



Berkshire Orienteers

Newsletter

March 2018

AGM and Annual Dinner
24 February 2018
Sand Martins Golf Club

Chairman **Simon Moore**
 presents **Martin Wilson** with
 the Derek Harding Award



Club Champions 2017:
 Above: Mens' Champion **Simon Moore**
 presented by **Peter Entwistle**
 Right: Womens' Champion **Fiona Clough**

Lively discussion at the
 Annual Dinner

Below: A lot of interest in Darrell's
 collection of maps from 1968-1973
 From the left: **Richard Rae, Brian
 Burt, Lynne Moore, Nigel Hoult,
 Neil Frankum and Mark
 Saunders.**

Photo: Katy MacDonald



Right: Detailed consideration of Katy Stubbs' map collection of Star
 Posts covering several decades. *Photo: Katy MacDonald*



Editorial

After two years with no Chairman to chair our AGM, it was good this year to have Simon Moore, appointed at last year's meeting, in post and delivering a proper 'Chairman's Report'. You can read this on pages 4-6 in this issue. He then seemed embarrassed to be presented with the Men's Club Champion prize!

Another well deserved award went to Martin Wilson who has been a very effective Club Captain for the last few years. His efforts have seen a surge in enthusiasm for our participation in the CompassSport Cup event (the CSC). Unfortunately we have not yet broken into the top ranks of UK clubs but our results have improved significantly. Well done Martin - perhaps next year? See the next Newsletter for a full report of this year's CSC heat.

David Jukes

Club Notes

Keeping you informed about the club and its members

28th January 2018: Concorde Chase incorporating the 2018 SCOA Championships

It was our turn to host the regional SCOA Championships this year and our 40th Concorde Chase at Star Posts was the location for this competition.

There had been concern about the parking arrangement since, after our last major event at Star Posts (the 2014 Southern Championships), the Crown Estate have banned the use of the area for parking. Instead we had to use several smaller urban car parks and ask people to walk to the event. As the weather was cool but fine, this seemed to work well.

We had a good number of SCOA medallists including 3 taking first place. It is particularly pleasing to see **Mark Saunders** take first place in the M21 class despite in fact being an M40 competitor.

One unfortunate incident did occur. Alan Leakey (an M65 competitor from SLOW) was in collision with a mountain bike rider but the rider then attacked and hit out at Alan before cycling off. On finishing his course, the incident was reported to the police. They came to the Assembly but there was little that could be done at that point.

Committee News

The Committee met in late January and included discussion of these items:

- **Emit controls:** 40 controls have been sent to Sweden and have had their batteries replaced. A second batch will be

Cover Picture: This shows **Jane Courtier** looking pleased to have finished her Green course at the Concorde Chase on the 28th January. Coming in just behind her is **Denise Harper** who was tackling the Short Green course.

2018 SCOA Championships BKO Medallists

M10	3	Robin Inness
M14	2	Adam Methven
M21	1	Mark Saunders
M65	3	Stephen Fletcher
M70	1	Martin Wilson
M75	2	Ian Cooper
	3	Peter Bennett
W45	2	Lisa Methven
	3	Toni Whittle
W60	3	Jane Courtier
W65	1	Denise Harper
	3	Anne-Marie Hillier

CompassSport Newsletter Awards 2017

I am delighted to report that, for the 5th consecutive year, the BKO Newsletter has been recognised as one of the top 10 orienteering club newsletters in the UK. I have certainly enjoyed producing the Newsletter and my job is made easier by the willing contributions provided by many members. All contributions are welcome and it would be great to have reports or articles from a wider range of club members - of whatever level of experience.



David Jukes

sent at a convenient time in the near future.

- **Event numbers:** The New Years Eve event was discussed and further Facebook promotions would be used to further boost attendance at BKO events. However we need to consider using Fabian4 for pre-entries where appropriate to avoid queues at Registration.
- **JK2019:** There have been problems with various venues and work is underway to try and get these finally confirmed. Cold Ash seems certain for the 'Long' on the Easter Sunday.
- **Printing of maps:** It was agreed to purchase a new A4 printer which Andy Parry will use to print our A4 maps in future.
- **Junior focus:** There was continuing discussion about increasing the club's efforts to support juniors and co-ordinate our work. This will be an on-going discussion.
- **Club jackets:** The Committee agreed that plans to adopt a club jacket should be progressed speedily with Martin Wilson taking the lead. Comments were made on the suggested design.



Chairman's Report

*The following is the text of the Chairman's Report as presented by **Simon Moore** to the AGM:*

Events

The framework for our orienteering events is usually structured around the following:

- One level B event per year – the Concorde Chase
- Two Level C events
- A range of Level D events - usually on Saturday mornings
- Summer park events – only one this year
- A number of summer training events –

The total number of the smaller events is determined by how many organiser/planners/helpers the committee feels we will be able to recruit to stage them.

In addition, this year we also held an additional Level B event - the CompassSport Cup heat at Cold Ash in early March. This was planned by **Mark Foxwell** and organised by **Peter Entwistle**. We had 3 clubs including BKO competing in the Cup competition and 4 in the Trophy competition (for smaller clubs) – a total of over 300 runners.

Since last year's AGM, we held 2 events to finish off our 2016-17 Saturday series. These took place at Swinley East and Langley Park. A third event, scheduled to take place at Rushall Woods, was cancelled over concerns the M4 closures would cause serious access difficulties.

Our spring Level C and South Central O.A. League event took place at Black Park in May – organised by **Colin Godbold** and planned by **Annika Greenwood**. Concerns that new (and higher) land use fees could price us out of the area in future were ironed out following careful negotiation by Club Treasurer after the event.

We held only one summer parks event this year – the club picnic at Sandhurst Memorial park in August – planned by **Eric Harper**. Once again thanks to **Fiona Clough** for organising the food and drink.

A range of Wednesday evening training events during late spring and early summer were organised by **Mark Foxwell** across both forested and urban areas. The turnout for these is not large, but it does provide an opportunity to focus on particular skills without the



usual pressure of a standard event.

The 2017-2018 Saturday series started with our event at Benyons Enclosure followed one on Snelmore Common. This was originally scheduled for November but was cancelled due to forecast high winds. It was then rescheduled in December and replaced the planned Bramshill event.

Our New Year's Eve event at Whiteknights park proved especially popular. This was planned by **Mark Saunders** and organised by **Eoin Sharkey**. They were keen to publicise the event after a low turnout at Snelmore. Eoin contacted TVOC about how they promote their events on Facebook and arranged some Facebook boosting of our own. In combination with other promotion, this increased our attendees to over 220. This caused some administrative headaches as it was all entry on the day and when all the printed maps had been used we had to then reuse maps from finishers. In future we will need to provide pre-entry for this type of event.

The Concorde Chase this year took place at Star Posts and was very ably organised by **Fiona Clough** and planned by **Stefan Stasiuk** with over 600 competitors. The biggest challenge before the event was arranging the parking given that Crown Estate would not let us park on-site.

