

Berkshire Orienteers

Newsletter

September 2019





Terence Hosking

Jennett's Park Summer Event

20th July 2019

John Methven
dodging the shoppers
outside the estate's
new Co-op store



**Jacqui
Briggs**



Jacqui and John Briggs
discuss route choice
options with planner **Martin
Wilson**



Editorial



I hope you enjoyed the summer whether orienteering or enjoying life in other ways. For me, the highlight was competing in Slovenia (as I report later in the Newsletter). But as I am also seeking to gain experience at TrailO, I travelled north to the White Rose Weekend in Yorkshire as this year's British TrailO Championships were held on August Bank Holiday Monday in the South Cliff Gardens at Scarborough.

TrailO is a very 'niche' form of the sport, so I will try not to bore members with too many accounts. The event was a stimulating challenge and I was pleased with my result (13th of 35) although I appreciated that, with much to learn, I might be able to do better. In fact, the next British TrailO Championships will be staged in conjunction with the main British Orienteering Championships in Sussex next March. Why not give it a try? In the

meantime, I'm off to Poland for a weekend in October for additional experience.

Also, on a personal note, returning from Slovenia I discovered a circular rash on the back of my thigh. An appointment the next day led to me being on strong antibiotics for the next 3 weeks as it was suggestive of Lyme Disease caught from a tick. Although the blood test was negative, false results are common.

Apparently, by having quick treatment, the disease can be stopped. I doubt if I was bitten in Slovenia - much more likely to have been when walking before I went out. I have since heard of several people who have been treated this summer so please take care to check for ticks when you have been out competing.

David Jukes

Chairman's Chat with Stefan Stasiuk

I hope you all have had a good summer. I went to the Scottish 6 days and enjoyed a fantastic week of orienteering and good company with the fellow members of BKO who also travelled north. The east side of Scotland is always dryer with fewer insects, this year the weather was excellent. It doesn't seem possible that we are now heading quickly into autumn while the weather has been rather good. The nights are now drawing in, more importantly the summer vegetation is beginning to die back and the woods are becoming faster and much more enjoyable to run in.

We hope that there will be a full programme of events this autumn starting off with our SCOA league event at Bucklebury followed, if confirmed, by Saturday morning events at Swinley West and Swinley East for you to enjoy and, if possible, to help. We have also nominated the SCOA league event at Pamber Forest on 23rd November as our club championship event. We will be looking for helpers for the British Schools Championship at Black Park on the 17th November. There is also a full programme of events available to members this autumn provided by local clubs which could give you the opportunity to orienteer 3 times a week if you can also take part in the Wednesday BAOB (Army) events.

Congratulations to Adam Methven (M14A) for finishing 3rd in the Scottish 6 Days, a truly magnificent performance and to our junior team (Adam, Maddie, Natalie and Amelia) who came 2nd in the National Peter Palmer Day Break relays on 8th September. We had 2 summer events, one at Jennett's Park, Bracknell, and Ashenbury Park in Woodley. I attended the event at Jennett's Park which also included the BKO summer picnic which was very enjoyable. Thanks to the planners, organisers and helpers for making these events possible.

Many of you worked very hard to put the JK on this Easter and the event has produced a surplus. SCOA has asked the clubs what they wish to spend this surplus on. The recent SCOA meeting

with representatives of many of the regions clubs identified the lack of competitors in the 18-40 age group as the most obvious issue facing the region and attracting new competitors in this age range as a significant priority. A view shared by BKO committee and myself. The SCOA committee is looking for projects that will help with the development of orienteering in this age group. If anyone in the club has any ideas on how we may address this issue, and how this windfall could be put to good use, please contact any member of the committee with your ideas.

Cover Picture:
Dimitar Gospodinov tackled **Martin Wilson's** Long course at Jennett's Park in July and took second place. Here he can be seen at Control 17.

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

Club Notes

Keeping you informed about the club and its members

Level A Events

British Sprint/Middle Championships - 14th/15th September

This year's BSC returned to the Loughborough University campus, previously used for the 2013 event. The event consists of a set of initial heat races and then a set of finals with the top competitors from the heats competing in an 'A' final which takes place a couple of hours after the heats.

A relatively small group of BKO members were at this event this year. Those gaining admission to their 'A' final were **Adam Methven** (M14), **John Methven** (M45), **Martin Wilson** (M70) and **Lisa Methven** (W50). Of these, congratulations to Martin who took the M70 bronze medal, just a minute behind the winner.

The next day, the EMOA also staged the Middle Championships although this was across the Pennines at Chinley Churn, near Chapel-en-le-Frith. An even smaller group attended this event with no medals to report!

Urban Leagues

These leagues have continued and the current standings of BKO members who have attended at least 3 events are given in the two tables below. Note that the winner in a class gets 100 points, 2nd 96, 3rd 93, 4th 91 and then continuing down by one point per position. In both cases, a competitor's best 7 events count to give a total score.

UK Urban League (UKOL)

This competition has now had 16 of the 20 designated UKOL events with several recently being staged close to our area (and also being part of the SEOUL). BKO attendance has been restricted to those events fairly close and so no member is challenging the league leaders.

Results to note though include **Lynne Moore** and **Gill Bennett's** wins in the Supervet Women and Hypervet Women's classes at the Epsom event.

UKOL	Position	Points	Events
Men Open			
Dimitar Gospodinov	22	246	3
Veteran Men (M40+)			
Georgi Gospodinov	38	220	3
Supervet Men (M55+)			
Derick Mercer	43	240	3
Simon Moore	48	221	3
Andrew Southwood	53	211	3
Ultravet Men (M65+)			
Martin Wilson	31	322	4
Nigel Hoult	40	264	3
Ultravet Women (W65+)			
Sally Collins	25	329	4
Hypervet Men (M75+)			
Peter Bennett	18	181	3
Hypervet Women (W75+)			
Gill Bennett	9	196	3

SEOUL	Position	Points	Events
Men Open			
Dimitar Gospodinov	20	253	3
Supervet Men (M55+)			
Derick Mercer	9	523	6
Andrew Southwood	34	211	3
Supervet Women (W55+)			
Lynne Moore	15	271	3
Ultravet Men (M65+)			
Nigel Hoult	1	656	8
Richard Rae	15	332	4
Martin Wilson	25	258	3
Ultravet Women (W65+)			
Denise Harper	1	656	8
Sally Collins	4	435	5
Christine Artus	10	279	3
Hypervet Men (M75+)			
Peter Bennett	9	274	4
Hypervet Women (W75+)			
Gill Bennett	4	292	4

Southern England Orienteering Urban League (SEOUL)

More promising is the performance of members in the SEOUL with some members attending a larger number of events. In fact we currently have two leaders. **Nigel Houl**t is leading the Ultravet Men class and looks likely to gain a top 3 position by the end of the series. Unfortunately for Nigel, Alun Jones (TVOC) is in his class and has currently attended 6 events and won all of them. Mathematically with 6 events still to be run, it is still possible for Nigel to top the league but,

realistically, Alun is likely to win one of the remaining 6 events putting him in first place with the maximum 700 points. The table also shows **Denise Harper** leading the Ultravet Women class. Denise won the class at the Tewksbury event in August. This is a much more open class with 12 different winners for the 13 events so far - the overall winner could come from any of them or someone different (including our **Sally Collins** or **Christine Artus**).



Nigel Hoult at the hot MV Epsom urban race - August Bank Holiday weekend
(Photo: Steve Rush)



Christine Artus at the SMOC Buckingham urban race in August
(Photo: Steve Rush)

Committee News

There have been two meetings of the club's Committee since the last Newsletter - 18th July and 12th September. These are some of the items discussed:

Junior Club Top Award: The proposal by Club Captain **Martin Wilson** to institute an award scheme for juniors actively competing as part of a BKO team was discussed in July. It was welcomed and agreed noting that there would need to be a financial provision for this. [See page XXX for the details].

Data Privacy Policy: Having discussed a draft prepared by **Simon Moore**, the club's newly adopted policy, in line with the GDPR requirements, is now available on the club website (under 'Club Information').

OCAD Software: The club has been using some old versions of the OCAD software for the production of maps. However newer versions are now available and have introduced more sophisticated techniques. These newer versions require an annual licence and also have

Membership Memo:

There has been only one new member since the last newsletter, a very warm welcome to:

- **Rebecca Harris** in Wokingham.

