



BKO Newsletter

Summer 2024



Berkshire Orienteers
The Orienteering Club for Berkshire and Surrounding Areas

BKO NEWSLETTER

2023-24 Season End.

And so to the end of the 23/24 forest season, and into Summer, multi day events, urban races and washed out BBQ's!

We've got a good few things to read about in this issue, including some exciting TrailO news, a horror story from the JK, and the usual round up of BKO news from the last few months.

It's been a pretty good season I think, some good turnouts both attending other events and attendances at our own ones, the training sessions have also had good numbers, the Reading University Whiteknights double sprint was particularly good!

And we've got a lot more coming up in the next few months with Urban events and the City of London races, TrailO and Southern Night Champs on our patch, and further afield the multi day events across Europe (and North America!) if you're fortunate enough to go to them!

If you do go to any of the big events do drop me a picture / selfie and a line or two (or more) as it's always interesting to read about these events and other BKOers escapades, and see yourself in the newsletter!

See you out there

Rob Mullens



EVENTS

TVOC Chiltern Challenge 2024 – SCOA Championships

SATURDAY 17TH March 2024 – Penn, High Wycombe

It hadn't been that long since the last SCOA Championships at the end of 2023 where we had four champions crowned in some pretty unpleasant weather, but the 2024 edition, once again hosted by TVOC, was thankfully a much drier affair.

Penn Woods offered up typical Chiltern Challenge terrain, mixing runnable woodland with some tough hills, particularly on the longer courses that ventured across onto the

stony slopes of Common Wood and Penn Estate.

We have 2 new SCOA champions now! Susan Wilkes took Gold in the W70 class and Gen Mullens was 1st in W16 – Congratulations!

There were a good few Silver medals too – Liz Stradling in W65, with Catherine Springett 5th in quite a tight class – Lisa Methven and Trish Monks 2nd in W50 and W40 respectively, as well as John Methven – M50, and myself in



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M45, and one Bronze as Stefan Stasiuk took 3rd in M70. A few more pictures of some of the medallists in the gallery later.

No medals but good runs also by Simon Turton 4th M50, Neil Frankum 5th M55, Derick Mercer 6th M60, Phil Stradling 5th M65, Richard Rae 5th and Alain Wilkes 7th M75 and Jillian Ullersperger 4th in W60!



THE JK 2024 – MIDLANDS

DAY 1 – Friday 29th March 2024

Sprints and PreO– Loughborough University



A lovely sunny afternoon and evening greeted the day 1 entrants for the Sprint around Loughborough University and the TrailO PreO. Team BKO had 19 participants including a 3rd place for David Jukes in the PreO Elite!

