



## Club Newsletter September 2012



A merry band of BKO members attended Croeso this year. A full report is included in this newsletter.

Also inside this issue:

- Mountain biking in Fontainbleau
- The World Masters Orienteering Championships
- Upcoming fixtures
- A profile of long standing club member, Kingsley Starling

## Here we go for another season



Keith Ellis, Newsletter Editor

I hope that you have had a good Summer and are looking forward to the new season, this will certainly get off to a fast start with the Southern Champs very early this year (the first event of the season for some of us) and then the first BKO urban event at Windsor and Eton, David Jukes tees this up for us.

The Summer is the peak time from multi day events and in this edition we have some terrific reports from three of these and I thank our contributors for them. There is a report from the World Masters event from Janet Gibson and Martin Wilson, a French mountain bike report from Denise Harper and Andrew Graham reports on the Croeso event in Wales.

I hope that you enjoy this newsletter, please keep your contributions coming and until next time enjoy your orienteering.

## Fantastic Fontainebleau – or mountain bike orienteering in France

**Denise Harper**



Denise on the podium for winning the W60 class at Fontainebleau.

Last March Eric received an email publicising the 5 Jours Samois-Sud 77 MTBO event based in Fontainebleau Forest, south of Paris, in July. 'Shall we go?' he said. In the days when we used to orienteer regularly, we really enjoyed the experience and buzz of competing in foreign O events. Now we have turned increasingly to MTBO for our thrills, but as a small sport in the UK, home events are usually very low key, often with low attendance. So I needed little persuasion to agree, as this seemed an ideal opportunity to make our foreign MTBO debut, with an event close enough to be able to drive to comfortably. With the added attraction of post event good dining and options for excellent sightseeing in the vicinity, the decision was made, and ferries, hotels and gite for a week booked.

Before we went, I borrowed maps and other usual info from Janet Gibson, who with Bryce had attended an orienteering event in Fontainebleau some years previously. The terrain appeared to be fairly flat over large areas, but interspersed with some steep rocky ridges; indeed the area is a mecca for bouldering and climbing. There is an extensive grid type track network, often with multi track 'star' junctions, as in our own Star Posts, which looked ripe for causing confusion, especially when trying to cycle through them at any speed.

Final details were not posted till just before we left, but we were able to pick up an event programme, containing location details for the events, race number to go on the bike, and our start times for Day 1 at the event centre near Fontainebleau, on the Friday afternoon, then headed back to Fontainebleau for an excellent dinner at a hotel which had been recommended by Janet.

Days 1 and 2 were held at a small village, Bourron Marlotte, about 20 minutes drive south of Fontainebleau, with Days 3-5 being closer to town, although all still in the forest. The event consisted of 3 Middle distance, 1 Long and 1 Sprint race days, with course lengths generally rather shorter than we have been used to – not that I objected. There were 4 of us entered on W60 – 2 French, a Belgian and myself – with nearer 20 on the M60 – more competition than we have ever had in the U.K.

### **Day 1. Middle Distance.**

Stats: Denise . Map 1:15000, Course 8.3 Km, 50 m climb, 12 controls, Time 49.38  
Eric: 11.3Km 100 m climb, 17 controls Time 1.10.36

We arrived in plenty of time; parking was on the residential roads surrounding the event centre, a sports hall on the village outskirts. The ride up to the start on local roads took about 5 minutes, with the start itself on a steep cobbled/rocky track on the forest outskirts.

Once started, apart from a minor hiccup at the first junction, everything went fine navigationally for the first 4 controls. Unfortunately the weather in France in June had been similar to here – i.e. wet, so the lovely dry tracks we had hoped for were in places quagmires of very runny ankle deep gloop. I didn't have the nerve to ride through, so got off and waded through, pushing the bike – a fairly unpleasant experience. The descent to #4 was hairy, down a steep very slippery gully, and I managed to miss the correct path out at the bottom, but spotted my control on the path just above me, where the French lady who had started 4 minutes ahead of me, was just punching it. She then got ahead of me again as I had to stop to clear some brambles etc which had wrapped round my gears and become enmeshed, but after a lovely downhill ride to #5, I saw her again leaving #6 as I approached. The route to #7 involved heading uphill then turning off on a very narrow track on the left, which I was fortunate to spot as it was barely visible heading up the banks of a cutting. Once on top the slope down on the other side was what the French call a 'chaos' – a jumble of rocks and boulders scattered across the bracken covered hillside, with a myriad of small paths. I headed in the general direction of #7 and soon was very relieved to spot a control way down the hill. I didn't have the nerve to ride down, so part pedalled, part walked down with the bike jack-knifing behind me, picking my way round rocks, over tree roots etc to the bottom, delighted to confirm on arrival that it was my control.