Ian Hudson - Membership Secretary

restrictions on the number of users - an internet connection is needed with an individual login required when it is being used. This also comes at an increased cost. The Committee agreed that initially a single OCAD2019 licence would be purchased and would be primarily for use by Katy Stubbs. Additionally the club also has OCAD9 and OCAD12 which are not subject to an annual fee.

Crown Estates - Land Permission: The club has several areas which are owned by the Crown Estate (Swinley East and West and Star Posts). Although in the past we have been granted access to these areas on quite favourable terms, changes in staff and policy have led to changes. In particular they are now asking for a substantial fee for the staging of events on their land locally - possibly about £300 per event. This would make their use for Saturday events uneconomic unless we increased our charges. At the September meeting it was agreed that a small increase (£1) would be made to the entry fees for our Saturday events. This might, with cross subsidy, enable an occasional use of a Crown Estate area. We would however continue to press for a lower fee.

British Schools Championships: This is being staged by the club in association with the region on Sunday 17th November using Black Park, near Slough. Arrangements have been progressing well with Eric Harper being the main Organiser. There are plans to use Langley Park for a preliminary event on Saturday 16th and consideration was given to this being added to our Saturday fixtures. However the car park is relatively small and the council has indicated that permission would not be given in future. For the British Schools event, there would be a limited number of minibuses which is presumably acceptable. It was agreed not to use this as a BKO Saturday event.

Southern Championships 2020: The event will be staged in conjunction with our Concorde Chase on the 26th January using Long Valley North near Aldershot. The Committee considered a draft budget in September and discussed possible entry fees. For seniors these are likely to be in the range £18-£20. A significant element of this is due to land access fees of £5.50 per adult plus additional fees for access to set up and take down equipment. In association with our event, Guildford Orienteers are planning to stage a Middle Distance event on Saturday 25th January using Blackheath, just to the SE of Guildford.

JK Legacy Funding: Attendance at the JK last Easter was up 15% on the attendance at the JK 2017 held in the South East. Since the budget had been based on the number being similar, there is a higher surplus for the region than had been anticipated. This is though one of the main sources of regional funding and will provide support for regional activities until the next SCOA JK in about 9 years. Even so, there is still additional money (amounting to several thousand pounds) which could be allocated by the region. Although one option would be to reduce the regional event levy, discussions at the regional committee have focused on supporting development work. As mentioned by Stefan in the Chairman's Chat, ideas will be welcomed which might relate to this.

Finance: Club finances are running at a deficit this year. A deficit had been anticipated due to the cancellation of the Concorde Chase last January but additional mapping costs have occurred. With professional mappers in the region preparing for the JK, the opportunity was taken to update our maps of Bucklebury and Hawley. We also had Rushall Woods professionally mapped. In total these have involved expenditure of an additional £2000. Treasurer, **Peter Entwistle**, has commented that next year we need to ensure that we hold a full range of events so that we can achieve a breakeven position - our usual expectation.

Club Championships 2019: This was discussed at the September meeting and it was proposed to use the BADO regional league event at Pamber Forest on 23rd November as our annual club championships. Full details will be circulated by e-mail. It is expected that the rules will remain as for the 2018 Championships although suggestions for modifications will be welcomed.

Best Wishes

Fiona Clough had a hip replacement operation on Wednesday 11th September. All went well and she returned home after 3 days. Now she faces a strenuous programme of exercise to rebuild her muscles before once again venturing out orienteering. All the best, Fiona!



Club Picnic 2019 **20th July**

It has become a regular feature of the Club calendar to hold a social event at one of our Summer urban events. This year it was held at our July event at Jennett's Park.

Fiona Clough, ably supported by **Katy Stubbs**, arranged the food and drink which was then enjoyed by club members after the completion of the event.

**Mark Foxwell and
Fiona Clough**



'Retirement' Gift for Denise

Members may recall that at the end of her report in the July Newsletter about this year's Berkshire School Games, **Denise Harper** announced that she was standing down from organising the heats and final for this competition. Her involvement started in 2006 and gave many youngsters the opportunity to experience the sport.

In recognition of her work over many years, the Committee agreed that her work should be recognised and at the Club Picnic in July, Club Chairman Stefan Stasiuk presented Denise with a beautiful bouquet of flowers and some tasty chocolates.

It is a commitment but, if anyone has an interest in taking on this task, please speak initially to Denise to find out what is involved.



Junior News

Although the club has some enthusiastic juniors, it has been some considerable time since we have had been able to report on several different aspects of their activities. It is great to provide these reports on this occasion - I hope there will be more! Editor

Lagganlia 2019 **Adam Methven**

As mentioned in the July Newsletter, the first opportunity for Juniors to be selected for additional training and potential future recognition comes with the nationally organised Lagganlia training camp in Scotland. Adam Methven attended in July and has provided this report:

Lagganlia is a training camp for U14's in their second year, run by JROS [Junior Regional Orienteering Squads], bringing people from regional squads all-round the country get to know each other and train together for a week in Scotland. There is a team of experienced coaches who help to greatly improve your orienteering throughout the week. The afternoons are a great time to relax and get to know people better. We were based in an outdoors centre with great food provided too.

This year there were two of us from South Central Junior Squad, me and Laura (from SN), and 5 from South East (which is more than usual). There were also many people from other regions, particularly Yorkshire and Scotland, making 25 in total.

During the week we had the chance to visit areas completely different to that of the South. There was intricate woodland with many rocks and contours in the area surrounding Lagganlia, and on two of the days we travelled further north to Culbin and Roseisle on the minibus, with a lot of singing. Both are areas of forested sand dunes on the coast. My favourite area we visited that week was Culbin, because its intricate contours provide a challenging area to navigate.

Training was very varied. On the Tuesday we did a low vis competition which was like a middle distance course with close controls entirely in a green area on the map (no paths here). There was also sprint training on the Wednesday, followed by a sprint competition at Glenmore Lodge. At the end of the week there is the Tour Champs, which is a great chance to try out what you have learnt during the week in a competitive environment.

We're now all competing with each other at the Scottish 6 days and comparing our times and route choice at the end of each event.

The JROS group just before an exercise
(Photo: JROS Coaching team)



Adam at the end of a course
through a low visibility area
(Photo: JROS Coaching team)

Peter Palmer Relays John Methven

*The **Peter Palmer Junior Team Relay** is an annual event staged each September. It is named after one of Britain's finest orienteering coaches. Peter Palmer helped to devise this event in order to give an opportunity for Juniors to experience competition similar to some Scandinavian events and the Harvester Relays. The main event is for teams of 6 runners but alongside it, a 'DayBreak' event, is staged for teams of 4 juniors. Here John Methven reports on our involvement on Sunday 8th September.*

The BKO juniors had a great result in the DayBreak relay this year - the 4-person relay which is part of the BOF Peter Palmer junior relays in Sussex this weekend. The team line up was:

- Leg 1: **Adam Methven** (red leg)
- Leg 2: **Maddie Woodcock** (orange leg)
- Leg 3: **Natalie Wing** (yellow leg)
- Leg 4: **Amelia Wing** (red leg)

Our BKO team were second (of 9 teams) just 8 minutes overall behind a team from WAOC which consisted of three M16s and one W12. So a great performance from our much younger team (ages 11, 12, 13 and 14). Third and fourth place teams



were from SO and SN. The courses were challenging with the 4-person relay starting just after dawn (06:30) - hence the name 'DayBreak'. The full 6-person relay starts at 05:00 with the first two legs in the dark, a junior version of Harvester or the Swedish Tiomila. The Peter Palmer relay was won by West Cumbria, followed by SO and a Swedish team.

All the teams stayed overnight in Michael Hall School to be ready for the starts. The courses set off from a fantastic arena in front of the main school building and headed directly into the Hindleap Warren - a mix of established woodland and open heath on the edge of Ashdown Forest. There was a great atmosphere with a great deal of cheering as the runners came past a spectator control near the arena and then headed round the back of the school grounds for the final 3-4 legs. It would be great to get a team with 6 juniors next time to do the full relay.

Junior Inter-Regional Championships

The next event involving BKO Juniors is the Junior Inter-Regional Championships being held in South Yorkshire with an individual event on 28th September and a Relay the following day. Three BKO members, **Adam Methven**, **Amelia Wing** and **Imogen Woodcock**, will be part of the SCOA Junior Squad team. Good luck to them!

British Schools Orienteering Championships

Each year schools can take part in two national championship event. The first has a score event format and is the British Schools Score Championships (BSSC) which this year is being organised by the Manchester and District club (MDOC) in Heaton Park, Manchester on the 12th October.

