

Berkshire Orienteers Newsletter

May 2019





JK Support

As well as the key officials (mappers, planners, organisers and controllers), a major event such as the JK needs plenty of volunteers to ensure a successful event. Here are a few examples of BKO members' work.



Trying to keep people informed about the results was a difficult task given the problems with the computing. However here we see **Eoin Sharkey** (with his wife and daughter) helping put up the results on Day 3 at Cold Ash.

(Photo: Wendy Carlyle)



Assembling all the bibs with the correct EMITags took over 2 days work for **Ian Hudson, Andrew Graham** and **David Jukes**. Here are the finished boxes ready for transport to Aldershot.

Although most competitors had entered in advance, there were opportunities for people to enter on the day a limited range of colour-coded courses. At Cold Ash, **Jane Courtier** took a turn at registering these EOD people - taking money and issuing bibs and EMITags.

(Photo: Wendy Carlyle)



Many courses at Cold Ash crossed a minor road at two different points. To assist competitors and to ensure everyone's safety, marshals were provided. Here we can see **Georgi Gospodinov** helping after his run at one of the crossings

Editorial



It is always good to provide a Newsletter with material illustrating club members working, not just as individuals, but together in the interests of the club and of the sport more generally. And this issue is full of such information.

During March we fielded a large contingent of club members for the CompassSport Cup heat in the New Forest. And we did well! Under the Captaincy of Martin Wilson who carefully crafted an optimal balance of members to courses, we were only beaten by the much larger club Southern Navigators and we beat rivals Thames Valley and Southampton. Martin provides further details later but it does illustrate that, as a club, we are a force to be reckoned with.

And then, in April, the JK was staged by the region with major contributions from many experienced members, with a significant number of members acting as volunteers on many of the days and with many members taking part in BKO teams for the JK relays. A huge commitment which was successfully fulfilled. Again this issue provides many more details.

And finally, it was great to see many members proudly wearing the new club kit - whether the O-tops or one of the new jackets. It does give the club greater prominence and recognition in a modern style. After the last two months, we can all wear our BKO kit with pride.

David Jukes

Club Notes

Keeping you informed about the club and its members

Level A Events

10th March: Northern Championships - Wharnccliffe, South Yorkshire

A few weeks before the JK descended on our region, the previous major event was the Northern Championships. The event used the steep, wooded and rocky slope on the west side of Wharnccliffe. Longer courses also used the moorland above the slopes.

5 BKO members attended made up of 3 of the Methven family and 2 of the Moore family. Top result was recorded by **Adam Methven** who came in 2nd on his M14 course. This was a really great result considering that the terrain was very different to that found more locally.

For the JK, see details later in this issue.

Committee News

The last Committee meeting was held on the 14th March under the careful control of our new Chairman, **Stefan Stasiuk**. The following are some of the main items discussed:

- *Cancellation of the Swinley Event:* The meeting reflected on the cancellation of our Saturday event scheduled for the 16 March. This was due to a combination of key members being focussed on JK preparations but also changes to the Crown Estate booking arrangements which require an earlier submission than had previously been the case. There are also apparently changes to way in which the fees will be assessed.
- *Rushall Woods Event:* Our next event after the JK will be our regional league event (SCOL6) at Rushall Woods. There was discussion as to what still needed to be done to ensure that the event took place successfully. There was an urgent need to ensure that the map was updated and it was likely that a professional mapper would be used to provide this. Some permissions were still needed.
- *British Schools Championships:* It now seems likely that this event will be staged at Black Park on the 17th November. BKO will be actively involved in the staging of the event although support from other clubs in the region may be expected. There still needs to be some detailed organising and planning.

Cover Picture: The JK Long courses on Easter Day are designed to provide one of the toughest challenges that an orienteer can face in the UK. Here we see **Lynne Moore** as she tackles her W55L course at this year's JK Long at Cold Ash.

(Photo: Steve Rush)

- **New BKO Kit:** Prices for the different items were confirmed as follows: O Tops = £25, Summer Jacket = £29, & Winter Jacket £49. A large order had been submitted with delivery in time for the JK *[which happened]*.
- **Updating our OCAD software:** Currently the club mappers use OCAD9 for the production of our maps. This has been superseded by several more recent versions and it has been suggested that we should now update our software to a much newer version. The latest version is OCAD2019. This however operates via an on-line system with licencing restrictions and an annual fee. More details will be obtained before reaching a decision.

The next meeting is scheduled for the 16th May. Members wishing to raise items should submit details to the Secretary, Derick Mercer: secretary@bko.org.uk.

Membership Memo:

Phew, that is the JK19 over and done with and after my performances (never last but close) it is time to concentrate on getting fit.

Since the January we have three new members, a very warm welcome to:

- **Geoff Wheeler:** Bramley.
- **Dan Hassan-Barthaux** in Reading.
- **Marion Foster** in Newbury.

Ian Hudson - Membership Secretary



Schools Orienteering

Several heats have been staged in the annual Berkshire Schools championships arranged by **Denise Harper**. Several BKO members have been involved in support.

The event at Langley School on the afternoon of 29th April was disrupted when a very large infestation of caterpillars was spotted on a tree being used as a control. In fact the infestation spread around the area for about 50 metres with many thousands of caterpillars crawling over a building, shrubs and fencing.

Council workers who were investigating warned that they were a potential health concern and, half-way through the event, the courses were rapidly adjusted to miss out that control. The caterpillars were identified as being from the Brown-tail Moth which is known to have hairs which can cause skin irritation on contact.

