

Berkshire Orienteers Newsletter

January 2020



Southern Championships

1 December 2019
Churchill Inclosure and Cannop
Ponds, Forest of Dean

Below - Successful BKO medallists (from the left):
Martin Wilson, Maddie Woodcock, Amelia Wing,
Natalie Wing and Adam Methven. For details, see
Page 4.

(Photo: Kirsty Stonehouse)



Stefan Stasiuk studies
the map at the start of
his run.

(Photo: Steve Rush)



An action shot taken as **Maddie Woodcock**
finishes. In the left of the picture, **Natalie**
Wing can be seen coming in as well. And,
on the right, **Amelia Wing** is providing
encouragement.

(Photo: Kirsty Stonehouse)



Editorial

New members joining an orienteering club can feel isolated as opportunities to socialise and meet other members are limited - it is not easy to feel part of a club when attending events. As Newsletter Editor I have tried to give new members an awareness that they are part of an active club and that they are able to develop their skills and performance within the club setting. I have tried to use my nearly 50 years of orienteering experience to help communicate an enthusiasm for the sport. With contributions from many club members, I have tried to give all club members an insight into the opportunities that exist to experience orienteering here in the UK and in countries overseas.

I have enjoyed being Newsletter Editor for the last 7 years and, having also been Editor in 1983-86, it now makes a total of over 10 years. I have had many positive comments suggesting that the content has been appropriate and valued. Being classified each year as a 'top ten' newsletter by CompassSport magazine has been a bonus and a nice reward for the work. But there comes a time when thoughts turn to handing on the role of Editor. Knowing when the time is right is difficult. I have though now decided that I wish to hand on the task at some point between now and January

2021. There may be someone who has been waiting for the vacancy to arise and is willing to take over now. You could be appointed at the AGM! If not, I will continue in post but I give notice that I will definitely step down early next year.

A new Editor will provide an opportunity to reconsider the style and format of the Newsletter. With modern communications and social media, do we still need a traditional regular newsletter? Whilst I remain as Editor, the format will not change - but for the future, anything is possible. If you have an interest in this task, please feel free to contact me and discuss the role.

David Jukes

Cover Picture:
The picture shows
Luca Zurek at
Control 15 on the
Light Green course
at our event at
Swinley East in
early December

NOTICE OF ANNUAL GENERAL MEETING



The AGM of Berkshire Orienteers will take place on
Friday 7th February at 7.00pm
at Sand Martins Golf Club, Finchampstead Road
Wokingham RG40 3RQ

All club members are invited to attend this important annual event.

Agenda:

- Chairman's Report
- Treasurer's Report / Membership Fees
- Election of Club Officials
- Awards
- AOB

*Please note that
you can attend
either or both of
the AGM and
Annual Dinner*

ANNUAL CLUB DINNER

The AGM will be followed by the Annual Club Dinner. This will commence at approximately 8.15. Menu options and cost will be circulated by e-mail shortly and will be published on the club's web site.

The contents of the Newsletter are the responsibility of the Editor and should not be regarded as a statement of club policy. Any comments on the content (or to contact the Editor on any matter), please in the first instance e-mail the Editor on newsletter@bko.org.uk

Club Notes

Keeping you informed about the club and its members

Level A Events

Southern Championships 2019 - Forest of Dean, 1st December 2019

Originally scheduled for the Spring, this event had to be moved until late Autumn due to issues of access and the potential disturbance of nesting birds in the area. As with other events this Autumn, the wet weather made for tough and challenging conditions for competitors. However several BKO members rose to the challenge and were successful in gaining podium positions. Congratulations to our medallists:

- W12: 2nd - **Maddie Woodcock**, 3rd - **Natalie Wing**
- M14: 1st - **Adam Methven** (2nd place was over 6 minutes behind Adam!)
- W14: 2nd - **Amelia Wing**
- M70: 1st - **Martin Wilson**

See inside the front cover for photos of the medallists. See below for details of the Southern Championships 2020 which we had been scheduled to organise this January.

Urban Leagues

In the November Newsletter we reported on the final results of the national UK urban league (the UKUL). However the Southern England Orienteering Urban League (the SEOUL) was only completed in December with the final race in Brighton. So here we present the completed SEOUL picture - see the table on the next page for our top placings.

Southern Championships 2020

This annual regional championships moves around the 3 southern regions: South East, South Central and South West. So our region, South Central, stages the event every third year. Unfortunately, there are only a few areas in the region that are suitable for the event. In 2017, SOC staged the event in conjunction with their November Classic. We had agreed, some time ago, to stage the 2020 event. Now read on.....

Plans to stage our annual Concorde Chase in January 2019 had been prevented by a difficult search for an appropriate area. With the JK taking place in the region at Easter 2019 and using some of our top areas, options for a suitable area were very limited. In discussions with Southern Navigators, who usually stage events on the army training area at Long Valley near Aldershot, it was agreed that BKO could use Long Valley North. Unfortunately it was then impossible to obtain land permission from the Defence Infrastructure Organisation (DIO) in the remaining time so our event was cancelled.

With the agreement of SN, we therefore sought and eventually obtained permission from the DIO to hold the event at Long Valley North on Sunday 26th January as a combined Southern Championships and Concorde Chase. Preparations were therefore well advanced when in late 2019 we were informed that the permit was being withdrawn as the land was to be used for an army training exercise on that day. Subsequent attempts to negotiate were unsuccessful and the club then attempted to consider other options but again these were unsuccessful in the very limited time available to plan for a Championship standard event.

We are now hoping to reschedule the event for the Autumn but, as previously, this involves discussions and negotiations. The club has decided to replace the event with a regional Level C event using our local Star Posts although this will now be on Saturday 25th January with Guildford Orienteers moving their Middle Distance event from the Saturday to Sunday 26th January.

Congratulations to **Denise Harper** who took the Women Ultravet class. This was a very open class with no competitor winning more than 2 races. Denise was the winner at Tewksbury in August.

Having been leading the Men Ultravet class for much of the year, in the closing stages **Nigel Houl** was first overtaken by Alun Jones (TVOC) and, at the final race, had Don McKerrow (SLOW) draw level in points. Under the rules of the competition, Nigel slipped to third as, when competing together, Don had higher positions than Nigel at several events.

