

# ***Berkshire Orienteers***

# ***Newsletter***

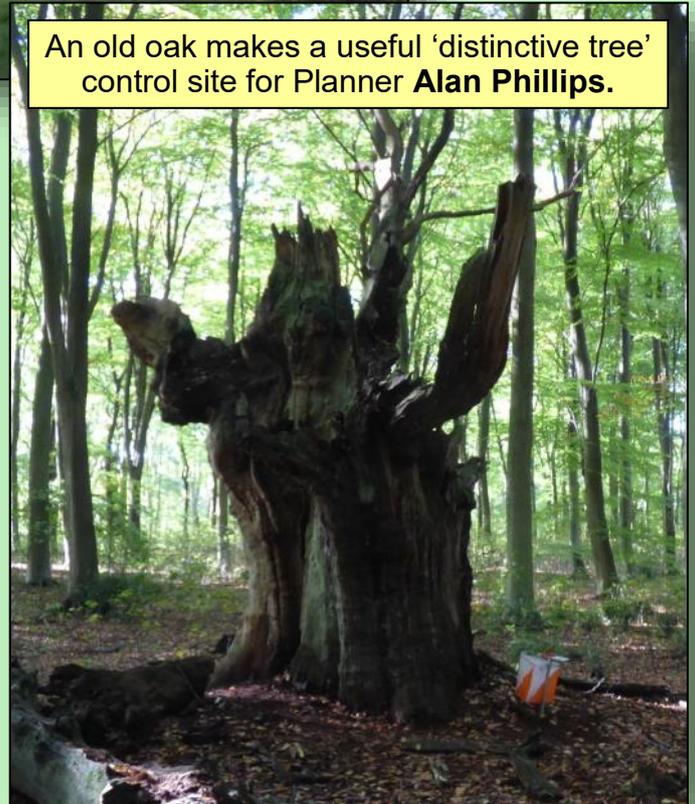
***November 2019***



**Saturday Event**  
**Swinley West**  
**20 October 2019**

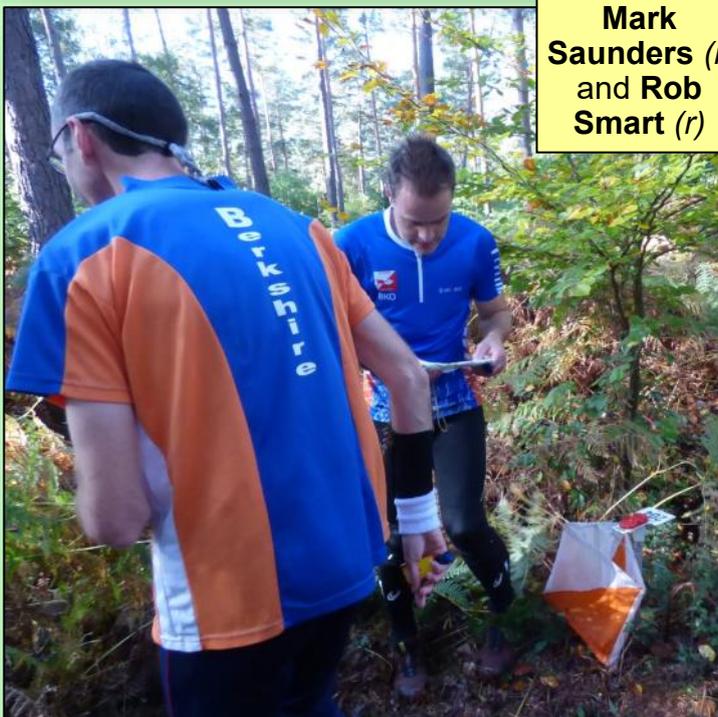


An old oak makes a useful 'distinctive tree' control site for Planner **Alan Phillips**.



**Bo**  
**Oqvist**

**Mark**  
**Saunders (l)**  
**and Rob**  
**Smart (r)**



The bracken was still high making it tricky for juniors in some places



## Editorial



Although the Autumnal colours have not yet fully developed on the trees and bracken remains high, the weather has changed with cooler days and much wetter and windier weather. There will soon be frosts and down will come the leaves and the bracken will die back.

Orienteering though continues and the changing seasons bring changes to the challenges. Leaves tend to cover the smaller paths, open forest becomes faster with less undergrowth and the marshes (particularly in the New Forest) can become quite water-logged. But these changes apply to all competitors and have to be considered as part of the route choice for each leg. Success comes when all factors are considered and, if necessary, amendments made

as the planned route is followed. But I guess most club members are aware of that and enjoy the sport due to the great variability of terrains encountered as modified by the changing seasons.

The main message that this introduction was leading me to was a simple message but one worth mentioning to everyone as the weather becomes more changeable and colder. Please remember to check on an event website prior to setting out. Overnight wind, rain and snow might have made the planned car park unusable or conditions might have become so poor that competitors safety could be compromised and the event cancelled. During the last 12 months, the weather caused us to postpone several events at short notice. Lets hope we are luckier this season.

David Jukes

## Chairman's Chat with Stefan Stasiuk



I have just read the results of this year's November Classic held at Bramshaw Wood in the New Forest. In my mind, the November Classic marks the start of the autumn to spring orienteering season as the vegetation has usually died back considerably and the forest gets significantly faster and more enjoyable to run in. It is always very nice to run on championship grade areas in the South of England. I thoroughly enjoyed the event even though I lost 3 minutes on the first control and a further 3 minutes at control 10. This was testament to the quality of the planning and terrain. BKO performances of note were Adam Methven 2nd on the Blue course and beating a number of former British International team members, Martin Wilson finishing 4th on Short Blue and first back as an M65, Mark

Saunders in 25th on the Black and the only BKO competitor on the longest course.

Since my last Chairman's Chat in September, BKO have put on a very successful SCOA league event at Buckleberry where we were all treated to a beautiful sunny day and an interesting and challenging set of courses from **Mark Saunders**. The event was well organised by **Glyn Thomas** and supported by a number of club members. All of your efforts are hugely appreciated by the Club and most competitors. The first Saturday event of the season held at Swinley East, organised by **Eoin Sharkey** and planned by **Alan Phillips**, attracted 102 runners and Radio Berkshire. The event was successfully completed even with rather high bracken. Thanks to all who helped.

**Cover Picture:** The chosen image from those taken at Bucklebury Common on the 6th October shows **Amelia Wing (W14)** tackling the Green course and heading out at speed from a section of wood and across the heath. *(See back cover for some additional photos)*

The next 2 months sees the Club championship event at Pamber Forest on the 23rd November, a significant number of good quality events to enjoy competition within easy driving distance and 2 BKO events. Please can you support us by helping at the British Schools Championships on the 17th November at Black Park organised by **Eric Harper** and the Saturday event at Swinley East that I am planning on the 7th December. I hope to see many of you at these events over the next 2 months.

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

## Club Notes

*Keeping you informed about the club and its members*

### Urban Leagues

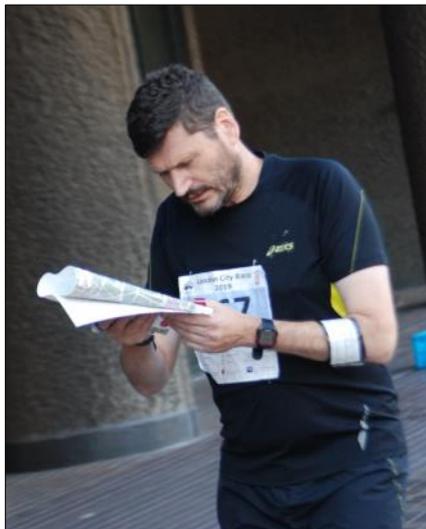
As the end of year approaches, the urban leagues for 2019 are being finalised. The last race in the national UK Urban League (UKUL) has already been held so the results of the 2019 UKUL are known. For the Southern England Orienteering Urban League (SEOUL), there is just the Brighton City Race on the 21st December needed to complete the series.

