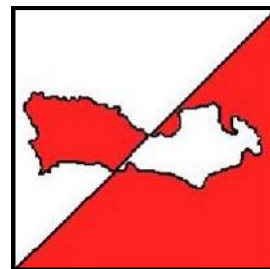


# Berkshire Orienteers

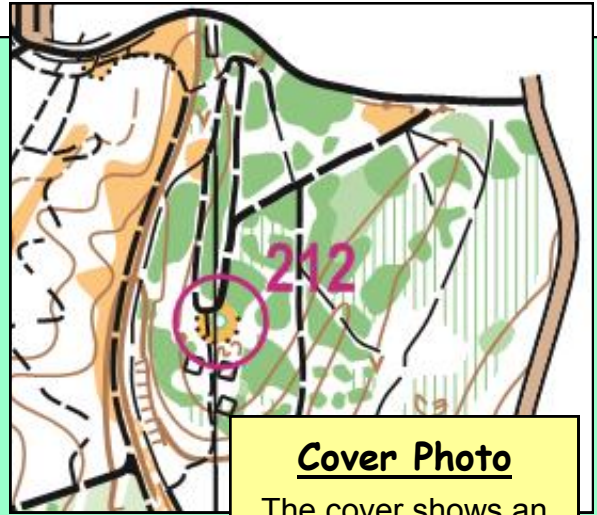
## Newsletter

November 2013



| Yateley Heath SCOA League |     |        |  |      |   |  |
|---------------------------|-----|--------|--|------|---|--|
| Blue Part 1               |     | 3.6 km |  | 60 m |   |  |
| 1                         | 212 | △      |  |      | ○ |  |





### Cover Photo

The cover shows an impressive 'distinctive tree' used as the first control on the Blue course at our SCOA League event on Yateley Heath. An extract from the map showing the tree is given above.

### London City Race

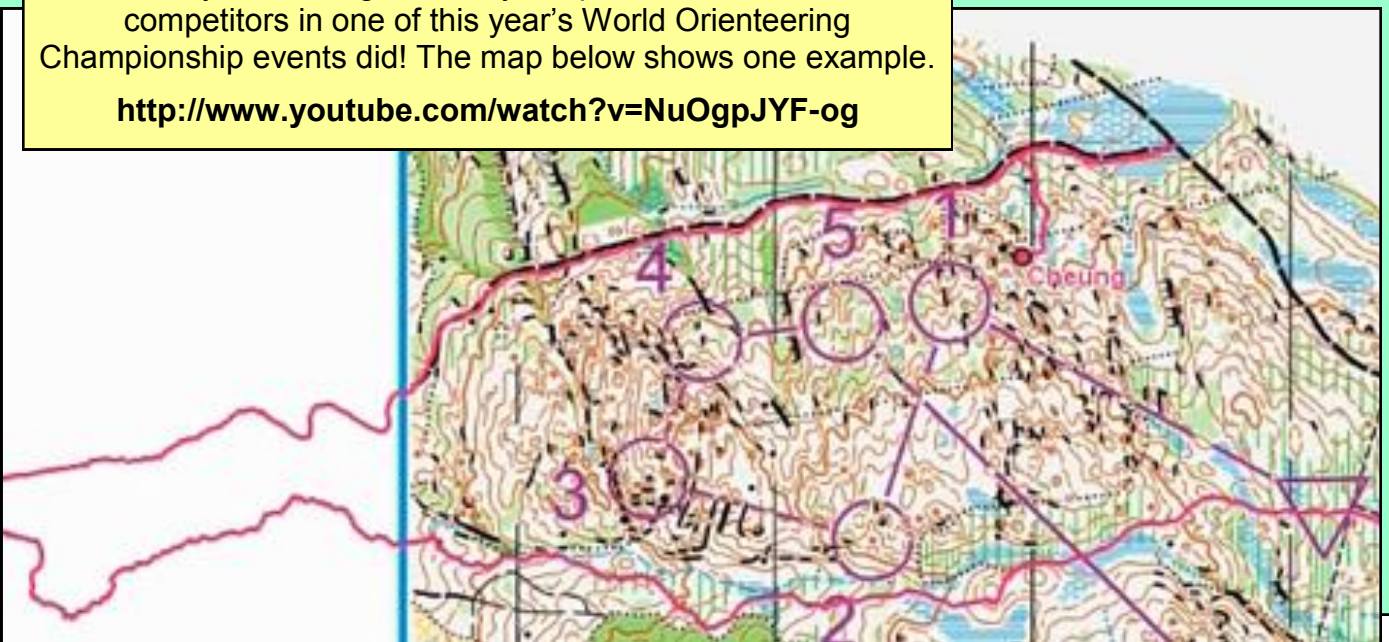
Photos of **Jillian Ullersberger** (above) and **Nigel Hault** (right) approaching the finish in the London City Race on 22nd September which this year was in and around Canary Wharf.



### **Ever thought you were the worst orienteer in the world?**

A video on youtube might cheer you up. See what some of the competitors in one of this year's World Orienteering Championship events did! The map below shows one example.

<http://www.youtube.com/watch?v=NuOgpJYF-og>





## Editorial

Due to a medical condition, now resolved, instead of rushing around a course at our SCOA League event at Yateley Heath, I walked around taking photos of the action taking place.

Initially I was surprised at the number of people who stopped and spent time studying their maps before walking off. I am someone who charges around a course and, even when lost, finds standing still difficult. It was interesting to see how others approach the sport. What it emphasised to me was that our 'sport' is much more than a racing competition.

Consider the photo on the front cover—what other 'sport' takes you to see such marvels of nature? By putting on orienteering events we are providing for a large spectrum of participants—from the fit and sporty to the person who comes occasionally and enjoys being outside in our wonderful countryside (and their time for their course is irrelevant).

Of course, for those of you who were finding the navigation a challenge and would like to get better at the navigation and to improve their fitness, why not come along to one of our regular Wednesday evening club nights in Bracknell?

Let me be the first to wish you a Happy Christmas and an Orienteering New Year (at Whiteknights of course!).

David Jukes

## Club Notes

*Keeping you informed about the club and its members*

### **Veteran Home Internationals (VHI) 2013**

This event was hosted by Norfolk OC near Sheringham and was held on the weekend of 5th/6th October. The BKO interest is that **Martin Wilson** had been selected as a member of Scottish team. The event takes place annually with teams from England, Wales, Scotland and Northern Ireland. The VHI consists of a relay and an individual - this year the relay was first followed by the individual on the Sunday. There are Home Internationals for Juniors, Seniors and Veterans. For the Veterans, classes are for M/W35 - M/W65.

