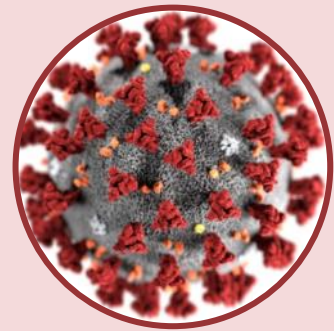
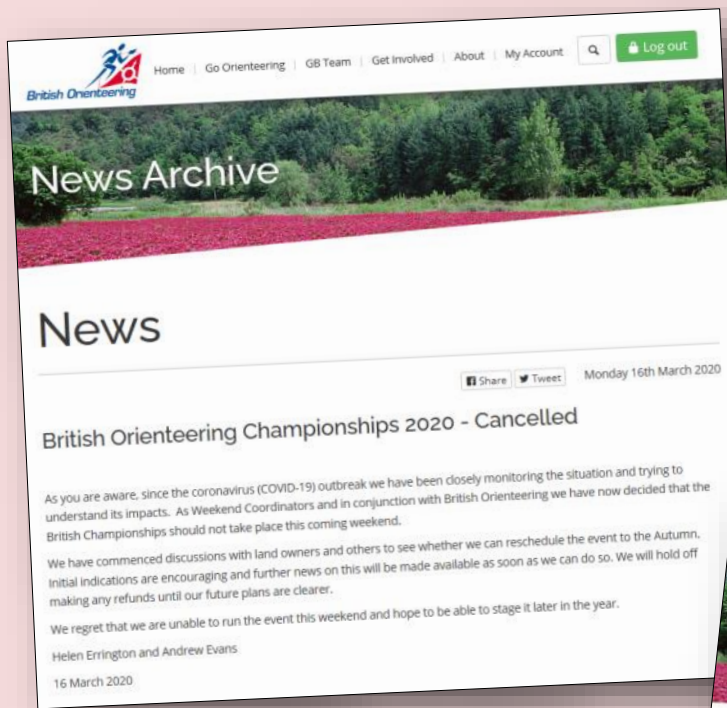


Lockdown Special

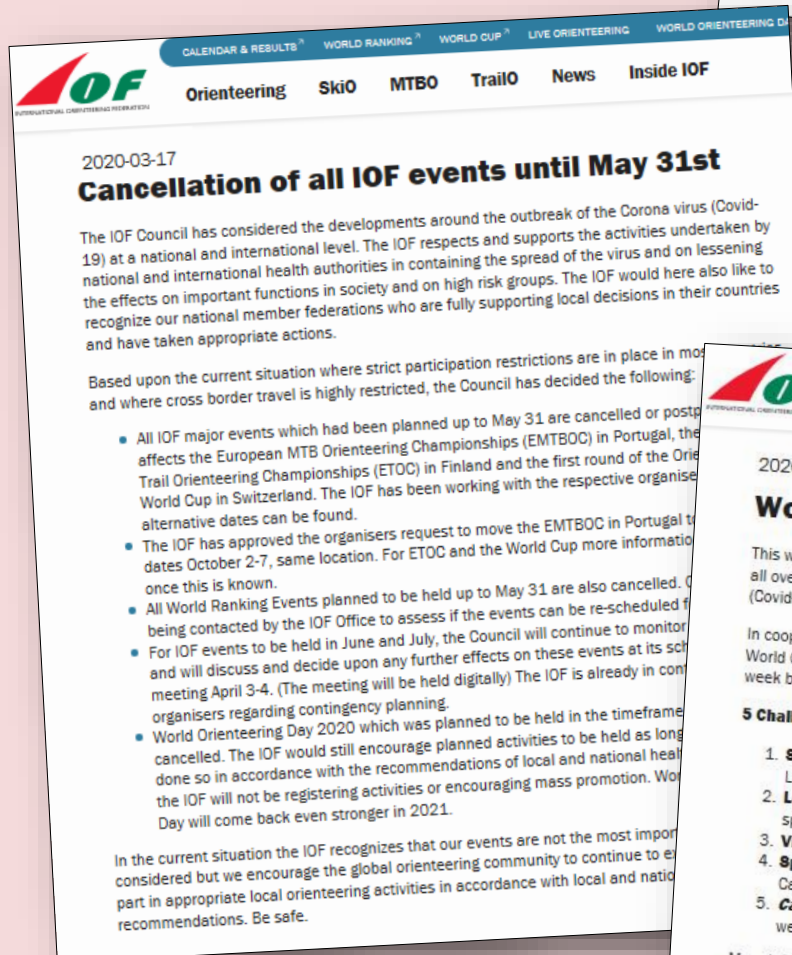
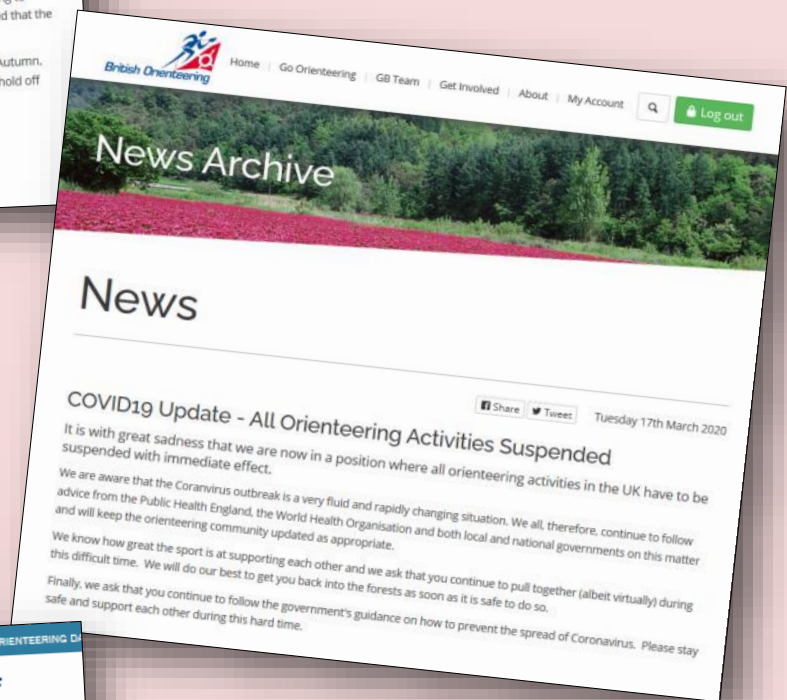
Berkshire Orienteers Newsletter

July 2020





Some examples of the sad announcements provided by British Orienteering and the International Orienteering Federation (IOF)





Editorial

The March issue of the Newsletter was emailed to members on Sunday 15th March. On Monday 16th March the British Championships, due to be staged the following weekend, were cancelled. On Tuesday 17th March, following the Prime Minister's broadcast the previous evening announcing a nationwide 'lockdown', British Orienteering suspended all orienteering until further notice. There was, as a result, no May BKO Newsletter.

Members will of course be aware of that history so may wonder why I have gone into that amount of detail. One of my tasks as Editor over the last few years was to prepare a special 50th Anniversary issue. In preparing that issue, I relied to a large extent on previous copies of the club newsletter for information about what had been happening at the time. I therefore felt that, to help a future Editor (perhaps preparing a special Centennial Newsletter!) it was important to publish an issue which provides an insight into the rather unusual situation we have faced this year.

The 'Lockdown' will have been experienced in many different ways by members. Although I have not heard of any, it is possible that some of you or your family will have been infected with Covid-19 and had the resulting anxiety and medical issues. If so, I wish you all the best for a speedy recovery. For some, perhaps key workers involved in essential activities, work may have been much more demanding and stressful. With schools closed, parents may have been attempting to home school their children. For others though, being told to stay home and off work, it will have meant a considerable amount of free time but with no access to the usual leisure facilities there may have seemed like there was nothing to do.

However, orienteers can be quite creative people and this issue provides some illustrations of what some members did with their time. I hope that you will enjoy the contributions and I thank the contributors for sharing this material. And I hope the BKO Newsletter Editor in nearly 50 years time will appreciate our efforts in providing this record!

As Stefan reports below, we look forward to being again able to compete locally and meet up, suitably socially distanced, in the coming weeks or months.

David Jukes

Chairman's Update with Stefan Stasiuk



Note: The following is based on the text of Stefan's recent e-mail to club members. Please keep a watch for further e-mails as the club starts to once again provide members with events locally.

Recently we received the announcement from BOF that Orienteering can restart from the 1st August 2020. The important message is: yes - orienteering can restart but it is necessary to observe and follow strict measures to make the events safe from Covid-19.

It is clear that large orienteering events will not be possible in the short term. We may be able to put on small scale events that will cater for around 100 competitors spread out over 2.5 hours using one start and around 200 competitors using 2 starts. We will need to be able to find good open car parking areas with short access to wide open areas for the starts and finish areas, for instance Swinley East is an area that could be used if permissions from Crown Estates could be obtained whereas Star Posts would be more difficult due to the high public footfall around the Look-out.

The committee will be meeting via Zoom to look at what we can do to restart the BKO fixtures now we have the BOF guidance to follow. If anyone has any useful ideas or would like to get

Cover Picture: Being confined to home and the immediate neighbourhood, **John Briggs** created a map of his road and challenged his neighbours to experience orienteering. See Page 14 for John's article and the full map.

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

involved in organising or planning events over the next 3-4 months especially if you have ideas about areas that you feel can be used easily within the guidelines, do let us know.

A number of you may not be keen to get back to helping at orienteering events while Covid-19 remains a very serious and ever present risk to your health. It is important that no-one feels pressurised to help at any future event, **You must say no if you or any of your family feels uncomfortable about you helping.**

BOF has issued guidance about using SI controls but not Emit. When I orienteer I always only put the tip of the Emit brick into the emit device and look for the light to flash. This technique works on cloudy days but is more difficult on sunny days but it does mean that you can use your Emit brick without touching the control.

I will keep you informed about what the committee is planning to do. Please do not hesitate to contact me if you have any suggestions. I note that the Army (BAOC) is aspiring to resume their Wednesday summer series on the 5th August at Rushmoor Arena and those interested should stay in touch with their website (see: www.baoc.info).

IT IS THE RESPONSIBILITY OF EACH CLUB TO MAKE THEIR ASSESSMENT BASED ON THEIR LOCAL ENVIRONMENT AND SITUATION

COVID SAFE ORIENTEERING

Supporting Orienteering Clubs to move to an intermediary stage of Orienteering

WHAT CAN TAKE PLACE?

ORIENTEERING where no more than 6 people are together at one time, with all individuals, as well as start and finish areas to be socially distanced controlled as per government guidelines.

WHAT WILL IT LOOK LIKE?

Linear or Score Orienteering courses, completed at socially distanced intervals for members only, with measures put in place to maintain hygiene and minimise unnecessary interactions with others.

WHAT WILL THE REQUIREMENTS BE?

A full risk assessment and a pre-booking system must be in place including allocation of start times. We recommend a proven full entry & payment system with support to reduce fees of these provided.

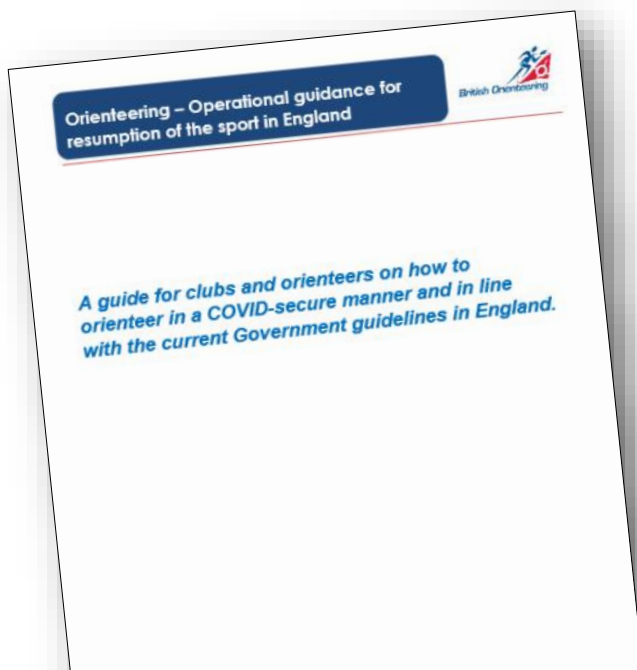
CAN WE NOW REGISTER?