For the UKUL, since the last report there have been two relatively local events - the London City Race on the 21st September and the Swindon event on the following day, the 22nd September, as well as races in Liverpool and Bury St Edmunds.

Our top performers in London were **Denise Harper** (7th in Ultravet W) and **Nigel Hault** (10th in Ultravet M). At the West Swindon event, **Mark Saunders** came in 2nd on the longest Men Open course with **Nigel Hault** 3rd on the Ultravet M course. However, best performances were from **Amelia Wing** (Women Junior, W16-) and **Isabella Wing** (Women Young Junior, W12-) who both managed to take first place in their classes. Unfortunately neither of them have been credited with points in the final league table - perhaps of little consequence for 2019 but something to sort out before the start of the 2020 series!

The Swindon event (but not London) also contributed to the SEOUL but there have been additional races at Bury St Edmunds, Kings Hill, Cambridge and Chichester. The final table of BKO placings will be held over until the next issue but, as anticipated in the last issue, we can report that Nigel Hault has slipped to second place in Ultravet Men with Alun Jones (TVOC) winning at Bury St Edmunds giving him the maximum 700 points. However, he is not invincible as he was beaten into 2nd place at Bury!

UKUL	Position	Points	Events
<b>Men Open</b>			
Dimitar Gospodinov	22	246	3
<b>Veteran Men (M40+)</b>			
Georgi Gospodinov	52	220	3
<b>Supervet Men (M55+)</b>			
Andrew Southwood	41	295	4
Simon Moore	45	284	4
Derick Mercer	46	281	4
<b>Ultravet Men (M65+)</b>			
Nigel Hault	23	444	5
Martin Wilson	42	322	4
<b>Ultravet Women (W65+)</b>			
Sally Collins	16	491	6
Denise Harper	28	354	4
<b>Hypervet Men (M75+)</b>			
Peter Bennett	15	270	4
<b>Hypervet W. (W75+)</b>			
Gill Bennett	6	292	4



Spotted tackling the London City Race which included the Barbican Centre.  
From the left: **Derick Mercer**, **Mark Foxwell** and **Denise Harper**. (Photos: Steve Rush)

## Committee News

As this issue goes to press, there has been no meeting of the Committee since the last Newsletter although the next meeting is imminent (21st November). The subsequent meeting has been provisionally scheduled for 16th January 2020.

### BBC Radio Berkshire navigates to Swinley

Our event at Swinley Forest on Saturday 18th October featured on BBC Radio Berkshire. On Saturday mornings they have a treasure hunt, the 'Peach Quest', where a studio team, hosted by Andrew Peach, use clues to direct the reporter, Donna, around Berkshire. One of the clues was:

*Orienteer yourself and start swanning around,  
Mr Scorsese's fresh water bird is where the next clue is  
found,  
The lane of peat dead plant material is where you'll head,  
In the trees of sly wine you can do 2 or 6 instead."*

This helped the team direct Donna to Bog Lane in Martin's Heron where our event was based. She met up with club members who, as well as promoting the sport, gave Donna her next clue.



### Bronze Medallist at the British Sprint Championships

The September Newsletter went to print just after the British Sprint Championships on the 14th September. We reported that **Martin Wilson** had taken the bronze medal position in M70 but at the time had no photographs to record his achievement. But, with thanks to **Lisa Methven**, we can put that right in this issue. Well done Martin!



### Membership Memo:

There have been no new members since the last newsletter but, fingers crossed for some New Year joiners.

This is a good opportunity for me to remind those of you who do not have a Direct Debit set up, that membership can be renewed for 2020 from the beginning of November via the British Orienteering (BO) site. Go to:

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

and follow the instructions. BO have slightly increased their senior fee so therefore the combined membership fees for 2020 are:

- Senior £22
- Junior £6.

Great value for money, just for these newsletters.

**Ian Hudson - Membership Secretary**

# Junior News

## Junior Inter Regional Championships (JIRC) - 28-29 September 2019

This annual competition provides top juniors from each of the English regions and from Scotland, Wales and Northern Ireland an opportunity to be tested in challenging terrain and against the rest of the UK's best young talent. If selected, BKO juniors can compete for the South Central team and this year we had 3 members who took part. On a rather wet weekend, South Yorkshire Orienteers organised the individual and relay.

The individual on the Saturday used the open moorland at Cowms Rocks. The wet weather made the streams and marshes tough going for the juniors. Best result of the BKO juniors was **Adam Methven's** 4th place in the M14 race although **Amelia Wing** also did well coming in 7th in the W14 race. Also competing in the W14 class was **Imogen Woodcock**.

All three also competed for SCOA in the relays on the Sunday at Tankersley - an area of woodland with complex contour features and very different terrain from the Saturday. Unfortunately, none of the SCOA teams completed their courses as there were some missed controls (not by a BKO junior though!)

Well done to all three of them for being selected and rising to the challenge.

**Amelia Wing** (below left) tackles one of the hills at Cowms Rocks.  
**Adam Methven** (below right) and **Imogen Woodcock** (right)  
completing their relay legs at Tankersley (Photos: Wendy Carlyle)



## British Schools' Score Championships (BSSC) - Saturday 12 October 2019

A small team of 7 students from **St Andrew's, Pangbourne**, travelled north for this year's score championships which were staged in Heaton Park near Manchester. Fewer schools take part in this than the British Schools Orienteering Championships (BSOC) but it provides a chance for the students to experience the excitement of competing for their school in a national event.

This year the St Andrew's girls came out top in the Middle/Prep category with their team of **Flo Parke** (Y8), **Maddie Woodcock** (Y7), **Natalie Wing** (Y7) and **Harriet Parke** (Y5). Congratulations to them on beating their main rivals, Barnardiston Hall Preparatory from Suffolk.

The St Andrew's boys team, with only 3 team members, were at a disadvantage as four scores are used to identify the winning team. However, well done to their team of **Alistair Wynne** (Y8), **Joe Richards** (Y6) and **Thomas White** (Y5) for taking part.

## British Orienteering Incentive Schemes

Our congratulations to the following on their progress in September-October 2019:

- **Amelia Wing:** Racing Challenge: Bronze Award \*\*\*\* / Navigation Challenge \*\*\*\*
- **Fiona Clough:** Navigation Challenge \*\*\*
- **Jim Munday:** Navigation Challenge \*\*\*\*\*
- **Lynne Moore:** Racing Challenge: Bronze Award \*\*\*\*
- **Alain Wilkes:** Racing Challenge: Bronze Award \*\*\*\* / Navigation Challenge \*\*\*\*

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



### Club O Top

Modern design, slim cut, summer weight. Cool in summer, also works well with a base layer underneath for all-seasons use. Washes well without shrinkage, retains all the colour fastness. The tiger stripes give a real wow factor, gaining compliments from other clubs.

### Summer Jacket

A neat-looking outer jacket, good for warm-up and cover at events. Single layer material, woollen cuffs, blue central zip, good value. Helps other members to recognise you at events!



### Winter Jacket

A 3-layer softshell jacket, perfect for all-year round use. The fabric is breathable and abrasion resistant, with a PU membrane to remove perspiration to the exterior. Waterproof and windproof, regular cut with close fit to provide warmth, plus white zip, two side pockets and useful small chest pocket. This is the go-to jacket for regular orienteers, very smart styling, it really suits the club colours and style.



