



## Club Newsletter

### Nov 2011



#### **Hodgemoor Woods**

The SCOA league season has started again at the time of writing, three events had been held, including most recently at a new area to most of us, Hodgemoor Woods near Beaconsfield. Our fixtures list inside will show the other events for your diary during the next two months.



Keith Ellis

Hello again. I cannot believe that another two months has flown past since the last newsletter and as always a lot has been happening Firstly though I must provide an update on Alan Springett, our Membership Secretary and friend of many in the club. Catherine has asked me to convey her immense thanks to all those in BKO and in the orienteering community who were either active in support on the day of Alan's cardiac arrest at the White Rose on 27<sup>th</sup> August or in sending their good

wishes subsequently. Alan was recently transferred from Middlesbrough to a hospital close to home and all messages of encouragement and hopes for a good recovery continue to mean a huge amount to Catherine. I know that everyone sends their continued best wishes for Catherine and Alan.

Two months ago I introduced the newsletter with a plea for help and we are still in need of volunteers to help to run our club, most urgently a new fixtures secretary. Katie Stubbs, Club Chairman explains where we need help so do lend a hand if you can, Katie is taking on an enormous amount herself and needs some assistance.

Also in this newsletter are reports of our club's first major event of the season and Martin Wilson provides us with another report from his foreign orienteering travels. Not everyone can or wants travel far for their orienteering and so we are lucky to have regular local Saturday events and BKO club nights that are close by, we have an update on these too. Wherever you compete, until next time, enjoy your orienteering.

## **Fixtures Secretary Urgently Needed**

**Katy Stubbs**

Following my article in the last newsletter I had absolutely no response. At the moment that is yet another job that is being filled by the Chairman, that's me. So we still urgently need a fixture's secretary.

As I said last time the job includes registering events on the BOF fixture list (entering data on the BOF website) and keeping these details correct and updated. That does seem to be somewhat easier with the new system. You will also need to liaise with other fixtures secretaries, including the regional and national ones and there is usually one meeting a year of all SCOAs fixtures secretaries to sort out plans for the forthcoming year (note that has just happened for 2011 so the next one won't be until October 2012). You'll also need to ensure that the newsletter editor gets the right details of upcoming events as well as the BKO webmaster.

Also helping to identify officials for our events – this is probably the most difficult one as members rarely offer to help and all club members could make this part of the job easier by being proactive rather than sitting back and only agreeing to do something when approached. However I also help out with this, so it isn't totally on the head of the fixtures secretary.

As chairman I generally find controllers for our events, so the fixtures secretary does not need to worry about that. PLEASE help if you can.



## Help at events

**Katy Stubbs**

Thanks to those who have offered to help out with forthcoming events.

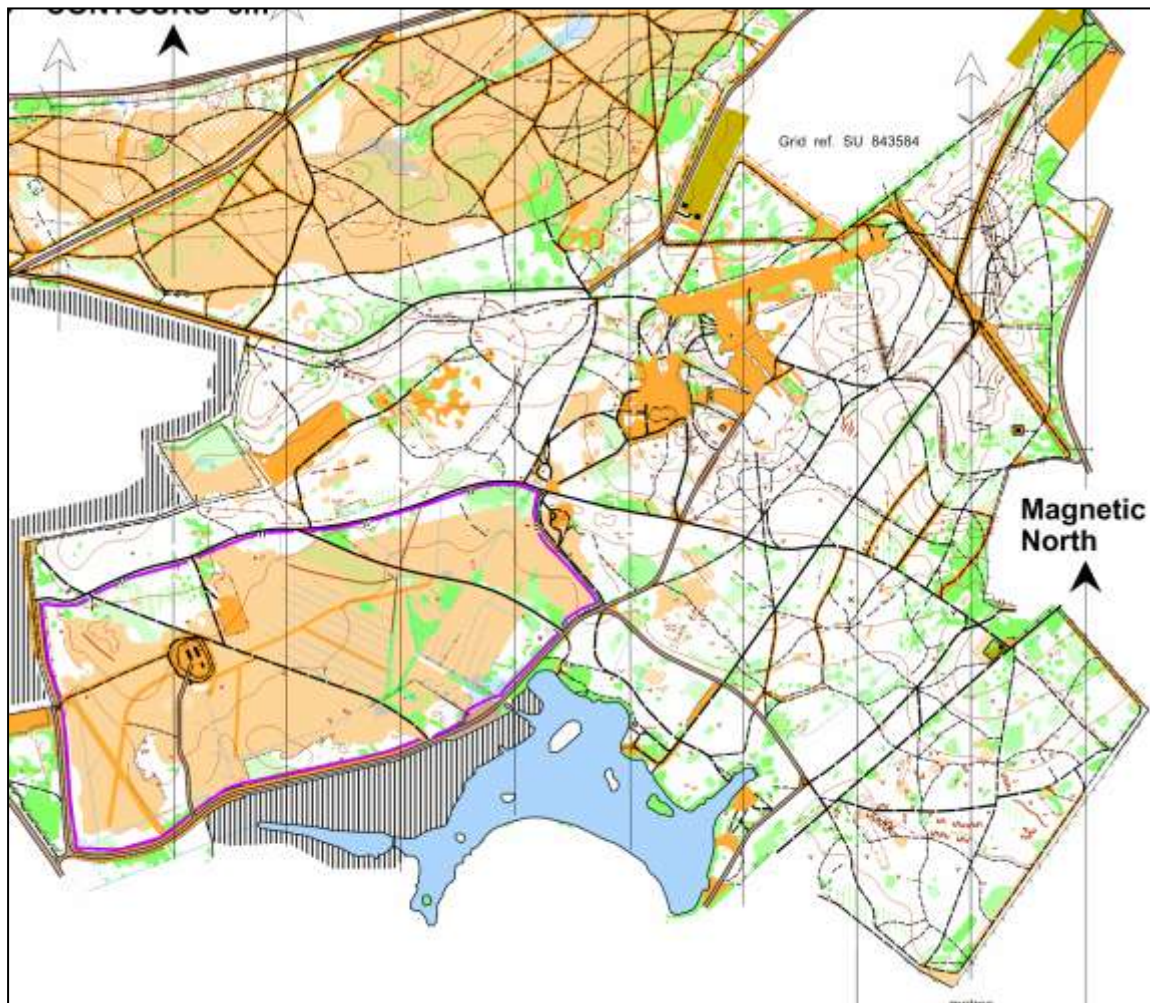
We still need a planner for the New Year's Day score event at Greenham Common. Also, I do have an offer for the Saturday Event at Bloom Wood on 18 February, however as this is from Andrew Southwood, who is planning the Concorde Chase only 3 weeks beforehand, if anyone else is interested then please do offer as I suspect Andrew will probably want a rest.

