

Club Newsletter

Jan 2011



Berkshire Orienteers' support for local schools orienteering led by Denise Harper has paid off with success for local schools; Ascot Heath and St. Andrews. Shown here are the successful year 5 girls teams with Ascot Heath finishing second (left of the picture) and St. Andrews school achieving third (right). Denise Harper provides us with a full report inside this edition of the newsletter.

Another year begins



Keith Ellis, Publicity Officer

As we look forward to another year of orienteering, it's also good to look back over the year we have just enjoyed and in this edition we do just that and also take a look at what was happening ten years ago too.

Looking forward we have plenty to keep us busy with our main event of the year, the Concorde Chase taking place later this month, unusually on a Saturday due to the unavailability of the venue on a Sunday and congestion in the fixtures schedule. However, with the rescheduled TVOC Wendover event now being held on the Sunday there is a full weekend of orienteering for those than would like two runs.

Also in this edition we have feedback from the BKO membership survey and our regular features. Until next time, enjoy your orienteering.

Keith

Concorde Chase at Barossa



[Army Ranges on Barossa Common](#) for [SU8662](#)

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Our premier event of the year is being held at Barossa on Saturday 29th January. The photo on the previous page is one I found on the internet and am allowed to publish with the accompanying credits. It shows the kind of terrain at Barossa which is forest and heathland. This is to the South of the Star posts and just north of Bagshot and Camberley.

The organiser will be Katy Stubbs and Martin Wilson will be planning the event. To offer your help please send an email to Katy at her email address in the committee members section of this newsletter. As usual, many hands make light work so do please assist in any way you can.

It is important that the event is a success so do please spread the word to fellow orienteers that the event is on a Saturday this year and will be an event not to miss.

Know your club members

Sue Cload



When did you start orienteering?

Ages ago! A friend at work knew Mike Baldwin the ROC (Reading Orienteering Club now BKO) chairman & he persuaded us to try an event. Don (my husband & a name you may see on several BKO maps) was hooked and we competed as a family for many years. Don & our sons, Douglas & Laurence, won many trophies over the years.

My orienteering achievements:

Gold standard at an event in the New Forest, completing all 6 days of a Scottish 6 day event, and finishing all 5 days (including the amazing long run ins) at the Swedish ORINGEN in Göteborg.

I organised Concorde Chase at the RMA in Sandhurst.

After qualifying as a Level 3 orienteering coach, I coached the SCOA Junior squad for several years.

My sons & I planned, organised & ran string courses at BKO events for many years. It was interesting to find the same string dispensers still in use when I planned the string course at Swinley West recently – I wonder if the string had changed?

I initiated "Toddler Orienteering" at local schools as part of the Crowthorne carnival and one club summer training evening also became part of the carnival activities. I have organised orienteering events for scout & guide groups, and set up permanent courses at Edgbarrow Woods & Crowthorne Wood.

Last but not least, I edited BKO News for several years (a great way to gain computing skills).

Where I live:

By now you will have realised that I live in Crowthorne, where there is lots of scope for running (now walking!) from my front door.

Employment:

I'm retired... interesting opportunities keep arising!

I was a programmer & then a project manager with ICL (computers) before becoming a maths lecturer for Bracknell & Wokingham College.

O Ambitions

Get involved in coaching again and encourage people of all ages to participate in orienteering. Thanks to Denise & Pat for getting me started again by including me in schools orienteering.

To optimise my route choice to suit my physical ability not my competitive instinct!

Observations after a break:

Things have moved on & technology has progressed amazingly especially Emit, instant splits & results quickly available to all on the internet.

Something that I think has changed for the worse is the FINISH. There is no cheering & well done just the unmanned finish control and a lonely walk to download. The club spirit & competitive edge seems to have been lost here. There is no excitement for competitors especially children.

Best Thing about Orienteering:

Being out in the woods in some wonderful places with lots of fit people!

Other Interests:

I have many interests including: choral singing, Pilates, walking (Don & I have recently completed the Three Castles Path from Windsor to Winchester via Odiham), volunteering in the Blackwater valley, reading, maths puzzles and most recently Art (for the Terrified). And of course our family, Laurence & his wife Carolyn live in Inverness with our 2 granddaughters, Erica 2 ½ years and Hazel 5 months - we are becoming familiar with travel routes to Inverness. Having spent many summers in Scotland for the Scottish 6 days, it is good to have family there now. Douglas married Louise in September and they live in Bristol. He is in training as he has a place in the London Marathon next year.

