

Berkshire Orienteers

Newsletter

September 2015



BKO Summer Parks Series

A selection of photos from this year's Summer series

Glenn Wass
approaching the
Finish at Wildridings

Eoin Sharkey
tackling the long
course at Ashenbury

Our Summer Barbecue in full swing after our Birch Hill Event on the 18th July - luckily one of the summers' warmer days!



More
photos on
Page 14

Editorial



Cover Picture: *The sun was shining on our final Summer Parks Urban event in July which was followed by the Club's Picnic.*

I attended Highland 2015 in early August - my first Scottish 6 Days for over 30 years. There are several detailed presentations on this in the second half of this newsletter. Of course this year's event was extra special as it was staged alongside the 2015 World Orienteering Championships (WOC) allowing the enthusiastic club standard orienteer to see those of international standard competing whilst also attempting to match their performance during the 6 Days over the same (or similar) terrain.

What stands out from the experience? The short opening ceremony of the WOC in Nairn followed by the Sprint Relay took place on the day I arrived in Scotland. It was great to be part of the large crowd and to watch on a large screen the progress of competitors around the course. I had not appreciated that WOC competitors are isolated before the first starts allowing spectators to have access to the maps and courses and to have these displayed on the large screen along with real-time tracking of the competitors' location. A well informed commentary and a professional TV camera crew allowed us all to follow the progress of the different teams. It was a great start to the week.

More surprisingly for me was the Individual Sprint event in Forres later in the week. The police had closed several roads for the event but anyone, both local people and spectators, were free to wander around the town during the event. At one stage I was able to look down the main street of Forres and see the WOC competitors diving in and out of small alleyways whilst at the same time trying to dodge around the flag-waving and cheering crowds surging up and down the road. It was also rather satisfying to see a competitor miss a control in the final stages of a race. Even the best can make this mistake - something I had just done on Day 1 of the 6 Days!

Overall it was a tremendous showcase of orienteering. It was a pleasure to be a part of it and to see what the sport means at the highest level. Very few of us make that level but in our way we can enjoy the challenge every time we attend an event. We can all set our own targets - regularly beating a rival, attempting to reach a new higher ranking score, getting into the top half of the results on a particular colour-coded course. As the new season gets underway, perhaps now is the time to consider your targets for 2015-16. For me I am looking forward to the November Classic in the New Forest, the British Sprints (probably at the Olympic Park) and the British Long Distance Championships in the West Midlands. As a personal target? Not missing a control at any event!

David Jukes

The Start of the WOC Women's Sprint Relay at Nairn



Club Notes

Keeping you informed about the club and its members

Urban League Updates:

We are now just over the half way point in the two main urban leagues that BKO members participate in.

For the **Southern England Orienteering Urban League (SEOUL)**, there have been 9 races out of the 16 in the League, most recently there have been events at Marlborough (11 July) and at the Rutherford Laboratory (31 August). As reported in the last Newsletter, **Mark Saunders** (M35) was already leading in Men Open and has maintained this position with a 6th and an 8th position at these events. He now looks certain to have a top 3 position but he is being challenged by two M21 youngsters. Also doing very well are **Fiona Clough** with 6th and 5th positions over the summer leaving her in 2nd place in Veteran Women, and **Sally Collins** in Supervet Women who came 6th at Marlborough.

Unfortunately, with the exception of **Mark**, BKO members have not been competing in many of the national **BML UK Urban League** events. With results in just 3 events so far, Mark is now lying 10th in Men Open in this League. There are however still 3 League events to go which are relatively local - Cambridge, Basingstoke and Brighton - so there is still scope for BKO members to have an impact.

Southern England Orienteering Urban League (SEOUL) **Current top standings of BKO members**

			Events	Score
Men Open				
1	Mark Saunders	M35	7	617
Veteran Men (40+)				
5	Derick Mercer	M50	6	492
24	Neil Frankum	M45	3	222.5
Veteran Women (40+)				
2	Fiona Clough	W50	6	521
10	Lucy Perrin	W40	3	243
Supervet Women (55+)				
3	Sally Collins	W60	5	403
Ultravet Men (65+)				
5	Richard Rae	M65	5	436
Ultravet Women (65+)				
6	Denise Harper	W65	4	360

Committee News/Discussions

The Committee met at the end of July and the following are some of the items discussed:

- The Committee considered that the summer barbecue had been a success and were grateful to Fiona for sorting out the food and drink. There was a good turnout of club members and the combination of BBQ and urban/park event seemed attractive. Repeating it will certainly be considered for 2016.
- Updating of the club's results system has progressed and an additional laptop will be obtained. This should enable us to run an efficient results service at our Saturday events and, with more experience, we will aim to also use this at our Level C events (SCOA League).
- There was an initial discussion about the future scheduling of events and their target competitors. The Saturday events have progressively attracted more regular orienteers and courses - including Blue - have been provided for them although the original concept had been to target juniors and beginners. Having longer courses means that our smaller areas are not so suitable leading to an overuse of the larger ones. Consideration was given to running more targeted Saturday events on smaller areas, possibly combined into one or more intensive short series in certain areas (e.g. Reading or Bracknell) linked to specific

publicity. Discussions will continue at the next meeting when ideas for next year will be debated. Do let a committee member know if you have any specific views.

- At about the half way stage in the financial year, the club appears to be doing well. The Great Hollands urban event in June provided a bigger than expected surplus and we have spent very little on mapping this year as the Concorde Chase at Cold Ash made use of the JK 2013 map (with updates). We will continue to consider using professional mappers if necessary to bring some additional areas into use.
- With continuing use of modern IT systems there was a discussion about the production of documents (fliers and final details) designed to be printed (and also made available as pdf files) as opposed to providing web-based material as the primary source but which can also be printed out if required. There was some difference of opinion and, in the absence of Andy Parry (our webmaster), it was not known how difficult it is to produce web-based material which has complex formatting. The Committee decided that preparation of separate pdf documents would continue but the matter will be considered again shortly.

SCOA League Results 2014-15

With the start of the 2015-16 season almost upon us, it may seem that the 2014-15 season was a long time ago. In fact the final event was that staged by TVOC on the 5th July at Great Hampden and so it is only now possible to report the League's final results.

Those BKO members who achieved a top 10 position in one of the different colour classes are shown in the table on the right.

Congratulations in particular to the two members who were winners on their courses -

- **Thomas Innes** on Yellow, and
- **Peter Wilson** on Green

With Green and Blue being the most competitive course, it is also quite an achievement for the club to have got 5 members in the top 10 on the Green course.

As reported in the May issue of the Newsletter, attendance at the SCOA League events has been generally disappointing. It is therefore worth noting that in fact with the season's League consisting of 10 events, 3 people managed to attend all ten - **and they were all BKO members!** Well done to **Peter Wilson, Fiona Clough** and **Derick Mercer** for their support of the League events.

SCOA League 2014-15 BKO with 'Top Ten' Positions

White

2	Robin Inness	M10
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Yellow

1	Thomas Inness	M12
5	Anna Methven	W12

Orange

4	Adam Methven	M10
8	Lowri Thomas	W10

Light Green

2	Pete Inness	M45
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Short Green

9	Gill Bennett	W70
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Green

1	Peter Wilson	M55
4	Fiona Clough	W50
6	Anika Hermik	W40
8	Eddie Whittle	M45
10	Alan Jones	M45

Blue

3	Derick Mercer	M50
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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 !

The BKO Youth League

Final results for the 2014-2015 League are shown in the box on the right. Once again St Andrews School dominated the team competition. Congratulations to all those listed.

For the 2015-2016 season, we are again running the Youth League in conjunction with our regular Saturday events. This will be for both individuals and teams, and there will be prizes for the top scorers.

Teams

There is also a team competition, to enter just put your school (or youth group – it is open to cubs, brownies, cadets etc) as your club. Of course, you will need to get some others to come along as well in order for the team to get a good score!

How does the scoring system work?

For each age class there is a target speed in minutes per kilometer for each course. The target speed is fastest for older runners on easy courses, and slowest for the younger runners on the more difficult courses. Achieving the target time scores 100 points, running faster scores more points, and running slower scores fewer points. There is a 'guideline' course for each age class, but you can choose to run up or down from this according to your experience. As long as you complete the course you will always get some points.