All offers to me please.

## SCOA league event – Hawley

**Keith Ellis**

After a big turn out for the BKO SCOA league event last September, we had a repeat this year with almost 400 people participating in the event and queues forming for the Blue course at the start (150 entries). The attendance was helped by the superb weather with blue skies and sunshine.



Thank you to everyone who helped but especially to the “officials” without whom we could not have run the event; Peter Entwistle and Katy Stubbs organising, Pete Jones (SN) and Eric Harper controlling and Steve Bouch planning. I’m sure that everyone would agree that it was a well run event with some enjoyable courses.

BKO did not have any winners on the day but junior members led the way with William Jefferies coming second on the Orange course, Thomas Innes second on the Yellow, Alexandria Marwick fourth on the White and Sam Oakley ninth on the Light Green course. The best performances among older BKO members included David Jukes finishing 17<sup>th</sup> of the 150 on the Blue, Simon Turton 19<sup>th</sup> on the Brown, Clive Jenkins 14<sup>th</sup> on the Green and Jane Courtier finishing 4<sup>th</sup> on the Very Short Green course, a new innovation for this event.

In her organiser’s report, Katy Stubbs, Co-organiser commented:

This event was very much a collaboration between officials. Organisers being hard to find in BKO, I agreed to take on the role, but was not sure if I was actually going to be there on the day or day before with possible commitments to the major Events Conference. Many thanks to Peter Entwistle for working with me as co-organiser. Then Pete Jones nobly took on being the controller, despite another prior engagement on the Sunday morning. Pete did all the pre-event controlling, including checking controls on the morning, then went off and completed his 10km race, and returned afterwards, with cover during the actual event coming from Eric Harper.

So the event actually happened, we had a lovely day and a very high turnout, with over 150 runners on the Blue course and around 390 in total. For the mathematicians amongst you that works out as nearly 40% of runners on one course! So we had to print maps on the day again, which hopefully didn’t impact on too many of you. As a club we try to make events user friendly and have therefore resisted having pre-entry for Level C events, but I think from now on we will have to use pre-entry at this level just to try to reduce the variability in number of maps printed. For comparison our similar level event in May had only 247 runners and 71 on Blue, so printing nearly 100 Blue maps in advance seemed reasonable.

“One point, although it isn’t a requirement in the Rules to help lost runners, (only injured runners) a group of children did get lost on the Yellow course and correctly blew their whistle for assistance when distressed. No competitor helped them, or reported that there was a group of young children in difficulties in the wood to the organising team. They were assisted by a member of the public and returned without mishap. I would plead for competitors to consider whether they should have at least let us know that there were children out there blowing a whistle, even if you did not wish to interrupt your competitive run.

Finally, thanks to Jon Steed of BAOC who acted as liaison and arranged for us to get keys and access.”

I must agree with Katy regarding the lost children, it does seem incredible that no-one stopped to help. I didn’t see this group but did stop at one point to help a lost soul. When we are trying to encourage people to take up the sport, the least we can do is to help someone out when lost, they are hardly the types who will win because of this. All in all though a successful event.

## Saturday events

Two Saturday events have taken place since the issue of the last newsletter, at Burghfield on 10<sup>th</sup> September and at Black Park Country Park on 8<sup>th</sup> October.

The Burghfield event attracted 58 entries and there was almost a clean sweep of BKO winners. Alexandra Marwick finished top on the White course, Jacob Marwick finished first on the yellow course, Sam Oakley won the orange course, Gina Starling triumphed on the light green course and Richard Powell led the way on the blue course. St Andrew's school supported the event with twelve entries in total.