My claim to fame:

I was part of the team that introduced Oyster cards to London.

Favourite Drink:

Currently cider – I lived near Somerset in my youth.

Favourite Food:

I like variety and love fresh organic vegetables from Riverford - so tasty.

Favourite Music:

Like all sorts, recently Mass in Blue by Will Todd, Jamie Cullum, Nora Jones

Favourite TV / Film:

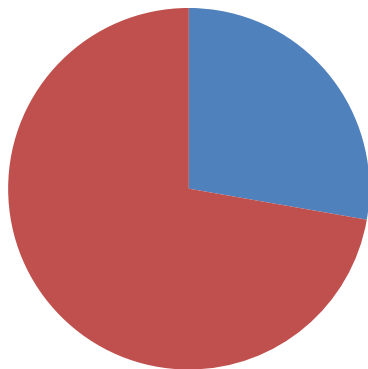
TV – Hustle – I’m glad they explain how they did it!

Film – Lord of the rings – great film & great book.

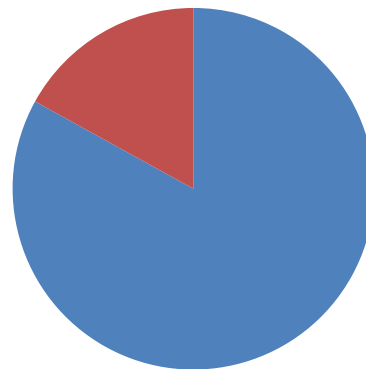
BKO membership survey**Alan Springett**

The survey was conducted over a two and a half week period at the end of October/beginning of November 2010. The survey was conducted on line, although paper copies were also sent to the handful of BKO members for whom no email address is held. 53 out of the 191 eligible members responded (28%), all electronically. 52 of the 53 respondents were seniors. Disappointingly, only one junior responded out of the 42 in the club.

The majority of respondents were interested in training with BKO to improve their orienteering and fitness, with a markedly greater interest in skills training rather than fitness. Specifically there is a considerable appetite for training in planning. This interest also showed through in the responses to the questions about willingness to help at events.

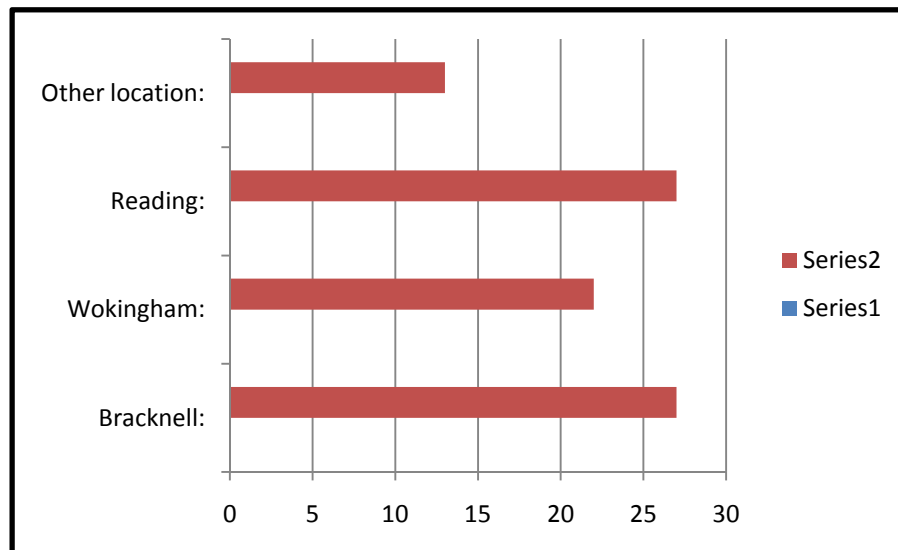


Completed survey: 53 (28%)
Did not complete: 138 (72%)



Interested in Club nights: 44 (83%)
Not interested: 9 (17%)

