

# ***Berkshire Orienteers***

## ***Newsletter***

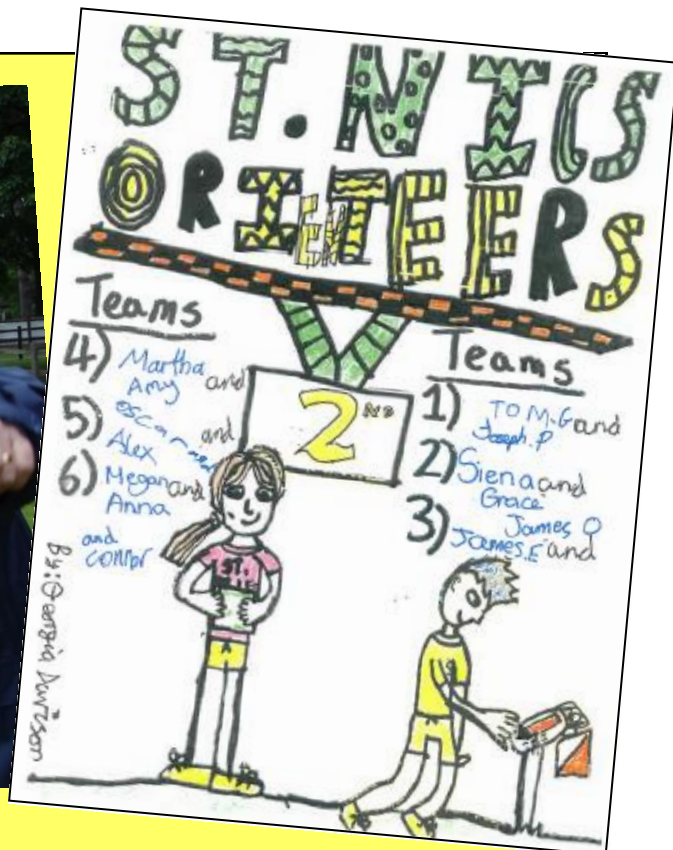
***September 2014***







**Sue Cloud** directing finishers to Download



**The Berkshire School Games 2014**  
**Orienteering**

*(For report and more photos, see pages 12-13)*



**The Games Mascot**

Dear Denise Harper and BKO Club  
Thank you for organising the orienteering competitions at Park House School and at the Berkshire games, Wellington. We really enjoyed taking part and improving our navigation skills

- It was great to learn how to use the E-mit cards and receive our results so quickly!  
The event at Wellington College was really exciting. We were able to cheer our team from the stand as they came out of the woods!!  
Many thanks for all your hard work and making the events so special.

Left and top right:  
Thank you' from **St Nicolas C of E School**, Newbury, who were runners up in the final.



## Editorial

I always enjoy the end of August as it means that the Autumn orienteering events are just around the corner. There is a feeling of anticipation and a chance to look forward to the coming season.

The highlight is usually the November Classic, staged every year by Southampton Orienteers in the New Forest. Held on the first weekend of November (the 1st of November this year), it is timed to coincide with the best of the autumn colours. Of course, sometimes it is a bit early, other years a bit late. And sometimes it rains! Whatever the weather, it usually

provides challenging competition though and attracts competitors from all across Southern England and Wales — and even further afield.

A study of the Fixtures List on pages 8 and 9 shows how this year there are other gems. Individuals will have their own preferences — for some it will be the 7th London City Race on the 21st September (preceded by a Guildford Urban Race on the Saturday). For me, another chance to tackle the complex terrain of Holmbury Hill on the 28th September is looking good. Another good quality area which is very close to us is Mychett being used by Southern Navigators on the 8th November — but is it too soon after the November Classic?

And that's before considering the BKO events which we have struggled to fit in around the other major fixtures. Surely our event at Hawley and Hornley on the 26th October is a must for all club members — a chance to help the club but also an opportunity to check all your O-techniques before the November Classic. There are other gems as well including urban events in St Albans and Winchester. We are really very spoilt for choice this Autumn. Bring it on!

David Jukes

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## Club Notes

*Keeping you informed about the club and its members*

### *Committee News / Discussions*

The Committee met in late July and the following are some of the topics discussed:

- The most significant news is that **Andy Parry** announced that, with regret, he had decided that he should step down from his position as Fixtures Secretary. He did agree to remain on the Committee and to help the replacement person where possible. He will also continue to be responsible for maintaining the website **Fiona Clough** offered to take over as an interim to ensure that there was no interruption to the planning of our forthcoming events. In fact, although there are some issues outstanding, there is already a preliminary schedule of events for the next year.
- The Berkshire schools competition had been a great success. Organised by **Denise Harper** with several club members' support, a large number of youngsters were able to participate and experience the sport, many for the first time. We are already being asked if we will be willing to do it again next year and Denise has expressed a willingness to do this.

**Cover Photo:** **Mark Saunders** (M35) taking time to decide on a route to the first control at the start of our Lower Earley Summer Parks Challenge event on 5th July. In fact he shot round the long course coming in second behind Dane Blomquist (M18) who was just back from representing the UK at the European Youth Orienteering Championships 2014 on the 25-29 June in Macedonia



It can be noted that the participants were given tokens for a free entry to another BKO event and we had some enthusiastic juniors (with their parents) at July's Lower Earley event. Donations from the various schools' groups staging the overall competition have boosted the club's finances by about £500. *For a full report, see pages 12-13.*