The next few controls were straightforward, though with some tricky single track – lumpy, bumpy, muddy, where I had to get off again and push – before the final few controls back to the village and along residential and forest roads to the Finish at the event centre. No sign of the French lady, but I saw her come in as I queued for the bike wash (very civilized). Eric arrived about half an hour later, and we had a baguette and drink before heading out to our gite, to clean up, unpack then head back to the Event Centre in Fontainebleau for the Opening Ceremony.

### **Opening Ceremony**

At the Opening Ceremony, we met up with the other Brits – 12 all competing as GB Squad, and stood behind our flag in a line with the other countries. With 250 competitors from 10 nations, this was a huge



event compared to any others we had attended. There were interminable welcome speeches from all the local dignitaries; mayors of hosting villages/towns; sports representatives, organisers and many more, followed by the Day 1 prize-giving. I was delighted to have won my first Day, beating the French lady by 5 minutes, and the Belgian lady by 7 minutes – the other French lady had been DNS. I was lucky enough to receive a bottle of rose fizz and a ticket for the event disco/dinner later in the week – and an Isle de France tote bag. Ceremony over, we were all treated to a welcome drink and nibbles before heading back to the gite.

## **Day 2 Middle Distance and World Ranking Event.**

Denise . Map 1:15000, Course 7.1 Km, 100 m climb, 12 controls Time 1.17.21  
Eric 9.3 Km 180 m climb 16 controls Time 1.39.09



Eric in action.

Today we were back in the same village as before, but with the courses on a different part of the forest. During the night there had been an almighty thunderstorm which had rumbled on for hours, accompanied by incessant rain. We had early starts, and cycling through another downpour to the start, tried to find a tree to shelter under whilst waiting, only to be told as I presented myself at call up that starts were delayed by 30 minutes, although there had been no warning notices of this in assembly. At least it meant that we did actually start in dry weather, making map reading so much simpler.

My first few route choices didn't turn out too well. The start was on a road at the bottom of a hill – my #1 being at the top. I set off up the road, and when I saw the turn off to my control, a rough track heading steeply uphill, I chickened out, decided to continue climbing to the top on the road, then come into the control on the flat from a different approach. However, the track I planned to take was so overgrown as to look barely rideable, so I ended up going a rather round-about way to get to the control, so several minutes lost. I again made a poor choice to #2. along what turned out to be a very bumpy, muddy and overgrown track, with a steep final push up a long bank from the road.

No 3 was another uphill push before arriving back on the plateau. A steep dip off the plateau and back up to #4, was followed by a long track to a Star Posts type junction – with 9 tracks radiating out. I needed the 3<sup>rd</sup> one round from where I came in, but as one was so overgrown and narrow that I didn't notice it, I ended up going down the wrong one, so losing more time. The route to #6 was along a broad muddy/gravelly track, in places covered completely with deep puddles from all the rain. Several times I nearly came to a full stop when the puddles turned out to be rather deeper than expected, and there were

some near crashes as fast M21s nearly piled into the back of younger juniors who were struggling to get through the puddles and coming to abrupt stops, blocking the way.

The next few controls on the plateau were OK, but more problems arose on the legs descending from the plateau – steep single track blocked by fallen trees. One bridged the track in a gully, and I was just able to crawl under, then drag my bike through after me, and another was so huge that I couldn't possibly climb over or haul my bike across, so had to battle through the undergrowth to the side, pushing my bike around it – fortunately it was not too bad. One more tricky leg, then back to the residential roads, relief! Almost back at the finish, but I went brain dead in a complicated little maze of paths, losing more vital minutes, before emerging at the final control.

This day's ride had been quite unpleasant and really hard work, due to the wet conditions, overgrown tracks, mud and steep ascents and descents. Despite my course being 1 Km shorter than yesterday, I took almost 30 minutes longer to complete it. Today was a World Ranking Event, so afterwards there was a flower presentation and prize-giving on site. I was again thrilled to have won, beating the Belgian lady by 12 minutes, with both French ladies being DNS. In the evening, the split times for both days went online, from which I noticed that although the Belgian could ride faster than me, she was prone to making costly errors. So I needed to push myself to go as fast as possible, and hope not to make errors to stay ahead.

### **Day 3 Sprint.**

Denise . Map 1:7500, Course 6.4 Km, 50 m climb, 18 controls, Time.40.28  
Eric Time 32.30

Today's event was not far from Fontainebleau, on an area called Salamandre, on a 1:7,500 map, and as it turned out was great fun. My course was 18 controls, but with the first 7 being relatively straightforward, followed by a 'fast and furious' section of 10 controls, all close to the Finish/assembly area, with a spectator control in assembly.

Today Eric and I were both riding on the same designated course, Course C, which at 6 km, for me was almost as long as my event on the previous day. The terrain was rather different though – a flat area traversed by one major rocky ridge and much more pleasant than previously.