The second event, the British Schools Orienteering Championships (BSOC) is being staged by us and is using Black Park, Slough, on Sunday 17th November. Even if a school does not do orienteering, it is possible to enter as an individual as long the school is willing to sign the entry form. For more details, see: <http://www.bsoa.org/Competition/National>

Although there will be support from some other clubs in the region, for this event the club will be asking for help from members. Please watch out for the requests and help us stage this event.

BKO Club Top Award for Juniors

Details of this new Award were announced by Martin Wilson and circulated by e-mail in August. However, e-mails are often ignored, deleted or forgotten so the information is repeated here.

I'm very pleased to announce that the Club Committee has approved the introduction of a new Award for juniors, to encourage development of their orienteering skills and experience by representing the club at specific team events during their pre-teen and early teenage years. It is open to all existing and future junior BKO members.

The Club Top Award will be an adult size BKO O-top, to be awarded to 12-14 year olds when they achieve a certain number of successful team appearances for the club. Members need to achieve three 'credits' at Orange standard. A credit can be achieved at any of these events:

- CompassSport Cup heat or final
- Yvette Baker Trophy heat or final
- Any relay within a BKO team (JK, British Championships, or others)

In addition, youngsters running at Yellow standard can achieve a half-credit by completing a solo Yellow course or relay if provided at the above events. Up to two Yellow half-credits can be used towards the Award, leaving just two additional results to be obtained later at Orange level.

Juniors or their parents should keep a record of all half and full credits achieved, inform the Club Captain (clubcaptain@bko.org.uk) once two full credits have been achieved, and give an indication of when the third credit is likely to be obtained. We will then try to ensure delivery of the top shortly after completion of all credits. The default size will be Men's or Women's Small adult size. Please note this is not a kid's size top, it is meant for early teenagers.

We hope that all juniors developing through these stages will seek to win this Award. Each year, we are increasing the club's presence at the major events shown above, and in 2020 we also hope to enter a Junior BKO team for the Yvette Baker Trophy, all providing additional opportunities to obtain credit performances towards the Award.

If you have any queries regarding the Award scheme, please mail me (clubcaptain@bko.org.uk).
Martin Wilson, Club Captain.

Chobham Challenge event: 27th October 2019

Martin Wilson

Guildford Orienteers (GO) is holding a Level C event at Chobham Common, Surrey, on Sunday 27th October. I was recently invited to be Planner for this event after their original Planner had to step down due to family illness, and have accepted the role. The area is one of the largest heath land areas in the south of England, and is an interesting mix of open heath land and smaller sections of runnable forest. It has not been used for a x-country event for over 10 years, and the map is being fully revised by Tom Edelsten, an experienced mapper. I hope BKO members will come to the event to run my courses: Brown, Blue, Green, Short Green, Light Green, Orange, and Yellow will be available. Car park location is Grid Reference SU965649.

The date is during the schools autumn half-term break, and is the weekend of the OMM. Clocks go back an hour that day, so there's an extra hour in bed beforehand! I'll send a reminder request mail to all members nearer the time, but I wanted to give good notice via the Newsletter first. I look forward to seeing members at the event.

British Orienteering Incentive Schemes

Our congratulations to the following on their progress in May-August 2019:

- **Denise Harper:**
Racing Challenge: Gold Award *****
- **Nigel Hoults:**
Racing Challenge: Bronze Award *****

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



BKO Club Clothing

Orders wanted this autumn

Martin Wilson

Our new clothing has been taken up very well. We have now reached a point where our new orders are small. We have to order items in batches of five minimum. Currently we have the following outstanding orders waiting fulfilment:

- Tops: 1 (delivery when possible), 2 (delivery January 2020)
- Winter Jackets: 3 (delivery when possible).

I hope we can gain 4 more Top orders and 2 more Winter Jackets this autumn. Please consider if you are likely to order such items. Kid's sizes for Tops are £20, Adult Tops are £25. The style of Tops has changed slightly since the original batch, we asked for increased size of the contours. We've now got that, it is the smallest increment we could get, and looks much more visible in podium pictures (of which we're seeing increased numbers in relays!). Original buyers may wish to take a new one this winter to keep up to date with a second order (I may do this myself). Winter jackets are very good quality, subsidised by the club to sell at £49. With just two more orders, we can get delivery in time for the autumn chills in October. Details are on the club website. Please let me know soon if you'd like to order any item. Thanks.



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.





SCOA Regional Orienteering League (SCOL) 2019-20

The new season of regional league events starts with our own event at Bucklebury on the 6th October. The full list of events included in the season are shown below. Notice that the first five events are in this coming October and November so a quick start to the series. Note also though that this is still subject to change - often there is an additional event in May.

Event	Location	Date	Club
SCOL1	Bucklebury	06-Oct-19	BKO
SCOL2	Fritham	12-Oct-19	SOC
SCOL3	Sidbury Hill (TBC)	27-Oct-19	SARUM
SCOL4	Wendover	10-Nov-19	TVOC
SCOL5	Pamber Forest	23-Nov-19	BADO
SCOL6	New Forest	16-Feb-20	WIM
SCOL7	TBA	19-Apr-20	TVOC



6 October - Bucklebury Common

All members are welcome to join us for our regional league event. Courses will be available for all abilities: White, Yellow, Orange, Light Green, Short Green, Green, Blue, Brown. See website for details.

Organiser: Glyn Thomas **Planner:** Mark Saunders

Glyn is hoping to have a full turnout of members to assist in the staging of this event. Club members helping are eligible for a reduced entry fee to the event. Please contact Gyn to offer help: thomasgh123@hotmail.com

Newsletter Distribution:

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

Berkshire Orienteers is on Facebook !








Your 2019-2020 Committee

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

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

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
Fri 20 Sept	LOK City of London Race Friday	Regional	LOK	Middlesex Uni.	Hendon
Sat 21 Sept	City of London Race (UKUL)	National	SLOW	Barbican	London
Sun 22 Sept	DFOK City of London Race 3	Regional	DFOK	Greenwich	Greenwich
Sun 22 Sept	NWO Urban (UKUL/SEOUL)	Regional	NWO	West Swindon	Swindon
Sat 28 Sept	Caddihoe Chase Day 1 - SWOA South West Long Distance Championships	National	DEVON	Burrator	Yelverton
Sun 29 Sept	Caddihoe Chase Day 2 - Chasing Start	National	DEVON	Burrator	Yelverton
Sun 6 Oct	 SCOL1	Regional	BKO	Bucklebury Common	Thatcham
Sat 12 Oct	 SCOL2	Regional	SOC	Janesmoor Pond	New Forest
Sun 13 Oct	HH Regional	Regional	HH	Ashridge North	
Sun 13 Oct	NGOC League 10	Local	NGOC	Painswick Beacon	Stroud
Sat 19 Oct	BKO Saturday event	Local	BKO		Bracknell
Sat 19 Oct	NWO Four Colour Event	Local	NWO	Hens Wood	Marlborough
Sat 19 Oct	Thorncombe Wood	Local	WIM	Thorncombe Wood	Dorchester
Sat 26 Oct	Cambridge City (SEOUL)	National	CUOC	Cambridge	Cambridge
Sun 27 Oct	TVOC Waddesdon Manor	Local	TVOC	Waddesdon Manor	Aylesbury
Sun 27 Oct	GO Chobham Challenge	Regional	GO	Chobham Common	Chobham
Sun 27 Oct	 SCOL3	Regional	SARUM	Sidbury Hill (tbc)	Tidworth
Sat 2 Nov	Chichester City (UKOL/SEOUL))	National	SO	Chichester	Chichester
Sat 2 Nov	NWO Wessex Night League	Local	NWO	Badbury Hill	Swindon
Sun 3 Nov	November Classic (UKOL)	National	SOC	Bramshaw	New Forest
Sun 10 Nov	 SCOL4	Regional	TVOC	Wendover Woods	Wendover
Sun 10 Nov	WIM SW League event	Regional	WIM	North Ringwood Forest	Ringwood
Mon 11 Nov	Sarum Wessex NightO	Local	SARUM	Salisbury (tbc)	Salisbury
Sun 17 Nov	British Schools Championships	National	BKO	Black Park	Slough
Sat 23 Nov	 SCOL5	Regional	BADO	Pamber Forest	Tadley

Know Your Club Members — Bo Oqvist

Bo joined the club two years ago and has now taken on the role of BKO Events' Secretary. He kindly agreed to give us some personal background. Thanks, Bo.

Age/Class?

M45

Family circumstances?