If you want to order an item, or try on one in stock, please, mail [clothing@bko.org.uk](mailto:clothing@bko.org.uk) with your chosen sizing. We order in batches, to reduce delivery charges. Delivery timescale is around 6 weeks from order placement with Bryzos, we anticipate about three order cycles each year.

**2019 Prices: O Top - £25 / Summer Jacket - £29 / Winter Jacket - £49**

## Event Summary

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

Date	Event Name	Level	Club	Venue	Town
Sat 9 Nov	SN Saturday Series	Local	SN	Witley Common	Godalming
Sun 10 Nov	 SCOL4	Regional	TVOC	Wendover Woods	Wendover
Sun 10 Nov	WIM SW League event	Regional	WIM	North Ringwood Forest	Ringwood
<b>Sun 17 Nov</b>	<b>British Schools Champs</b>	<b>National</b>	<b>BKO</b>	<b>Black Park</b>	<b>Slough</b>
Sat 23 Nov	 SCOL5 / <b>BKO Club Champs</b>	Regional	BADO	Pamber Forest	Tadley
Sat 23 Nov	SE Night Champs	Regional	DFOK	Squerrys Estate	Westerham
Sun 24 Nov	SE League Event	National	SLOW	Hankley Common	Farnham
Sun 24 Nov	NWO Four Colour Event	Local	NWO	Cherhill Down	Calne
Sat 30 Nov	Southern Champs Weekend (Middle)	Regional	NGOC	Forest of Dean - Mallards Pike	Cinderford
<b>Sun 1 Dec</b>	<b>Southern Champs / BOK Trot (UKOL)</b>	<b>Major</b>	<b>BOK</b>	<b>Forest of Dean - Churchill / Cannop Ponds</b>	<b>Coleford</b>
<b>Sat 7 Dec</b>	<b>Winter Saturday Series</b>	<b>Local</b>	<b>BKO</b>	<b>Swinley East</b>	<b>Bracknell</b>
Sat 7 Dec	Wessex Night League	Local	SOC	New Forest - King's Garn	Bramshaw
Sun 8 Dec	Mitre SE League (Middle Distance)	National	CHIG	Epping East	Theydon Bois
Sun 15 Dec	South East Families / Vets	Regional	MV	Headley Heath	Dorking
Sat 21 Dec	Brighton City Race (SEOUL)	Regional	SO	Brighton & Hove	Brighton
Thu 26 Dec	WIM Boxing Day Canter	Local	WIM	Moors Valley Country Park	Verwood
Sun 29 Dec	TVOC (White - Green)	Local	TVOC	Chesham Bois	Chesham
Wed 1 Jan	New Year's Day Score	Local	SARUM	Martin Down	Salisbury
Sun 12 Jan	SAX Regional	Regional	SAX	Eridge	Tunbridge
Sun 12 Jan	NWO SW League Event	Regional	NWO	West Woods	Marlborough
Sat 18 Jan	NGOC 50th Anniversary	National	NGOC	Forest of Dean - Knockalls	Monmouth
Sun 19 Jan	NGOC 50th Anniversary (inc. SW League Event)	National	NGOC	Forest of Dean - Lightning Tree Hill	Cinderford
Sat 25 Jan	GO Middle Distance (UKOL)	National	GO	Farley Heath	Guildford
<b>Sun 26 Jan</b>	<b>Southern Championships (UKOL)</b>	<b>Major</b>	<b>BKO</b>	<b>Long Valley North</b>	<b>Aldershot</b>

## Cheating in Orienteering



'Biggest cheat?' has been a suggested question in the 'Know your club member' section of this Newsletter for a long time. However most members completing the questions and giving answers either ignore the question or suggest that the worst they have done is to ignore a result processing error which gave them a significantly improved placing on a course. The sport though does have a **Code of Ethics** adopted by the International Orienteering Federation (IOF). This includes the following:

***Fair Play:** Fair play is the guiding principle in the sport of Orienteering. It is expected that all persons taking part in orienteering shall behave with fairness and honesty. All persons shall operate within and abide by the rules of the sport. Orienteering is committed to being a drug free sport.*

The IOF Rules of the sport include the following:

***26.1** All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. and*

***26.5** Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.*

However at the recent CISM Military World Games staged in China in October, there was a clear breach of the rules. The orienteering element of the Games are not organised by the IOF but it had been agreed that their orienteering competition would be run under IOF Rules. China is a relatively new orienteering nation and has been supported by the IOF in enhancing its participation. Although Chinese athletes have shown improvement in recent years, there was surprise when the results of the first event on the 20th October, a middle distance competition, came in. The following is taken from the IOF news item on the issue:

*The Middle Distance competition was unfortunately overshadowed by extensive cheating by the Chinese team. Initially Chinese runners came in to the finish in first, second and fourth place among the women and second place among the men. An incredible result, but it was soon discovered and proven that the runners had received illegal assistance both by spectators in the terrain, markings and small paths prepared for them and which only they were aware of. A common protest was handed in by the national teams of Russia, Switzerland, France, Belgium, Poland and Austria and the jury decided to disqualify all competitors in the Chinese team. According to the jury decision their results were to be voided and not included in the results lists and they would not be allowed to start in the long distance competition. The Chinese appealed the decision to CISM but the protest and jury decision were upheld.*

Unfortunately for the IOF, although not directly involved in the Military Games, the final of their World Cup had been scheduled to be in China from 26th to 29th October. According to the IOF:

*When the cheating carried out at the Military World Games was discovered and understood, the IOF made significant efforts to defeat any activities of not playing fair.*

And it then lists measures which were taken in the few days left to verify that 'fair play' rules were followed. However the following additional statement was issued on the 31st October:

*Members in our community and orienteering friends globally were surprised by race developments and final results. Incredible improvement of technical skills and running speed of some athletes creates questions and we, the IOF, need to analyse the background for such unexpected performances from a few athletes. Our sport is based on three values – Inclusive, Sustainable and Ethical. There are understandable doubts that maybe some of our basic values were ignored by some athletes.*

The matter has been reported to the IOF Ethics Panel which will investigate possible violations of the IOF Rules and Code of Ethics at the IOF World Cup Sprint Final Event on the 29th October. There are likely to be further implications as the IOF considers the need for further action.

## Know Your Club Members — Rob Smart

Perhaps unnoticed until now, Rob Smart has been spotted moving up through the BKO ranking list this year. As a competitor, Rob takes on the tougher challenges - usually Brown courses or, at urban events, the Men Open. This means that his position may not initially look that impressive but it still gains good ranking points. Time to find out a bit more about him!

*Age/Class?*

- M45

*Family circumstances?*

- Married to Claire who also enters the odd orienteering event and we have two young daughters 2 and 4.

*Hometown?*

- Reading

*How did you start orienteering?*

- I've done adventure racing for quite a few years, these are typically score events using OS maps lasting between 6 and 12 hours involving running, mountain biking and kayaking. I started orienteering to practice and improve my navigation skills.

*Clubs?*

- BKO is my first and only orienteering club, but I am also a member of Reading Mountaineering Club.

*Best achievement/success?*

- I don't think I've had any big landmark achievements in orienteering, however relevant to map sports I did manage to win the 2016 Questars Adventure race series.

*Most enjoyed event?*

- As it was local I entered 3 out of 4 events in the JK this year (my first JK), I didn't do very well but it was a fun event.