M14 22nd Elliot Vaughan

M16 56th Zac Vaughan

M20E 4th Adam Methven

M21E 93rd David Thomas

M50 18th John Methven

M50 51st Bo Oqvist

M55 64th Neil Frankum

M60 57th Derick Mercer

M60 88th Mark Foxwell

M70 - Nigel Hoults

M75 41st Alain Wilkes

W18E 22nd Amelia Wing

W45 16th Trish Monks

W55 38th= Lisa Methven

W55 55th Isabella Wing

W60 31st Fiona Clough

W70 18th Denise Harper

W70 20th Susan Wilkes



DAY 2 – Saturday 30th March 2024

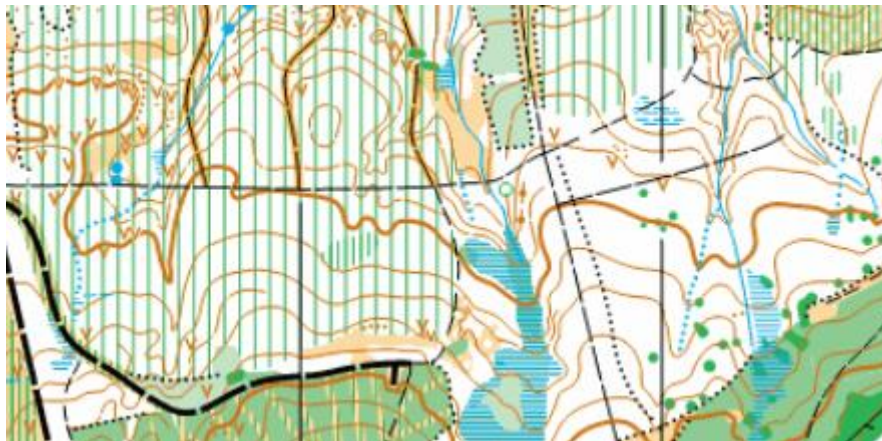
Middle Distance – Beaudesert

It was a fairly good clear morning for day 2 at Beaudesert for the middle distance, but quite wet and muddy underfoot, encountered very early on coming out of the start away from the main arena and straight into ankle deep mud.

I think we all found this a challenging run, some for different reasons than others,

summed up by one French runner who tore up his map and threw his hands in the air at the finish!

Despite the difficulties, I really enjoyed my first JK outing, and it was really good to see many BKO people at the finish area, (in a very well picked out spot!) cheering runners of all ages and clubs up to the line.



Problem areas of Beaudesert!

DAY 3 – Sunday 31st March 2024

Long Distance – Beaudesert

A foggy start to day 3 for the picturesque drive through the grounds to Beaudesert again, not that you could see any of it this time, as we ran through some of the previous days' competition area and out into yet more swampy terrain!

I was not alone I'm sure in getting completely soaked going through some of the boggy wetlands, not helped by falling into a small stream 2/3rds of the way round! (Though not as bad as Martin in "The Curse of Beaudesert" below!)





As the mists cleared runners were welcomed back up the same run in as the day before, with seemingly less frustration and shredding of maps than the day before! Highlights of Day 3 were –

Adam Methven 4th 20ME

Amelia Wing 18th W18E

Jon Vaughan 10th M45S

Trish Monks 15th W45L

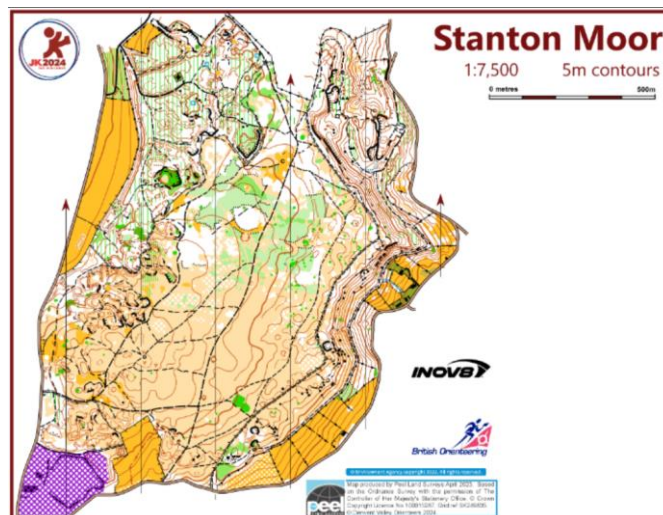
Gen Mullens 1st W16B

Sue Parker 4th W60S

DAY 4 – Monday 29th March 2024

Relays – Stanton Moor

Two BKO teams braved what one member called – “a real pig of an area!”, though some I’ve spoken to quite liked it!



BKOncorde had a good outing on the Men's Short, finishing 9th, whilst an unfortunate mispunch scuppered BKOmposed, though looking at all the results there were a lot of mp's and dnf's, so maybe it was a bit of a tricky one!

C Men's Short

Pos	Time	Team No	Team Name	Club	Competitors	Courses
9th	89:59	1010	BKOncorde	BKO	Adam Methven, John Methven, David Thomas	C Men's Short_BaB,C Men's Short_Cb,C Men's Short_AaA

P Mixed Ad-Hoc

Pos	Time	Team No	Team Name	Club	Competitors	Courses
mp	8008		BKOmposed	BKO	Bo Oqvist, Anna Methven, Lisa Methven	P Mixed Ad-Hoc_aBaa,P Mixed Ad-Hoc_bb,P Mixed Ad-Hoc_aAba

And now, a horror story straight from the nightmares of orienteers everywhere...