Married with two daughters aged 12 and 10.

Hometown?

I grew up in northern Sweden in a town called Umeå. Very nice summers where the sun barely sets before rising again. But also very dark winters...

How did you start orienteering?

All Swedish kids try orienteering at school and so did I. One of my mum's teacher colleagues at school was married to the coach at the local orienteering club. So I joined and my parents also started orienteering. Going to events became a family event when I was young.

Clubs?

I am not sure how the newsletter is going to cope with all the Swedish umlauts but here we go. *[No problem! Ed.]*

My first club that I joined at 11 and stayed with until I did my national services at 18 was Stöcksjö IS. I then took a nearly 30 year long break and joined the club Mälare SOK outside Stockholm when the children were old enough to be introduced to orienteering. Since moving to UK in summer 2017, I have been a member at BKO.

Best achievement/success?

I can't say I have had any major achievements lately. In my junior days I may have had some success but that is a long time ago now so honestly cannot remember.

Most enjoyed event?

That must be O-ringen (or 5-dagars as it was called back in the days). The world's largest orienteering festival held in July each year. I think I went to six in a row in the eighties but have not been back since my home town Umeå arranged the event in 1997.

I was thinking to go to O-ringen next year when it is held in Uppsala (just north of Stockholm). But since children would still be at school I have not decided yet.

Favourite area and/or terrain?

I love the Swedish pine forest where you combine running on naked rock as well as on soft moss. I have not been around the UK so much but Swinley Forest/Start Posts is a nice local area.

International experience?

Swedish and UK events only so far.

Biggest cheat?

I try to stay within the rules but at the early days where there was mechanical punching I once punched controls in the wrong order when I accidentally found the fifth control before my fourth. I punched fifth control, then fourth and directly to sixth. It did not do me any good, I finished way down in the results.



Bo at the recent SN Frimley Urban event
(Photo: Steve Rush)

What have you put back into the sport?

I have introduced orienteering to my daughters local school in Ascot at the World Orienteering day last year. Some of the school friends showed an interest so I started to arrange weekly training sessions.. We now have a gathering of about 10 children that come and train regularly on Wednesdays. Getting them to join events is trickier. This requires more time and also more parent involvement but I am still trying.

Other activities/interests?

I love skiing, both downhill and cross-country. I cannot do it so much when living here but will go for a ski trip to the Alps this winter. I also play golf and can see similarities with orienteering even if they may not be obvious at first. In both sports you can have a great run/round for some (short) time but in the end some mistakes are unavoidable. After the round/run when analyzing you think about how "easily" the mistakes could have been avoided and how you could and should have done better. So you are very eager to have a new try.

Employment?

I work as a Finance Manager for a Swedish company called Ericsson. We have moved our UK office to Reading last autumn. The days when we made mobile phones are gone, but we do supply and install mobile networks for customers like Vodafone, O2 etc.

What training do you do?

I go running with colleagues at work once or twice a week and try to go to a couple of orienteering events each month. When I was living in Sweden I used to go cross-country skiing during the winter months. My local golf course was transformed to a ski track from December to March!

What is the best thing about orienteering?

The variation. You get to see and explore new areas and new terrains. It was not this year that I actually ran my first events in urban terrain. So in this terrain I am an absolute beginner and I was surprised how much fun it was.

What is the worst thing about orienteering?

Nothing really.

Orienteering ambition?

I do not have any particular ambition when it comes to result. But I would like to bring more juniors to the sport starting with my own daughters. Orienteering is a great family sport.

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

As stated before, my favourite way of exercise is (or was) cross-country skiing. I have done the 90 km ski race Vasaloppet 10 times and will go for my 11th race in March 2020. Due to lack of local snow, the preparation will include roller skiing on the tracks inside Ascot racecourse.

Favourite music/book/film, etc?

I need to tread carefully here because this innocent looking question has got me in trouble earlier. Some twenty years ago when I went out to meet my then girlfriends friends for dinner for the first time this question came up. All came up with some classic films like Ghandi or A Space Odyssey. At the end, the question came to me and I answered truthfully "Dumb and Dumber with Jim Carrey". This embarrassed my girlfriend no end but did not stop her from saying yes to my marriage proposal a couple of years later.



Bo shadowing Sophia, one of his daughters, at Jennett's Park in July

Scottish 6 Days

17 BKO members headed north for the biennial Scottish 6 Days, this year based in Strathearn, to the west of Perth. As a summer festival, the event provides an opportunity to combine the enjoyment of competitive orienteering with a more relaxed chance to visit the glorious Scottish scenery and to perhaps do some serious hill walking or sampling some Scottish distilleries.

As many of the country's top orienteers attend, at the top end of each class, competition can be intense. For those capable of reaching the podium, a six-day event brings added pressure. However, with only the best 4 events to count towards the overall result, one (or even two) days of poor results may not be a problem.

This year, only one BKO member was realistically in with a chance of a medal. **Adam Methven** competed in the M14 class and his best four results were a 1st, 2nd, 3rd and 5th position. Overall this placed him in 3rd position and he was duly able to stand on the podium. Congratulations to him.

Below are some more detailed reports provided by BKO members who were there this year.



Adam Methven with his bronze medal in the M14 class
(Photo: Wendy Carlyle)

Stefan's notes

The 6 days was located in Perthshire this year with the first 3 events located close to Loch Earn with the final 3 days in the Tay Valley close to Perth. The weather was excellent, warm and sunny most of the time, rather unusual for Scotland even in August. The humidity was also high, making the nights a little uncomfortable. The events all required significant walk from the car park to the start apart from day 3 at Dundrun in St Fillans.

Day 1: At Auchingarrich near Comrie - BKO had the benefit of late starts which allowed all the earlier starters to bash down the very high bracken in the open areas in the last km to allow us an easy finish. The area is forested and set across 2 hillsides with a very tricky area of complex vegetation and small contour features in the middle. This race was 4.8kms and marked 40 years since my first Scottish 6 day. I had my best run in 2 years with no significant mistakes finishing in 13th place.

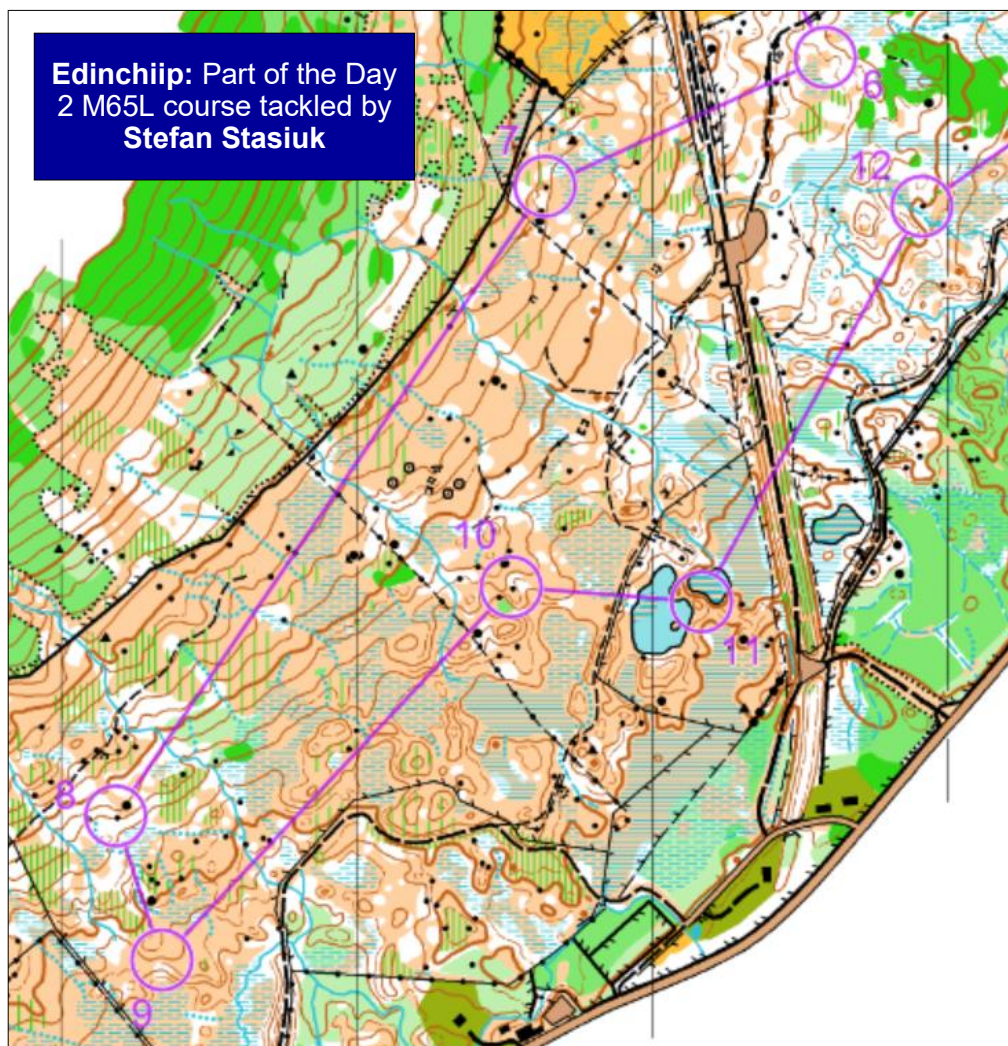
Day 2: This was located at Edinchip at the western end of Loch Earn. The area is set across the valley side with open moorland higher up and mature birch woodland on the