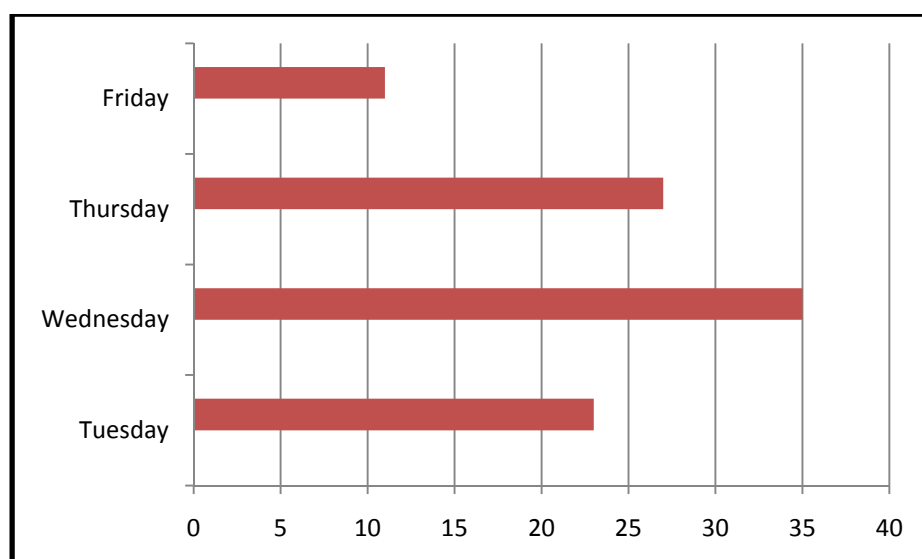
44 of the respondents (83%) are interested in regular club sessions. When it comes to location preference they are evenly split between Reading and Bracknell, with Wokingham not far behind. A crude paired analysis of the results suggests that attendance might be slightly higher for a club night in Bracknell rather than Reading.



(Each respondent was able to ‘vote’ for as many or few options as they wished.)

Only 9 of the respondents (17%) were interested in a weekly club night. The most popular option was twice a month (39.6%), with a substantial number (26.4%) also favouring once a month. In the free text submissions one common theme was members lamenting the lack of time available to them for BKO activities because of other commitments.

Wednesday was clear favourite for a club night and two thirds of respondents said club nights would be more attractive if held at a venue offering food and drink.



With 88.7% of members describing the number of events offered by the club as 'OK' it sounds as if the Committee is getting this about right. If more were to be offered the most popular option was more summer park events. (One text response suggested combining a summer park event with a picnic in the park.

The questions on experience at planning, organising and coaching showed a fair depth of experience with planning coming out on top and coaching and organising at national event level looking a little thin. There is a high level of willingness to help at events with 48 out of the 53 respondents willing to undertake one task or another. The resultant summary table should be a useful club resource in future.

Respondents used the final free text box to air a range of thoughts which are worth reading in full. All were generally supportive of the way the club is run. The following is a crude analysis of the comments:

1. No time to do more to help/participate	3
2. Supportive of club evenings/training sessions	9
3. Comment on survey/survey process	2
4. Generally supportive/appreciative	5
5. Miscellaneous	6
6. BKO already does/is in danger of doing too much	4
7. It's lonely in west Berkshire!	2

Clearly our members in the west of the county should speak to each other! (Seriously, the comment was recognised as a fair reflection on the distribution of events, although that is largely determined by experience of which locations attract the best attendance.)

The Committee considered the survey results at their meeting on November 11th and their influence on forthcoming initiatives will rapidly become apparent.

Many thanks to all who participated.

Event fees

Keith Ellis

Over the past year BKO has achieved some success in attracting a large number of entries to its events but has not generated the income that would be expected from this. In part this has been due to the way in which British Orienteering levies are constructed with levies being paid for higher entry levels but also because fees for land are relatively high in some cases. For example one of our largest events in 2010 actually lost money (the Swinley West SCOA league event). The committee have therefore decided to increase event fees slightly to ensure that we generate a reasonable income from events to keep the club running on a sound basis and so that we can continue to update our maps. Changes include increasing fees at Saturday events by £1 and charging half price entries for helpers at club events. I'm sure everyone will understand that we need to ensure that we generate the right level of income to keep the club running effectively and keep membership fees as low as possible.