- **Katy Stubbs** had attended a Crown Estate users group meeting. Our main interest relates to Star Posts and Swinley (East and West). Our main problem is that, following the Southern Championships, it has been decided that we will no longer be permitted to park any cars on Star Posts. This will severely limit our future use of the area unless we can identify suitable land adjacent or close enough to the forest. There is in any case going to be forestry work to remove many of the rhododendrons from the area and, in addition, a new water main is to be laid across it.
- It was agreed to continue to hold club nights although the frequency may be adjusted. Information on the schedule for the Autumn will be circulated by e-mail to club members.
- The Committee was updated by **Brian Sewell** on the work to improve our results' computing capability. Our new laptop and associated software had been used at the Summer Urban Series and some initial issues identified and resolved. Discussions focussed on how to further improve our capabilities. A decision was made to buy one more laptop at present and one USB reader for Emit cards. There was also a short discussion on whether we needed the ability to print A3 maps at events — there were concerns though as to the quality of the print of cheaper printers and the electrical requirements for the more reliable machines. No decision was taken at this point although having an estimated price would help in any future discussions.
- A rather intriguing matter was raised under Any Other Business. At many of our main local events (Level D) competitor details are obtained by entrants completing a paper entry form. What had not been appreciated by most Committee members was that this was also needed for insurance purposes and that, under the terms of the national insurance policy, these details of entrants should be kept for 5 years. This led to suggestions for a BKO archive with boxes for each year's collection of entry forms. What was appreciated was that there were various requirements when staging event which any inexperienced event organiser might need to be told about - risk assessments was another such item. Although there is information available from various sources, creating an 'information pack' for event officials was seen as potentially helpful.

## Membership Memo

**Ian Hudson - Membership Secretary**

It has been an even quieter couple of months than I reported in the last newsletter, with no new members at all. We have had a couple of email enquiries from potentials but so far no joiners.



## BKO Youth League

First an update on the 2013-14 Youth League. The picture on the right shows members of the **St Andrew's School** team which came first in last year's league. Here is Katy Stubbs who visited the school and presented them with their various badges and certificates for outstanding performances. Members may recall that they are British Schools' Champions in their age class and we wish them well in their defence later in the Autumn.

Our 2014-15 Youth League is upon us already commencing with the event on 6th September. The current listing of expected dates is given below. Note that due to a high number of quality events close to Berkshire, it has been impossible to schedule an event in early November. It has therefore been decided to include our Level C event on Sunday 26th October as one of our Youth League events.



Sat 6 Sept 14	Swinley East
Sat 4 Oct 14	Benyons Enclosure
Sun 26 Oct 14	Hawley
Sat 13 Dec 14	Yateley Heath
Sat 17 Jan 15	Burghfield East
Sat 14 Feb 15	Langley Park
Sat 14 Mar 15	Swinley West
Sat 11 Apr 15	Rushall Woods
Sun 24 May 15	Bloom Wood

The League is aimed at Schools, Scouts, Guides and other youth groups but individuals can participate in their own right. For more details, look at the dedicated web page at:  
**<http://www.bko.org.uk/youth-league>**.

It is co-ordinated by **Ken Ricketts** who can be contacted on:  
**[youthleague@bko.org.uk](mailto:youthleague@bko.org.uk)**.

### Andy and Pavel in Nepal

**Andy Straka**, daughter of **Dan** and **Lenka Straka**, was an active member of BKO before heading to Cambridge to train as a vet. Her friend is **Pavel Prochazka** and he has been an occasional member of BKO recently.

This summer they are spending time in Nepal assisting with the development of a school. Before leaving they successfully undertook a fund-raising run of 35km with over 1800 m of climb around a hilly part of the Czech Republic. The money raised is helping build a classroom and drinking water facility for the school.

You are still able to provide them with some support, see:

**<https://www.justgiving.com/Andy-Pavel/>**



Andy selling cakes to raise funds for Nepal

## SCOA Junior Squad

Have you ever seen juniors running around wearing O-tops saying 'SCOA'? These are worn by members of the regional **SCOA Junior Squad**. Craig Blackford (of BADO) is the current Junior Squad Manager and has provided the following background details:

*The Junior Squad is responsible for the training of junior orienteers within the region to achieve a high standard both personally and when running for the region. The Junior Squad is always on the lookout for new members - perhaps it could be you (if you are a junior) or your children! You don't have to be that experienced to join the squad, just able to complete an orange course. The Junior squad will help you to become a better orienteer, through monthly training sessions, weekend trips and inter-regional competitions.*



Some of the SCOA Junior Squad in their regional O-tops (Note that a redesign is likely in the near future though)

The Autumn sequence of training sessions is expected to start on 13th September and there is an inter-regional competition on the weekend of the 27th/28th organised by Lakeland Orienteering Club. This is a selected team and the region always try to send a full team but tends to be short of the younger competitors: M/W 12s and 14s.

To find out more about the SCOA Junior Squad, please contact Craig Blackford by e-mail on [craig.blackford@btinternet.com](mailto:craig.blackford@btinternet.com)

## SCOA Regional Colour coded awards

### *How to Qualify for an Award*

A White Award can be made to anyone who completes three White courses. The Colour Coded Standard for courses other than White is either the time that is achieved by 50% of those who started the course (including the retirals and disqualifications), or 150% of the winner's time - whichever gives the largest number of qualifiers. A competitor qualifies for a colour award (other than White) by attaining the Colour Coded Standard for that course on three separate occasions. Pairs can qualify for the awards on the White, Yellow and Orange courses.

### *How to Obtain Your Award*

SCOA Colour Awards are available through designated club committee members. **Bryce Gibson** has performed this task for many years for BKO but it has just been handed over to **Ken Ricketts**. To claim the relevant award, please send him an e-mail to [youthleague@bko.org.uk](mailto:youthleague@bko.org.uk) stating which events you believe meet the qualifying criteria and your name and address. There is no charge. Also contact Ken if you need more information.