*Worst event/most embarrassing orienteering moment/biggest goof?*

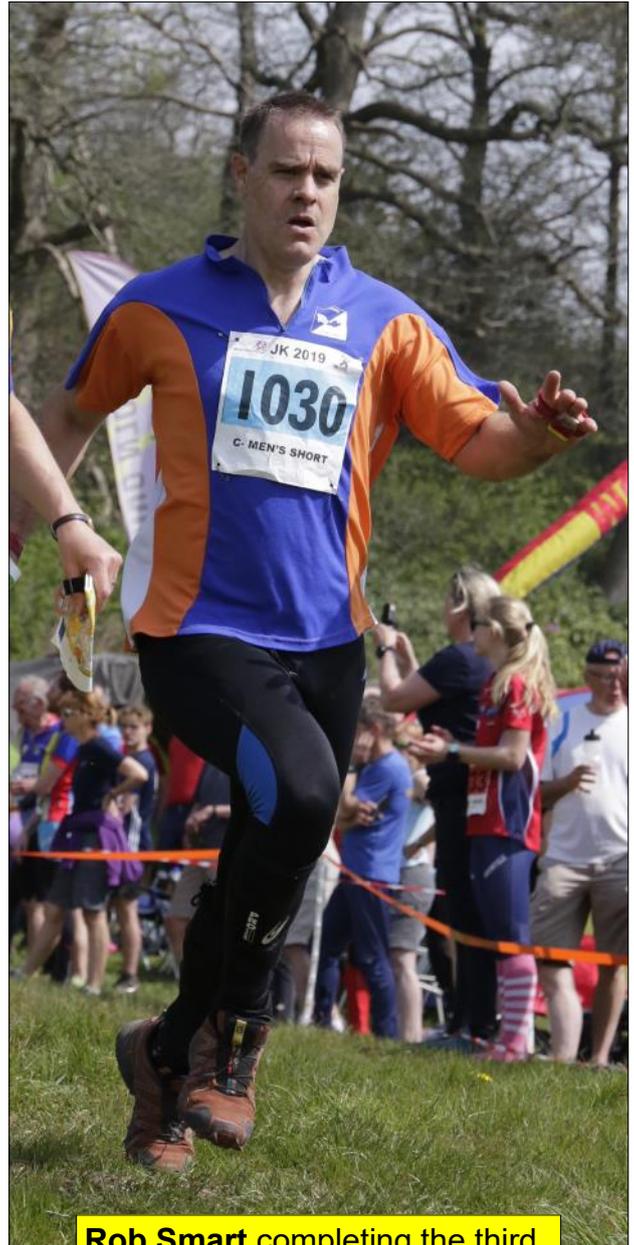
- I get things wrong a lot in orienteering, the good thing is most of the time most people don't get to see the details, it just shows up on the results as a long split time. My worst goof was probably in the New Forest last year where I confidently set off on a direct route from the start flag only to not be able to judge the difference on the ground between dark and light green. I ended up completely lost and had to retrace almost back to the start and try again.

*International experience?*

- Not much, I did the OMM Alps (Mountain Marathon) this year but I've not done any shorter orienteering outside of the UK.

*Biggest cheat?*

- I've not managed to find a way to cheat!



**Rob Smart** completing the third leg in one of our Men's Short teams at this years JK Relay

(Photo: Wendy Carlyle)

*What have you put back into the sport?*

- Unfortunately, due to our two girls being youngband a busy job, I've not managed to even help out at a local event yet. Hopefully I'll have some more time to give some time back when the girls are older.

*Other activities/interests?*

- Rock climbing and mountaineering although since the children arrived I don't manage to get out as often as we did before.

*Employment?*

- I work in Sales for a company selling software to the digital TV industry.

*What training do you do?*

- Fitness training, I do a fair amount of running and cycling. Regarding navigation training I just get to as many events as possible, I think I'd benefit from doing some of the Wednesday night training in the summer but have not managed to make it their yet.

*What is the best thing about orienteering?*

- It's exercise for the mind as well as the legs.

*What is the worst thing about orienteering?*

- It's very frustrating when you always make mistakes.

*Orienteering ambition?*

- To do an event where I don't make a navigation error on any of the splits!

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

- Before we had children Claire and I travelled to a remote area of Kyrgyzstan and climbed some mountains that were apparently previously unclimbed.



Also taken at this year's JK, here is **Rob Smart** competing in the Long event at Cold Ash.

(Photo: Wendy Carlyle)

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## Radio Orienteering in Woodley : 29 September 2019

David Jukes / Christine Artus

More accurately known as 'Amateur Radio Direction Finding' (ARDF), an invitation to attend a local event was circulated by Jillian Ullersperger in mid-September. I had heard that something was being planned as Jillian has asked if she could have the OCAD file of my Woodley (East) orienteering map. As the event was so close to home, I decided it was a chance to give the sport a try.

In her invitation, Jillian had indicated that many of the regular ARDF competitors are orienteers and, being able to navigate, would be a distinct advantage. However there are some significant differences from normal orienteering. The most obvious is that the 'controls' (known as transmitters or TX for short) are not marked on the map and, despite this, you are still expected to find them! At this event, there were five transmitters and each one sent a distinctive signal. In turn, each one transmitted its signal for one minute - giving a complete set in a five minute cycle. Your tool to locate the transmitters was a hand-held receiver which, using headphones, enables the signals to be heard. The



The handheld receiver

receiver had two modes. In the first mode, by rotating the receiver, when the signal is quietest, it is pointing in line with the transmitter. Although this can, apparently, be done quite accurately, it might be directly to the front or to the back. In the second mode, a louder signal is given when it is in front and quieter when behind (but this is not so accurate in determining the actual direction).

What might be obvious from this brief description is that if you are trying to locate a particular transmitter, you have only a minute to try and identify where it might be. If you miss it in that minute, you then have a 4 minute wait before getting another chance. Once you reach the right place with the transmitter, to make it visible there is a small orienteering control flag next to it and an electronic punching device to record your success at finding it.

*David Jukes reports:*

Jillian let me have a short practice before starting. I could hear the signals and got some idea in which sort of direction they were. One (TX2) was somewhere towards the northern edge of the map but still in Ashenbury Park. So, on starting, that was where I headed. As I got closer, the signal came back on and I identified more accurately the direction. It was taking me towards the seats on the grass by the edge of the lake at the top of the map. But then the minute was up and I had to start searching with no signal. No control! I headed up to the top of the hill overlooking the lake and used the time to start listening to the other signals and plotting their likely direction. Then TX2 started re-transmitting and it again appeared to be in the direction of the seats. I started walking back down towards the lake in a straight line and almost immediately spotted the control directly in front of me and next to a small tree in the semi-open on the slope above the lake. So I learnt that there was another difference with Radio-O. The controls are not necessarily on features marked on the map (and there is no control description sheet to help either)!

Where next? All the other 4 were further south and so I decided to try and do a circuit by next attempting to find



Ready for the challenge!



The northern part of the map showing the actual location of four of the five transmitters (TX1-4)

the one which appeared to be furthest to the east. This was TX3. As it happened this was indeed right on the eastern edge of the map in the future 'country park' which I had only partially mapped in early summer (and which had not been used for our August event). While heading off in that direction, it was still possible to attempt to determine bearings on the other transmitters although not so easy when attempting to walk quickly. My walk took me across a bridge over part of the River Loddon and luckily at that point TX3 was transmitting and I was able to get a more accurate bearing towards it - it was now slightly North. I pressed on and, five minutes later, another accurate bearing took me directly into a block of woodland and to the control. Excellent!