The Relay consisted of two classes: one with teams of 2 men and 1 woman and one with teams of 2 Women and 1 man with each country running up to 4 teams in each class. Unfortunately the Scottish team was rather understrength and England managed to secure the first 4 places in the 2M/1W class and 3 of the top 4 places in the 2W/1M class giving them a significant points lead. Martin was the first leg for one of the Scottish 2W/1M teams and brought them home in 5th place. Most pleasing for Martin as, according to the results, he came in 5 seconds ahead of a key rival, Andy Hemsted (representing England).

On the Sunday, the courses were surprisingly hilly for Norfolk. In the M65 class there was one representative for each country and Martin managed to win with over 4 1/2 minutes lead from Tony Thornley for England. Congratulations to Martin!

However, overall it was England's weekend with Wales taking second place.

### **SCOA Regional News**

Berkshire Orienteers is affiliated the South Central Orienteering Association (SCOA). This acts as a co-ordinating body for the region and supports regional developments and activities (such as the JK weekend last Easter). On 5th September there was an Extraordinary General Meeting (EGM) as well as an Executive Committee meeting.

The EGM was held to consider some proposed changes to the SCOA Constitution (*see the July Newsletter for an introduction to this topic*). One issue was that the finances of SCOA recently have been a cause for concern. It had been proposed to raise funds by including a new individual affiliation fee for Seniors. Such a fee is already in place for the South East OA and it had been noted that members of Southern Navigators (SN), which is both a SCOA and a SEOA club, appeared to be joining SCOA in preference to SEOA. The proposal generated some detailed discussion. It was though pointed out that the financial situation of SCOA had improved as a result of a larger than expected profit from JK2013 and, when put to a vote, the proposal was rejected.

A second proposed change to amend the list of officers and the listing of those permitted to sign cheques for SCOA was then adopted. Finally there was a proposal to amend the clause relating to the distribution of funds in the event that SCOA was wound up - not that this is being anticipated. This was also adopted subject to an amendment.

These discussions had led to a number of other issues being raised and these would be taken forward by the Executive Committee.

After the EGM, the meeting reconvened as the Executive Committee. Some issues raised included:

- The region remains in need of a Secretary - any offers?
- There has been discussion about the region staging the British Sprint and Middle Championships in 2016 but discussion was deferred to a regional fixtures meeting.
- Consideration was given to dropping the regional team championship event (which had not been well supported this year) but it was agreed to stage an event in 2014 with a standard relay format (rather than the Harris relay format used this year).
- There was also the possibility of staging the 2014 Southern Night Championships prior to the BKO Southern Championships / Concorde Chase in January but this would also be discussed at the fixtures meeting.
- A working group was formed to consider further constitutional amendments.

### ***BKO Committee Discussions***

The Committee met in September and the following are some of the items discussed:

- The possible staging of the 2016 British Sprint Championships in the region was discussed (see above) with Katy wondering whether one of the suburbs of Bracknell (Birch Hill) could be used. The event however does have significant organisational requirements since it consists of two races just a couple of hours apart with the results of the first racing determining the starting order for the second. We would also need to have a suitable car park and assembly area. A further complication is that the event is normally staged over a weekend in conjunction with the British Middle Championships and a suitable area would be required to this - SN have offered the use of an area although it was not known what they had in mind. The Committee agreed in principle of offer to stage the event if Katy was able to identify a suitable location with suitable support facilities.
- The Committee agreed that the BKO Club Championships would be staged in conjunction with the BADO event on the 17th November using the same criteria as last year (based on ranking points).
- Discussions continued on how and when to update our event equipment. A new laptop, previously agreed, had not yet been purchased. It was agreed that at present our main difficulty is with the increasing rate of failures with the clubs stock of Emit cards. Rather than completely updating our equipment we would, as an interim, purchase a stock of 50 new Emit cards which should mean that a major replacement could be delayed for about another 2 years.
- The new look web site is not quite ready for launch although some changes have been introduced to the presentation - **Andy Parry** is progressing this.

### **National Ranking List as at 30 October 2013**

It was in the January Newsletter that a list of the top 20 BKO members in the National Ranking list was last included. On this occasion, rather than simply taking the top 20, the tables below indicate our top 10 female and top 10 male members showing in the list. In the case of the men, their BKO position last January is also indicated.

The total points used for the ranking list is based on an individual's top 6 scoring events in the last 12 months. The method of generating the scores is complex and will not be explained here! One thing to note is that the scores from last January can not be compared to the scores this time as there was a recalculation of scores in March which led to a general increase in everyone's scores.

Congratulations to **Gill Godbold** and **Alexander Moore** who head the two lists. However it can also be noted that **Helen Fraser's** point score is actually only made up of 5 events which means that, if the list had been based on 'average points per event', she would have headed the female listing.

The best individual event score from the female listing was **Lisa Methven's** 1068 at the JK Sprint at Whiteknights which, as you will see from her own comments later, was perhaps due to some special factors. From our male listing it was **Alexander Moore** who has a score of 1287, also from the JK Sprint.

| <b>Position (National Position)</b> | <b>Name</b>         | <b>YOB</b> | <b>M/F</b> | <b>Points</b> |
|-------------------------------------|---------------------|------------|------------|---------------|
| 1 (2209)                            | Gill Godbold        | 1954       | F          | 5813          |
| 2 (2318)                            | Lisa Methven        | 1969       | F          | 5713          |
| 3 (2427)                            | Fiona Clough        | 1962       | F          | 5613          |
| 4 (2600)                            | Annika Hermik       | 1971       | F          | 5384          |
| 5 (2638)                            | Catherine Springett | 1957       | F          | 5333          |
| 6 (2703)                            | Katy Stubbs         | 1956       | F          | 5242          |
| 7 (2712)                            | Sue Parker          | 1960       | F          | 5227          |
| 8 (2730)                            | Janet Gibson        | 1940       | F          | 5197          |
| 9 (2852)                            | Helen Fraser        | 1975       | F          | 5001          |
| 10 (2866)                           | Philippa Jefferies  | 1995       | F          | 4974          |

| <b>Position (National Position)</b> | <b>Jan 2013 Position</b> | <b>Name</b>     | <b>YOB</b> | <b>M/F</b> | <b>Points</b> |
|-------------------------------------|--------------------------|-----------------|------------|------------|---------------|
| 1 (298)                             | 2                        | Alexander Moore | 1992       | M          | 7506          |
| 2 (552)                             | 4                        | Martin Wilson   | 1947       | M          | 7196          |
| 3 (558)                             | 3                        | Ian Cooper      | 1943       | M          | 7189          |
| 4 (592)                             | 1                        | Dan Straka      | 1966       | M          | 7155          |
| 5 (601)                             | 6                        | David Jukes     | 1952       | M          | 7148          |
| 6 (728)                             | 5                        | Simon Turton    | 1965       | M          | 7044          |
| 7 (818)                             | 7                        | Andrew Graham   | 1955       | M          | 6970          |
| 8 (861)                             | 8                        | John Methven    | 1970       | M          | 6931          |
| 9 (906)                             | 10                       | Simon Moore     | 1960       | M          | 6892          |
| 10 (940)                            | 14                       | Derick Mercer   | 1964       | M          | 6864          |



## Membership Memo's

Ian Hudson

As I write this, at the end of October, there have been no new members since the last newsletter. I suspect this is due to me advising the two or three membership enquiries I have had recently to "wait until after the 1st November" in order to get two months extra on 2014 membership.

