



***Berkshire Orienteers
Newsletter***

March 2019

Club Championships 2018

13 January 2019

The Championships used the SOC Burley and Bratley SCOL Event in the New Forest. A good selection of BKO members attended and a few were captured on camera as they tackled their courses.



Doug Greenwood



John Walmsley



Alan Jones



Adam Methven speeding through the woods to win the Green Course

Editorial



I'm writing this just 2 days after sending out an e-mail Update with the news that our event on the 16th March has been cancelled due to land permission difficulties. Perhaps with earlier planning we might have got permission but the club's lack of an Event Secretary must have been a significant factor. The vacancy remains after our recent AGM but let's hope someone comes forward soon who is willing to take on this important task.

It is not just a missing club official which is the issue though. Environmental concerns and pressure on the country's areas of countryside are leading to landowners being less willing to allow orienteering events on their land. I have used this issue as the topic for this Newsletter's "Know Your Sport" feature. Land permission is critical to the sport. The impact of climate change is expected to put our habitats at greater risk - problems may well increase.

The club must respond to this. Perhaps we need to recognise that there will have to be fewer events in future. A comment in Simon Moore's AGM report later in this issue mentions that a clash in events from neighbouring clubs reduced the attendance at one of our events. This must be a waste of time and effort by the event officials for all the clubs concerned. We surely must have greater regional co-operation to avoid this. Perhaps we need to stage our prestigious events (the Concorde Chase, the Chiltern Challenge, the OK Nuts Trophy, etc) in alternating years and perhaps the Saturday Youth League events need to be co-ordinated or shared. With the club also being short of volunteer event organisers, change is needed.

David Jukes

Club Notes

Keeping you informed about the club and its members

Club Championships 2018

When it came to the club's Committee reaching a decision on which event would be used for determining the 2018 Club Champions, there was a limited choice of events remaining in 2018. After some thought it was agreed to use the SOC event on the 13th January at Burley and Bratley in the New Forest.

25 members made the trip south and tackled the courses which combined open heathland and generally fast woodland - a typical combination for the New Forest. To determine our individual

Cover Picture:

In addition to the pictures shown on page 2, **Trish Monks** was spotted 'leaping like a gazelle' at the Club Championships in January and winning the BKO Women's Championship.

2018 CompassSport Newsletter Awards

The following are extracts from the article in the February 2019 issue of CompassSport magazine announcing the results of their assessment of newsletters for 2018:

"Last year's winning cover captured the exuberance of youth set against a big background. This year's winning cover featuring Jane Courtier and Denise Harper shows that the exuberance and competitiveness does not necessarily fade as we get older, it perhaps just manifests itself a bit differently"

"Of the 136 issues put out this year we feel that we must draw attention to a dazzling piece of hard work on the part of David Jukes, editor of the Berkshire Orienteers Newsletter. This was to produce the 50th anniversary special edition in February 2018, a tremendously interesting read for members and non-members alike. And this was on top of the normal drumbeat of a bi-monthly output!"

"Thank you to all editors for your hard and often un-sung work during 2018. Here are the top 10 winners by alphabetical order of club: Berkshire Orienteers Newsletter (BKO, David Jukes),"



The 2018 'winning cover'.

champions, seniors were required to run either the Blue Course (Senior Men) or the Green Course (Senior Women). Juniors were required to run the Orange Course. In all cases, the fastest BKO member would be declared the respective Champion. In addition, a Handicap Champion would also be determined based on a competitor's ranking score at the event when compared to their average top six ranking scores as published on the BOF website prior to the event - this does exclude many juniors as ranking points are only published for those in M/W16 or above.

Another issue was considered by the Committee prior to the event. As the SOC event was also being used for the Inter-Services Championships, club member Kezia Jukes was attending the event and running the designated course for their Women's competition - the Blue Course. The question which arose was whether she could be considered a competitor for the BKO Men's Championship. Reference to the national Rules of Orienteering helpfully provided the following with respect to this:

8.3 Women are permitted to be competitive in men's classes but men are not permitted to compete in women's classes.

After discussion, it was agreed to adopt this concept and consider Kezia eligible. The top results on the day were the following:

Men/Open Championships (Blue Course)

- | | | |
|----|--------------------|-------|
| 1. | Kezia Jukes | 44.50 |
| 2. | Dimitar Gospodinov | 45.35 |
| 3. | John Methven | 47.32 |

Women's Championship (Green Course)

- | | | |
|----|--------------------|-------|
| 1. | Trish Monks | 42.25 |
| 2. | Annika Greenwood | 47.40 |
| 3. | Fiona Clough | 53.46 |

Junior Championships (Orange Course)

No BKO juniors ran the course on the day. For the record it can however be noted that Adam Methven ran the Green Course and managed a very fast time of 35.10 to come first on that course.

Handicap Championship

(Note: A score of 100% indicates that the ranking points at the event matched the average ranking points of a competitor's top 6 events. Higher values represent better results. If a competitor had less than 6 ranking points listed, then the comparison would be with that person's highest ranking score. A minimum of 3 prior ranking points were needed to be included in the Handicap Championships).

- | | | |
|----|---------------------------|---------|
| 1. | Dimitar Gospodinov | 110.38% |
| 2. | Doug Greenwood | 102.43% |
| 3. | Annika Greenwood | 102.40% |

Congratulations to our three 2018 Champions! To read more about Trish, see pages 14-15. As a footnote, it can be recorded that Kezia's run was the fastest women's result for the Inter-Services Championships making her the Inter-Services Women's Champion. Overall, the Army women beat the Air Force and the Navy in their competition.

SOC Sunset and Beyond Relay 2019: 2 March 2019

Southampton OC had first staged this relay event last year as an experiment and decided to offer it again. With a mass start time of 5.00pm the early runners are in daylight but, as dusk falls, later runners are in the dark and need head torches. There is a handicap point system and this requires a combination of runners which have a maximum score of 40. As examples, an M21 would have 10 points, an M55 or W45 5 points and a M65+, W50 or W14 3 points.



Our Sunset and Beyond Relay team with
(from the left):
James Wilkinson
Adam Methven
Lisa Methven
John Methven
Toni Whittle
Mark Saunders

Although away in Portugal for the event (see report on pages 16-19), Club Captain Martin Wilson helped put a BKO team together. Trying to keep within the handicap rules meant that a careful choice was needed. The final team consisted of **Adam Methven** (4pts), **Lisa Methven** (3pts), **Mark Saunders** (8pts), **John Methven** (7pts), **James Wilkinson** (10pts) and **Toni Whittle** (4pts). This gave a grand total of 36pts so was an eligible team.

Although there were a total of 9 teams entered, several were non-competitive - one of these was an SOC team which included our own **Eddie Whittle**! With various different lengths of legs and with different orienteers from different age classes on different legs, direct comparison was difficult between teams as the event progressed. However a team from Wessex OC took an early lead which they were able to maintain until the finish (taking 4 hours 41 minutes). There was a closer contest between a Southern Navigators team and our own. However, at the finish, SN came in first to take second place with the BKO team coming in just 5 minutes later - after a total time of 5 hours 36 minutes.

Highlights of the event included a great run from the mass start by Adam (earning him an Easter Egg as 'best junior') and Toni successfully completing her final leg despite her map disintegrating in the wet and windy weather which developed during the evening. Well done to those team members who turned out and our thanks for representing the club and supporting another club from SCOA in their attempt to create a more inclusive inter-club relay competition.

Annual General Meeting (AGM) and Club Dinner

The club held its AGM and Annual Dinner on Friday, 8th February – an event attended by a slightly reduced number of members this year since several regulars were away travelling abroad. **Simon Moore** chaired the AGM and presented his report on the activities of the club over the last year. A copy of his report is given later in this Newsletter (see pages 8-9).



The Treasurer, **Peter Entwistle**, then presented the financial situation of the club. Having presented a budget at the 2018 AGM which anticipated a deficit over the year of nearly £1,300, he was pleased to report that the overall 2018 accounts indicated a small surplus of £61. However

there was additional expenditure to pay for replacing batteries in our Emit equipment. This amounted to over £3,350 but comes out of our separate equipment replacement reserve. The overall bank balance therefore dropped by about £3,000. Peter stated that this left our bank balance at about £15,000, a situation he described as 'still very comfortable'.