Club AGM

The club AGM will be held at Hurst Village Hall on Friday 11th February at 7pm. The formal part of the evening will be followed by a club dinner which has proved popular in the past. Please put the date in your diary now.

The diner will cost £17 (£8.50 for juniors). To book your place, please contact David Jukes, Club Secretary by 4th February on 0118 969 2514 or e-mail: secretary@bko.org.uk

Berkshire success in British Schools Championships Denise Harper

Congratulations are due to two Berkshire Schools who competed recently at the BSOC 2010, held at Wormley Wood, Hertfordshire.

St Andrew's, a BSOC regular for many years now, achieved 3rd place in the Middle and Prep School category, and also a 3rd place for the Year 5 girls team.

They were joined in the competition by a new Berkshire entry, **Ascot Heath Junior School**, a name which may be familiar to those BKO members who have been assisting at the Berkshire schools competitions this year. Inspired by success in firstly winning the Bracknell Forest schools competition, and then the Berkshire county final by an outstanding margin, the school decided to take advantage of the close proximity of this year's BSOC to go for the Big One.

Ascot Heath had been receiving after school club coaching during the summer term as part of the Coaches in Sport scheme supported by the Bracknell Forest School Sport Partnership, and so a number of those pupils joined the team. However, as some of them had now left the school, younger, more inexperienced children were drafted in to boost the numbers. The children and parents were also encouraged to attend our BKO Saturday events to practice, and given a little bit of extra coaching to try to prepare them for a different level of competition. The children were all fast runners, having been recruited from the school cross country club, but trying to teach them to match their speed to their limited navigational abilities did sometimes prove challenging.

Ascot Heath staff member in charge of orienteering, Gareth Parsons, had gone for a 'strength in numbers' approach, and with a full team of 6 entrants in each class, the hope was that enough of them would do well to maybe achieve a team position. On the day, everyone tried their hardest, and despite the unfamiliar confusion of a major competition with numerous competitors and many controls visible, a number of the competitors did keep their heads to produce some excellent results.

The Year 5 Girls and Year 5 Boys teams were both delighted to achieve 2nd place, with an individual 3rd place bronze medal for one of the boys. However the icing on the cake was to be declared the winners of the Whole School Primary Team Trophy. In fact, the school nearly missed their trophy presentation, as most of them had already left, when Katy Stubbs, who was involved with the prize-giving, saw Gareth Parsons about to depart, and called him back. He then grabbed the few children still

there to be able to receive the trophy, which was presented to very vocal cheers from the remaining parents.



Ascot Heath – overall primary school champions

This has been an amazing journey for the school pupils, parents and staff. Parents are in awe of what their children have been able to achieve, especially having witnessed to some extent for themselves the scale of the BSOC. As Gareth said on the day to the pupils at the pre competition briefing ‘from now on, don’t listen to your parents’ – and as Sue Cload had said at a previous coaching session – ‘Parents, trust your children’. And at school the next day as team members were assembled for a team photo, Gareth reported a large number of very proud and happy children.

So where next? A few of the Ascot Heath children are now attending our Saturday events and competing in our new BKO Junior League. The school is looking towards the British Schools Score Orienteering Championships, which in 2011 will be held in SCOA. The BSOC itself will be held in Scotland in 2011. St Andrew’s will be going, and who knows, maybe they will be joined by Ascot Heath who will be very keen to retain their title.

Membership renewal – have you remembered?

Unless you have it all set up by Direct Debit, it’s that time of year again when you need to renew you BOF or Local BKO membership. Membership renewal is due on 1st January and the time of writing almost exactly half of the BKO membership have already renewed – thank you.

If you have not yet renewed and are any category of BOF member then the easiest way to renew is on line at www.britishorienteering.org.uk . It is also possible for BOF members to set up a Direct Debit, making it unnecessary to remember to renew in future years.

If you are a Local BKO member then you can renew by sending your subscription to:

Alan Springett, The Coach House, 32 Kerrison Road, Ealing, W5 5NW.

Local BKO membership fees are unchanged at:

£10 for Family/Group membership
£6 for Seniors and £1 for Juniors

Newsletter contributions

Keith Ellis

Do please send me your contributions for future newsletters, the more different people we have contributing the more interesting our newsletter will be. Contributions could be a report on an event that you attended, views on an orienteering topic, a puzzle or a quiz with an orienteering theme or anything else that you feel would be of interest to fellow members.