Talking about the 1st November I would like to remind all current members that you don't have to wait until January or February to renew your BO/BKO membership, BO will take your money now!

[http://www.britishorienteering.org.uk/page/renew\\_membership](http://www.britishorienteering.org.uk/page/renew_membership)

I have some good and bad news on 2014 membership fees. The good news is that they haven't gone up. The bad news is that they haven't gone down either! So once again, to remain a member of BKO in 2014 you will pay:

|                      | Senior     | Junior    |
|----------------------|------------|-----------|
| BO fee               | £5         | £2        |
| BKO fee              | £6         | £1        |
| <b>Total payable</b> | <b>£11</b> | <b>£3</b> |

A bargain, I hope you agree, for the newsletter alone. Questions? [membership@bko.org.uk](mailto:membership@bko.org.uk)

### Southern Championships 2014 - 26th January 2014

BKO's annual major event, the Concorde Chase, will next year incorporate the prestigious **Southern Championships 2014**. This raises the status of the event from a Level B to a Level A and in consequence some additional items are required - commentary for example. **Fiona Clough** and **Derek Mercer** agreed to take act as organisers for this event. Fiona has asked me to include the following:

'I am busy making arrangements for the Concorde Chase/Southern Championships hosted by BKO on 26th January 2014 at Star Posts in Bracknell. **Martin Wilson** is also very busy in the woods planning the courses. Entries will be on Fabian4 in the next few weeks. I will need plenty of helpers on the day so if you can assist I would appreciate it if you could email me - there will be helpers discount as usual.'

So please keep the date free and e-mail offers to Fiona and Derek: [concorde@bko.org.uk](mailto:concorde@bko.org.uk)

### 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](mailto:newsletter@bko.org.uk)



### Berkshire Orienteers on Facebook

Are you a Facebook user? The **Berkshire Orienteers** site is now displaying a more regular selection of news items, events and photos. Don't forget to 'like' the site and get updates direct to your main page. Also why not promote the page to your friends and increase their knowledge about orienteering?



### BKO Youth League 2012-13

Results of this competition were given in the last newsletter but the presentation was held at the first event of the 2013-14 Youth League in September. The Youth League is co-ordinated by **Ken Ricketts** who, along with **Katy Stubbs**, presented the awards. The main supporter of the Youth League is **St Andrews School** (shown below) who took the Team Trophy. We are grateful to **Glyn Thomas** from the school who promotes orienteering within the school and encourages participation. Top left is **Charlie Betts** who was Team Captain for St Andrews for the 2012-13 year. Top right is **Lowri Thomas**, Glyn's daughter, with her certificate for attending at least 4 events.



## Event Summary

This listing, provided by Andy Parry, shows a selection of forthcoming events. It is extracted from the national listing and shows all Level A events (important national events including championships) but only more local events or activities at lower levels. For a full listing, look at the British Orienteering web site.

| Date                | Name   | Level          | Club       | Venue                        | Town                 |
|---------------------|--|----------------|------------|------------------------------|----------------------|
| Sun 10 Nov 13       | SN Regional SE League                                  | Level B        | SN         | Frith and Windmill Hill      | Deepcut (nr Frimley) |
| Sun 10 Nov 13       | Dorset Schools & SCOA League event                     | Level C        | SARUM      | Grovely West                 | Salisbury            |
| Tue 12 Nov 13       | SLOW Night Street Series                               | Level D        | SLOW       | Clerkenwell                  | tbc                  |
| Sat 16 Nov 13       | SN - Saturday Series 3                                 | Level D        | SN         | Wisley                       | Woking               |
| Sat 16 Nov 13       | Wessex Night League - Hatchwarren                      | Level D        | BADO       | Hatchwarren                  | Basingstoke          |
| Sun 17 Nov 13       | BADO Level C and SCOA League Event                     | Level C        | BADO       | Pamber Forest                | Tadley               |
| Wed 20 Nov 13       | Oxford Street-O Series 3                               | Level D        | TVOC       | East Oxford                  | Oxford               |
| Sat 30 Nov 13       | South East Night Champs                                | Level C        | SLOW       | tbc                          | Esher                |
| Sun 1 Dec 13        | GO local event Ambersham                               | Level C        | GO         | Ambersham & Heyshott Commons | Midhurst             |
| Sat 7 Dec 13        | Try O + limited Colour coded                           | Level D        | SARUM      | tbc                          | tbc                  |
| <b>Sat 7 Dec 13</b> | <b>BKO Winter Saturday Series (Benyon's Enclosure)</b> | <b>Level D</b> | <b>BKO</b> | <b>Benyon's Enclosure</b>    | <b>Mortimer</b>      |
| Sat 7 Dec 13        | TVOC Saturday Series Cutteslow Park Oxford             | Level D        | TVOC       | Cutteslow Park Oxford        | Oxford               |
| Sun 8 Dec 13        | SAX Regional SE League                                 | Level B        | SAX        | Hindleap                     | Forest Row           |
| Sun 8 Dec 13        | SCOA League New Forest                                 | Level C        | SOC        | Busketts Lawn                | Southampton          |
| Tue 10 Dec 13       | SLOW Night Street Series                               | Level D        | SLOW       | Kingston                     | tbc                  |
| Sat 14 Dec 13       | SN - Saturday Series 4                                 | Level D        | SN         | Mytchett                     | tbc                  |
| Sun 15 Dec 13       | TVOC Regional Event                                    | Level C        | TVOC       | Wendover Woods               | Wendover             |
| Tue 17 Dec 13       | Oxford Street-O Series 4                               | Level D        | TVOC       |                              | Oxford               |



| Date                 | Name   | Level          | Club       | Venue                          | Town           |
|----------------------|--|----------------|------------|--------------------------------|----------------|
| Sun 29 Dec 13        | OK Nuts Trophy                                     | Level C        | SLOW       | Hankley                        | tbc            |
| Wed 1 Jan 14         | New Years Day Score event                          | Level D        | SARUM      |                                | Salisbury      |
| <b>Wed 1 Jan 14</b>  | <b>BKO New Year Score (Whiteknights)</b>           | <b>Level D</b> | <b>BKO</b> | <b>Whiteknights</b>            | <b>Reading</b> |
| Sat 11 Jan 14        | SN - Saturday Series 5                             | Level D        | SN         | Bagshot                        | tbc            |
| <b>Sat 11 Jan 14</b> | <b>BKO Winter Saturday Series (Yateley Common)</b> | <b>Level D</b> | <b>BKO</b> | <b>Yateley Common</b>          | <b>Yateley</b> |
| Sat 11 Jan 14        | TVOC Saturday Series University Parks Oxford       | Level D        | TVOC       | University Parks Oxford        | Oxford         |
| Sun 12 Jan 14        | SCOA League  | Level D        | SOC        | Ocknell & Slufters, New Forest | Southampton    |
| Wed 15 Jan 14        | Oxford Street-O Series 5                           | Level D        | TVOC       | Oxford City Centre             | Oxford         |