## BKO Kit — Update

### Update from **Fiona Clough**:

- I have had a delivery of a large range of sizes of the BKO Club tops, both short sleeve and long sleeve. If you are interested but want to check to see which size is best for you please email me on [ladybiker729@aol.com](mailto:ladybiker729@aol.com) and we can arrange to meet at an event so you can try the different sizes on. Club tops cost £20 each. Alternatively I can post the tops to you if you are happy what size you require.



## Controller? Planner? Organiser?

### Or might want to try your hand in the near future?

Attendance at a British Orienteering Event Safety Workshop is a mandatory requirement for all Controllers and is advised for all levels A,B & C Organisers. It is also suggested in the BO rules that Planners attend too.

Glynis & Jon Wheatcroft of Thames Valley OC (TVOC) are running a repeat workshop for TVOC (& other neighbouring clubs) on Saturday 15th November from 9.00am - 1.00pm at the Merry Bells, Wheatley (just off the M40 east of Oxford). Members from any SCO A club are welcome. Please put the date in your diary now and let them know if you intend to attend. Please e-mail them on [wheatcroft@waitrose.com](mailto:wheatcroft@waitrose.com)

### **Event Safety Workshop**

To provide Event Volunteers with an overview of safety and welfare issues that may arise as a result of staging an Orienteering event. To have knowledge of the British Orienteering procedures and policies that exist, practical measures which Event Volunteers can employ to reduce the risks to an acceptable level and what to do in the event of an accident or incident occurring. By the end of this unit you should understand how to:

- Establish a safe environment for competitors, officials, spectators & members of the public
- Establish a working relationship with volunteers, event helpers & others
- Ensure compliance with the relevant rules & guidelines for the staging of orienteering events

*Taken from the British Orienteering website. See:  
<http://www.britishorienteering.org.uk/page/organisers>*

### **Photo Caption Competition**

There were only a few entries for this competition and **Andy Parry** has chosen his favourite.

Also shown is one of the other suggestions. Thanks for those who did enter.

And Andy's own official thought ...

**I wonder if the pub's open yet ?**

**I'm sure the shop assistant said all I needed to do was press the 'Start' button and it would cut the grass!**

**Coaching tip  
#237 - Fondle the start to get focussed**



## 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
Wed 10 Sept	MLS Summer Series	Level D	BAOC	Long Valley South	Aldershot
Sat 13 Sept	Army Reserves Championships	Level D	SOC	Lucas Castle, New Forest	Southampton
Sat 13 Sept	TVOC Saturday Series Wendover Woods	Level D	TVOC	Wendover woods main car park	Wendover
<b>Sat 13 Sept</b>	<b>Caddihoe Chase, SW Championships, VHI Individual</b>	<b>Level B</b>	<b>NGOC</b>	<b>Mallards Pike</b>	<b>Cinderford</b>
<b>Sun 14 Sept</b>	<b>Caddihoe Chase, SW Championships, VHI Relays</b>	<b>Level B</b>	<b>NGOC</b>	<b>Mallards Pike</b>	<b>Cinderford</b>
Wed 17 Sept	Military League South	Level D	BAOC	Woolmer	Woolmer
<b>Sat 20 Sept</b>	<b>GO Guildford Urban Race</b>	<b>Level B</b>	<b>GO</b>	<b>Guildford</b>	<b>Guildford</b>
<b>Sun 21 Sept</b>	<b>London City Race</b>	<b>Level B</b>	<b>SLOW</b>	<b>City of London</b>	<b>London</b>
<b>Sun 28 Sept</b>	<b>LOK Regional SE League</b>	<b>Level B</b>	<b>LOK</b>	<b>Holmbury</b>	<b>Dorking</b>
Sun 28 Sept	Gallopen and Dorset Schools	Level C	WIM	Gore Heath, Wareham Forest	Wareham, Dorset
Wed 01 Oct	Military League South/AGC Championships	Level D	BAOC	Pyestock	Pyestock
<b>Sat 04 Oct</b>	<b>BKO Winter Saturday Series (Benyon's Inclos.)</b>	<b>Level D</b>	<b>BKO</b>	<b>Benyon's Inclosure</b>	<b>Mortimer</b>
Sun 05 Oct	SWOA Galoppen & SCOA League + Dorset Schools event	Level C	SARUM	Everleigh	Bulford
Sat 11 Oct	SOC Autumn Event 2	Level D	SOC	Hasley Hill, New Forest	Southampton



Date	Name	Level	Club	Venue	Town
Sat 11 Oct	TVOC Saturday	Level D	TVOC	Green Park	Wendover
Sun 12 Oct	HH City Race	Level C	HH	St Albans	St Albans
Sun 12 Oct	Dorset Delight	Level C	WSX	Bisterne Close	Burley
Sun 19 Oct	TVOC Regional	Level C	TVOC	Kingswood	High Wycombe
Sun 19 Oct	SE Score Championships	Level C	GO	Chobham Common	tbc
Wed 22 Oct	Military League South	Level D	BAOC	Longmoor	Longmoor
Sat 25 Oct	SE Night	Level C	SAX	Knole Park	tbc
Sun 26 Oct	SAX District Event	Level C	SAX	Knole Park	Sevenoaks
<b>Sun 26 Oct</b>	<b>BKO SCOA League Event (Hawley)</b>	<b>Level C</b>	<b>BKO</b>	<b>Hawley and Hornley</b>	<b>Blackwater</b>
<b>Sun 26 Oct</b>	<b>Midland Championships</b>	<b>Level A</b>	<b>DVO</b>	<b>Longshaw</b>	<b>Chesterfield</b>
Sat 01 Nov	Winchester Urban Event	Level D	BAOC	Winchester Bar End	Winchester
<b>Sun 02 Nov</b>	<b>November Classic (UKOL)</b>	<b>Level B</b>	<b>SOC</b>	<b>Kings Garn Gutter, New</b>	<b>Southampton</b>
Wed 05 Nov	Military League South/RLC Championships	Level D	BAOC	Minley Manor	Minley
<b>Sat 08 Nov</b>	<b>SN Regional SE</b>	<b>Level B</b>	<b>SN</b>	<b>Mytchett</b>	<b>Frimley</b>
Wed 12 Nov	Military League South	Level D	BAOC	Barossa	Camberley
Sat 15 Nov	Southern Night Championships	Level C	BADO	Silchester Common	Tadley
Sun 16 Nov	BADO Level C and SCOA League Event	Level C	BADO	Pamber Forest	Tadley



