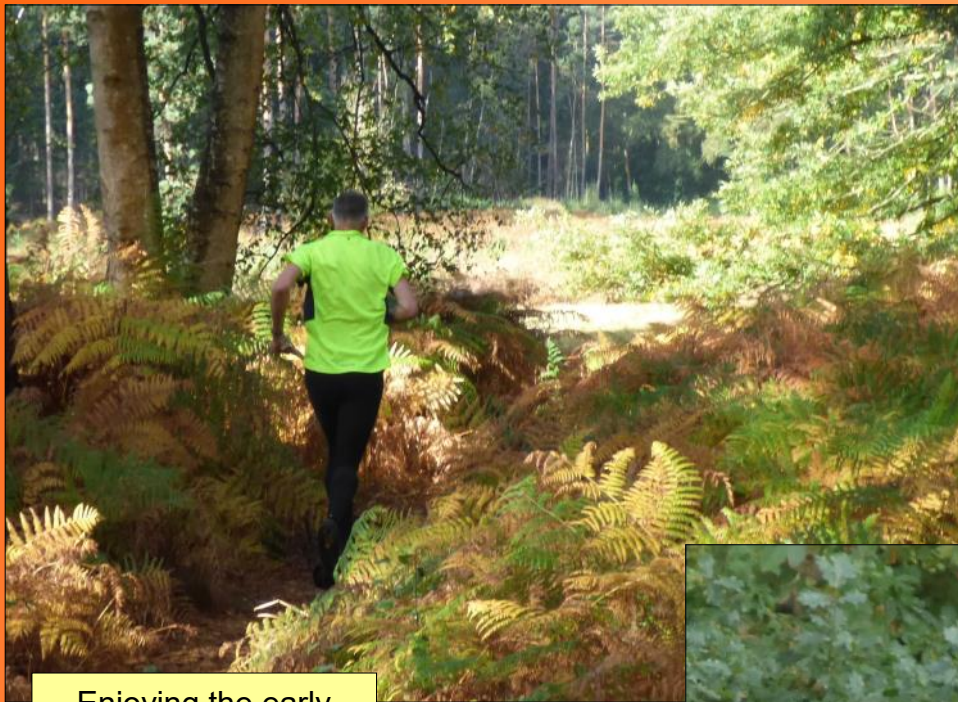


Berkshire Orienteers

Newsletter

November 2018





Enjoying the early
Autumn colours in the
sunshine

Swinley East Saturday Event

13 October 2018

For more photos, see the
back cover.



A 'family' sport



A view of the finish
area and a chance
to discuss routes.



Editorial



As an orienteer of over 40 years, it can be easy to think you know everything about the sport particularly as I have been an organiser, planner, mapper and even a controller (many years ago). Now though, to be an official at an event requires you to have attended an approved 'event safety course'. It may seem a rather bureaucratic requirement but it is a necessary element in these days with the potential for litigation if something goes wrong. All our events are covered by the national insurance scheme which demands that safety is considered appropriately. And the reality is that safety come first - the safety of competitors, the safety of the officials and the volunteers and the safety of the public who might be out in the same location.

And so it was that I joined 6 other orienteers at Katy's house in late September to become an approved person. Was the training worth it? Absolutely! Discussing the different approaches to safety and the need for all the officials to work together brought home the key point. Early consideration of risk factors by all officials will lead to a safer event which all can enjoy. It was good to be reminded of this. Thanks Katy.

David Jukes

Club Notes

Keeping you informed about the club and its members

Urban Leagues

As commented on in the July Newsletter, for the 2018 **UK National Urban League** season, the nominated league events have not been conducive to good performances by 'southern' based orienteers. The cancellation of the Oxford event planned for the 27th October made this situation worse. With a competitor's best 7 events to count (except for Men/Women Hyper Vets where the best 6 count), with one exception BKO members' attendance has not reached the levels needed to be in contention with just one race to go. The exception is **Gill Bennett** in WHV who has so far attended just 3 events and is currently in 5th position. A good performance and the absence of those currently in 3rd and 4th position could, in theory, leave Gill in 3rd place. This is though unlikely and the final event is using an estate in Derby in December which might not be Gill's idea of a good day's orienteering even with a chance of a medal!

For the Southern England League (the SEOUL), with just one race to go, things look a bit brighter for some BKO members. There have been three races since the last report: Godalming (20th Oct.), Winchester (3rd Nov.) and Kempshott (10th Nov.). Our top performers in the League are shown in the table. Note that 8 events count in the SEOUL.

Class	Name	Position	Points	Events
WV (40+)	Toni Whittle	2	711	11
MUV (65+)	Nigel Hoult	3	742	12
WUV (65+)	Denise Harper	3	738	10
	Christine Artus	6	580	6
MHV (75+)	Peter Bennett	1	782	11
WHV(75+)	Gill Bennett	2	780	11

Peter Bennett is now guaranteed first place in MHV having won both in Godalming and Kempshott whilst **Gill** will be taking second place in WHV. **Toni Whittle** is also guaranteed the second spot in WV. Both **Nigel Hoult** (MUV) and **Denise Harper** (WUV) are potentially at risk of slipping to fourth positions. Another good performer recently is **Christine Artus** (WUV) who had wins at both Godalming and Kempshott but unfortunately she is now unable to catch those above her. The final race is in Brighton on the 22nd December.

Committee News

As mentioned in the last Newsletter, there will have been a meeting just before you get this issue - no details as it goes to press. This next one will be on 10th January 2019.

Cover Picture: Our cover photo this issue shows **Derick Mercer** looking quite small amongst the tall trees at our recent event at Swinley East on the 13th October.

Junior News ...

Junior Inter Reginal Championships (JIRC) - 29th-30th September

This is an annual competition with all the regional associations sending teams. It provides a chance for promising juniors to take part in a challenging representative competition.

This year, **Adam Methven** of BKO was part of the SCOA team. The event consists of an individual event on the Saturday and a relay on the Sunday.

This year's JIRC was staged by Derwent Valley Oreintees in Derbyshire. The Individual on the Chatsworth Estate involved moorland and a complex wooded escarpment. Adam, competing in the M14 class, came in 9th and was the first SCOA member home.

The Relay at Carsington Pastures provided more open terrain and fast courses. In this case all the age classes (14, 16 and 18) competed together. Adam was in the SCOA 1 Men team which came home 14th out of the 38 teams.

Unfortunately SCOA did not field a large team and consequently managed to come 9th out of the 12 regions. The SCOA Junior Squad is open to all juniors who are moving up to Light Green courses. For more details see the SCOA website.



Photo credit: Wendy Carlyle

British Schools Score Championships (BSSC) - 13th October

Another annual event is this 'score' event with teams competing from schools across the UK. This year's event was in Moors Valley Country Park, near Ringwood. Once again St Andrew's School, Pangbourne took up the challenge and were successful in beating their rivals in both the 'Middle Prep Boys' and 'Middle Prep Girls' classes. Top performers were:

- **Theo Hearn** and **Jo Richards** (Yr 5 Boys) 5th
- **Maddie Woodcock** and **Natalie Wing** (Yr 6 Girls) 3rd
- **Flo Parke** (Yr 7 Girls) 3rd
- **Amelia Wing** (Yr 8 Girls) 2nd
- **Luca Zurek** (Yr 8 Boys) 3rd



Photo credit: Kirsty Parkhouse

Also competing was ex-pupil Imogen Woodcock (Yr 9) who came home 2nd in her class.

Next the school will be competing in the British Schools Orienteering Championships to be held near Blackburn, Lancashire on Sunday 18th November.

Good luck to them all and well done to **Kirsty Parkhouse** for continuing to run the team following the retirement of Glyn Thomas.

Members News

Darrell Cruickshank

Some of you may have noticed that Darrell has been absent from our events for most of this year. Unfortunately he suffered a stroke in February and this has meant that he is no longer permitted to drive. He has now moved North and is living with his son, Julian, near Cockermouth. As reported in the Lorton Parish Council Newsletter, Darrell can often be found on the local bus although he is hoping to take up cycling. He reports that the local club considers that orienteering should include legs which go up and down steep hills. This is something he finds rather too strenuous these days - seeing as he is now 93!



Martin Wilson

It was several years ago that Martin achieved the complete set of the 'Munros' by reaching the top of all the Scottish mountains over 3000 feet (282 at the last count). That might be sufficient for most people!