## **BKO Fixtures**

The following details is a separate list of all BKO events over a much longer period. Don't forget that offers of help at these will be much appreciated!

| Date                 | Event Name                       | Level          | Location          | Town             | Grid Ref        |
|----------------------|----------------------------------|----------------|-------------------|------------------|-----------------|
| <b>Sun 26-Jan-14</b> | <b>Southern Championships</b>    | <b>Level A</b> | <b>Star Posts</b> | <b>Bracknell</b> | <b>SU875661</b> |
| Sat 8-Feb-14         | BKO Winter Saturday/Youth League | Level D        | Bloom Wood        | High Wycombe     | SU860890        |
| Sat 1-Mar-14         | BKO Winter Saturday/Youth League | Level D        | Star Posts        | Bracknell        | SU875661        |
| Sat 5-Apr-14         | BKO Winter Saturday/Youth League | Level D        | Burghfield        | Mortimer         | SU639651        |
| Sun 18-May-14        | BKO SCOA League Event            | Level C        | Rushall Woods     | Reading          | SU802578        |
| Sun 28-Sep-14        | BKO SCOA League Event (TBA)      | Level C        | Birch Hill (TBC)  | Reading          |                 |
| Sun 25-Jan-15        | BKO Concorde Chase               | Level B        | Cold Ash          | Newbury          | SU520737        |

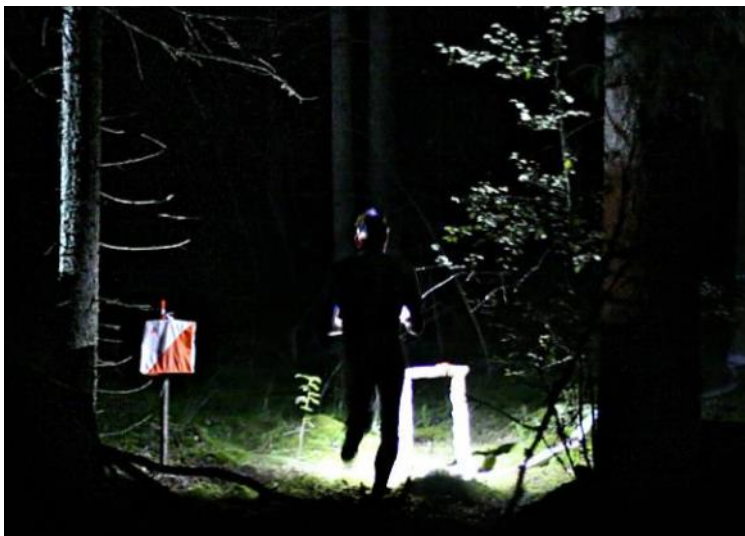
## Know your sport: Night-O

So you enjoy the technical challenge of navigating through the terrain at speed using a map? So you want to increase the challenge? Well why not try it in the dark?

That is the concept of night orienteering. As stated in the BOF Guidance for Night-O. *“some orienteers regard it as the ultimate challenge in the sport, requiring the highest standards of navigation.”*

However, it is not quite that simple. In order to see the map and to have any chance of finding the controls, competitors carry torches - most serious night orienteers have headlamps. There is though no rule concerning the power of the headlamp. Therefore brighter lamps will almost certainly give their owners an advantage. An important factor though is the weight of the battery. The more powerful the light, the more powerful the battery needs to be. There is a major advantage in having bright lights but if they fail when you are only half way round the course you may end up lost.

Is it possible to have a fair ‘night’ event in which the technical ability and fitness of the competitor are all that count. Probably not, but this does not prevent competitors enjoying the challenge!



### Headlamps

As you need to hold your map and compass you don't really have a spare hand to carry a torch. So regular night orienteers use headlamps.

Two examples are shown here. The top one is the current version being sold by Ultrasport. They claim the following for this version:

*Silva Trail Runner II Headlamp is an upgraded more powerful version of the best selling running headlamp. New Ultralight weight LED with extra wide headband giving 50 metres beam (140 Lumens) and 30hrs of light. Powered by 3xAAA Batteries included in headtorch pack. Approx weight of headtorch inc batteries: 118grms*

A typical price for this model might be £45—£50.

Below is another example but in this case the battery pack is carried separately and there is a cable up to the head unit. But this one costs about £250!

Don't forget though that you need to consider a back-up option—perhaps a small hand held torch carried in a pocket—just in case the headlamp fails!







## What to consider when taking part in 'Night-O'

Here are some things to consider based on guidance by British Orienteering

- The course will be tougher at night so a course which would be technical difficulty 3 (TD3) in daylight can easily become TD4 at night.
- If you normally run your course, you will find you will be slower—perhaps 10% to 15%
- Relocation is much more difficult at night because your view is restricted to the width of the beam, even with a powerful light.
- Planners try to choose features which are clear and unambiguous. You should not be expected to find small features below ground level (e.g. pits) especially when vegetation is restricting visibility.
- It is probably best to choose more and longer path runs than would be usual. A route which takes you through “walk” areas and indistinct vegetation boundaries are to be avoided.

Here is some advice from **Ian Hudson**, a BKO member who regularly attends night events

- Dress appropriately, it can be very cold and/or wet at night in the winter.
- Modern LED headlamps are adequately bright enough for the job and not too expensive. But remember you can only see what is in the beam. At times you will need a wide short beam and at others a narrow long beam, so use a headlamp with a beam that can be easily adjusted on the move.
- Practice looking at the map indirectly so its at the edge of the beam, looking directly at it results in momentary blindness as the white paper or plastic bag reflects all the light back into your eyes.
- Always keep your concentration on the map and all that is shown on it, mentally ticking features off as you pass them. If you lose contact it can take a long time to relocate at night.
- Using a collecting feature behind the control is very useful, as distances are more difficult to judge at night. Don't panic! The hobgoblins will not get you if you keep moving.

### The Harvester Trophy

Although termed 'Night-O', most events are actually just 'Evening-O'. The one exception is the annual Harvester Relay which starts late in the evening and continues until after dawn the next day. The competition takes place each summer with clubs entering teams of 7 or 5 people.