That left numbers 1, 4 and 5. This became quite confusing and 5 appeared to be back into the Airfield Estate and possibly in the large open space near its middle. At this point I was starting to have some trouble with my headphones which sometimes went dead and there was an increased level of interference (at one point I realised that I was standing next to a mobile phone mast). Having got a bearing on TX5, I headed SW but could not find it and had to wait for the signal to start again 4 minutes later. This time I felt it was taking me NE so I went back the other way. Again no luck. Listening to the other signals, it appeared TX4 was off to the north.

Now I started guessing as to where Jillian might have hidden them. Not a good technique! I gave up on TX5 and headed for an open area further north and looked around it whilst again waiting for TX4's signal. Next it seemed to be still further to the north. On to another open area - still nothing and still the signal appeared to be further north, possibly up a private cul-de-sac. I decided that I should start heading back and attempt to find TX1 which appeared to be on the route towards the finish. I heard later that the bearing up the cul-de-sac was correct but that TX4 was even further on and out the track up the edge of the map - one that I had walked down when heading to TX3 earlier.

Still using my 'guessing' technique, the apparent direction to TX1 suggested it might be in an open grassy play area to the south of the start/finish. I headed over to it and listened for the signal. Was it suggesting to go back in the other direction? Having had about two hours out on the course and having successfully found 2 of the transmitters, I decided it was time to admit defeat and headed back to the finish.

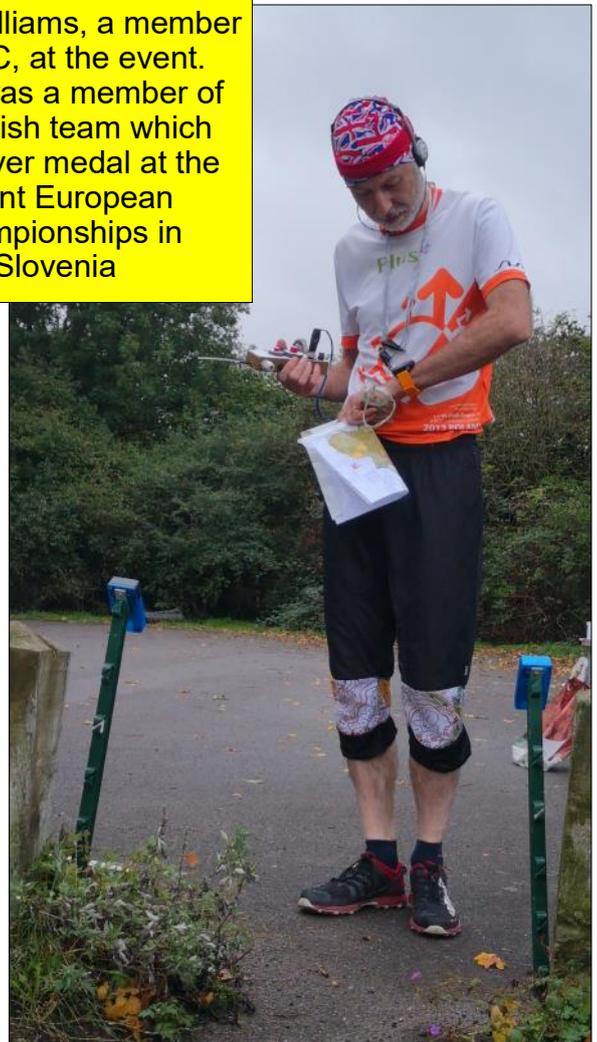
Well, apparently, I had done well to find even 2 of them. 'Many newcomers don't find any!', I was informed. So perhaps not so bad. Apparently TX1, TX4 and TX5 were positioned in small areas adjacent to paths and not in the open play areas that I had been guessing would be used. Crafty planning by Jillian!

The event was certainly an interesting challenge. At all times, with the transmitters operating in sequence, there are opportunities to get bearings onto each one. As you move around the area, the expert will be regularly plotting directions to them and attempting to pin-point their locations even if heading towards a different one. That is obviously something which comes with experience - an experienced competitor would not have gone past TX4 without noticing.

#### *Christine Artus reports:*

I turned up at Ashenbury Park just as David was starting. Jillian patiently took me through how

David Williams, a member of HOC, at the event. David was a member of the British team which took silver medal at the recent European Championships in Slovenia



to locate the directions of the transmitters and we (she) found them all. I then punched the start and realised that I did not know where any of them were. I had been so tied up with listening that I had not registered which were where. So I stood in the carpark for at least one rotation of the signals and I marked on my map the directions I thought they were in.

Regrettably for TX2 this was completely wrong. I set off for where I thought TX2 was but after wandering about in the wrong direction and almost off the map for several minutes and rotations of the signals I moved more into the mapped area of the housing estate and picked up that I was fairly near TX1. I moved in the direction I thought was correct and at a later rotation I ran quickly towards the sound hoping to get there before the signal went. WOW – I found one.

I was rather concerned that we were in an area of curved cul-de-sacs and if following a direction without knowing the distance we could get tied up in cul-de-sacs we would need to reverse from if the TX was beyond that cul-de-sac. But this one was a small open area in the houses and it turned out the others were all in open areas.

After finding TX1 I stood relatively still for a couple of rotations and tried to plot the direction of each of the other transmitters. I was hoping that 2 lines towards each one would pinpoint the location. I wandered around getting rather confused for some time by the signals which didn't seem to be very strong to me. I decided to just look for TX4 which I thought was in the open area of the park and would be a more pleasing walk! I went into the park and, not finding TX4 after another rotation or 2, I sat on a seat enjoying the view waiting for the TX4 signal to come around. I set off in a slightly different direction which it transpired was now the correct way, but the signal went and rather than wait for another rotation I decided to call it a day.

So I had spent an hour, mostly walking, trying to interpret sounds. I had plotted TX3 and TX5 approximately correctly and maybe with more patience and time I might have reached them. The person who found all 5 on this course took nearly twice as long, but for me lunch was calling.

The difficulty of deciding what I was listening to meant that I scarcely ran at all, so for me this was a challenging activity within a walk. I was very pleased to be able to try this. If I stop enjoying running, or have a spare couple of hours when there is another local event, then this might be something to delve into further.

The sport has a small band of committed enthusiasts. Some had travelled down to Woodley from Leicestershire for the event - quite a bit further than for the locals. The quality of the map is not as important at an ARDF event since, as I found, a transmitter can be put anywhere. It is not found by map reading but by listening to the signals and determining the bearing. The map is a necessary element since, if you want to plot the bearing, you need to know where you are when drawing the line. Plotting two lines should, in theory, give you the likely location. Doing this from three different points on the map could enable you to plot them all. However, how accurate these plots might be is something I don't know.

Will I be trying it again? Probably but only to see if I can do better next time using the knowledge I gained at this event. I do like a challenge and I felt disappointed to miss 3 of the 5 beacons.