Your 2019-2020 Committee

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



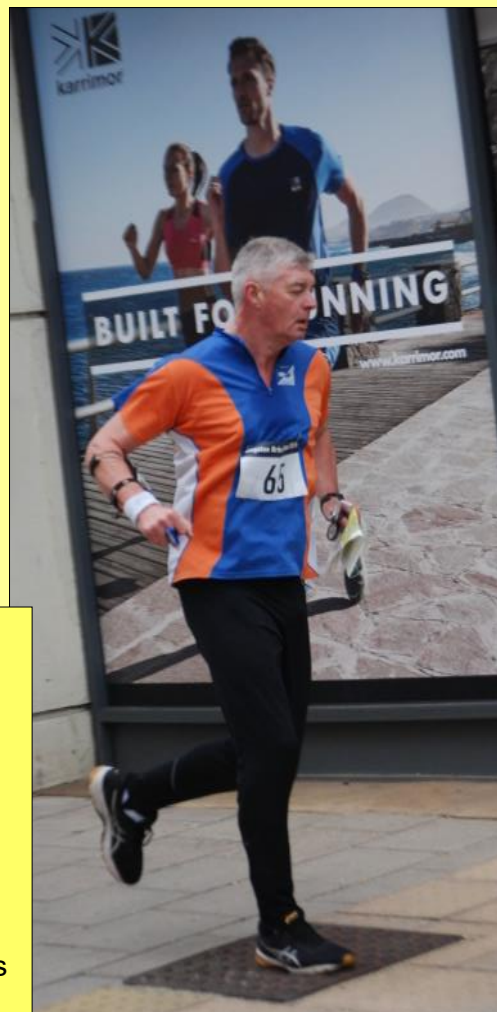
Our congratulations to **Andrea** and **Pavel Procházka** on the birth of their son on the Saturday of the Easter weekend, 20th April. The young Procházka (and future champion?) was introduced to orienteering when he attended a WAOC parks event in Cambridge just a week later. Unfortunately, due to hunger, he is shown in the results as '**Baby Procházka: rtd**'. Not a particularly auspicious start!

Kezia Jukes, shown here tackling the Women's Elite course at the JK Sprint, has now set off to cycle around the world. With a 9-month leave of absence from her army job, she set off on Easter Monday heading towards Istanbul and on to Beijing. The trip will finish with a final stage across the southern USA in the Autumn. She aims to be back for Christmas. She has a blog site at: <https://allthewayround.blog/>



(Photo: Wendy Carlyle)

Competing at the SLOW Kingston Urban event on the 7th April, **Derick Mercer** was photographed running past an advertisement for Karrimor products. Their slogan, 'Built for Running' appears very appropriate on this occasion!
(Photo: Steve Rush)



BKO members at parkrun

The 5km parkrun events take place at 9.00 every Saturday morning in numerous locations around the country and overseas. They provide a useful way of improving fitness. Quite a number of BKO members attend these on a fairly regularly basis. Probably our top 'parkrunner' is **Ken Ricketts** who is currently on 228 runs - mostly at Reading. 250 runs is a major target for many and is a recognised 'milestone' amongst parkrunners.



Nigel Hoult is also not far off this milestone with a current total of 210 runs. Although usually to be found at the Woodley parkrun, he is also a parkrun 'tourist' and regularly attends other parkruns when travelling - locations in New Zealand, Denmark, Northern Ireland, Italy and Poland have been visited.

Perhaps more interesting was the attendance at the Woodley event in early April of friends and family of **Gill and Colin Godbold**. Daughter **Nicky** (a lapsed BKO member) and **Will Stride** started their wedding day with an invite to their friends to join them at the parkrun prior to heading off to the more usual wedding day activities. Congratulations and best wishes to the happy couple. Colin (on 136) and Gill (on 52) are regulars at Maidenhead.



Will Stride and Nicky Godbold before their wedding. **Gill** is just visible to Will's right. **Colin** is hiding at the back somewhere!

Other BKO members who can be spotted in results include **Mark Saunders** (on 152 runs). Mark usually attends the Reading parkrun. Also based at Woodley is **David Jukes** who attends with daughters **Leah** and **Ottillie**. All three of them have now reached their 100th event milestone. At the time of writing, **Martin Wilson** is on 99 runs. Although usually seen at Frimley Park or Reading, Martin recently set an VM70-74 best time at Woodley.

Parkruns are a good way to improve your fitness with a regular timed run. There is no pressure to complete the run in any specific time so it is simply a personal challenge. For more details, see the main parkrun website at: <https://www.parkrun.org.uk/>

With apologies to any other BKO member who has also reached a high number - please let the Editor know for a future update!

British Orienteering Incentive Schemes

Our congratulations to the following on their progress in March/April 2019:

- **Lukasz Wisniewski**: Racing Challenge: Gold Award *****, Silver Award ***** and Bronze Award *****, Navigation Challenge *****
- **Liz Stradling**: Racing Challenge: Silver Award *****
- **Bo Oqvist**: Racing Challenge: Gold Award *****
- **Sophia Oqvist**: Navigation Challenge **
- **Yonadab Diez-Urkidi**: Racing Challenge: Silver Award *****
- **Eoin Sharkey**: Navigation Challenge ****

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



Tony Meadows (1934 - 2019)

Members will probably have seen the reports of the tragic death of the former Concorde pilot and his wife at their home in Bucklebury in early April. What was not reported though was that Tony was an enthusiastic member of Reading Orienteering Club and it was through his efforts that the club obtained funds from British Airways for trophies for the club's annual main event - subsequently named the Concorde Chase.

Tony, his wife Paula and their 3 children attended events in the early 1970s. At the JK in Scotland in 1973, family results were: Russell 1st M12; Nicola 3rd W15; Paul 14th M15; Paula 4th W35; Tony 27th M35.

In the club archive of minutes of meetings, there are apologies from 'A&P Meadows' for the January 1977 AGM. The Committee minutes from July 1977 record that Tony had started planning for an event to be held on Christmas Common in October but at the September meeting it was noted that it had been 'called off through land permission failing for that date'. A replacement date for Spring 1978 was being considered. This was later confirmed for 19th February 1978, still with Tony as Planner. In early January 1978, it was recorded that 'some money may be available for Trophies from Tony Meadows' and this was followed by a proposal from him at the AGM on the 27th that 'Trophies to be awarded at the Club's annual badge event to be hereafter called the Concorde Chase after the source of the money he had made available.' And so, thanks to Tony, the club staged its first Concorde Chase in February 1978. It can also be noted that, at that AGM, Tony was elected as the club's Vice-Chairman, a position he held for two years.

This was of course a very busy time for Tony at work. He was part of the flight crew during Concorde's first passenger flight from Heathrow to New York in November 1977. He also flew the Queen on a Concorde two years later.

We have received the following note from Mike Wood, a former member of TVOC and good friend of Tony.

Concorde pilot in real life, Tony Meadows the orienteer belonged to the early days of flying. Armed with map and compass, it was on a wing and a prayer that he would disappear into the forest. In the days when people still ran in shorts, if he came back bartered and bleeding, he'd had a good run. Dark green was simply another colour. Later on, with full body cover the rule, it was still eyeballs out for Tony. The clever stuff, the navigation, was merely the icing on the cake. He was once spotted in Scotland going flat out in completely the wrong direction. "I knew I was lost," he explained, "but I hadn't got time to stop." Unless there were people sitting behind him who just wanted to arrive safely, getting it wrong was all part of the fun. Next time you set off in the Concorde Chase, think of Tony...