But Martin likes a challenge and he has been planning to tackle some notable treks in the USA for some time. This September he completed two of these. The first was a 5 day trek in the Sierra Nevada. This involves being totally independent and carrying everything you need for the full five days - tent, clothing, food, cooking equipment and emergency survival gear. With the heavy load and around 3,000 feet of ascent each day, he achieved about 12 miles per day on a 55-mile circular route through incredible mountain scenery.

A few days later, he tackled his second challenge - a one day ascent and descent of Mount Whitney. At 14,505 feet (4,421 m), this is the highest mountain in the 'contiguous' United States. The route involved a 22 mile trek with an ascent of over 6,000 feet. All completed in around 12 and a half hours.

And for your next challenge?

Martin on the top of Mount Whitney



Membership Memo:

After our trio of new members over the summer there have been no new members to welcome. However New Year resolutions always bring in new members so watch this space.

I will take this opportunity to remind those of you who do not have a Direct Debit set up, that membership can now be renewed for 2019 via the British Orienteering (BO) site. Go to:

https://www.britishorienteering.org.uk/renew_membership

and follow the instructions. The membership fees for 2019 are:

- Senior £18
- Junior £6.

Great value for money, just for these newsletters.

Ian Hudson

JK 2019

19th - 22nd April 2019

The JK is coming to the region next year! Check out the website at:

<http://www.thejk.org.uk/>

This will be your chance to compete at the highest levels in an international festival of orienteering. And the event on Easter Sunday will be on our home terrain - Cold Ash.

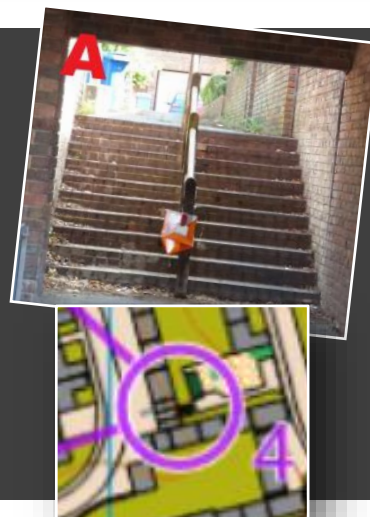
Volunteers are still needed so please contact Toni Whittle who is co-ordinating our work:
toni.whittle@intl.verizon.com



Control Photo Challenge

In the last issue, you were invited to attempt a photo challenge matching photos of controls at our Birch Hill event *[and not Great Hollands as stated in the printed Newsletter!]* with small extracts of the map. The correct combinations were as follows:

1=D; 2=F; 3=I; 4=A; 5=E; 6=L; 7=M; 8=B; 9=J; 10=P; 11=S;
12=C; 13=O; 14=No photo; 15=R; 16=H; 17=Q; 18=M; 19=K;
20=G.



Your 2018-2019 Committee

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

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 !



Event Summary

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

Date	Name	Level	Club	Venue	Town
Sun 18 Nov	 SCOL2	Regional	BKO	Black Park	Slough
Sun 18 Nov	WIM Galoppen	Regional	WIM	Inside Park	Blandford F.
Sat 24 Nov	Southern Night Champs (UKOL)	National	GO	Puttenham Com. /Britty Wdd	Guildford
Sun 25 Nov	Southern Champs (UKOL)	Major	SN	Hindhead & Devil's Punchbowl	Hindhead
Sun 25 Nov	NWO Four Colour Event	Local	NWO	West Woods	Marlborough
Sun 2 Dec	 SCOL3	Regional	TVOC	Shotover Country Park	Oxford
Sun 2 Dec	Highland Water	Local	SOC	Highland Water	Southampton
Sun 9 Dec	CHIG Mitre SE League	National	CHIG	Epping NW	Epping
Sat 15 Dec	BKO Winter Saturday Series	Local	BKO	Burghfield Common	Mortimer
Sun 16 Dec	SN Urban	Regional	SN	Wellington College	Wokingham
Sun 16 Dec	East Midlands Championships	National	NOC	The Dukeries	Ollerton
Sat 22 Dec	SEOUL - Urban	Regional	SO	Brighton	Brighton
Wed 26 Dec	WIM Boxing Day Canter	Local	WIM	Moors Valley Country Park	Ringwood
Tue 1 Jan	BKO New Years Day Score event	Local	BKO	Whiteknights	Reading
Wed 0 Jan	Nick Bateson Long O	Local	BAOC	Bulford Ranges	Bulford
Sat 5 Jan	TVOC Saturday Series	Local	TVOC	Kings Wood	High Wycombe
Sun 6 Jan	NWO Four Colour Event	Local	NWO	?Fyfield Down	Marlborough
Sat 12 Jan	BKO Winter Saturday Series	Local	BKO	Langley Park	Slough
Sun 13 Jan	 SCOL4	Regional	SOC	Burley West and Bratley	Southampton
Sun 20 Jan	GO SE League Event	National	GO	Great Common	Midhurst
Sun 27 Jan	BKO Concorde Chase	National	BKO	Long Valley (N)	Aldershot

Musings of an M75

Ian Cooper

I actually feel somewhat of a cheat as I only turned 75 in October. However the late birthday did give me a chance to make the most of the system and take advantage of being a 'young' first year M75 for most of the 2018 events.

The shorter courses offered are certainly less stressful on the body and, pleasingly, have not significantly aggravated a hamstring problem that slowed me in my last year of M70 (good excuse!). A notable downside is that entry numbers are much reduced and thus competition is diluted. This is particularly marked in Sprint and Urban events. I suppose that we have to accept that our senior creaking joints are not always up to fast running.

I think I am extremely lucky to still be in reasonably good shape and able to run at what appears to be a competitive pace. This was confirmed with successful outings at September's double header weekend of the British Sprint Champs at Bath University Campus and the British Middle Distance Championships at nearby Stockhill. However, I believe that some diligent homework and specific training contributed to the success.

I spent a few sessions in my local Costa Cafe prior to the weekend studying at least two pages of organizer's map notes for the sprint day with close attention to the layout of the tricky two levels of the main building. I also printed off some past maps and courses from Routegadget of Stockhill (a venue new to me) and studied these to obtain some feel of the area. Sadly (!), I also used Google Earth and Street View to try and obtain some impression of the Bath Campus.

Just prior to the weekend I also organized (it's great to be retired!) two orienteering runs for myself to replicate (well vaguely) the two upcoming events. The first a short park/urban course on the local Southhill Park map and the second in the woods of Barossa (less summer vegetation than elsewhere) including as many pits and depressions (as at Stockhill) as possible. Did all this help? Difficult to assess but psychologically probably yes. But at a minimum the runs added interest to two good training sessions.

On the championship day I was very pleased with my sprint result with only a couple of very minor mistakes in the heat and finals and successfully weaving four times through the two levels of the main building.

Stockhill is a very complex area and is comprised of many pits and depressions along with small hills and re-entrants. Care was the watchword of the day. I used careful compass bearings and pacing together with any major features to access the control circle. I ignored the fine detail. This worked most times but on about three occasions I briefly stumbled around, probably like many others, but after checking my control descriptions and not without a little luck found the flag. The win was helped by my main adversary mis-punching!

Participating in the JK over Easter in the Cannock Chase area provided highs and lows over the long weekend. The Sprint event at an MOD establishment provided an early morale boosting win but perhaps not that satisfying as the venue was not overly technical. However, that technical challenge came the next day with the Middle Distance (MD) event at the hilly area of Brereton Spurs with (as its name implies) many long spurs and re-entrants. Unfortunately, I was not up to the challenge making a number of errors including one large one. Running at right angles over the spurs and re-entrants I lost track of which re-entrant I was in and it took me many minutes to relocate. I finished a poor 6th, about 7 minutes behind the leader and was extremely disappointed that I had not been able to better handle the technical nature of the area.

The Individual JK results are determined by combining the times of the MD event with that of the following days classic distance race. The venue for this was Beaudesert and, although this was slightly less hilly and slightly less technical than the day before, I had no thoughts that I would be able to make up the large time deficit so started in a very relaxed frame of mind. Going well at three quarters distance I thought this could get me on the lower steps of the podium but then a lack of concentration due to tiredness led me to a two minute error. Hopes appeared to be dashed.

Much to my surprise and delight I found that I had done more than enough, and with the help of my opponents making mistakes, I had won the day by nearly 8 minutes. I pulled off the overall win by 42 seconds.