*So thanks to Jillian for the opportunity to participate and to explaining what I had to do. Note that there are variations in the type of event staged - the version described here is known as 'classic'.*

*Want to give it a try? For more details, including a listing of events, see the pages of the **Radio Society of Great Britain** at: <http://www.nationalradiocentre.co.uk/ardf/index.html>*

**Berkshire Orienteers**  
**is on Facebook !**



### **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**



## Trail-O in Poland - A brief insight

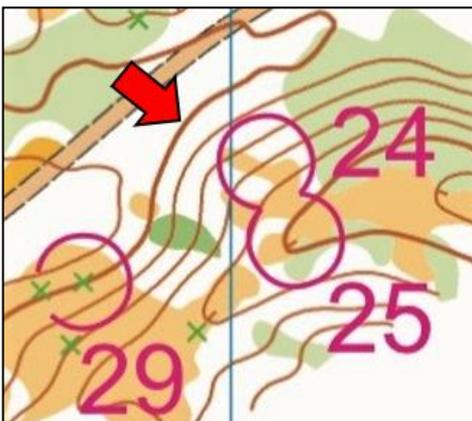
David Jukes



Having decided that I needed to focus my orienteering on the more sedate version of the sport known as Trail-O, opportunities to participate in the UK are very limited. To gain experience it appears, at least at present, you need to have the time and sufficient money to travel to events in Europe. My first opportunity was to attend a weekend event in Poland in mid-October. Known as the Bukowa Cup, it was in a wooded area on the edge of the city of Szczecin and, with Ryanair flying to the city, costs would not be too great. The weekend consisted of both 'Foot-O' (a Friday night urban sprint, a 'shortened long' and a middle race) and 'Trail-O' (a Pre-O and an a Temp-O) with the two Trail-O events being eligible for World Ranking points. Although I did the urban sprint, my focus was on the Trail-O events.

The Pre-O (for precision orienteering) was on Saturday morning with the Assembly a short walk from the hotel. On starting competitors walked along a track through the competition area and, without leaving the track or talking, needed to consider whether the 29 controls marked on the map had control flags in the terrain at the exact point they were shown on the map (+/- 4m). Some might be quite close and visible, others further out into the area and less obvious. Assessment requires the interpretation of all the evidence - from the map, the control description and the terrain. At the official decision points there could be up to 6 flags (A to F) visible although some might relate to two different control circles. To make things harder, it could also be that there would be no flag at the correct point (known as a 'Z' control). Nearly two hours were allowed to complete all the assessments. It was then followed by two controls where quick decisions were required with the time taken (plus any penalty seconds for incorrect choices) being used to rank competitors who had achieved the same score with the main Pre-O controls.

With Foot-O, competitors may consider that the map has some inaccuracies but, as the terrain is crossed quickly, in most cases, minor inaccuracies are ignored or have very limited impact on the event. In Pre-O, as competitors may spend 5 minutes or more analysing the evidence at each site, the map must more accurately show the correct features. As this can be an individual mapper's interpretation of the area, once the results are announced, there is detailed discussion. The competition rules even make an allowance for this - once the results are declared, there is a 15 minute period during which competitors can lodge an objection to the results and which the organisers then consider. As a World Ranking Event, there is also a jury so, if an objection is rejected, an appeal can be made to the jury who then visit the specific control site and will rule on the validity of the appeal. If necessary, a control can be declared 'void' and is no longer counted in the results.



In this Pre-O event there were several controls which caused particular problems with several top competitors getting the wrong answers according to the organiser's solution. However



The control which caused most debate was #24, 'Clearing, SW part'. The picture (*right*) shows the view from the 'decision point' looking down the slope towards the control flags - from the track at the red arrow (*above*). (Note: when printed in grey, the areas of green and yellow in the above map look similar)



Left: Debate continuing with several of our group entering the terrain - something not allowed during the competition. Should the area have been marked as wooded, semi-open or with several clearings?  
 Below: **David Jukes** (right)  
 (Photo: J.Gliszczyński)

there were no appeals and the results stood. That did not though stop the discussions!

In Poland, once the results were confirmed, competitors were allowed back into the terrain. Most of the British entrants headed off up the track in a group to debate one or two of the more contentious controls. Debate continued at Control 24 even after the organisers had collected in the controls! I was mostly listening as it was a good opportunity to learn what to look for when assessing a control site.

The Temp-O event was on the Sunday morning in an adjacent bit of forest. The principles are the same but in this case the time you take to reach decisions is what counts with time penalties for wrong answers.

Top competitors will be taking perhaps 20-30 seconds to give answers to the five challenges posed at each 'station'. Technique and experience are more critical when under time pressure and wrong answers are quite common. With less time to assess the terrain, there were fewer opportunities to debate and question whether the organiser's were right.

Overall I enjoyed the experience. The group of enthusiasts from Britain were welcoming to a newcomer and happy to explain their techniques. I certainly learnt a lot about how to assess different types of control situations and the possible challenges set by the planners. My results were satisfying being up in the middle of the field - certainly giving me hope for possible improvement at future events. And I now feature on the official IOF Trail-O World Ranking List in position 222! I am hoping now to get to another WRE - possibly in Slovenia in March.



### Your 2019-2020 Committee

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

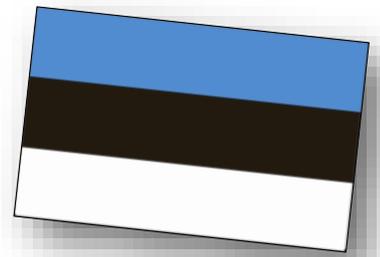
**4 Committee Members + 2 co-opted:** Fiona Clough, David Jukes, Brian Sewell, Mark Foxwell and Simon Moore



## Tallinn Orienteering Week

August 2019

Doug and Annika Greenwood  
report



### **Doug**

This was the first time I'd ever orienteered in Estonia. I'd heard tales of Annika's orienteering adventures in her home country before – usually involving sentences like "...at this point I fell into the swamp up to my waist..." so had slight trepidation that Tallinn O-Week might involve plenty more of the same.

Our first event was a small evening competition (not actually part of Tallinn O-Week), held in pine forest and sand dunes beside the sea. It was actually a lovely place to run – not dissimilar to Star Posts – and was a really nice introduction to Estonian orienteering.

We had entered 2 days of the official Tallinn O-Week, both held at Venemäe, an area of forest, bogs and disused military trenches (east of Tallinn). The event was really well-organised, with a large assembly area (used for both days) with retail stands, catering, music and activities – it had a really good atmosphere.

While waiting at the assembly before my first start, I heard screams of the Estonian word for "HELP!", looked around to see that the generator for the inflatable registration tent had failed, and the tent was rapidly deflating and collapsing on top of the event team. I got a few brownie points for going over and holding up a corner until the generator got fixed – most other passers-by, however, just laughed and took pics of the incident!

As for the first race itself, the first thing that struck me about the map was the sheer amount of blue on it. It looked almost like we were orienteering around an archipelago – running from "island" to "island" via what I assumed would be the sorts of bog that Annika had often fallen into in years gone by. Thankfully due to the time of year (mid-summer) a lot of the blue areas had dried out considerably, and it would have been possible to run through most of it without really getting your feet wet.