British Championships 1979
(Photo: Jerry Newcombe)



JK 1977
(Photo: Jerry Newcombe)

Event Summary

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

Date	Event Name	Level	Club	Venue	Town
Sat 25 May	Springtime in Shropshire - Day 1 Urban (UKUL)	National	WRE	Shrewsbury	Shrewsbury
Sun 26 May	Midlands Championships (UKOL)/Springtime in Shropshire - Day 2	Major	HOC	Brown Clee	Bridgnorth
Mon 27 May	Springtime in Shropshire - Day 3 Middle (UKOL)	National	WRE	The Wrekin	Telford
Sat 1 June	Wessex Summer series Score event	Local	SARUM	Tinneys Firs	Downton
Sun 2 June	SWOA South-West Sprint Championships	Regional	DEVON	Exeter University	Exeter
Sun 2 June	SE Sprint Champs	Regional	MV	Horton	Epsom
Sat 8 June	Poole Out of Town Race	Regional	WSX	Canford Heath	Poole
Sat 8 June	Coventry Weekend (UKOL)	National	OD	Warwick University	Coventry
Sun 9 June	Coventry Weekend (UKOL) (UKUL)	National	OD	City of Coventry	Coventry
Sun 9 June	NWO Relay	Local	NWO	Badbury Hill	Faringdon
Sun 9 June	SAX Regional	Regional	SAX	Blean	Faversham
Sat 15 June	BOK Blast Day 1 (UKUL)	National	BOK	West of England Uni	Bristol
Sun 16 June	BOK Blast Day 2 (SEOUL)	National	BOK	Thornbury	Thornbury
Sat 22 June	WIM SEOUL Urban Event	Regional	WIM	Ringwood	Ringwood
Sun 30 June	SLOW GLOSS Event	Local	SLOW	Barnes Common	tbc
Sun 7 July	SN Urban event	Regional	SN	Frimley	Frimley
Sun 7 July	Moonraker	Local	SARUM	Warminster	Warminster
Sun 14 July	LOK GLOSS event	Local	LOK	Trent Park	Cockfosters
Sun 14 July	WIM Furrow Hopper Relays	Local	WIM	Ringwood	Ringwood
Sun 14 July	NGOC League 7	Regional	NGOC	Knockalls Inclosure	Monmouth
Sun 21 July	Wessex Hardy Relay	Local	WSX	Holton Lee	Poole
Sun 28 July	Day 1	National	MAROC	Auchingarrich	Comrie
Mon 29 July	Day 2 (UKOL)	National	ECKO	Edinchip	Lochearehead
Tue 30 July	Day 3	National	ESOC	Dundurn	St.Fillans
Thu 1 Aug	Day 4	National	CLYDE	Culteuchar & Dron	Forgandenny
Fri 2 Aug	Day 5	National	TAY	Craig a'Barns	Dunkeld
Sat 3 Aug	Day 6 (UKOL)	National	GRAMP	Grandtully	Grandtully



CompassSport Cup Regional Heat - 17 March 2019, Roundhills, New Forest

Club Captain - Martin Wilson

*The Compass Sport Cup is the British Clubs' Orienteering Championships started by CompassSport Founder Ned Paul in 1982. Clubs are categorised into small clubs who compete for the 'Trophy' (needing 13 scorers) and large clubs which compete for the 'Cup' (needing 25 scorers). The Competition consists of Heats in the spring and a Final in the autumn. Here Club Captain, **Martin Wilson**, reports on this year's regional heat:*

In the CompassSport Cup heat in the New Forest our club faced stiff opposition from SN, TVOC and hosts SOC. I was hoping for a win over SOC, but felt that both SN and TVOC would be too strong for us. Knowing the main Vets classes would be very large and competitive, I had arranged for some of our members to 'run up' to younger classes with longer courses. These classes were smaller, giving higher finishing positions and thus higher points.

The early stages looked very promising. Our strong Junior presence of St Andrews School pupils ran early and well, and gave the team a very healthy points lead after an hour. As the middle start period proceeded, we managed to stay in the lead ahead of SN, with TVOC and SOC running quite far behind. It looked like we might be exceeding our expectations. Most of our key runners were performing well, and some unexpected strong runs from **Adam Methven** (running up a class against much older boys), **Simon Turton** and **David Jukes** kept our score high.

SN overtook us through sheer strength of numbers of good runners as the last runners went out, but we were still ahead of TVOC and well ahead of SOC. Could we hang on to second place? TVOC closed to within 9 points of our total, but SOC were not gaining at all. We all left the arena unsure whether the latest score shown would be final: might TVOC have a late rock star finisher? Only when we got home and the final results were published did we learn that we had held on for a fantastic 9-point win over TVOC, with SOC over 40 points behind.

This is a really, really good result for the club, we are mixing well now with other large clubs, despite this year not having all of our best runners available. Final scores were:

- **SN: 2435**
- **BKO: 2369**
- **TVOC: 2360**
- **SOC: 2323**



Participating Clubs: BKO, SN, SOC, TVOC	
BKO	1823
SOC	1537
TVOC	975
SN	972

The scores at
12:15



Participating Clubs: BKO, SN, SOC, TVOC	
BKO	2372
SN	2025
SOC	1695
TVOC	1354

The scores at
12:50



As expected, we took 13 scores from courses 1,2,3 and 7, and only 5 scores from the larger 4,5, 6 classes. Anyone who didn't score in those latter classes shouldn't feel down, the opposition was very strong there. Our running-up strategy seemed to work well in this respect.

Highlight performances for me were:

HOT ROD (Run Of the Day) award goes to **Adam Methven**, for his amazing second place in M18-. Adam is not yet 14, but beat no less than seven M18/M16s in the higher class. This was a fantastic performance from him for the team.



Club tents providing a good view of the Finish

Mentions in Despatches:

- **Annika Greenwood** and **Jackie Briggs** for both gaining 90pts+ counting scores while running up in Blue Women
- **John Methven, Simon Turton** and **John Briggs** for 96, 99 and 96 pts in their tough classes. Very well run.
- **Lisa Methven** for a good 92 on the very tough Course 5, and **Richard Rae** for an unexpected 95 pts on Course 7.
- The entire **St Andrews team** for nailing good scores from everyone on their class. Six scores, average 95 points. Fantastic teamwork, everyone delivered.