The Black Park event attracted a higher turn out than Burghfield with 69 entries, boosted by the inclusion of a blue course with 33 entries. Jacob Marwick followed up his Burghfield win on the yellow course with another win at Black Park. Likewise, Gina Starling recorded another victory on the light green course. Other strong BKO performances included Alexandra Marwick finishing fourth on the white course and David Jukes finishing fourth on the blue course.

The next Saturday event is at Benyon's Enclosure on 12<sup>th</sup> November.



Black Park Country Park

You may be interested to know that Black Park has a permanent orienteering course, ideal for beginners to try at any time – see details on the BKO website.

## BKO Club Nights

**Katy Stubbs**

BKO have been holding Club Nights every Wednesday evening since 14<sup>th</sup> September. Jason Edwards, our participation club coach, is running most of the sessions, although I have also been doing a few, either before or after Jason. We had been putting on an outdoor training exercise every week, but now that the evenings are completely dark we will be staying indoors until the evenings get lighter.

The last outdoor run was a street score event on the new base map of Easthampstead and Wildridings which turned out to be especially hard for those who had forgotten to bring a torch (or a watch!). Before that we have done more score events, finding out what pacing is, learning how to plan legs, team relays and other fun training sessions.

For our first totally indoor night last week I did an illustrated (with photographs) session on vegetation and how it is shown on maps followed by Jason running a team quiz on map symbols. It is quite interesting to see how people manage to interpret a map in different ways.

Don't forget everyone is welcome and even experienced orienteers are not only getting something out of every session, but are coming back week after week so they can't be too boring! We provide coffee/tea/squash and every now and then I restock the biscuit box.

We are happy to do sessions for juniors or complete beginners, but would prefer knowing if they are coming so we can prepare something appropriate in advance. Cost is £2 adults and £1 juniors, which doesn't actually cover the cost of the hall, but we are looking for alternatives for when the BOF grant runs out at the end of our first year (next summer).

So come along, meet other club members and hopefully learn something. 18:30 until 20:00 at Easthampstead Baptist Church, South Hill Road, Bracknell.

## Know your club members

**Gina Starling**



Gina

**When did you start orienteering?** I first started when I was about 13 or 14 I think, I was definitely at secondary school at the time - it seems like such a long time ago, it's hard to remember exactly

**Age class?** W40 now

**Clubs?** BKO, I don't think it always was that though; was it Reading Orienteers maybe? I know I used to train at Crowthorne a lot. I had a brief flirtation with BADO when I moved back down from Scotland & got back into orienteering after a (cough cough) 20 year break, but realised that BKO was much better.

**Orienteering achievements?:** Finishing in one piece,

every time I congratulate myself on that. I was 2nd in the British Champs as a teenager behind Yvette Hague after day 1 (it was in Inverness - not sure of the year) & then I fell on the second day on the way to the first control & broke my compass, from that point it was a real struggle to navigate to the controls with minimal points of interest to go by. Ironically, I don't even use my compass now.

**Overseas orienteering?** Competed in the first ever Asia Pacific Orienteering Championships in Hong Kong & China in 1985/6 season. I was interviewed by a Chinese journalist & had loads of photos taken, unfortunately after I'd finished rather than before, so looked rather tired & sweaty. I remember that they had controls on graves, surprisingly enough the locals didn't take kindly to that & removed them; but I still spent about 20 minutes looking for them, along with a large group of others. Running along the thin strips between paddy fields was a surreal experience. I also attended an O-ringen near Malmo, Sweden in 1986 (I think) - they were the hardest courses I've ever done; at least I remember them being so.

**Employment?** My official title is 'Global Marketing Database & Project Manager', I work for Micro Focus, who are multi-national software development company with headquarters in Newbury, Berkshire. I am responsible for the reporting of & advising on marketing campaigns, pulling together strategies & other operational activities.

**O ambitions?** Winning the British Championships :) mmm, maybe slightly unrealistic; ok well, ensuring I come higher up in the rankings than my partner Clive - it's an ongoing competition for us!

**Best things about orienteering?** Exploring new parts of the country that I wouldn't usually see. Using my brain whilst running. Seeing the children enjoying themselves so much, as they're going round & getting excited about seeing where they finish - maybe that enthusiasm stems from Clive & me mounting up the winning & losing signals to each other every time!

**Worst things about orienteering?** Falling over. Sending search parties out for Jacob when he's been out for 3 hours on an orange course - he's sticking to yellows until he builds (my) confidence up that he'll be ok on oranges.

**What training do you do?** I run 3 lunchtimes a week - I have a nice 7 mile cross-terrain route I like to do, it breaks up the working day nicely & helps me figure out any problems I may have. I swim once or twice a week, I used to swim for Reading, so like to keep the tumble-turns in check :) I tend to do around 60 lengths (1.5km) each time. I also like exploring the local area on either my road or mountain bike depending on the mood and weather; in the winter I tend to go to spinning classes instead.

**Most memorable run?** I would say the Asia Pacific Championships - my mum came with me & I remember skivving off from one of the training events in Hong Kong to go & explore. We ran down the hill, jumped on a bus having no idea where we were going; got off at the end of the route without a clue where we were. So got in a taxi & spent 15 minutes trying to get the driver to understand the name of the hotel we were staying in; in the end he understood 'Star Ferry' and took us to the ferry terminal. We ended up getting back to the hotel after everybody else had got back!