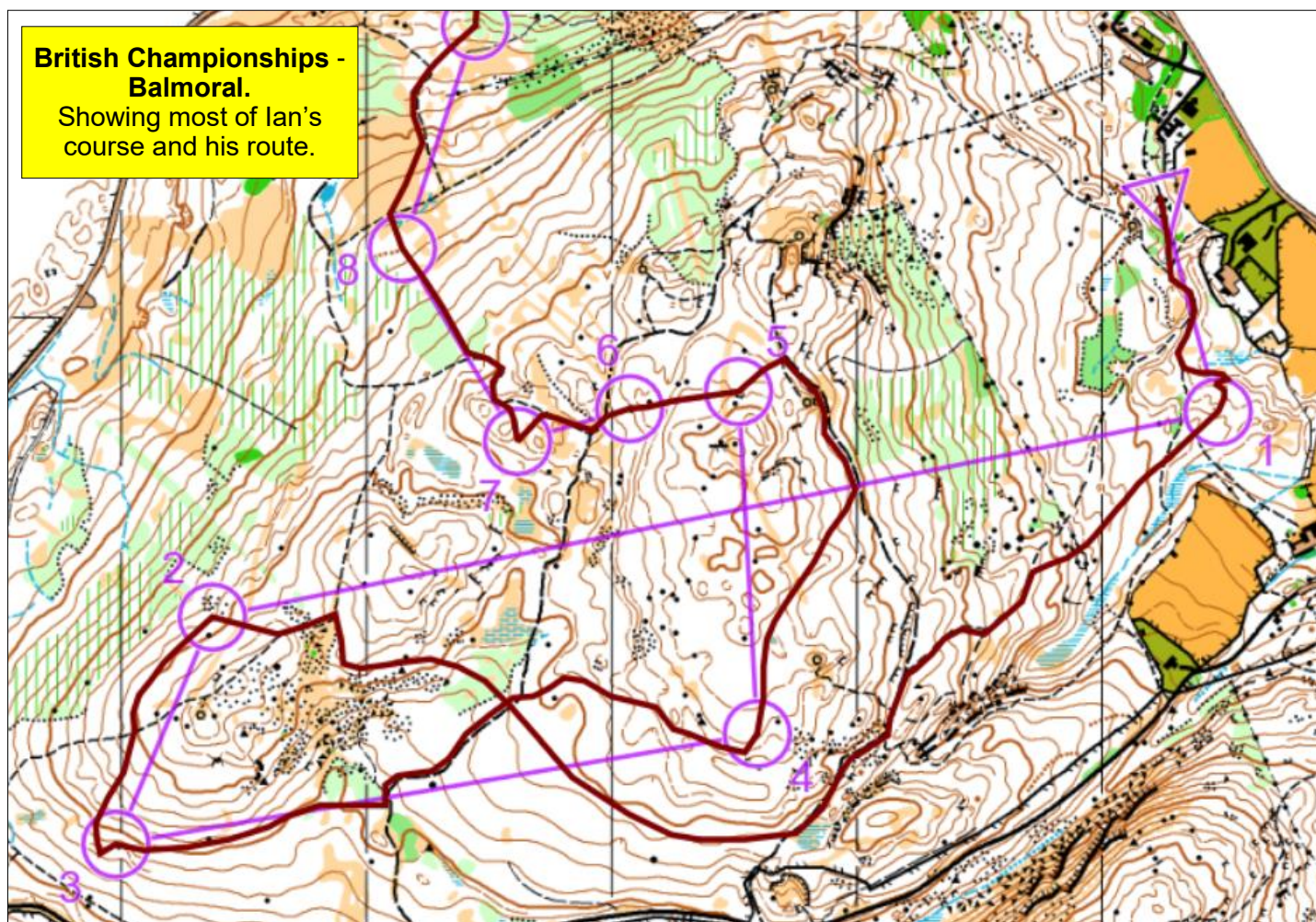
The icing on the cake was a third place medal at the relays on the following day. I think everybody who turned up, organizers as well as competitors, deserved a medal as the weather was atrocious – cagoules mandatory. I did ponder my sanity as I waited nervously, cold and wet, in the hand-over pen trying to identify my incoming runner. His BKO top covered by rainproof jacket and me not being able to hear the PA system clearly. We managed – as you do!

30 March	JK Sprint	Gold
1 April	JK Individual (overall)	Gold
2 April	JK Relay	Bronze
19 May	British Orienteering Championships	Silver
26 May	Scottish Championships Individual	1st
1 September	British Sprint Championships	Gold
2 September	British Middle Championships	Gold

Finally some thoughts on a trip to Scotland in May which produced probably my best 'O' memory of the year. It surprises many that I have never previously orienteered in Scotland so with the British Champs taking place at Balmoral and the Scottish Champs (further north) the following weekend Jan and I thought we would put that right by incorporating both events into a two week holiday.

The Scottish Champs were disappointing. Held in the not very inspiring area of Achagour & Dulsie (near Nairn). Relatively flat and consisting of bitty pockets of terrain. The extensive open areas were covered in hugely energy sapping heather – not good for the M75's. I did manage to beat the locals so this gave me some satisfaction.

The British Champs were held in the interesting and hilly forest south of Balmoral castle. I enjoyed the run but was slightly disappointed as I was beaten into second place, and by a fellow southerner, Tom Edeleston of Chigwell OC. However, the highlight of the day and I reckon my best 'O' memory of the year was the unexpected very long leg almost from one side of the map to the other. It came very early in the race, controls 1 to 2, and the red line went straight over the top of the central hill. My eventual leg time was 17 minutes which constituted a third of my total race time. Route choices were numerous and many were exploited as Routgadget subsequently showed. There was the straight route, the southern loop or the northern loop and even combinations. I searched for the one with the least climb and went round the southern side of the hill and, in hindsight, this was the best option. The challenge of this leg and, of course, choosing the right route and implementing it well all contributed to making it a highlight of the year. Congratulations to the Planner.



Mapping Multilevel Areas

Nigel Hoults

In most orienteering areas, there is just one level one which you can run (with the exception of occasional bridges and tunnels). But increasingly, urban and sprint races are making use of areas with multiple running levels to increase the technical challenge (which it certainly does!). However, mapping standards haven't caught up with this trend yet, so each event adopts its own approach to showing the different levels. Here are three examples from recent events: look at the descriptions of how they're mapped, and then try to find routes between the controls shown (answers at the end). Which would you find easiest in competition? (In practice, the final details often give explicit examples of how to interpret the map, but how much of that do people remember once the event is underway?) Thanks to SLOW, NOR and BOK for the use of their maps.

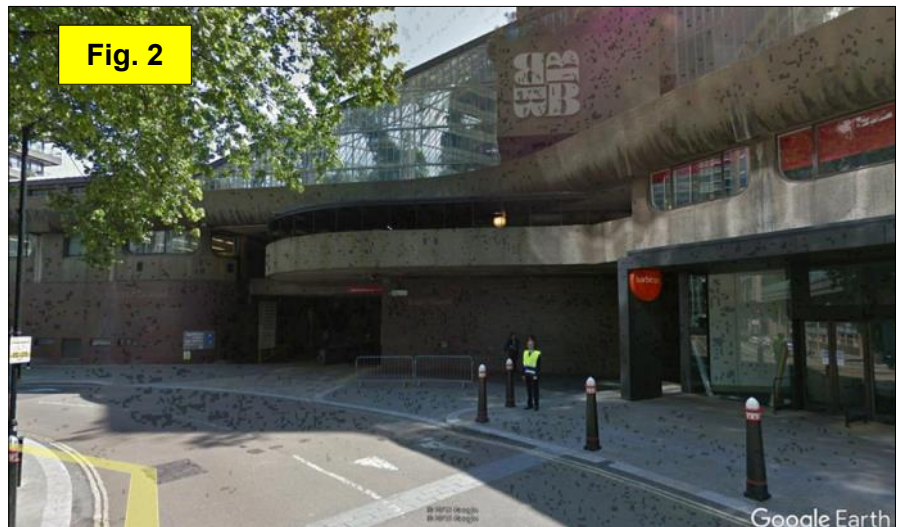
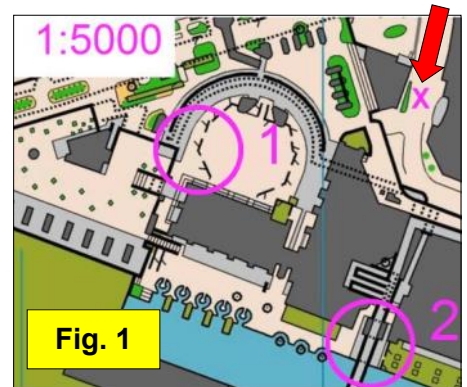
Barbican Centre, London

Many BKO members will have run through (and probably got lost in) the Barbican Centre, which has been used for several London City Races; with three levels, it's certainly a technical challenge. However, SLOW have been able to map it without requiring any changes or additions to the normal standard, perhaps because at any given point there's only one level that can't be shown as a bridge or tunnel. Figure 1 shows the most complex part of the area; as the symbols are absolutely standard, no further information should be needed.