The first few controls were fairly straightforward and pleasant riding. After a brief uphill start, it was all down and flat, the main problems being 2 star junctions, one with 8 tracks, the other with 12 tracks to negotiate. Apart from leg 4-5, there was no real route choice, but on that leg I chose a better route than Eric – about the only leg where I was faster than him. Leg 6-7 was a long one, with a tiring and very long uphill push over the ridge – though a few fit and hardy people did manage to ride all the way up.

Over the other side of the hill and on to the final flat, controls 8-18 were where we entered real sprint mode. Suddenly the forest became very busy with competitors everywhere, with courses crossing and criss-crossing, and intense concentration was needed to stay on track. I have to admit to not 'flowing' that well, having to stop on several occasions to verify my planned routes – especially on the leg after the spectator control. Not wanting to stand in full view checking my map, I cycled a short way along the track before stopping to look at my next leg – at least I had made sure to take the right exit. However, with no errors, I was quite pleased with today's ride, though disappointed that Eric beat me by 8 minutes.

My Belgian competitor had just about the last start today. I went to watch the spectator control, and was relieved when she didn't appear within the requisite time to beat me, and still hadn't appeared at the finish 20 minutes later. In fact, as on Day 2, she had made 2 costly errors so I was now almost 30 minutes ahead on overall time.

The sprint format is about the closest you can come on a bike to experiencing the quick decision making and buzz associated with foot O, and both Eric and I love being able to get that feel once again, as sadly

it's now no longer possible for us on foot as we just can't move quickly enough to ever be competitive. We didn't go to the evening prize-giving, as it was in Samois, a good 15 miles from our gite and we decided to have a meal locally and an early night.

#### **Day 4 Long Distance and World Ranking Event**

Denise . Map 1:20,000, Course 8.7 Km, 40 m climb	10 controls	Time .52.31.
Eric	16.5 Km 150 m climb	14 controls Time 1.19.40

Today's event was in the forest west of Fontainebleau, at Le Hurlebent Est. The A and B courses featured a mass start individual relay format, with about 3 gaffled circuits and was fascinating to watch. The competitors were lined up for the start in a large clearing; in 3 rows, with each person having their map place under a cone, which they could not pick up until the start beeper went. Then followed apparent mayhem, as some people just grabbed their map and went, cycling along the forest road and trying to place their map in their map board as they went, whilst the slowest spent up to a minute getting organised before setting off on their bikes.

As yesterday, my course was largely on a flat area, with one large ridge, this time at the far end, whilst Eric's continued on into a very steep and hilly area consisting of a number of parallel ridges. I had a long ride of almost 500 metres on a good road from the start to the start triangle; plenty of time to assess my course and plan routes. The first few legs were on good tracks – very reminiscent of Upper Star Posts – before hitting the ridge, which I couldn't quite cycle over, so back to the pushing. All was going well until leg 5-6, when for some reason I thought I was going on 6-7. Alarm bells started to ring when the track I was on was curving round, when it should have been dead straight, but I assumed I had taken the wrong exit at the last 'star' junction. Heading back, when I got back to the junction I wasn't at all sure which one I had come down to get there in the first place, so took the next one along from the one I'd just come back on – only to find myself at a T junction – very confusing as I expected to be at a track crossing. However, I reckoned I should now be able to relocate, as there were very few T junctions on the map. Fortunately for me, as I got out my compass and orientated the map, without me asking, a young French lady asked if I knew where I was, and showed me my location on the map. It was then that it dawned on me what I had done and that I hadn't actually been to control 6 yet – so back on track to # 6, nearly 10 minutes lost, but hey-ho. Then through a complicated, but easy riding set of tracks to finish 10 minutes later. Despite my time loss, I still beat the Belgian as she had made a massive error going to the 1st control.

Eric appeared some time later looking rather dazed and distant – he had had a bad over-the-handlebars crash, going down a steep hill, landing on his head, and not surprisingly, as a result had a bad headache. At least no broken bones, but it brings home the potential dangers of the sport.

In the evening we attended the event disco/dinner which was preceded by the prize giving – another bottle of sparkling rose to add to the collection, plus a jar of local honey, being my prize from the previous day. The event meal was very good value – well, it was free for me, but Eric had to pay the 8 euros. The GB contingent all sat together, so it was very sociable to sit down together and have a chance to chat in comfort. I think most of us left once the disco got going, as for all of us it was some distance from where we were staying.