**Biggest goof?** Mis-punching, a few weeks ago - the first time I remember doing it; I was devastated. Going off in the wrong direction on a relay at a junior training event & running the route I'd already done on a previous leg - whoops :(

**Favourite O areas?** No preference really, I like them all; although I prefer forests rather than open land. The only area I didn't like was the first day of the British Long Distance Championships in Sheffield - those rocks were treacherous.

**Any tips?** Go with your gut instincts; every time I doubt myself I go wrong.

**Favourite tipples?** Red wine, preferably French - something oakey & deep. Whisky - Single Malt peaty Scotch ideally, I also like Irish, Welsh & Japanese whisky as well. .

**Favourite food?** So many to choose from, Clive's steak is superb. I love all food; I really don't think there's anything I dislike.

**Favourite music?** I like all types except Jazz. My favourite bands are Muse, Green Day, Red Hot Chilli Peppers, Metallica, Bon Jovi of old, Radiohead, Coldplay, Pearl Jam, Kasabian.

**Favourite films/TV?** Avatar, The Matrix, Dead Poets Society, Life of Brian, Blazing Saddles - my favourite genre's are Sci Fi/Fantasy, Thriller & Comedy. Definitely not Horror - I jump far too easily; even in children's films!

**Other interests?** Clive & I team together to partake in adventure racing, Questars being the main one, we used to do the DARE events as well & Ace Races. These are either 1 or 2 day events involving trail running, mountain biking, kayaking & challenges crossed with a score event. We came 18th overall in the last season & I was 4th woman - so pretty good performance really; we were pleased with ourselves anyway. .

**Biggest fluke?** Goodness, don't think I've had one of those - ceratinly not that I can think of anyway.

**Claim to fame?** Not orienteering related, but appearing on local television (Borders) when I was 11 being interviewed as myself & a few other children (including my then 9 year old brothers) were about to cross the English Scottish border on our way from Land's End to John O'Groats on our bikes.

## Fixtures

Those listed on The British Orienteering website include:

Date	Club	Venue
12 <sup>th</sup> Nov	BKO	Benyon's Enclosure near Mortimer
13 <sup>th</sup> Nov	SN	Regional event, Wisley & Ockham Common
19 <sup>th</sup> Nov	SN	Windmill Hill near Frimley
20 <sup>th</sup> Nov	BADO	Regional event, Pamber Forest (inc. BKO Club Champs)
26 <sup>th</sup> Nov	MV	SE Night Champs
3 <sup>rd</sup> Dec	BKO	Swinley West
3 <sup>rd</sup> Dec	BAOC	Southern Night Champs, Borden Heath



4 <sup>th</sup> Dec	GO	District event, Puttenham
10 <sup>th</sup> Dec	SN	Mytchett
11 <sup>th</sup> Dec	SOC	SCOA league, Hinchelsea
18 <sup>th</sup> Dec	TVOC	SCOA league, Wendover Woods
1 <sup>st</sup> Jan	BKO/BADO	Greenham Common

## Club Championship 2011

**Ken Ricketts**

As you may have read in the last newsletter, the Club Championships are to take place at the BADO event at Pamber Forest on 20<sup>th</sup> November 2011. We have now decided on the scoring system, as detailed below.

### Seniors (18 and over)

These will be scored using Martin Wilson's Performance System, which is based on BOF Ranking points. See the 'Performance Corner' (<http://www.bko.org.uk/performance-corner>) on the BKO website for details. The winners in each class will be whoever gets the best relative performance on the day.

This is a trial of the Performance System for providing a handicap for competitions. It is intended that it will reward the best run on the day relative to average performance, rather than simply the fastest. Since the system is based on ranking points, you will need to have gained these from at least three events in the last year in order to qualify for the club championships. If you aren't sure whether you have enough, see 'Ranking Points' below.

There will be awards for three age classes, as well as an overall champion.

### Age Award

18-49	Senior Champion
50+	Veteran Champion
65+	Super Veteran Champion
All	Overall Senior Club Champion

### Juniors (Under 18)

As most juniors do not have ranking points, there will be nominated minimum courses for each age class. The fastest runner on each course will be the winner. The courses are as follows:

Age class	Course
M/W12 or below	- Yellow
M/W14	- Orange
M/W16	- Light Green

Juniors who are being shadowed, or running in pairs on any course but Yellow, will be classed as non-competitive.

### Prizes

These will be awarded at the club AGM, due to be held next February.

## Ranking Points

These are awarded under the BOF Ranking system, see the page on the BOF website at <http://www.britishorienteering.org.uk/page/rankings>. If you search by club you will find all BKO members. At the time of writing there are 68 members with enough ranking points to qualify for the club championships. Since the change to using colour-coded courses at nearly all events, ranking points are awarded for almost every event above local level. If you want to take part but don't currently have enough results to qualify, the following ranking events are taking place in our area before 20<sup>th</sup> November:

23/10/2011 Hodgemoor Woods (TVOC) (pre-entry by 21/10/2011)

06/11/2011 Busketts Lawn (SOC) November Classic (Entries close 23/10/2011)

13/11/2011 Wisley and Ockham Common (SN) (pre-entry by 05/11/2011)

Note that the November Classic is advance entry only, and there may be limited or no EOD for the most popular courses (Blue and Green) at the other two. If you only have the minimum number of events to qualify, remember that scores drop off the ranking list after a year. You may need to do one or two more to make sure of having enough by the 20<sup>th</sup> November.