We have since run one more event at Swinley West - again using Facebook promotion and again large numbers of new faces appeared at the event. More people is great but it does challenge our assumptions about how to handle 'small' Saturday events.

Schools

Once again **Denise Harper** has organised a number of events for the Berkshire Schools Games. This included heats in West Berkshire (2), Bracknell, Slough, and Ascot & Maidenhead and a final at Bisham Abbey. Denise was supported by Eric and a number of BKO volunteers.

Glyn Thomas who has developed orienteering at St Andrew's School for many years has retired but we look forward to working with and supporting **Kirsty Parkhouse** as she takes over this task. Success in the Autumn Term as the British Schools Championships was her initial reward.

Behind the scenes

There is a lot of work that goes on behind the scenes to keep the club running. **Eric Harper** still keeps all the club equipment although he has recently passed over printing of maps for our smaller events to **Andy Parry** who holds our new printer.

Katy Stubbs has updated the map of Star Posts for the Concorde Chase.

Fiona Clough has organised this year's Concorde Chase and is organising next year's JK Day 3 as well as being SCOA secretary. To help manage the process of event scheduling, during the year she handed over the role of getting land permission to **Andy Parry**.

Brian Sewell has led our team who manage our entry and results processing systems for our level C and D events. There's a lot that happens behind the scenes including cleaning up the results after the event, uploading results to the BOF website, putting maps and split times onto Routegadget etc.

We've had issues with competitors apparently mis-punching, particularly on cold days. This seems to have been traced to a combination low batteries in the EMIT cards and also in the controls. We have a policy of replacing 20 of the clubs EMIT cards per year and have recently decided to send off our controls to EMIT in Norway to replace their batteries. We're doing this in 2 stages – the first group has just returned. The cost for this is being met out of our equipment reserves. In the longer term, we've instigated a review of punching systems inside SCOA. There have been advances by both EMIT and SI in terms of contactless punching and we need to start to understand the pros and cons of these systems. Given that I think all the clubs in SCOA have replaced the batteries in their existing EMIT controls giving them several more years of use, I can't see any new recommendations for adopting a replacement system happening soon.

Martin Wilson has been busy as Club Captain with the major effort being organising our teams for the CompassSport Cup and the relays at the British and JK events. Fortunately, he takes the job seriously in terms of leading by example, encouragement and persuasion to extract the best from us as a club. He has also led the way in pushing through the design of the new club jacket which we should be seeing soon.

Our club magazine produced by **David Jukes** seems to get better and better and, to mark the club's 50th Anniversary edition, he has produced a special extra issue. He's also responsible for the email updates and our Facebook presence. If you find this report doesn't have enough detail for you then I suggest looking at some of the past club magazines available on the website.

Fortunately we haven't had to call on the role of welfare officer this year – the position is held by **Lynne Moore**, but I would urge you all to understand BOF's O-safe policy. The issues that have affected other sports have been in the news again only this week.

I'd like to thank all of the BKO committee for their support this year and all the other members who've been a helper or official at any of our events this year.

Next year

Looking forward to next year we're planning the usual range of Saturday morning events, an urban event at Bracknell in June and a return to Black Park in October. In 2019 we have the JK taking place in the region. Day 3 will be at Cold Ash with **Fiona Clough** as Organiser. Other key roles being taken by club members include **Peter Entwistle** as the Treasurer, **Katy Stubbs** as both the mapping co-ordinator and a Day 3 planner. The JK is a major event and it will take a considerable amount of effort and resources from all the clubs in the region. There's still uncertainty over some of the other areas to be used and Di Smith (from SOC and the overall event co-ordinator) is looking for volunteers for a whole range of event officials including planner and organiser for the relays. Come and talk to me (or Fiona) if you're interested in one of these roles.

I'd like to continue using Facebook promotion of events. Our experience so far does seem suggest that it works as an effective means of attracting new (and sometimes old) faces to our events. We'll need to rise to the challenge of managing these newcomers and additional numbers effectively – but it's a good problem to have. This will only work if we as a committee continue to have support from the membership in terms of event officials and helpers at events. We have a core of people who regularly help at events and I would like to thank them once again. I'd also like more people to join this group, so if you've not helped recently or regularly over the past year, please volunteer when the call goes out.

Club Awards

The AGM provides the opportunity to recognise individuals who have performed well or who have contributed to the club.

Derek Harding Award (for contributions to the club): **Martin Wilson** gained this award for his enthusiastic work as Club Captain and for his various planning activities over several years. His work is also recognised nationally as he is currently planning the Veteran Home Internationals taking place this coming Autumn in Lancashire. *[See photo on inside front cover]*

Jim's Jug: (for most improved junior): The Committee had decided that this should be awarded to **Amelia Wing** of St Andrew's School for her steady improvement during the year.

Presentations were also made to the various winners of classes in the 2017 Club Championships. For details of the winners, see the January 2018 Newsletter.

Your 2018-2019 Committee

Chairman:	Simon Moore	chairman@bko.org.uk
Secretary:	Derick Mercer	secretary@bko.org.uk
Fixtures Secretary:	Andy Parry	fixtures@bko.org.uk
Treasurer:	Peter Entwistle	treasurer@bko.org.uk
Development Officer:	- - - - Vacant - - - -	
Membership Secretary:	Ian Hudson	membership@bko.org.uk
4 Committee Members:	Fiona Clough, Parry, David Jukes, Brian Sewell, and Mark Foxwell	

Glenn Wass : 1950 - 2018

Many of you knew Glenn and most of you who didn't may remember a white haired man who used to sit in the Registration tent in the past inputting runners' details into the computer in the days when we used only one computer to do input and downloads. That was Glenn. Together we were officially Organisers for the Saturday events (although with all the help we had from others the events largely organised themselves!) We also stored much of the Saturday event equipment in our garage and our sturdy Scenic had to be packed in just the right order to fit it all in. The club generously awarded us the Derek Harding Award in 2008 and 2014.

We started orienteering in 1983 after Glenn injured himself while preparing for the London Marathon and wasn't able to do road running any more. On a trip to New Zealand (his homeland) friends recommended orienteering so, back in the UK, we sought out an event and went along. The event was on chalky hillsides and the path to the start was through what had been a path but was at that time a flowing stream! In spite of that we went back for more with Glenn quickly outstripping me and going off on longer courses. Orienteering took us to different parts of the UK although we never competed abroad. We took our children, Madeleine and Jenny, to events for as long as we could but, sadly, their interest waned when we spent hours waiting for Glenn to finish his course, and, of course, discuss his route choices with others. He was so proud that they both have a love of running, which must come from him.



Glenn completing a course at Ashenbury Park in July 2015

Glenn had an innate sense of direction and a love of maps so orienteering was the obvious choice of sport for him. Sadly, the only time navigation skills let him down (and not often) was on orienteering events but, like all keen orienteers, he was able to analyse where he went wrong, hoping not to repeat that mistake again.