All COVID safe Orienteering should be registered through the usual process via British Orienteering which ensures insurance cover providing the guidelines are followed.

REGISTERING OF VOCS

Clubs may or may not feel comfortable managing or lending out equipment therefore to support you at this time, any GPS virtual orienteering can be registered levy free as activities.

ALL MEMBERS TAKING PART MUST FOLLOW THE CODE OF CONDUCT



British Orienteering support materials:

Above: National guidance provided by British Orienteering: “**Orienteering – Operational guidance for resumption of the sport in England**”. To access the full document, see the British Orienteering news item from the 16th July: **Return to Orienteering Guidance for the UK**

Right: Summary guidance about the plans to reopen the sport.

Correction: On page 2 of the March Newsletter, a photo was shown with a label suggesting that it was **Bo Oqvist** chasing **Simon Turton**. In fact it was Bo chasing **Jon Monks**. My apologies to Jon!

CompassSport Cup Heat - Sunday 15th March

Martin Wilson (Club Captain)

The final event 'pre-Lockdown' was the CompassSport Cup Heat staged by North Gloucestershire OC at Cranham and Cooper's Hill. The March issue was prepared ready for distribution at the event and so did not contain any report of our participation. The following is a slightly modified version of the e-mail that Martin sent following the event and is included here as a record of the day. As a very wet day, there are no photographs of club members!

Many, many thanks for travelling all the way to Cranham for the CSC heat. It's such a shame that what is the best event of the year for everyone to meet had such poor weather, turning into a dash to start, dash back to car, change and drive home. I really feel for the Organisers, after all their efforts to put on a good show. I hope you all enjoyed your run as best you could. I met very few of our team over the event, sadly.

You'll have seen we beat QO, and were very close, just 7 pts behind NGOC. This was a good result considering we were short of a couple of key counters. I thought QO would struggle to make up 25 counters, and so it proved: they had to count a 76 and 67 for their last two scorers. Our 25th score was an 80, lower than I expected, but overall, people have scored well. Anyone getting 90 points or over should feel good about their result against such strong competition. Our Bronze medal was well deserved, almost a Silver. I'm content we were well 'in the mix'.

Aside from the 90+s, I'd like to 'Mention in Despatches' a number of other runners who performed well. **Phil Stradling** gained an excellent 87 points in M Green, **Fiona Clough** an 86 in the notoriously tough W Green (her recovery must be almost complete now!), and **Lesley Innes** a quality 85 on Course 7. Great to see some new scorers, to whom I'll add **Ian Hylton's** 80 gaining 25th scorer – **Doug Greenwood** had the same score. But the Club Captain's Hot ROD (Run Of The Day) awards go to

- **John Methven** for a superb 97 on Short Brown, running up a class
- **Annika Greenwood** for a very good 90, running up a class on W Blue.
- **Natalie Wing** for an excellent 96 (actually 3rd place) on W Orange. [Something seems to have clicked for her on the day: very well done, Natalie!]

Well done again to everyone. As a club, we can compete well, we just don't have the depth of good runners to make a fuller impact. Inevitably we are always missing some members and, this year, we were missing John Briggs and Immy Woodcock, two talented competitors. But either of these would have gained us another 10 pts, discarding our 80 and putting us above NGOC. Even 7 pts difference is hard to get from 7 separate individuals gaining 1 place – we can't all expect to run better!

Cup Positions

BOK	2438
DEVON	2372
NGOC	2287
BKO	2280
QO	2212

BKO's 25 Scorers

98	Mark Saunders	M40	2 Short Bown M40+
97	Kezia Jukes	W21	3 Blue Women
97	John Methven	M50	2 Short Bown M40+
97	Simon Moore	M60	6 Green Men M60+
96	Amelia Wing	W14	8B Junior Women
96	Adam Methven	M16	8A Junior Men
96	Natalie Wing	W14	9B Orange W14-
95	Trish Monks	W45	3 Blue Women
95	Martin Wilson	M70	7 Veterans Short
94	Dimitar Gospodinov	M21	1 Brown Men Open
93	James Wilkinson	M21	1 Brown Men Open
93	Lisa Methven	W50	5 Green Women
92	Luca Zurek	M14	9A Orange M14-
92	Maddy Woodcock	W14	9B Orange W14-
90	Annika Greenwood	W45	3 Blue Women
89	Simon Turton	M55	2 Short Bown M40+
88	Georgi Gospodinov	M55	4 Blue Men M50+
87	Phil Stradling	M60	6 Green Men M60+
87	Richard Rae	M70	7 Veterans Short
86	Lesley Innes	W60	7 Veterans Short
86	Fiona Clough	W55	5 Green Women
86	Denise Harper	W70	10 Hypervets (Short
86	Stefan Stasiuk	M65	6 Green Men M60+
84	Derick Mercer	M55	4 Blue Men M50+
80	Ian Hylton	M50	4 Blue Men M50+

GPS-Orienteeing: why you might like it and how to try it out

Eoin Sharkey explains with additional support from other BKO members

GPS is for my car Satnav – what's it got to do with orienteeing?

A fair question. Global Positioning System is mostly used to get you to that obscure address for Assembly safely and efficiently. But in the last year or so, the same technology has also been used to provide “orienteering without flags”, which, via a range of easy-to-use apps can offer a high-standard orienteeing experience. The benefits of GPS-orienteering (we'll use GPS-O as shorthand in the rest of this article) are particularly emphasised in a time of lockdown.

- No physical flags or controls, reducing contact surfaces
- Events can be spread out in time over many hours or even days/weeks
- Courses can be adapted to ‘start anywhere’ further reducing social interaction

And from the perspective of the orienteer, with GPS-O you

- Run with a map, just like real orienteeing
- Use your existing smartphone (does not have to be high spec) as a dibber and scoreboard all in one
- Can choose a start time that suits your calendar, and run solo or in a small group (run buddy, with suitable time/distance interval – e.g. 5 minutes)
- Can run competitively (in some events), or just for fun
- And in the neighbourhood of BKO territory you can choose from a smorgasbord of different GPS-O options – more on that later.

Of course, ‘normal orienteeing’ will soon resume – hurrah – but some BKO members who've tried GPS-O during lockdown think it might have promise over the longer run too.

Over recent months we've run courses in town centres, woodlands, hilly forest, housing estates, parks, towns by the Thames.

Here is a quote from an experienced competitive BKO member:

For me, talking to experienced orienteers, the important thing is that it [Maprun] is very like a real urban race. It is not just poor-quality training; it is proper racing.

Why not have a go and see what you think?

OK, so how would I even try this out?

Well, glad to hear you are interested!

For now, we will note that there are multiple forms and variants of GPS-Orienteeing, but we will limit our discussion to two main platforms: Maprun and UsynligO. These both deliver orienteeing as you know it, using an app on your personal smartphone (Apple or Android are equally supported) as an all-in-one registration form, dibber, and your own personal results scoreboard.

- **Maprun** originates in Australia. It is the most widely adopted system in UK. Apart from its use by the orienteer, the app also allows simple course planning – directly from your phone or via a simple website tool.
- **UsynligO** comes from Norway. The name translates as ‘Invisible O’ from Norwegian. It is very widely used in Scandinavian and North European countries. Less used in UK but there are some examples to try emerging.

For now, we will assume you are using Maprun, and the same process applies with UsynligO, we assume you are interested in running an



existing event to do so just follow this step-by-step guide

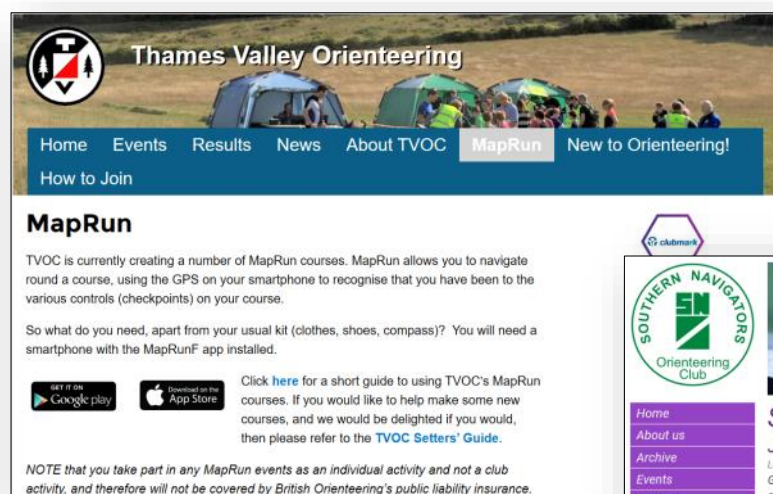
1. Have an existing smartphone in Apple or Android with a functioning GPS (any recent phone will have one),
2. Download the app (called MaprunF on the Apple App Store or Google Play Store)
3. Start the MaprunF app and check it works OK. On first use it will ask for some details under Name. It is up to you how much you wish to enter Providing an e-mail address means you can get results and tracks mailed very conveniently, but it will work OK without this. Entering DoB and gender mean you will get put in correct class for competitive events, but again this isn't necessary.
4. You might want to use the QuickStart Event to create a model event just near your house (can just have 2 or 3 controls or more elaborate as you wish). This can get you used to 'punching' on your phone. It will also allow you to check that you can safely run with the phone in a convenient pocket or armband or similar. One point to note is that the settings for Location should allow MaprunF to Allow Location App 'while using' or 'always' - the dialogue varies between Apple and Android.
5. You can find events through the MaprunF Select Event button – scroll down to UK then search via club/county.
6. More conveniently clubs offering MaprunF often have a webpage with details of events; this is certainly the case for TVOC (Thames Valley), BADO (Basingstoke) and SN (Southern Navigators). On these pages you can find some description of the course, details on parking/access to start etc. You will also usually find a PDF or similar of the map. This is useful as the MaprunF app itself does not allow you to access the map in printable form.
7. So, by whatever means select a course, acquaint yourself with the event "final details" and print the map, preferably in colour and stash it somewhere safe.
8. Plan your event experience to suit your circumstances. Co-ordinate with run buddy(ies), or if running solo inform a responsible person of your whereabouts and return plan.
9. Travel to the event, bringing printed map, phone and taking note of any requirements from the event web page – e.g. if a Forest event full leg cover etc, You should obviously be thinking safety from the outset, and more so than ever at present time.
10. Once parked/at the event (of course you can consider cycling/walking to the event as well as driving), warm-up as usual. It is worth a final check on safety – checking your surroundings and ensuring you are not likely to cause anxiety, distress, or injury to anyone you might meet (and depending on the area that the reverse is also true).
11. When ready, select the event from MapRunF (there is a handy 'Events Near Me' which will be useful once you are in the vicinity. Then select 'Go To Start'. At this point you should stash your phone safely (having ensure MaprunF can access your location) and open your paper map (we assume you didn't look at it before more!)
12. The rest is just as at a regular event – as you pass near Start, there should be a beep from your phone 'punching', navigate to first control, get the 'punch', navigate to the next control, repeat until 'Finish'.
13. At the end, you can see your results, compare them with others and check out your track through the course. Depending on the event there may be a leader board, or it may just be 'for fun'.
14. Hopefully, you enjoyed your first GPS-O experience. Why not plan another outing soon!