### **Advance Notice : BKO Club Championships 2014**

Initial discussions within the BKO Committee have led to a choice of the BADO event on the **16th November** at **Pamber Forest** (the last event listed above) as the venue for our annual Club Championships. This is the same venue as last year — very close with some interesting areas to test your skills.

**Put the date in your diaries now! More details will follow by e-mail nearer the time**

# Know your sport: Planning, training and competitions *(with Dave Rogers)*



At this time of the year, orienteers usually reflect on the past competitive season and start to make plans for the upcoming season.

In terms of making plans on which races you will compete in, how far ahead do you look? A year, 6 months, a week, a day? This year, the JK, and various British Championships are in April and May 2015. Wouldn't it be great if we were better prepared for them?

Most successful orienteers, tend to plan ahead and select the key competitions that they want to do well. Having selected these key competitions, they design their training and other races around them. In coaching terms, this is known as '**periodisation**' of training.

**Periodisation** training is a systematic training plan used by athletes to adjust their training throughout the year in order to be in the best condition at the most important races.

**Periodisation** training plans can be complex and individually designed, but the basic annual periodisation phases outlined here can be used by most orienteers with some minor tweaking.

## **PHASE ONE – PREPARATION (August – September)**

The goal of the first phase of training is to gradually return a rested athlete to training in a slow, controlled way. This phase builds fitness slowly, by performing low-intensity, moderate-duration activities. Easy, moderate sessions that are comfortable and steady are a good way for most athletes to prepare for the harder training ahead. Cycling and swimming are popular during this phase. It is also a good idea to decide what races you are going to target so that you aim to peak at the right time.

## **PHASE TWO - BUILD BASE FITNESS (October – December)**

The real training begins after about a month of easy preparation. You now focus on improving all the major areas of fitness, specifically cardiovascular endurance and strength. During this phase, you'll increase your overall fitness, build strength and power, add interval training and do a variety of all-body exercise. This is the phase where you work on your weaknesses, your flexibility, your balance and develop a solid nutrition plan.

## **PHASE THREE– ORIENTEERING SPECIFIC TRAINING (January to March)**

The next few months are the time to focus on orienteering specific fitness. This is the Principle of Specificity, which implies that to become better at a particular exercise or skill, you must perform that exercise or skill. During this phase, you simulate race-like conditions and practice skills needed during your event. Your body is strong and fit and you can focus on race technique, strategy and technical training. You'll practice skills again and again so they become second-nature and combine them in one coordinated, flowing movement. You may also start competing in "lead-up" events to get used to actual competition and race-day conditions. Wherever possible, find events on similar terrain and orienteering discipline to your selected key competitions.



## PHASE FOUR– TAPERING (late March – early April)

Tapering refers to a decrease in training volume in the week or two prior to major competitions. According to research, the ideal tapering strategies include a drastic decrease in training volume, but adding short, high intensity interval training sessions leading up to the competition. The guidelines include: decreasing your training volume (mileage) by 80 to 90%; decrease your frequency of training (number of workout sessions) by 20%; for events lasting an hour or less, use a one-week taper; for events lasting more than an hour, use a two-week taper.

## PHASE FIVE– RACING/ PEAKING (April – May)

"Peaking" refers to an athlete being in the absolute best condition (physical, emotional and mental) at a specific time for an event or race. The peaking phase of periodisation training can last one to two weeks and is the ultimate payoff for the periodisation training programme. After the Taper phase, most athletes will find that their fitness is at maximum for a period of one to four weeks, depending upon how they spend that time. If you have a long season you will need to create smaller rest/work phases during the active season. For example, if you compete each Saturday, Sunday will be a recovery day, building back up by Wednesday and Thursday and tapering again on Friday.

*(Acknowledgement: The bulk of this article is reproduced from the Northern Ireland Orienteering Association's Coaching Focus, October 2012.)*

Here is an example of how the year might be planned. In 2015, the British Championships are on the 18th April so phases may need to be adjusted a bit if that competition is when you want to reach your peak.

2014																															
August	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
September	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
October	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr
November	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo
December	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
Preparation																															
Build Base Fitness																															
2015																															
January	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
February	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu
March	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu
April	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr
May	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
June	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
July	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr
Orienteering Specific Training																															
Tapering																															
Racing / Peaking																															

For more on the science of periodisation, please see Paul Murgatroyd's articles in CompassSport magazine and his **'Physical Conditioning'** presentation at the 2012 British Orienteering Coaching Conference:

[http://www.britishorienteering.org.uk/page/coach\\_support](http://www.britishorienteering.org.uk/page/coach_support)

## The Berkshire School Games Orienteering 2014

Denise Harper

This year, as last, BKO again supported the delivery of school orienteering competitions throughout the county, culminating with the county final, held once again at Wellington College as part of the Sainsbury's School Games.