Glenn was very methodical, planning things carefully and making meticulous notes. This stretched to beer brewing too. Our neighbourhood regularly smelled like old Reading with hops and malt scents in the air. We were CAMRA members and on orienteering holidays we always stayed in real ale pubs – you can always justify a pint after an event!

As well as orienteering Glenn loved cycling and took part in many cycle orienteering events but more recently stuck to road cycling with Reading Cycling Club.

Most of the activities which Glenn enjoyed most were outdoors. When he was not longer able to run or cycle we still went on walks (always planned!) and to bird watching sites locally and further afield.

Orienteering was such an important part of our lives for many years (I wonder if any of you remember Glenn with sandy hair?) and Glenn got tremendous pleasure from the sport and from meeting so many people. We often said what lovely people orienteers are. We both felt lucky that we had discovered the sport and been able to enjoy it together for so long.

Di Wass



Also in 2015, here is Glenn analysing courses at Sandhurst Memorial Park

The Beast from the East meets Storm Emma ...

The weather has not been kind to us for our Winter Saturday Series 2017-18. In October we had the difficult decision as to whether to go ahead with our event at Snelsmore Common. As reported in the November Newsletter, 'Storm Brian' was approaching southern England and weather warnings suggesting strong winds were being issued during the preceding week. Along with other orienteering events that day, we ultimately took the decision to cancel although the day itself was not as bad as the forecast had suggested.

We have now had the 'Beast from the East' bringing freezing temperatures and winds from Siberia. Our event at Burghfield Common was scheduled for Saturday 3rd March and as the day approached the forecasters were warning of the additional impact of 'Storm Emma' on Southern England with potential for heavy snow on the Friday but, on the positive side, improving conditions on the Saturday. Conditions did deteriorate and, with snow starting to fall again on Friday afternoon, Simon Moore (Organiser) took the decision to cancel. Conditions were certainly difficult for driving except, with no overnight frost, travel conditions were not as bad as they might have been on the day itself. But events take time to set up and volunteers have to spend long hours outside before and after the event putting out controls and collecting them in. The weather conditions made this impossible. Again though we were not alone in cancelling.



BKO Plans for the Summer

Here are two things to watch out for as we approach the warmer summer season:



Evening Training: A varied schedule of Wednesday evening sessions is in preparation.

These are likely to run from 11 April until mid-July. Some of these will be organised in cooperation with SN so as to provide a greater number of opportunities. More details will be circulated by e-mail once the locations have been confirmed.

Bracknell Summer Challenge 2018: We are planning to stage a series of park/urban events in different parts of Bracknell at about monthly intervals from May until August. These will be promoted to Bracknell residents through social media and other more traditional methods. Although targeting newcomers (with courses of about 2 and 4 Km), there will also be a longer course (about 6 km) for the urban enthusiast. The new Jennett's Park estate will be used for one of these events.

For more details or to offer help (which would be much appreciated!) contact the following:

Evening Training: m_foxwell@yahoo.co.uk; *Bracknell Challenge:* davidjukes@sky.com

Membership Memo:

With our Membership Secretary on one of his regular winter holidays in Norway, full details of our new members and their official welcome will have to be held over to the May issue. However, I can unofficially report on and welcome the one new member that I am aware of:

- **Lukasz Wisniewski** has come to the UK and is living in Newbury. A quick internet search revealed that he had been a member of the Polish junior team a few years back so, not surprisingly, our Club Captain had been keen to recruit him into club teams. Welcome Lukasz!

Of course, all new members are welcome whatever your experience.

David Jukes


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

Event Summary

This listing shows a selection of forthcoming events — most of the local events and some of the more important ones from further afield. For a full listing, look at the British Orienteering web site.

Date	Name	Level	Club	Venue	Town
Sat 24 Mar	50th Anniversary Event	Regional	SOC	Fleming Park	Eastleigh
Sun 25 Mar	Devon Moorland League 4	Regional	DEVON	Fernworthy	Moretonhampstead
Sun 25 Mar	Colour Event/Urban Sprint	Local	NWO	Lyneham Airfield	Lyneham
30 Mar-2 Apr	JK Festival Weekend (Entries closed)		WMOA		
Sun 08 Apr	 SCOL7 / Yvette Baker Trophy Heat	Regional	BADO	Butterwood	Hook
Sun 15 Apr	Chiltern Challenge	National	TVOC	Great Hampden and Whiteleaf	Princes Risborough
Sat 21 Apr	Winter Saturday Series	Local	BKO	Rushall Woods	Bradfield
Sat 21 Apr	Wessex Summer Series	Local	SOC	Royal Victoria Country Park	Netley
Sun 22 Apr	Colour Event	Local	NWO	Savernake Forest	Marlborough
Sat 05 May	Urban (UKUL/SEOUL)	Regional	NGOC	Ross-on-Wye	Ross-on-Wye
Sun 06 May	Mike Nelson BOK Trot	National	BOK	New Beechenhurst	Cinderford
Sat 12 May	Sunny Sussex Weekend (1/3) - SE Middle Distance	Regional	SO	Rivers Wood	Nr Haywards Heath
Sat 12 May	Sunny Sussex Weekend (2/3). Evening Sprint	Regional	SO	Goffs Park	Crawley
Sun 13 May	Sunny Sussex Weekend (3/3)	National	SO	Worthlodge Forest	Crawley
Sun 13 May	Warminster Urban	Regional	SARUM	Warminster Town	Warminster
Sat 19 May	British Champs (UKOL)	Major	SOA	Balmoral	Braemar
Sun 20 May	British Relay Champs	Major	SOA	Torphantrick	Ballater
Sat 26 May	Winter Saturday Series	Local	BKO	Bloom Wood	High Wycombe
Sat 26 May	Tamar Triple (UKUL)	Regional	KERNO	Exeter University	Exeter
Sun 27 May	Tamar Triple (UKOL)	National	DEVON	Braunton Burrows	Barnstaple
Mon 28 May	Tamar Triple (UKOL)	National	DEVON	Braunton Burrows	Barnstaple
Sun 03 June	Poole Out of Town Race	Regional	WSX	Canford Heath Est.	Poole
Sun 10 June	Urban (UKUL/SEOUL)	National	SAX	Canterbury	Canterbury
Sun 10 June	NWO Relay	Local	NWO	Shaw Forest Park	Swindon
Sat 16 June	WIM SEOUL Urban Event	Regional	WIM	Bridport, Dorset	Bridport
Sun 17 June	Gt Hollands Urban (SEOUL)	Regional	BKO	Great Hollands	Bracknell

SCJS Trip to the Gower - February 2018

Adam Methven

The SCJS is the South Central Junior Squad. Here Adam describes what the Squad did on their recent training weekend in South Wales:

After a long drive from Reading we were straight into orienteering on Oxwich Burrows – one of my first experiences of orienteering on sand dunes. It was surprisingly hard work running up and down the steep dunes and wading through sand in places. However, it was fun as well as challenging and also a good day with a bright sun and a view of the sea.