## Performance system early results

The early results for Martin Wilson's new performance system are as follows and are based upon nominated events for the competition:

Highest average % percentage of previous average ranking points over three of the nominated events:

1	Simon Turton	96.38%
2	David Jukes	97.73%
3	Keith Ellis	95.00%
4	Ian Hudson	92.22%
5	Andrew Graham	90.69%

It's still early days so plenty of time for everyone to improve their performance. Remember the system gives us all a chance to win because this is based upon performances versus average ranking points so anyone can win however good their current ranking is.

## Your committee members

<b>Chairman:</b>	Katy Stubbs	0118-978-2875	
<b>Secretary:</b>	David Jukes	0118-969-2514	<a href="mailto:secretary@bko.org.uk">secretary@bko.org.uk</a>
<b>Treasurer:</b>	Peter Entwistle	01628-635278	<a href="mailto:treasurer@bko.org.uk">treasurer@bko.org.uk</a>
<b>Fixtures:</b>	Vacant		
<b>Membership:</b>	Alan Springett	07712-672712	<a href="mailto:membership@bko.org.uk">membership@bko.org.uk</a>
<b>Development:</b>	Denise Harper	0118 948 2934	<a href="mailto:denise.harper@bko.org.uk">denise.harper@bko.org.uk</a>
<b>Publicity:</b>	Keith Ellis	0118 9771101	<a href="mailto:keith.ellis@bko.org.uk">keith.ellis@bko.org.uk</a>
	Neil Frankum	0118-975-1528	<a href="mailto:neil.frankum@bko.org.uk">neil.frankum@bko.org.uk</a>
	Ken Ricketts	0118 9787168	<a href="mailto:ken.ricketts@bko.org.uk">ken.ricketts@bko.org.uk</a>
	Dave Rogers	01344 628-623	<a href="mailto:dave.rogers@bko.org.uk">dave.rogers@bko.org.uk</a>

## Membership News

David Jukes

In Alan's absence, I am currently trying to keep membership matters up to date. For any membership matters, please send e-mails to our main membership address:

[membership@bko.org.uk](mailto:membership@bko.org.uk)

### Membership Renewals

Most members should have received a renewal notice from British Orienteering indicating that renewals are now due. For members paying by direct debit, this will be automatic. Other members will have to take action to complete their renewal. Please follow the instructions that came with your renewal notice. Early renewals would be appreciated!

A few members are only registered locally and will not have received notice from the National Office. In this case, payment should be made by cheque (payable to 'Berkshire Orienteers') and sent to me, David Jukes, at:

27 Haddon Drive, Woodley, Reading RG5 4LX

Local membership fees remain the same as last year: Seniors £6.00; Juniors £1.00; Family/Group £10.00.

### New Members

I would like welcome the following new members to the club:

- *Steve Beal*: Recently moved to Thatcham with his work, Steve can recall orienteering as a young child with his parents but did not continue. Now in his late 20s, he has returned to the sport for another go!
- *The Hardy Family*: Sid Hardy is an enthusiastic mountain biker and organises events for cyclists. However he and his family, from Crowthorne, have now joined BKO as local members. Welcome to Sid, wife Wendy and daughters Megan, Ellie and Kitty.

## SCOA News

From the meeting on 15<sup>th</sup> September:

### JK 2013

- SCOA is responsible for arranging the JK in 2013. Easter in 2013 falls on March 29th to April 1st.
- Whilst making good progress, there are some key issues needing urgent resolution.
- Location of day 1 is yet to be finally agreed. Other days all agreed – days 2 and 4 at Hambleden, day 3 at Cold Ash. These areas are therefore embargoed.
- Whilst many officials have been appointed, organisers for days 1, 2 and 4 remain outstanding. This is now very urgent. All SCOA clubs and their members are asked to consider carefully who might take on one of these roles.

- Officials who have been appointed are:
  - Overall coordinator – Katy Stubbs, BKO
  - Assistant coordinator – Gina Marwick, BKO
  - Safety officer – Dave Rogers, BKO
  - Treasurer – Jocelyn Andersson, BKO
  - Entries – Christine Vince, KERNO
  - Day 1 Organiser – ??
  - Day 1 Planner – Neville Baker, TVOC
  - Day 2 Organiser – ??
  - Day 2 Planner – Colin Duckworth and Seamus Cunnane, TVOC
  - Day 3 Organiser – Liz Yeadon, SARUM
  - Day 3 Planner – Eric Harper and Denise Harper, BKO
  - Day 4 Organiser – ??
  - Day 4 Planner – Steve Long, TVOC
- BOF have also now appointed Controllers for the event.