2014 turned out to be our most successful games so far in terms of attendance, with teams competing from 7 of the 8 Berkshire School Sport Partnerships, the only non participant being Wokingham. BKO supported qualifying competitions in West Berkshire East and West (3 competitions needed to accommodate the demand), Bracknell, Slough, and for the first time, Ascot & Maidenhead. Reading and Windsor organised their own competitions to provide 7 teams to battle it out for the county championship. These competitions were held from April right up till July, both on school and park sites, and needless to say, involved a lot of assistance from the BKO volunteer team to run them, as each competition involves running a mini event with 12 team members from each school, running as 6 pairs at minute intervals. However, after years of practice, we are pretty efficient with our delivery, hence the demand for our services.



On the day of the final, all 7 teams turned up – in fact rather earlier than expected. Planning of the final course had caused Eric and me some concerns, as during the year, the woods which we use had been decimated by forestry works, all but obliterating the path network, and leaving the forest floor strewn with brashings, and the ground very churned up and rutted. This meant we had to use the sports field more than we would have liked, and to achieve the required distance, had to have something of a zig-zag course over the field. This in fact, added another dimension and separated the 'navigators' from the runners. The competition was intense, and it was quite entertaining for us, watching from the

pavilion as the 'headless chickens' ran back and forth across the field. As usual, BKO ran a very slick performance which was greatly appreciated by all, with results declared within minutes of the last competitors finishing.

The results of the competition are shown below, with newcomers Oldfield taking the title in a convincing manner for Ascot & Maidenhead.

Position	School Sport Partnership	School	Score
1	Ascot & Maidenhead	Oldfield	26
2	West Berks West	St Nicolas	51
3	Bracknell	Binfield	61
3	Windsor	Trevelyan	61
5	West Berks East	Aldermaston	71
6	Reading	Caversham	79
7	Slough	Lynch Hill	109





**Berkshire School Champions:  
Oldfield Primary School, Maidenhead with Denise Harper**

*Some interesting statistics:*

Schools taking part in competitions run by BKO:

SSP	School teams	Participants
West Berks East	5	60
West Berks West	13 (2 competitions)	156
Bracknell	8	84
Ascot & Maidenhead	3	36
Slough	4	48
Total	33	384

So with the competitions held by Reading and Windsor, well over 400 children took part in qualifying events across the county, with 84 of these competing in the final.

We have already been asked to provide orienteering competition again in 2014, and I have also received preliminary enquiries Wokingham who would like to be involved next year, so it looks as if we might be one of the few sports next year with a 'full house' of entries from every Berkshire SSP.

Finally, My grateful thanks go to all the willing volunteers, without whom none of this would be possible. With more demand expected next year, I'm always willing to hear from any one with a few hours to spare on 'match days', as the greater the pool of helpers, the less the demand falls to the same people all the time.

## Know Your Club Members — Nigel Houl

### *Age/Class?*

Started as an M35, now an M60.

### *Hometown?*

Originally Loughborough, but lived in the Reading/Wokingham area since university.

### *How did you start orienteering?*

*I used to do a lot of hill-walking with friends, some of whom were orienteers in (then) ROC, and they eventually persuaded me to give it a try. I borrowed a map of Hawley and Hornley and went for a walk round it on my own to get a feel for the mapping (probably totally illegally as there wasn't an event on at the time), and then entered a colour-coded course (red) at the Concorde Chase in Bucklebury - that was in 1987. I was very naive back then - I walked to the start before discovering that you had to register in the assembly area first, and didn't fill in a results envelope (no internet in those days) so I never found out how well (or badly) I did.*

### *Clubs?*

Only BKO and its predecessor, Reading OC

### *Best achievement/success?*

I can think of two. The first was winning my course (M40S) for the one and only time at an event on Merthyr Common in 1994 - in fact, of the 7 BKO members who entered, 3 retired and the other 4 won their courses! The second was beating Axel Blomquist (a far better orienteer than me) at the first London City Race in 2008 - I think he ended up on the wrong level coming out of the Barbican.

### *Most enjoyed event?*

The Venice city race - definitely one of the best urban events. Anyone who hasn't been there will find it hard to understand how an urban event can be that technically difficult.

### *Worst event/most embarrassing orienteering moment/biggest goof?*

That has to be my second event, at Slufers and Holly Hatch in the New Forest. I was running a green course for the first time, and went so far wrong on the first control that I think I ran right off the map! I saw some other orienteers in the distance and decided to head for them as that ought to get me back on the map, and then somehow managed to relocate and complete the course in a bit under 2 hours (for 5k!). Looking back at the map now, it was quite a tough course for a beginner.

### *International experience?*

Back in 1999 I decided to try orienteering abroad, starting with the French 5 days in the Bordeaux area. Since then I've run in Belgium, the Netherlands, Portugal and three times in Sweden (one training event with a local club when on a business trip, and two O-Ringens). More recently I've become keen on urban events, and have done the Venice event twice.

### *Biggest cheat?*

At the Cambridge urban event I spent the night before in my old college - Jesus - which featured in the course. I didn't spot any controls there before the event itself, though.



Nigel at our recent Lower Earley event



*What have you put back into the sport?*

I've tried to get some of my running club to give orienteering a try, and those that have seem to have enjoyed the experience.

*Other activities/interests?*

My main other interest these days is road running, which I got into via orienteering: at one of BKO's Wednesday evening summer runs (which we used to do after the end of the summer training season, when the vegetation was too high for orienteering), Alan Yeadon suggested I should have a go at a 10k race in Wargrave (which his running club was putting on). I did, and the rest as they say is history. I progressed to half marathons and the occasional marathon, and even this year in the other direction to track races and the mile, and have won my age class a few times. I've also recently qualified as a coach. Apart from that, I've got long standing interests in travel and photography.