Please ensure that you put your age on the entry form, as your score is calculated according to your age class. If you don't put your age down, Ken will not be able to tell that you are a junior, so no age means no score!

The full rules are listed on the BKO website under <http://www.bko.org.uk/youth-league>.

Please direct any questions to **Ken Ricketts** at e-mail: youthleague@bko.org.uk

BKO Youth League			
Results for 2014-2015			
Overall			
	Name	Class	Team
1	Alex Halson	10	St Andrews
2	Lowri Thomas	10	St Andrews
3	William Jefferies	16	Independent
Under 10s			
1	Alex Halson	7	St Andrews
2	Amelia Wing	8	St Andrews
3	Natalie Wing	7	St Andrews
10-11s			
1	Lowri Thomas	10	St Andrews
2	Archie Macpherson	10	St Andrews
3	Graham Davidson	10	Independent
12-13s			
1	James Waite	12	Independent
2	Finn Miller	12	Independent
3	Dominic Leigh	12	Independent
14-15s			
1	Frances Kemp	14	Independent
2	Megan Evans	14	Independent
3	Thomas Howell	14	Independent
16+			
1	William Jefferies	16	Independent
2	Jess Miller	16	Independent
3	Fiona Bunn	16	Independent
Team Result			
	Position Team	Total	
1	St Andrews	1531	
2	Reading School	422	
3	St Lawrence	96	

Membership Memo

Ian Hudson - Membership Secretary

What a wet end to August. After nearly drowning whilst orienteering in a monsoonal downpour at Twesledown I thought that Bank Holiday Monday urban event at Rutherford Appleton Laboratories would be a dry option - how wrong I was! Roll on winter!

A returning family to welcome to the club this month so a very warm welcome back to:

- The **Palmer Family** from Bradfield.

I hope to meet you all at an event soon.

Late Summer and Autumn Events 2015

Looking forward to the new season? Here is a personal selection of events between now and Christmas. All of these are fairly close to Berkshire and should provide interesting challenges. Although there are no 'Level A' events of national importance, the Level B events (shown in yellow) will be worth considering. The biggest event of the autumn is the November Classic on Sunday 1st November which has been paired with the BADO urban event in a suburb of Basingstoke on Saturday 31st October. Also shown are the two BKO Winter Series Level D events providing good local orienteering with a more informal format - bring some friends!