Peter Bennett in Men Hypervet must be regretting a mispunch at the event at Buckingham in August. Had he gained a score in the 90s (which is normal for him) rather than the zero for the mispunch, he could have won the class!

SEOUL	Position	Points	Events
Men Open			
Dimitar Gospodinov	17	332	4
Men Supervet (M55+)			
Derick Mercer	13	523	6
Andrew Southwood	30	295	4
Men Ultravet (M65+)			
Nigel Houl	3	665	13
Richard Rae	12	488	6
Women Ultravet (W65+)			
Denise Harper	1	663	11
Sally Collins	5	611	7
Christine Artus	17	279	3
Men Hypervet (M75+)			
Peter Bennett	4	547	7
Women Hypervet (W75+)			
Gill Bennett	2	584	7

At the time of writing, races for 2020 have only been allocated for the UKUL and not the SEOUL. For the UKUL, there are limited opportunities to participate although the list includes events at Welwyn (14 June), Cheltenham (19 July), Milton Keynes (9 August), Witney (27 September) and Salisbury (31 October).

Committee News

The Committee met in late November and the following are some of the matters discussed:

- **Results Equipment:** A new battery has been bought to support our results processing at events. Consideration was given to the purchase of additional Emit cards. However it was decided that we would, for the time being, rent additional Emit cards rather than pay out the much larger sum to buy new ones. Information has also been provided by TVOC suggesting that their switch from Emit to SI has cost them about £15,000.
- **Schools' Orienteering:** With Denise Harper having stepped down from being the main organiser for the orienteering element of the Berkshire Schools Partnership annual Schools Games targeting primary schools, the Partnership has approached BOF for support and guidance on continuing to include orienteering. BOF have recognised that this is a suitable activity for support as a development project and are looking to provide some resources to enable orienteering to be available, at least for an initial year. In particular BOF has been piloting various ways to bridge the gap between school and club, and would like to trial an approach with BKO. The Committee approved the concept in principle. Phil Conway, Development Officer with BOF, will draft a detailed proposal for consideration by the Committee at the January Committee meeting.
- **Scouts and Guides in Windsor Great Park:** We have been approached about the possibility of supporting the provision of an orienteering option at the international scout and guide camp held in July every 5 or 6 years in Windsor Great Park (WINGS). However, access to the park for orienteering has not been granted for at least 40 years and it seems unlikely that it will be in the near future. As no orienteering map exists, the Committee felt that the effort involved would be excessive unless it provided an opening to future access. It was also noted that it might previously have been considered an SN area but, with no access, this has not been tested or resolved.
- **Development Officer:** It was again noted that the club has no 'Development Officer' at

present and this is considered a current weakness. Stefan will be emailing the members to ask if someone will consider taking this on.

- **Tents:** The club has bought two new tents to replace two which had started to fall apart and were becoming difficult to erect (*see pictures right and below*)
- **Night Event:** Having attended a Wessex Night League event, Mark Saunders had made a suggestion that the club might stage an event with a similar format. The Committee would be happy to consider a proposal but cautioned about committing our team of volunteers to additional events with limited appeal. It might be good to assess interest with a low-key training type activity first.

.The next Committee meeting will be held on Thursday 16th January.



One of our new tents in use at Swinley East in December.



Encouraging Juniors

How to make events more attractive to our junior members? This is a regular question when discussing club development and participation. Many juniors like to socialise with people of their own age and not simply tag along with parents. And what can they do when they have completed a course in around 30 minutes while Mum and Dad are out for over an hour?

One solution was proposed by Bo Oqvist and, with the support of his daughters, tried at our Swinley East event in December. Using one of our new tents, juniors were invited to drop by and were offered free drinks, snacks and even a free gift. Resources for the initiative was provided by some sponsors - food by Sainsburys in Ascot and small gifts by Knight Frank and Ericsson.

Did it work? There was certainly juniors grouped around the tent and there was even rumoured to be some music coming from inside. Bo has commented afterwards: 'It was a 100% success if measured by the children finishing all the biscuits! If measured by fruit consumption then maybe only 80% successful.'

The 'Junior Tent' will next appear at our Burghfield event in February. But more sponsorship will be needed - perhaps a local Burghfield supermarket or does anyone work for a company that might be supportive (Waitrose HQ in Bracknell comes to mind)? Suggestions or offers to Bo please:

bo.oqvist@btinternet.com



Club Championships 2019

Having held the 2018 Club Championships in January 2019, the Club Committee was determined to ensure that the 'real' 2019 Championships were in fact staged in 2019. This proved quite easy as BADO were staging a regional league event at Pamber Forest in early December and the Committee designated that as the event to be used.

Before listing the results, it is worth pointing out that the 'rules' used to determine a 'Club Champion' have been frequently debated. It could be argued that the 'Club Champion' should be simply determined by use of the national ranking list. But that would not create a specific event where a good performance would lead to a true Champion where the knowledge that a good performance could lead to the honour of becoming a 'champion'. Unfortunately, the current system in which specific courses are designated as being used to determine the male, female and junior champions, does not seem to be attracting sufficient interest particular from those who normally run longer courses than those designated. A separate 'handicap' competition is also provided which is based on relative performance (from an analysis of national ranking points) but in this case there can be arguments about the algorithm used to determine the champion.

And so to the results....

- **Men's Champion:** Based on BKO performances on the Blue course, our Men's Champion is **Derick Mercer**.
- **Women's Champion:** Based on BKO performances on the Green course, our Women's Champion is **Trish Monks** (who retains the title from 2018!).
- **Junior Champions:** Unfortunately no BKO Junior tackled the Orange course so no junior champions this year.
- **BKO Club Handicap Championship:** Club members who were awarded national ranking points and who had at least 3 ranking points already were eligible for consideration for this Championship. For those with 6 ranking points showing on the national list before the event, the average of the six was used as a base; for those with less than six, the highest score was used as a base. Points at the event were then used and compared (as a %) with the base. The following represent the top five performances:

		Base Score for calculation	Champs Score	%
1	Pete Inness	946	1015	107.31
2	Andrew Southwood	1059	1109	104.72
3	Doug Greenwood	1099	1142	103.96
4	James Wilkinson	1181	1199	101.52
5	Cliff Thorne	988	985	99.70

The winners will be presented with their trophies and medals as the Annual General Meeting in February.