### **Future major events**

- SCOA are scheduled to host the following future major events:
  - Southern Champs 2014 – to be held at the Concorde Chase
  - Yvette Baker Trophy 2014
  - British Middle and Sprint Champs – either 2014 or 2015 depending on decision regarding location of JK Sprint.

### **Event levies**

- A number of clubs are somewhat behind with paying their levies. SCOA Treasurer will write to those clubs which he believes have levies outstanding.

### **Junior Squad**

- Overall SCOA finished 6th out of 12 in the Junior Inter Regional Championships (held in the southern Lakes), with a strong 4th in the relays.
- Future training sessions for the junior squad are set out on their website <http://www.scjs.org.uk>

### **Communications**

- No volunteers have been found to act as Newsletter editor for SCOA. This note is therefore a very poor substitute.
- The SCOA website <http://www.scoa-orienteeing.org.uk> has also been neglected. Work to be done over the next few weeks to update it.

### **SCOA Championship**

- Prize-giving for the 2011 SCOA Championships took place at the first event of the SCOA League at Sluifers. A link to photos of the prize-giving is on the SCOA website at [http://www.scoa-orienteeing.org.uk/scoa\\_results](http://www.scoa-orienteeing.org.uk/scoa_results)



- The 2012 SCOA Championships will be held at the SARUM Saunter event at Hamptworth on Sunday 26th February. Details will appear at <http://www.sarumo.org.uk/events.html> nearer the event.

## **Club Kit**

The Berkshire Orienteers club O-top comes in long and short-sleeved versions and is available from give Sue Wilkes on 01635-522-356. If you don't yet have your top, give Sue a call and she will be able to get you kitted up.

## **Colour Code Standard badges**

If you have achieved the required standard on colour coded courses you may apply for a badge. For further details apply to Bryce Gibson, telephone 0118-947-2220

## **BKO members running well at Reading Park Run**

A number of BKO members are both runners and orienteers and a popular venue for running is the Saturday morning 5k Park Run at Reading. BKO members have enjoyed success at the events with Martin Wilson gaining an age graded score of 79% (the world record for the age divided by the participants time) and it is worth noting that Nigel Hoult holds the record for M55 age graded score at 81.22%.

Keith Ellis finished third in the men's league in the year that finished in early September and Ken Ricketts recently posted his fastest time. Other club members seen at the Park Run include Michael Ricketts, Jane Ellis and James Hargreaves. For more information on the weekly 5k Park Run, see the Reading Park Run website.



## Forest Challenge!

Here's a new idea sent to us from NGOC.

### The orienteering board game for 2-6 players

Available now. Ideal for:

*Christmas and birthday presents;*

*club evenings;*

*prizes for winners of club events;*

*teaching youngsters about orienteering and letting them have fun at the same time.*

“We had such fun that we immediately had another game . . . We’ve already got plans to put one of our favourite areas onto the hexagons . . .” “I think it's a brilliant game - the kids love it.”

- ✓ *The game includes everything you need to “step over the line” – laminated map, kites, punch cards, “Control” cards, “Advantage” cards, instructions, dice, tokens etc;*
- ✓ *Design a different course each time you play by using the moveable control stickers;*
- ✓ *The map sections can be fitted together in different combinations for more variety;*
- ✓ *Choose score or line orienteering;*
- ✓ *Add even more variety by drawing your favourite terrain on the blank map grids supplied.*



You can buy your copy for £7-50 at most NGOC events or through the post (please add £1-50 for postage, cheques payable to NGOC) from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. All profits to the Woodland Trust. Email [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) for further information.

## Guess the venue

Can you identify these BKO venues? (no cheating please by pulling out your old maps)  
Answers will be revealed in David Jukes fortnightly club email, if you haven't yet signed up  
why not go to the BKO website to do so?