Sat 26 September
BKO - Winter Series -
Yately Country Park



Sun 13 December
TVOC - SCOA League -
Bradenham, High Wycombe

Sun 8 November
BKO - SCOA
League -
Bucklebury



Sat 28 November
BKO - Winter Series
- Black Park, Slough



Sun 1 November
SOC - November
Classic:
New Forest - Burley

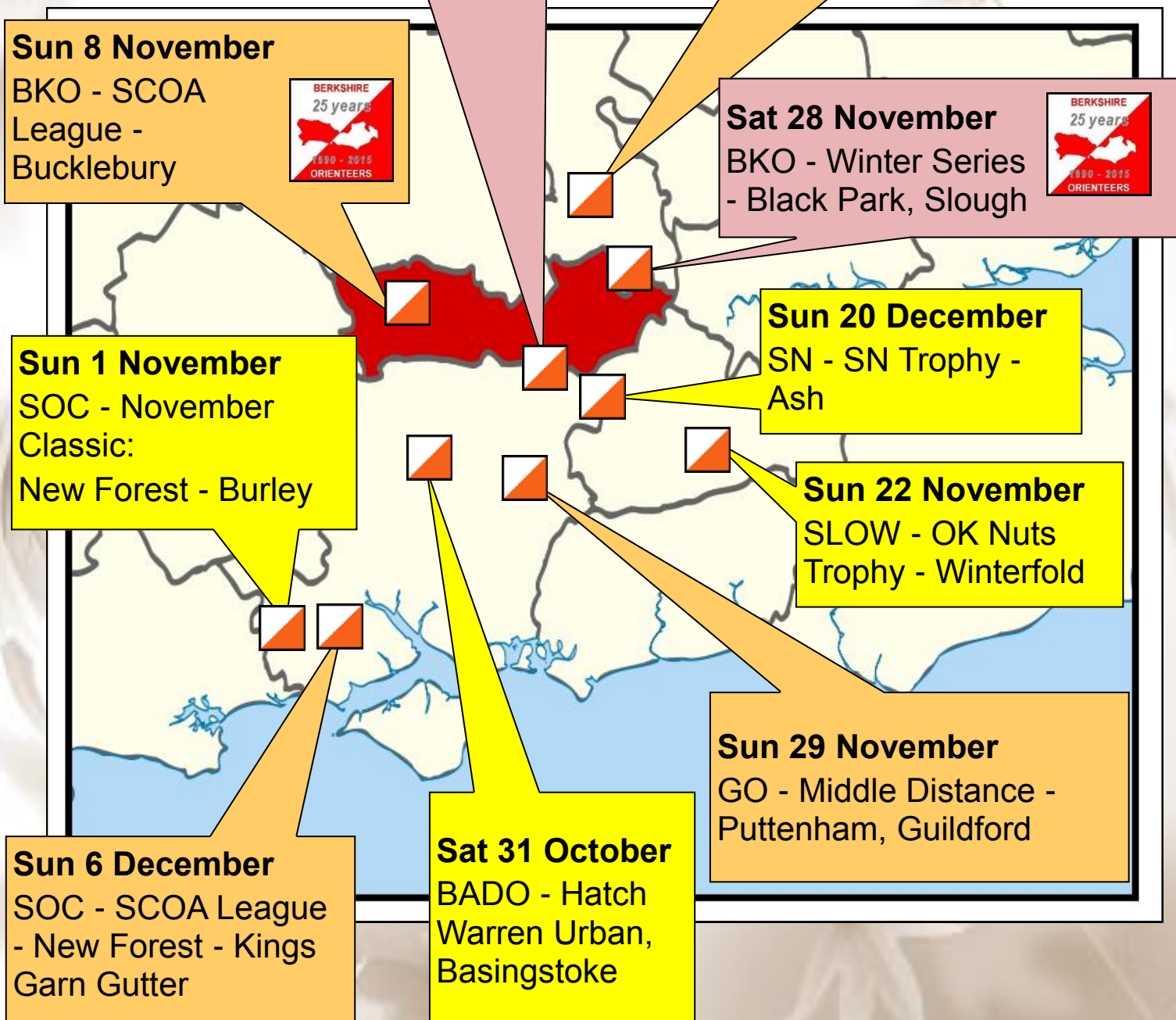
Sun 20 December
SN - SN Trophy -
Ash

Sun 22 November
SLOW - OK Nuts
Trophy - Winterfold

Sun 6 December
SOC - SCOA League
- New Forest - Kings
Garn Gutter

Sat 31 October
BADO - Hatch
Warren Urban,
Basingstoke

Sun 29 November
GO - Middle Distance -
Puttenham, Guildford



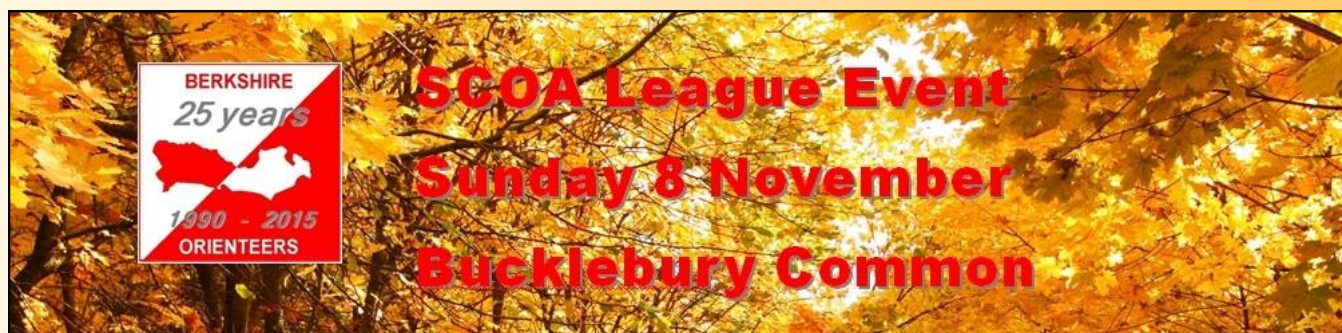
Event Summary

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 19 Sept	SN - Saturday Series 1	Level D	SN	Alice Holt	Farnham
Sat 19 Sept	TVOC Saturday Series Kingswood	Level D	TVOC	Kingswood	High Wycombe
Sun 20 Sept	WIM Galoppen	Level C	WIM	Ibsley Common, New Forest	Ringwood
Sat 26 /Sept	BKO Winter Saturday Series	Level D	BKO	Yateley Country Park	Camberley
Sun 27 Sept	SAX Urban Event	Level B	SAX	Canterbury	Canterbury
Sat 3 Oct	Veteran Home Internationals Individual & Welsh Championships Classic	Level B	MWOC	Llynnoedd Teifi	Tregaron
Sun 11 Oct	SN Score Event (with SE Score Champs)	Level C	SN	Long Valley North	Aldershot
Sun 11 Oct	SOC Level D	Level D	SOC	Matley	Southampton
Sat 17 Oct	TVOC Saturday Series	Level D	TVOC	Wittenham Clumps	Didcot
Sun 25 Oct	St Albans City Race	Level C	HH	St Albans	St Albans
Sun 25 Oct	Dorset Delight	Level C	WSX	Wareham Forest North	Poole
Sat 31 Oct	BADO Urban race	Level B	BADO	Hatch Warren & Beggarwood	Basingstoke
Sun 1 Nov	SOC November Classic	Level B	SOC	Burley West, New Forest	Southampton
Sun 8 Nov	BKO Level C & SCOA league event	Level C	BKO	Buckleberry Common	Bucklebury
Sun 8 Nov	GO Middle Distance Event	Level C	GO	Puttenham Common	Guildford
Sat 14 Nov	TVOC Saturday Series	Level D	TVOC	Brill Common	Oxford
Sat 14 Nov	SE Night Championships	Level C	HH	Sherrards Park Wood	Welwyn Garden City
Sun 15 Nov	SARUM Galoppen & SCOA League	Level C	SARUM	Foxbury Woods, nr West Wellow, Hants	West Wellow, Hants
Sat 21 Nov	Southern Night Champs	Level C	LOK	Holmbury	Dorking

Date	Name	Level	Club	Venue	Town
Sun 22 Nov	OK Nuts Trophy SE League event	Level B	SLOW	Winterfold	London
Sun 22 Nov	Level B event	Level B	LEI	Bradgate & Swithland	Leicester
Sat 28 Nov	BKO Winter Saturday Series	Level D	BKO	Black Park Country Park	Slough
Sun 29 Nov	BOK SWOA Galoppen	Level C	BOK	New Beechenhurst	Forest of Dean
Sun 29 Nov	Regional B Event - EM Champs	Level B	DVO	Birchen Edge & Gardoms Edge - DVO	Matlock

Join us for our first Level C event of the
2014-15 regional SCA League season



You are invited to join us for our Autumn event in the deciduous woodland of **Bucklebury Common** - hopefully in the best of the autumn tints. Most of the area has not been used for orienteering for over 10 years so it will provide an interesting challenge to both new and experienced orienteers.

Terrain: The area consists of heathland and mainly deciduous woodland interspersed with dwellings - all with a complex path and track network.

Courses: Brown, Blue, Green, Short Green, Light Green, Orange, Yellow, White plus Free String course.

Entries: Online Entries via FABIAN4: www.fabian4.co.uk by 4th November or Entry On the Day (EOD) (Subject to Map Availability) - Note that discounts will be available to helpers! For more details, see the BKO website:

<http://www.bko.org.uk/event/bucklebury-common-8-nov-15>

Your 2015-2016 Committee

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

4 Committee Members and one co-option :

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

Know Your Club Members — Mark Foxwell

Mark joined the BKO Committee at the AGM in February so it was about time we found out a bit more about him. Here are his answers to the Editor's questions:

Age/Class?

- M50

Hometown?

- Chinnor, Oxfordshire.

How did you start orienteering?

- I started at secondary school, (Thame) in 1975. My PE teacher was a keen orienteer and organised an after school club (surprisingly similar to modern club nights) and took us regularly to Sunday events. The furthest I went was to the Welsh 'O-Ringen' which was a 3 day event a couple of times and the JK on Cannock Chase (1981). I have memories also of Forest of Dean, Thetford Forest, New Forest, many trips to Army areas in Surrey as well as ROC/RUOK areas such as Yateley, Hermitage woods, Warren Heath, Christmas common and Hambleden.



Clubs?

- TVOC until 1982, then a 20 year absence (just 2 events). In 2003, I decided to get back into the sport and joined Leicestershire OC (LEI). I moved to Berkshire in 2011 and joined BKO in 2013.

Best achievement/success?

- In my school years, a gold standard at a badge event at Thorndon park, Brentwood (M12 - Course was Orange by today's standards). In retrospect more interesting because my time was faster than Yvette Hague's (W10?) on the same course. Since then my relative performance has gone downhill! In the last few years, I have done relatively better at sprint. The South East Sprint final at Surrey Uni (2012) went well for me.

Most enjoyed event?

- No stand out events for me, but usually, it's the area that I remember. (I didn't do particularly well at any of these, but the areas were challenging and orienteering consistently interesting.)

Scottish 6 days 2015 Darnaway West

British Sprints 2009 Nottingham University

British Nights and middle event following day 2013? Tankersley (SYO)

I also enjoyed the 2013 JK, the first time I had attended an entire JK and run a relay for a long time. (I must do more relays, but there are not many and they often clash with other commitments.)

Worst event/most embarrassing orienteering moment/biggest goof?

- There have been many embarrassing performances. I'd like to say I try and learn from them, but I generally try to forget them if I can! In the last year, taking well over 2 hours on M50s for day 5 at the Scottish was not good. Worse was a LEI event at Spring Cottage last December in a relatively simple area. There was a block of wood in the centre of the map. I had 2 legs across the block during the course and managed to leave the block 90 degrees out on both legs, both 5 - 10 minute errors. I could easily work out where I went after the event, but couldn't make the map and ground fit. (But it didn't seem to affect anyone else.)

International experience?

- I haven't ever planned to go abroad specifically for orienteering. I managed to fit 2 days of the transylvanian open around a business trip a few years ago. The area (just south of Cluj in North West Romania) was open beech forest with fairly steep contour features and some small crags and rock features. I enjoyed it a lot, but it was very hot.

Biggest cheat?

- Nothing I can think of. I do occasionally get lead into controls, and I always think that running with someone for a few controls can lift your pace.

What have you put back into the sport?

- Since 2005, I have planned about 2 or 3 events a year at level D or Level C. I have also been a controller since 2009 and controlled events for LEI, BKO and TVOC. I was on the LEI committee for 6 years as level D events coordinator. That mostly meant running the summer league which comprises about 20 mid week small level D evening events. (Similar to BKO evening training.) I enjoy planning, both at ranking events, and also trying out different ideas and formats- which training activities and level D events give you scope to do. I qualified as a level 1 coach in 2011, but have not had much time to put my skills into practice. After a few years away from committees, I joined the BKO one earlier this year.

Other activities/interests?

- I used to do a lot of light operatics and sung regularly with Gilbert and Sullivan societies in Abotts Langley and Shepshed (near Loughborough). However, I haven't had much chance since moving back to the Thames valley.

What training do you do?

- Not nearly enough! A 3 or 5 mile run per week and a pilates class. I try and cycle to work (10 miles each way) but only once a fortnight or so.

What is the best thing about orienteering?

- For me the variety and the fact that each event provides new challenges. I have always been interested in maps, and like the quality and detail of Orienteering maps. From the point of view of the sport, electronic punching, and ISSOM (Sprint map specification) have really changed the sport for the better in the last few years. I doubt that anyone would have thought that south Bracknell housing estates would be a suitable area for a national championships 15 years ago. Finally, I'm impressed with the amount of commitment from volunteers whether it's helping at events or spending hours mapping an area. It all helps make it a better sport.