*Employment?*

I worked in electronics R & D for Racal (later to become Thales) from university until I retired in 2012.

*What training do you do?*

None for orienteering, but I train for running 3 or 4 times a week, and am a regular at the Woodley parkrun. This is probably why I can now run faster than I can navigate!

*What is the best thing about orienteering?*

Following a difficult route without making any errors or stopping to look at the map.

*What is the worst thing about orienteering?*

Stumbling through brashings and rough terrain - perhaps the main reason why I now almost exclusively run urban events.

*Orienteering ambition?*

It would be good to beat David Jukes sometime, but I doubt I will!

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

I've recently flown a Tiger Moth aircraft over Cambridge.

*Favourite music/book/film, etc?*

I like John Le Carre's spy novels and Colin Dexter's Inspector Morse books.



### **Your 2014-2015 Committee**

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

## Lakes 5 Days - What's in a name?

*The UK's orienteering calendar has for many years contained a summer festival providing events over 5 or 6 days. The festival's rotate in a 4 year sequence: Scotland - Wales - Scotland - Lake District. This year it was the turn of the Lake District to act as hosts. Only a few BKO members attended and here are some of their impressions*



### Andrew Graham (M55S)

#### **Day 1 - Swindale**

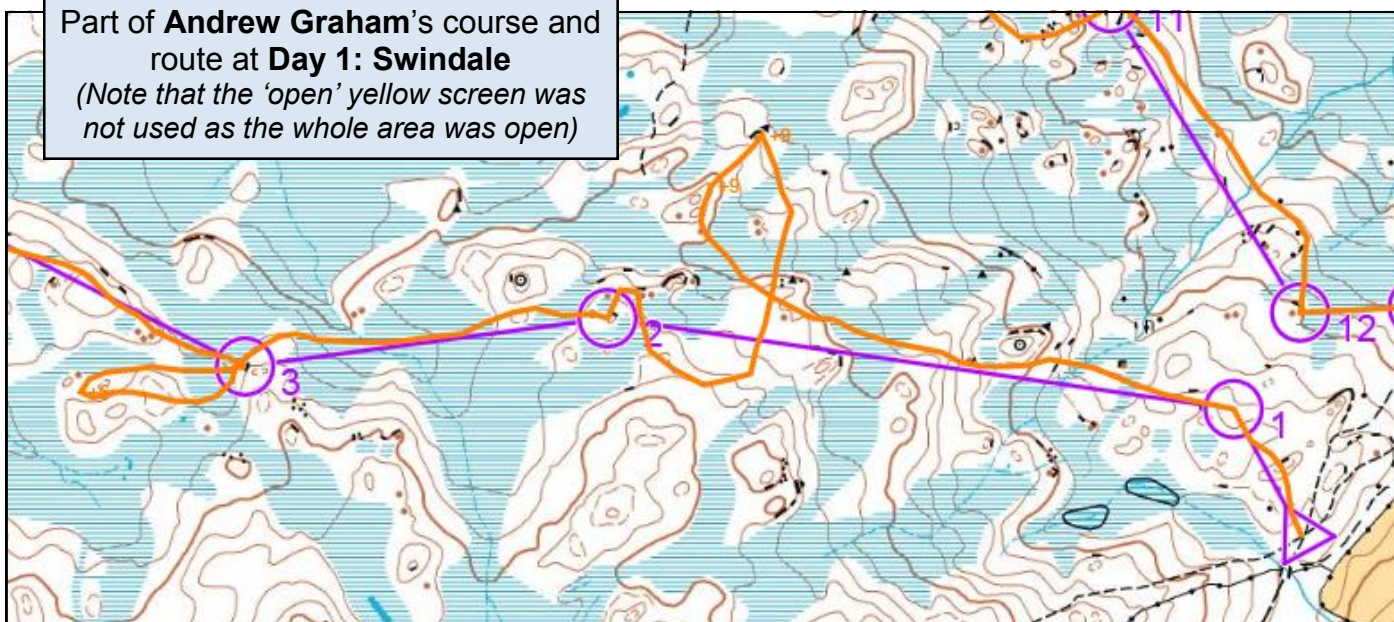
Having lived in Scotland for 5 years, I often made the rail journey between Glasgow and Euston. There was always a slow grind up to Shap Summit where, peering through the gloom, you might spot, sitting among the grass tussocks, the pathetic skeletons of rail-workers who had succumbed to exposure while taking a break from maintaining the line.

Just 4km to the west, another 150m higher, just beyond Wet Sleddale, lies Bleak Hill (I am not making these names up). Add howling winds and torrential horizontal rain and you have a cracking place for an orienteering event!