Economical With The Truth award: **David Jukes** – “I’m just going to walk round, but I’ll leave my camera behind” – and delivered 95 points. Don’t ever believe this man...^(*)

Bad luck awards: **Kezia Jukes** (jumped a control) and **Denise Harper** (EMIT failed to register). Their scores might have added 10 points to our total. There but for the grace of God go us all...

Really well done to everyone, with special thanks to the brave souls who ran up a course. They all counted. I hope you all enjoyed your day in the sun in a lovely runnable forest.



Club Captain, Martin Wilson coming in to win Course 7

** Editor: Due to a knee injury, the medical advice is ‘do not run’. On this occasion, I forgot the advice.*

Our 25 Scorers

1: Brown Men Open

Pavel Prochazka	99
Dimitar Gospodiov	94
Lucasz Wisniewski	92

2: Short Brown M40+

John Methven	96
Mark Saunders	94
Georgi Gospodinov	90
Rob Smart	89

3: Blue Women Open

Annika Greenwood	94
Trish Monks	93

Jacqui Briggs 91

4: Blue Men M50+

Simon Turton	99
Dan Straka	94

5: Green Women W45+

Lisa Methven	92
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6: Green Men M60+

John Briggs	96
David Jukes	95

7: Vets Short Green M70+

Martin Wilson	100
Ian Cooper	96

Richard Rae 95

8A: Junior Men M18-

Adam Methven	98
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8B: Junior Women W18-

Imogen Woodcock	100
Amelia Wing	98

9A: Orange Men M14-

Luca Zurek	94
Alistair Wynne	92

9B: Orange Women W14-

Maddy Woodcock	96
Natalie Wing	92

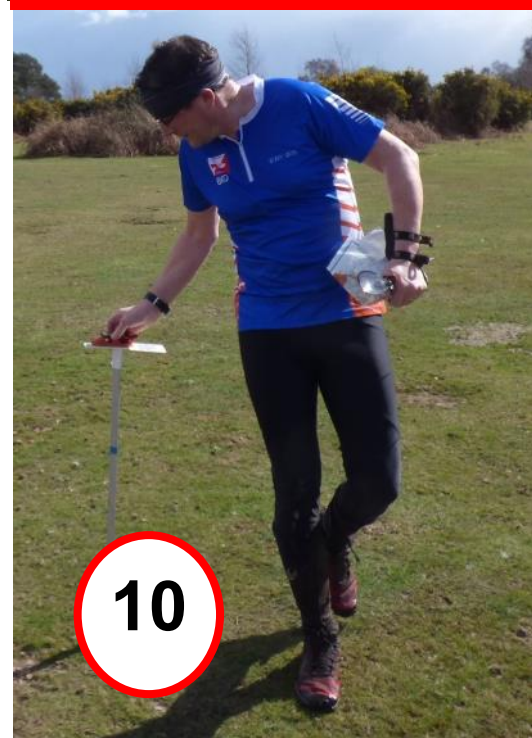
Scores are based on position compared to other competitors in the Cup heat (i.e. excluding Trophy competitors). For large classes (1 - 7): 100 pts for the winner, then 99, 98, 97 etc. For small classes (8A/B, 9A/B, 10): 100 pts for winner, then 98, 96, 94 etc. Best 25 scores to count.

Some of our CompassSport Cup Team

- | | | |
|-------------------------|---------------------|------------------------|
| 1. Fiona Clough | 12. Sally Collins | 23. Denise Harper |
| 2. Annika Greenwood | 13. Jacqui Briggs | 24. John Briggs |
| 3. Ian Cooper | 14. Steve Fetcher | 25. Adam Methven |
| 4. James Wilkinson | 15. Peter Bennett | 26. Bo Oqvist |
| 5. Natalie Wing | 16. Glyn Thomas | 27. Peter Wilson |
| 6. Alain and Sue Wilkes | 17. Imogen Woodcock | 28. Simon Turton |
| 7. Alistair Wynne | 18. Gill Bennett | 29. Lisa Methven |
| 8. Lynn Moore | 19. Alan Jones | 30. Derick Mercer |
| 9. John Methven | 20. Mark Saunders | 31. Anne-Marie Hillier |
| 10. Simon Moore | 21. Kezia Jukes | 32. Trish Monks |
| 11. Amelia Wing | 22. Maddie Woodcock | 33. Luca Zurek |

With apologies to the other 15 club members who participated but were not photographed.







16



17



18



19



20



21



22



23



24



JK 2019

19th - 22nd April 2019



While we were obviously very lucky to have warm sunny weather for most of the Easter weekend, it was clear that, with the exception of one key aspect, this year's JK orienteering festival was a great success. The vast majority of comments relating to its overall organisation, the locations and the planning of the different events has been very positive. There will always be individual preferences and it is impossible to cater for all of these when staging a large multi-day event.

The one exception was the failure of the electronic EMITags to provide a reliable record of people visiting controls and for the related computing system to correctly process the results in a speedy and accurate manner. This problem was apparent from an early stage when the commentary team at the Sprint race on Friday were unable to have access to the live data from the download team. Watching competitors coming through the final control, it became obvious that the EMITags were giving competitors difficulty with a significant number noticing that they were not getting the flashing light to indicate a successful 'punch' despite apparently being close to (or in some cases, touching) the control. I was standing next to an orienteer from the West Midlands who was getting very annoyed to see competitors losing time by having to go back and 'punch' a second time - and that was before they were aware of the computing issues!

But to return to the positives. First there were some good performances from BKO members. The table on the right (*produced with the help of Martin Wilson*) is an attempt to identify the better results from each of the 3 individual days - the relays are discussed later. Top result is surely from **Martin** himself who gained a 3rd place in the M70 Sprint on Friday and then sped round the Middle course on Saturday to finish the fastest. Over the two days (Middle and Long) **Georgi Gospodinov** had very good runs in M50S and, combining the two days times gave him a second place overall - a great result for him. **Christine Artus'** sprint result (6th in W65) is also of note given the strength of the competition.