What is the worst thing about orienteering?

- Like most of us, I dislike brambles and heavy rain, or pits in head high bracken- but I usually manage to avoid events like that. I haven't regretted going to an event in a long time.

Orienteering ambition?

- I would like to get more international experience in Scandinavia and go to O-ringen at least once. Closer to home, I'm just trying to get fitter and reverse the steady recent downward decline in fitness and ranking points.

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

- I have appeared as a Gondolier, Pirate and a policeman on the stage of Buxton Opera House (International Gilbert and Sullivan Festival).



Know your sport: Event Officials

Events come in different sizes and vary in importance. However there are nearly always 3 main officials involved. Here we explore their various roles and responsibilities. Without these officials, there would be no events. If you have yet to take on one of these roles, perhaps this guidance might give you the confidence to offer...

Before the main officials start on their key tasks, there are two other vital things which have to be completed:

- (1) Permission has to be obtained from the land owner or owners. In many clubs, including Berkshire Orienteers, the responsibility for obtaining land permission is normally separated from the subsequent tasks. This is a key role for the club's **Event Secretary**. By keeping this with one person, the land owner(s) will have a single club contact. This has many benefits - the club will get to know what are the important concerns of the owners and owners gain confidence in the ability of the club to meet their needs. In situations where an organiser (*see below*) is appointed at an early stage, it may be their responsibility to gain the required permission.
- (2) A map must be available. The creation of the map by the **mapper** is also often separate. Although the first time the map is produced there may be a specific event in mind, in many cases, the map will already exist and it just needs some updating - this can often be done by the planner (*see below*).

Once permission has been obtained and a map is available (or in preparation), it is then necessary to appoint the event officials - an **organiser**, a **planner** and a **controller**. The following summary is based on information contained on the 'Event Officials' part of the British Orienteering website and the 'Rules of Orienteering'. For the rules, see <https://www.britishorienteering.org.uk/page/rules> where the main Rules can be downloaded as well as the supplementary Appendix C ('Event Officials').

Organisers

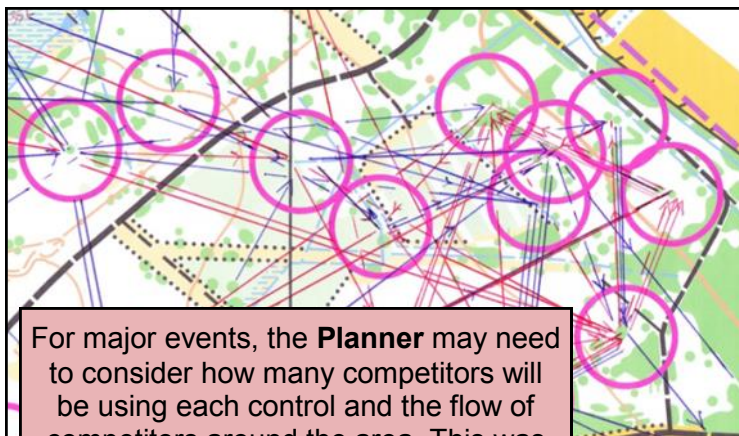
In simple terms, the organiser is responsible for those matters which are not directly related to the actual competition - to the courses - as these are the responsibility of the planner (*see also box on right*). However, it is not that simple. There has to be interaction between these two officials. As an example, the location of the start and finish need to take into account the available car parking. It is usually best to have the finish close to the registration/download so as to ensure competitors do not forget to download when they finish; it also means that first aid can be easily available to finishers and any reports of problems from early competitors can be acted on quickly. Another issue is the overall safety of the event. The Organiser, although having overall responsibility for the safety of the event, does not usually know the area and the potential hazards that competitors will face. This is for the planner to consider and to discuss with the organiser and to agree appropriate measures to minimise the risk to competitors.

The **Organiser** is responsible for:

- Establishing the event framework - this includes everything before the start and after the finish including the start & finish.
- The safety & welfare of the participants and other members of the public in the event area
- This will involve ensuring that the following are carried out: land permission, event registration, access, car parking, assembly area, publicity timescales and in conjunction with the planner the courses.
- Risk assessment, risk management and contingency plans
- The equipment to be used including electronic punching, clocks etc
- Volunteer helper requirements
- Checklists for managing the event on the day and after the event (car park, assembly, registration, start, finish, results)
- Creation of an event timetable
- Event safety and missing competitors procedures



Organisers arrange the provision of toilets and helpers for the car park. Both seen here at our 2015 Concorde Chase



For major events, the **Planner** may need to consider how many competitors will be using each control and the flow of competitors around the area. This was part of the planner's map for the 2014 Southern Championships at Star Posts.

Planners are able to plan orienteering courses designed to meet the needs of the orienteers who will participate in an event. The planner's responsibilities include:

- Planning courses in accordance with the guidelines
- Choosing control sites
- Determining the shape and length of the courses
- Ensuring the course will challenge the participants and differentiate between them
- Preparing draft control descriptions
- Placing controls

Planners

As indicated in the box above, the Planner is responsible for the actual setting of the course(s) and ensuring that they are appropriate for the expected competitors - for example by meeting the guidelines for colour coded courses. This will involve a number of visits to the area to identify potential control sites and to identify any necessary map updates (particularly around those sites and likely route choices). Selected control sites are usually marked with some coloured tape to identify the location. They then use computerised systems (such as OCAD or Purple Pen) to draw up the courses, allocate control codes and create the control descriptions - all subject to the approval of the Controller (*see below*). Once approved, these then have to be submitted for printing in time for the event. The Planner also has to ensure that the correct controls are put out on the day (or earlier) and to ensure the collection of the controls at the end of the competition. Any problems during the event relating to the controls and courses need to be resolved by the planner (with advice from the Controller)

There are 3 levels of Controllers (Grade A, Grade B, Grade C) that have slightly different responsibilities, however **Controllers** are responsible for:

- Ensuring the standards required for the event are delivered during the organising, planning, delivery and reviewing of the event
- The event and competition rules are adhered to
- Communicating with event officials using tact to influence the decisions the event officials take regarding the event
- Advice to event officials with regard to the potential pitfalls that should be guarded against
- Checking and advising on all aspects of the organisation of the event with the organiser and the planner
- Ensuring that the risk assessment has been carried out
- Ratifying the final paperwork for the event (final courses; course lengths and climbs; map corrections; control code allocations; course description sheets; overprinted maps)
- Providing feedback on all aspects of the event to organisers and planner

Controllers

Controllers provide an independent check on the work of the organiser and planner. They can be seen as providing a competitor's perspective. It is often considered that their main responsibility is to ensure that the planner sets appropriate courses - they normally check the proposed control sites (using the coloured tapes put out by the Planner) as well as checking the courses, maps and control descriptions before printing. However they also monitor the organisation and offer advice where necessary

At the lowest level of event (Level D) it is not necessary to have a specified 'Controller' but there is usually an experienced advisor (or mentor) to monitor preparations particularly if either event official is taking on the task for the first time. At the other Levels, an appropriate Controller has to be appointed.

As the level of the event rises (C to B to A), the complexity increases and the experience of the Controller has to rise. Controllers are subject to a system of grading (*see the box on the left*) with the regional associations granting Grade C and Grade B status and the national Events and Competition Committee granting Grade A status. The Grades correspond to the Level of event that the Controller can be responsible for. Continued activity as a controller (at the approved grade), planner and/or organiser is needed to maintain the grade.

BKO Summer Parks Urban Events

A further selection of photos
from our 2015 Summer series



Brian Burt starting
strongly at Ashenbury
Park, Woodley



Denise Harper at the
penultimate control, also at
Ashenbury Park, Woodley



Peter Bennet at the Start -
this time at Birch Hill,
Brcknell



BKO at the S6D and the WOC2015

or **Berkshire Orienteers** at the **Scottish 6 Days** and the **World Orienteering Championships 2015** - David Jukes

The rest of this Newsletter is devoted to some reports, commentaries and overviews of the activities of club members in early August. It is not often that the World Championships is staged in the UK - this was only the third time. By combining it with the biennial Scottish 6 Day event, the organisers provided an attractive festival of orienteering - the largest every staged in the country.