We have had some interesting pieces submitted over the past few months and I thank everyone who has taken the time to contribute. All contributions would be welcome, including any photographs to accompany your piece.

The newsletter is issued every two months with the edition going to print at the end of every second month, the next printing being at the end of February for the March edition.

Your committee members:

Chairman: Katy Stubbs	Tel: 0118-978-2875	katystubbs@f2s.com
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Treasurer: Peter Entwistle	Tel: 01628-635278	peterentwistle@btinternet.com
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Membership: Alan Springett	Tel: 07712-672712	cat.spring@virgin.net
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Neil Frankum	Tel: 0118-975-1528	neil@frankum.co.uk
Ken Ricketts		kenricketts@waitrose.com

Highlights from the last committee meeting – 11th November

Key points from the last meeting and not covered elsewhere in this newsletter were:

- The membership survey was useful to inform the planning of club evenings and in identifying coaches and people willing to help with events, including planning.
- Dates and venues for another Summer Parks series will be agreed at the next meeting.
- The facility to print additional maps at events will be undertaken through use of an inkjet printer.
- The inclusion of a mountain bike orienteering event alongside the Saturday event at Star Posts on 19th March was agreed proving no impact on the orienteering and will be explored further.
- Overall finances are deemed to be satisfactory but the Swinley West event in September made a loss. Lessons were learned regarding event charging and how this varies as the number of competitors increases (British Orienteering levies increase). Policies for amending the fee structure were agreed.
- Some free banners and signs will be made available from BOF.
- The next meeting will be on 13th January.

Saturday events

The Saturday events continue to be popular with 105 competitors at the Swinley West event on 13th November. It was particularly pleasing to see that young people from seven schools were present with several schools bringing a strong contingent. The strong turnout was boosted by the inclusion of a blue course at this event.



A forest scene at Swinley West



A young competitor at the Swinley West event

Forthcoming events

BKO Saturday events:

15 th January	Benyons Inclosure (near Mortimer)
12 th February	Bloom Wood (near Bourne End)
19 th March	Upper Star Posts
April	To be confirmed
7 th May	Rushall Wood (near Bradfield)

Other events:

9 th Jan	SOC Regional event & SCOA league, New Forest
16 th Jan	MV Regional event, Ranmore Common
16 th Jan	CompassSport cup, Longleat
23 rd Jan	HH Regional event, Ashridge
29 th Jan	BKO Regional event, Barossa near Bracknell
30 th Jan	TVOC Regional event & SCOA league, Wendover
6 th Feb	DFOK Regional event, Chelwood near Wych Cross
13 th Feb	NWO Regional event, Savernake Forest

27 th Feb	GO Regional event, Redlands near Dorking
5 th Mar	NWO Limited Colour coded, Copse Wood near Marlborough
6 th Mar	HAVOC Regional event, Epping Forest South
12 th Mar	JOK Chasing sprint, Shotover
12 th Mar	SN Saturday series Merist Wood near Guildford
13 th Mar	TVOC Southern Championships, Hambledon near Henley

THAT WAS THE YEAR THAT WAS

Keith Ellis

As is tradition at year end, I thought it would be good to look back over a few of the notable events from the Berkshire Orienteers year. Here are a few of the things that I felt were significant.



Peter Entwistle (above) at the Concorde Chase and Dave Stubbs

January:

The Concorde Chase was held at Upper Star Posts in freezing conditions.

February:

Eric Harper hands over the reins as club chair to Katy Stubbs and receives the Derek Harding award in recognition of his services to the club.

March:

Berkshire Orienteers participate in the British Leisure show at Windsor.

April:

This was the low point of the year with the sad death of Dave Stubbs, former club chair and stalwart of the club who helped to make the club

what it is today.

Janet and Bryce Gibson won their age classes at the JK.

May:

Bryce adds the British Championship title to his JK and Ian Cooper finishes an impressive second place.

The Hawley & Hornley event attracted 257 competitors and was a success despite the





Keith McCarthy

setback of having the portaloos burnt down the night before.

June:

BKO members participated in the British Sprint Championships with Paul McCarthy winning a bronze medal.