THE CURSE OF BEAUDESERT!

By Martin Wilson

JK24 M75 Long course: MW is proceeding OK on the muddy course 1-5, including the very long leg 1-2. A short 5-6 then gave a chance of a near-direct route via a short section of marsh. I took the bait and entered the 15m stretch ankle-deep...then knee-deep...then thigh deep with 5m to go. Tried to turn round; fell over, now wet and filthy with a soggy brown and torn map. Never mind, scrambled back out; took a shallower line round the marsh edge, ran on 20m to the control, raised my hand to swipe the SI unit, and....no dibber on my finger. Arrgh...end of contest! Spent 5 mins back at marsh to see if dibber was visible, but of course found nothing. OK, I can use the pin-punch on to map to show I'd been there. Never tried this before, let's see if it works.



Now, please pay attention to the following Masterclass on how to execute this simple task – this might happen to you!



1. Get down on hands and knees facing the kite, while avoiding low-flying dibbers from many runners going past.
2. Lift the kite to find the pin-punch. It is hidden inside the kite and attached to the stake, and (the bit you didn't know...) the opening is pointing downward.
3. Let the kite drop back down, and search along your damp torn map for a spot anywhere on the map where you could make a pin-punch. (There were no marked boxes on the map). Once identified, turn the map *very carefully* so as not to tear it until you have one side of it facing the punch. Prepare to punch but...
4. ...you now realise that both hands are full, yet the kite must be raised to allow the map to get under it. So, use your right elbow to gradually raise the kite above the punch until it becomes visible. Now comes the tricky bit.
5. Work the map edge *very slowly* and carefully into the gap in the pin-punch while completely unbalanced with two hands and elbow unsupported. Apply pressure on the punch with either hand or elbow until the pins engage. Now extract the damp map *very gently* ensuring it does not tear; this can take some time during which the kite will annoyingly fall down over the punch. If losing your balance during this complete procedure you must return to step 4.
6. Lastly, ensure kite is back in correct hung position, rise up from your knees (avoiding more active dibbers), brush yourself down, and begin the lengthy process of re-acquainting yourself with the map, where you are on it, then reset yourself and compass to exit in the correct direction to next control.

I found this sequence took almost 2 minutes to get through. I repeated it all at the next two controls, but found I had lost the urge to race, so jogged back to Download to let them know I had 'finished'. With no dibber output possible, my name never featured in the results. Not much reward for a hard day's work!

A 'once in a lifetime' thing? Actually...no. I ran at Beaudesert at an earlier JK many years before. On the Long race then, between controls 4 and 5, I had a sudden fall, got up, started running, and found that my compass had completely smashed with the oil leaking out. I pressed on, trying to compete without a compass, found the next two controls, but then got completely lost, had to ask people where I was, and retired. The Curse of Beaudesert is definitely alive and kicking!

MW.



Yvette Baker Trophy and Shield Roundup

Heat - TVOC - Hodgemoor Woods - Sunday 21st April 2024

Final - HH - Northaw Woods - Sunday 7th July 2024

We're struggling with fielding a junior team at times now, roping in newcomers to help fill spots and give us a chance of scoring some points! The juniors did well in the heat at Hodgemoor woods to qualify for the final, with maximum points scored by everyone!

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Name	Class	Score
Aidan Williams	Green Boys	100
Amelia Wing	Green Girls	100
Gen Mullens	Light Green Girls	100
Will Waite	Orange Boys	100

In the final at Northaw, on a stormy and thoroughly wet day near Potters Bar, we found it tough going. The walk to and from parking to the event centre and then on to the start area was a course in itself! The opposition really had the numbers over us, but it was a great all round turn out, showing that the future of the sport is in capable hands!

South Yorkshire Orienteers (SYO) won the YB Trophy (again) with a massive turnout of 37 runners, who didn't stop running or playing football from the moment they arrived in the arena. Truly an inspiration for other clubs. Runners up were Thames Valley (TVOC) and in third were West Anglia (WAOC) who pushed the hosts into 4th by just 5 points.