Both events were based on Inverness with the various individual events located to the East and West of the city. 23 members of BKO had entered one or more of the Scottish 6 Day events and several others were also present - in the case of Dave Rogers, he was a member of the WOC organising team (see *the report later*). Although The official 6 Days was exactly that - 6 events spread over 7 days - the festival also include two additional sprint. One of these was held the day before Day 1 and the other was on the official 'rest day' - see the schedule in the box below.

The organisers were successful in attracting competitors and WOC spectators - about 6000 people participated in the 6 Days. This though did create added headaches for the organisers particularly with respect to traffic and parking. The wet summer in Scotland (*and elsewhere!*) had made access routes slippery and fields soft. Additional car parking space had to be used but sometimes this resulted in longer walks to the event. Despite this complication affecting several days, the organisers are to be congratulated on a successful combination of these 2 major events. Comments afterwards were, I believe, largely positive. Of course there were critical comments - have you ever been to an event where there have been none? Regular participants in the Scottish 6 Days have suggested that there were some compromises to the quality of the orienteering experience in comparison to other previous 6 Days. However, there was the added opportunity to be a part of the World Championships and to compete on the same terrain using the same maps.

Overall it was a tremendous efforts and what must not be forgotten is that nearly all of the organisers and helpers were volunteers - mostly orienteers but many local people were also involved. As just one example, parking officials on Day 2 were mostly provided by members of the SN club and, as a result of

the particular difficulties of that day, many did not get a run.

And how did BKO members do? Overall there was a mixed bag of results with most members having both good and bad days (including some retirements and mispunches) but the opportunity to compete on terrain providing a world class challenge gave us all a great experience.

The best individual day result was **Martin Wilson's** 4th position on Day 6 in M65L - a class with 162 competitors. A tremendous result considering his contribution to the staging of the S6D (see *report later*). Other notable results include **Adam Methven** (M10A) who came 7th on two days and overall achieved 15th position - a top half result; **David Jukes** (M60L) was 36th and 39th on two days and finished 55th (out of 186); and on M60S, **Andrew Graham** came 14th on Day 2 (out of 100).

Day	Scottish 6 Day s	WOC
Friday Jul 31		Forres Sprint Qualification
Saturday Aug 1	Nairn Open Sprint Race (after WOC)	Nairn Opening Ceremony / Sprint Relay
Sunday Aug 2	Day 1 - Achagour	Forres Sprint Final (17:00-19:00)
Monday Aug 3	Day 2 - Glen Strathfarrar	Rest Day
Tuesday Aug 4	Rest Day Forres - Open Sprint Race	Darnaway Middle Distance (12:00-17:00)
Wednesday Aug 5	Day 3 - Darnaway (Middle Distance)	Darnaway Relay (14:00-18:00)
Thursday Aug 6	Day 4 - Darnaway	Rest Day
Friday Aug 7	Day 5 - Glen Affric	Glen Affric Long Distance (12:30-16:00)
Saturday Aug 8	Day 6 - Glen Affric	

Day 5 - Affric South

Route Choice, Fallen Trees, Moss, Waterfalls and Wolves by Dick Rae

Affric South was by far the roughest and toughest forest of the week. Courses were generally on the long side. In most classes, winning times were longer than usual. To make matters worse for BKO, our start times for this event were in the 1st start block, meaning that we would be blazing the bullock trails through the undergrowth. In a previous 6-Days, it had been estimated that an early start can add 15 minutes or more to your time, even with a good run. Your early start day is

usually one to forget in your score for the week. However, with ankle and eyesight problems, I was in contention for little more than the wooden spoon, so my objective was to just take it easy and shuffle round cleanly.

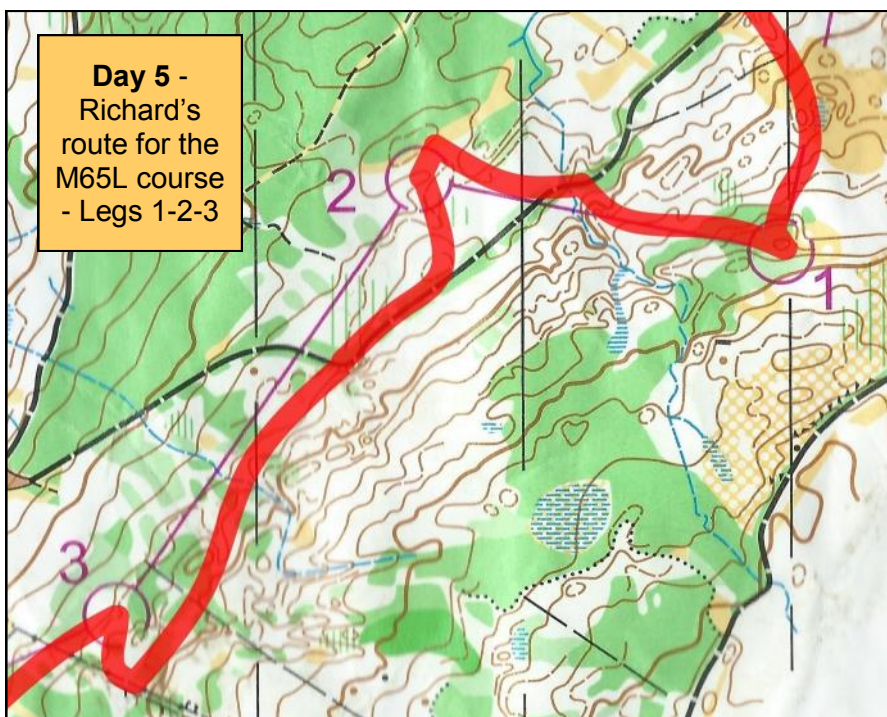
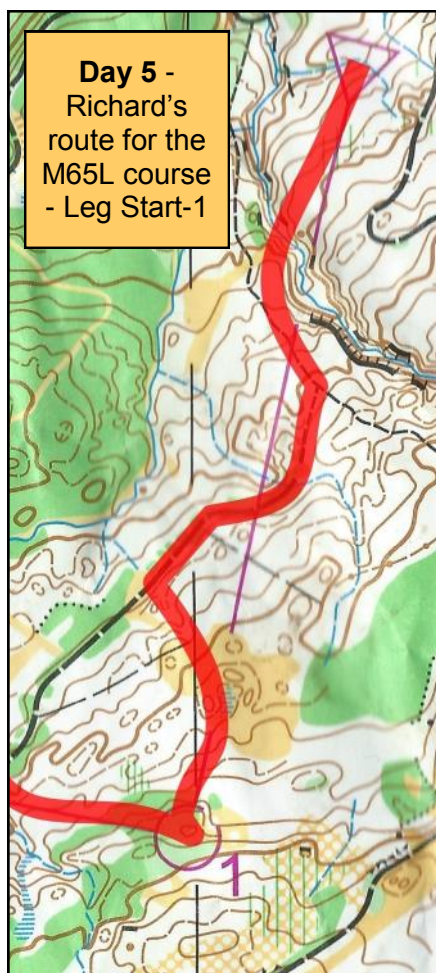
My route from the start to the first control was on a bearing at first, crossing the stream, then climbing up the path to the junction, then west along the track to a small reentrant. From this point, I aimed for the rough open, hoping to identify the small marsh and adjacent large knolls which I could use as an attack point, with assistance from the small reentrants and higher rough open on the map. This plan worked, although with a bit of luck. Approaching the "walk" (green on map) near the small hill, I noticed a control below and to my left. It was my control, tho' appearing slightly earlier than expected. This leg gave an indication of how rough was the forest, with deep heather, bracken and fallen trees. In the rough open, it was difficult to make out some of the contours beneath the undergrowth. (See Figure 1 for controls 1 to 4.)