We then moved to the appointment of the Committee for 2019-2020. Simon had already indicated his intention to stand down from the position of Chairman. The good news was that the post was filled by **Stefan Stasiuk**. As an M65 he is a very experienced orienteer with previous experience in club administration - even having chaired a club in his late 20s. A disappointment was the lack of anyone willing to take on the post of Fixtures Secretary so putting the provision of future events in the hands of the Committee more generally. One other new appointment to the Committee was that of **Annika Greenwood**, a very welcome addition. A full listing of the new Committee is given at the bottom of this page.

After the formal business of the evening was completed, members were able to relax and enjoy the Annual Dinner where matters both orienteering and non-orienteering could be discussed.

Our thanks to Simon Moore for acting as Chairman for the past two years. He gave good leadership to the Committee and club during his two-year tenure after a year when we had not been able to fill the post. We are lucky that he has agreed to remain a co-opted member of the Committee for the coming year. And thanks to Stefan for stepping into the vacant post.

Committee News

Since the last Newsletter was prepared later in January than usual, the January meeting had already taken place and was reported on in the January Newsletter. At the time of writing this issue, the next meeting will be about to take place - Thursday 14th March. So for this issue, apart from the details above about the AGM, there is nothing additional to report. The next meeting is currently provisionally set for the 16th May.

Awards

The AGM is also the time when the Committee's choices for two awards are announced.

- The **Derek Harding Award**, for services to the club, was awarded to **Jane Courtier** who has willingly taken on, at short notice, the organising of several events during the past year when cancellation appeared likely.
- The second award, **Jim's Jug**, is usually for a junior who has shown great progress during the year and this was awarded to **James Waite**.

Congratulations to them both.



Jane Courtier

Your **New** 2019-2020 Committee

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

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

Berkshire Schools Orienteering Competitions 2019

VOLUNTEERS NEEDED, PLEASE - Denise Harper

This year, as is customary, BKO will again be supporting the delivery of school orienteering competitions throughout the county, culminating with the county final in June at Bisham Abbey

These competitions provide a high quality orienteering experience for the primary schools which participate and are always eagerly anticipated, very well received and greatly appreciated by school staff, pupils and School Sports Partnerships alike.

Although I do most of the prep and admin beforehand, ably assisted by Eric, I do need volunteer help on the day to run these events. In previous years I have been fortunate to receive enough offers to make manning these events relatively straightforward, but last year the volunteer base dwindled considerably to a few regular stalwarts, leaving me to struggle to run some of the events. .

The events schedule for the qualifying competitions as it stands at present is detailed below. Please, please consider whether you could help out at any of these. No experience is necessary for most roles, and the competitions generally last for a maximum of 2 hours. It is much easier for all concerned if we have more volunteers, rather than less, as it then means the same people don't end up having to help at every event.

Please email me (denise.harper@ntlworld.com), or speak to me at events if you can offer to help on any of these dates. I will be eagerly awaiting your responses!



| Date | School Sport | Venue | Time |
|-------------------------------|--------------|--------------------------------|--------------------------|
| March 29th | Bracknell | South Hill Park, Bracknell | Morning |
| Late March or early April TBC | Maidenhead | Altwood School Maidenhead | 15.00 TBC |
| April 25 th TBC | West Berks | St Andrew's School, Pangbourne | Morning |
| April 29th | Slough | Langley Grammar School | Usually around lunchtime |
| April 30th | West Berks | Park House School, Newbury | 15.30 |

British Orienteering Incentive Schemes

Our congratulations to the following on their progress in January/February 2019:

- **Trish Monks:** Racing Challenge: Gold Award *****; Silver Award ***** and Bronze Award *****; Navigation Challenge *****.
- **Sue Miller:** Navigation Challenge *****.



For more details, see: <https://www.britishorienteering.org.uk/incentives>

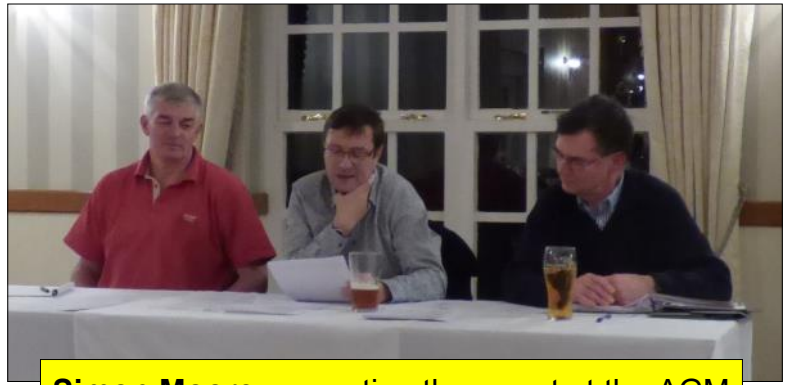
Chairman's Report to the AGM

Simon Moore

Events

We've had a busy year as usual.

Since last year's AGM, we have held 1 event to finish off our Saturday series for 2017-18. This took place at Bloom Wood in May. An event at Rushalls Wood was called off due to flooding of the car park field in the week before



Simon Moore presenting the report at the AGM

Our spring Level C event was an Urban event which took place in June at Great Hollands – organised by **Eoin Sharkey** and planned by **Martin Wilson**.

We held only two summer events this year – a summer parks event on Jennets Park Estate in July – newly mapped by **David Jukes** who also planned; and the club picnic at Birch Hill in August – planned by **Mark Saunders** and organised by **Mark Foxwell**. Once again thanks to **Fiona Clough** for organising the food and drink.

A range of Wednesday evening training events were organised by **Mark Foxwell** across both forested and urban areas – some of these were shared events with SN. The turnout was not usually large, but a range of training options were provided.

The 2017-2018 Saturday series started with our event at Bramshill followed by Swinley East.

Our Autumn Regional event was held at Black Park, planned by myself and organised by **Annika** and **Doug Greenwood** and attracted around 180 competitors. Our promotion of events through Facebook and other means meant we attracted a number of newcomers, but we could always do with more. Experienced orienteers from other clubs was reduced due to multiple events in surrounding regions.

Our Saturday series event in December was held at Burgfield. This was originally scheduled for March 2018, but snow caused us to reschedule it to December. The weather on the day was again very cold, but the rain/sleet held off until almost all the competitors were back. The weather seemed to put off most novices, but lack of other events meant a reasonable turnout from die-hard members of BKO and other clubs.

We have held no Concorde Chase this year. We knew that finding an area would be tricky given that our usual areas had either been used recently (Star Posts) or were being used as areas or backup areas for JK2019. We had finally settled on Long Valley North – an Army/SN area, but permission for the event proved too difficult.

We held a Saturday event at Langley Park in January with over 80 competitors and a number of novices. However, the Park rangers are concerned that even with their extended car park and these numbers, we are swamping the area and permission here in the future may prove difficult.

Schools

Denise Harper has continued to organise the events for the Berkshire Schools Games. This included 2 heats in West Berkshire and heats in Bracknell, Slough, and Ascot & Maidenhead and, for the second year, the final at Bisham Abbey. Denise was supported by **Eric** and a number of BKO volunteers. There are 8 Berkshire Schools Sports Partnerships and all entered except Windsor.

Behind the scenes

I'd like to thank all those in the club who keep it running. This is not just the members of the committee, but many other

Denise Harper at the schools final



members as well, in particular, all those who have planned or organised events in the last year. We try and put on a large number of Saturday events, summer events and training events as well as our larger events. And while we seem to be able to get volunteers to plan and help on the day, it has been increasingly difficult to find people who are willing to organise these events. This has been exacerbated by the number of more experienced club members who are involved in the organisation and running of JK2019 this Easter. We will need to be realistic about the number of events we can put on in the future and will have to match the number of events with the number of volunteers willing to organise them.

Out of about 150 club members, we currently have 35 members who have undertaken the Event Safety workshop, which is a requirement to officiate at an event.