Figure 2 is what you see looking slightly west of south from street level at point X (see red arrow on map). You can see the entrance to the tunnel at street level (there is also an underground car park entrance immediately to the right, which was out of bounds and unmapped), the curving part of



Each of the 3 map sections discussed by Nigel in this article shows two controls marked 1 and 2. You are invited to consider the possible routes to complete these legs. Suggested routes are given by Nigel on Page 12. On these pages, the maps have been printed at actual size.



the walkway above that, and higher still the edge of the upper level.

University of East Anglia

This was used by NOR for a sprint race in 2018 as part of the South East Orienteering Urban League. It is actually quite similar to the Barbican in many respects, although there are only two levels; however, the mapper has chosen to use blue shading to highlight the upper level (fortunately there are no water features!). Blue shading with solid black edges means that you can run underneath, while blue shading with blue edges indicates a passageway through a building with no connection to anything else. Steps with blue shading lead down from the upper level. Figure 3 shows a part



of the map. Note that there are ramps as well as steps, and given the absence of contour lines these aren't always obvious!

Figure 4 is a view from point Y to the northwest (see *red arrow on map*), showing the elevated walkway and the steps at the side of the building between, which do not connect with it. In the distance, the canopy at the centre of the map and steps beside it are just about visible.

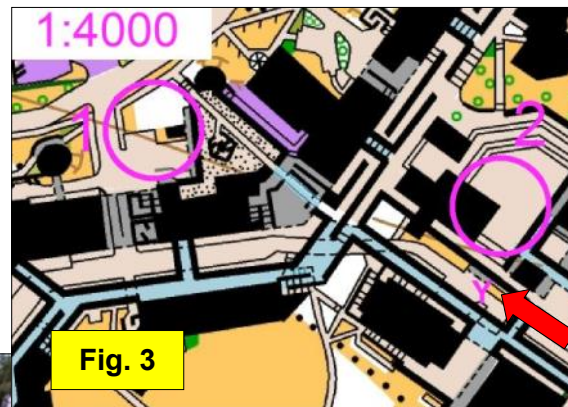


Fig. 3



Fig. 4

Bath University

Bath University was used by BOK for the recent British Sprint Championships. In some ways it must have been the hardest to map, because there are obstructions at the lower level that aren't present at the upper one and vice versa. Also, the fact that it is built on a hillside means that "ground level" is different on both sides. Here the mapper has used

tunnel dots to mark the boundaries of the lower level, but also highlighted them with colour. Buildings on the lower level alone are shown with a dashed boundary and the same highlighting, while buildings on the upper level are shown as normal. However, the upper level has "light wells", the inside of which is at the lower level and the outside at the upper level. This is shown by using brown shading for the upper level. Figure 5 shows a part of the map.

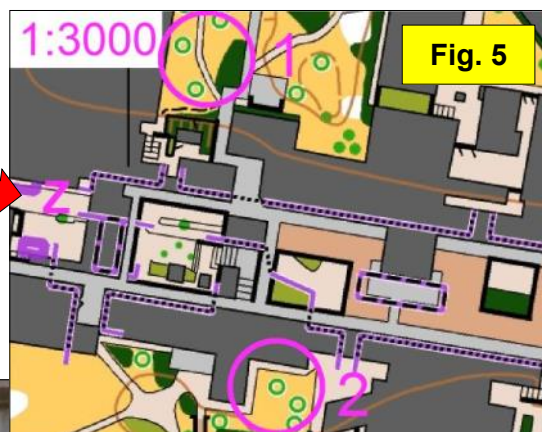


Fig. 5

Figure 6 shows the view looking into the lower level from point Z at the west side of the map segment (see *red*

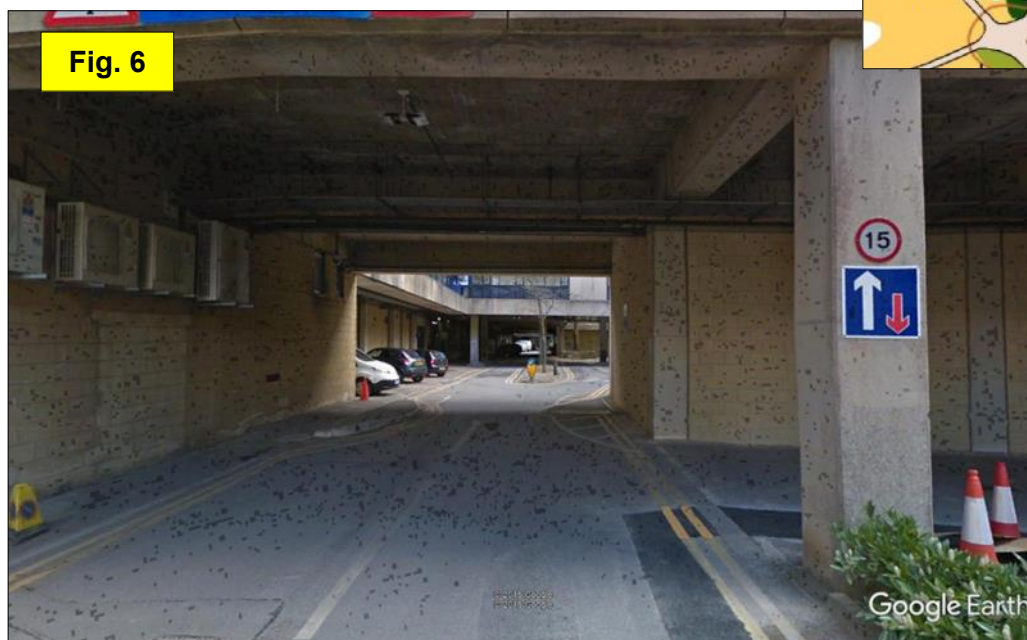


Fig. 6

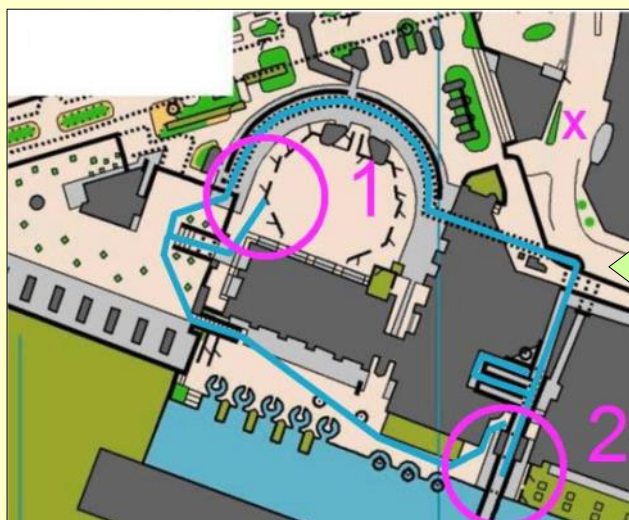
arrow on map). You can see the east-most traffic island with a tree and the lower level building just before it. Before and after that building, there are openings which ultimately lead to the grass outside. Note that the narrow support pillars are not mapped.



Read Nigel's article before studying these maps! These are printed larger to make the routes clearer!

Mapping Multilevel Areas - Nigel's Potential Routes

Note that, where one route passes under another, the lower one is broken to indicate this.



Barbican Centre, London

Two possible routes are shown, and both start by going down the steps from the upper to the middle level. One then goes down further to the lower level, by the waterfront, into the west-most building pass-through, and then up the zig-zag ramp to the middle level building pass-through, which continues south to the bridge, doubling back on top of its route. The other heads north, through the semi-circular building pass-through at the middle level, and then continues at this level to the end. Other, longer, routes also exist!

University of East Anglia

Three possible routes are shown. Two start southwest and under the building canopy to the road. One reaches the upper level by the steps, the other up the ramps. The third route heads northeast and up the steps to the open stony area, then through the building to the elevated walkway.