Stefan Stasiuk spotted nearing the finish on Day 2
(Photo: Steve Rush)

lower slopes. The lower slopes were much trickier than the more open upper moorland. I managed to get halfway around the course with no significant errors. I was caught out in the second half making two 8 minute errors. The frustrating part of this was these 2 control points, 8 and 12 had very clear attack points on paths within 100m of the control. I finished the 5.3kms in a very disappointing 42nd place. I also managed to turn my ankle which did not hurt during the run but unfortunately stiffened up overnight.

Day 3: Dundrum in St Fillans at the eastern end of the Loch was a very steep rocky hillside covered by pine forest with complex contour and rock features. The event was a middle distance race and the M65L course was only 2.6kms. I had a relatively late start but my ankle was very stiff and painful so all I could do was walk round the course and surprisingly finished in 36th place.



Wednesday was a rest day and we moved hotel from St Fillans to Perth.

Day 4: Culteuchar & Dron is located on the hills 5 miles south of Perth. The area is largely runnable open moorland with very steep slopes to run up and down. The navigation was not difficult and the real challenge was running up the hills. I was lucky the walk round day 3 and the rest day had settled down my ankle injury. I did not make any significant mistakes but was only able to finish in 36th place largely due to tiredness and a lack of fitness

Day 5: Craig a Barns is a wonderful orienteering area, it is very technical and very physical with challenges from both vegetation and contours. I have orienteered here at least 4 times in the past, the last in the JK some 5-6 years ago. The event also encompassed a long distance world ranking event which meant that the courses would be at maximum length, the M65L being 5.9kms and 260m climb. BKO were designated as vegetation bashers having drawn first start window. As this week was the first serious orienteering that I have done all year due to injury I had identified this day as a potential extra rest day. After day 4 I decided that I would give the event a miss with the hope of a good recovery for day 6.

Day 6: Grandtully is an area of sloping deciduous woodland covered in marsh, the higher parts having detailed rock and contour features. The event was a middle distance race with 2.8kms, 80m of climb and 12 controls. Running up hill through the marshes was slow but you were then rewarded with a very fast downhill through very runnable woods for the last half [See map extract on next page]. The attack points tended to be the last control visited except for control 5 which had a crossing point on a fence 100m from the control. Unfortunately I managed to lose 4-5 minutes between the attack point and the control yet it should have been the easiest control and slipped from 20th to 45th place. I did recover and finished the day in 32nd place.

Overall I finished the week in 32nd place. It was a fantastic week of orienteering and hopefully has gone a long way to restoring my fitness.

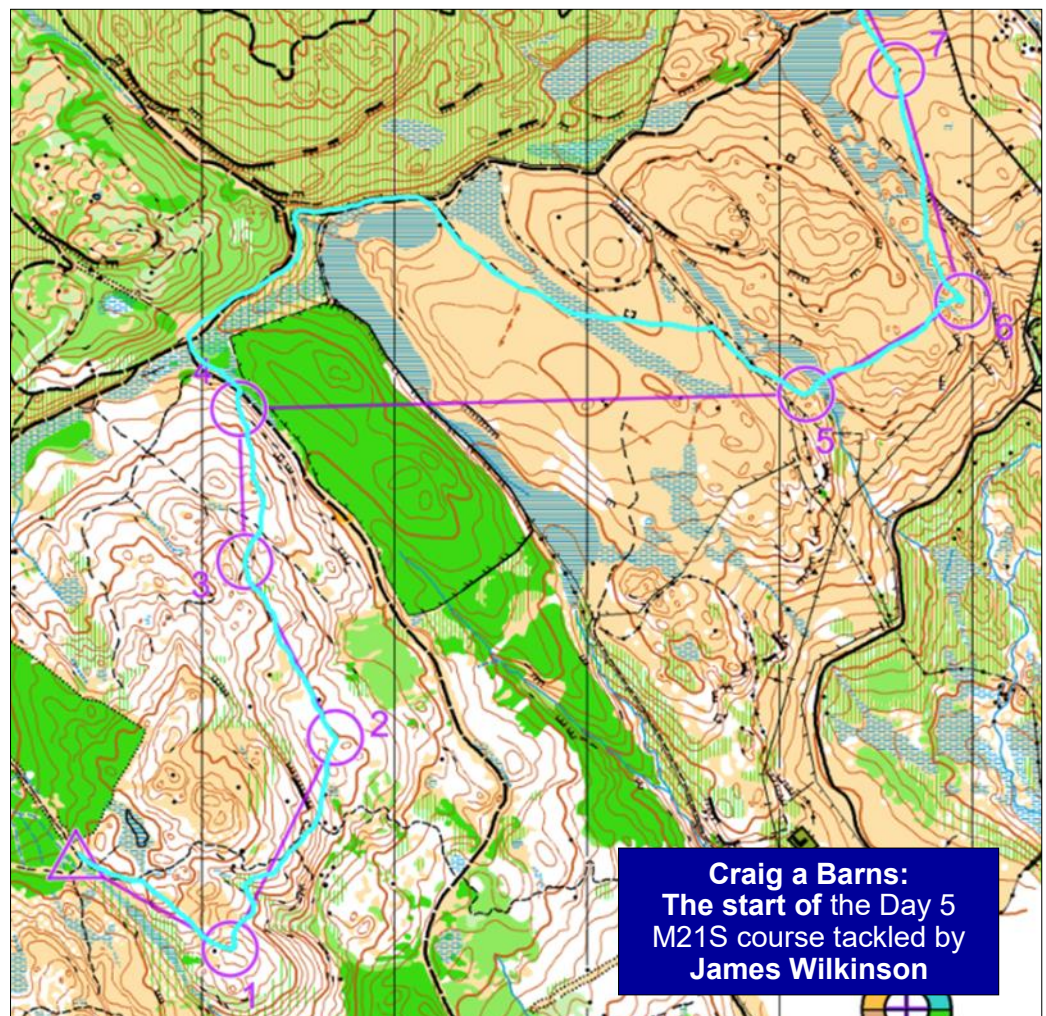
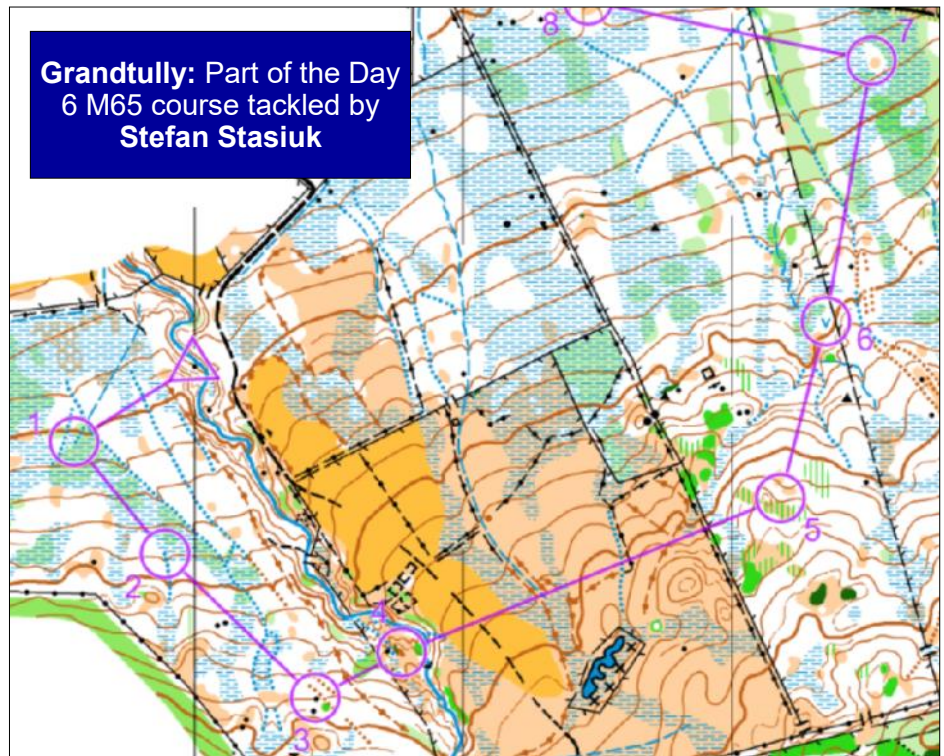
James Wilkinson reports on Day 5: Craig a Barns