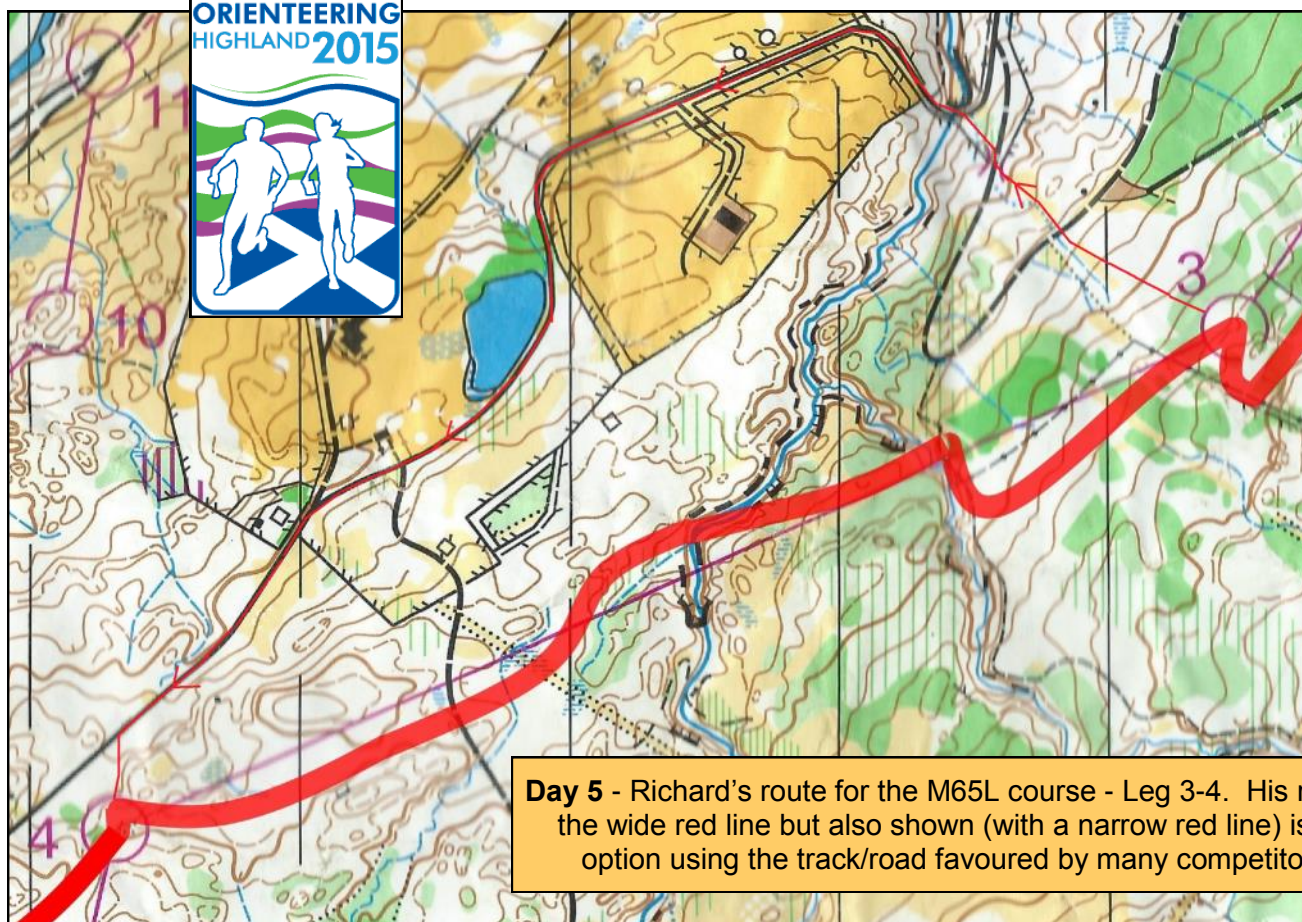
There was an alternative route to the east, involving a track almost off the map at one point. Judging by RouteGadget, a few runners chose this route, which was longer, but probably much easier to run along in places. However, most folk followed the direct route, and would have got an idea of the roughness of the terrain. Timewise, there didn't seem to choose between the routes.

Control 2 was straightforward, if you used the track/stream junction as an attack point, and the belt of rough open as a

catching feature. However, descending to the track, through the "walk" was hard going - the "walk" was more "fight", with more fallen trees to negotiate. I had to retrace my steps to get through at times.

Control 3 looked tricky - a small reentrant surrounded by patches of "slow run"/"walk". I hoped to contour in from the track bend, ticking off reentrants and patches of green. This was easier said than done. The small ditch was barely visible, and I missed the narrow ride. Luckily, there was a catching wall, covered with moss, beyond the control with a fence





Day 5 - Richard's route for the M65L course - Leg 3-4. His route is the wide red line but also shown (with a narrow red line) is the option using the track/road favoured by many competitors.



Day 3 - Dick Rae finishing strongly
(Photo: Wendy Carlyle)

on its far side. I realised I was too high and found the control using the fence end as attack point, so did not lose too much time.

A long leg to control 4 came next. Two routes seemed plausible. The direct, cross-country route had many features to keep me on route - walls, paths, streams and hills, and strips of rough open. The alternative was to descend and to pick up a long track, which turned away from the required direction at first, and then joined a forest road. This route was tempting, given the roughness of the forest, but seemed just too long. It also appeared to involve too much climb, given the initial descent, and might not have a good attack point on the road near the control, if visibility was poor. (On closer inspection, both routes have similar amounts of climb.)

I chose the direct route, encountered more fallen trees, even in "white" forest, did not see a wall, perhaps moss covered, and, having crossed the first stream, struggled in the strip of rough open. There, I could not place the various hills and reentrants because of the undergrowth. After crossing the 2nd stream, the going was easier, with a marshy ride, track and broad col between hills to keep me on track to the control, a boulder field, covered in moss and not immediately obvious.

The direct route for me was probably a mistake. I took over 31 minutes. Runners, with similar times to me on other legs, only took 15 - 20 minutes on the track route. However, for strong runners, the splits indicate that the track route may still have been faster, but only just so.

The course continued to climb through bracken, rough

open and more fallen trees. Perhaps I was lucky at control 5, the marsh, as the organisers had taped the dangerous marsh with black and yellow tape. I saw the tape below me before the control. Control 6 was a "overgrown boulder", and might have been hard to spot if some of the overgrowing moss had not been rubbed off. (See Figure 2 for controls 5 to 11.)

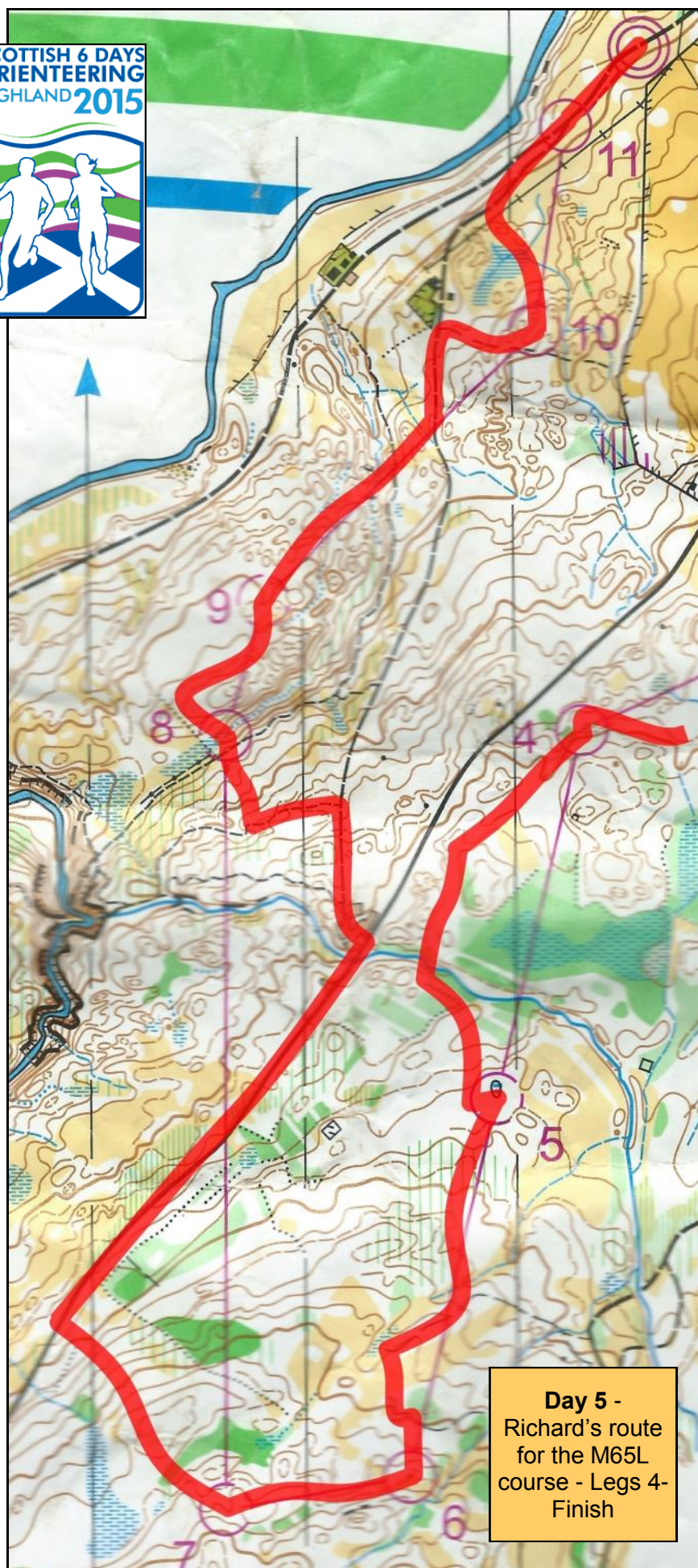
Control 7, a "reentrant", was the highest point of the course. From there on, it was mainly downhill to the finish, with fewer fallen trees to crawl under or clamber over.