Bath University

There are three possible routes. Two go south and down the stairs to the lower level, then either south or southeast to the exits of the building, while the third goes southeast to the upper level and reaches the lower level down the covered right-angled staircase.

Club Kit

To order your own short sleeved top, e-mail Simon Moore
simon@bray12.plus.com

Cost £25 each. For sizes, see:

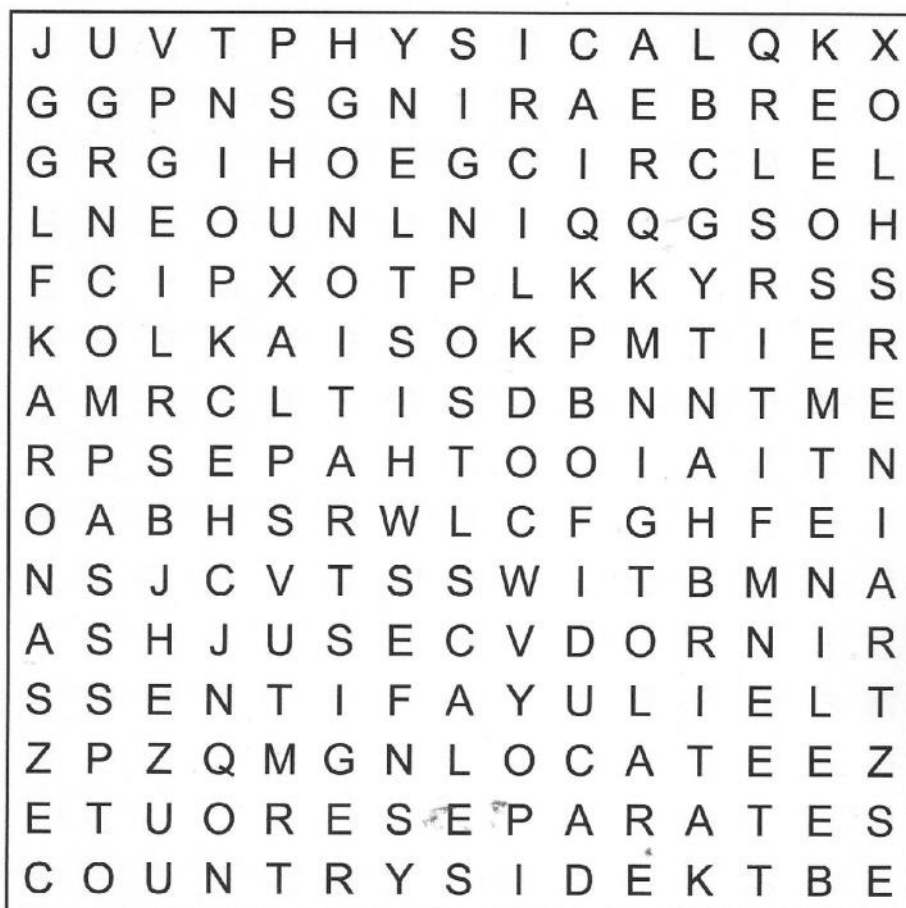
<https://www.bryzosport.com/orienteeringshirts>



Wordsearch

What words do you associate with orienteering? The word search below was seen in a book full of different word searches. These may not be the words you would come up with but at least the sport has got a mention! So why not give it a try and see if you can find 'anorak' and 'beeline'?

ORIENTEERING



ANORAK	FINISH	SCALE
BEARINGS	FITNESS	SEPARATE
BEELINE	FOREST	SIGNPOST
CHECKPOINT	LOCATE	SYMBOLS
CIRCLE	NAVIGATE	TRAINERS
COMPASS	PHYSICAL	TREES
CONTROL	REGISTRATION	WALKING
COUNTRYSIDE	ROUTE	WHISTLE

Know your sport: Event Safety

Orienteering is sometimes described as an 'adventure sport'. As such, participants may be exposed to some dangers. All participants need to be aware of these and take necessary precautions. Also officials need to consider these and minimise the risk. Here we consider the issue of safety from the perspective of both the orienteer and the official.

As a competitor....

So you want to go orienteering, perhaps in a wild part of the country. You see an event is being held near you, perhaps on moorland in February, and decide to give it a try. But what should you consider?

- 1) First, of course is the correct choice of clothing. It might be cold, icy and even snowing. Even if the morning starts bright, conditions might change. So you need to be prepared with appropriate warm clothing and suitable wind/rain protection which takes into account that you might get lost or suffer a twisted ankle meaning a longer outing than anticipated. Where the organisers are aware of a significant risk due to the weather, you may be required to wear a hooded waterproof - it can be useful to always have one in your kit bag for these situations.
- 2) Read the event details which will highlight particular safety issues which you might not be aware of. An example of the points which you might read is shown on the right.
- 3) At the event, follow any instructions given by the officials. These will be for your own safety and for all those taking part. For example, follow the designated route to the start. This may not be the shortest route but may avoid leaving the car park field via a slippery and muddy entrance with cars coming and going.
- 4) Out in the competition area, be aware of other competitors and any dangerous activity. Be prepared to help if someone is in difficulty and need of assistance to get back due to an injury. The Rules actually state that "competitors are required to give help to an injured competitor, even if this means giving up their own race."
- 5) When navigating, take into account your own personal strengths and weaknesses. The direct route may be short but does it involve descending a slippery crag or crossing a deep stream?
- 6) On completion of your course (or if you retire), always report to the download or otherwise make sure the event officials know that you have returned. Failure to do this could result in the organisers sending out search parties and potentially putting more people at risk.

Example Safety Advice for Competitors:

- The competition area is mainly open and exposed. Please ensure you have a whistle and cagoule with you on event day. They may become compulsory depending on the weather conditions.
- Ticks are present in the New Forest – please check yourself after your run.
- Emit will be used to check competitors into and out of the forest. **You must report to Download even if retiring.**
- Competitors travelling alone are encouraged to leave their car keys at Enquiries.
- Competitors take part in this event at their own risk and are responsible for their own safety.



Orienteering is an adventure sport but, with a little thought, it can be enjoyed by all.

The start at Day 1 at the Lakes 5 event in 2018. This was a cold wet day on exposed moorland. The organisers specified that everyone should wear a waterproof jacket.

As an event official....

So you want to stage an orienteering event - perhaps take on the role of an organiser or planner. But what should you consider?

The starting point must be the official rules of orienteering. This may seem rather bureaucratic but, if the event is going to be covered by the national insurance scheme, then it has to comply with the rules. And right near the beginning you will find this:

Rules of Orienteering: Rule 1.1.6

Before acting in the capacity of Controller, Organiser or Planner, officials must have the mandatory safety training prescribed within the British Orienteering Event Safety & Welfare Workshop.

Safety does not happen by chance but by a careful consideration of all the factors involved in staging an event. This must take into account the risks. A **risk** is combination of a **hazard** and the **probability** of it occurring. A heavy snowstorm during an event is a hazard and may expose competitors to potential hypothermia. The probability of this happening in June in Berkshire is very low and means that the risk is minimal and can be ignored. However, the hazard of being hit by falling branches during a heavy thunderstorm may need to be considered.

Organisers, planners and the independent controllers are expected to reflect on all potential risks and to consider what action is needed to (a) minimise the risk, and (b) consider in advance what action to take if the problem does arise. An official 'Risk Assessment' form has to be completed prior to the event. Those items of 'safety

advice' found in the final details may be derived from matters identified on the risk assessment and are to alert competitors to a hazard and given them an advance warning of it (e.g. barbed wire fences or the possibility of deep streams after overnight rain).

Much of the risk assessment is actually common sense but by ensuring that safety matters are considered in advance, procedures will have been prepared in case it actually happens. For example, what should be done if a competitor appears to be still out in the forest with no record of a download? At what point do you consider sending out club members to search? Is the person's car still in the car park? Do you have a telephone number to check if they have gone home? And when should the police be informed?

By careful planning, the risks will be minimised enabling a fair competition to take place with competitors grateful for a safe and enjoyable event.

Officials need to take into account all age groups. Here a younger competitor can be seen at a control. Behind her there is an area of rocks edging a lake. Does this present a risk for juniors? The officials will have considered this in advance before agreeing the location.



Appendix E: Event safety

Table of contents

1. Introduction
2. Risk Assessment and risk management
3. Communications
4. First Aid cover
5. Checks for finishers
6. Accidents, incidents and insurance
7. Training and further information

This Appendix is to be read in conjunction with the current British Orienteering Rules of Orienteering.