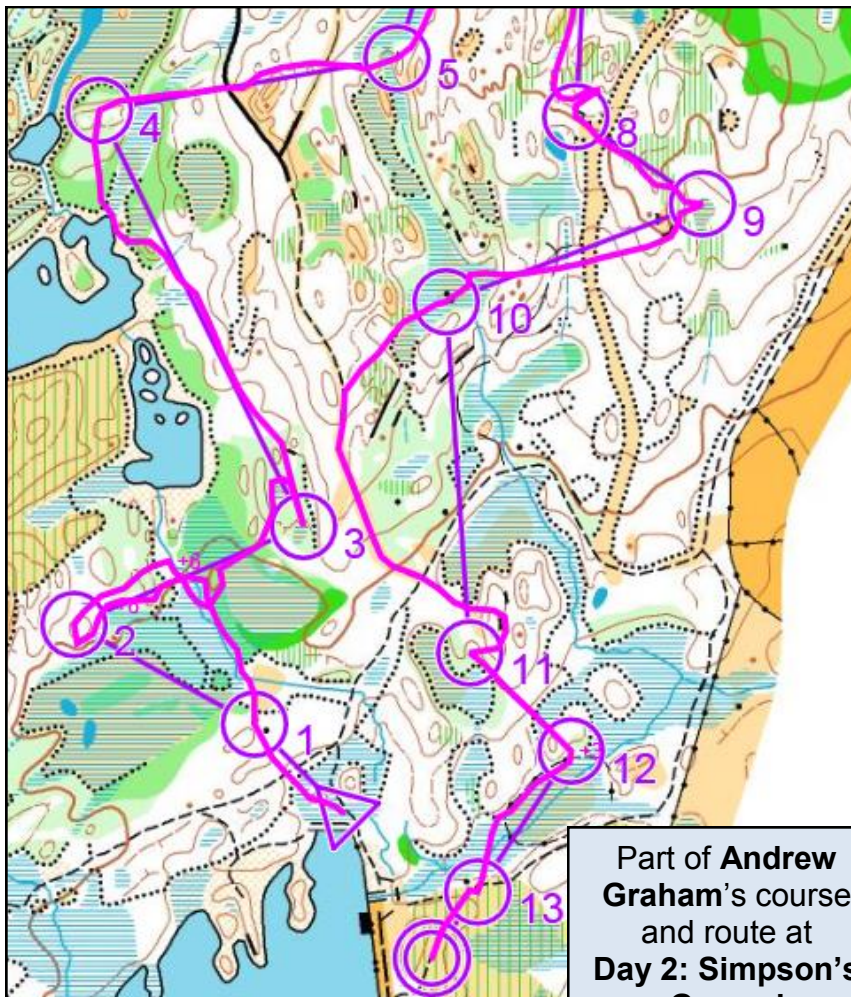
Informed that it would take 50mins to get to the start but reaching it in 30mins I found myself cowering under the lee of a decidedly porous dry stone wall for 20 minutes wondering (with many others) what on earth I was playing at. I got underway eventually and found control 1 OK, almost immediately lost contact with the map and then after finally finding 2 I managed to trot (head down into the driving rain) straight past 3. At this stage I was a convincing last. In the atrocious conditions maintaining contact with the map, i.e. not letting it be blown out of your hand, was essential. Focusing on this key skill I gradually got the hang of the map/terrain and clawed my way back to a middling final placing. Thoroughly exhausted by the time I made it back to the car. Thank goodness I entered M55S. Can I do this again for another four days?

Swindale is not actually on the competition map of the area. Perhaps no one would have turned up if they had been honest about the location's name. And on the subject of honesty, thanks to the people who let the wind slam their car door into my car leaving a dent and paint but no note of apology. Grrrr. Another day tomorrow.

Part of **Andrew Graham's** course and route at **Day 1: Swindale**  
(Note that the 'open' yellow screen was not used as the whole area was open)







## Day 2 - Simpson's Ground

Hold on! Sunshine. Gentle breezes. Warmth. Dry ground. Hello clouds! Hello sky! Perhaps I imagined yesterday. This is more like it. And my course is only 2.5km. Can that be right? Simpson's Ground was a dense mixture of woods, thickets, marsh, bog, pond with contour and rock detail. Great fun pinging around on relatively short legs (that's the course, not me). A couple of mistakes - Doh! (geddit?) *[the Editor didn't and had to ask!]* but still felt I had had a good run. Slippery slidey in places where thin layers of mossy vegetation overlying slick slabs of stone were easily dislodged by runners leaving later starters skating around somewhat. And some nice thigh deep bog to get stuck in. But all in all, very enjoyable.

## Day 3 - Grizedale

Ah what might have been? How can it have taken me 10 minutes to find the first control if it was only 75m from the start kite? Search me. Stephan tells me this is a classic planner's trick – and I fell for it. I ended up pretty close to control 2 though so that made it easy to find after I eventually got back to 1. Once again I was in last place. After that things were relatively straightforward navigationally, though very challenging underfoot with loads of brashings and windblown trees, some very large and in congested groups. But managed to fight back to a middling finish again. Oh, and I managed to find another thigh-deep bog to sink into.

## Rest day

Urban event in Ulverston. Are you mad? I'm, going for a paddle in Grasmere thank you.

## Day 4 - Pike of Blisco

You're having a laugh aren't you? Up there? Good grief. OK, so the final details did say that it was a 400m climb to the start but I wasn't expecting something like the opening scene of "Aguirre the wrath of God" (google it if you must). However,

The 'walk' (or 'climb'?) to the start of Day 4: Pike of Blisco







under clear blue skies, we toiled up to be rewarded with utterly fabulous views of the Langdale Pikes and Crinkle Crag. The most beautiful start location ever. So, having learned my lesson from the day before, I took it carefully to 1 and then gradually sped up as I got the hang of the map. No major goofs, and felt good running as the ground was open and less tussocky than "Swinedale". My only complaint was, having gone to the Lake District hoping to tick Raven off my bird list for the year, and spotting "Raven Crag" on the map immediately north of the car park, I was expecting to dip in. No sight. Not even a croak. Another misleading name there I fear.