The route to control 8 took us near to the spectacular Falls of Plodda. As I was taking so long, I was tempted to divert and view them on the way, but decided to leave them to the following day, and homed into the control via paths and a prominent reentrant. (See Photos, 1, 2.)

The final controls, 9 to 11, were found without problems, although the bullock trail to 11 was an unpleasant, boggy trot through half-hidden boulders in rough open.

I finished well down the field, taking almost 128 minutes. However, apart from control 3, I had found the kites with few difficulties once I reached their vicinities. I had more serious problems on other days, apart from Day 3, the Middle Distance race. Surprisingly, despite my early start, Affric South counted towards my lowly score for the week.

As for the wolves, there has been talk of reintroducing animals once native to Scotland to the Glen Affric Forests. These include boar, lynx and grey wolves. There is already an enclosure of boar, who will loosen the soil, allowing regeneration of native trees of the once extensive Caledonian Forest. It is argued that the wolves would keep the red deer at a sustainable level. At present, the deer have no natural predators, and must be culled each year. So, if you want to bag the Glen Affric Monros, perhaps you should climb them soon!



Day 5 -
Richard's route
for the M65L
course - Legs 4-
Finish

Dave Rogers - Health and Safety at WOC

I spent a 'busman's holiday' in Scotland this year, as the Health and Safety Manager for the World Orienteering Championships 2015 (WOC 2015).

This role started for me in August 2014 when I was asked to look after the health and safety arrangement for the WOC 2015 arenas and also help with volunteer training. By April 2015 this role had expanded to encompass all aspects of WOC 2015. The IOF requires there to be a Health & Safety Officer appointed for each world orienteering championships and so IOF needs were also included in my brief.

Before WOC 2015, most of my efforts were focussed on working with the overall event management, as well as the individual day team organisations, to ensure that appropriate risk management measures were put in place for the health and safety of athletes, volunteers, spectators and the general public and that relevant legislative requirements were met. Procedures were established for such things as fire safety, electrical safety, arena construction and de-rig, casualties and missing runners, contractor documentation was required and evaluated, and liaison was carried out with the Scottish 6 Days team to ensure that their traders were properly accredited to the satisfaction of the local environmental health officers. Additionally, several Skype conference calls and individual telephone calls were held with the various day organisation teams and overall event management in the run up to WOC 2015.

Oone and I travelled up the week before WOC 2015 and managed to get a few days holiday before the competitions started in earnest. We did spend the Tuesday evening before WOC 2015 week helping to train about 80 non-orienteering volunteers in their roles as control and arena marshals and how major orienteering events work.

During WOC 2015 week we were both busy. Generally our days started middle of the morning with the Arena construction activities and finished some time after the last finisher (on the latest day we left the arena at around 2130 hrs).

Oone was part of the volunteer management team for WOC 2015 and helped each day in various roles as a control marshal, arena marshal, volunteer coordination and in the WOC Office at the events.

My main roles during the WOC 2015 event days were checking on the arena construction aspects, liaising with the IT, TV, Big screen, outside broadcast, and international media teams to ensure their cable management and individual activities did not encroach negatively on the athletes and spectators, ensuring the safe management of crowds of up to 5,000 people, working with the first aid and medical teams for rapid response as needed, and monitoring the races for athlete safety during the races and safe return to the finish.

Overall we found our WOC 2015 experience to be very satisfying personally – it allowed us to take part in this major orienteering spectacle as volunteers, and also to be close to the action and the athletes. For myself as a coach, it was great to see some of the athletes with whom I had coached with on recent junior summer tours, competing successfully at the highest level. It was also a fabulous opportunity to catch up with our many orienteering friends from the UK and around the world.



Dave Rogers in the background (contemplating when the last athlete will return) with Ida Bobach (Denmark) in the foreground, winner of the women's WOC 2015 long distance race.



Day 4 Final control -
Andrew Graham



Day 3 Finish -
Derick Mercer
(Photo: Wendy Carlyle)



BKO at Day 4

Day 2: Strathfarrar

The inside view by a Day 2 Planner Martin Wilson

You pays your money....

We designed for 5,000 competitors, then it was going to be 5,300, and it seems there were actually over 6,000 people competing at some point during the 6 Days. This was a huge burden for the Day teams to manage: parking 2,000 cars rather than the planned 1,500, often after overnight rain, was a nightmare. Competitors were very patient as we allowed punching starts and 30 sec start intervals when necessary. There were huge queues at EOD (178 on Light Green on Day 2!) and at the caterers. Every Scottish orienteer, and a lot of English ones, were helping each day, and somehow things just managed to come together OK.

Day 2 dawned grey after heavy overnight rain, but brightened as the day proceeded. The parking was very slow, causing many people to be late for their starts. We're used to a Controller giving the go-ahead once everyone

has confirmed that

everything is in place and ready. But here it seemed that unless some mighty crisis blew up, the starts were going to go ahead on time, as it was just too complex to contemplate making any delay. So off they went on time. In fact, as planners we had good time in the week beforehand to get everything ready.

Bridges were in place and all controls out with two full days to go. I'd spent the previous afternoon with the landowner, who had his own trimmer, getting him to clear areas of heavy bracken round several controls – an odd sensation to be guiding the top man through our running



Day 2 - Martin Wilson (l)(planner) discussing courses with John Methven (r). Also just visible, in the middle, is Sue Cload

Runners crossing the river Farrar at a temporary bridge in a beautiful setting. One young runner stopped on the bridge, whipped out his smartphone, and took pictures both upstream and downstream! On average, one person every 10 seconds crossed here throughout the event.



channels, but very necessary.

Every planner likes to walk round the terrain on the day checking what routes people are taking. Here there were just so many runners, it was almost impossible to gauge who was heading where. As always, people would seek out the tracks, even when the routes were non-optimal and involved extra climb and distance. Inevitably, elephant tracks began to appear, and control picking became easier.

Not only were the fields very large, but the quality of the best runners was very high. It had been very difficult to estimate what the course lengths should be to meet the ELTs (Estimated Leading Times). We'd test run in August 2014, and again in June 2015. I reckoned to run close to ELT on my course as I knew the controls and the routes. The day before the event, I ran Course 29, W45L, just a little longer than the M65 course. I ran it in almost exactly 50 mins, the ELT. On the day, the winner took under 36 minutes! Apparently the two leaders were Swedish ex-WOC runners, only a few years out of their Elite squad. Add that to a late start, and any ELT is going to get blown away. I wonder whether our own W45 Lisa Methven would have liked her course to be any longer...