Secondly, we must praise the work of several key individuals who have spent many hours in the preparation and delivery of the JK. The following deserve special mention:

- **Fiona Clough:** Day 3 Organiser
- **Peter Entwistle:** JK Treasurer
- **Eric Harper:** Relay Planner
- **Denise Harper:** Relay Assistant Planner
- **Ian Hudson/Andrew Graham:** JK Enquiries
- **Derick Mercer:** Day 3 Assistant Organiser/ Safety Officer
- **Simon Moore:** JK Safety Officer
- **Andy Parry:** JK Web Support
- **Katy Stubbs:** JK Mapping Co-ordinator and Day 3 Planner
- **Steve Waite:** Day 3 Arena Manager
- **Toni Whittle:** BKO Volunteer Co-ordinator

Local members **Andy McGregor, Liz/Alan Yeadon** also took on major roles. These key people were supported by club members whose efforts combined to make the event a successful orienteering occasion.

The following pages cover a few aspects of the JK in more detail.

Top BKO Performances

<u>SPRINT</u>	<u>Class</u>	<u>Position</u>
Christine Artus	W65	8th
Nigel Hoult	M65	20th
Adam Methven	M14	11th
Martin Wilson	M70	3rd
Imogen Woodcock	W14	11th

<u>MIDDLE</u>	<u>Class</u>	<u>Position</u>
Georgi Gospodinov	M50S	2nd
Alex Moore	M21S	2nd
Martin Wilson	M70	1st
Peter Wilson	M60S	9th
Natalie Wing	W12A	9th
Imogen Woodcock	W14A	13th

<u>LONG</u>	<u>Class</u>	<u>Position</u>
Peter Entwistle	M65S	5th
Georgi Gospodinov	M50S	5th
Anneka Greenwood	W45S	7th
Adam Methven	M14A	11th
Jess Millar	Orange	5th
Alex Moore	M21S	7th
Imogen Woodcock	W14A	15th



JK Enquiries

Ever wondered what people ask at 'Enquires' for multi-day events. Here is a selection of the questions posed to **Ian Hudson** and **Andrew Graham** who were in charge of the Enquires this year. *On this page, questions posed by e-mail before the event. On the next page, questions posed during the events.*

Please could you tell me why the older competitors aren't getting a larger scale map such as 1:1;7,500 or 1:5,000 – especially for the middle races.

Is it possible to reach the assembly areas with public transportation, and a reasonably long walk? If it's possible, could you please guide me to where I can find timetable and routes?

Are W10 starts anywhere near W45 starts?

I am trying to enter the 2019 JK. When entering I also get the event 4 with a GBP 10 fee, even though I do not wish to enter in that class. I only want to enter in the three days – sprint, middle and long. How do I do it?

Would it be possible at this stage to change course length for my son?

I have a question regarding changing/shower facilities after the Sunday race? Will that be available? We will be going straight to the airport after the competition and I think our co-travelers will appreciate if we have gotten the opportunity to shower/change clothes.

I have just entered for the JK on Fabian4, but it only registered one event when I was trying to enter two. Could you please make the amendment for me?

Somehow I entered the class M40L instead of W40L. Anyway, I obviously would like to change this.

I have entered the wrong races for days 2 & 3.

Please advise difficulty on M12 and W16 courses.

I am arriving at Aldershot railway station and would like to know if there's a bus service to somewhere near assembly and if so where I should alight.

Last year we visited your competition and we like this very much so this year we'd like to visit it again, but we need invitation for visa like last year. Can you help us with this question?

On previous occasions there was a feature to help elderly entrants to park in closer proximity to the starts. I have not seen this advertised.

We will be travelling through London home to Alaska and are excited to stop and participate in the meets.

Please can you advise what colour courses or technical difficulties the A and B classes (days 2 and 3) for W14s and M16s relate to.

If cagoules are required on any day, is it permitted to wear a cagoule without a hood together with a separate hat, or is that not allowed?

Since I made my entry for this year's JK, I've developed shin splints. My doctor gave me a medical certificate on Friday last. Is there any way I could be refunded the entry fee — its very steep!



The O top I ordered is too small for me; can I exchange it?

The O top I ordered is too large for me; can I exchange it?

If I leave these leaflets with you can you take them to tomorrow's event, and the day after?

Can you tell me where I get my bib?

Can you please interrogate Control 151 used on Day 2 Course 13.

Can I leave my bike behind your desk while I run?

I need to know when to get up!

Can you tell me where I get my bib?

I've just looked at the results page and it would appear that my time for today's event is wrong - I was on course for much longer than 88 minutes.

The person shown as 1st place is slower than those behind

Can you tell me where I get my bib?

Sorry to trouble you but I lost my wallet yesterday afternoon at the event. It's black rather worn and contains around £80... *[and later]*I have found my wallet in the camper van in a cupboard I had looked in 3 times already. What an idiot!

I offered to collect a medal for X. Unfortunately, I requested a silver medal, when in fact he won the Bronze medal. I do apologise for the confusion (must have been the heat).

Can I run in this top *[very skimpy]* as it is so hot?

Can you tell me where I get my bib?

Can I leave these Easter eggs (raffle prizes) in your tent as they are melting in my car?

I think you need to get out into the woods near control X cos there is a landowner there going bonkers about all the people running across his land.

I didn't run yesterday but paid so can I have the map please?

Do you know when the prize giving will take place?

Can you tell me where I get my bib?

Just writing to say thank you for a great weekend. Great areas, courses and maps, great atmosphere and of course great weather!



The photo shows **Ian Hudson** happily assisting two competitors find their bibs on the first day at Aldershot.

Planning the JK Long race on Cold Ash

Katy Stubbs and Roger Thetford (TVOC)

