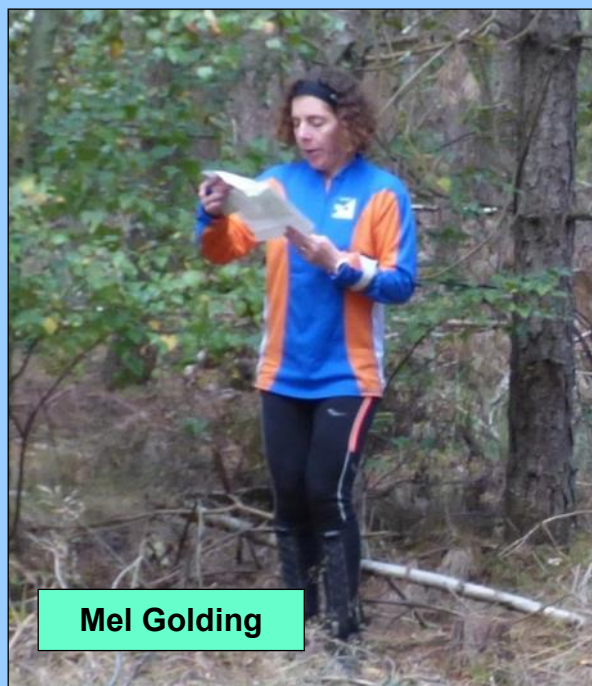
occupation and to understand a bit better the history behind the development of these nations. As far as the mtbo went, this event was certainly, as expected, very different from our Portuguese experiences. In many ways, the weather suited me better, though we were very lucky to have almost no rain, and some warm afternoons. I certainly much preferred the flatter, or more rolling terrain with most hills being rideable and not that high. Above all, I loved the complexity of the navigation, apparently one of the most challenging areas ever used for a Masters competition. This did cause problems for many throughout the competition with a much higher attrition rate than normal, manifested in the high numbers of DSQ for missing controls and mis-punching. So I think my Middle Distance result, which I had thought not that remarkable at the time, with my errors, was in fact quite respectable given the circumstances and the difficulties it was causing to many. Coming from a foot O background was certainly a distinct advantage at these events.

For Eric after his triumph in the Long, the Middle and Sprint results were a disappointment, and has left him wondering how best to deal with the problem of being able to read the maps more clearly on the move, in terms of whether he needs a different contact lens/glasses solution.

We are already looking to next year, when the event will for once be much closer to home, being based in France, near Orleans, from July 30th – Aug 4th. For anyone interested, here is the event link <http://www.mtbo17.fr/> or just ask Eric or me for more details.



Sprint Finish Arena on the sandy river banks. Patches of grass to sit on were at a premium.



Mel Golding



Rich Golding



John Methven

Bramshill Saturday Event

15th October 2016

BKO members tackling Andy
Parry's course



Peter Bennett