1. Introduction

1.1 Background

1.1.1 The British Orienteering Rules of Orienteering cover event safety and set out the key areas of responsibility for event officials. This Appendix provides additional guidance on how to comply with those rules.

1.1.2 Event officials should also refer to Appendix A: Event systems and Appendix B: Course planning, use by Organisers.

1.1.3 The Event Officials Handbook on the British Orienteering website contains standard forms and plans for competition area & courses, areas of safety and risk management throughout the duration of the event.

1.2 Responsible

1.2.1 The responsible

1.2.2 It might be

1.2.3 The Organiser

1.2.4 Competitors

The official **Rules of Orienteering** contain, as Appendix E, more details of the requirements for Event Safety

Risk Assessment for Orienteering

Risk assessments are concerned with identifying the hazards (i.e. things which might go wrong or cause an accident/injury), evaluating the likelihood of a particular event occurring (i.e. level of risk) and putting measures in place needed to reduce or eliminate the risk.

Name of Club / satellite club name / after school club	Position of person completing this form (coach, organiser etc)
Name of person completing this form	Date for session / event / activity
Venue for session / event / activity	Name of person in charge of session / event / activity
Risk assessment signed	Risk assessment dated
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):
Emergency Information	Sign and date:
Emergency access point (for emergency vehicles)	Post code / grid reference:
Nearest A&E hospital:	Name and Post code:
Working telephone:	Landline or if mobile ()
First Aid cover	Map available (where):

The first page of the standard **'Risk Assessment'** form provided by British Orienteering

Know Your Club Members — James Wilkinson

James is a relative newcomer to BKO but is currently our 5th ranked member in the national ranking list. Here you can find out a bit more about him.

Age/Class? M21

Hometown? Malvern in Worcestershire

How did you start orienteering? It was part of a local initiative – Malvern and District Orienteers (MADO) in 2005. We started as a family after seeing it in the local paper. It soon became clear I was the most keen, although my parents do still orienteer occasionally.

Clubs? I spent 10 years with Harlequins followed by a brief spell with Saxons before joining BKO. I was also a member of OUOC whilst at university, and now JOK (Oxford Alumni).

Best achievement/success? Winning my class on day 3 of the 2017 Scottish 6 Days, my first win since running orange courses as a junior.

Most enjoyed event? The Harvester relay is always the highlight of the year for me. The year it was on Merthyr Common always stands out as my favourite.

Worst event/most embarrassing orienteering moment/biggest goof? I don't take the results too seriously, so I'm not overly worried about mistakes. However, I can still remember an Yvette Baker final, where I spent 25 minutes on one leg of an orange course, more than doubling my overall time.

Favourite area and/or terrain? I have always really enjoyed the intricate contour detail of sand dunes, but it's just nice to get a variety of terrains to run through.

International experience? I have been fortunate enough to travel abroad quite a lot for orienteering: Czech Republic, Estonia, Slovenia, France, Ireland and most recently Belgium. The highlight has to be the Jukola relays in Finland – only a day leg for me though!

What have you put back into the sport? Aside from regularly volunteering on the day, I have planned a handful of small events, including the Hereford and Worcester schools championship.

Other activities/interests? Road cycling, disc golf, hill walking and board games.

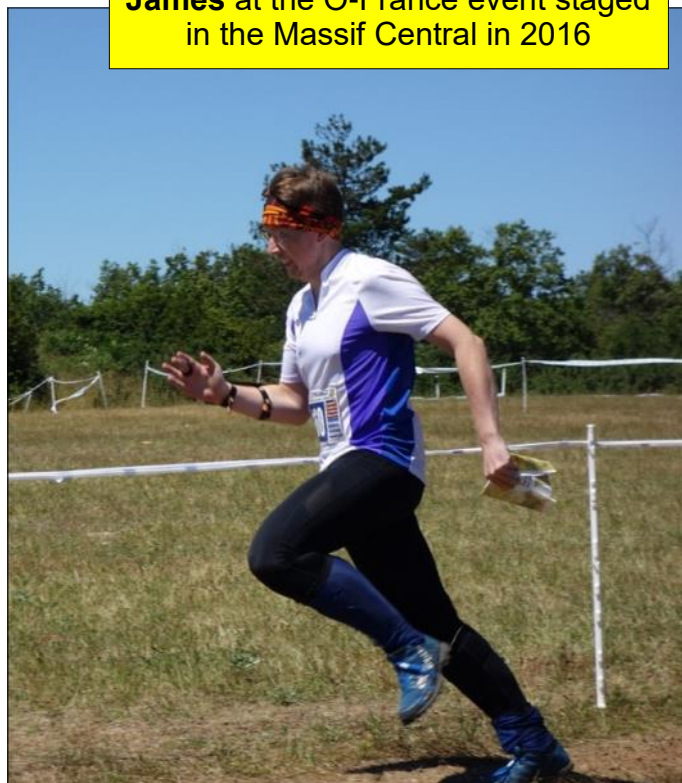
Employment? Hydrogeologist for a major international engineering consultancy.

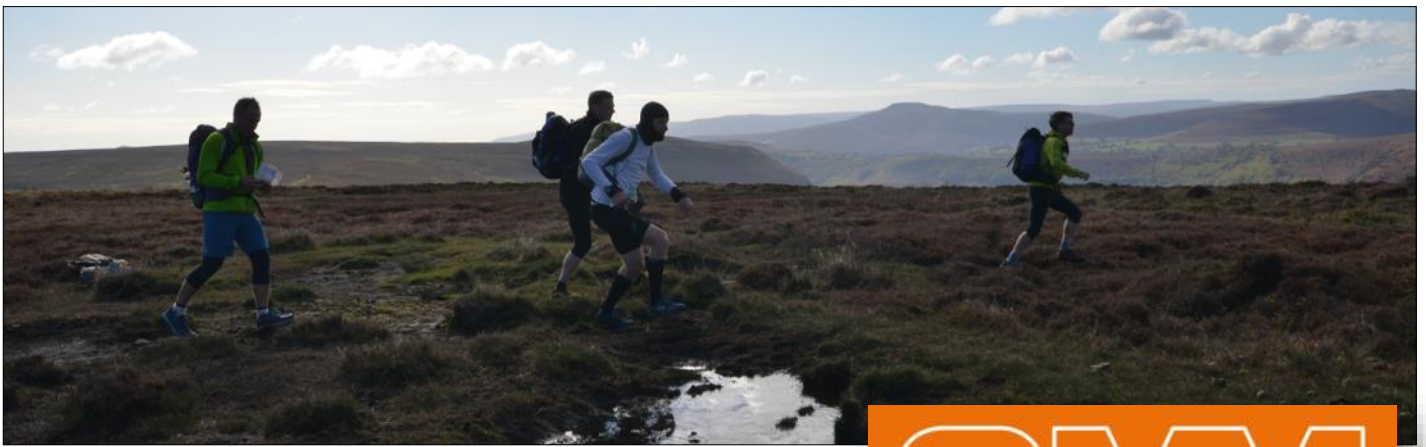
What is the best thing about orienteering? Because of the way you are moving through the terrain, it's the chance to see areas of the countryside in a way that you otherwise wouldn't.

What is the worst thing about orienteering? Getting stuck in muddy parking fields.

Orienteering ambition? To still be orienteering as an M80+

James at the O-France event staged in the Massif Central in 2016





The Original Mountain Marathon **Black Mountains - 27th-28th October 2018**

Mark Saunders (reporter) and Pavel Procházka



Having spoken a few times about how orienteering courses are often too short and have too many controls, I've been keen for a while to have a go at a mountain marathon. Needing someone to run with, I had been on the lookout for a partner who would be able to run well and safely in the mountains for a couple of days. During the summer I realised that Pavel might be the person and he had run several of this type of event before. With the OMM fairly close by in south Wales, we got our entry in for the A course, just before the event filled up with 2,000 participants.

Meeting up on Friday evening in Reading, we headed to the event centre in LLanthyony on the Wales / England border towards the eastern end of the Brecon Beacons National Park. Even though we arrived after dark, we were able to quickly register and get some food and put up our tent, among many others, in the already close to freezing temperatures.

Day 1

33km, 2430m climb, 16 controls (Garmin GPS read 38.3km and 1995m)

We got up early so we had enough time to make sure that we had everything we needed, as we had to be self-sufficient for the rest of the weekend and have the items from the mandatory kit list. We headed 1km to the start in cold but clear weather and were ready for our 9am start.