GPS-O near me

OK, you convinced me already, where do I look to find a course?

For several different options, take a look at the table on the next page!

Club	Main town/area	Events MaprunF	UsynligO
TVOC	High Wycombe, Oxford, Thames Valley	Five locations urban + 2 woodlands. Mix of Line and Score events, Also, Oxford Street Series – standard 60 minutes score events in urban settings. These are competitive, up to a closing date and generally available afterwards. 6 courses available in current 2020 series.	
BADO	Basingstoke and north Hampshire	7 events in Basingstoke + events in Andover, Hook, Tadley. Typically, Line and Score courses on most maps. All of these are urban settings.	Urban at Hatch Warren (S Basingstoke) which is highly recommended, though Long is exceptionally long.
SN	North Surrey	Mix of park, urban and forest at 5 locations. They also have a bigger choice of 'Solo-O' courses – see more info on this from John Methven.	
NWO	North Wiltshire, including Swindon	Numerous urban events around Swindon. One of these was described by an experienced BKO member as "the best Orienteering experience I've had in Lockdown"	
NGOC	North Gloucester	A bit further afield but NGOC is one of the first clubs to adopt Maprun in the UK and boy did they go for it. There are enough courses on their dedicated Maprun site to allow you to think of a weekend orienteering holiday or at least a mini-break down Gloucester way!	
BOK	Bristol and Avon		Even further afield, BOK is the main adopter of UsynligO in the UK. Check out their dedicated site for a wide range of urban and forest events. In the forest they will typically range from White up to Brown or even Black standard course.



Thames Valley Orienteering

Home Events Results News About TVOC **MapRun** New to Orienteering!

How to Join

MapRun

TVOC is currently creating a number of MapRun courses. MapRun allows you to navigate round a course, using the GPS on your smartphone to recognise that you have been to the various controls (checkpoints) on your course.

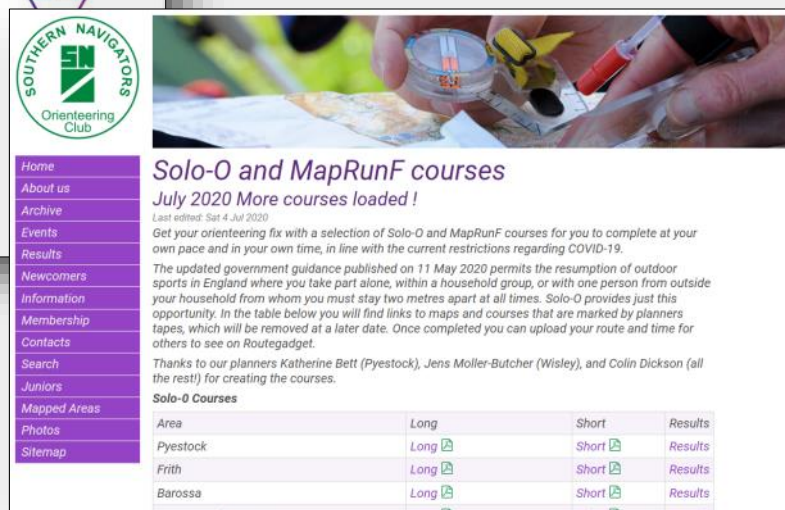
So what do you need, apart from your usual kit (clothes, shoes, compass)? You will need a smartphone with the MapRunF app installed.

Click [here](#) for a short guide to using TVOC's MapRun courses. If you would like to help make some new courses, and we would be delighted if you would, then please refer to the [TVOC Setters' Guide](#).

NOTE that you take part in any MapRun events as an individual activity and not a club activity, and therefore will not be covered by British Orienteering's public liability insurance.

[Link to TVOC page](#)

[Link to SN page](#)



Southern Navigators Orienteering Club

Home About us Archive Events Results Newcomers Information Membership Contacts Search Juniors Mapped Areas Photos Sitemap

Solo-O and MapRunF courses

July 2020 More courses loaded!

Last edited: Sat 4 Jul 2020

Get your orienteering fix with a selection of Solo-O and MapRunF courses for you to complete at your own pace and in your own time, in line with the current restrictions regarding COVID-19.

The updated government guidance published on 11 May 2020 permits the resumption of outdoor sports in England where you take part alone, within a household group, or with one person from outside your household from whom you must stay two metres apart at all times. Solo-O provides just this opportunity. In the table below you will find links to maps and courses that are marked by planners tapes, which will be removed at a later date. Once completed you can upload your route and time for others to see on RouteGadget.

Thanks to our planners Katherine Bett (Pyestock), Jens Moller-Butcher (Wisley), and Colin Dickson (all the rest!) for creating the courses.

Solo-O Courses

Area	Long	Short	Results
Pyestock	Long	Short	Results
Frith	Long	Short	Results
Barossa	Long	Short	Results
Barossa, July 2020	Long	Short	Results

Tips and tricks

- You can (and we recommend) turn your phone to Airplane mode while running a GPS-O. It saves on battery and means you have less distraction from notifications.
- Punching is not exactly at a specific site but in a small circle around a given feature or object which the planner will have geo-located in some way.
- Sometimes you need to slow down or walk in a small circle to get the punch – this is unusual but can be the case in forest areas or for very fast runners in urban settings.
- As there are no flags, you are navigating to the feature, rather than the flag. In forests and parks, planners should be using clear and distinct features.
- Maprun and Usynligo work best in urban/park settings. Wooded areas (especially summer forest) make punching slower, but it does still work. Experience within BKO has been limited as forests became less runnable anyway (brashings!) during summer months. We will look at this again in more traditional forest months. For now, we'd recommend you try urban/park events for your first GPS-O!
- MaprunF is particularly suited to Score and Scatter courses (though it is also great for traditional Line courses). With Score events, it will tell you on the screen very clearly how many minutes you have remaining – so for these events it might be worth keeping the phone where you can easily (and safely) check the display.
- If you are lucky enough to own a recent Garmin watch, there is a good chance that it will support an app (from Garmin ConnectIQ store called MapRunG. This will do the punching for you, and you can leave the phone safely in your car or other secure location. It is tricky to set up the first time, but once done, is most convenient.
- UsynligO has a similar usage to MaprunF with the added benefit that it plays a delightful (subjective opinion) tune as you find each control.
- Some BKO people have already been trying GPS-Orienteering – as competitors, but a few have even made some experiments on planning GPS-O courses. Reach out to Eoin Sharkey, Mark Saunder, Mark Foxwell or John Methven if you would like some help in getting started or to overcome any technical challenges.
- Interested in going further and planning your own course? We have guidelines on how to plan a course suitable for your own private or family use, using Maprun, available on request!

Use with Solo-O or Permanent Orienteering Courses

John & Adam Methven

Most clubs, including BKO, have permanent orienteering courses (POCs) in a variety of park and forest areas. However, the wooden posts marking the controls are sometimes hidden in undergrowth or even missing. However, if you use a MapRunF with the POC course on your phone then you can get a satisfying “orienteering beep” when you get within 20m of the control site (without fighting through nettles). We find the beep really motivates you to get a move on. Also, you can see your route overlain on the map at once on finishing the course, as you could on Routegadget. BKO has several POC courses that have been turned into MapRunF courses.

Southern Navigators have made several excellent Solo-O courses (on accessible Army land near you) where the controls have been marked with small white tapes. It can be frustrating finding the tapes in the bracken of a re-entrant, or on the edge of a rhododendron thicket, so why not try converting the Solo-O courses into MapRunF courses? This works very well since you can use the printed PDF map to navigate (from the SN website), but you get a beep from your phone in your pocket if you hit the spot (whether or not you can find the tape).

COVID-19 Summer orienteering- MapRun

Jacqui Briggs

On one of the hottest days of the year we decided to try one of the smartphone orienteering events on MapRun; brought to our attention by Richard Sharpe, fellow geocacher and orienteer in TVOC. We spotted a couple of courses in Harwell. One was a linear course of 4.5km around the village and outlying fields and another being a score event based solely in the village. We opted for the linear course.-Winnaway Holloway. I had not spent my lockdown doing any running, preferring to get out on my bike as I could get further afield. Therefore I was super unfit running-wise and it showed, although in my defence it was a ridiculously hot day to be out running and we had timed it around midway. Still 'On On' as hashers say.

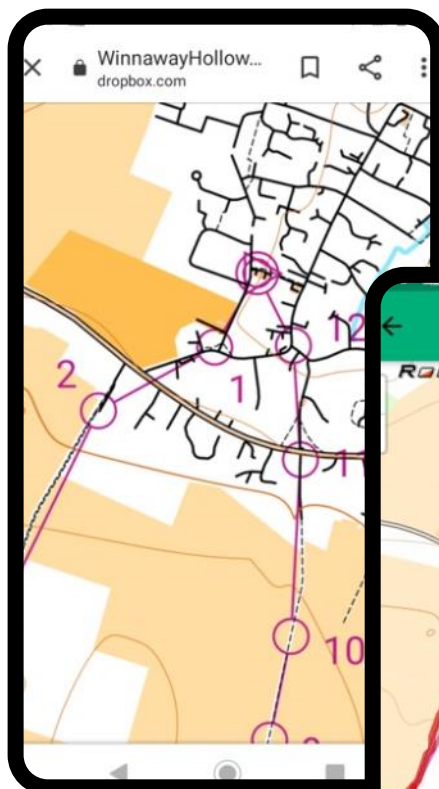
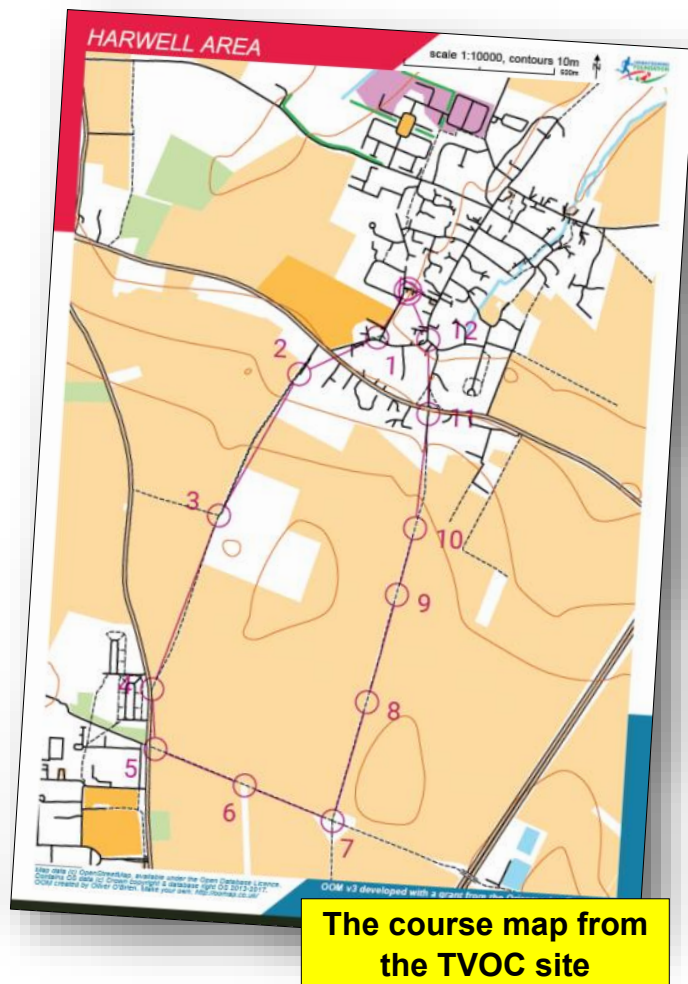
So we parked up in the village hall car park. Having downloaded the app and connected to the website, we were then frustrated when neither of our android phones were able to get beyond typing in our email addresses. At the point of giving up...hoorah it suddenly connected and the only thing seemed to be removing a space after the last digit before pressing enter!