Further to the discussion above about the method for determining the Club Champions, the Committee would welcome opinions on the best options for future Club Championships. What type of event should be used - a local regional league, a larger national event or even a local one put on specially just for club members? And what time of year is best - spring, summer, autumn or winter? And how should a handicap be determined?

Berkshire Orienteers
is on Facebook !



National Ranking List - BKO Positions

Time once again to take the annual look at the national ranking list and the positions of members shown as BKO. The tables below show our top 15 male and female members taken from the national listing on the 1st January 2020. Without giving full details, ranking points are obtained at events classified at Levels A-C when there are enough competitors on a course to make the statistics valid. Also note that the system does not rank juniors under 17 and that the total score is the sum of a competitor's best 6 scores over the previous 12 months.

This year **Mark Saunders** has retained the top position coming in at 311th on the national ranking list. Mark has now been top in 4 of the last 5 years. However, top female position goes to **Trish Monks** who has shot to the top of the female list in her first year. Trish has also the top female individual score with 1148 at the SN Frimley Urban event in July - some local knowledge may have helped her achieve this though! She has displaced **Lisa Methven** who drops to second, just ahead of **Annika Greenwood** in third - up from 5th last year but she was 3rd in 2018. Further down the list there have been fewer changes with most of our top females maintaining consistent form.

Back with the male list, there has been more change. Leaping from 14th position last year to 4th this year is **Dimitar Gospodinov**. His top score was obtained at the TVOC Wendover Woods event in November so perhaps he will be able to improve further in 2020. Also moving up are **Simon Turton** and **Rob Smart**. Simon had only attended a few events in 2018 so was absent from the list last January but, with three good results in November, he jumps back in at 8th. Rob is another who returns to the list (in 9th) although, in his case, his last appearance was in 15th position back in 2016. Another member whose good form recently has seen him enter the top 15 listing for the first time is **Doug Greenwood**. His best score was at the November Classic and, with another 3 good results since then, he has now come in at 14th.

Missing from the list are two good orienteers who have not been to enough events to appear in the tables. **Pavel Prochazka** only attended 4 ranking events in 2019 but all his four scores (1296, 1319, 1312 and 1331) were better than our next highest (which was Mark Saunderson's 1282 at the SOC Fritham event in October). Also missing is **Lukasz Wisniewski** who only attended one ranking event - the CompassSport Cup heat back in March. Unfortunately he was the Editor's 'one to watch' last January.

Also deserving a mention are **Martin Wilson** (M70) and **Denise Harper** (now W70) who have again appeared in the lists, successfully beating many younger rivals.

So who to watch for 2020? Scanning the lists below the top 15 does not reveal anyone rapidly climbing and likely to make a top 15 place next year so perhaps just keep an eye out to see if **Dimitar** can take a top 3 spot next January. But good luck to everyone!

	National Position	Name	Year of Birth	Total Points
1	311	Mark Saunders	1978	7572
2	490	John Methven	1970	7376
3	544	Alexander Moore	1992	7319
4	564	Dimitar Gospodinov	1992	7303
5	766	James Wilkinson	1991	7131
6	905	Derick Mercer	1964	7018
7	975	Martin Wilson	1947	6965
8	995	Simon Turton	1965	6949
9	1060	Rob Smart	1973	6903
10	1145	Georgi Gospodinov	1965	6837
11	1160	Simon Moore	1960	6826
12	1262	John Briggs	1958	6736
13	1312	Nigel Hoult	1953	6696
14	1325	Doug Greenwood	1973	6687
15	1461	Stefan Stasiuk	1951	6592

	National Position	Name	Year of Birth	Total Points
1	1530	Trish Monks	1975	6532
2	1904	Lisa Methven	1969	6255
3	1959	Annika Greenwood	1971	6213
4	2009	Toni Whittle	1970	6178
5	2071	Lynne Moore	1964	6129
6	2346	Fiona Clough	1962	5878
7	2563	Christine Artus	1953	5660
8	2688	Denise Harper	1950	5516
9	2814	Antje Inness	1968	5343
10	2887	Sue Parker	1960	5248
11	1936	Jacqui Briggs	1961	5158
12	3006	Liz Stradling	1956	5060
13	3013	Lesley Innes	1958	5038
14	3047	Sally Collins	1951	4971
15	3309	Anne-Marie Hillier	1952	4338

BKO Team Events in 2020

*It is a busy time of the year for the Club Captain, **Martin Wilson**. Here he sets out initial details of the various opportunities that will be available during the next 3 months to participate at events on behalf of the club. He will be providing more details over the coming weeks by e-mail but please note the dates and join us as we take on other clubs.*

The club will be entering a number of major inter-club competitions and relays in 2020. These are packed into the Spring period more solidly than usual, four events in a single four-week segment. We will be requesting entries for these events during the early months of the year. This will require a great deal of work for the Club Captain, so I'm providing here some details on each event to help you plan your schedule for the opportunities in good time. The following are the dates of these events:

- **March 8th: Yvette Baker Trophy Heat**
- **March 15th: CompassSport Cup Heat**
- **March 22nd: BOC Relays**
- **April 13th: JK Relays**

Expect invitation mails to come out early in February, and early responses would be appreciated. I hope many members will want to enjoy some (or all!) of these major events.

8th March - Yvette Baker Trophy

The Yvette Baker Trophy (and Shield) is the premier Junior Inter-Club competition for English and Welsh clubs. It is named after Britain's first World Champion (and member of Reading O.C.!), who won Gold in the Short Distance Event in Scotland in 1999. It is held annually with qualifying regional heats held mainly in March/April, with a national Final in early July. BKO has never entered a team for this event before, but with the increasing numbers and skill (and enthusiasm!) of our junior members, we intend to enter a team for 2020. The event is open to all our junior members, regardless of their experience, and we hope as many as possible will want to take part.

There are two competitions that run in parallel. The Trophy is for clubs with more than 25 juniors, the Shield for clubs with fewer juniors. Though BKO is considered a large club for the CompassSport Cup based on our overall membership, we actually qualify for the Shield as we have only 22 junior members as of 1st Oct 2019, the cut-off date for sizing.