### A selection of forthcoming night events

|                   |                              |                            |                 |       |
|-------------------|------------------------------|----------------------------|-----------------|-------|
| Sat 16th Nov 2013 | Wessex Night League          | Hatchwarren                | Basingstoke     | BADO  |
| Sat 23rd Nov 2013 | Wessex Night League          | Ringwood North (tbc)       | Ringwood        | WIM   |
| Sat 30th Nov 2013 | South East Night Champs      | Esher Common               | Esher           | SLOW  |
| Sat 7th Dec 2013  | Southern Night Championships | Gore Heath, Wareham Forest | Wareham, Dorset | WIM   |
| Sat 8th Feb 2014  | Wessex Night League          | Stonedown Woods (tbc)      | Salisbury       | SARUM |
| Sat 22nd Feb 2014 | British Night Championships  | Pippingford Park           | Crowborough     | MV    |

## Know Your Club Members — The Methven Family

### Age classes?

- Adam 8 years old – M10
- Anna 10 years old – W10
- John M40
- Lisa W40

### Hometown?

- Earley, Reading

### How did you start orienteering?

- We didn't start going regularly until Anna was born. We started orienteering as a family because it gets us outdoors but fits around family life more easily than some of the activities we did before – caving and mountain walking. We started off going round green courses together with Anna and then Adam in a backpack. Moved on to walking the kids round on light green. Finally progressed to taking staggered starts and going round independently. We certainly noticed the increase in course length and difficulty.



Lisa with Anna Methven at Yateley Heath

### Clubs?

- BKO and Walton Chasers (near Stafford)

### Best achievements?

- Anna and Adam do a lot better than their parents! Anna was 2nd in W10B at the British Champs this year and Adam was 2nd on M10B at the JK. In contrast John was 19th on M40L at the British Champs and Lisa was pleased not to come last on W40L!

### Most enjoyed event?

- We like the “full on” weekends with a mix of event types. This year we took part in the JK, British Champs long distance and relays, and the SINS weekend in Shropshire. We particularly enjoyed the evening urban event around Ludlow, although Anna got rather lost inside the castle! It's good to know there is a chance that you might do better tomorrow.

### Biggest goof?

- On British Champs relay this year John made a classic 180 degree compass error plus contour error and ended up at the bottom of Holmbury Hill rather than the top and had to climb back up the scarp slope – 15 minutes wasted.

### International experience?

- So far only a permanent orienteering course at Gueret (in the middle of France) after a birthday party.

### Biggest cheat?

- Lisa, coming 6th in W40 at the JK sprint when I work on the campus where the event was held!



Adam Methven at Lower Earley



### *Other interests?*

- We all enjoy mountain biking, especially weekends with friends and the new routes from the Lookout. Lisa and John love mountain walking and caving too, but Anna prefers her dancing and swimming and Adam his gymnastics. Had a great holiday last year climbing mountains in the Dolomites. We would like to try our hand at some Mountain Bike Orienteering events.

### *Education/employment?*

- Lisa and John work at the University of Reading in Food Science and Meteorology. Anna and Adam are at school.

### *What training do you do?*

- Ah, that's where we're going wrong!

### *Best thing about orienteering?*

- Running through wild woods without noticing that you are doing exercise! Adam and John love pouring over maps. Feeling that you have improved by getting it right.

### *Worst thing about orienteering?*

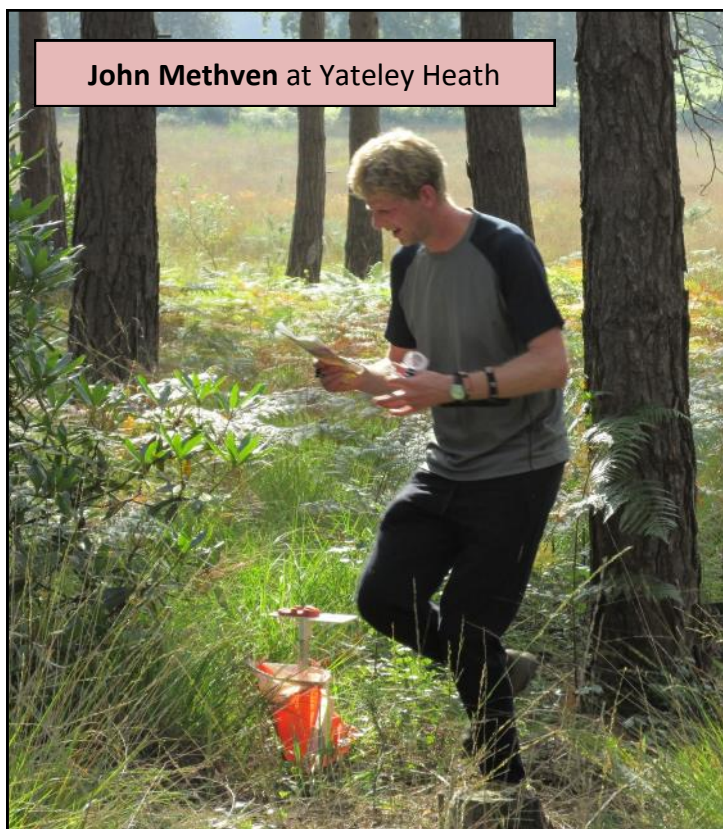
- Feeling that you haven't improved by getting it wrong, repeatedly!

### *Orienteering ambition?*

- For Lisa ... to move into W45 next year so she gets a larger scale map and can read it again.
- For Adam and Anna ... to do well in the M10A and W10A classes.

### *What have you done that no one else is likely to have done?*

- Venturing into unexplored caves, including 300m down a new pothole in Austria and across a lake deep underground in Romania. A few years ago now, but would love to do it again at some point.



**Wednesday 1st January 2014**

**New Years Day Score Event**

**Whiteknights — University of Reading Campus**

Need to get out after eating your way through Christmas? Want to freshen up after a late night celebrating the New Year? Come and join us for a challenging run around the University of Reading campus. Whiteknights has been ranked number six out of over 1,400 green spaces entered into the Green Flag People's Choice Award, and is the only university campus to appear in the top 10. The event will use the whole campus - not just the part used for the JK2013 Sprint.

Full details will appear on the club's website:

<http://www.bko.org.uk/event/2014/01/11/whitknights>



# Christmas O-Present Ideas!



Christmas is coming and you are probably being asked what you want. Short of ideas? Here are some suggestions for you to add to your list. Prices range from about 50p to about £5M+

£5 or less



1



2



3

1. **Whistles:** Worried about getting lost in the forest? Perfect for children and beginners. About 50p.