We had printed off a map before we went which I had and John made do with his phone. It was easier to have the map in hand because of the screen saver. You need the phone to hear the merry little beep when you pass the control point. To begin with whilst still in the urban area I did dodge about a bit to pick up the beep, but then all was plain sailing. The only problem was the heat. John veered off briefly to pick up a couple of geocaches nearby, which meant I happily beat him home - well there's something to write home about.

In these pictures, the left hand phone screen shows the route map, that John was running on. Whilst it records your run and time at the end, it does not show your position on the map in real time. The righthand screen shows your course run which is automatically uploaded to route gadget after your run. You can see there are options to animate your run against others and splits etc."

All in all a neat little app and we will go back to do the score event soon. Inspired we have decided to make up a route around our home area. Work in progress, but looks very easy and now we have some neighbours interested from our Road event, we hope to challenge them further afield.

As a side note memory of lockdown, following on from a VE day street party with social distancing, an 80+ year-old neighbour complained he was worried at loosing his fitness for tennis and so we



suggested meeting each morning at 10am to do a set of low level Joe Wicks exercises. Blessed with predominately glorious summer mornings we have duly met with him and another neighbour at the edges of our driveways complete with a chair and tin cans to do a simple set of exercises for half an hour. They have proved to be a true joy, we have a good giggle and comment on news or TV recommendations and we are sure they have been beneficial. All our neighbours were invited to join in but no others did, however they all wave and smile as they pass by. On the occasional wet day we have managed to meet in the garage and a note was required on days when one of us couldn't make it.

Lockdown TrailO Report

David Jukes

As many of you will know, from about 18 months ago my focus has shifted from the standard 'Foot-O' into the more niche activity known as 'TrailO'. This removes the running from orienteering (making it an accessible sport) and leaves the analytical element – interpreting the terrain and identifying the correct position of a control that is marked on an orienteering map along with a control description.

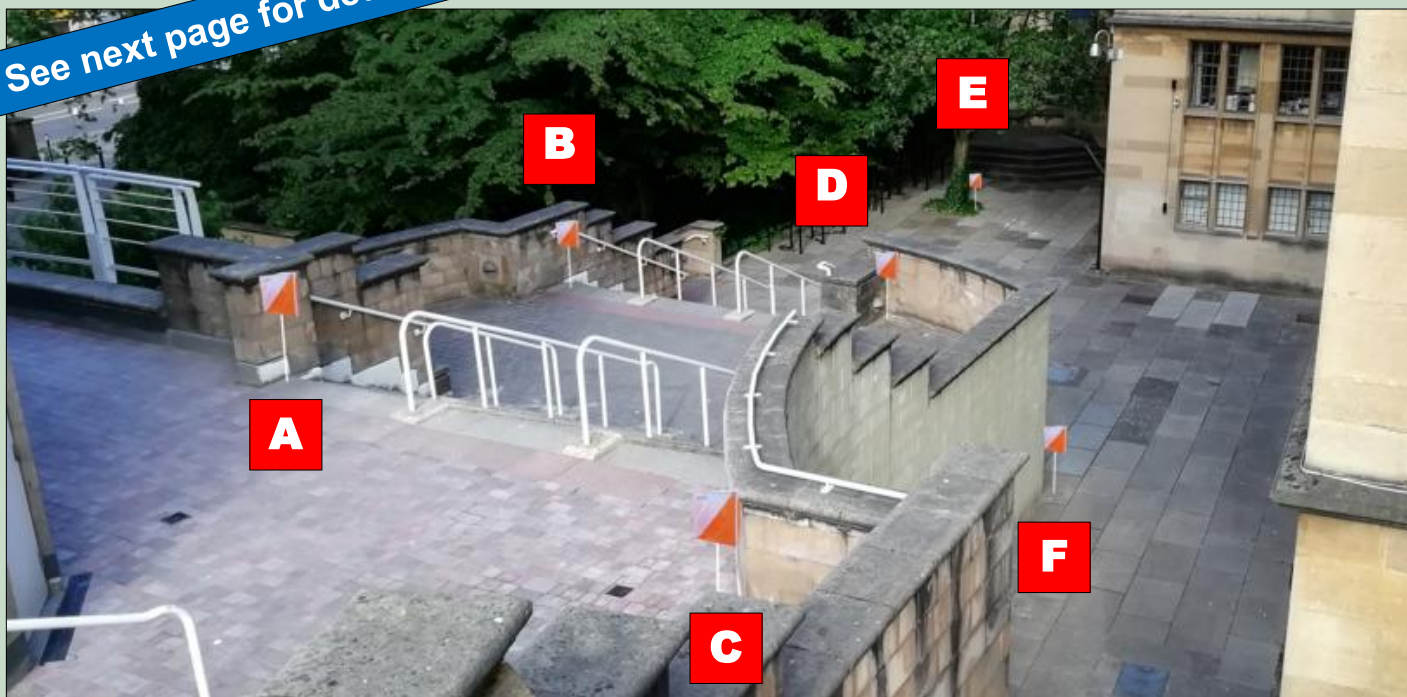
So, when people were restricted from going out to competitions, it was natural to consider the potential for on-line events. In fact, the switching to an on-line format for TrailO is much easier than for standard 'Foot-O'. Rather than being out in the terrain looking at a series of kites positioned in front of you, the competitor can be simply presented with a photograph with controls kites added onto the image. Pictures of urban terrain can easily be obtained from Google Earth and, where this has previously been used for an urban event, an orienteering map will already exist.

And so, quite quickly, from different parts of the world in various forms of lockdown, TrailO enthusiasts with the technical skills to set up timed questionnaires rapidly got to work. Some of the earliest events were from Italy and Spain where lockdown was imposed early in Europe. And once an event is on-line, then anyone in the world can compete - and some events had over 1000 competitors! Whilst the UK was in lockdown, I competed in about 25 events which were organised by clubs in Spain, Portugal, Hungary, Finland, Poland, Czech Republic, Lithuania, Russia, Mozambique, Hong Kong, Columbia, Argentina and the UK. Quite a varied selection and something that would have been impossible to have done without the use of an on-line format.

Quality was though very varied. The events put on by very experienced TrailO enthusiasts were mostly produced to a standard recognised by experienced competitors. One of the main issues that arises is the question of 'zero tolerance'. In most TrailO events, you are expected to identify whether one of the visible kites in the terrain (or photo) matches both the control description and the centre of the control circle marked on the map. If there is a match, then the answer is given by letter – typically A to E or F. If none of the kites match, then the answer is 'Zero'. But how far away can a kite be for it to be in the wrong position? Or if the control description indicates 'South side', how far round does it have to be to be wrong? Would a control on a south-east side be wrong? Technically, yes, but is it possible to identify the position to that accuracy? A 'Zero tolerance' is therefore often declared in advance – for example: 'For a 'Zero' answer, the flag must be at least 3 metres from the correct position or 135° from the indicated direction'. For event organisers with limited competitive experience, the value of a specified 'zero tolerance' was not always recognised. As a result, in quite a number of the on-line events, it was difficult to know if the kite's position was intended to be correct or whether the slight deviation was enough to create a zero answer. For TrailO enthusiasts, having to guess what the planner intended is not the true essence of TrailO – it should be possible to get the correct answer from the information available.

Another complication was the matter of timing. For those events which were based on the TempO format, where speed of response is used to identify the winner with time penalties for incorrect answers, the events often had a 'mass start' with everyone being timed from the exact time the competition page was made available. This required both knowledge of time zones and

See next page for details!



1



4.1	A-F	↑	↗	↘	↙	↖	
-----	-----	---	---	---	---	---	--



2



4.2	A-F		↑			○	
-----	-----	--	---	--	--	---	--



3



4.3	A-F		↗	↘	↙	○	
-----	-----	--	---	---	---	---	--



a good internet connection. With some events having over 1000 entries, there were some delays in accessing the page. On other occasions, timing would start from the point you first accessed the site – potentially fairer but open to abuse if you entered under two different names.

There were numerous variations in the type of location used. Most were urban areas with images taken from Google Earth and kites added. Ideally, (but not always) these would be of varying size depending upon the distance from the viewer. Some from Hungary were of open heathland and from Russia there were some from woodland. There were several based on urban parks. There were historic sites in Japan (but organised by the Hong Kong club). And there were people's back gardens. Being very creative, there were a couple based on scenes made from Lego and even one where the images used were taken in someone's bathroom with some of the 'kites' being only visible in a large wall mirror!

The best events were produced to a very high standard and were presented using a special TempO website. This was established by a group led from the Czech Republic but with 8 locations from across Europe. Whereas many of the other events could be regarded as training or fun, these 'TORUS' (or 'TempO Online Races Ultimate Series') events were treated much more competitively. The series ran for four weeks during May and June with events available for 24 hours each Tuesday and Thursday. About 500 competitors took part and a scoring system generated an overall results list. The UK was represented with an event using the University of Bristol campus.

Although the events were no direct substitute for events based in the terrain with the tension that comes from participating with others, for me the opportunity to gain additional experience was very valuable. To supplement the actual events and to enhance the training element, in the UK there were weekly 'Zoom' meetings where the previous week's events were analysed (criticised?) and these provided a lot of insight into the way top TrailO specialists can quickly identify the correct answer. Another benefit to the overall sport was that many more people gained experience of the concept of TrailO which may well increase the number of those participating at events out in the terrain in the future.



An example challenge from the University of Bristol TORUS event:

Each event provided 6-8 photos ('stations') and for each one there was a sequence of map segments (usually 5) showing a control circle and an associated control description. As each one was answered, the next map and control would appear. In this example, 3 of these are shown.

The control kites are always allocated codes from the left: A, B, C, D, E and F. The letters are not normally shown on the photo (or in the terrain) but have been marked in this example to make it clearer.

Can you identify the correct answers for the three controls shown with the maps? Possible answers are A-F or Z (Zero). See Page 17 for the answers.

Your 2020-2021 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:	James Wilkinson	development@bko.org.uk
4 Committee Members + 2 co-opted: Fiona Clough, David Jukes, Brian Sewell, Mark Foxwell and Simon Moore		

Orienteering in Lockdown

John Briggs

Jacqui and I are relatively new to the “admin” side of orienteering. The first ever courses we planned were for the Burghfield Common event held in February; this got us familiar with Purple Pen. Although we attended a mapping course (along with a few other BKO members) back in 2016, apart from doing a few updates to the Bucklebury Common map we had had no further experience of OCAD. Lockdown provided an ideal time to learn a new skill!

We live in a smallish road of 41 houses and at the start of lockdown an enterprising neighbour set up a WhatsApp support group to which just about the whole street signed up. And after a month or so, families were getting bored, so we thought we would set up a little orienteering course in our local area.

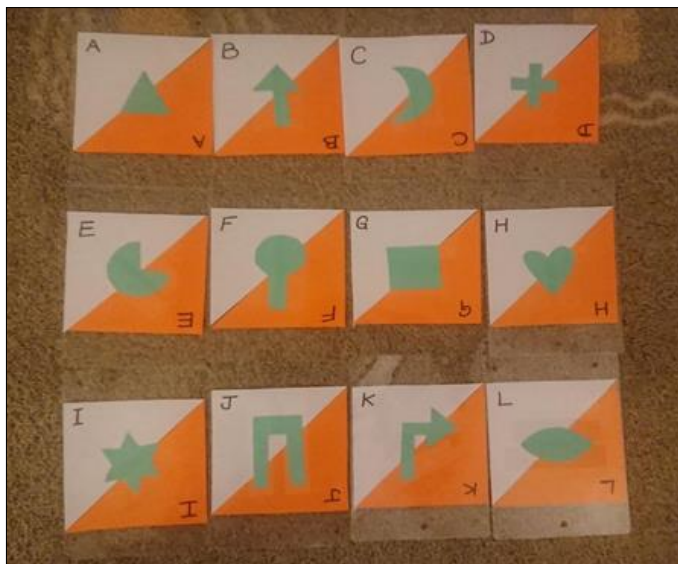
In creating a map, I was fortunate in that we bought our house when new and I had the builders’ original promotional plan for the estate: that provided an ideal starting template. It was also fortunate that at a convenient scale of 1:1000 the map fitted perfectly onto A4. About half the street said they would allow their front gardens to be used for control sites, if needed.