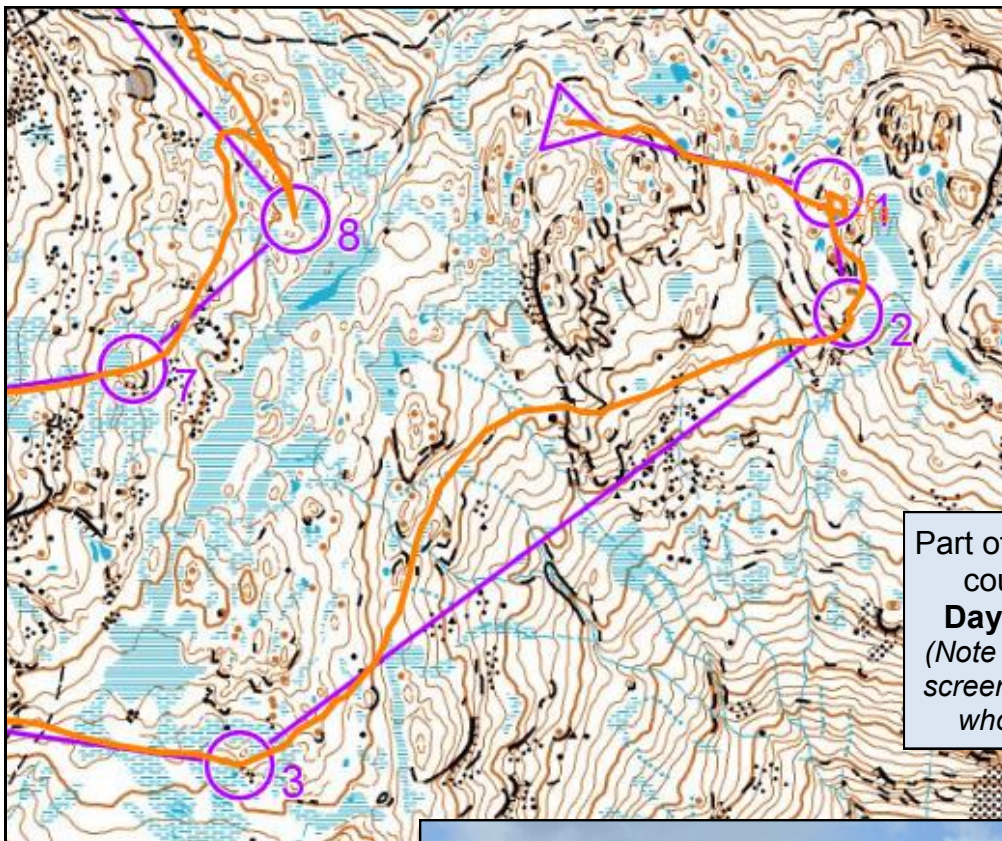
## Day 5 - Hampsfell and Eggerslack

More trades description act problems. The Eggerslack bit was the low visibility woodland on steep slopes described in the blurb. Did my course take me in there? Did it er, 'eckaslike. So my entire course was out on Hampsfell: sheep cropped limestone grassland with extensive limestone pavements and rocky areas. I was fortunate to have a relatively early start while the pavements were dry. I certainly wouldn't have wanted to be running on them after the rain came. The chances of slipping down off a clint and breaking your ankle in a gryke would be pretty high. I really enjoyed this run again, I seemed to have more legs each day which I found surprising, and achieved my best finish of the week - 7th.

All in all an excellent week and a very well organised event. After Day 1 the weather was much better than forecast and the Lake District is of course a wonderful place to visit. The orienteering experience was everything I expected and very enjoyable. All the walks to the start were well worth it and the terrain, the like of which we will never experience in Berkshire, was terrific. Now to book for Scotland next August.

Andrew Graham may not have wanted to use his 'rest day' by racing around the streets of Ulverston. However 3 club members did decide that a 'rest' meant a race round the streets rather than across the hills. **Derick Mercer** tackled a Brown course, **Fiona Clough** went on a Blue course and **Simon Moore** opted for a Green course.





Part of **Andrew Graham's** course and route at **Day 4: Pike of Blisco**  
(Note that the 'open' yellow screen was not used as the whole area was open)

**Derick Mercer** (second from right) staying focussed at the start of the Ulverston Urban event



Credit: the event photos on pages 17, 18 and here are reproduced with permission from **ActivNorth Photography**

**Fiona Clough** at the Ulverston Urban event



A raven: For Andrew Graham who was disappointed not to see one on 'Raven Crag' (see report)





Parking and Registration at  
the Reading Moat House  
Hotel, Sindlesham Mill

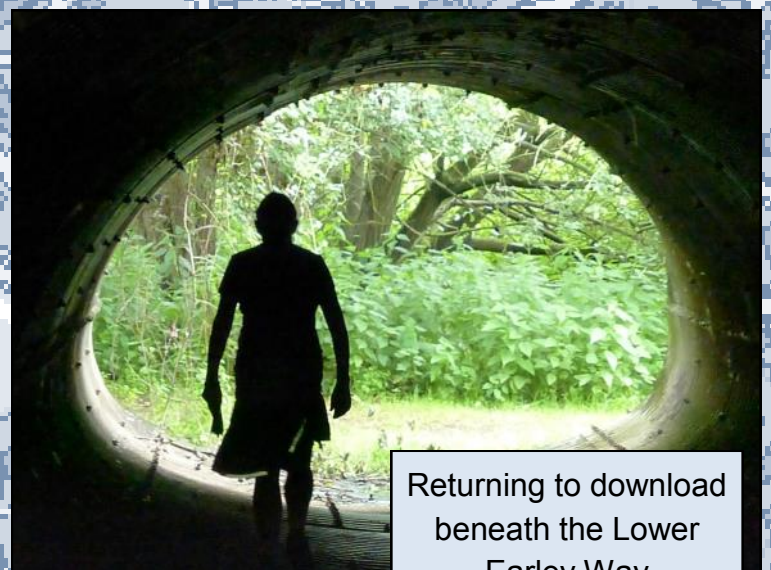


Lisa Methven

Start and Finish close to the River Loddon



Ken Ricketts



Returning to download  
beneath the Lower  
Earley Way

**Summer Parks Challenge**  
Lower Early  
5th July 2014