2. **Security strap for use with SI**

**dibbers:** Loosing a dibber in the forest can be expensive. This strap is available from Ultrasport for just £1.50

3. **Orienteering Wrist Band:** Cool fashion item for kids allowing them to impress their friends! Available in packs of 10 from British Orienteering for £5.00

4. **Car Stickers:** Promote Orienteering to fellow travellers. 2 designs available (100mm). From British Orienteering - 50p each + pp.

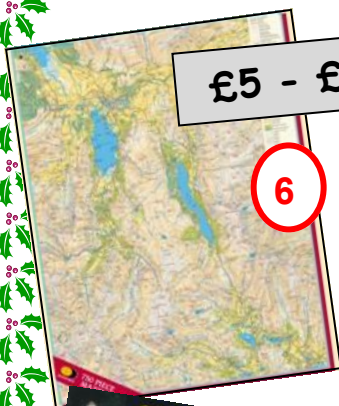


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5. **Silva Orienteering Souvenir Kite:** Just 6cm x 6cm. A fun souvenir - could be used for training but also suitable for car use. £2.90 from Compasspoint.



£5 - £20

6

6. **Mazzle of the Lake District:** A map jigsaw puzzle which will delight map and jigsaw addicts. Other maps also available. Actual jigsaw size 610x460mm. 750 pieces. From Harvey Maps. £14.95



8

7. **Orienteering: Skills - Techniques - Training:** A paperback written in 2010 by Carol McNeill, an experienced international UK orienteer. Available from Amazon for £6.99



7

8. **Osport forearm control description holder:** Weather resistant clear plastic cover with velcro closure. Held on forearm with two adjustable velcro straps. £7.25 from Compasspoint

9. **Rain visor:** With adjustable elasticated band - ideal for keeping those glasses dry! £7.00 from Ultrasport.



9



£20 - £100



10

10. **BKO Club Kit:** Available in both short and long sleeve styles; various sizes available. Show you belong and are proud of the club! Available from Sue Wilkes (01635 522356 or sue\_w26@yahoo.co.uk). Only £20.

11. **Thumb compass:** Want to speed through the forest? Thumb compasses are used by many top orienteers. Prices vary about £26 - £60. Illustrated model is £32.50 from Compasspoint.



11

12. **Garmin Forerunner 110 GPS Enabled Unisex Sports Watch:** Having trouble working out where you went wrong? This "high-sensitivity GPS receiver accurately locates and tracks position even near tall buildings/under tree cover". RRP £150 but seen recently on Amazon for only £90!



12



13

13. **INOV8 Flyroc™ 310.** Get a better grip as you sprint through your course. Other Inov8 models are available. Illustrated version is

£80.00 from Sportsshoes.com (but worth looking around for offers)



£100 +

14. **Entry to the Swedish O-Ringen, July 2014:** Give your loved one the opportunity to compete in the ultimate

orienteering challenge. The Swedish O-Ringen provides 5 days of intense competition over technical terrain. Entry until April 2014 is about £120. *Travel and accommodation charges are extra!*



14

15. **Own your own wood or forest:** Want to have your own wood for training? Woods are available throughout the country and have a variety of terrain types. Prices vary but are often about £50,000 per hectare. If you want to

be able to stage your own orienteering events you will need a wood with about 100 hectares (or 1 km<sup>2</sup>) making a total cost of about £5,000,000. Twice this size would however be ideal! Search online at <http://www.forests.co.uk/> or <http://www.woodlands.co.uk/>



15





## Triumph and Disaster in Portugal

### The Harpers at the World Masters Mountain Bike Orienteering Championships

The World Masters Mountain Bike Orienteering Championships were held in October this year in the Costa Alentejano region of Portugal, about 100 Km south of Lisbon. After our first taste of MTBO foreign competition in Fontainebleau last year, Eric and I enjoyed it so much (despite the rain) that we decided to go for the Big One this year. After all, what's not to like about some autumn sun in Portugal in October?

Entries for M/W 60 were duly made in April, but unlike in foot O, these are organised through the governing body, British Mountain Bike Orienteering, hence all competitors rode as the GB Masters team, mostly in the official GB team kit. Thereafter, the necessary preparations followed: research and buy a more reliable car than the current 16 year old model (Eric), organise all things car and bike related (Eric), research itinerary to Portugal and book hotels (Denise); organise GB team accommodation for 17 (Denise). Get fitter and increase the bike riding (both).



We had decided to travel by car via the ferry to Santander, taking our time, so were away for 3 weeks in all, journeying through Spain and Portugal. On the outward journey we stopped over in Segovia and Trujillo in Spain and then a final night in Portugal before arriving at our villa, the GB HQ for the week. Fortunately, I had chosen well, and every-one loved it, as it was near the coast, isolated but not remote with all mod cons, pool, BBQ, hammocks, sun-loungers etc, so we were very comfortable there.

The first 3 days consisted of training, where you turned up at the designated area, got a map, then planned your own routes via the 8/10 controls which had been put out. This gave us a chance to acquaint ourselves with the type of terrain we would be riding on later, and get used to the mapping. The temperature was about 30°C on all days, and I became more dispirited as each day passed. The trails were often rocky, with large erosion gullies running down them, stony stream crossings, thorny vegetation on any trails that were not mapped as good riding, and the terrain was very steep cork oak forest, with scattered settlements which always seemed to be guarded by killer dogs. Also I was finding it very hard to cope with the heat. The days settled into a routine – ride some, adjourn to villa for a bit of lunch and a beer, then sunbathe, relax and swim...

The Opening Ceremony was held on the evening before the competition began. Dressed in our GB kit, we assembled in the local town of Grandola, then the 20 teams walked in turn behind



their national flag to a nearby square where we had the usual speeches from local dignitaries and an IOF representative before being entertained by a group of sprightly pensioners in national dress doing some gentle dancing, followed by a BBQ for all – very sociable.



## Day 1 – Middle Distance

- Denise 7.2 Km Climb 110 m 11 controls. Time 1:08:11. Posn 5th.
- Eric 11 Km Climb 200 m 12 controls Time 1.36.38 Posn 19th

I (Denise) had an early start, and fortunately the temperature had dropped to a more comfortable level. I was very relieved on picking up my map, to see that the W60 course mainly stayed in the flatter farm land with just a brief foray into the steep forested slopes. Eric was not so lucky, with loads more climb than me.