Finding a qualifying heat within reasonable travel time has not been easy. There is no SCOA heat (neither Sarum nor TVOC are holding a heat). Nearest heats are near Exeter (Devon), Rainault (Essex), or Bedford. We've decided to go to Bedford, close to the A1, mainly motorway driving. The Final will be held north of Bristol, not too far, so it is worth us making the effort to qualify.

The competition has four courses, with separate scoring for boys and girls, giving eight classes in total:

- **Green:** Any Junior M/W18 or under
- **Light Green:** Any Junior M/W14 or under
- **Orange:** Any Junior M/W12 or under
- **Yellow:** Any Junior M/W10 or under

It is permitted to run one class below your correct one, as long as you've not been close to Championship standard in your correct class. Pairs are allowed to compete on the Yellow course, though they count within the older person's age class and boy's class unless both runners are girls. [This is only intended for novices]. Overall, the aim is to provide suitable competition for all standards and experience: everyone should feel they are welcome and able to be part of the team.

Scoring on each class is 100 pts for 1st, 99 for 2nd, etc. For the Shield competition, our best five scores count towards our total, with not more than three scores from any one class. This is very similar to CSC scoring. There are no adult classes to count, but the heat is always part of a Level C event, so there are adult classes (Brown, Blue, etc) for parents to enjoy separately.

Each club has to appoint a Team Manager for the YBT. As this is our first entry, and is very similar to the CSC in design, I've volunteered to take on that role for this year. I'll be working with our informal JMT (Juniors Management Team!) of John & Lisa Methven and Kirsty Parkhouse, to build and



manage our team. I'll be inviting entries during February via email, I really hope many parents will want their children to take part, any standard is fine. Club Top Award (CTA) credits will be available for competitors as an incentive, and it's a chance to get to know your fellow BKO juniors and enjoy some fun together. Who knows, we might even qualify for the final!

Finally, for illustrative purposes only, on the right is a table showing the classes that our 2019 membership could run at YBT in 2020, based on their age group. Note that juniors stay in an age group for the year they reach their class age e.g. M/W10 till and including the year of their 10th birthday. Actual courses run will be subject to discussion, all children should feel comfortable at the level they compete.

I hope that newer young members will also come forward to join in, whether from St Andrews School or elsewhere. YBT is a great opportunity to develop experience representing our club with other juniors in a friendly and safe open competition, and I look forward to seeing a great BKO turn-out on the day!

Class	Boys	Girls
Green	Tom Inness Adam Methven Finn Miller Alexander Rogers James Waite	Anna Methven Ivy Perrin Imogen Woodcock
Light Green	Matthew Gracey	Sophia Oqvist Amelia Wing
Orange	Robin Inness Elliot Perrin Alistair Wynne Luca Zurek	Freja Oqvist Natalie Wing Maddie Woodcock
Yellow	Jolan Harper	
<i>In addition, Jess Miller and Guy Palmer are M/W20 class, seemingly not included in YBT</i>		

15th March - CompassSport Cup

In 2020, there is no South Central heat. There are qualifying heats being held at Hampstead Heath in London (SE heat), near Milton Keynes (East Anglia heat), and near Gloucester (SW heat). After consulting with some of our regular runners, we've decided to enter the NGOC event near Gloucester. This is easy to reach, mostly dual carriageway to the location east of Gloucester, at Cranham and Cooper's Hill (see NGOC web site for details). Members in west Berkshire should particularly favour this choice! It will certainly be an interesting heat.

Teams competing will be BOK, NGOC, DEVON, QO, and BKO. Most years, BOK qualifies automatically as they finish in the top three in the Final. Unfortunately, in 2019 the final was in Sussex, and Southdowns Orienteers turned out almost 120 runners, and stole 3rd place from BOK. This means that BOK has to qualify this year, and will surely win this heat. The other clubs are very strong, and NGOC will be on home territory, with a full team. Quantock Orienteers (QO) have just moved up to a 'big club' status, so are expanding. (By comparison, SOC is now a 'small club', competing for the CS Trophy, not the Cup). I think we'll do well to match any of these clubs. If a sixth club also ran, then 2nd place club would get to the final. I checked with TVOC, but they intend to go to Hampstead Heath, being closer for their members.

Our juniors are strengthening every year, and we have some new members to add to our team. I'll be in touch early February to invite entrants. I'm going to see if we could put the entry spreadsheet on the club website and get runners to do their own entry, choosing their preferred start time. It would save me a lot of cross-entry time, and avoid possible errors on EMIT numbers etc. I hope we get our usual strong response from BKO regulars. We are 'the leading South Central CSC team' after our 2019 result so we have a reputation to keep up!

22nd March - BOC Relays

At last the British Championships are reasonably close, at Liphook in Hampshire, an unusual time in late March. Senior Relay classes are Open, M/W40, 50, and 60, plus the usual M & W Short and Ad Hoc classes. I hope we can enter reasonably competitive teams in most of the Vets classes. For this event, all three legs of each class are the same length (no Short Leg 2 like the JK).



For juniors, there will be age group classes, but also a Mini-Relay for M/W10s at Yellow standard. I hope some of our newer younger members will consider making up a team. It would

be a good follow-on event from the YBT earlier in the same month. CTA credits will be given for all successful junior course completion in these Relays.

13th April - JK Relays

The JK is in North Yorkshire this year, not so close, we may have fewer runners. We will provide relays for willing competitors. I usually leave entries till quite late, once we know who's actually attending. The club continues to fund relay entries, but we have had problems with entering Ad Hoc teams. These are sometimes 'raided' to move people into age classes to cover injuries, leaving Ad Hoc unfilled. At £70 per entry, this is not a good use of the club's funding. We may instead operate a 'reserve list' of runners who would turn out if needed. Junior relay runners would again gain CTA credits for completed runs at this event.



Club O Top

Modern design, slim cut, summer weight. Cool in summer, also works well with a base layer underneath for all-seasons use. Washes well without shrinkage, retains all the colour fastness. The tiger stripes give a real wow factor, gaining compliments from other clubs.

Summer Jacket

A neat-looking outer jacket, good for warm-up and cover at events. Single layer material, woollen cuffs, blue central zip, good value. Helps other members to recognise you at events!



Winter Jacket



A 3-layer softshell jacket, perfect for all-year round use. The fabric is breathable and abrasion resistant, with a PU membrane to remove perspiration to the exterior. Waterproof and windproof, regular cut with close fit to provide warmth, plus white zip, two side pockets and useful small chest pocket. This is the go-to jacket for regular orienteers, very smart styling, it really suits the club colours and style.