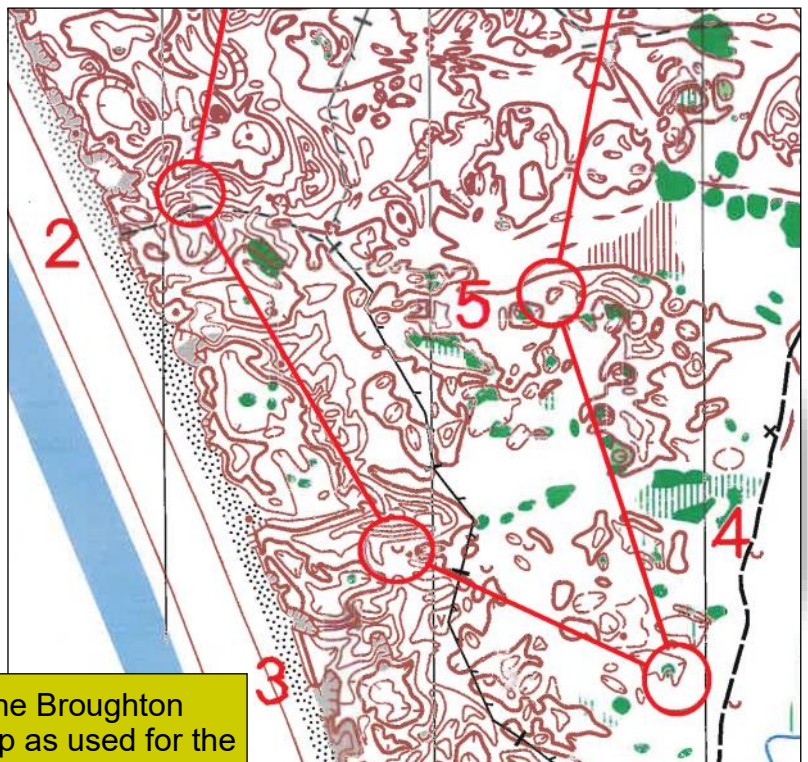
In the sandcastle competition versus the Wales and SWOA squads we didn't do too well – our sculpture of the area didn't have enough detail, although we did put the dot knoll on!

After a break at the hostel, playing 3 a side table tennis, it was my first time on a night orienteering course. It was much further than I expected to the start from the hostel, and it was also really windy. However, once we got going and made it to the first control it began to make more sense and we made it back to the finish with 20 seconds to spare.

My favourite was the second day at Broughton Burrows – there were bigger hills and it was not so sandy. I did two courses in a pair with Nicolas – they were called Picture and Relocation.

In Picture there were 3 tapes in the area near each control site and you had to picture from the map which was the right one. We didn't agree on every control, I am sure number 10 was on the re-entrant!

In Relocation, one person had to navigate to somewhere near the next control and the second person had to start navigating from that point to the control. On the first control we went wrong because we handed over too early, a long way short of the control. It was hardest to navigate from 3 to 4 and 4 to 5 because that area was much flatter and there were not many features to re-locate on. The final event was a relay with everyone taking part in teams of three.



Part of the Broughton Burrows map as used for the 'Relocation' exercise.

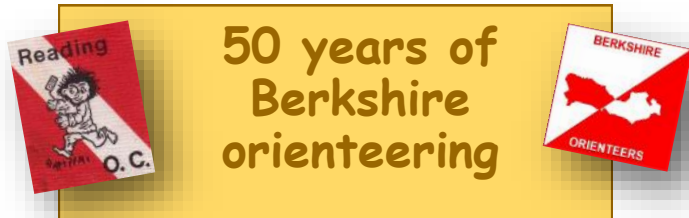


Adam competing in his SCJS O-top at an event in 2017

The SCOA Junior Squad (SCJS) is responsible for the training of junior orienteers within the region to achieve a high standard both personally and when running for the region.

The Junior Squad is always on the lookout for new members - perhaps it could be you or your children! You don't have to be that experienced to join the squad and the squad will help you to become a better orienteer.

*To find out more about the Junior Squad, please contact the Junior Squad Manager at juniorsquad@scoa-orienteering.org.uk The next training day is scheduled for **Saturday 24th March**.*



*In our 50th year we continue to consider aspects of the Club's history. Our 'Winter Saturday Series' is now a regular part of the club's annual fixture list but here **Denise Harper** explains how the series started.*

From Humble Beginnings: The Development of the Saturday Events Series

Back in 1988, when we joined the club, local orienteering opportunities were relatively infrequent outside the summer training evenings. BKO (or ROC as it then was) put on the Concorde Chase – then held annually in February, 2 colour coded events in spring and autumn, and a CATI ('Come and Try It') in September – and that was pretty much it. For a short time, there were occasional low key Saturday afternoon events, but with low attendance, sometimes only in single figures, these were soon discontinued.

Fast Forward to 2001. On behalf of BKO, Reg Parker, then BKO Chair, had successfully applied for an Awards for All (A4A) grant, to raise the profile of orienteering in West Berkshire schools. Working with Adventure Dolphin, (the West Berkshire activity team) the money was used to finance 2 schools evening orienteering leagues, with Adventure Dolphin organising and providing the staff, led by my friend, Meg Layfield. The leagues each lasted for 6 weeks, and involved over 70 Year 5/6 children, with a weekly after-school session being held on a different school site each week. The grant also paid for equipment, mapping of schools and a final



Reg and Anne at Ufton Court, Autumn 2001



Awards for All at Ufton, Autumn 2001

Saturday event for all, held at Ufton Court.

To keep up the momentum, and to encourage the youngsters and their families to transition to club events, Adventure Dolphin formed a club, called 'BOOBS' – a name chosen by the children, standing for Brilliant Orienteers Of Berkshire. We scoured the fixture lists to

identify events locally for BOOBs to attend on a monthly basis, but it wasn't easy, as there weren't very many to choose from, but even so, there was usually a mini bus full plus extra families travelling independently to the selected events.

Meg wanted to extend the leagues, so in 2003, Reg applied for another A4A grant, which also paid for the mapping of Rushall Woods. However, rather than rely on other clubs for the follow up events for the school leagues, a few of us decided we would like BKO to introduce a monthly local Saturday series, similar to that run by S.N., which would provide local opportunities for newcomers, families, schools and youth groups. So it was, that with Reg and Anne Parker taking on the main roles of organising and co-ordinating, manning registration and producing results, Liz and Alan Yeadon and myself sharing out the planning, car parking, running the start and everything else, we held our first Saturday event on November 22nd, 2003 at Burghfield Common. The weather was atrocious (*see report below*), and the date clashed with the Rugby World Cup Final, but we did get some of the school children coming along, and the event was covered by the Newbury Weekly News. In all we probably had less than 20 attending, but 2 hardy BKO souls who appeared in the results were Jo Moore on the White course, and Alex Moore on the Orange.