My first control looked easy, with 2 main route choices. Unfortunately I picked the wrong one. It was either an up 5 contours, down 3, choice, or stay more level, but slightly longer distance. I chose the latter, to discover that (as we had been warned may happen) the track I needed at the 1/2 way point had been completely ploughed up – obviously very recently. I had to get off and push the rest of the way, only to see my 2 minutes later Italian competitor punching the control when I got there. Not the start I wanted. However, after that all went well until control 5, in the hills. Again, I took an unfortunate route choice, which had looked quite valid. The control was on top of a steep spur, so I decided to take the shortest route which would just involve (as I thought) a short uphill push from the track below to the south. However, though short, the path (or lack of...) was horrendously steep, and densely vegetated with scratchy stuff. I should have cut my losses and turned round, but I pushed on up with huge difficulty, gasping for breath, taking about 12 minutes to get up a ridiculously short sector. At least after that it was all back downhill, then flat, relatively straightforward riding back to the Finish in the town of Grandola. When results were posted, I was delighted that, despite my misfortunes, I had achieved 5th place.

Eric's course was somewhat tougher with loads more climb, but he was relieved to 1. Survive 2. Finish.

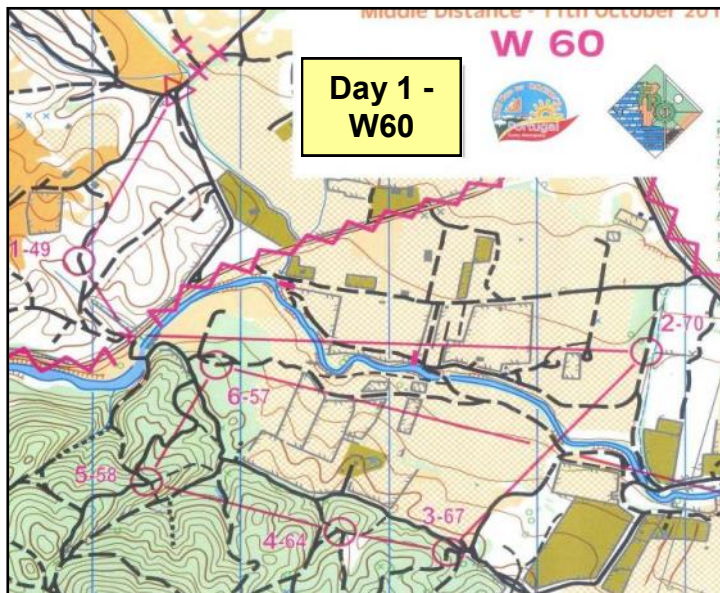
So Day 1 successfully completed for both of us.

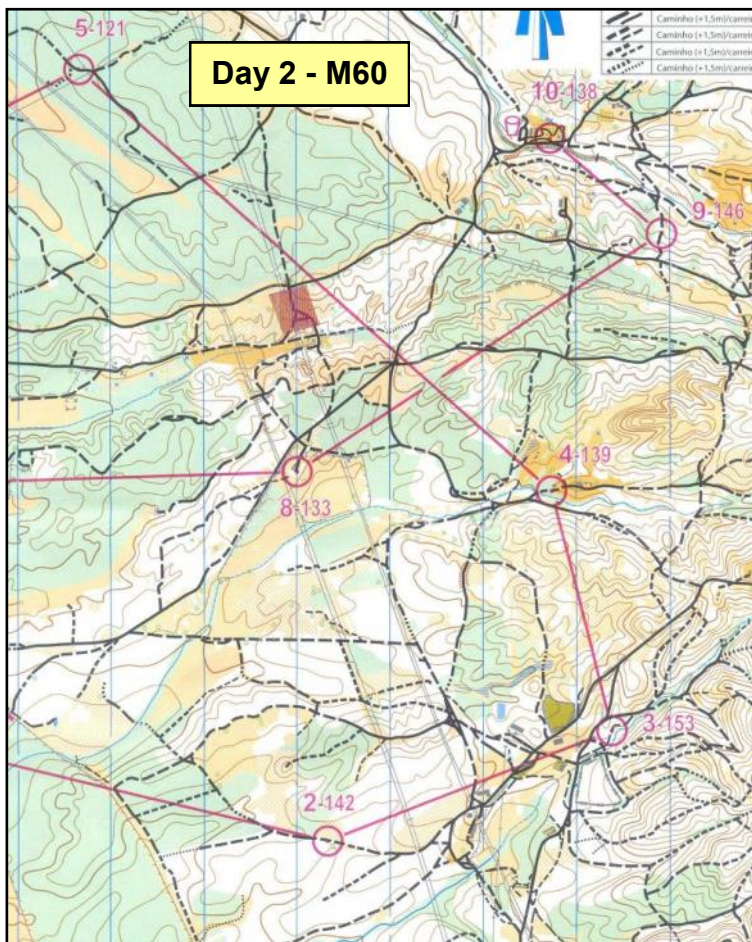
## Day 2 Long Distance

- Denise 15.4 Km Climb 185 m, 11 controls Time 1.50.03. Posn 4th
- Eric 24.4 Km Climb 350 m, 16 controls DNF

This was the day I had been most concerned about, as I doubted my stamina to keep going in the heat, combined with dealing with the terrain, which was rumoured to be very sandy. In fact, it was very reminiscent of some of the Dorset forests, a mix of pine forest and scrubby, thorny heath, with loose sandy trails. These were at times hard going, sometimes degenerating into traps resembling giant sand pits, bringing the unwary to an abrupt full stop or worse.

The day dawned grey, very overcast and a good 10°C cooler than the previous day – perfect! I was first start, and headed out steadily, concentrating on the riding and the navigation. With just 11 controls, there were some long legs, but the navigation looked OK, with judicious route choice enabling considerable reduction in climb, though with added length. I was overtaken by my 3 minute lady between 1 and 2, she





muttering, ‘Very sandy..’ as she overtook me, then nearing 2, Monica Bonifini, ex SLOW, a late Swiss entry overtook me, then as I approached the control I saw them both heading back out again. After that I settled into a rhythm, just concentrating on one control at a time, and ignoring the total distance. I didn’t notice any more rivals overtake me, partly because as the ‘new kid on the block’ I didn’t recognise them, though apparently several of them spotted me. I felt myself tiring over the final legs, especially one which was a long, slightly uphill, narrow and quite sandy drag, but on completion, I was happy with my route choices, I didn’t make any navigational errors, and just lost a short amount of time on the ‘dither’ factor. With an estimated winning time of 90 mins, I was pleased with my time of 1.50, and even more so when I eventually finished 4th – in fact I was thrilled! If only Monica (winner of all 3 days) hadn’t entered after the closing date, I thought ... that would have been a bronze medal. C’est la vie.

Meanwhile Eric’s fortunes had run out, as several GB riders told me at the finish that they had seen him out on the course with a puncture. He finally appeared, wheeling the bike, having run over a chunk of wood and shredded his tyre, causing the puncture, which he couldn’t fix as his new pump wouldn’t work. Doh! But he was fairly philosophical, as he felt he’d had a good ride, and as it happened not too far from the finish, had got his money’s worth.