If you want to order an item, or try on one in stock, please, mail clothing@bko.org.uk with your chosen sizing. We order in batches, to reduce delivery charges. Delivery timescale is around 6 weeks from order placement with Bryzos, we anticipate about three order cycles each year.

Current Prices: O Top - £25 / Summer Jacket - £29 / Winter Jacket - £49

Junior News

Club Top Award Scheme

Our new Club Top Award (CTA) scheme was introduced last autumn. It is designed to encourage Junior members to develop their orienteering skills up to Orange standard, by representing BKO at significant events. The Award is open to all juniors up to M/W14, and provides a free adult size new-design BKO Club Top. Achievement of the Award requires the runner to obtain three 'credits' by completing three appearances for the Club in any of the following team events:

- Yvette Baker Trophy
- CompassSport Cup
- Any relay event as part of a BKO team (at BOC or JK or other relays)

A full credit is obtained by completing an Orange course successfully. A half-credit can be achieved by completing a solo Yellow course successfully, maximum two occasions, leaving two full credits to be achieved at Orange level later. Note that successful course completion gains the credit, regardless of time taken! The following members have now achieved the Award: congratulations to each of them. It was good to see them in their new Tops at the recent Swinley event.

2019: Imogen Woodcock, Amelia Wing, Alistair Wynne, Luca Zurek
2020: Maddie Woodcock, Natalie Wing

The Committee has now agreed to extend the Scheme to supply achievers with a club Summer Jacket at a major discount for just £15, and these are currently on order for the existing achievers. We look forward to seeing many more of our juniors visibly representing BKO at major events.

We have found over the past two years that juniors really enjoy the representative events, particularly relays, and they have gained wider experience and increased confidence at running Orange and Light Green courses. Some have now also advanced into the South Central Regional Squad. We want to encourage others to follow this pathway, hence the development of the CTA scheme.

If you have any queries on the Scheme, please contact Martin Wilson at clubcaptain@bko.org.uk.

British Schools' Orienteering Championships (BSOC)

- Sunday 17 November 2019

It was 11 years ago that Berkshire Orienteers last hosted the British Schools' Orienteering Championships. On that occasion, in November 2008, we used Hawley and Hornley for the event. These events rotate around the regions and those clubs willing to put on the event. And so it again returned to the region and, although consideration was initially given to BADO staging the event at Greenham Common, ultimately it was agreed that BKO would take the lead with Black Park, near Slough, being the area.

Although BKO provided most of the manpower on the day, the main officials included external support. Our **Eric Harper**, who is also the current regional Chairman, took on the lead role of Organiser, Robin Bishop (TVOC) was Planner and Jim Prowting (TVOC) was Controller.



The view of the Start showing, in part, the effective organisation provided by BKO,



The **St Andrew's School** team proudly displaying their trophy and medals as 'Middle/Preparatory' winners.

(Photo: Kirsty Parkhouse)

Black Park is often used by film companies from the local Pinewood Studios and this led to some difficulties with planning. It was only just a few days before the event that the main assembly field was largely cleared of film equipment. We were also lucky with the weather as, for once this Autumn, it was dry and even sunny at times.

Unfortunately there was an issue with the control descriptions. The last minute changes to courses were not transferred across on to some of the loose control descriptions leading to some confusion and, on some courses, several legs had to be voided.

However once the adjustments had been made, we are delighted to report that **St Andrew's School, Pangbourne**, once again took first place in the 'Middle/Preparatory' school class. Their best individual performance was by **Harriet Parke** who was second in the Year 5 Girls class.

Also attending, but as their school's sole representatives were **Adam Methven** (Reading School) and **Amelia Wing** (Queen Anne's School). Adam took first place in the Year 9 Boys class although his lead of only 10 seconds meant it was a close competition! Amelia took third place in Year 9 Girls.

Eric expressed his thanks to the volunteers and noted that the

Adam Methven Selected to Compete at Interland

Interland is a event in which England competes annually in a five-cornered match against two Belgian teams (Flemish and French speaking), the Netherlands, and the French Ligue des Hauts de France de Course d'Orientation (LHFCO). The competition is truly a team effort spanning age groups from W and M14 to W and M60+: 42 team members in all. Selection for the England team is by selectors appointed by 'Orienteering England'.

The team for the 2020 Interland has been announced and **Adam Methven** has made the team as one of 3 M17 team members (*there are no M16 or M18 classes*). The event moves around the nations involved in the competition. Last year the French hosted the event; this year it is the turn of England. It is on Sunday 1st March and, for Adam, the event could hardly have been closer - Burnham Beeches near Slough!

Congratulations to Adam on his selection and good luck.



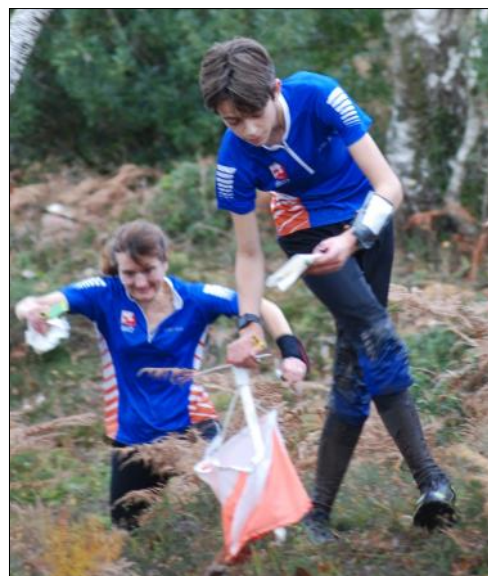


SCOA News

SCOA Championships 2019

The 2019 November Classic at Bramshaw Wood in the New Forest was used to determine the SCOA Champions for each class. Congratulations to the following BKO members who gained a top 3 place in this competition:

- M16: 1st - **Adam Methven**; M45: 2nd - **John Methven**; M65: 1st - **Martin Wilson**, 2nd - **Stefan Stasiuk**; M75: 3rd - **Ian Cooper**.
- W45: 1st - **Annika Greenwood**; W65: 1st - **Denise Harper**.