Reg and Anne Parker retired from running the Saturday events after building these into the success that they are.

July:

David Jukes introduced the Park Runs series, this proved to be a popular innovation with plans to repeat in 2011.



Anne and Reg Parker

August:

The Lily Hill Park permanent orienteering course was launched.

September:

A BKO team completed the Dorset Path relays and beat rivals SOC for the first time.

October:

The Swinley West SCOA league event was a sell out with over 500 competitors taking part on a glorious Autumn day.



November:

Local schools achieved success in the British Schools Championships.

December:

An unusually long spell of cold weather made orienteering and running more challenging than usual as I found out (photo courtesy of Reading Park Run).

I've just compiled a few of the highlights that I have found from past newsletters but do let me know your views on orienteering matters, what has been good and not so good about our sport over the past year?

Control Competition – The Result

David Jukes

My thanks to those who entered the competition. Having worked on the university campus for many years and having planned the course and taken the photographs, it was very difficult for me to know how hard (or easy) the competition was going to be. So I was quite pleased that a few people got it all right and others got a few wrong. The most common error was with the 3 controls linked to vegetation – B, I and M. I had expected that there might have been confusion between A and O but no one made that mistake.

Congratulations to the 4 people who got them all right: Andrew Southwood, Simon Turton, Jillian Ullersperger and Katy Stubbs. Helen, my wife, drew a name out of my hat and the lucky winner is **Jillian Ullersperger**. My congratulations to her and my commiserations to the other 3 who have just missed out on winning the mug showing part of the course used for the competition.

The correct answers were as follows: A: 18; B: 4; C: 11/16; D: 5; E: 1; F: 22; G: 12; H: 15; I: 7; J: 19; K: 21; L: 2/8/20; M: 14; N: 9; O: 10/17; P: 3; Q: 6 and R: 13.

If you never got around to trying the competition, the photos and map are still on the BKO website so why not test yourself.



BERKSHIRE ORIENTEERS TEN YEARS AGO

Keith Ellis

I can remember year 2000 for orienteering well because it was the year that I joined BKO. My first event was the New Year's Day event which was actually on 30th December 1999 at Basildon Park and I recall Reg starting us all off with the mass start for the score event. I also recall vowing to start training so that I would be fit enough for the sport.

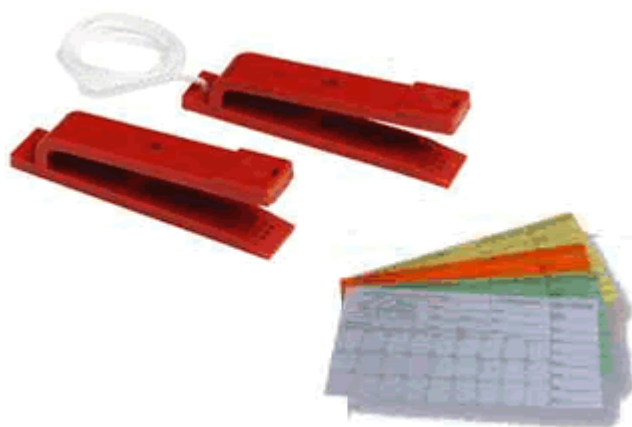
What was orienteering like ten years ago?

Some things haven't changed – Eric Harper was Chairman and it was only at this year's AGM that he handed over the reins to Katy after his latest spell in the role.

The Concorde Chase was held (with Concordes flying past in those days) and the 2000 event was held at Hawley & Hornley.

The BKO District events were held at Bloom Wood and Star Posts, I've kept the maps and as you will see from earlier in this newsletter, we are still using both areas.

Neil Frankum was holding Winter training runs followed by a visit to a local pub. He recently told me that the Wednesday pub meets continued long than the training evenings.



We were using punch cards instead of the EMIT and SI dibbers that we have all become used to – a major step forward because we can now see how well we have done within hours instead of waiting about a week for the results to arrive in the post.

Remember this ancient technology?

BKO had different club kits, still the blue, navy and white but a different design.

Colour badges were being awarded for achieving par time in three events, Achieving my blue badge was my first orienteering goal and I recall receiving mine from Bryce.

Do let me know of your recollections of a past orienteering year and I'll include them in a future newsletter.