I'd like to make special mention of:

- **Katy Stubbs** for updating maps to the latest standard ISOM2017 and running an event safety workshop
- **Eric Harper** for managing the club equipment who, with **Brian Sewell**, has managed the re-batterying of all our EMIT controls
- **David Jukes** for producing our newsletters and e-mail updates.

And the rest of the committee for handling membership, website, training, fixtures, accounts and everything else required for the running of the club.

Martin Wilson has rallied us as Club Captain. He organised our team for the CompassSport Cup so well, that we completely shattered even his ambitious targets and beat SOC and TVOC and HH and were not far behind SN.

The British Championships and Relay were on Deeside in Scotland, so very few club members attending - we only had one relay team this year. We had one good result though with **Ian Cooper** gaining 2nd place in M75. Ian also had success at the British Sprint and Middle Champs taking first place in M75.

The JK was in the West Midlands over Easter, but still managed to attract some difficult weather with snow on the relay day. **Ian Cooper's** first on M75L (based on combined Middle and Long results) and first on M75 for the sprint were our best results. We managed 6 teams at the relays and BKontenders came 3rd in the ultra-veterans class – **David Jukes, Martin Wilson and Ian Cooper**.

We even managed to field a team at this years Harvester's relay. A 5-person team took part in the B relay at Tilgate Park in Crawley. We didn't qualify for any of the categories for the B relay, so were technically non-competitive, but we came 2nd just behind SYO.

Looking forward

Looking forward, we have JK2019 taking place in the region.

Day 3 will be at Cold Ash with **Fiona Clough** as Organiser.

Katy Stubbs is mapping co-ordinator and a Day 3 planner.

This will take a considerable amount of effort and resources from all the clubs in the region. **Toni Whittle** is the club volunteer co-ordinator, so if you are able to help on any or all of the days, and haven't given her your name yet – please do so – the event is approaching fast.

I'm stepping down as chairman today having held the role for 2 years. It's not a role I can continue with at this time. We are struggling to fill roles on the committee. In particular we need someone to take on the role of handling fixtures and also a new Chair. We can limp on without these, but things will become increasingly difficult. If anyone is willing to join the committee and help to share the load, that would be really appreciated by the other committee members.



Our JK Ultraveterans
Relay Team - 3rd place

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 |
|-------------------|--|-----------------|-------------|---|--------------------|
| Sun 24 Mar | DFOK Regional event | Regional | DFOK | Balcombe | Crawley |
| Sat 30 Mar | TVOC Saturday Series | Local | TVOC | Christmas Common | Christmas Common |
| Sat 30 Mar | Southern Champs Weekend Event (UKOL) | National | NGOC | Knockalls Inclosure (West) | Monmouth |
| Sun 31 Mar | Mike Nelson BOK Trot and Southern Championships (UKOL) | Major | BOK | Churchill Inclosure and Cannop Ponds | Coleford |
| Sat 6 Apr | SN Saturday Series | Local | SN | Alice Holt | Farnham |
| Sun 7 Apr | Urban Event (SEOUL) | Regional | SLOW | Kingston | Kingston |
| Sun 7 Apr | NWO Galoppen | Regional | NWO | Savernake Forest | Marlborough |
| Sun 14 Apr | Urban event (SEOUL) | Regional | SARUM | Tisbury | Salisbury |
| Fri 19 Apr | Sprint (UKOL) | Major | BAOC | Aldershot Garrison | Aldershot |
| Sat 20 Apr |  Individual 1 (UKOL) | Major | SN | Windmill Hill | Frimley |
| Sun 21 Apr | Individual 2 (UKOL) | Major | BKO | Cold Ash | Newbury |
| Mon 22 Apr | Relays | Major | | Minley | Fleet |
| Sun 28 Apr | SAX Regional | Regional | SAX | Ightham | Borough Green |
| Sun 28 Apr | BOK Local Event | Local | BOK | Westonbirt | Tetbury |
| Sat 4 May | British Champs Weekend Mixed Sprint Relays | National | AIRE | University of Bradford | Bradford |
| Sun 5 May | British Orienteering Champs (UKOL) | Major | AIRE | Kilnsey North & Arncliffe | Grassington |
| Sun 5 May | WSX Galoppen | Regional | WSX | Rushmore | Shaftesbury |
| Mon 6 May | British Relay Champs | Major | AIRE | Middleton Park | Leeds |
| Sat 11 May | Score event (<i>draft</i>) | Local | SARUM | Fonthill | Fonthill |
| Sun 12 May | BOK Regional Event | Regional | BOK | Wavering Down | Winscombe |
| Sun 12 May |   SCOL6 | Regional | BKO | Rushall Woods | Bradfield |
| Sat 18 May | "Sunny Sussex" Weekend - Middle Distance | Regional | SO | SW Rewell / Rewell Quarry | Arundel |
| Sat 18 May | "Sunny Sussex" Weekend - Short Urban | Regional | SO | Arundel town | Arundel |
| Sun 19 May | "Sunny Sussex" Weekend - SE League Event | National | SO | Angmering Park Estate (west) | Arundel |
| Sun 19 May | Urban (SEOUL) | Regional | NOR | Kings Lynn Town | Kings Lynn |

BKO Club Clothing

As members should know, the club has recently introduced a range of modern sports clothing, very smart bespoke designs in our club colours, from Bryzos, a major Bulgarian international supplier of orienteering clothing. All items are available to special order, plus limited stock of some items.

Details of the available items are given below. A large order has recently been submitted and should be available in time for the Easter JK weekend. Watch out for members wearing them!

Did you miss the order? There will be additional orders when sufficient have been requested to meet the minimum requirements. For the next order, prices are expected to be as follows but will be confirmed: O Top £25; Summer Jacket £29; Winter Jacket £49 (*these include a subsidy from the club*).

Details on how to order and confirmation of the price will be available shortly.



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.

Know your sport: Land Permission

Part of the pleasure in orienteering comes from the experience of being in beautiful surroundings or at a challenging man-made location. These may be ancient woodlands, open moorland, complex modern housing estates or university campuses. Most of these places are though owned or managed by people or organisations and events can only happen with their permission.

Before an orienteering event can take place, club officials need to contact and negotiate with the landowners. This needs a recognition of the concerns of the landowners and they will need reassurance that the staging of the event will take these into account.

What are the concerns?

With increased pressure on the countryside, various different concerns can be raised by the use of an area for orienteering. These are some of the more usual ones. The orienteering community must seek to work within the restrictions that these impose but also, where appropriate, may be able to challenge the arbitrary closure of land.

Ground Nesting Birds: Areas of rough grassland and woodland are the habit of certain species of birds which make their nests on the ground and spend time protecting the eggs and rearing the young. Examples include woodlark, nightjar and Dartford warbler and some local areas are important strongholds for these unusual birds. The main danger is that orienteers (and people generally) unintentionally frighten the adults away from their nests, leaving eggs or the young birds vulnerable to the cold, or to predators such as crows. In addition, under the Wildlife and Countryside Act 1981, legal protection is given to certain birds. For these it is an offence to 'intentionally or recklessly' disturb them whilst nesting. Access to some areas is therefore very restricted during the nesting season - typically 1st March to 31st July (although with warmer winters, earlier nesting may mean some areas are closed sooner).



Sites of Special Scientific Interest (SSSIs): Some habitats support unusual flora and fauna and additional protective measures are advised and/or enforced. One of the largest in Berkshire is the Windsor Forest and Great Park SSSI, which covers ancient beech and oak woodlands, woodland pasture, acid grassland, heathland and ponds. Parts of this are important habitats for lichens, mosses and ferns and whilst walking along the paths may be permitted, navigating through the wood might harm the delicate ecosystem. We never have access to these areas.