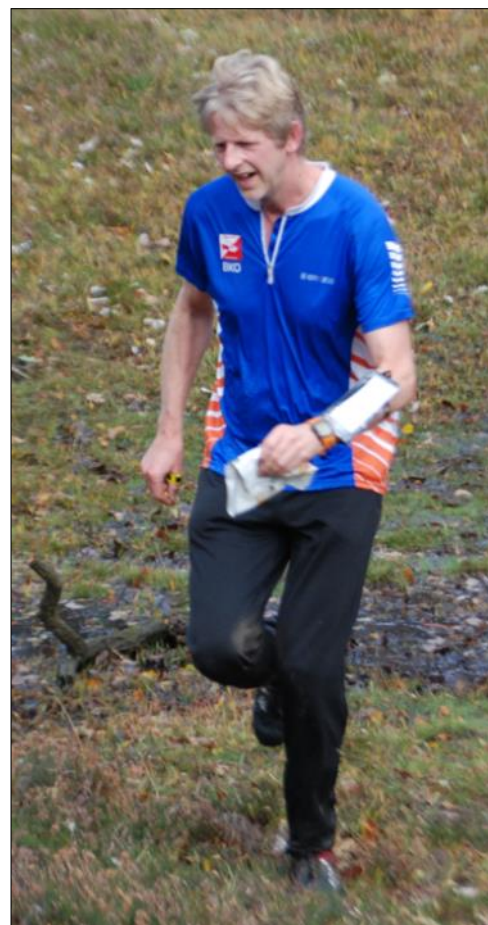
Regional Orienteering League (SCOL) 2019-20

A listing of the SCOL events was provided in the September Newsletter. However there have been some additional events added so the remaining events are shown in the table (in date order). Note that due to the late addition of the club's event at Star Posts, this has been allocated the reference SCOL9.

Event	Location	Date	Club
SCOL9	Star Posts	26 January 2020	BKO
SCOL6	New Forest	16 February 2020	WIM
SCOL7	Deangarden Woods	19 April 2020	TVOC
SCOL8	Bloom Wood	26 April 2020	BKO

With nine events in the League this season, scores allocated at any competitor's best 5 events will be used to determine the final positions. To be allocated a score in the League, competitors have to run individually and be members of British Orienteering with SC showing as their region so St Andrew's students are not included unless they are also individual members. So how are BKO members doing so far with 5 events having been staged?

- **White:** No eligible members have competed so far.
- **Yellow:** **Elliot Perrin** was the best SCOA member at our Bucklebury event and scored 100 points. So far he is the only scorer in Yellow in the League.
- **Orange:** No members currently listed.
- **Light Green:** **Tom Inness** is currently in second position having scored the maximum 100 points at the TVOC Wendover event.
- **Short Green:** With more competitors, BKO are currently occupying 3 of the top 5 places: **Denise Harper** (3rd), **Antje Inness** (4th) and **Peter Bennett** (5th).
- **Green:** Our **Alan Jones** is leading the list for this course.
- **Blue:** In the biggest class, **Derrick Mercer** is currently lying in 9th position.
- **Brown:** Doing well in this class is **Mark Saunders** in 2nd position with the maximum 100 points at Bucklebury.



The Methvens, as seen at the November Classic:

Top: Adam leads **Lisa** into a control. **Bottom: John**.

(Photos: Steve Rush)

The Regional Badge Scheme

Did you know that the region has a scheme for recognising competitor's progress through the stages of the different colour coded courses?

*How to Qualify for an Award **

The following apply to events offering colour-coded courses such as the regional league events (SCOL) or our Saturday events:

- 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.

Results at many colour-coded events will indicate the cut-off point for the standard. Once you have met the requirement for a particular award, submit your details and the full details of your results from your qualifying events to our club Award Administrator. Glyn Thomas is now taking on this role so e-mail him at: **thomasgh123@hotmail.com**. When verified, you will be issued with a cloth badge confirming your progress.

** The rules are under review - any amendments will be announced at the time.*



2020 World Orienteering Day / Week

The next **World Orienteering Day** will take place on Wednesday 13 May 2020. However, any activity held between Wednesday 13 May and Tuesday 19 May 2020, can be registered as a World Orienteering Day event.

For more details, see:

<http://worldorienteeringday.com/>

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

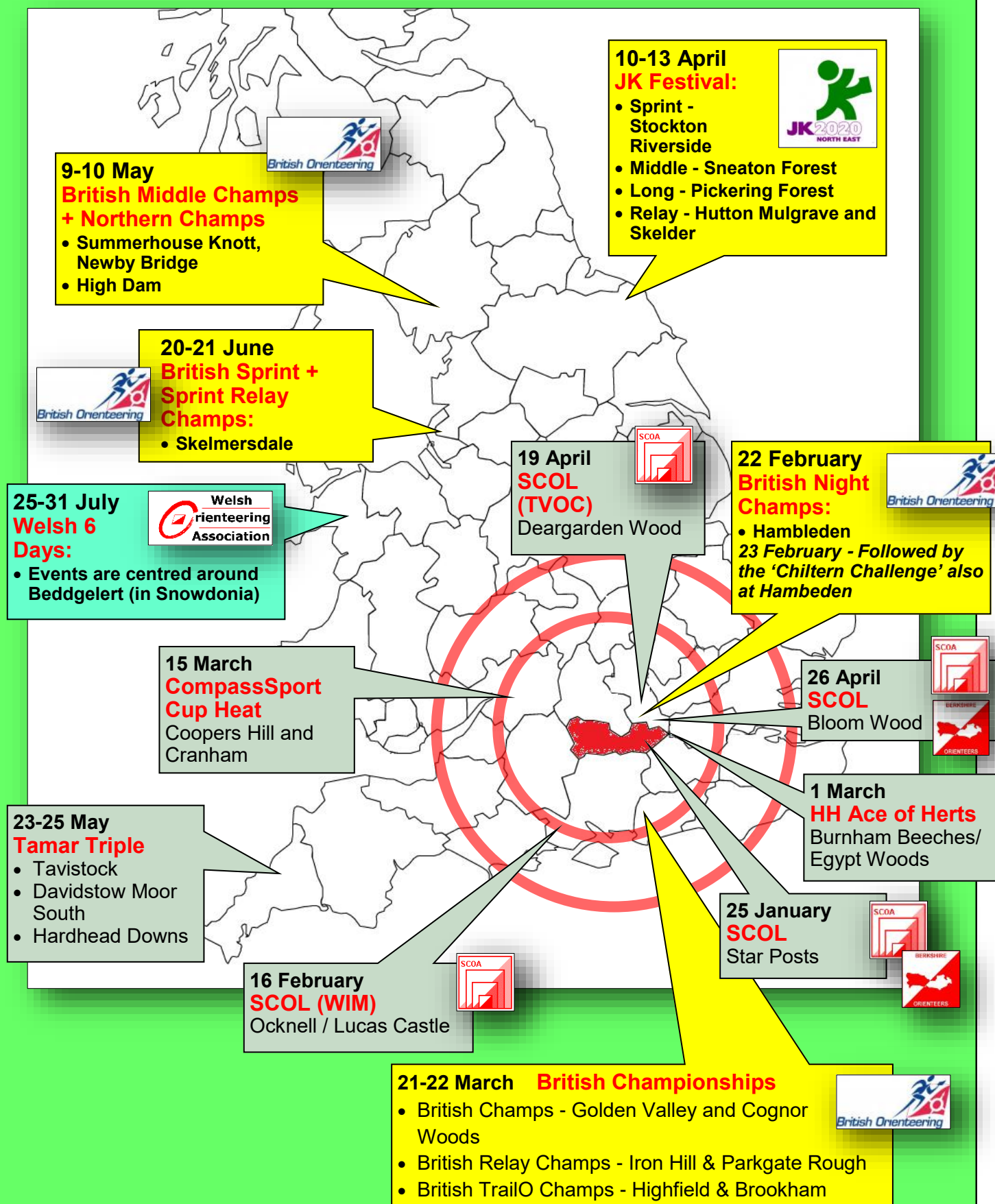
Your 2019-2020 Committee

Chairman:	Stefan Stasiuk	chairman@bko.org.uk
Secretary:	Derick Mercer	secretary@bko.org.uk
Treasurer:	Peter Entwistle	treasurer@bko.org.uk
Membership Secretary:	Ian Hudson	membership@bko.org.uk
Fixtures Secretary:	Bo Oqvist	fixtures@bko.org.uk
Development Officer:	- - - - Vacant - - - -	

4 Committee Members + 2 co-opted: Fiona Clough, David Jukes, Brian Sewell, Mark Foxwell and Simon Moore

Top UK Events: Winter - Spring - Summer 2020

Here is a personal selection by your Editor of some of the highlights to look forward to in the coming months.
Note that the British Sprints and Middle Championships are in September.



Your chance to become a British Champion?

Having had the JK Festival 'in our back garden' in 2019, you might think that the next chance to participate in a major national competition locally would be a few years away. But you would be wrong! As the map on the previous page shows, there are four British Championship events taking place 'on our doorstep' in the next 3 months.

First, towards the end of February, will be the **British Night Championships** (the **BNOC**) which will be using Hambleden, just beyond Henley-on-Thames (*some members might even consider Hambleden as 'back garden'*). The area is considered one of the best woodlands in the Chilterns and competing at night adds to the technical challenge. However entries tend to be quite low for this event so increasing your chance of becoming a champion - or at least getting a medal. Note that if you don't fancy Hambleden at night then you can tackle courses on the same area in TVOC's Chiltern Challenge the following day. For the BNOC, cheapest entries close on 2nd February but the final entry date is the 16th February.

Towards the end of March, we have the **British Orienteering Championships** (the **BOC**) and the **British Relay Championships** (the **BRC**). It is the turn of the South East region to stage this combined weekend and they have chosen areas just to the south of Liphook. This is actually in the South Downs National Park but is only about an hour's drive from Reading - so perhaps not 'on our doorstep' but 'just over the road'. The event will attract orienteers from across the UK so a great opportunity to test yourself against the best in the country on some physically and technically demanding courses. First closing date for cheapest entries is the 26th January with the final closing date being the 23rd February. Note that you have to be a club member registered with British Orienteering to compete. For details of joining a BKO team at the BRC, see Martin Wilson's article on page 10.



Your fourth opportunity to become a British Champion is on the same day at the BOC. This is the **British Trail-O Championships** (the **BTOC**) which is usually staged alongside, or close to, the main BOC (although it was not in 2019). This year the event is based at a school just outside Liphook so enabling participants to do both the BOC and the BTOC on the same day. Note that although you may feel shattered after your run at the BOC, the Trail-O event involves walking

around a short course on tracks and analysing the position of control flags in comparison to their marked position on a map. You have to identify whether there is a control flag at the precise point that is indicated by the circle on the map. More of a mental challenge than a physical one!

You may feel that, prior to competing in the BTOC, you would like to have a go at Trail-O to get a better understanding of the challenge. There are very few Trail-O events in the UK but on Saturday 29th February, Wimborne Orienteers are staging an event near Dorchester. For details, see the Wimborne website (www.wimborne-orienteers.co.uk/).

One caution, entry fees to British Championships are set higher than most other orienteering events and these can often attract criticism. However, with travel costs considerably lower than for many more distant competitions, this year they can still represent value for money. Families can note that junior fees have been set at less than half the senior fee presumably to encourage participation by families.

British Orienteering Incentive Schemes

Our congratulations to the following on their progress in November-December 2019: For more details, see: <https://www.britishorienteering.org.uk/incentives>

- **Lesley Innes**, Navigation Challenge *****; Racing Challenge: Bronze Award *****
- **Jon Vaughan**, Racing Challenge: Bronze Award *****



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.