The result in the shield competition was incredibly close, four points separating the top 5 clubs. North Glos (NGOC) came out top, with 496 points, just two ahead of Swansea Bay (SBOC) who were just one point ahead of Dartford (DFOK). Cleveland (CLOK) and Essex Stragglers (SOS) were tied in 492 points, just one more point behind DFOK and 4 behind the winners.

Yvette Baker Shield Final

Pos	Club	Scorers	Score	Green Boys	Green Girls	Light Green Boys	Light Green Girls	Orange Boys	Orange Girls	Yellow Boys	Yellow Girls
1st	NGOC	5	496	97 (1)	0 (0)	0 (0)	100 (1)	199 (2)	0 (0)	100 (1)	0 (0)
2nd	SBOC	5	494	297 (3)	0 (0)	0 (0)	99 (1)	0 (0)	0 (0)	0 (0)	98 (1)
3rd	DFOK	5	493	0 (0)	98 (1)	199 (2)	0 (0)	97 (1)	0 (0)	0 (0)	99 (1)
4th	CLOK	5	492	0 (0)	100 (1)	0 (0)	0 (0)	0 (0)	99 (1)	96 (1)	197 (2)
5th	SOS	5	492	0 (0)	99 (1)	0 (0)	0 (0)	98 (1)	198 (2)	97 (1)	0 (0)
6th	MV	4	391	0 (0)	0 (0)	98 (1)	0 (0)	96 (1)	0 (0)	197 (2)	0 (0)
7th	BKO	3	278	96 (1)	0 (0)	0 (0)	0 (0)	182 (2)	0 (0)	0 (0)	0 (0)
8th	DVO	1	97	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	97 (1)	0 (0)	0 (0)

With only 3 finishing runners we were always going to struggle to make an impact at the top of the leader board, but well done to our team for making the trip and braving the storm!

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Name	Class	Score
Aidan Williams	Green Boys	96
Morgan Mason	Orange Boys	92
William Waite	Orange Boys	90



2024 British TrailO Championships Come to Berkshire

By David Jukes



As many of you will know, I took up Trail Orienteering (TrailO) on medical advice to avoid further damaging a knee joint by continuing to compete regularly at 'FootO' events. TrailO is designed as a version of orienteering that involves detailed map reading and terrain interpretation but, as competitors remain on the major tracks, it is suitable for those with mobility problems (including wheelchairs). Most competitors do not have mobility issues and enjoy the map reading challenge whilst walking the designated course.

One problem though is that there are few TrailO events here in the UK so it has meant I have been traveling to various events in Europe to gain experience – made easier by being retired! To try and support TrailO development here in the UK, last Autumn I decided I should organise a weekend of TrailO in 2024 and, after some investigation, opted for an event at Burnham Beeches on **Saturday 12th October** and an event at the Reading Whiteknights campus on **Sunday 13th October**. My thought was that these would help encourage more people to try this form of orienteering and hence, perhaps, lead to more events.

Subsequently though, in the absence of alternatives, my events have become the **2024 British TrailO Championships (BTOC)**. This will not be quite as grand as the name suggests since I will still only expect 60-100 competitors. I am grateful to the club committee who have offered support for this activity. However, as always, such events will only happen successfully with sufficient volunteers. Although most TrailO competitors will offer help before or after their participation, some additional helpers will be needed.

The two events will offer competitions in the two main forms of TrailO – PreO on Saturday and TempO on Sunday. Offers of help for both events would be appreciated but the TempO version will need more helpers (which partly explains why there are very few TempO events here in the UK). As most of these helpers will be out on the TempO course, they will be unable to also participate. However, I am expecting to stage a short PreO Sprint event alongside the TempO and helpers will have a chance to compete in that.