Overall, the running on the day went OK, everyone got back in time, no controls were lost or out of place, and we were able to bring in controls and clear up by 6.30 pm. It was tough going with all the wet ground and significant bracken, particularly on the longer courses, which were full length. Sadly, some BKO runners did not complete their course (will I be asked to leave the club as a result?). It was mainly the Blue courses which were a bit short; these had been reduced following test running; with hindsight a bit too much.

It was a sad moment to leave the race area for the last time, having been involved for fourteen months and made friends with the landowners. It was a fantastic experience, I had many great days out in the terrain, and naturally I felt a bit deflated afterwards. I ran Days, 3, 4, and 6, the best terrain days, but I was not really focussing on the running side this time. I think all the many helpers were exhausted by the end of the event. Deeside in 2017 will be a more manageable and 'normal' Six Days, for which everyone will be grateful!

...and you makes your choice....

Most potential control sites in Strathfarrar are not too difficult, except in the small intricate semi-open areas. With the added burden of extensive bracken in August negating some sites, planners have to provide route choice to add to the technical challenge. A good leg slows the competitor at the start of the leg to work out their main route choice, and if possible, provides secondary micro-route choices during the leg to make them keep close map contact, slowing down again and again to ensure they execute the leg correctly. The 'best' route will not be the same for each individual, this depends on fitness, but it should encourage the risk of direct running, rewarding the runner who can navigate accurately at speed.

The heavily contoured terrain at Strathfarrar provides opportunities for good route choice. Here I've selected three examples of legs which I think worked well. Surprisingly few people put their routes up on Routgadget (and for some reason, more men than women: one Women's class made no entries at all), but enough to gain feedback on



Day 3 Finish -

Alain Wilkes

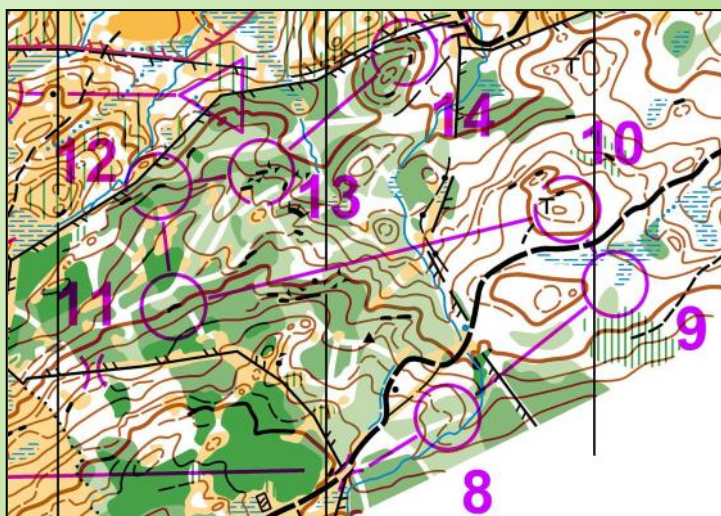
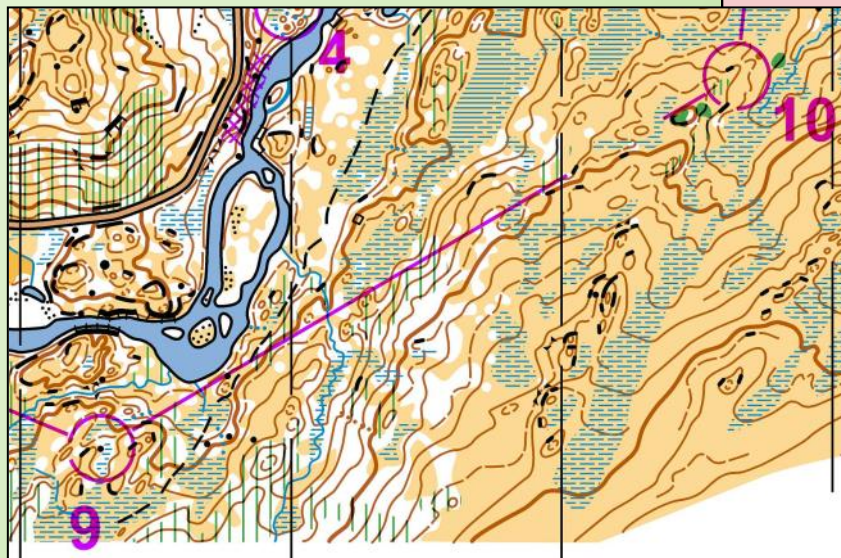
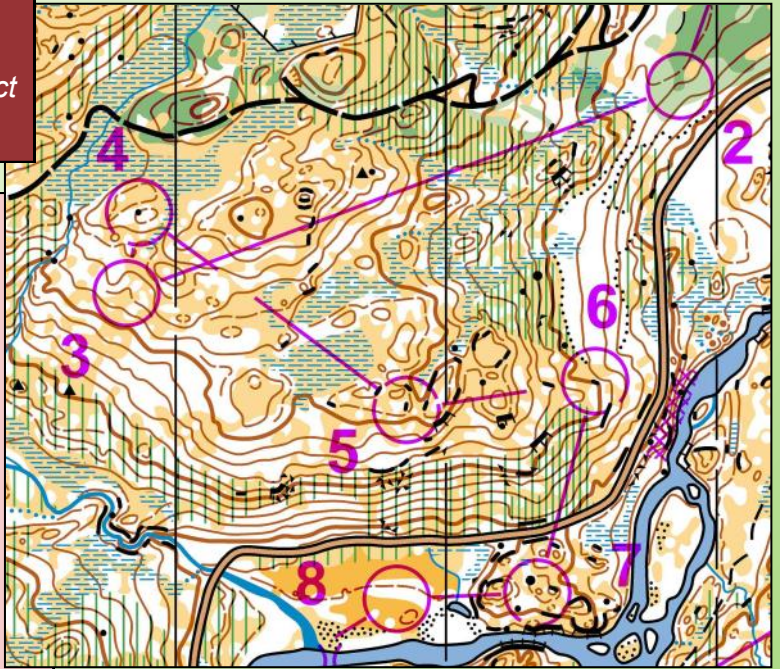
(Photo: Wendy Carlyle)

**Example Day 2 Legs at Strathfarrar-
Thoughts from the Planner, Martin Wilson**

*(Note: maps are printed approximately at the correct
scale)*

C23 (M55S, W60L) 2-3:

A long steep leg. Clear route choices between the road to the N [extra climb and distance] and direct but more complex routes to the S via multiple marshes and hills. I'd hoped that 25% of runners would take the N route, but it was nearer 50% [some orienteers seem to crave tracks!]. The wood SW from 2 was very runnable to help find the best spot to start climbing. I was pleased I managed to squeeze a nice sequence from 2-6 on a short course with little room available.



**C25 (W16A, M60L, W21E et al)
9-10:**

Many courses coming from N to S side had a similar leg, this one c.700m. Options include path route heading away NNE then climb; contouring round hill to approach control from below [control is on E side of spur, hidden from this route]; higher over hill then descend down ridge to visible control. Many people took the latter route, though I suspect this may not have been deliberate! Very awkward to contour round hill at correct height, probably a more difficult leg than it looks. Some W16As struggled to keep map contact on this leg.

(Editor: Luckily the 2 gorse bushes to the SW of the control provided an opportunity to relocate)

C21 (M60S, W40S) 10-11:

A superb leg designed by co-planner Roger Scrutton. For some, the path/fence 'easy' option would appear attractive, but it has significant extra climb and distance. Path then contour below the high spur is complex to complete, and lower more direct routes need very good map and ground contact to spot and use the best running. Many people lost time here, the sort of

leg after which you always think had a better route than yours! 12 & 13 were also used on M21E, who came from the SW fence crossing, and an awkward 13-14 [best route probably W around hill] completed a very difficult section. Whoever said Short courses were easy?!



Day 2 - David Jukes (l) at a control with Stefan Stasiuk (r)
(Photo: ActivNorth Photography)

Day 6 - A large display screen was set up in the arena for spectators of the World Championships. It was however left up and used on Day 6 of the S6D and here shows, **Annika Hermick coming into the finish.**



Map: Day 6 - Affric North



Social highlight of the Week ? After Day 2, several BKO members and friends met up at an Inverness restaurant (Photo: Fiona Clough)