Agricultural Activities: Much of the countryside is used for growing crops or providing land for farm animals. The use of these areas will be subject to appropriate controls both to protect the crops or animals and also the infrastructure of the farm (e.g. fences, gates or dry stone walls). Crossing a ploughed field in winter may be perfectly acceptable but when a crop is growing, it may be declared as out of bounds. Entering fields with farm animals may normally be acceptable as most animals will move away to avoid contact - but gates must be kept closed. During the lambing season, there will be increased concerns and restrictions may apply including sometimes the banning of dogs in any field used for car parking. Another commercial activity is the rearing of game birds and their subsequent shooting. When the young birds are in pens, there may be little concern - later, during the shooting season, access may be more limited.



Disruption to the enjoyment of others: Although most orienteers are usually lovers of the countryside, it has to be recognised that the presence of large numbers of orienteers rushing around a wood or moor can disrupt the pleasure of others seeking peace, quiet and solitude. This will mainly cover walkers but particular concerns relate to horse riders who may be put at risk by the sudden appearance of a runner jumping out of the wood onto a bridleway.

Major landowners and their policies:

Forestry Commission

The Forestry Commission manages the forests on government land as well as other areas where they have contracts with private landowners (*including Crown Estate discussed below*). Public access to many of these areas is generally permitted and, as a policy, promoting the use of national forests is seen as a positive objective to be encouraged. However the Commission and its subsidiary, Forest Enterprises England (soon to be Forestry England), have a commercial role and there are times when difficulties do arise. British Orienteering has a national agreement relating to the charges for orienteering events but these are normally quite reasonable.



The Crown Estate

There was a time when Crown Estate land (land owned by the Queen) was closed to the public. Although times have changed, their policies can be more restrictive than the Forestry Commission as they are not so publicly accountable. Locally, much of Swinley Forest around Bracknell is Crown Estate and we have generally a good working relationship with their staff.



National Trust (NT)

Although many NT properties are stately homes with well maintained landscaped gardens, some have large woodland or farmland attached. Other land owned by the NT includes areas of woodland, moors and areas close to the coastline. The NT encourages the public to visit but they need to raise money and often charge for access. Orienteering events are sometimes seen as a positive way to encourage greater use of their land but this must not detract from the experience of other paying visitors or damage the habitats that the NT is seeking to protect. Local negotiations are needed to determine which areas are suitable for events.



Army land

The army own many large areas of high quality orienteering terrain both locally (around Aldershot and Sandhurst) as well as within easy reach (Salisbury Plain). These are primarily used for army training exercises which will sometimes include live firing. Access to these areas has therefore to be negotiated. In some cases, public access for recreation is tolerated but more organised activities need specific permission. This has to be discussed and agreed with Landmarc, the main management organisation. Unfortunately, recent changes have meant a greater focus on 'third party income generation' and access fees have risen substantially (to over £1000 per event). National negotiations have so far failed to reduce the fee level. Events organised by the army are not subject to the fee so the midweek army league events remain very good value for civilians.

National Parks

The main National Park in the region is the New Forest. Here the Authority needs to meet its statutory duties which include being sensitive to the habitat but also the need to give public appropriate access. Orienteering has been viewed as a suitable use of the area but access has been limited to the autumn and winter (to avoid ground nesting birds) and major events have restrictions put on the total number of competitors.



How can you help?

Do you own a local forest? Please give us permission to stage an event there!

More realistically, participants at events have to be aware that the event officials, when gaining permission, will have offered reassurance to the land owners. They will have stated that competitors will follow instructions and comply with any agreed restrictions such as out of bounds areas or uncrossable fences. Failure to comply may be noticed by the land owner and will put at risk the future use of the area for many years - if not for ever. The event organiser will use the final details for the event to pass on any important information relating to the permission. **Please read these and comply even if you do not appreciate the reason for the requirement.**

From absolute beginner to club champion in 12 months

Trish Monks

*Many club members have been orienteering for years (or even decades!) so it can be refreshing to hear the experiences of one of our newer members about how they discovered the sport and joined BKO. In less than a year, **Trish Monks** has become our Women's Champion. Here's how she did it...*

I've been interested in orienteering for years, having occasionally spotted serious faced orienteers racing through the undergrowth whilst out in Hawley Woods. The only problem was, having seen the runners I never knew how to find out what they were doing, or how I could do it too! I was interested enough to occasionally look for events on the BOF website, and the local club sites, but I had no clue what it was all about or whether I could join in so I'd lose interest and forget about it for another couple of years.....

I'm a runner – or have been for about 20 years – I've done a couple of marathons, a handful of half marathons, many 10ks, etc, but having done the London marathon in 2017 (10 years after I last did a marathon) I lost the love. I went back to running 5km in the woods with my dog two or three times a week, I felt a bit slow and out of shape, but I really couldn't be bothered to do anything more than the minimum required to balance up the wine and Haribo.

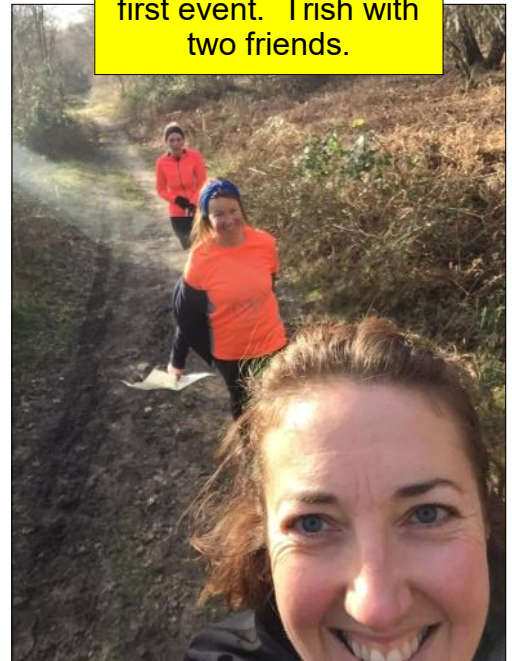
In early 2018 my husband discovered that one of his work colleagues was a regular orienteer and knew all about these amazing Wednesday events run by the army. He sent me a link to the BAOC website, and by complete coincidence the next event on the list was in Hawley Woods the following Wednesday – 17th January 2018.

On the day, I managed to persuade a couple of the mums from school (I've two boys – 10 & 8) to come and hold my hand (I'm not good at trying new stuff!) and try orienteering. We walked up to the start in glorious sunshine, managed to register, got shown how to "dib" by a lovely lady, had a brief introduction to the maps and method (we were complete beginners) and off we went. And the rest – as they say – is history. I loved it!!!!

Once I knew what to expect in terms of registering and competing, I went to as many Wednesday events as I could. I progressed from orange courses pretty quickly, spent quite some time on the Light Greens, tried a couple of full Greens, then got cocky and tried a Blue ahhhh! Bagshot – bad, bad decision for me; I was actually last, by about 30 minutes. Two and half hours it took me and, although I did find all of the controls, I was absolutely exhausted, and a bit disheartened. A lesson for sure! Clearly I wasn't quite ready for the Blues, so I took a step back for a while, regained my confidence, and next time round it wasn't so bad.

After about six months of competing I gave in to the heckling from the Wednesday registration team, decided to join a club and become 'official'. BKO was an obvious choice for me as it's local and the kit is orange - my

The excitement of a first event. Trish with two friends.



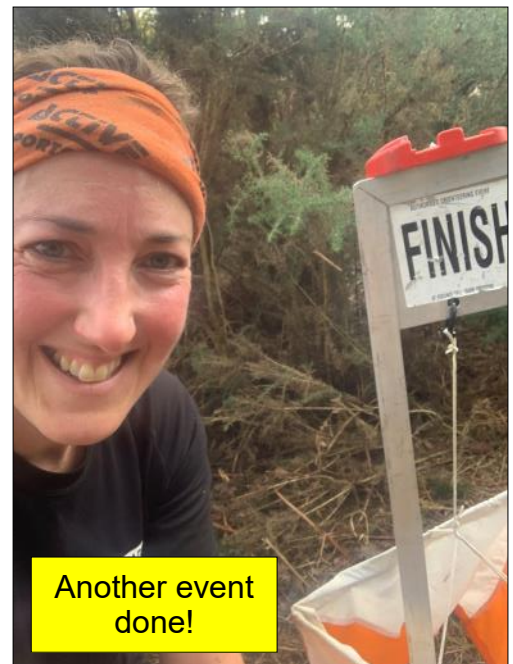
Trish with husband Jon (Vaughan) and friends Emily and Vikki at Sir John Moore Barracks, Winchester - 7 November 2018

favourite colour.