### Venue 1

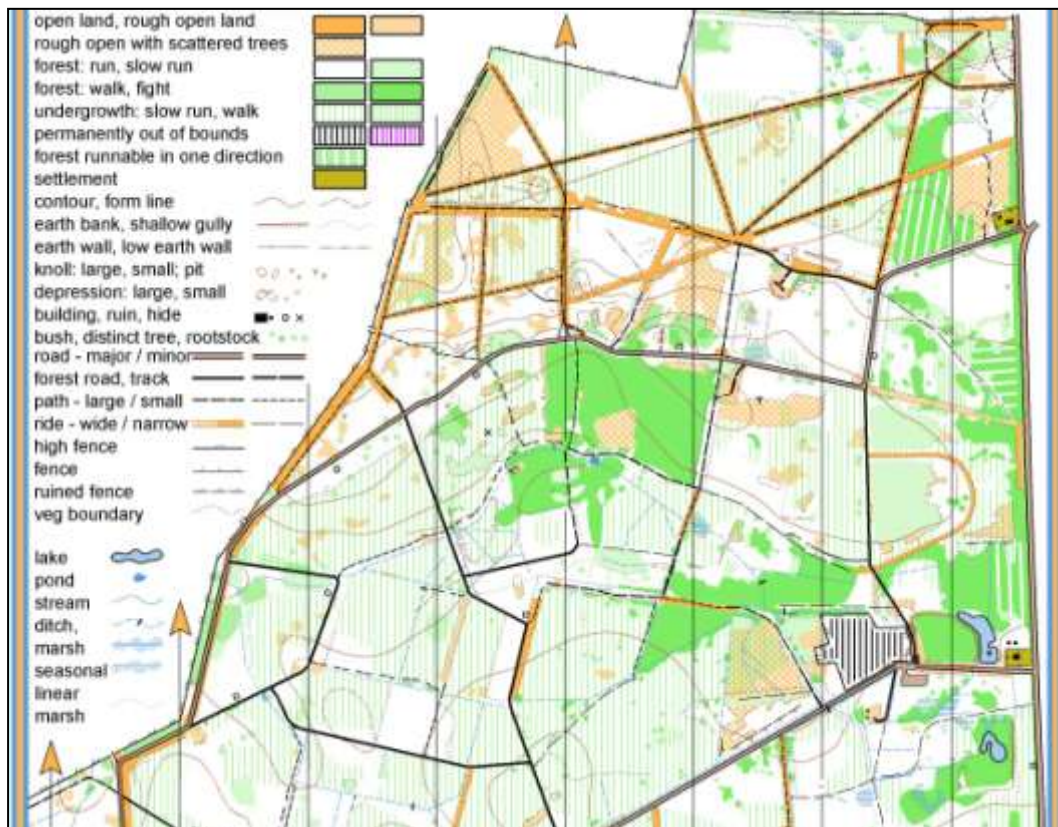


### Venue 2





## Venue 3



## Venue 4





## Newsletter contributions

Keith Ellis

Do let me have your contributions. This could be a write up of an event, views on an orienteering topic, training tips, a quiz, puzzles, photos or anything else that may be of interest to BKO members. The newsletter is one way of getting to know BKO members so the more photos that we can include of BKO people, the better chance we will all have of recognising each other at events. All contributions welcome.

## 5 Days of Puglia 2011

Martin Wilson

Courtesy of the prize of a free entry from a Compass Sport competition, and a cheap return Ryanair flight to Pescara, I attended the Puglia 5-day 2011 event in southern Italy in early October. This is an event with a difference. Based at Rodi Garganico, a seaside town on the east coast, the event was very small, about 150 competitors in total (only one of which was Italian!). Most competitors were Norwegian, with just five Brits attending. The M60 class had 12 competitors. The event was run by a tiny team of dedicated helpers. There was very little advance information on the web, and the event structure changed in the final bulletin.

There were five races after a Prologue day: Day 1 was a town sprint, Day 2 a Long forest race, Day 3 a Middle forest race followed in the early evening with a hill-top town sprint, and Day 4 another hill-top town sprint race. Overall results were based on cumulative times over the five events, with no discards allowed, so every mistake counted.

Day 1 sprint race started just behind the local petrol station. Ever run with a map scale of 1:2500 before? It's like reading a very exciting thriller – you can't take your eyes off the page! If you looked up too much, you missed essential details. I found I had to throttle back to three-quarters speed, to allow me to read and run without missing all the turns. I had a fairly steady run, gaining third place, which set me up well for the stages to come.



*Stage 1 Start – the petrol station is on the left!*

One interesting detail of the week was the way competitors were allowed to see their map at Start minus 1 minute. This gave a chance to check what legs might be complex, particularly in the town sprints. However, there were no separate controls descriptions, which did make control checking during the sprints somewhat time-consuming. Why are the CDs always upside-down on the last part of the map you unfold?!

The forest stages were held in a brilliant large and technical area called Foresta Umbra. Italy had bid to hold WMOC in 2012, and they intended to use this forest for that event. It was karst-type terrain, with large depressions, but also a lot of vegetation changes, making it difficult to run accurate bearings. Find the wrong depression, and you could drift a long way off course from there. Stage 2 had just 9 controls. I ran cleanly through long legs 1, 2, and 3, very pleased to find each of them accurately. Splits later showed I was leading the class at that point. I then managed to make a complete mess of leg 4. (See Fig 1 later). There were many route options, but I chose to run direct on compass to a large depression through greenish forest as Plan A, with a back-up to run past the control to a large path as Plan B. Plan A went awry in the vegetation, but unfortunately Plan B then also went awry! I then ate up far too many minutes trying to relocate, and this set me well down the finishing order. Stage 3 was even more complex, with the terrain being similar all over with depressions and vegetation, making it difficult to stay 'on the map' at all times. I made two tiny but significant errors, one mis-reading the map, one on a compass bearing, and these set me back again. After this event, I was 6<sup>th</sup> overall, with just two sprint events to come. The planning throughout the week was excellent, particularly in these forest stages, making for some excellent orienteering. One day I'll get this right!



*Stage 4 Start: early runners disappearing into the steep and narrow alleyways*

After a return to the hotel for a shower and a siesta, we then had an evening sprint event in a hill-top town. Part of this was in a very complex hilly area with a maze of alleyways. The rule for success in these sprint events seems to be to stay in complete contact with the map at all times, and keep slowing down until you are in contact. I'm a novice at this style of O, but am slowly learning. I made some small mistakes, but also mistook control 7 on the map for control 1 due to the similar shape of the number, so also lost some time there. Despite this, I was fourth on this stage, only six seconds behind the second placed runner, so I was in touch despite the errors. Overall, I was now 5<sup>th</sup> overall, just 90 seconds behind fourth, with another sprint to come.