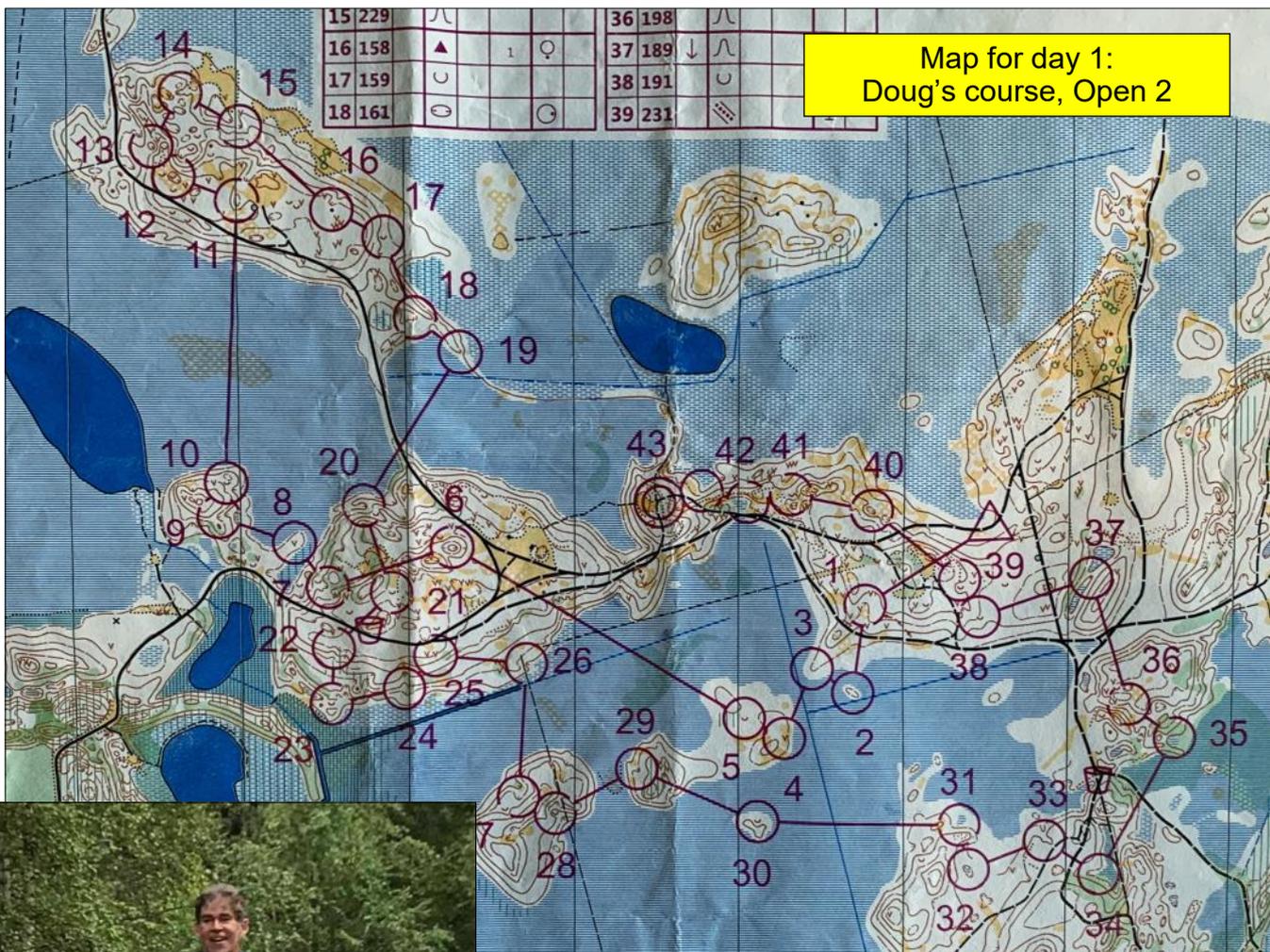
The other thing that struck me was the amount of controls. My course had 43, but I think I got off lightly – the Men's Elite had 100! It turns out it's a tradition to hold a 100-control race as part of the Tallinn Orienteering Week. The event was included in the programme when the event first started in 2005 and has been part of it ever since.

There were few paths or changes in vegetation, so the keys to doing well were to make accurate bearings, pace well, and use the contours. It was tough, and by the time I got to control 19 (not even near halfway round), I'd been out for 1 hour 15 mins and reluctantly conceded that I wasn't likely to finish the course. However, this meant I could instead make the most of my

surroundings. What the map doesn't show is that the blue areas could have stood for... BLUE-berries! The forest floor was a carpet of blueberry bushes, all with perfect fruit (Estonian berries are the best I've ever tasted) – the fact that the leg from 19 to 20 took me 23 minutes gives you some idea of how many of them I gorged on. I did a few



Typical esker bog-tundra landscape common in Estonia



Map for day 1:  
Doug's course, Open 2



Day 2  
Doug at the finish

more controls and then, with a full stomach, called it a day.

The following day's race was much easier (shorter, with more map features such as the military trenches, and also using some of the same area from the previous day – quite handy!) and so this time I actually finished. My results from the events weren't anything to write home about, but I thoroughly enjoyed my first Estonian orienteering week.

One of the things I particularly liked about the event was that they had organised it next to a really nice lake, with changing facilities (and even a sauna!) so it was great to finish the runs and then go for a really nice dip. This was one Estonian "swamp" that I was happy to throw myself into!

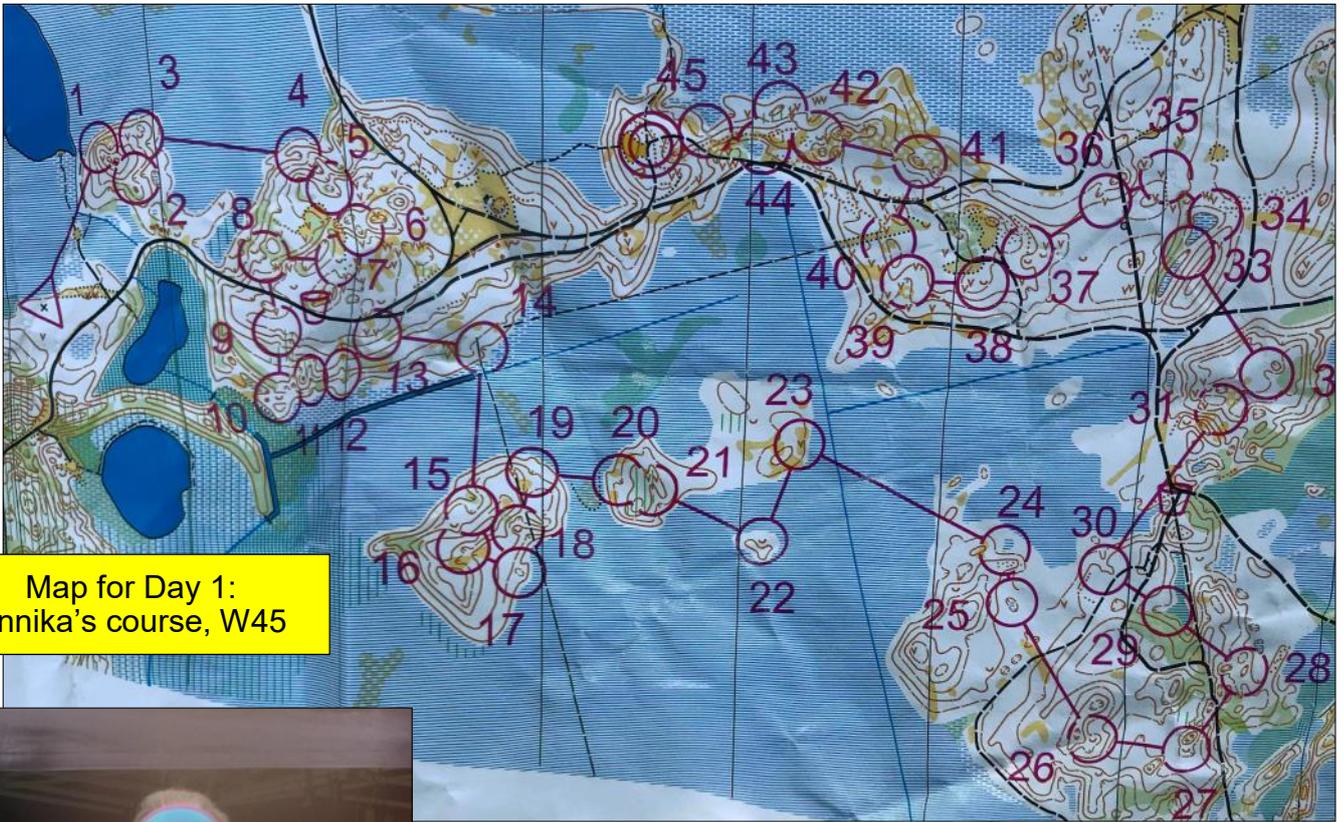
**Annika**

I always "embrace" any Estonian orienteering event with some trepidation. I started orienteering in my native country as a child, but this hobby did not last long as it seemed too hard, too difficult and I was always last. As an adult I can deal with losing a little better, so I now regularly run one or two events there a year.