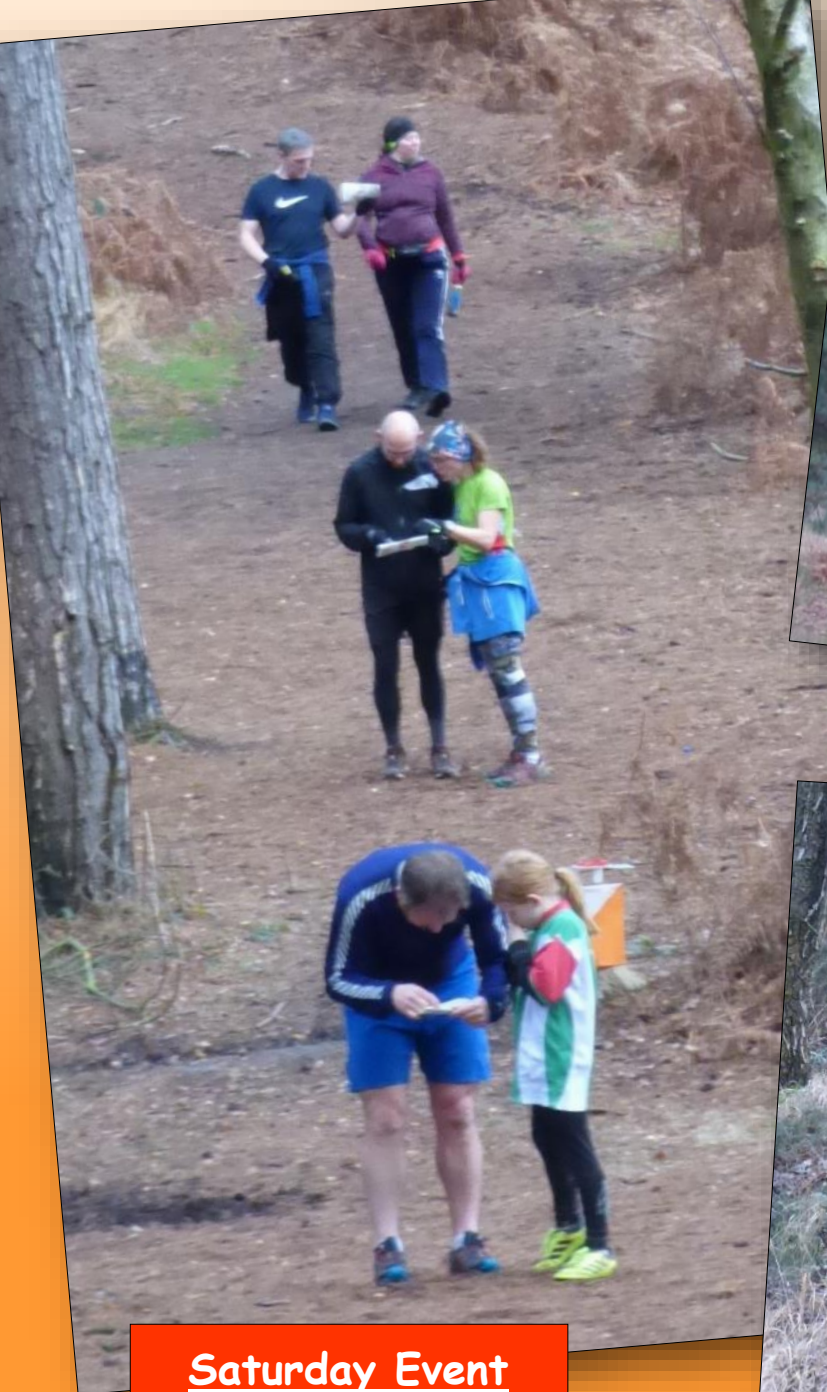
Date	Event Name	Level	Club	Venue	Town
Sun 12 Jan	SAX Regional	Regional	SAX	Eridge	Tunbridge W
Sun 12 Jan	SW League	Regional	NWO	West Woods	Marlborough
Sat 18 Jan	NGOC 50th Anniversary	National	NGOC	Knockalls (West)	Monmouth
Sun 19 Jan	NGOC 50th Anniversary (inc. SW League)	National	NGOC	Lightning Tree Hill	Cinderford
Sat 25 Jan	 SCOL9	Regional	BKO	Star Posts	Bracknell
Sun 26 Jan	GO Middle Distance (UKOL)	National	GO	Farley Heath	Guildford
Sat 1 Feb	HH Saturday & Youth League	Local	HH	Sherrards Park Wood	Welwyn Garden City
Sun 2 Feb	SO Regional	Regional	SO	Tilgate Forest	Crawley
Sat 15 Feb	BKO Winter Saturday	Local	BKO	Burghfield Com.	Reading
Sun 16 Feb	SE League	National	MV	Netley Heath & Effingham Woods	Dorking
Sun 16 Feb	 SCOL6	Regional	WIM	Ocknell / Lucas Castle	Ringwood
Sat 22 Feb	British Night Champs (UKOL)	Major	TVOC	Hambleton	Henley-on-Thames
Sun 23 Feb	TVOC Chiltern Challenge (UKOL)	National	TVOC	Hambleton	Henley-on-Thames
Sat 29 Feb	SOC Local	Local	SOC	Mark Ash Wood	Lyndhurst
Sat 29 Feb	GO Local	Local	GO	Puttenham	Guildford
Sat 29 Feb	WIM Trail-O	Local	WIM	Thorncombe Wd	Dorchester
Sun 1 March	HH Ace of Herts SE League & Interland	National	HH	Burnham Beeches/Egypt Woods	Slough
Sun 1 March	Wessex SW League	Regional	WSX	Anderwood	Burley
Sun 8 March	Sarum Saunter	Regional	SARUM	Fonthill	Fonthill Bishop
Sun 8 March	Yvette Baker Heat	Regional	WAOC	Rowney Warren	Bedford
Sun 15 March	CompassSport Cup Heat	National	NGOC	Coopers Hill and Cranham	Gloucester
Sat 21 March	British Orienteering Championships (UKOL)	Major		Golden Valley & Cognor Wood	Haslemere
Sat 21 March	British Trail Orienteering Championships	National		Highfield & Brookham Schs	Liphook
Sun 22 March	British Relay Championships	Major		Iron Hill and Parkgate Rough	South East
Sat 28 March	Sunset and Beyond Relays	Regional	SOC	West Wood	Southampton
Sun 29 March	SOC Regional	Regional	SOC	New Forest	Lyndhurst



Saturday Event
Swinley East
7 December 2019

A further set of photos showing competitors tackling courses together. Note that the wet autumn has left many paths much wetter than usual - as shown in the bottom photograph.





Saturday Event
Swinley East
7 December 2019



We often tend to focus on the top competitors or club members wearing club kit when showing photos taken at our events. However here is a selection of photos showing how orienteering can also be enjoyed as a group activity - perhaps as a pair or a larger group. It can provide a valuable route to gaining confidence and improving map reading skills especially for juniors.