I produced the map in far more detail than was really required but that was for my own benefit in getting to grips with the software.

All precautions were taken. Maps were only handled with gloves on, from printer to competitor. Competitors were asked to bring pen and paper to copy the shapes they saw on the orienteering controls (examples below) so there was no need to touch anything. They could do the course on either of two afternoons, but had to let us know when so we could ensure no overlap.

It was a success, in that we introduced 18 newcomers (6 families) to orienteering and they all enjoyed it and would do it again. We had intended it to take around half an hour and so it turned out; five of the groups went round in 26 to 32 minutes, and one competitive couple in 22 minutes.





Of most interest to us was the leg 2 to 3: only one of the groups used the shorter (clockwise) route, although I thought control 1 would give them the idea to do so. All others used the main road route: I assume this was due to the familiarity of regularly driving in and out that way.



**Berkshire Orienteers is
on Facebook !**



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 Bryzoz, we anticipate about three order cycles each year.

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

A Country Park Stitch-Up

Richard Rae

I made full use of my permitted daily outings for exercise in the Great Lockdown . My outings ranged in length from 2 to 8.5 miles. At first, I walked briskly round the houses, lurching to the right or left to maintain 2m social distancing when meeting others on the pavement. Often, this was easier said than done, as many of the pavements are less than 1.5m wide. Walkers or joggers who reciprocated usually did so with a smile, "hi" or wave - very positive, I thought. Others may not have heard about social distancing, or perhaps could not estimate 2 metres.

I soon tired of the houses so started to include the neighbouring country parks on my outings. These included the Southwood Country Parks, both East and West, Southwood Woodland, Hartland Country Park and Bramshot Country Park.

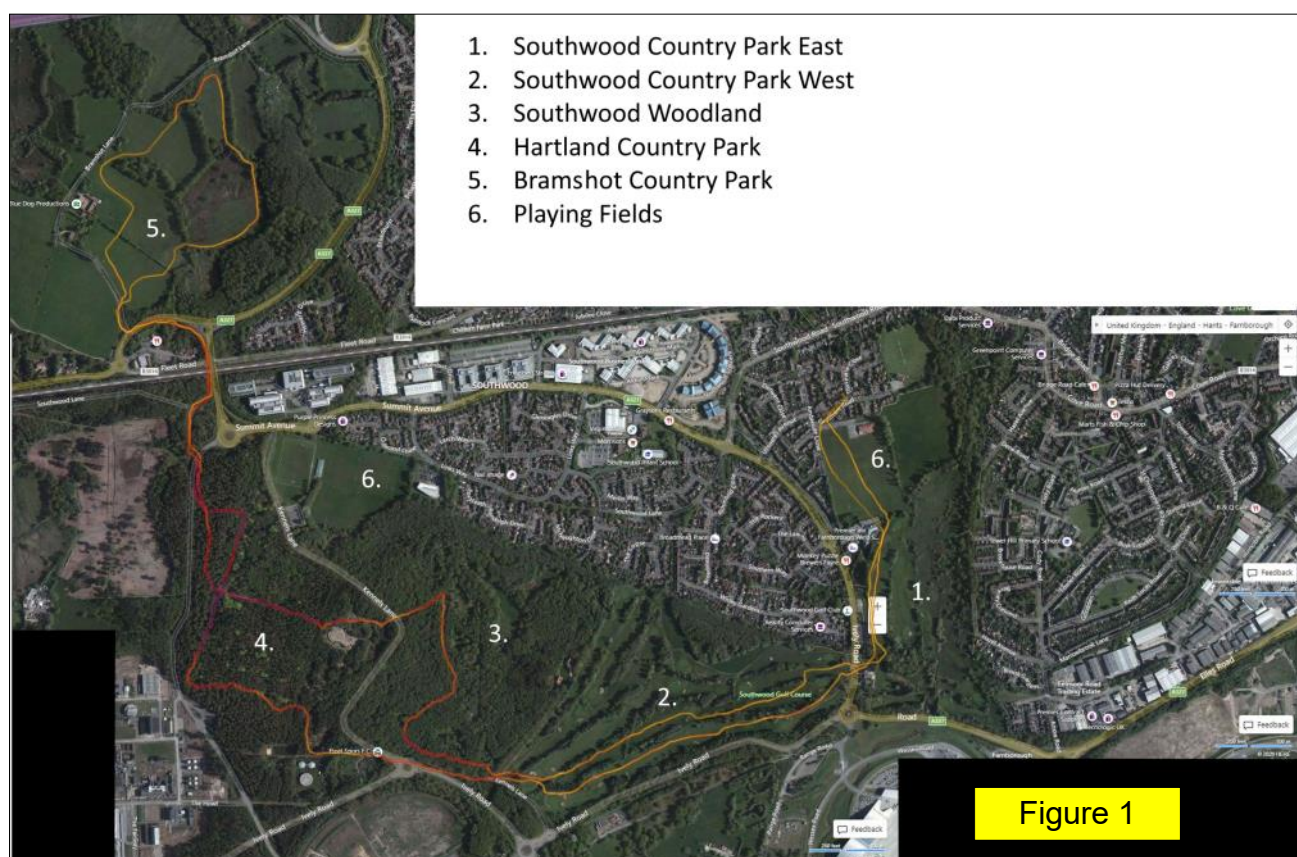
The Southwood Country Parks formed a golf course until recently. The bunkers and putting greens are still discernible, but the fairways have started to merge with the rough.

Southwood Woodland and the newly formed Hartland Country Park both make up the Eastern side of the SN map of Pyestock, which is often used by the Army for its Wednesday orienteering events. The MOD formerly owned the Hartland Country Park land, but appear to have relinquished its ownership, possibly in return for restrictions to be placed on the public in their other training areas. There has been much clearing and improvement of paths in this block of land, which is close to a new housing development, Hartland Village.

The final Country Park, Bramshot, lies between the M3 and A327. There are some very fine oak trees in this park, as well as a number of very lifelike wooden statues of animals.

I realised I could link the country parks to give me a 6.5 mile walk in the "country" with less than half a mile of road, and much of that would be on the verge of the A327 behind a crash barrier. I recorded the route with the ViewRanger tracking app on my phone to check the distance.

Figure 1 shows my route plotted on aerial imagery. To get higher resolution than would be possible from a single screenshot of the complete route, I took 5 overlapping screenshots on Bing Maps, and cropped the non-image data with the Microsoft program "paint.net". I then stitched together 4 of the screen shots with another Microsoft program, "Image Composite Editor"

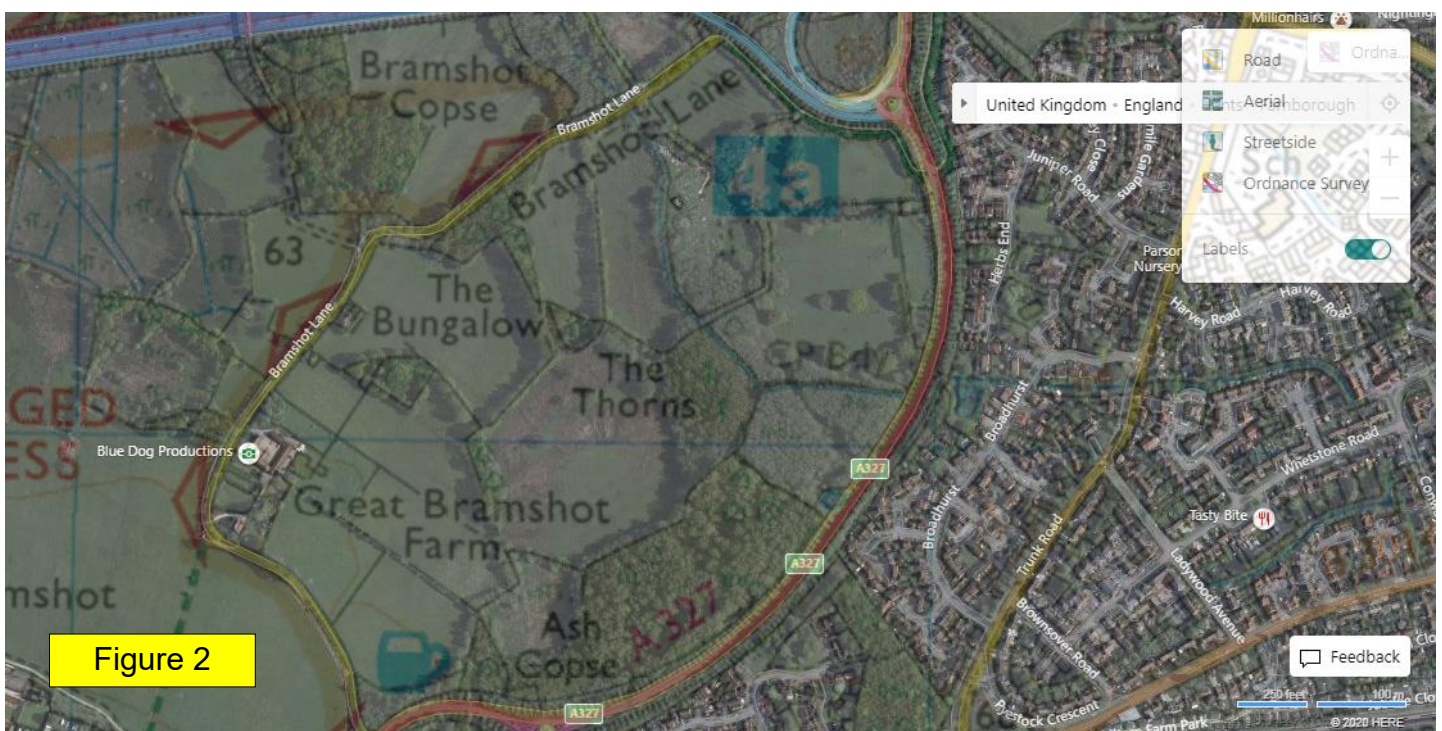


or "ICE". This program is designed to make panoramic images from overlapping photos, but is very useful for stitching images of maps into one big image. ICE would not link the 5th screenshot of Bramshot Country Park - perhaps not enough overlap - so I used "paint.net" again to complete the image.

I used "QuickRoute" to plot my GPX file. With a good choice of control points, the result looks accurate, although other plotting methods might be better. The plot is more interesting in open or semi-open land such as the old golf course, but less so in forested areas. However, one advantage of Bing Maps is that there is a "Ordnance Survey" (OS) layer in addition to the usual standard and aerial layers. Matching screenshots of the OS and aerial layers can be merged with transparent layering to get the best of both - again, I used "paint.net". Figure 2 shows the merged image for the Bramshot Country Park. Both the fence boundaries and vegetation are apparent in this image.

It should be noted that the aerial imagery is not plotted with the same projection as used by the Ordnance Survey. On Figures 1 and 2, the top of each image is True, not Grid, North. The difference is small in this example - approximately 1.2 degrees. However, in Figure 2, the gridlines are not parallel to the sides of the image, and there must be some distortion as well as rotation. Indeed, on close inspection, kinks can be observed on the gridlines and other straight line features. I suspect the errors are less than those from GPS plotting, said to be 5 to 20m typically.