Starting in the bottom of the valley our first couple of controls led us to the open mountainside. After a bit of discussion about the best route to #3, we decided to stick to the paths over the top of a hill rather than take a lower route over rougher ground. After we crossed past the Grwyne Fawr Reservoir, we got on to the first section of serious height gain, as we made our way off the paths, across a ridge and down into re-entrant holding control #6. We had another big climb to #7 and by this time I was starting to realise that it was going to be a tough day. The rough ground off the paths, the height gain and carrying a pack with tent, stove and food was starting to slow me down and we hadn't even got through the first half of the first day. To #8 we decided to hold the top of the ridge rather than contour across a steep slope. It probably wasn't the quickest option, but it did let us get back to running and save some energy for later. #9 was at the bottom of another valley and



**Mark and Pavel
setting out on Day 1**

around this time we had a snow squall, but we ended up about 400m too high and had to take scramble down the valley to find the flag.

The next few controls went by pretty slowly, with another climb past

Pen Allt-mawr and then a contour around a valley. At #13, after a clever route choice from Pavel that avoided a some of the climbing and maximised the running on the paths, we had a couple of minutes break to fill up water bottles from a stream and sort out some food for the last section of the day. #14 was another long climb and then decent to find a small river and then #15 across some horrible rough terrain. The final control was up a rocky re-entrant and then a 1km run into the finish.

After downloading we went straight out into the camping field and put up our tent, among many hundreds of other, to get some shelter from the wind and got stated on cooking ourselves a hot meal.

We finished Day 1 in 10th place in a time of 7 hours 20 minutes.

Day 2

24.8km, 1520m climb, 15 controls (Garmin GPS read 30.8km 1,406m)

After a cold nights' camping with only thin sleeping bags, where the temperature was again just about freezing, we packed up ready to face another day. Having just missed out on the chasing start, we had an 8:15am start time. The weather was again cold and windy but dry, and it warmed up during the day. Straight from the start I wasn't feeling too good and the long contour around Twmpa and Rhos Dirion took quite a bit of effort. From #3 to #6 I felt that I was really slowing Pavel down as I just tried to keep moving, but I was starting to worry that I wouldn't be able to make it to the finish.

At #6 I stopped to re-tie my shoe laces and managed to leave my compass on the ground, but I realised not that far after the control and Pavel kindly dropped back down the hill to retrieve it for me. #7 to #8 looked like a horrible leg across the slope, but there were some unmarked

paths and I managed to get back into a bit of a trot rather than a walk, and spirits started to revive a little. We stopped to fill our bottles and I had a caffeine energy gel and almost immediately began to feel a better. From #9 the controls were scattered across the ridge that has the Offa's Dyke footpath along it, and while we often had to drop down the hill on each side to get to the controls we always knew that we could return to main path and escape from the heather that slowed us to a walk. At number #11 we went a little too far along the path and had to backtrack to drop down to the control, but we were moving well on this section. After #13 we started to drop down toward the finish and after a little orienteers' short cut though the woods we ran into the finish.