We had planned a series of 6 events, the intention being to try to keep things simple whilst providing good quality courses with minimal manpower. Courses on offer were White, Yellow, Orange and Light Green, on overprinted maps. We operated Registration out of the backs of our cars, and controls then were the old pin punches. We went through a lot of plastic bags as this was the era before waterproof paper. Reg and Anne used to take all the control cards home for checking then pass results to Tim Booth to put up on the website a day or two later. At first we were somewhat disappointed and dispirited with the initial low numbers, and wondered whether it was worthwhile carrying on, but attendance gradually increased, and our final event of the season, held on a beautiful spring morning in 2004 on our newly mapped area of Rushall Woods, was attended by nearly 100 participants.

Soon after, Meg retired, and moved up to the Lakes, and inevitably, without her input, attendance from the West Berkshire schools declined. However, various other school groups, notably St Andrew's, became a reliably regular presence at our events and eventually some secondary schools started bringing their GCSE P.E. students to participate. Attendance steadily grew, also attracting ever more regular club orienteers, needing their weekend O fix. This had the unfortunate consequence of the Light Green

Despite the intense rain and the pull of the rugby world cup final, more than 20 youngsters turned up to compete in an orienteering competition in Burghfield last Saturday morning. The seven- to 11-year olds were set the challenge, by Berkshire Orienteers, of completing a route and finding certain items along the way.

The challenge was the culmination of six weeks of orienteering training, involving 12 primary schools and

funded by a Lottery Awards for All grant. Berkshire Orienteers set out the six-week course, which was carried out with the help of Pangbourne's Adventure Dolphin Centre who teaches outdoor pursuits.

Adventure Dolphin youth worker Rob Yates said: "The children got very wet but young people love getting muddy and they had a fantastic time traipsing across Burghfield Common.

From Newbury Weekly News Group





A Basildon Park event in early February 2004 with **St Andrew's School** pupils led by **Glyn Thomas**

course becoming oversubscribed, so the decision was made to also put on a Short Blue course, whenever possible. The original idea was to plan the Short Blue using existing controls as much as possible, by creating loops, so as not to overstretch the planner. This hasn't always worked as intended, and I do think perhaps it might be better to just have a Long Course instead, which does not then come with



the expectations/constraints imposed by adhering to colour coded specifications, and thereby saving the planner from having to put out too many extra controls.

Over the years, the events have continued to evolve. The acquisition of emit equipment was a huge enhancement, necessitating the purchase of the green tents to house the computers and the expanding registration and results team. More importantly, being able to have punching starts and finishes and instant results, made life so much easier for Reg and Anne and more satisfying for the competitors.

Increasingly larger numbers meant we gradually needed more volunteers. Liz and Alan moved away, and when Reg and Anne decided in 2010 it was time to 'retire' there was some concern as to whether we could effectively carry on without some-one to take over. Thankfully Glenn and Di Wass stepped up and carried on seamlessly with all the roles and same commitment and dedication that Reg and Anne had shown so selflessly – storing and sorting out all the kit, running registration and results, and so much more. We still have the indispensable Parker Box, and the Wass Saturday Events boxes, as lasting legacies to those wonderful organisers. The results team and its capabilities grew as Brian Sewell joined the regular volunteers, trained up more people, and oversaw updates to the BKO results systems. Another unforeseen benefit of the Saturday events has been the opportunity for novice planners and organisers to have a go within the less intimidating set up of a small event compared to the more complex Level C events, and for several of our current planners, this has been the setting to gain their first necessary experiences.

There have been many memorable moments; – the first attendance by a group of teenage female school students, wearing designer trainers, little crop tops, and carrying their handbags! They were none too impressed with the Burghfield mud. Then there was the freezing day in January, again at Burghfield, when, sod's law, with a huge entry of 150, we ran out of everything – car park space on the rides, maps, emit cards, results, because it was too cold for anything to fire up and work properly, except for us, the frozen, hypothermic helpers. Then the time planner Andy Parry phoned us from Rushall Woods, very concerned that there were sheep in the car park field. We managed to track down the farmer, who apologised for not having been able to move them, but assured us they would head off to the far corner and keep out of the way once fed. Needless to say, we did feel the need to post some-one at the entrance gate to make sure no sheep escaped, and no-one brought dogs in. But the enthusiasm and happy faces of newcomers discovering and experiencing this wonderful sport more than compensates for all the difficult times and makes it all so worthwhile.

As we approach the 15th season of our Saturday events, it is clear that they have become an essential component of our fixture list. For any large club not to offer regular local orienteering now would be unthinkable. New initiatives, such as the Facebook promotion, are raising the profile of our club, and encouraging many more newcomers to try orienteering, which was the original aim of the Saturday series. Inevitably this puts much greater pressures on many aspects of the event management compared to our initial very low key beginnings, but I'm sure BKO will rise to the challenge and further evolve procedures to cope. I know you have heard this before, but these events really are an opportunity for club members to 'give back' to the sport by encouraging newcomers, so please do think about volunteering to help out if possible, even if only occasionally – event organisers will be very grateful to hear from you.



Di and Glenn Wass receiving the Derek Harding Award for the second time in 2015 for their organisation of the Saturday events.

Know Your Club Members — Pavel Procházka

*In the January Newsletter, our annual look at the top placed BKO members in the national ranking list showed our highest ranked person to be **Pavel Procházka**. Not many members will know Pavel so it was time to catch up with him and ask him to give us some background:*

Age/Class?

M21/ 27 years

Hometown?

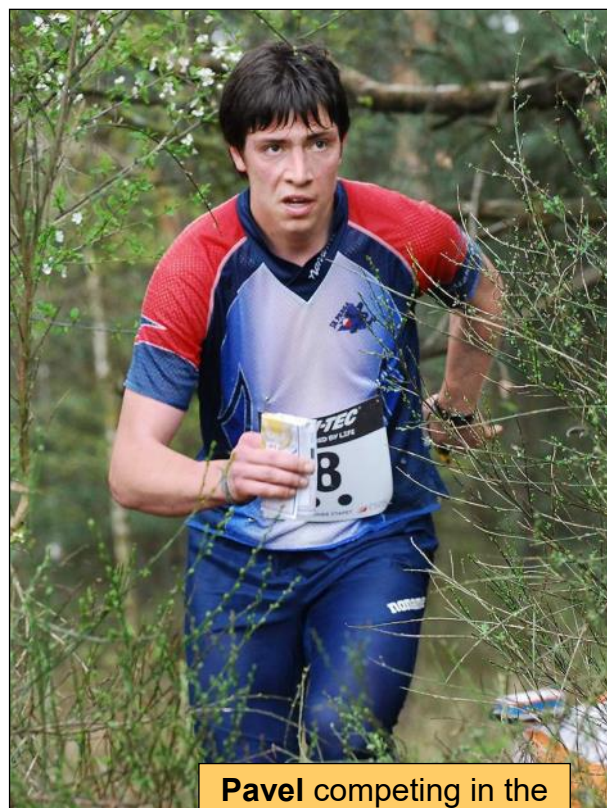
I come from a small town in Czechia called Hořovice; currently I am living in Cambridge.