I've since done a few weekend events and have learned about timed starts, and ranking points – although I'm still a couple of those off a full set. I learned that doing an event at the Devil's Punchbowl two days after giving blood is a bad idea. I've learned that I can fall over as easily standing still as I can when I'm running, and I've discovered that cow pats are EXTREMELY slippery when you run through them at full tilt.....

I am still learning though, and love the fact that orienteering is different every time, even when you revisit a familiar site. I also love (hate?) that you can be having a great day, and then it all goes wrong with one "hidden" control, or a mis-punch. I've got my husband into it, and some of my friends have given it a go and enjoyed it. The kids remain a work in progress.

My orienteering journey is just over a year old, and I'm glad I finally gave it a try. I had a feeling it would be an event I'd enjoy, and I was absolutely right!



Trish Monks tackles a Blue course for the first time.
BAOC event on Bagshot Heath - 2 May 2018.



This was near the end of a 6km course and, with most orienteers, tiredness can lead to mistakes. A common expression for this type of navigation is to describe it as being like a 'headless chicken'. We have all done it! The skill which comes with experience is to know when to stop running, relocate and then walk or jog slowly on a careful compass bearing (and hope it works!).

Newsletter Distribution:

Our thanks to those who have indicated that they will be happy to only have the newsletter as a pdf file sent by e-mail as this does save the club money. If you are willing to only receive the newsletter by e-mail as a pdf file, please let me know and I will add your name to the list. newsletter@bko.org.uk

Berkshire Orienteers is on Facebook !





Portugal "O" Meeting 2019 1st - 5th March 2019

The Portugal "O" Meeting (POM) is held each year - normally having 4 days ending on the national carnival day of Shrove Tuesday . It has doubled in popularity over the past few years, this year having around 2,500 competitors. It is very popular with Scandinavian runners, who have little home orienteering over their winter. It is also increasingly popular for British runners able to take the time off work or who are retired - over 100 attended this year. From the club, our runners on this occasion were **David Jukes** (on M65), **Martin Wilson** (M65), **Fiona Clough** (W55) and **Derick Mercer** (M55).

This year the event was based on the coast about 100 km south of Porto, among a huge area of forested undulating sand dunes. Summer forest fires and winter storms had made late location changes necessary (a nightmare of re-mapping and planning, apparently), resulting in three Middle Distance races on Days 1, 2 and 3 and just a single Long Distance race on Day 4. With a Model event, Sprint Relay, Night Sprint and Championship-level Pre-O all available as extra events, it was a real festival for the orienteering addict.

Dune areas normally give very fast running, but these dunes contained significant sections of light and dark green vegetation, together with fallen trees and brashings, reducing visibility and increasing complexity. Also some sections had low scrub bushes on the forest floor, rather akin to light Scottish heather, further slowing the runner, and making accurate compass headings hard to achieve. An additional factor to be considered was that the contour interval was only 2.5 m which made features appear more prominent on the map than they did in the terrain. Older classes (M/W65 upwards) had forest maps with a scale of 1:7,500.

Here are a few highlights:

Day 0 (Friday afternoon) - Sprint Relay

To get the festival underway, there was a sprint relay around the town of Figueira da Foz on the Friday afternoon. With only Martin and Derick wishing to run in this, we recruited Nick Campbell (DEE) and Mike Hampton (OD) to complete a four-man team.

Day 1 with Martin Wilson

The most complex section of all was the first half of Day 1. The combination of many mapped bushes, thickets and intermittent small clearings made it a nightmare to maintain map contact at speed. On the next page there is a maplet with my QuickRoute plot on it.

1-2: Used the paths to half-way, then compass bearing over the contours to

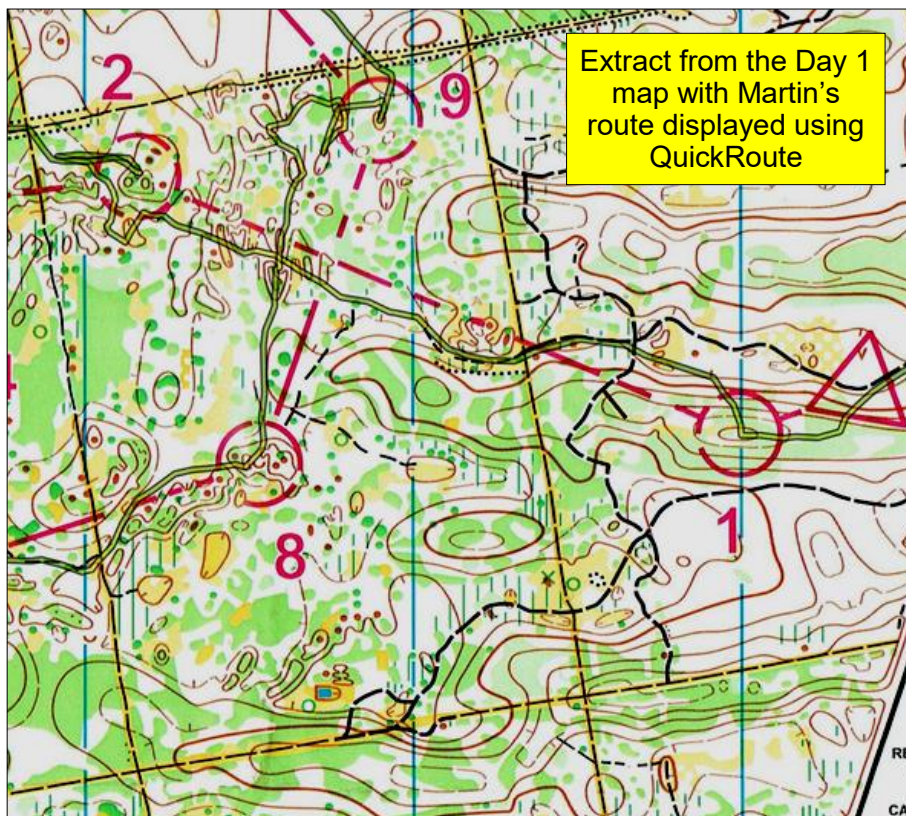
Derick Mercer at the spectator control in the Sprint Relay



Martin Wilson nearing the finish in the Sprint Relay - close to the beach at Figueira da Foz

(hopefully) see large thicket S of control. Lost my pacing count in rough running section. Couldn't work out the thicket detail accurately, then distracted by a nearby control. Kept running in hope, and relocated when W path appeared ahead, and back to the control. (+2.5 mins).

8-9: Plan was to compass to find the large green area behind the control. But a classic case of not running the angle quite right landed me at a different spot, again unable to match up the vegetation (I think this section had had some recent thinning work done). I used the over-run to the path to relocate using the round hill to approach from the N, and after one false entry, found the control OK. (+3 mins).



I had two other similar errors in the W of this section (not shown here to spare my blushes), losing around 8-9 mins overall. The only redeeming feature is that my QR track shows me on green or yellow pace, not standing still on red. This shows I was relocating at speed, quickly giving up a 1-2 minute loss to avoid a big loss while sweeping around. There were many stories afterwards of 8-10 minute large mistakes made by good runners in this area.

Day 2 - PreO with David Jukes

I had never tried TrailO but, being injured and finding running difficult, I thought it time to give it a go. And the Portugal O-Meeting provided an ideal opportunity to experience a high quality PreO event.

With the Day 2 Middle Distance race in the morning, the PreO took place later that afternoon. The event consisted of 23 controls spread out along either side of a public road (closed for the duration of the event). Competitors had 95 minutes to walk along the road and to provide answers for each control. For each one, a number of control flags had been placed in the terrain suggesting potential locations which might match the control description and which could be at the centre of the circle on the map. It was also possible for all the flags to be incorrectly placed so, in each case, a 'zero' answer had to be considered as well. Along the road there were specific sites marked indicating the 'decision points'. You were allowed to walk up and down the road to reach a decision, but the naming of the flags was based on their relative position when viewed from the decision point. The control on the left was considered as 'A', the next 'B' and so on until the last one. With up to five controls to be considered this could make the right hand one 'E'. At several controls a single flag was used making the selection either 'A' or 'Z' (for zero).