Craig a Barns is generally regarded as one of the best orienteering areas in the UK, as well as having a special place in Scottish orienteering history – it was the first area to be purpose mapped for orienteering. It has been used for many major events, most recently the JK. Despite this, this was my first time running on the area, and speaking to various people earlier in the week, I was coming to feel quite daunted by the upcoming challenge. This was reinforced on the walk up to the start, climbing through young, dense conifer plantation.

However, leaving the start kite the forest quickly opened out into fantastic, classic Scottish woodland terrain: undulating subtle contours over the wider hillside, widely spaced trees with some low undergrowth of heather and bilberry, and some scattered rock features (see map below). This lasted for the first four controls, with two hilltops, a crag and a boulder serving as control sites.

Navigation involved a mixture of using the ridges and crags as linear features to follow, with the scattered clearings being obvious enough to gauge the distance covered, and occasionally correcting the line.

After this area of woodland, the course crossed a deer fence into a more grassy open area. Valleys, marshes and a ruined stone wall provided the main navigational features in this part of the map. After a slog up a steep hill to the eighth control, we then crossed another deer fence into a contrasting area. This was very hard going underfoot, with thigh high heather

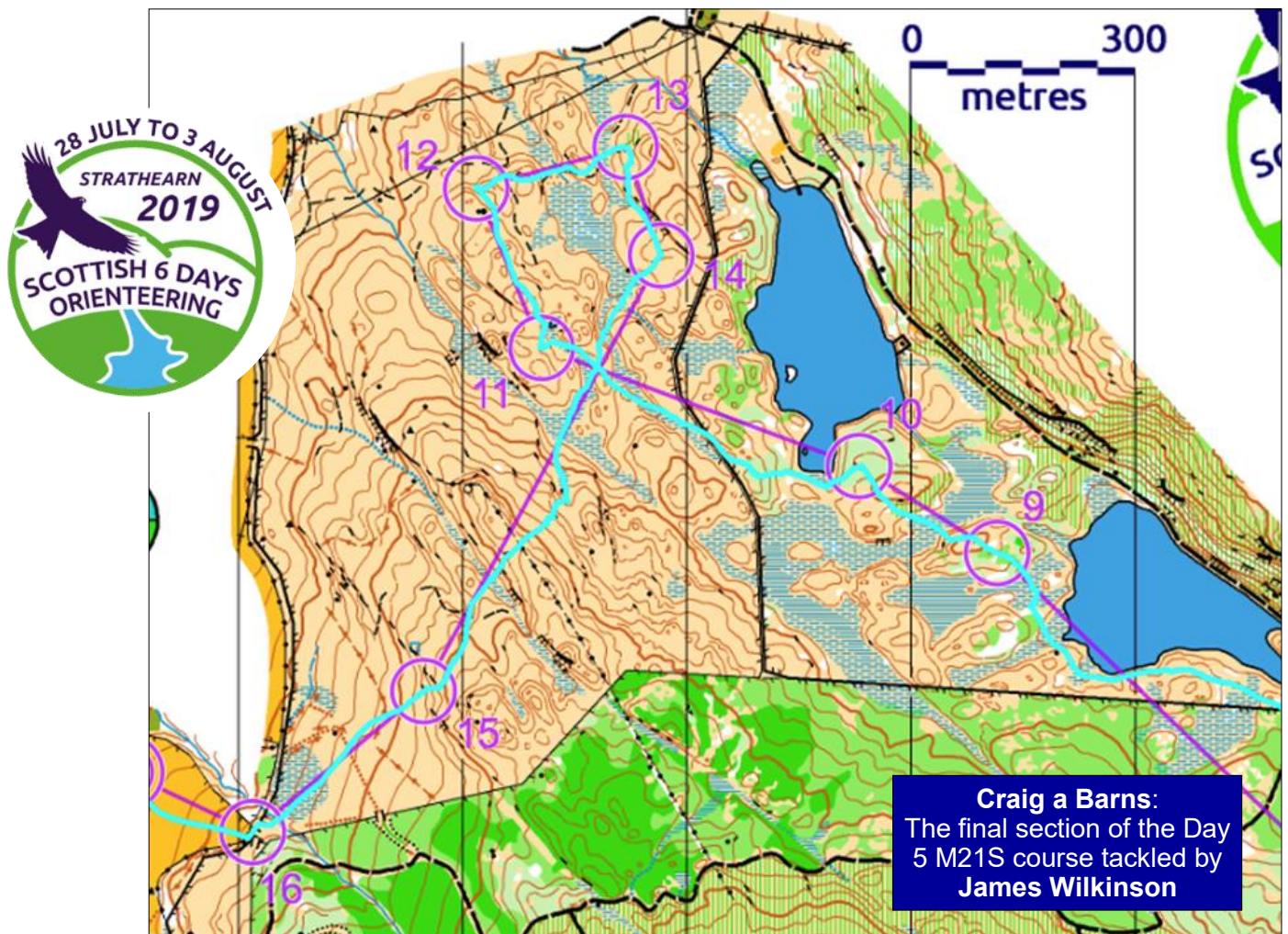


and very wet bogs. After the easy running of the previous part of the course, I was not prepared for the change, heading south around the pond. Ultimately, I believe it would have been better to go around the north on the track, slightly longer but probably quicker and easier. However, inspecting routegadget it seems I was hardly the only one caught out!

This was followed by yet another mandatory crossing point (between 10 and 11) into another contrasting area: classic Scottish open, with heather up to calf high, a series of small ridges with complex marsh systems in between (see map below). Through this area it was easy enough to find your way to the edge of the control circle, but required careful navigation to spike the control properly. This was particularly the case on my control 11, where I came within 15m, but hesitated in locating the right small reentrant among the many small ones in the area.

Overall, I felt that day 5 had some of the best terrain of the week, particularly the first four controls. However, my course at least was let down by too many mandatory crossing points. This gave it a fragmented feeling, where there would be detailed navigation for a handful of controls properly, followed by a leg of dead running to get to the next crossing point. This may have been a particular problem for my class, due to running the short class for my age.

James Wilkinson on the run in at **Craig a Barns**
(Photo: Wendy Carlyle)



Geology of the Scottish 6 Days

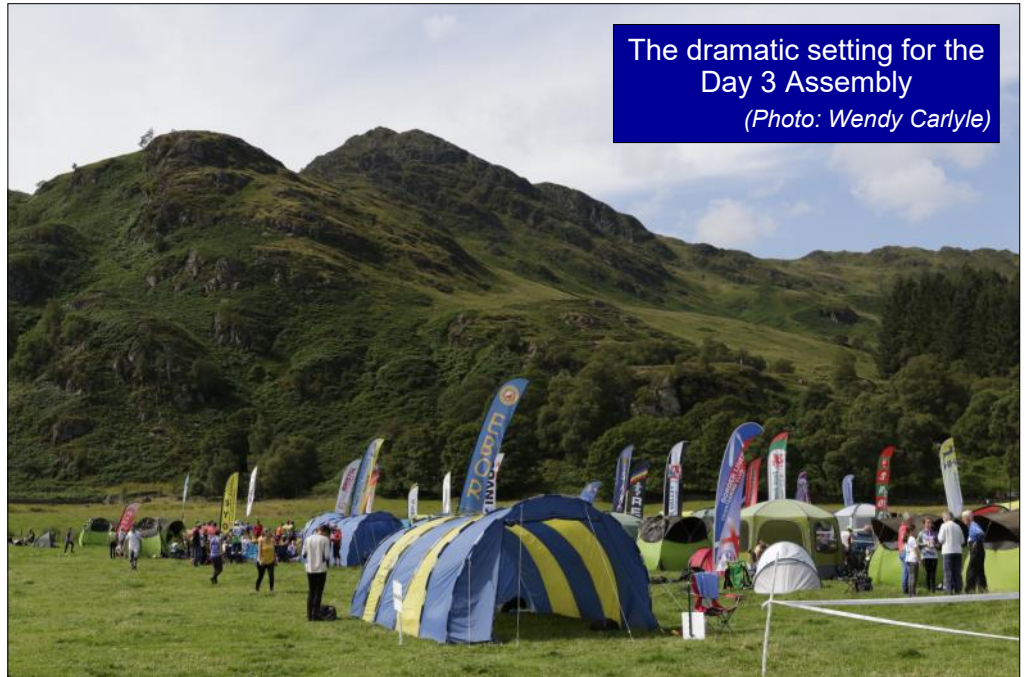
James Wilkinson

The geology and geological processes that have taken place are critical in shaping the terrain which we, as orienteers, make use of. It is my intention here to give a very brief overview of how the terrain at this year's Scottish 6 Days was formed.