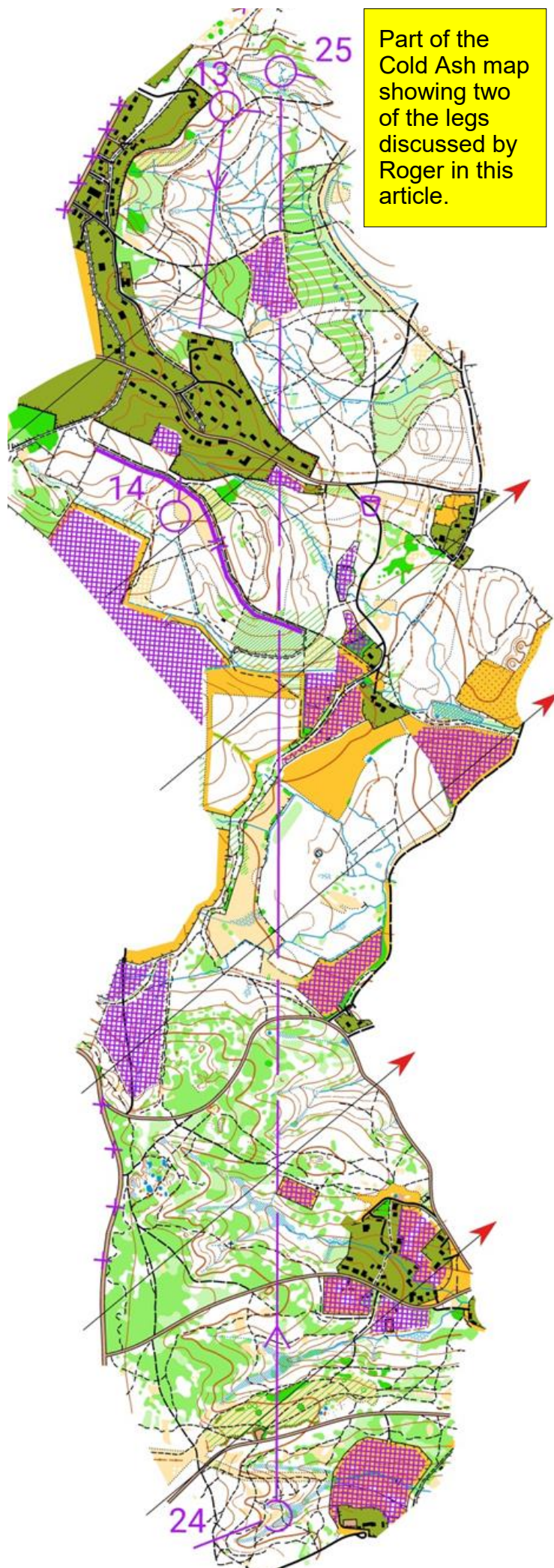
First Katy:

Planning starts with setting course lengths and course combinations. Once the combinations and target lengths were agreed with the controller then Roger and I divided the courses in half, he planned the longer ones and I planned the shorter ones. The finish field was fixed, and we wanted the start nearby. We tried to include a spectator control on the elite courses, but this led to a lot of grot in the final loop. So it was a bit of a relief when the decision to send the cars in from the north rather than up the track from the south put paid to the elites crossing what became the entry to the car park.

The next thing to do was to look at how we could cross the roads and how many courses would have to have a road crossing. Because that impacted most on the junior courses I looked at how many I could fit into the block of wood close to the assembly field. The M14A course could fit if I did it on back to back maps with effectively 2 loops. However it quickly became obvious that I would not be able to fit W16A (target 6.2km) and M16A (target 8km) into that block. They would have to cross two roads, one much quieter and with slower traffic than the other. Juniors can't cross roads that have significant (fast moving) traffic without supervision so that meant we would have to have fixed crossing points. We checked with the results provider that they could take time between two controls out of the overall time and decided where our crossing points would be on the fast and busier road. For the third one we just put a control where we wanted the 16s to cross and would have a marshal there. The shapes of the hills in the northern block gave better legs if the eastern of the two road crossings was used out-bound, and the western one home-bound.

So that fixed the overall shape of the courses. Then it was just a case of planning them and trying to get a good mix of leg lengths into as many as possible. That was more tricky for the medium length courses than you would think with the road crossings being fixed points. It was made more difficult when a block of rough open was planted with very young and unprotected conifers. Most young trees were protected with guards and stakes and safe to

Part of the Cold Ash map showing two of the legs discussed by Roger in this article.



cross as runners could easily see and avoid them; not so for these new plantings, so that block had to go out of bounds.

So, despite having a large area of forest, we didn't have free rein to plan long legs in every direction, until the course lengths got over about 7km in length. The longer the course the more the options and Roger managed to get in some very impressive long legs.

Roger comments:

The first leg that I wanted to include was one that has caught me out when competing at Cold Ash. As the northmost hill curves east, it's very easy to fail to climb high enough on a leg down the eastern flank. Twice I've ended up 100m or more from where I needed to be, and didn't really understand how it had happened. Unfortunately my club-mate David Bunn (M18E) was caught by this leg and, with his descriptions folded over, punched the wrong #1 and was disqualified.

The second target was a long leg. Anything long at Cold Ash is likely to be best on paths, so the key was to stop worrying about keeping competitors in the forest and to provide something with lots of options. The valleys and large patches of holly in Bucklebury would slow competitors down, but by threading together some white channels could I tempt some people into going straight? Where did the leg have to start to make both left and right options (and if possible, more than one of each) viable? Could we get permission for that extra patch of forest, to open up some further options left of the line? (Yes! Good work, Fiona.) I felt that it would be unfair to have a long route-choice leg into Bucklebury, because the linking blocks and Bucklebury itself are forested differently from the two northern blocks and so have different runnability. That would make a potentially race-deciding route choice into a lottery. But a zig-zag out and a long leg back was fair. With 41 controls in just under 18km, none of the M21Es I spoke to was expecting a 3.5km leg! The public footpaths through Cold Ash village provided the chance to give competitors another surprise: they weren't expecting an urban section, either.

Chris Smithard of Forth Valley Orienteers won the M21 Elite course which was 17.8km with 500m of climb. His time was 94 minutes.47 seconds. This represents a pace of 5.2 mins/km.

The other courses also had some long legs, planned with a similar philosophy. But there were some subtleties in there too. Even if a path route looked best, some of the forest was actually so fast that cutting through it gave a quicker option. So competitors who kept track of where they were, and retained the flexibility and speed of thought to tweak their plans according to what they could see, were rewarded. Two courses had a nice leg (13-14 on the map) where the best route started uphill and at 120 degrees to the purple line, then proceeded through the houses. Only a minority of competitors saw this; anyone who headed downhill on the purple line and then started to think about the route would never consider the 'round' option, but it was about a minute quicker.

The main assembly field at Cold Ash with the run-in being along the edge of the wood on the right. (Photo: Rob Lines)



JK Relays - Club Highlights

Club Captain, **Martin Wilson**, reflects on our performance.



Overall, our teams (7 Senior and 2 Junior) performed very well. Top results were achieved by the **Comrades** with a terrific 6th place on Men's Short, Alex overtaking one team on the run-in. The **Contenders** achieved 16th in a large M165+ class, helped by a great first leg from Mark, 3rd fastest. Our Women's teams struggled a bit. We have six well-ranked runners, but I never seem able to work out who will run best on the day for the first team!