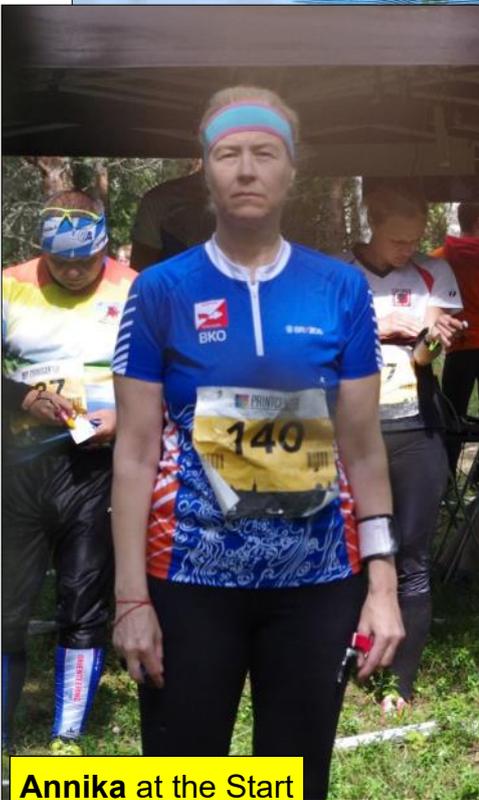
This year's Tallinn O week was in the esker bog-tundra landscape to the east of Tallinn, with low pine forest and surrounded by lakes and bogs. It is one of my favourite landscapes to run in Estonia and therefore I did not hesitate to enter.

Most bog lakes are also swimmable and as a keen open water swimmer I thought that if the run does not go well then at least I have a nice swim to look forward to.

My highlight of the week was the "100 CP" race that Doug already mentioned. The men's elite



Map for Day 1:  
Annika's course, W45



Annika at the Start  
(Photo: Greete Saareoks on Facebook)

have 100 controls and women's elite have 70 controls - these numbers gradually decline the older/younger the age class. My course was 45 controls and 5.7 km. The race was quite easy when you stayed in constant map contact and did not lose your flow. However, due to such a high number of controls, once you lost map contact it was hard to get back on track as most of the landscape looks the same and you could easily mistake one "island" for another or lose track of your re-entrants. I found that out to my detriment going from

control 15 to 16. I contoured around, miscalculated the contour lines and totally lost my bearing until I found my number 18 and then found my way back to the map.

I ran the rest of the race very well and for once I was not last - and finished 11th out of 15th in my age class. I was very happy!

I'd recommend the Tallinn Orienteering Week to any of our club members - Estonia is renowned for being quite flat, so no event will ever involve too much climbing, but the terrain will still give you a great orienteering challenge. Tallinn itself is a lovely medieval city to stay in and visit, and there's usually an urban event around the cobbles and alleys of the Old Town as part of the O Week.

Control	Time	Split	Speed (min/km)
14(222)00:05:37	05:37	05:37	21:33min/km
2+(212)00:07:58	07:58	02:21	17:05min/km
3+(211)00:10:55	10:55	02:57	14:09min/km
4+(166)00:11:56	11:56	01:03	11:54min/km
5+(213)00:13:20	13:20	01:22	14:47min/km
6+(169)00:14:21	14:21	01:01	17:14min/km
7+(168)00:16:19	16:19	01:58	16:57min/km
8+(170)00:17:50	17:50	01:31	13:40min/km
10+(171)00:19:24	19:24	01:34	15:22min/km
11+(208)00:20:45	20:45	01:21	19:51min/km
12+(230)00:22:01	22:01	01:16	18:21min/km
13+(172)00:23:37	23:37	01:36	19:31min/km
14+(173)00:25:38	25:38	02:01	12:18min/km
15+(217)00:29:15	29:15	03:37	14:42min/km
16+(174)00:34:21	34:21	05:06	86:26min/km
17+(175)00:35:21	35:21	01:00	10:59min/km
18+(176)00:36:41	36:41	01:20	20:31min/km
19+(216)00:38:29	38:29	01:48	19:21min/km
20+(218)00:40:07	40:07	01:38	12:40min/km
21+(177)00:41:08	41:08	01:01	19:11min/km
22+(178)00:43:53	43:53	02:45	14:38min/km
23+(179)00:46:29	46:29	02:36	16:15min/km
24+(180)00:51:13	51:13	04:44	13:16min/km
25+(181)00:52:15	52:15	01:02	12:18min/km
26+(182)00:55:21	55:21	03:06	12:24min/km
27+(183)00:57:18	57:18	01:57	13:00min/km
28+(184)01:00:05	02:47	02:47	18:33min/km
29+(185)01:02:59	02:54	02:54	19:05min/km
30+(186)01:04:25	01:26	01:26	12:03min/km
31+(198)01:09:32	05:07	05:07	17:24min/km
32+(188)01:10:46	01:14	01:14	14:20min/km
33+(189)01:14:33	03:47	03:47	17:12min/km
34+(199)01:15:25	00:52	00:52	13:20min/km
35+(190)01:17:12	01:47	01:47	18:58min/km
36+(232)01:18:22	01:10	01:10	12:25min/km
37+(231)01:20:57	02:35	02:35	19:17min/km
38+(192)01:22:02	01:05	01:05	13:53min/km
39+(234)01:23:29	01:27	01:27	13:04min/km
40+(193)01:24:31	01:02	01:02	15:54min/km
41+(194)01:26:01	01:30	01:30	12:12min/km
42+(195)01:28:00	01:59	01:59	13:19min/km
43+(196)01:29:08	01:08	01:08	16:26min/km
44+(233)01:30:22	01:14	01:14	20:33min/km
45+(200)01:31:52	01:30	01:30	17:27min/km
F.	01:32:43	00:51	9:53min/km

Day 1:  
Annika's splits

# Berkshire Orienteers Newsletter

November 2019



SCOL1

League Event at Bucklebury Common  
6 October 2019

# Berkshire Orienteers Newsletter

November 2019



# Berkshire Orienteers Newsletter

November 2019



As Newsletter Editor, I enjoy walking a course at our events with a camera. Not worried about my time, my main objective is to capture a good shot of a BKO member to use on the Newsletter cover.

The definition of 'good' though is quite difficult to put into words. Ideally the picture has some positive action which shows something of the challenge and the concentration of competing. It should show the nature of the terrain whether wood, heath or urban. Even better, the BKO member will be in club colours - ideally in the new modern kit! Also it is great to have a shot of someone who has not appeared on the cover before.

I was lucky at Bucklebury. Bright sunshine made photography easy with quick exposures. Four photos appeared to be suitable for the cover. But which one to choose? Shown here are three of the options. I finally opted to show one of our juniors in action but thought it would be good for the others to be able to claim that they were (nearly) a BKO Newsletter cover star!

The 'nearly' cover stars (clockwise from left):  
Ian Hudson, Antje Inness and Georgi Gospodinov