The bedrock for all six areas is metamorphic, formed between 1100 – 600 million years ago, when mudrock and shale were buried at depth. The pressure and temperature caused it to change, creating strong foliations within the rock. This can be seen today in the very blocky texture of some of the outcrops. They were then uplifted around 400 million years ago, during the Caledonian mountain building event (orogeny).

More recently, a series of ice ages, the most recent in Scotland ending around 9000 years ago, have eroded the mountains down. The larger glaciers form the large U-shaped valleys we see today, such as along the River Tay itself, whilst smaller glaciers left the smaller side valleys. Higher up, variations in the base of the ice sheet leave many of the small rocky ridges.

As the ice melted, it also left behind the sediment it had trapped, forming till, a mixture of many different sized grains from clay to large boulders with little sorting. This forms much of the hummocky terrain found across many of the areas. This material is very poorly draining, which since the end of the ice age means that layers of moss have built up, forming peat and making the marshes that we see today. The exposed rock faces have experienced ongoing weathering, caused by the action of water freezing in cracks breaking up the rock. This creates the rubble found at the base of many of the crags, and prevents their coverage by vegetation.



The dramatic setting for the
Day 3 Assembly
(Photo: Wendy Carlyle)



Orienteering over the top of Craig a Barns - Day 6
(Photo: Wendy Carlyle)

The OO Cup in Slovenia - 24-28 July 2019

David Jukes



It was in December that Martin Wilson raised the possibility of my joining him for a trip to the OO-Cup being held in Slovenia. At the time I was suffering a knee problem and awaiting specialist advice so I was uncertain as to what my capability would be to actually compete. However the idea of a week in Slovenia in July was irresistible and, even if competing was not possible, I would still be able to indulge in another of my hobbies – butterfly photography.



Despite being subsequently told to avoid running by the medical professionals, I was looking forward to the 5 day competition. The event was being held in NW Slovenia on the edge of the Julian Alps. Four of the five days were based in a ski centre with a fifth event (Day 3) being at another site on very different terrain.

Much of the region has a limestone rock base. As the water drains through the rocks, it creates underground holes and, over time, large areas of sunken ground develop – the so called ‘sink holes’. These can be very deep and distinctive but, with so many, they can also lead to confusion. The area around the ski centre was also mostly steep and rocky with a limited path network. With large amounts of detail, the maps for most days were at 1:7,500 but still retained 5m contours.

[For map extracts from Days 1, 2 and 4, see inside the back cover]



Day 1: Having found the terrain very tough at a small training event the previous day, I was determined to walk my course on Day 1. This, I hoped, would give me time to read the map and become acquainted with its interpretation. Heading for my first control, I found my first deep sink-hole. At this point, I was asked by a junior competitor where we were and, feeling confident, I duly pointed out the sink-hole on her map. My first control was then just over a ridge and diagonally down the slope beyond to a small depression in a re-entrant on the slope. Precisely where I went, I am not sure (I had forgotten to start my GPS watch!) but after about 10 minutes of wandering around I tried to retrace my steps and came across the first control – it had taken nearly 20 minutes but at least I had found it! Again I showed its location to another lost competitor looking for her first control. Control 2 was a boulder in a small re-entrant about 200m further down the slope. Again I got lost but, starting to read the map more accurately, I re-located on another re-entrant and went back to the control – only to find the same competitor still searching for her first control and once again I was able to show her where she was.

And so I progressed around the course, slowly gaining confidence and enjoying the technical challenges posed in the complex terrain. Recognising from the contours what is ‘up’ and what is ‘down’ was the biggest issue (more tags would have helped) but identifying which boulders were large enough to be marked and what was a crag, knoll and re-entrant was also tricky. I completed the course having found all the controls but, as a walker, I was not surprised to be 22nd out of the 25 competitors on M65.

Day 2: This was on an adjacent area with very similar features – perhaps a few more paths but still I had decided to simply walk the course. The first 3 controls went well and appeared as expected. By chance, at Control 3 I again met the lady who had been lost on Day 1 - once again she was struggling to find her first control and I was able to show her where we were. Did that make me over-confident? Control 4 caught me out. As there were more paths, I progressed through the forest by ticking them off. Approaching the control, I needed to go around a deep sink-hole to a boulder on the far slope. As can be seen from my track (*see map extract*), I had unfortunately misread the paths so that, coming out of a block of wood, I turned right thinking that I was on the path that skirted the sink hole. I was wrong. Although the path seemed to bend

correctly, the sink-hole I found was the wrong one and I was surprised when there was no boulder on the far slope (at least not one with a control next to it). I made my way out onto a path and, after some thought, was able to identify my location – it was only later using my GPS track that I worked out my mistake. The rest of the course went quite well finishing 17 of the 24 competitors.

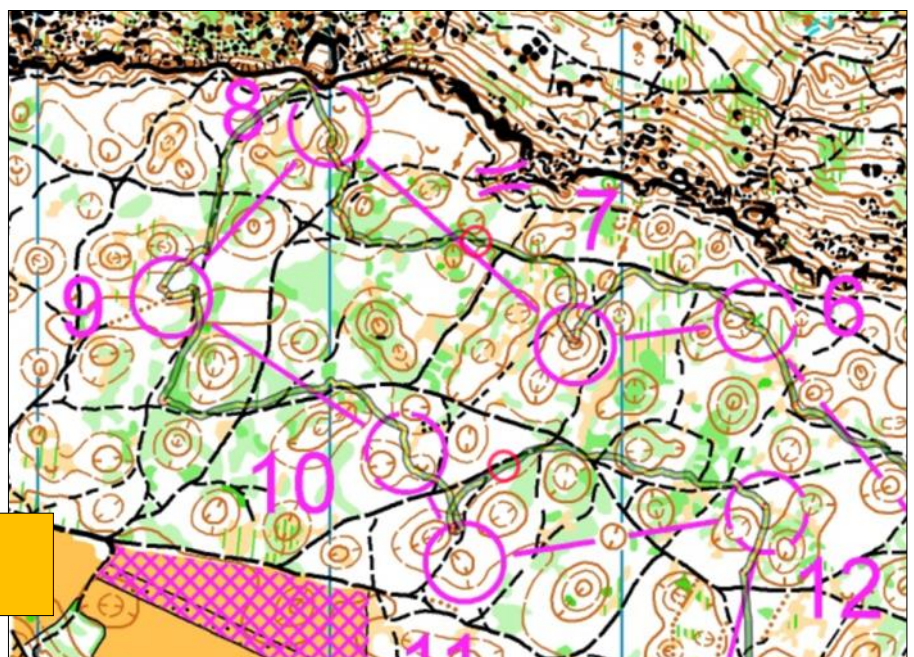
Day 3: A very different day! Apart from a steep rocky slope which the M65 course avoided, the terrain was essentially flat but with gently rounded sink holes. The whole area was pleasant deciduous woodland with a good path network. Apart from the sink holes, this was familiar terrain. With no rocks, I decided that I would attempt to jog the course and see how things turned out. It was great! I was able to keep going and keep in contact with the map. Wherever possible I used the path network which at times led to some longer legs but with no errors it was very enjoyable. Although my running speed was not fast and my splits showed that I was typically 9th to 15th for each leg, with no errors I was placed 6th. And, even better, my knee had survived with no increased swelling, aches or pain.