The British Orienteering Website lists software for georeferencing aerial imagery from Bing and Google Maps for use in mapping. You need to download two packages, and edit a file. I think I'll leave that to later, as my planned painting and decorating for the Great Lockdown has slipped to the right!



TrailO Answers

Check out the challenge on Pages 12/13 before reading.

1: D - Quite tricky for a first challenge with a new photo. The control description indicates an inside corner facing East. Notice the direction of the North arrow so the kite should be facing the viewer. Kite D is in the right position for the control circle and facing the viewer.

2: E - There is only the single distinctive tree on the map and clearly visible beyond the bottom of the steps. The CD indicates NE side and Kite E in the image appears to meet the requirements.

3: Z - Another wall junction but in this case the CD indicates that it is to the SW side of the junction. Although Kite A might initially be considered correct, it is actually to the NE of the junction. The correct kite position would be out of sight beyond the walls.

Lockdown Orienteering : The Good, The Bad and The Maze

Eoin Sharkey

Lockdown orienteering here means a series of events run entirely online o which started up during the current lockdown.

They are marketed as “Orienteering on your sofa” and are on competitive orienteering theme. They have provided some entertainment (for me at least) from the stress and strain of life under lockdown. Taking part in the events may also help you with some orienteering skills – who knows? Read on to find out more and make up your own mind if it something you are interested in.

Lets make one thing clear right away – these are 100% computer based online events. So, if you don't have a PC (and specifically a PC for reasons to explain later) and a decent-ish internet connection and an interest in online ‘stuff’ this is probably not for you.

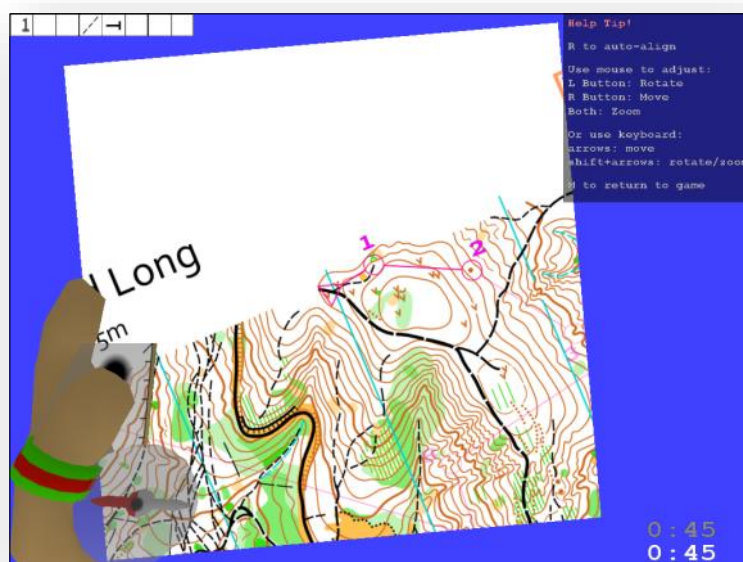
If you are still reading then I'll take all of the above for granted. So a typical Lockdown-O event is designed to replicate a marquee event, like JK or British Champs. In fact the first one arose from the ashes of the JK 2020 which was an early casualty of lockdown.

How does it work? Well first off you sign-up on Fabian-4, just like a regular event, so you are entered under your name, club and age category. Entry fee varies between £10 - 15 – not especially cheap, but the events are well organised and a good diversion, it is up to you whether you consider it value for money or not. Entry gives you access to a schedule of events – typically around 10 ‘games’. Those are released usually late on a Thurs and the timeline will usually require you to complete 5 games by Sat and the remaining 5 by Sun. According to the organisers, most people spend around 2 –3 hours completing the games.

It is up to you how to fit those in around your own schedule – there are no fixed ‘Statrt Times’, so if you want you can fit them all in in one session on Thurs or Fri, or Sat afternoon or you can salami-slice 30 minutes here and 25 minutes there etc.

For each game you are awarded a score based on your ranking against other competitors (where the ranking is usually some combination of speed and accuracy – so quite realistic).

As the event proceeds, you can track your progress up (or in my case usually) down the leaderboard. So it is quite a realistic



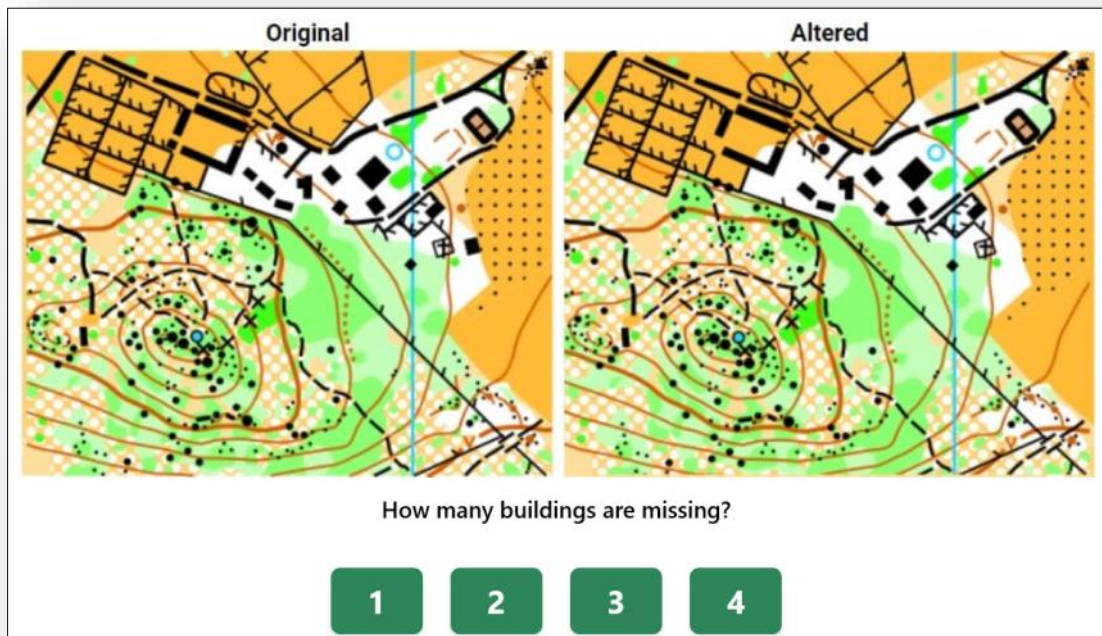
Catching Features:

Although modern computer games have more advanced graphics, CF transforms an orienteering map into a visual 3D display of the ground. By switching between a view of the map (which can be orientated to match the direction of running and includes a compass to indicate your actual direction) (see above) and the 3D view (shown right), you have to navigate around a course. CF can be bought with a one-off payment and various events are usually available. For more details, see: <http://www.catchingfeatures.com/>



Matching Maps

Various different formats were provided. In this example, the number of changes had to be identified. In other cases, four maps were provided with only two being exactly the same and the two matching maps had to be identified - quite tricky when the change was only a single missing black dot or a minor change to the shape of a vegetation colour.

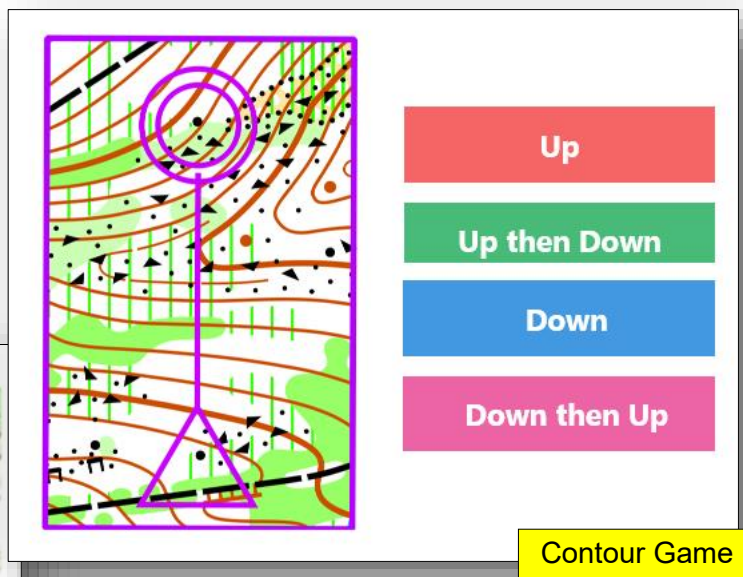
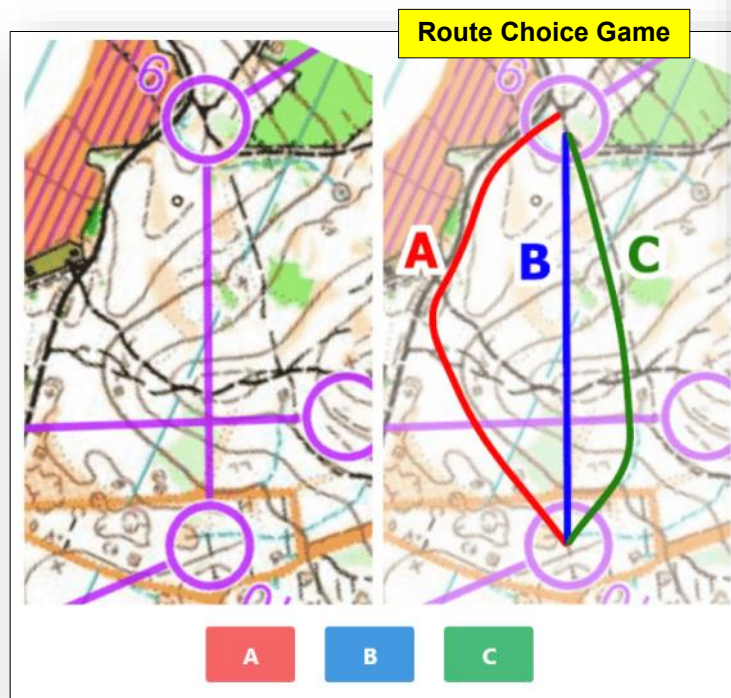


simulation of a real event, except you are sat at home rather than in a forest/field/park!

For added camaraderie a lot of people also sign up to the companion Facebook site, though that isn't required and most people don't.