How did you start orienteering?

My mum introduced me to orienteering when I was about 12 years old. Unexpectedly, my first training in my first o-club was 5k on track!

Clubs?

Apart from BKO, which is my UK club of course, I am a member of one of the biggest Czech clubs, SK Praga in Prague (by the way, two orienteering world champions in relays from 2012 are also members of this club – so watch out for it!). When I was younger I was also a member of two other Czech clubs – Lokomotiva Beroun and OK Jilemnice.



Pavel competing in the Czech Republic in 2016

Best achievement/success?

I most value my 3rd place in the Czech long-distance champs in M20 in 2009...but, wow, that was a long time ago

Most enjoyed event?

Hard to pick one. I most enjoy running team events and relays. I really loved running Tiomila, it has a great atmosphere and the orienteering is challenging, of course, as well.

Worst event/most embarrassing orienteering moment/biggest goof?

Probably sometime when I confused the controls order or skipped a control, it was quite frustrating to have to run part of the course twice. But still better than finding out only after the download!!

Favourite area and/or terrain?

I especially enjoy mountain terrains and sandstones in Czechia (you should come and visit!).

International experience?

Junior European Cup 2009 in Germany, several Tiomilas and Jukola this year.

What have you put back into the sport?

When living in Czechia, I was co-organizing training camps for the Prague junior squad, I enjoyed that very much. I also really like to plan courses, I planned several local Czech events and some training events, including for CUOC in Cambridge.

Other activities/interests?

Although it's very different from orienteering, I practice Aikido, which I only started last year. I like to hike in the mountains. In winter, when I am back home, I do a lot of cross-country skiing. Recently, I also participated in a couple of mountain marathons, which was a great experience.

Employment?

I work as a testing technician in a small research company in Cambridge.



Pavel with his father-in-law, Dan Straka, at Concorde Chase 2016

What training do you do?

Nowadays I do much less planned training than in the past, when I tried to be much more organized and I wrote my training diary, etc. Now I just usually go for a run, sometimes shorter sometimes longer.

What is the best thing about orienteering?

The freedom you can have when running through the forest.

Orienteering ambition?

My only ambition now is to enjoy every control

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

Cycled Land's End to John o' Groats on a tandem, together with my (now) wife Andrea (Andy) and the Straka family. But I had to pedal by myself half of the way, because Andy had some knee problems....!!

Favourite music/book/film, etc?

Music – Muse. Book – Unbearable lightness of being, Mutant Message Down Under, Harry Potter. Film – Once upon the time in the west

Portugal "O" Meeting 2018

Fiona Clough



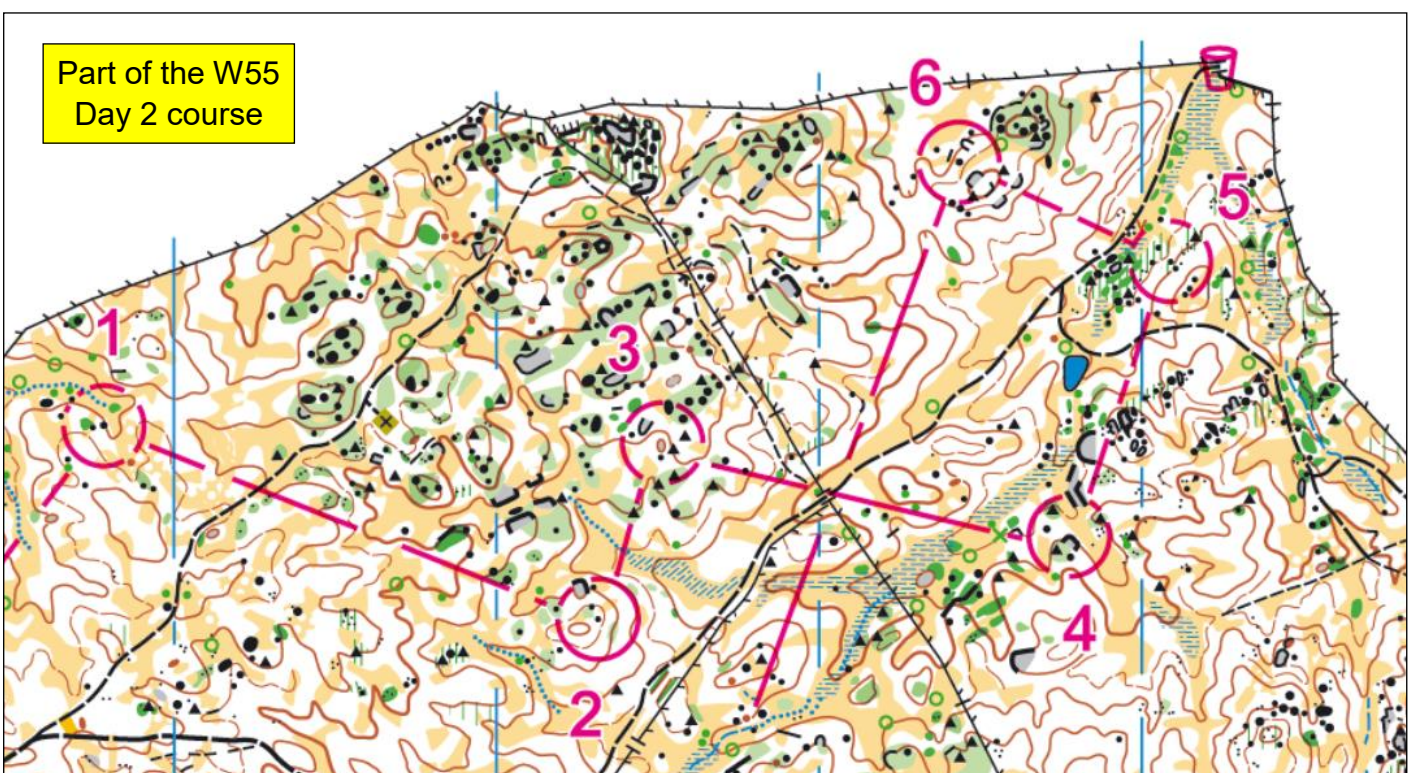
The 2018 'POM' took place in the Alentejo region of Portugal – this is around 80 miles East of Lisbon and consisted of a middle distance urban around Evora on Saturday 10th

February, followed by three forest events on various parts of the same area – S.Bartolomeu do Outeiro. 1 middle distance, 2 long distance races and a night sprint around a nearby village called Portel over the following 3 days. I flew to Lisbon and spent a few days there before driving out to Evora.