### Day 3 Sprint.

- Denise 4.2 Km Climb 80 m. 11 controls Time 31.35
- Eric 4.9 Km Climb 105 m 15 controls DNF

I had been expecting to enjoy the Sprint, but in the end it was my least favourite event. It was held in the old hill town of Santiago de Cacem, with steep cobbled streets, and a very scenic fortress on top of the hill. We had worked out where we thought the course would have to go, and were largely correct. From the start midway up the hill, there were 2 controls uphill through town, then a long leg down a country trail, a few more to cross the valley then go a long way up, near the fortress, then contouring back along a road before a nasty descent which involved carrying the bike down some steps, then a narrow dirt track down to the final leg back up on road to the finish. I expected that a sprint event would offer lots of route choice, necessitating quick decisions, but the reality was a hilly course with virtually no route choice, not playing to my strengths at all. I’m not a strong cyclist, and don’t do hills well, and on such a short course I lost too much time through not being able to climb or descend well, so finished last.

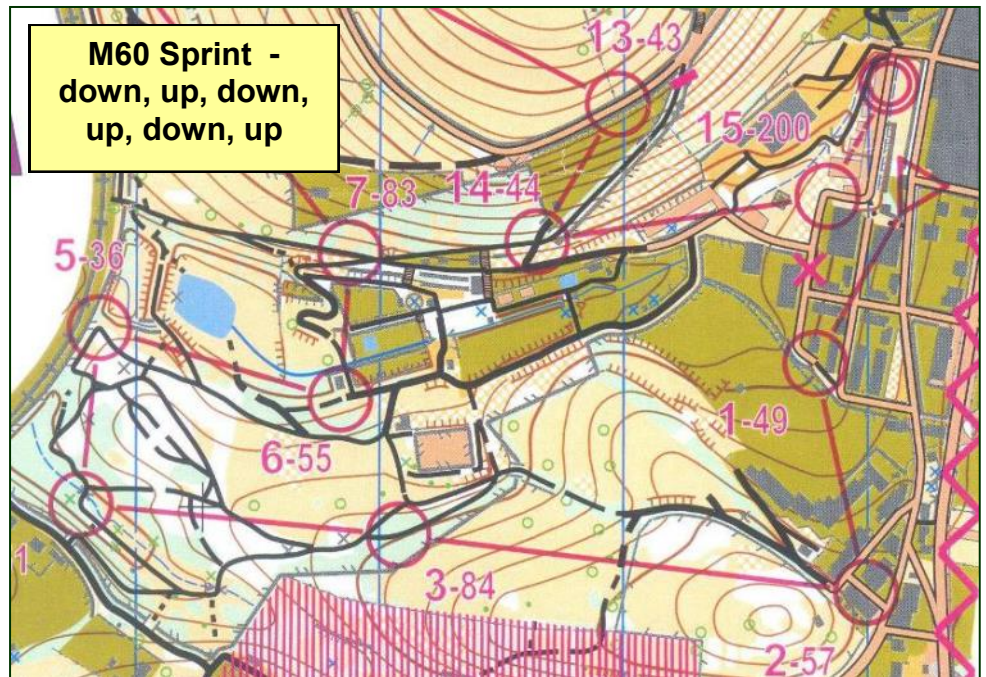
Eric had another bad day, appearing soon after I finished – with a broken chain in his hand. At least it happened on the flat before the brutal ascent up hill, so he had just had an easy push back to the finish. So his World Masters hadn’t exactly gone as he would have liked, but being positive, he did get 2 good rides out of 3.

The international MTBO scene is still quite small, so those who compete regularly have forged friendships with many competitors from other countries. So it was that on the final evening, we had a BBQ back at the villa to which the whole Austrian team were invited, as well as individual



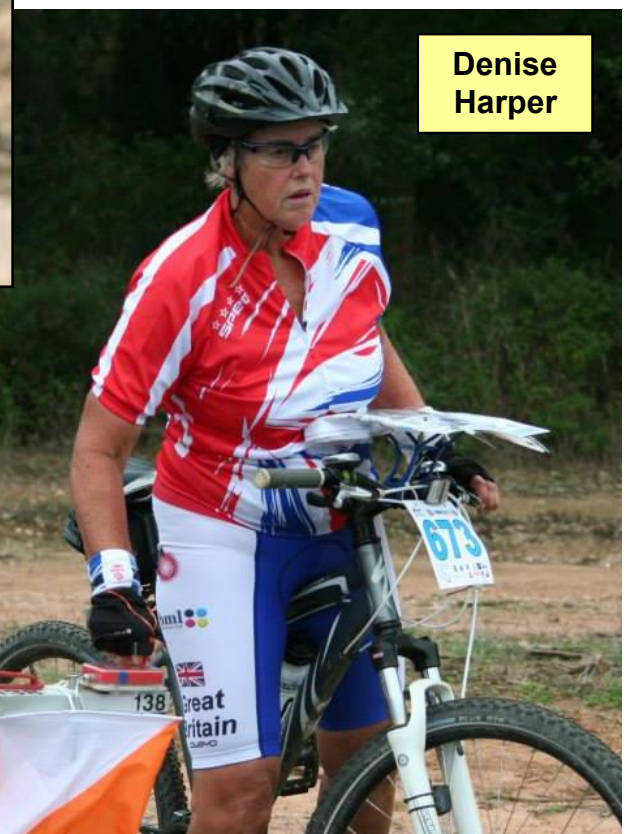
competitors from Finland, Sweden and Australia – including Jon Sutcliffe, who some may know as he mapped Star Posts in years gone by.

As morning dawned, we all packed and headed home. Most people were flying back that day, but Eric and I spent another week driving back to Santander via Porto /the Douro, Santiago de Compostela and finally the North Spanish coast before catching the ferry home.



We thoroughly enjoyed this trip, even though we are not brilliant cyclists. The GB team is quite small, and despite us being new team members, every-one was very welcoming and inclusive, though it did help that I managed to find us such fantastic accommodation. Every-one mucked in and helped one other out, and there never seemed to be any tensions, which seems remarkable with 17 people sharing a house for a week.

I especially enjoyed the 'buzz' and adrenaline that comes from high level



competition – something I have really missed since having to give up competitive foot O due to knee problems. It was also fantastic to be in contention in the competition, and not trailing last with significantly slower times, so a huge confidence boost. I don't expect to make next year's event as I'm due to have knee replacement surgery, but I'm really hoping that, bodies and health permitting, we might make World Masters in 2015, in Portugal again. In fact I've already been told by the team to start looking for another fantastic HQ for us all – so no pressure!



**BKO SCOA League Event—Yateley Heath: 29th September 2013**



**Andy Parry**



**Anika Hermik  
at the start**



**Alan Jones (left) receiving his trophy from Ken Ricketts for winning the 2012-13 SCOA League Short Green competition. The presentation took place at our Yateley Heath event.**



**Colin Godbold  
at the finish**