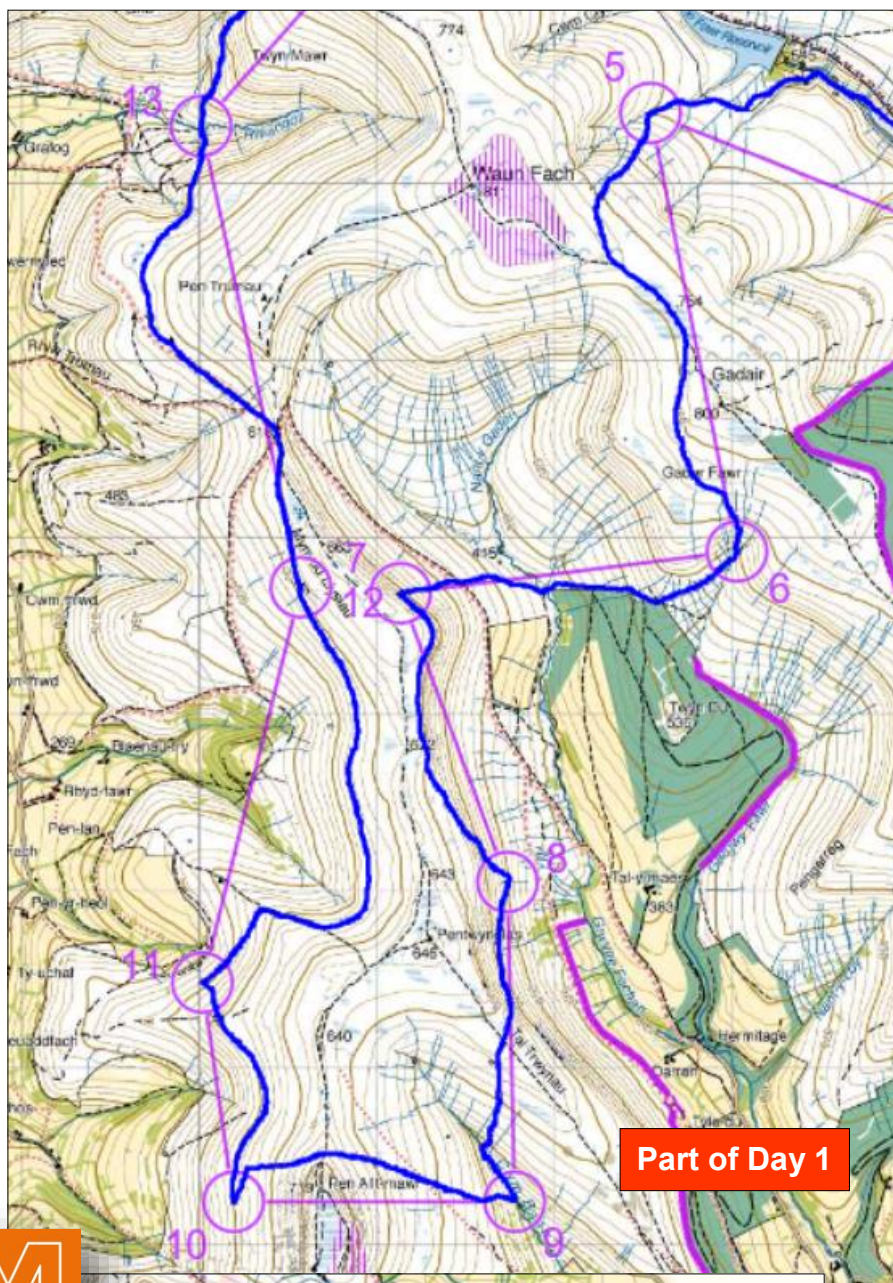


Day 2 Start

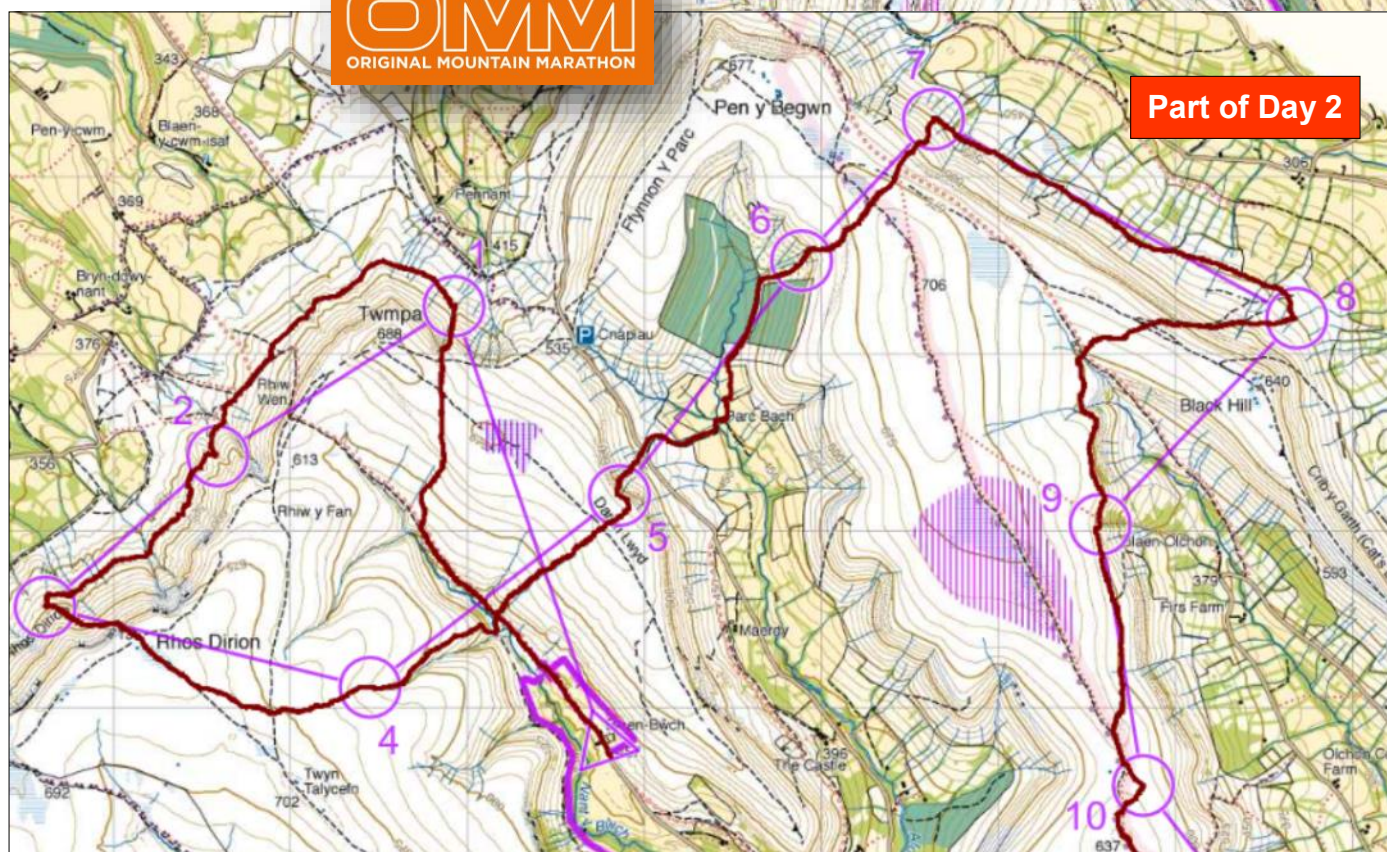
We finished the day in 20th place in 6 hours 2 minutes. I was a bit disappointed in our position for the day, but we had only really lost about 30 minutes over the other teams. Over both days we finished as 14th team out of 58.

Writing this only a few days after the event and with my legs still aching, I think it was probably the toughest race I have ever run. I had real moments of doubt about whether I could finish it and I was at times fed up of plodding uphill through the heather. But there were other moments with spectacular views, running in the snow and comradeship that made the effort worthwhile.

The whole event was well organised with a good map, course and set up at the event centre. Finally, my thanks go to Pavel for dragging me round. It was a pleasure to spend the weekend running with him. He took the lead in the navigation over the weekend and showed what a great orienteer and mountain runner he is!

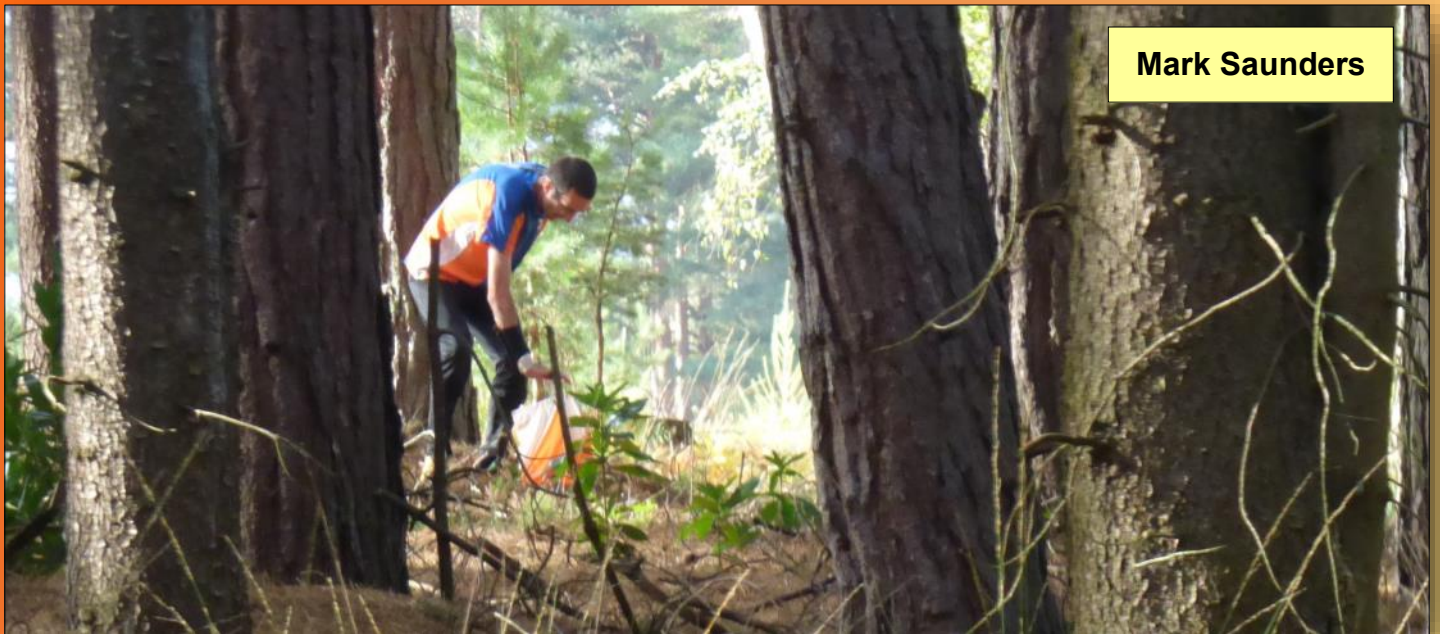


Part of Day 1



Part of Day 2

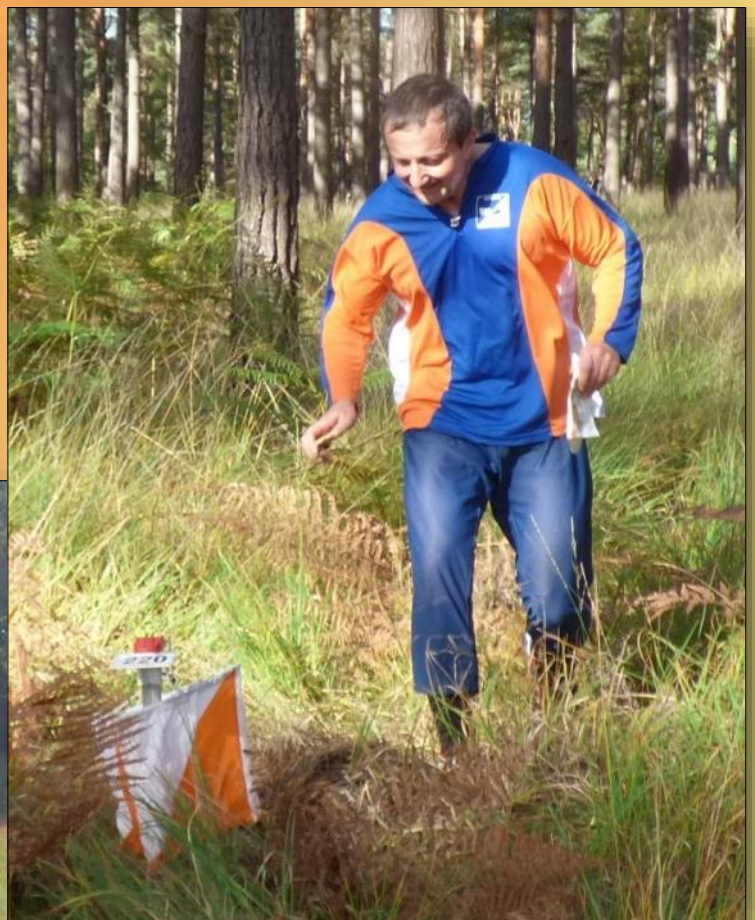
Mark Saunders



Swinley East
Saturday Event

13 October 2018

For more photos, see inside the
front cover.



The **Gospodinovs**
competing on the Light
Green course. Father **Georgi**
(above) beat **Dimitar** (left) by
over ten minutes - no doubt
the dog will have been a
handicap for Dimitar.