So, having done some background reading and studying some previous PreO maps, I approached the start with the basic knowledge but uncertain if I could convert the theory into practice. The selected location was similar to the main events - mature forest on former sand dunes. It appeared to have been the location of a forest fire so, although it was forested, there was hardly any other vegetation. The challenges were thus all linked to the shape of the ground and the interpretation of the contours.

We were set off at minute intervals but, with no real time pressure, it all seemed fairly relaxed. At

the start we were presented with the map and allowed to enter the competition area. Competitors had to stay on the road and no talking was allowed. The map extract below shows controls 1, 2 and 5 and the solution - only the control circles were on the competition map. So here is my account of these controls:



Control 1: The control description indicates a path junction and the control circle was centred on the junction. However the main path leaving the road was very vague and, from the road it was impossible to see any sign of the other path. Three controls were positioned along the main path. So the challenge was to estimate the location of the junction from the map and the ground. To the right was a vague clearing and dry marsh. These appeared to be at a similar distance from the road as the controls - it was not much help. Ultimately I decided that the ground continued to drop away after the final control ('A') and that the junction was therefore beyond it. I entered 'Z' as my answer. *Solution: The solution map shows that this was correct. Most competitors correctly identified this one. Perhaps the planner had hoped to catch out the inexperienced by giving us a 'Z' for control 1.*

Control 2: Although adjacent to the road, this was a difficult one, especially for a beginner. There were 3 flags in a small re-entrant but which, if any, matched the location of the control circle? Eventually I went for flag 'A'. *Solution: Apparently the middle flag was correct ('B'). I suspect that the form line was perhaps critical in solving this one but without an explanation from the planner it is difficult to know why. Most of the top people had answered 'B' but 'A' was also chosen by several.*

Control 5: Two flags were visible on a small hill some distance away. The control description indicated 'Hill, northeastern part'. One flag ('A') appeared to be right on top of the hill. But was the second ('B') to its northeast? After staring at it for some time, I decided it was actually towards the east and so entered 'Z' as my solution. *Solution: I was lucky. As the solution map shows, the two controls were on a small 'form line' hill much closer than the one indicated by the control circle so 'Z' was correct. This was certainly the planner attempting to mislead the competitors. An important lesson to learn - always check that you are looking at the correct feature!*

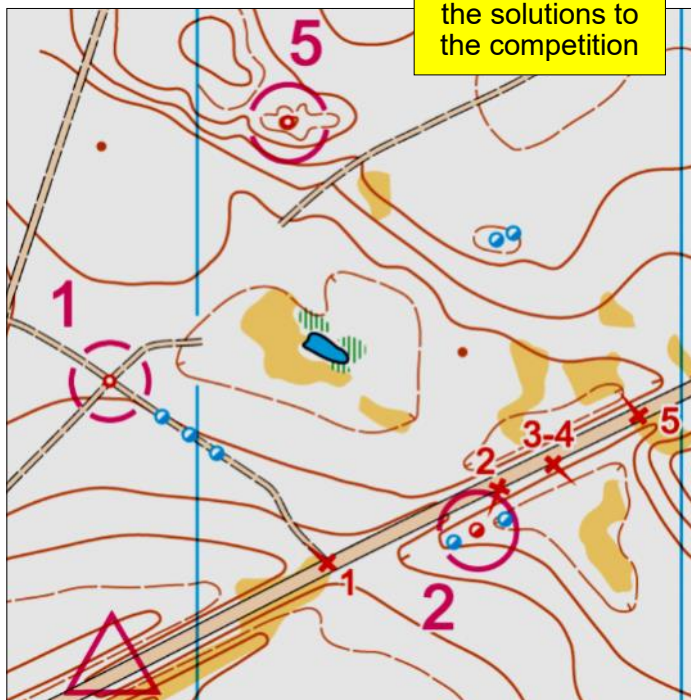
Anyway, after 23 of these conundrums and 57 minutes, I reached the finish - except it wasn't the finish. In order to rank those with the same number correct, the course concluded with a final 'timed control' challenge. For this you had to sit at a designated spot and consider, as rapidly as possible, 3 bits of map (all of the area directly in front) and each with the location of a control indicated and a related control description. There were six flags visible from the seat. One flag corresponded to each of the 3 controls on the maps - the others were misleading ones. The main complication was that the seat faced south so care was needed in reading the control description. Under standardised procedures adopted internationally, each competitor had 90 seconds to give their 3 answers. This I completed in 65 seconds getting them all correct (there are time penalties for incorrect answers). The fastest for 3 correct answers was 14 seconds!

FLAG LEGEND

- Correct
- Zero
- Wrong / Flag in Terrain
- Decision Point

| | | | | | |
|---|-----|--|--|--|--|
| | | | | | |
| 1 | A-C | | | | |
| 2 | A-C | | | | |
| 5 | A-B | | | | |

A section of the PreO map giving the solutions to the competition





Results were only available later in the evening with competitors ranked by number correct out of the 23 and, for those with the same score, the ranking was based on speed at the timed control. The winner, from Portugal, was the only one to get all 23 controls correct. A further 7 competitors had 22 correct. I managed to get 19 correct and I was interested to see that the 4 where I had made the wrong decision had each been incorrectly identified by one of those with 22 correct - suggesting that these were the more difficult controls. Luckily my timed control result was the fastest of those gaining 19 points and my final position was 26th out of the 119 entries. It was also the first GBR result (out of 7) which was particularly pleasing.

So how can I sum up the experience? I decided that it has similarities to cryptic crosswords. It is a puzzle with clearly defined conventions and the need to decode the information provided. In cryptic crosswords, you need to know the codes contained in a clue (for example, the words 'mixed' or 'confused' in a clue might suggest an anagram). Once you can interpret the codes you use your knowledge of vocabulary to find a possible answer. In PreO, the control description provides some codes and the interpretation of the map leads you to possible answers. Overall it is a sequence of puzzles. With it lacking the physical dimension and the challenge of navigating whilst running, it may not be for everyone. If you are prepared to take the time to do your homework and to attempt to get inside the mind of the planner, then PreO may be for you. I have decided that perhaps I am that type of person. JK PreO here I come!!!

Overall thoughts with Martin Wilson

The three Middle Distance races were quite long due to the 'sticky' terrain, winning times around 30 mins, my times around 40 mins+. The only Long Distance race was the last day, another tough run in plenty of green terrain, and here I managed my best result, an 18th place out of 110, albeit with some slices of luck, but only about 3 mins of small wobbles. At events like these, it's hard to set specific targets (just to finish each day correctly is one!), but overall I finished in the top third (just) of M65, with my LD run being almost winner's time + 25%, what I would call 'Championship Badge' standard. We always come away slightly disappointed by our many mistakes, but actually I think this was a very good result for me. All the BKO team completed each day successfully, with final results as follows:

- David: M65 72nd/113 (*jogging/walking*)
- Martin: M65 34th/113
- Fiona: W55 40th/72
- Derick: M55 46th/120

For 2020, the POM is being staged to the south of Lisbon. The four main events are from Saturday 22nd until Tuesday 25th February with, as this year, additional supporting events. See:

<http://pom.pt/2020/>



The BKO 2019 POMers: **Martin Wilson, Derick Mercer, David Jukes and Fiona Clough**

Jacqui and John Briggs report on the Israel Open Orienteering Championships: 22-23 Feb 2019