What about the games? Well I am going to put them in categories as follows:

- **Catching Features:** I had a copy of this on my PC (I believe it only runs on a PC, not on a Mac or Linux device) for some years without every really using it. Each Lockdown-O event has featured 2 – 3 CF courses which you download from within the game. You then run the course in Catching Features and upload your time to the Lockdown O results system.
- **Serious O Games:** Route Choice Game, Matching Maps, Trail Orienteering, Contour Game, Rapid Route Game – the titles are all self explanatory. These are web-app style games that typically exercise map reading or map memory skills under time pressure. Route choice game shows you a leg in a complex terrain and gives you 3 choices. When you pick one, you see a runner-eye view



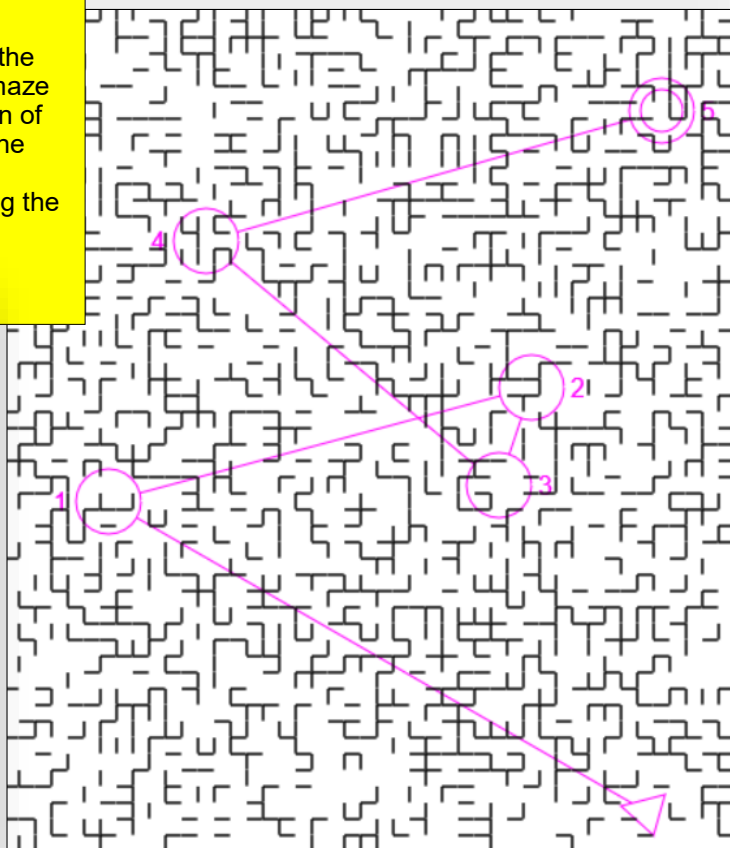
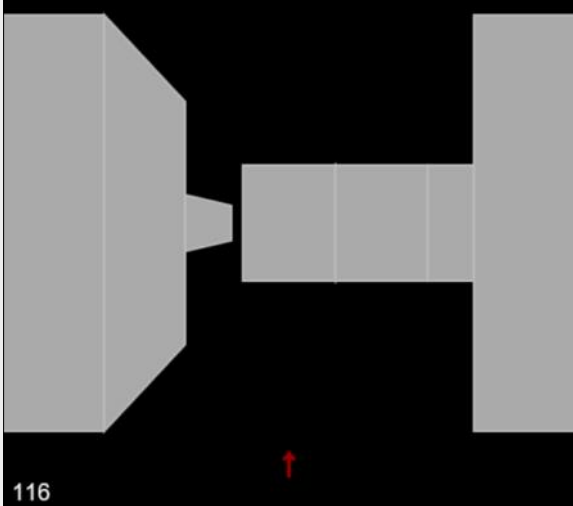
from a competent orienteer running that leg with a GoPro.

- **Fun games on an O theme :** Street View O – really fun – as the name suggests is based around Google Street View. SkiO game is a simple but fun ski-orienteeing game. And of course The Maze, which puts an orienteeing course inside a complex 2D maze where re-location is almost impossible and the fate of wandering around without ever finding a control is always a real possibility.

The Maze:

Another game which is perhaps showing its age but it provided a complex memory challenge. When playing the game, there are two different views provided: first, the maze with the course marked (*right*) and, second, a 3D version of the competitor's view when in the maze (*below*). Only one view can be seen at a time and, when in the 3D view, movement (forward, back, turning left or right) is by using the keys. Quite confusing at times!

Next control: 1



And how does all this work? Well, as I said it probably isn't for everyone, but so far I've enjoyed most of the 3-4 Lockdown-O events I've joined. Playing Catching Features on newly created maps that conform to the weekend 'theme' has been a revelation. Even though I usually come near to the back of the pack (just like in real-life) there is a real pleasure in exploring the different terrain (so far there have been courses in Africa, Argentina and the Trossachs!). If your schedule allows there is even a live-stream of a 'grand final' between the elites – I've only seen one of those – an Argentine urban sprint, it was a blast to see people who really knew what they were doing!

The serious O-games – well I'm not a serious orienteer so they tend to go over my head. The fun games are generally just that, though "The Maze" has been known to bring me out in a cold sweat!



If you like the sound of it, you can connect with the organisers at **lockdownorienteering.com** and go on the mailing list, or 'like' their Facebook page. In upcoming weeks there is a Junior weekend, they've not announced anything else but I'm sure there will be more events in the pipeline, even as Orienteering itself gets back to 'normal'.

To help him get the full experience, at his first Lockdown event, Eoin wore his BKO top. **Go BKO!!!**

Virtually, to Cairn Gorm and Ben MacDui

Richard Rae

Coronavirus caused the cancellation of my walking club's meets to the North Yorkshire Moors and Cornwall. Instead, we held virtual pub lunches (with real beer and sandwiches, of course), followed by virtual walks using maps and photos shared on Zoom. Walks ranged from strolls round woodlands near Hampstead Norreys to tough treks to the Everest Base Camp. Next week, we walk the Inca Trail.

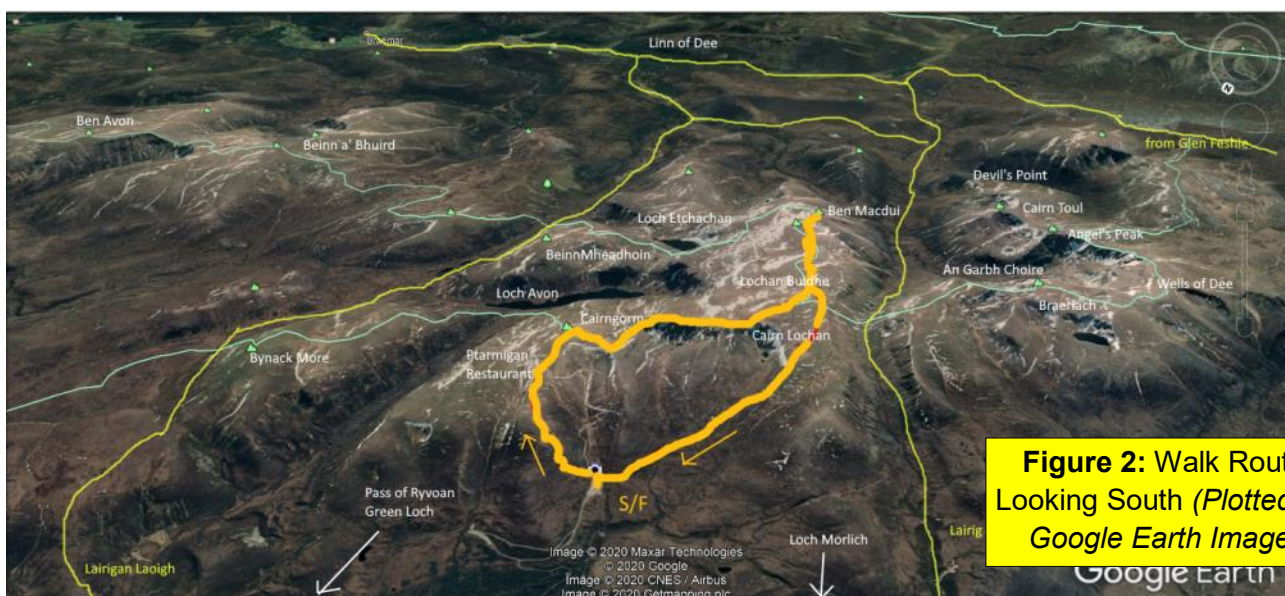
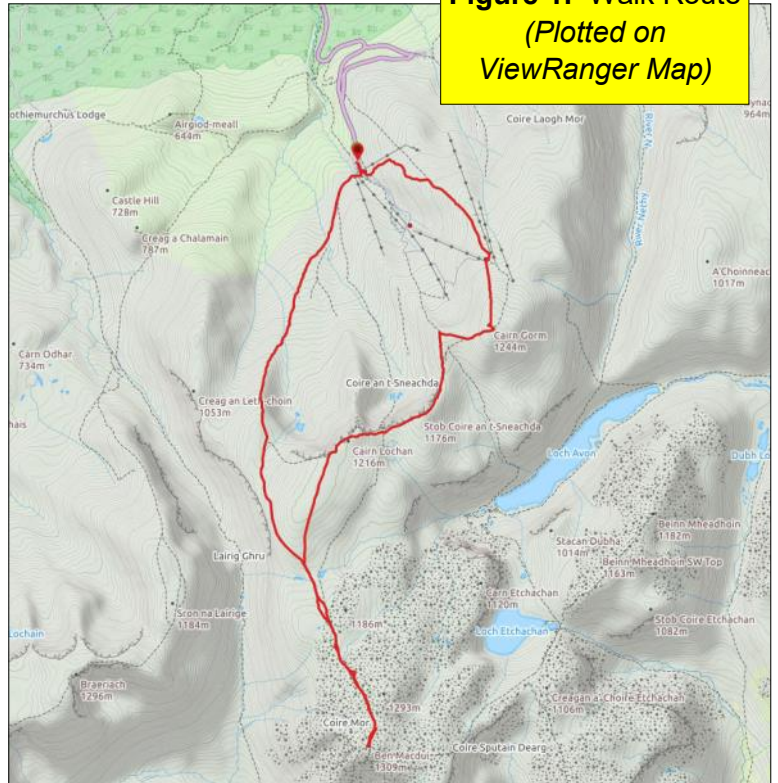
My offering, condensed here, was a walk on the roof of Britain, from the ski car park to Cairn Gorm and Ben MacDui, the second highest mountain in Britain. Both peaks are over 4000'. On the walk you can see, on a clear day, the other 4000' peaks of Braeriach, Cairn Toul and the Angel's Peak (Sgor an Lochain Uaine), as well as many other high Monros. At other times you may not see a thing. There can be blizzards and white-outs. The Cairngorm Plateau is subarctic, and can be a very dangerous place at times.

On the ground the walk is about 11.9 miles with over 3500' of ascent. Before the ski road opened, you had to start near Loch Morlich, adding another 1000' of ascent and over 6 miles to the walk.

Figure 1 shows the route from my GPS track on a ViewRanger map. Figure 2 shows the route on Google Earth. I've marked many of the peaks and lochs you can see on the walk on the image. Figure 2 also shows two of the routes through the Cairngorms, the Lairig Ghru and the Lairig an Laoigh. The 3rd route, Glen Feshie, is to the west.

So, let's lace up our virtual boots and set off. From the car park, we ascend the shoulder of Cairn Gorm to the Ptarmigan Restaurant at the terminus of the Cairngorm Mountain Railway. If you take the train up, you can only admire the view - you can't get out for a walk. Looking back, we can see the Pass of Ryvoan, with remnants of the Caledonian Forest. The pass contains the mysterious Green Loch (An Lochan Uaine), out of sight to us. From the Ptarmigan, we continue to the summit of Cairn Gorm, where we are rewarded with our first views of Ben MacDui. Also

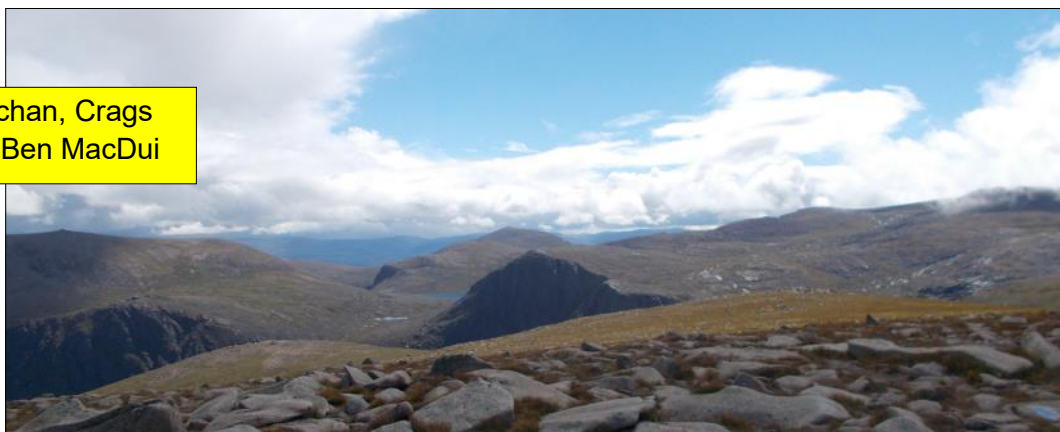
**Figure 1: Walk Route
(Plotted on
ViewRanger Map)**



**Figure 2: Walk Route
Looking South (Plotted on
Google Earth Image)**

Figure 3: Loch Etchachan, Craggs above Loch Avon and Ben MacDui

visible is the high level Loch Etchachan, and the deep trench containing Loch Avon, over 1000' below, so out of sight



to us. At the head of Loch Avon is the Shelter Stone, where you can bivouac if you so wish, and crags for rock climbing (Figure 3). In the distance we can see the peaks of Ben Avon, Beinn a' Bhuid, and also Bynack More and Beinn Mheadhoin. Many of these peaks have granite tors on their summit plateaus.