I'll think harder on this for future years. The **Contessas** do have very strong competition: even saving ten minute of mistakes would only have brought them up 2 places overall.

In a massive Mixed Ad Hoc field of 64 teams, the **Contours** finished a highly credible 36th place, best run coming from Eddie in 16th place on the Short Green leg. Interestingly, no fewer than 9 teams mis-punched. Well done to Dimitar, Liz and Eddie for their efforts - probably our best AD Hoc result for some time!

Our relay novices in the Junior classes did a fantastic job. Both **Cools** and **Compacts** had 13 teams in their class, with 4 teams failing to complete correctly in each class. **Cools** gained 8th overall (best leg a steady 7th from Amelia on 1st leg). **Compacts** were outstanding, gaining 7th place (Luca 5th, Robin an amazing 2nd, Natalie a brave 9th). Both teams showed very good technique in getting round clean, and more than met my expectations. Very well done to each runner on these courses.



Alex Moore sprinting for the finish line to complete third leg for the **BKOrades** team
(photo by Rob Lines)

Our medal table looks like this. These are based on how high each team finished within their class, as a top percentage of the overall field, rounded up very slightly. . Senior targets were Gold (Winning Time +25%). Silver (WT +50%, Bronze (WT +75%). Junior targets were Gold (WT +50%), Silver (WT +75%), Bronze (any clean finish

The JK Relay Teams

BKOrades - Men's Short

1. James Wilkinson
2. Adam Methven
3. Alex Moore

BKOranions - Men's Short

1. Simon Turton
2. Georgi Gospodinov
3. Rob Smart

BKOntessas - Women's Short:

1. Lisa Methven
2. Trish Monks
3. Toni Whittle

BKOrcktails -- Women's Short:

1. Annika Greenwood
2. Anne-Marie Hillier
3. Lynne Moore

BKOntenders - Veteran Men M165+

1. Mark Saunders (M40)
2. Martin Wilson (M70)
3. Derick Mercer (M55)

BKOrmanders - Veteran Men M165+

1. John Methven (M45)
2. Peter Wilson (M60)
3. John Briggs (M60)

BKOrl - W48-:

1. Amelia Wing (W14)
2. Maddie Woodcock (W12)
3. Imogen Woodcock (W14)

BKOrmpact - M/W40-

1. Luca Zurek (M12)
2. Robin Inness (M12)
3. Natalie Wing (W12)

BKOrontours - Ad hoc

1. Dimitar Gospodinov
2. Liz Stradling
3. Eddie Whittle

position).

- Comrades: GOLD (12%)
- Companions: BRONZE (65%)
- Contenders: GOLD (just! 26%)
- Commanders: BRONZE (73%)
- Contessas: BRONZE (just! 77%)
- Contours: BRONZE (56%)
- Cools: SILVER (61%)
- Compacts: GOLD (just! 53%)



So 3 Golds /1 Silver /4

Bronze is the tally. Not too bad in such large classes, we have to be realistic. Hot ROD (Run Of The Day) award has to be shared between **Alex Moore** and **Robin Inness**, both making huge contributions to their team's result. Well done!

Planning the JK Relays 2019 - Eric Harper

It all started at the BKO AGM Last Year. Simon mentioned that the JK were still looking for a relay planner with the event probably taking place on Minley. This caught my attention as I think that Minley is a great little area and had thought that it would be ideally suited for a relay. Having planned the long course at the 2013 JK I was going to give this one a miss but I said to Denise that I might like to do it and she wasn't totally dismissive so I volunteered. My last experience of relays was controlling the SHI relays several years ago

I then read the rules for the event which made me wonder what I had let myself in for. The JK Relays are complicated from a planning point of view. The event is designed to be inclusive for as many people as possible. This means courses with different leg lengths and also, for some courses, different technical standards. I then looked at the results for last years relay and also the courses on Routegadget and also contacted the planner, Andy Hemsted of HOC, for his take on what he had done. He provided me with a very helpful article and an explanation of his gaffle strategy.

The long JK Trophy and Women's Trophy legs are meant to take 32 minutes with all other adult courses being a factor of the distance for these courses. How would that relate to a JK Trophy course length on Minley? I have run at Minley several times and was also able to look at the Army events results over recent years. I then looked at the British Middle Champs results and last years JK Relays. From these I thought that the top runners would be able to run at around 4.5min/Km which translates to a course of about 7Km. The next step was to see if I could get a decent 7Km course out of the area using the old map. My first draft looked feasible with 24 controls. Dave Peel was commissioned to do an update of the map and provided a first version at the beginning of June. Dave



has a minimalistic mapping style but it was still a bit of shock to find that 8 out of the 24 control sites weren't on the new map. A couple of site visits were made to check out the new map and to meet with Neville Baker, the organiser, to agree the assembly area, parking, start, finish, run in, and spectator control. The open areas of Minley are ideal in providing everything one would need in that regard so we were able to agree everything quickly.

Roger Thetford was keen on us using the idea of printing the team and leg number on the corner of the map which could then be folded over and would be visible to the runner when they picked their map up. We agreed to have a look to see if this could be done. At the time I wasn't aware of the consequences and the extra work this would make for me later on in the process.

I pushed for the use of touch free punching and the whole event also decided to use Purple Pen for planning on all days. I have used PPen for many years but this was the first time I had used it for a relay. Once I had figured out how to use it I found it fairly straightforward, with a few idiosyncrasies. I also found a couple of bugs which Peter Golde, the developer of PPen, was quick to fix.

We could then proceed with the planning. Denise had agreed to be my assistant and she was invaluable in being able to discuss ideas with and coming out on all the forest visits to look at the courses and control sites on the ground and for us to both do all the control site taping.

The first worry with Dave having taken a lot of the features off the map was whether there would be enough viable control sites. In the end we had to ask Dave to put some sites back on the map in certain areas. In other areas, where there were lots of rhododendron bushes, it was not always clear which ones were the ones on the map.

Hedley (Calderbank), the controller, was keen that we should have all the potential control sites taped by the middle of November. In the main we were able to do this but where the bracken was too high we weren't able to identify whether some of the sites would be useable. Between Denise and I and Hedley and David, the assistant controller, we identified the map corrections needed and Dave went and updated the map in early January.