There is no need to contact me right now as a more formal request will be circulated in early September (although I have already had 2 offers – my thanks to them!). If you want more details or have any questions, please do contact me – davidjukes@sky.com. For more information about TrailO, see the dedicated section on the British Orienteering website at: [TrailO - British Trail Orienteering \(britishorienteering.org.uk\)](https://www.britishorienteering.org.uk/trailo)



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MEMBERS NEWS

NEW MEMBERS AND ACHIEVEMENTS

Achievements

Well done on achieving the required finishes in British Orienteering challenges –

Navigation Challenge **** Mel Golding, Richard Rae, Nicky Crowther, Kirsty Adams

Racing Challenge: Bronze **** Mel Golding, Alan Jones, Richard Rae, List Stradling, Nicky Crowther

Racing Challenge: Silver **** Alan Jones, Kelvin Prescott, Richard Rae

Racing Challenge: Gold ***** Alan Jones

Racing Challenge: Gold ***** Rob Mullens

Racing Challenge: Silver ***** Aidan Williams

Racing Challenge: Bronze ***** Aidan Williams

A few new members join us, welcome to... Simon, William and Tristan Waite from Whitchurch and Gary Brown from Reading!

BKO AGM 2024

We had our annual General Meeting and club dinner this year at Sandmartins Golf Club in Finchampstead. It was nice to see so many BKOers not in sweaty muddy running gear, and the roast dinner was pretty good, especially being able to go back for 2nds (and 3rds) of roast potatoes!



Congratulations to our winners and club champions!

Derek Harding Award for outstanding services to the club – Peter Entwistle

Jim's Jug – Eleanor Prescott (*awarded to the Junior who has had the best season as judged by the Executive Committee or to a person or group who has made a significant contribution to junior orienteering in Berkshire.*)

Women's Champion – Trish Monks

Men's Champion – John Methven

Junior Champion (Girls) – Gen Mullens

Junior Champion (Boys) – James Prescott

Handicap Champion – Dual Winners, Sue Parker and Jim Munday

(Club Champions based on results at SCOL regional event 3rd December 2024 at Blackwood)



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UPCOMING EVENTS

BKO Events

Date	Level	Event	Location	Town	Postcode	Gridref	What3Words
Sat, 17/08/2024	Level D	Summer Parks Event	Windsor	Windsor	SL4 1RS	SU964769	
Sat, 28/09/2024	Level D	Saturday Event	Benyons Inclosure	Mortimer	RG7 3UA	SU630641	
Sat, 12/10/2024	Level A	British Trail Orienteering Championships	TrailO @ Burnham Beeches	Slough	SL2 3PS	SU956851	
Sun, 13/10/2024	Level A	British Trail Orienteering Championships	TrailO @ Whiteknights	Reading	RG2 7BW	SU728719	
Sat, 26/10/2024	Level C	Regional Event	Swinley East	Bracknell	SL5 8AX	SU904657	
Sat, 07/12/2024	Level C	Night Event	Star Posts	Bracknell			
Sat, 25/01/2025	Level C	Regional Event	Woosehill	Wokingham	RG41 3BP	SU786688	
Sun, 26/01/2025	Level B	Concorde Chase	Cold Ash	Thatcham	RG18 9UF	SU519724	

We also have some midweek mapruns coming up, these are again another great chance to get some midweek training in ahead of the new season and try out Maprun if you haven't already –

Thursday 8th August - Bracknell

Wednesday 14th August - Thatcham

Thursday 22nd August - TBC

Wednesday 28th August – Streatley

Wednesday 4th September - TBC

SCOA / Local Events

Sat 21st Sep 2024 - SN Saturday Series 1 - Farnham

Sun 29th Sep 2024 - TVOC Urban Regional Event and SEOUL – Thame

Sun 6th Oct 2024 - SE Middle Distance Champs – Guildford

Sun 20th Oct 2024 - TVOC Level C Event & SCOA League – Hodgemoor Woods

Sat 16th Nov 2024 - SN Saturday Series 3 – Woking

All fixtures correct at time of publication. Check BOF Website for any changes.



Gallery

JK 2024







BKO Local Event – Mortimer Saturday 27th April 2024



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