From Cairn Gorm, we continue in the direction of Cairn Lochan with its cliffs, popular with rock climbers (Figure 4). To our right is the skiing area of Coire Cas, and further on, below the cliffs, Coire an t-Sneachda and Coire an Lochan. Perhaps we may see some of the Cairngorm reindeer herd.

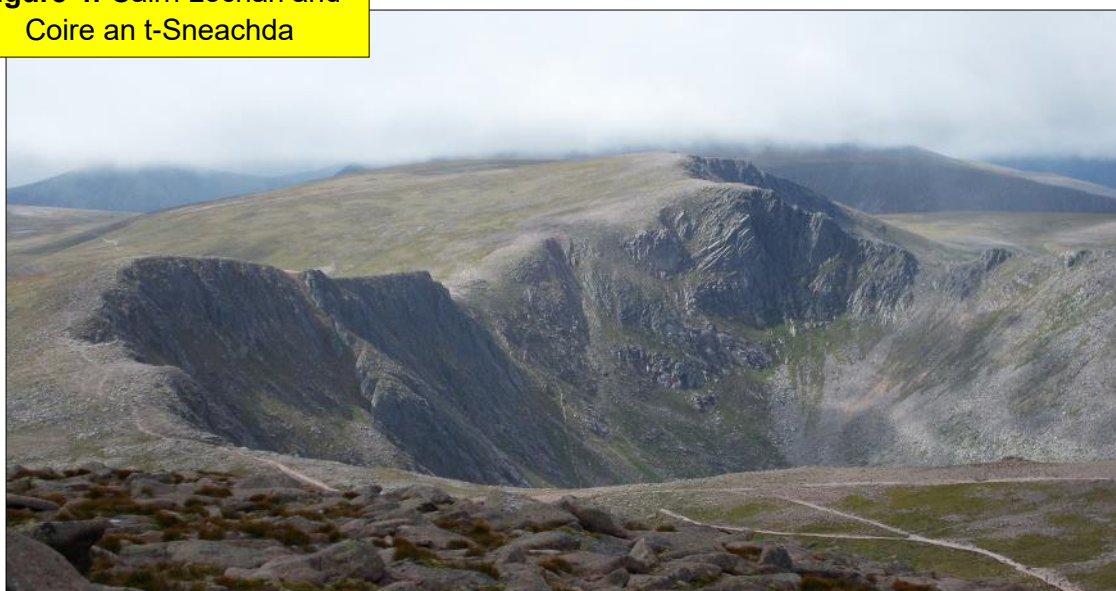
We should now see the high peaks on the far side of the Lairig Ghru. From Cairn Lochan, we descend to Lochan Buidhe. This was near the scene of a terrible disaster in 1971, when six members of a school party died of exposure on an ill-fated expedition. They were heading to the Curran shelter, but failed to find it in a white-out. The high level shelters were removed as a result of this tragedy.

The next leg takes us over stony ground to the summit of Ben Macdui, with its large summit cairn and direction indicator, and fine views in all directions. This is the home of Fearlas Mor, the Grey Man of Ben MacDui. If anyone claims to have seen him, then they probably saw a Brocken Spectre. Many walkers have heard his footsteps behind them, however, and turning round, see nobody. They walk on, continue to hear his footsteps, but again see no-one. They finish their walks, seriously disturbed. Let's hope we don't hear him.

Retracing our tracks to Lochan Buidhe, we look across and along the Lairig Ghru to Braeriach, Angel's Peak, Cairn Toul, and the Devil's Point, politely renamed so as not to offend Queen Victoria (Figure 5). There are peaks further south, too, such as An Sgarsoch. Across the Lairig Ghru, the large corrie of An Garbh Choire lies between Braeriach and Cairn Toul. On the Braeriach Plateau are the Wells of Dee, the source of the River Dee, which tumble over the cliffs into the corrie. The corrie also contains the "everlasting snowfield", said to be the nearest thing in Britain to a glacier. Unfortunately, it tends to melt in some years, thanks to global warming.

The last leg of our walk takes us round the shoulder of Cairn

Figure 4: Cairn Lochan and Coire an t-Sneachda



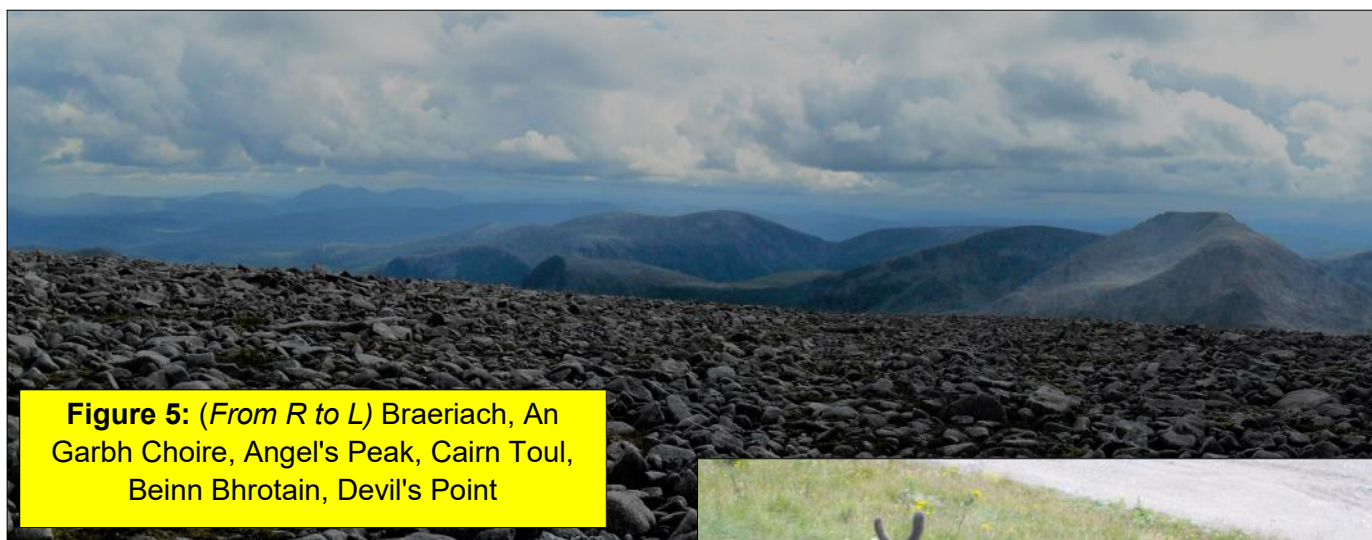


Figure 5: (From R to L) Braeriach, An Garbh Choire, Angel's Peak, Cairn Toul, Beinn Bhrotain, Devil's Point

Lochan. We see the "Great Slab", a large slab of angled rock below the cliffs, and continue along the track through the heather to our cars and the end of our walk. We may find that the reindeers have commandeered the car park (Figure 6).

To add a tenuous orienteering link to the walk, the 1995 Scottish 6 Days event was held in Strathspey. Some of the races were in forests on the lower slopes of Cairn Gorm. It was a very hot week. Runners wilted in the heat. I recall that on the "rest day", the summit of Ben MacDui was crawling with

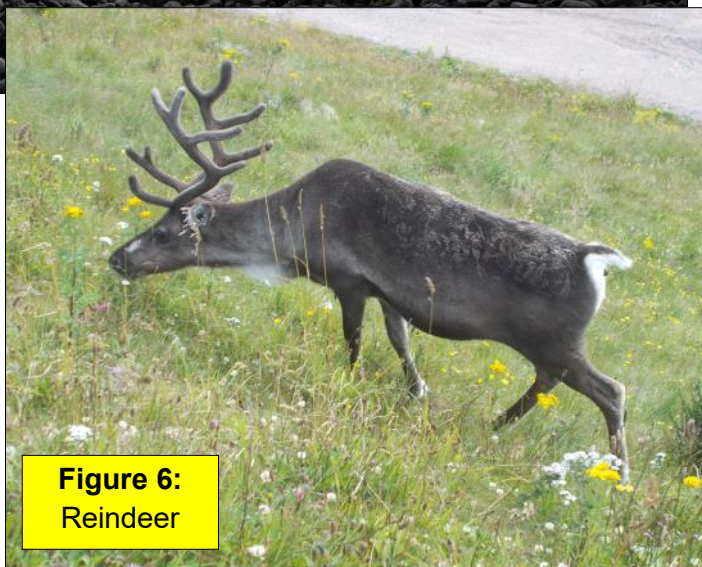


Figure 6:
Reindeer

Keeping Fit the BA Way

Simon Turton

As some of you may be aware I also run for the British Airways Athletics Club and our acting Chairman has been very proactive in ensuring members have stayed connected during Covid-19. From mid-March there's been two themes each week; a midweek challenge and reporting week-end solo activities.

Not surprisingly Facebook has played a big part in sharing news but we also have a weekly emailed news brief that reports achievements and upcoming 'events'. So what have the midweek challenges consisted of? Because of lockdown the early weeks were restricted to local challenges; bespoke street-o maps utilising post boxes as controls (using oomaps), track-on-field (interval session in your local park), What3Words (it's an app, useful for telling people where you are), virtual pairs scrabble (run to gain letters and then use Zoom to plan your best score with your partner), Street spelling (choose from three eight letter words and then run to local streets starting with those letters) & pub cricket (did you use to play this in the car?).

There have also been regular monthly solo miles and virtual 5kms, which brings me onto WhatsApp. On the 26 April, the club ran the virtual London Marathon against other teams, each runner running a mile and reporting their start and finish on the app. The sense of togetherness was palpable, with pre-raise nerves and excitement of tracking progress. The app's also been used for the 5kms and also the virtual green belt relay, although the legs were a little longer than a mile! The weekend activities have mostly been non-competitive; just report any exercise. This has been particularly important for those that have had to shield but can still do exercises around the house or get out for a nice early morning walk.

Credit must go to Roderick Hoffman, our acting chairman for driving these activities during these weird times but members have certainly come to know their surrounding areas a lot better and appreciated the encouragement and motivation that social media can bring.

Life in lockdown

John Briggs

Living where we do in Thatcham, we are lucky in that we have Bucklebury Common in easy walking distance to the north and Greenham Common in easy cycling distance to the south. So our "daily exercise allowance" was a real pleasure, given the generally excellent weather in April and May. It was probably coincidence but nature's colours seemed to be better than ever this year: the tree blossoms, bluebells and gorse all putting on a fine show at the same time. We also came across an impressive rainbow on Bucklebury Common.

One strange observation though. On one walk on Bucklebury Common in early May I came across two orienteering controls (A and C), pinned to posts. Then a few days later we came across another: E. So I guess B, D and maybe some others are out there as well. They were in plastic covers, in good condition so appeared to have been put out in the recent past. But we are intrigued as to who might have put them there and for what event - any ideas? Those we found were on bridleways and byways so it is possible they were for a biking event.

Normally on Bucklebury Common I have an orienteering map and compass, I know which course I'm doing but I can't find the controls. Now I have just an OS map, no compass, don't know what course I'm on but I find three controls. I must be improving