Day 4: Back to the tough rocky terrain at the ski resort although forestry activity had created some additional paths in the part used on this day. The first control was trickier than it looked on the map – a small re-entrant around the back of a steep ridge. Getting to the right height and interpreting the contours was tricky as indicated by the number of competitors looking confused in the area. I went too high and it took nearly 8 minutes to locate the control. The rest of the course was largely uneventful – even walking it was tough underfoot with some steep slopes (both up and down) but with opportunities to use some paths. Result: 14th out of the 23 competitors.

Day 5: Due to forestry restrictions, the final day had to be changed at short notice. It used a small area close to the parking and was classified as a ‘forest sprint’ with a 1:5000 map. It was also the first wet day, a gentle drizzle was falling as I headed for the start. The area was much flatter and less rocky than the other areas based at the ski resort so, again, I decided to risk jogging. With 20 controls in 2.0km, it was a fast and furious event with people running in all directions. With a few small errors, I was pleased to come in 9th out of the 19 competitors. A good end to the week.

It was certainly a good holiday combining challenging orienteering events with a chance to see a bit of Slovenia (and to photograph some butterflies). The terrain was certainly tough and I suspect my times might not have been much better had I been running competitively – perhaps faster over the terrain but with more and bigger navigational errors. For the two days that I actually jogged, I was able to do well and really appreciated what I have been missing over the last few months. You may see me out again at a few specially selected events in the future.

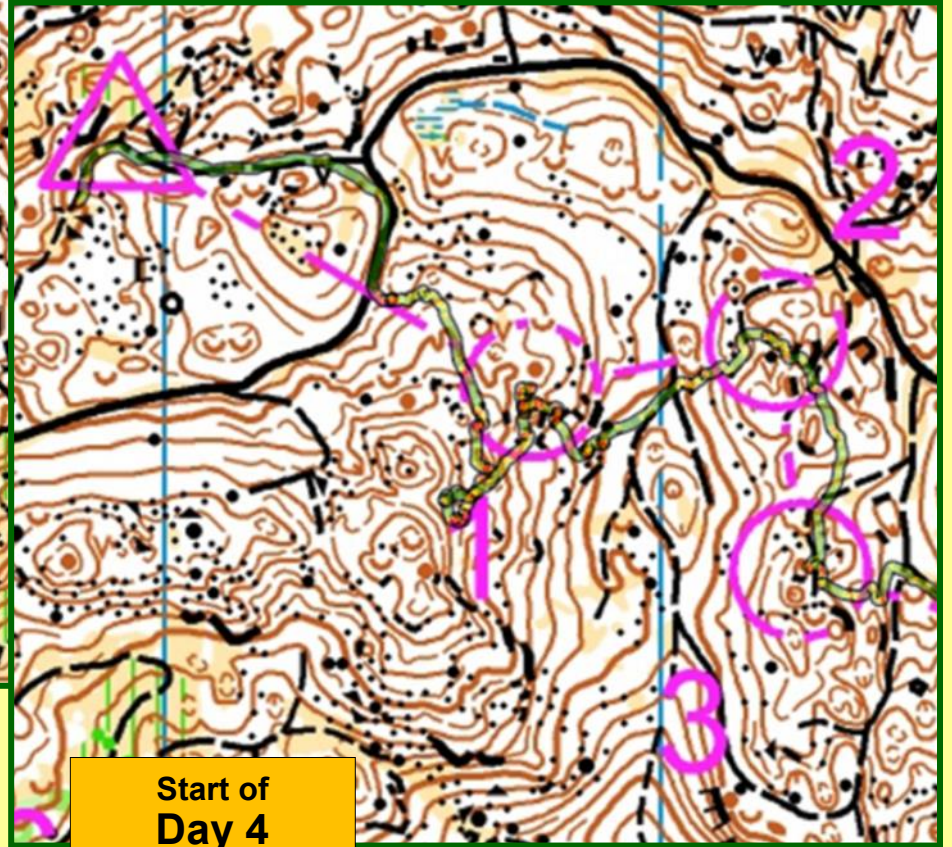
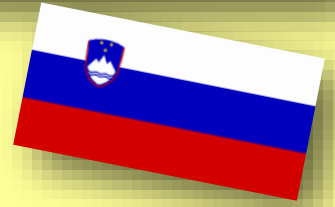
If you get the chance, I do recommend going to one of these summer orienteering festivals in central Europe. Don't expect to do well but the experience will be invaluable. Although a Slovenian concept, the OO-Cup will be based in France for 2020 and Sweden in 2021 – worth considering.



Start of
Day 1

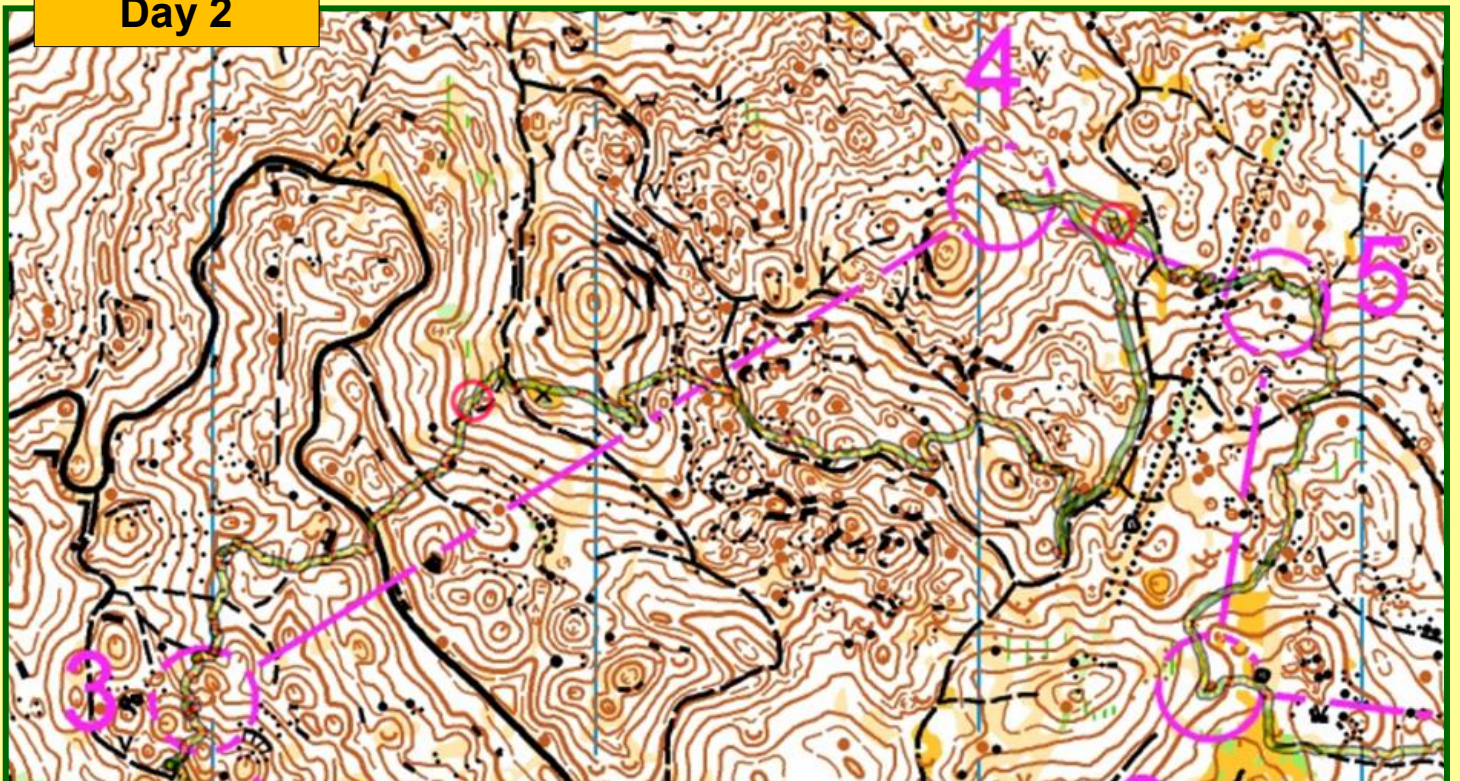
Map extracts from the OOCup
event in Slovenia in July.

*See the report by David Jukes on
the previous two pages for more
details of this event and these areas.*



Start of
Day 4

Part of
Day 2





Sue Wilkes
negotiating the new
Sandford Farm
Estate and, below,
Ashenbury Park



**Organiser
Jane Courtier**
- Job done!



Brian Burt



**Brian
Sewell**

Woodley Summer Event
10th August 2019