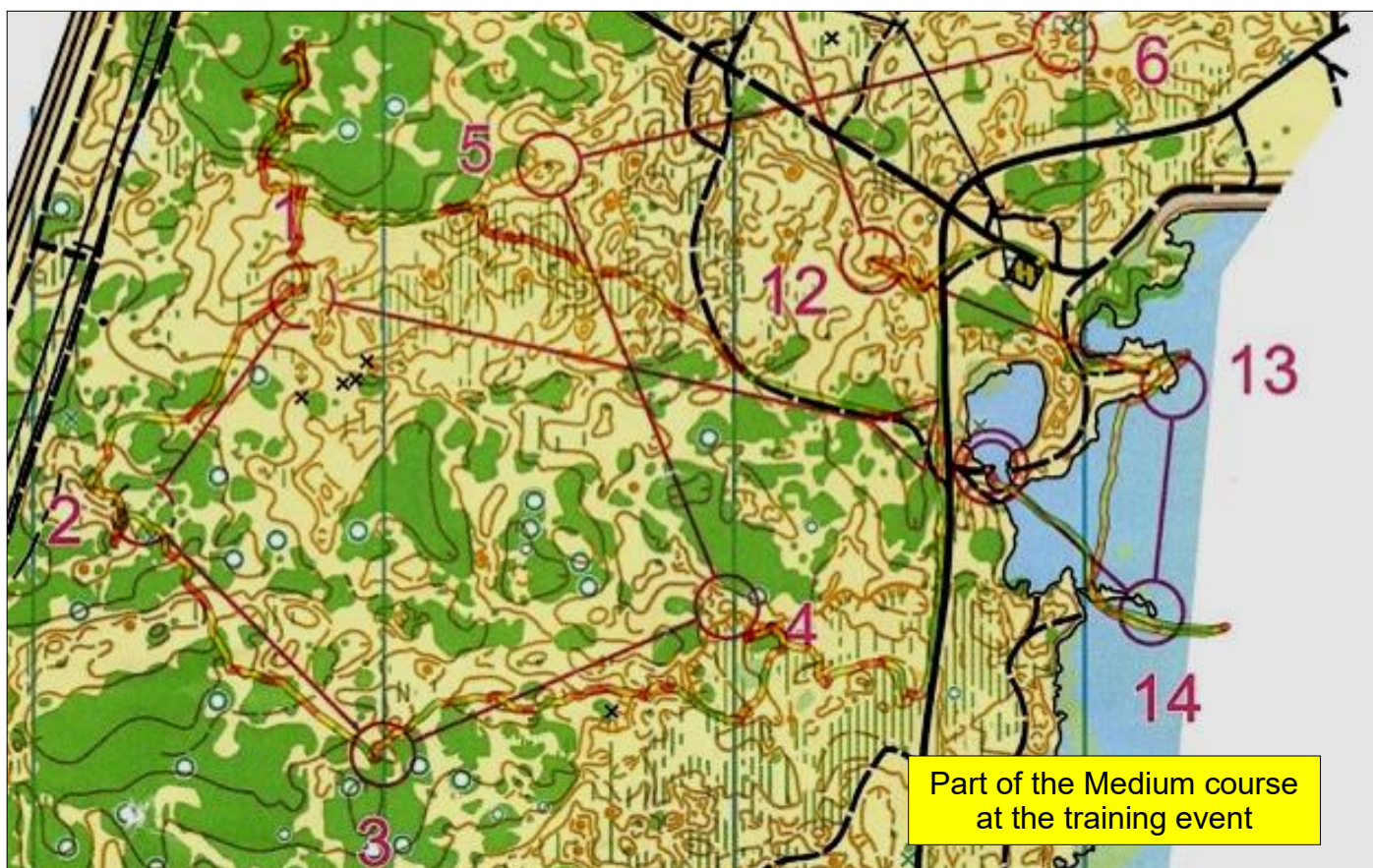


Our son is on a 2-year work placement in Israel and we thought this year we would visit him and make a holiday of it. Neither of us are sun worshippers so we wanted to avoid summer months, and when we saw that the 2-day Israel Open Orienteering Championships were being held in February, we thought this would be an ideal time to go. We have never orienteered outside the UK before and hoped this would be a good introduction.

Soon after we had registered our entry, we were contacted by Enrique Zezynski who showed interest in where we were from and the BKO club, and he offered every assistance for our visit, including providing example orienteering maps from Israeli events. The way the Open works is that the foreign entrants are “hosted” between the 11 Israeli clubs; competitors from the UK and Hong Kong were looked after by the Lev Hasharon club, of which Enrique was a member. This year there were about 50 competitors from 13 countries in addition to the 500+ Israeli entrants.

The week before the Open we attended a low-key event held near Caesarea. The area most resembled the sand dunes of south Wales but was harder. The scrub was thicker and the tracks softer and very energy sapping to run along. The map was at 1:7500 with 2m contours; but we both had great difficulty visualising the landscape from such detailed maps and found the Medium course (4.4k) very difficult, particularly the first three controls. We also learnt that the Israelis like to have their controls quite well hidden, which was useful knowledge prior to the Open. The early part of the course with Jacqui’s route is shown below. Not being able to judge the contours meant that she went off the path too late. All alone she only relocated when seeing other runners further south. Generally following a compass bearing was quite tricky as the map did not reflect the low lying bushes which were impenetrable and not clearly mapped by green areas and the yellow areas were not all truly “open”.

To compound things we got caught out in a heavy thunderstorm with lightning flashes just to the north. We’ve never run in such weather before. John was quite near the end of his course so carried on to finish, Jacqui decided to cut hers short when unable to find C4 and just complete the last few controls. But even those were interesting; we got to walk on water (can you only do that in Israel?) See Jacqui’s GPS route overlaid on the map.



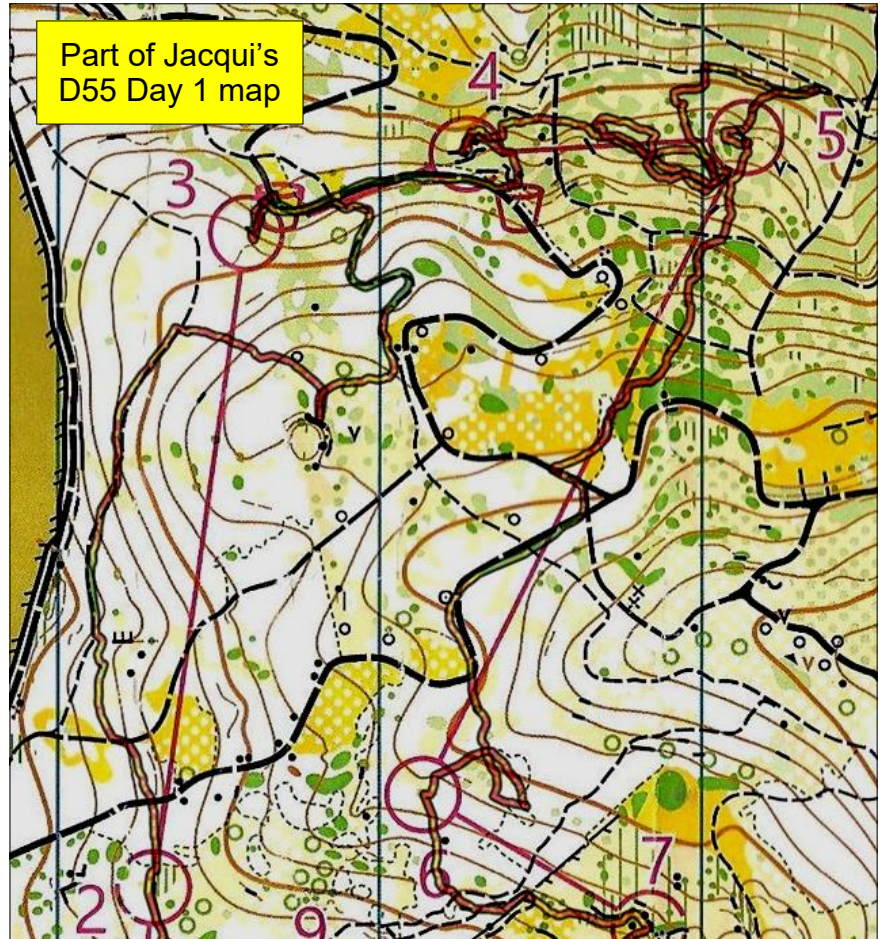
Although Israel had had a much wetter winter than usual the water level in the lake was well below normal. The true positions of controls 13 and 14 can clearly be seen at the eastern extremities of the GPS route, and they were down close to the current water level. But the route 13-14-finish was run all on dry land, so the map really needed updating. (This was not to be a problem with the Open itself where the maps were very good).