I had great hopes of performing quite well until I sustained some sort of an injury to my knee at the end of January.

My accommodation was an airbnb apartment in the old town area of Evora, probably no more than 500yards away from the hotel that housed other BKO members, Eric and Denise Harper and also Martin Wilson.

Lisbon had been bright and sunny but very cold with some overnight showers so I was pleased that the urban race around Evora was on a lovely sunny day. Evora has large areas of uneven cobbles that would have been even more treacherous in the wet. I had a pleasant run around although Evora is a lovely old hilltop city so needless to say my poor knee was convinced that I did more climb than the 47.5m promised. Very pleased if surprised I didn't fall flat on my face on the cobbles. I finished 39th out of 72. A bit



disappointed with that but looking at 'winsplits' I had no massive errors and I beat a friend from Guildford Orienteers by 3 seconds.

The following day was the first forest event. A long distance event and I had an early start at 0918. The drive to the village took about 40 minutes so I was on the road by 8am. There was a 1km walk to the start along a dirt track.

I learnt several years ago in Spain that on the continent they locate the start kite some distance away from where you actually start from and the control descriptions for this day showed 125m to the start kite. When I started I carried on up the path giving myself a chance to orientate the map correctly and make a plan to get to the first control. Loads of people appeared to strike off to the left of the path on a compass bearing however I decided to get used to the look of the land and stay on the path, pass the first path junction and use the boulder to the left of the track 150m past the junction as my attack point. This plan worked well, perhaps not the fastest route but I got to first control without error. Unfortunately things did not go so well to the second control. Plan, attack point was the two facing cliffs, go in between them then turn right and follow the dry stream to the boggy bit and the control should be on the hill to my right. This plan failed in the execution as I went down the wrong valley, didn't find the two crags and started going from hill top to hill top until I realised I was very close to the next path and my hill top had no boulders on it – doh! Relocated and went straight to the control – lost 4 minutes.



Denise Harper at the final control on Day 4

Control 3 was only a short distance away so I followed a contour straight to it then on to number 4. The issue for 4 was what a green circle and a green cross actually looked like on the ground. I followed a valley counting off what I thought was a distinctive tree and several thickets and there was my crag, unfortunately there was no control. I hunted around for a bit before spotting a small lake/pond that showed me I had overshot – straight back to the correct crag – another 4 minutes lost. This caused some subsequent discussion with the other Brits at the POM and our conclusion was not to rely on green circles or crosses because they could be anything!



Also at the POM was **Martin Wilson** seen here on his way to winning the M70 urban course on Day 1

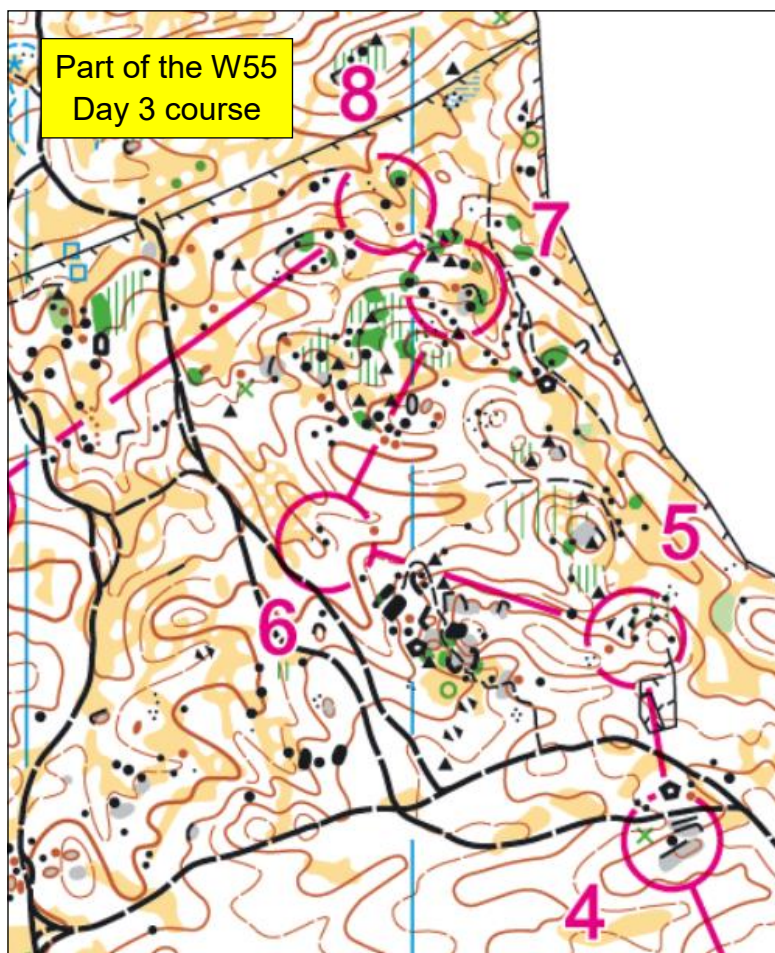
Controls 5 and 6 went well and I was pleased that 7, a long leg, went brilliantly – I was in contact with the map the whole time, stuck with the plan, my attack point was the water point and from there I went straight to the control.

The remaining controls of the course went relatively well although from the final control to the finish was a hard uphill slog.

I was 48th out of 73 and 22 minutes behind the winner. The winner romped round in less than 35 minutes. The terrain underfoot was beautifully soft and mossy, very gentle on the joints. I went 6.22km over a course shown as 5.2km and my friend from GO beat me by nearly 3 minutes.

The event centre for this and the remaining daytime, forest events was a large barn of a place that appeared to serve as the village hall. There was hot food and drinks for sale and plenty of tables to sit at and eat and a great atmosphere.

The following day was the middle distance event and had the same start area but the courses went onto the Northern part of the map. Having had the evening to review the map and consider the errors made the



previous day I was determined to do better at this event. I got to the start in plenty of time, warmed up well and was calm and focussed. They say prior preparation prevents poor performance and this all went much better until I was trying to make my way between controls 6 and 7. Number 7 was a knoll, outside western edge and in the circle with it were several boulders, a thicket and an area of bare rock. I got to where I thought the circle was but could not find a control so I climbed onto what I thought was the area of bare rock to have a look around. This bit of rock was very slippery and nearly flipped me off so I gingerly backed off it, walked around the side of it to find my control, tucked under a bush to the western side of this slippery boulder. In later discussions with the other Brits the question was asked when does a boulder become a knoll? We found no conclusive answer to this question but that any form of soil or plant growing on a boulder might render it a knoll.

The rest of the course went well and my winsplits show no significant errors. 39th out of 69 competitors, 11 minutes behind the winner and beat my GO friend by 5 minutes.

I decided to give the night sprint in Portel a miss that evening as my sore knee was

complaining after 3 days of events (combined with some very steep steps up to my airbnb apartment).