The organisers laid on a free pasta party for competitors that evening, but unfortunately, by the time the Brits made it to the buffet, the Norwegians seemed to have devoured almost everything!

The last day was another hill-top town sprint. It was amazing how you would drive yourself to these towns, find somewhere to park in the maze of tiny streets, and then search for the start at the central square. One hour before the event there would be nothing to see, then the tent and tapes would appear, helpers would walk off into the alleyways clutching controls and stands, and then magically the event would start on time. Very cool, very Italian! This stage was a helter-skelter race mainly through the old part of town, with twisting alleyways and runners everywhere.

Some routes ran past previous controls or controls to come. These created an interesting dilemma whether to unfold the map to look at the CD to check if you were on course, or to save time by ignoring them. Somewhat reluctantly, I chose the latter, feeling it was too important to know exactly where I was, as a slip could be very time-consuming. There was one very complex route on leg 4-5 (see Fig 2), which I had worked out during the pre-start. Unfortunately, I then lost confidence while executing the route, thought I had to go down an earlier alley, and lost thirty seconds sorting this out. This was unfortunate, as I finished third, just 24 seconds behind the winner. So I could have had a nice end to the competition. However, I achieved 4<sup>th</sup> in class overall, so I was satisfied with that on a difficult set of courses. I spoke with the M60 class winner after the event, and he told me he was 'definitely ranked outside the top ten in Norway'. It looks like they only send their second XI to these events!

Overall, the event was very relaxed and enjoyable. It must be the most laid-back O event anywhere on the continent. The organisers like people to think of it as a holiday with some orienteering. The Event Centre was in a beach-side hotel, there was time to swim and sunbathe, and it was quite easy to get to know people at such a small event. I spent the prologue day doing some sightseeing round the hilly Puglia countryside. I greatly enjoyed all the events, the sprint races were quite special in the complex towns, and the forest areas were superb. I even managed to do the trip with just hand-baggage. Next year, the event is intended to be held in Sicily, and Gabriele the organiser hopes to make it a 10-day event, run as two five-days, one on the west side of Sicily and one on the east. If you do fancy some hot autumn sunshine next year, this is your chance. I imagine it will be a great event (or two!).





Fig 1: How best to route 3-4? S via path & green? Direct to karsts through green then map-read features? N via road/track to small indistinct path, then map-read S through karsts? N via road/track/track to W of control then back E to control?

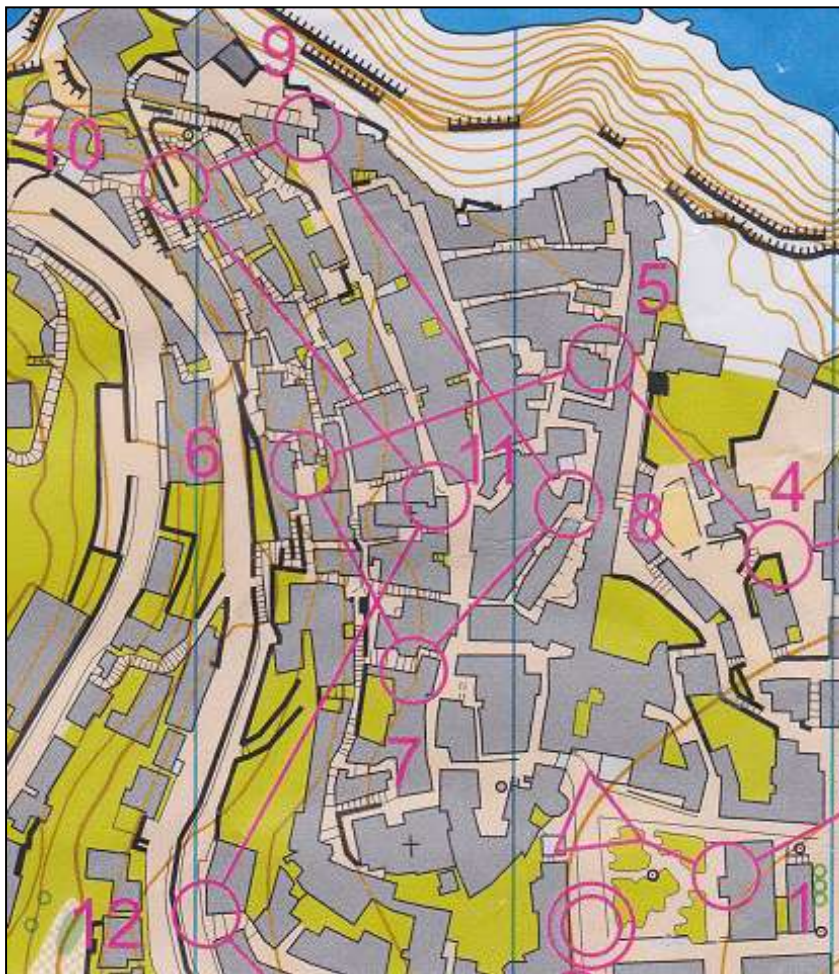


Fig 2: Stage 5. Try planning 4 -5 with minimum delay!