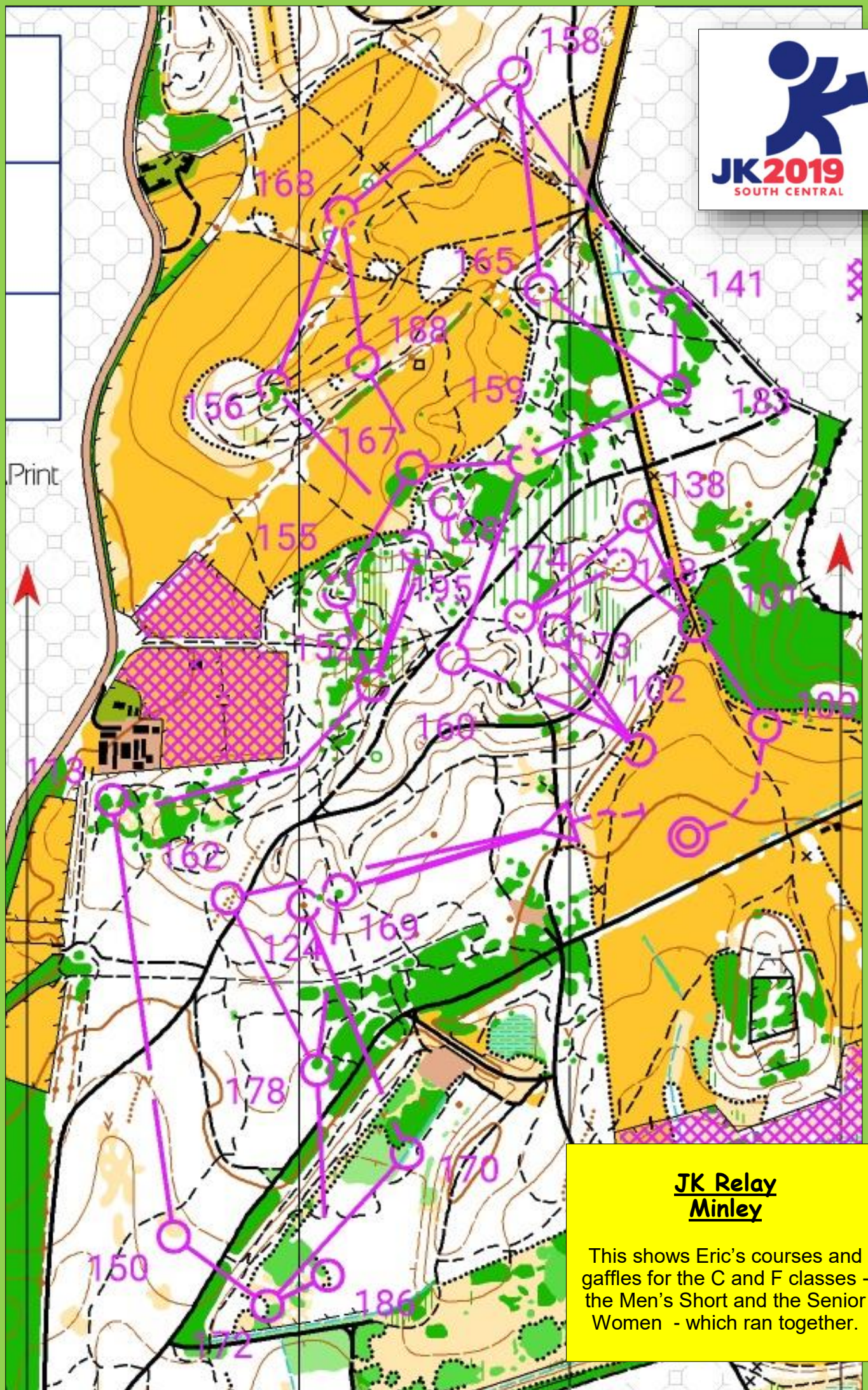
The planning proceeded well. I perhaps got carried away with the gaffling. The basic concept I employed was that for the adult courses of 3 teams each running the same technical standard there would be 3 sets of gaffles each with 3 variations (The JK Trophy had 4 sets of gaffles). The middle set would have 2 long and 1 short variation. The short variation would be used for the middle, short leg. I was keen that the loop after the spectator control should be gaffled. Hedley thought that the 3rd leg runners should all run the same variation after the spectator control so it would be more of a head to head race which I was happy to go along with.

Towards the end of the process the consequences of the decision to put the team and leg number on the map started to become apparent. On the positive side printing the team and leg number on the map meant that the organising team didn't have to assign maps to teams and legs with the possibility of introducing error. It also meant that every map would be individually printed. I spoke to BML about this and they were happy to do it. There was also an issue with the courses that had only 2 technical legs of the same ability, these being leg 1 and leg 3. It was not possible to create a single course of 3 gaffles with the gaffles being of different technical ability, for example in the Mixed Ad Hoc, so I had to do 2 different courses one containing the Green legs and the other the Orange leg. PPen will automatically print out the leg number. For the Green courses I wanted legs 1 and 3 and for the Orange leg 2. This meant that I needed to put in a dummy leg 2 into the Green and a dummy leg 1 in the Orange. It also meant that when preparing the maps for printing and also the data for the results team I had to remove the dummy legs. Preparing the courses for printing was not straightforward as I couldn't just send off the PPen file to the printer and expect them to know what to do. So, I created all the individual PDFs, 1500 of them, and put them on DropBox for the printers to download.

It was then a question of checking the maps, putting out the controls and waiting to see what happened on the day. The problems with the results system somewhat marred my experience on the day but everyone seems to have liked the courses so it was probably worth it in the end.

Just to finish with some statistics. We made 11 journeys out to the forest. The planning resulted in, if I can count correctly 175 different gaffle combinations across the 13 different courses. We used 82 controls.

On the next page is a map of the combined gaffles for the C.F (Mens Short and Senior Womens course)



JK Relay Minley

This shows Eric's courses and gaffles for the C and F classes - the Men's Short and the Senior Women - which ran together.

Back row (left to right): Derick Mercer, John Briggs, Peter Wilson, Adam Methven, Dimitar Gospodinov, Rob Smart, Eddie Whittle, Simon Turton, Martin Wilson, Liz Stradling, Georgi Gospodinov
Front row (left to right): Anne-Marie Hillier, Annika Greenwood, Lisa Methven, Robin Inness, Toni Whittle.



BKO Members at the JK Relay

Not all relay team members were present for the photo.