Open Day 1:

This was held at Kfar HaHoresh about 5 miles SW of Nazareth. It was a lovely sunny morning, 14°C; our start times were fairly early around 10 a.m. which suited us as it would only get hotter. The area was completely different to Caesarea but excellent for orienteering. Hilly, lots of white limestone amongst lush grass, vegetation of varying density, some open, a variety of features. Really enjoyable courses to run.

John made a mess of his first control, losing about 4 minutes, bewildered by the number of features and wondering what was mapped and what wasn't. But things improved after that and apart from overshooting Control 12 he had a good run.

The failure to note her paces for a 1:7500 map soon proved costly for Jacqui. Rookie Error, which cost her dearly coming into C3 thinking she had gone far enough to bear off from the path and not waiting for the bend to the left. She too struggled to read the features/landscape. Control descriptions indicated a boulder but there were so many, only the really large ones were mapped. The same went for thickets/bushes and a lot of small paths were not mapped. This had been mentioned in the literature but was still hard to adjust to in the field. The dogs dinner made of leg 4-5 is just too embarrassing to explain, except that she was not alone!



It was interesting to have water stations marked and supplied on the course. Early on, the sight of a distant red anemone was a teasing hope of having spotted a control but we soon got over that one as we learnt they were everywhere. The official photos showed most folk running as you would expect, but Jacqui's memory of the day was a lot of people walking and chatting and shouting to others when they found a control. There was a distinctively collective effort at times, despite the language barriers. All led to friendly exchanges and hugs when the course finished. Despite two really bad legs for Jacqui, the beautiful scenery and fine weather together with completing the course made for a most enjoyable day.

Results for the day were not published immediately so we had no idea how we had done compared to other competitors. Only later did we find out that others had struggled badly: John had come 3rd of 25 on H60, Jacqui 7th of 10 on D55. On H60, many runners had also had difficulty on control

Day 1: "Uncrossable fence" - meant what it said.!



1 but there were also big time losses on 6 and 7.

Open Day 2

This was held at HaSolelim about 10 miles NW of Nazareth with the assembly and finish areas based on the middle of the kibbutz.

We had early runs for a second time which was good as it was even hotter, about 18°C.

The area was again excellent orienteering country and a delight to run. Vivid wild red anemones scattered the landscape making it really pretty combined with the white rock, wild cyclamen, yellow gorse and green vegetation. Careful navigation was again far

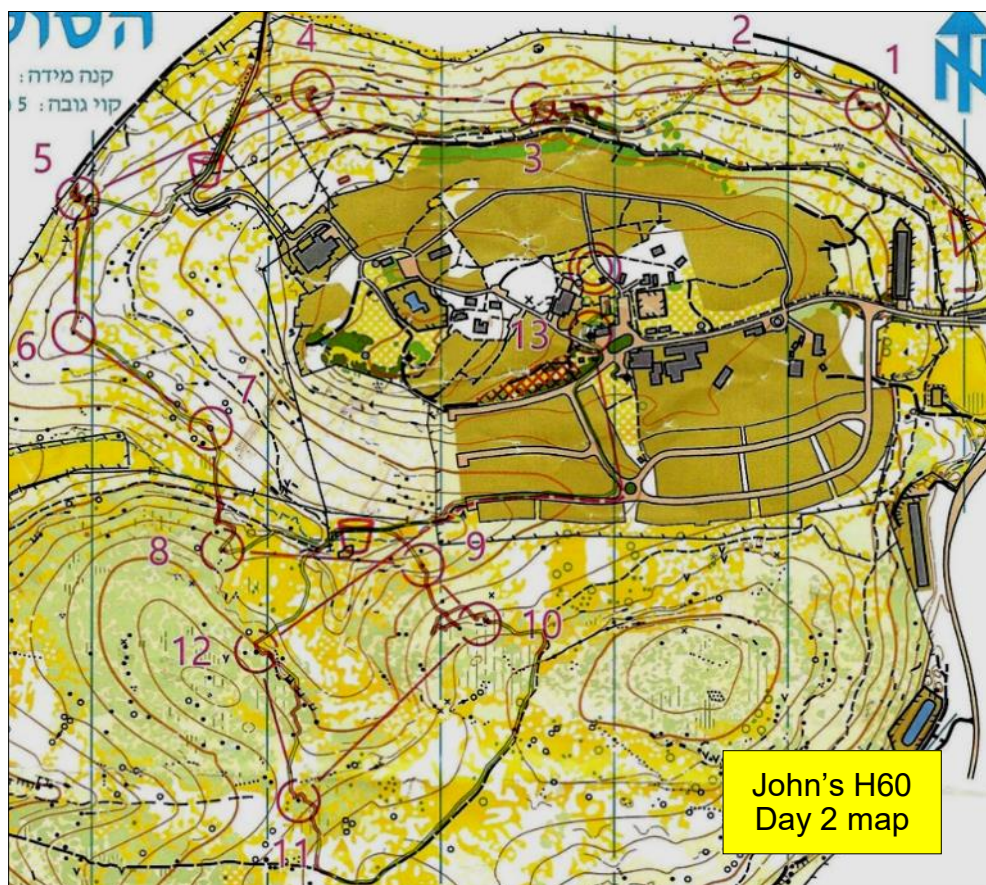
more important than fast running. John lost time on control 3 but otherwise did OK with a mix of direct running in the more open areas (e.g. 5-6-7) and “safe” routes (10-11) when the vegetation was thicker or if there were no obvious attack points. He also made use of the drinking water between 8 and 9. But back to the hunt for control 3: here he was surprised by a huge wild boar charging out and passing by him about 10m to the north.

Jacqui had a most enjoyable run. There was a tricky C4 where it was well hidden in a small crag surrounded by a bush which meant she ran a tight circle around it before going in. The map indicated a small crag and the description was a depression but the vegetation hid the depression. Later a better route on leg 7-8 in hindsight, would have been to contour round, or head south down to the fence and take a bearing off the corner. Even so, on the whole she felt her navigation had been pretty acceptable. The wiggles coming downhill from C11 were not due to euphoria on the last leg but to the impassable shrubbery not obvious on the map.

In the next couple of hours after our runs, there was a party atmosphere. Each of the Israeli clubs

had a large spread of food and drink and we were invited by the Lev Hasharon club to join in with their spread (John was also offered beer immediately on arrival after the finish but was gasping for water). Then the results were posted for the two individual days with the total time deciding the final positions. And we were really pleased (and surprised) with our performances; John had come 5th on Day 2 but 3rd overall on H60 with a comfortable 11-minute margin over 4th place. His first ever orienteering medal!

Jacqui had come 4th on Day 2 and 5th overall on D55. Anyone who knows Jacqui will appreciate she is not a





serious runner and she orienteers for the fun of the find and the scenery, but this event inspired her to think, maybe in the right competition, she could one day dream of stepping onto a podium!

A nice thing with the Israeli clubs were their flags which their medal winners took with them onto the podium, together with their young children if they had any.

Our overall impression? Great orienteering in two beautiful locations. Wonderful hospitality from the Lev Hasharon club and the friendliness of all the Israelis. Everybody enjoying themselves - look at all the smiley faces on the photographs. (See: <https://israelorienteering.org/championship-events/israel-open-championship-2019>). And check out some of the video snippets, if you look carefully you will see a wild boar on one of them on Day 2.

Would we go again? Most definitely.

Oh, and thanks to David Jukes and Fiona Clough for providing us with 50th anniversary newsletters and BKO logo car stickers to give as a little thankyou to the Lev Hasharon club. They were appreciated.





Ilan Hylton

*Right: Considering his route choice at the Start
Below: Approaching the Finish*



Dimitar Gospodinov

Peter Wilson



TVOC Chiltern Challenge

17 February 2019

**Penn Wood, Penn Estate and
Common Woods**

(all photos on this page by Steve Rush)