The final day was another long distance event back on the eastern side of the map used on Sunday but with a different start point. My course had 2 controls before completing a loop in an area covered in miscellaneous boulders, green stripy stuff and various different shades of green over some interesting contours. I was travelling well up to number 6, winsplits shows this as an error but I would say I lost perhaps 40 seconds but got collared by someone on the way out who was lost. As usual this proved to be a distraction but I tried to keep my concentration. I didn't really have a plan or an attack point to get to 7 and it showed. I just dived into the rough Portuguese equivalent of brambles and tried to contour around the large hilltop to my right. I actually came out where I wanted to but didn't notice that the crag I was looking for was on the other side of a saddle. After maybe a minute or two of examining local boulders on the wrong side of the saddle my error dawned on me and I went straight to it. I probably lost 3 minutes to this control but compared to some others that was nothing.

The rest of the course went relatively smoothly although I struggled a bit to my penultimate control (went to the wrong one), my knee was complaining and I felt very tired. 38th out of 70, 20 minutes behind the winner but 15 minutes ahead of my friend from GO, overall I was happy. My final result was 41st out of 73 in the overall competition.

In conclusion, I find this sort of multi day event brilliant. Having the opportunity to escape the dreadful weather in the UK in February is a gift in itself but it is also a good opportunity to practice tactics, consider attack points and do some training. I went out to Portugal on my own but as with all orienteering events everyone was friendly and the Brits are always happy to chat and we had a BKO dinner out in Evora one evening, which was great fun too. I am already making plans for POM 2019 that is being held in Figuera da Foz, an area of beautiful sand dunes and this time I may even take Derick with me!



Some interesting promotional videos are available on the POM Facebook page. The one for Day 2 includes a brief view of **Denise** out on her course. Search for **Portugal "O" Meeting**

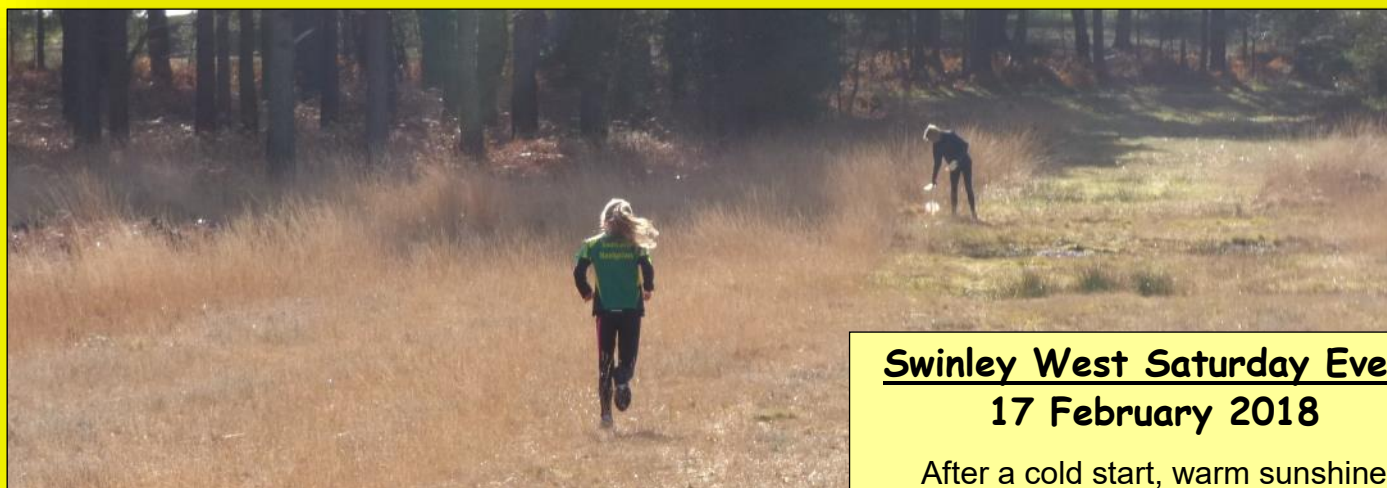
Girls from **St Andrew's School** setting out at the start of their course.



Neil Frankum



Terry Hosking



Swinley West Saturday Event
17 February 2018

After a cold start, warm sunshine provided the perfect conditions for our first Saturday event of 2018.

Concorde Chase 2018

Star Posts

28 January 2018



Alan Jones

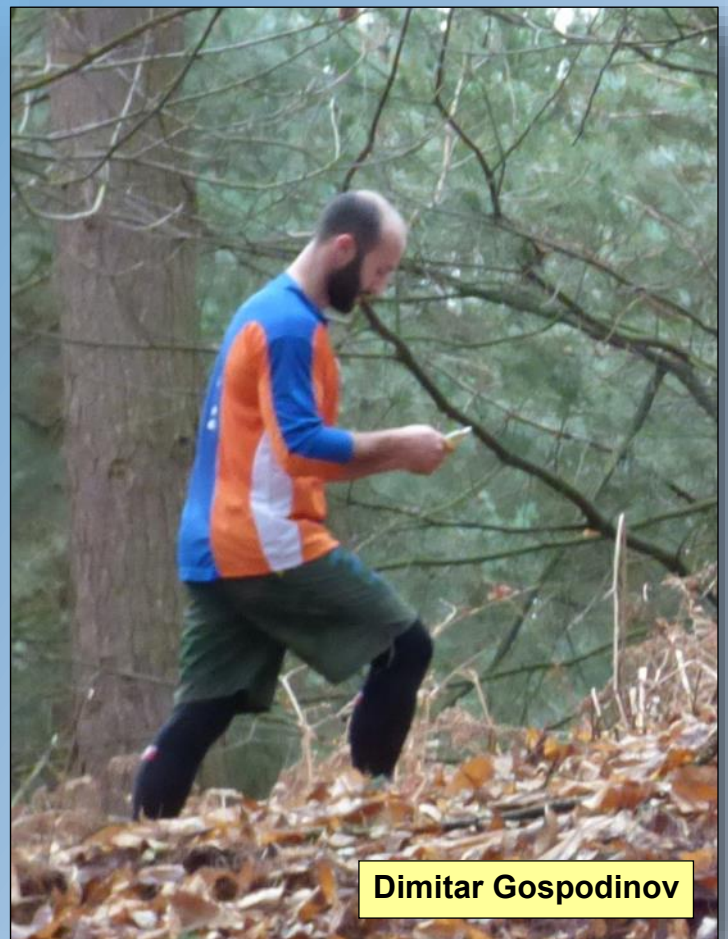


Nigel Jefferies

All the longer courses planned by **Stefan Stasiuk** visited one of two controls on a small hill. One was on a knoll and the other was on the northern side of the hill. Many competitors approached the wrong one first and were puzzled when the code was not correct. Looks like this was a problem for several BKO members (*including your Editor who was disqualified for mispunching here!*).



Steve Fletcher



Dimitar Gospodinov