#### **Day 5 Middle Distance**

Denise . Map 1:15,000, Course 9.2 Km, 40 m climb	18 controls	Time 1.06.59
Eric	12.8 Km 100 m climb	21 controls Time 1.19.49

The final day was at Le Montaignu, on the outskirts of Fontainebleau, and the map overlapped with the Day 3 map. We were parked in a sports complex area, with a number of hard courts, stadium and running circuits, which is where parking, assembly, start and finish were all located. For this event we had 2 maps, the first being a 1:15,000 map of the forest, then as we approached the finish area, we had to change to a 1:5,000 map for the last few controls around the 'urban' area of the sports complex.

On the advice of Marco Bonafini, (ex SLOW, ) who was at the event with Monika and grandchildren and who had been there before, we spent the first hour or so walking round as much of the site as we were allowed, to get a grasp of the layout for when we would be cycling through it. Eric started some time before me, and returning before my start time, warned me that it was another long ride from start to the start triangle, so when the time came, I used the ride to try to plan ahead. I could see the course looked quite tricky, with more route choice than usual, and legs with numerous junctions and crossings. From previous experience I knew that it might be hard to keep track of these, especially as sometimes they were too overgrown or insignificant to notice when riding at any speed.

All started well, and I kept good map contact from Start to #3, but then had a techie disaster. Cycling up a hill, the chain twice jumped and came off when I tried to shift to the small ring. I managed to replace it each time, but then the next time I tried to shift it, it came off again and became totally bent back on itself and jammed solid. I spent several frantic minutes before I managed to un-jam it, but then was too wary to shift gear again, so was having to cycle in the small ring – not great on the flat and downhill. ( I later found out this had been caused by the middle ring being bent) I lost concentration and messed up the next 3 controls, missing junction turn-offs and then having to take slightly longer routes to compensate. Eventually I plucked up courage to shift gears back to the middle ring, but this meant on the final hill I had to get off and push. However, after #7 it was downhill out of the forest to #8, where we changed maps for 10 final controls round the sports area.

The change of scale threw me somewhat, and I took an unfortunate route choice to #9 which was between 2 parallel paths. I took the smaller one, which soon became almost impenetrable. Instead of doing the sensible thing and turning back, I bashed on, but was not able to find an escape route till way past the control. I then missed the minor path I was intending to take to the next control, but after that things improved, with just one lapse, until I arrived at the spectator control, where my intended exit route was blocked off by tape. Eric kindly gesticulated where I should go next, and then there were just 4 more controls close together before arriving at the finish on the track.

Despite my mishaps I beat my Belgian rival by the biggest margin yet, over 30 minutes. As I had a very late start, the event prize-giving was held not long after I got back, and with an accumulated time of 4.46.57, I had won W60 overall by over 70 minutes. I finally got to meet my rival, as she ascended the podium to be awarded 2<sup>nd</sup> place and she was very gracious in defeat.

It was then sadly time to say goodbye to all the other GB competitors, but we had 2 more days in Fontainebleau to take things a bit easier, explore the area, and visit some chateaux before returning back home. We had thoroughly enjoyed the event, especially the last 3 days when the weather had improved, and the riding was generally very pleasant (at least, on my courses). We had both completed all 5 days with no major mishaps and no mis-punches, which looking at the final results seemed to be quite an achievement in itself. Enthused by our experience and encouraged by other GB participants, we have now set our sights on the World MTBO Masters event next year in Portugal. That gives me a year to get faster, fitter, leaner, learn not to wimp out when the going gets tough ....and pigs might fly.

## Clubmark retained

Denise Harper



*BKO was awarded Clubmark status in 2007, and earlier this year, not only was our submission re-assessed by BOF for the next 4 years, but we were also externally audited by consultants Knight, Kavanagh and Page.*

### What IS Clubmark?

This is an accreditation award developed by Sport England in conjunction with the Sport Governing Bodies (i.e. BOF) to recognise clubs that demonstrate their commitment to providing an organisation

which is seen to be safe, effective and child-friendly, providing a quality and productive experience for young people who wish to pursue orienteering

### ***What does it involve?***

The assessment criteria fall under four headings:

1. Protection and Safety of children and Young People
2. Coaching and Competition
3. Sports Equity and Ethics
4. Club Management.

Each heading covers a number of criteria, and evidence or self-declaration forms are needed to show these criteria have been met. The evidence needed had to be placed in the file, and a plan of action formulated to ensure all criteria could be met. This is a time consuming process, and personnel within the club have had to be willing to undertake the requisite training— e.g. various coaching workshops. Once everything is completed, the file was sent to BOF for assessment.

### ***What is the reward?***

- The knowledge that we are operating within a safe, effective framework.
- The recognition of being officially regarded by the outside world as an excellent club.
- The Clubmark logo can be used on all club publicity material which can help with marketing club activities to parents / young people / official bodies.
- The club is looked on more favourably when trying to access grant funding.

### ***Changes to Clubmark for 2011/2012***

Over the years, there have been slight changes to the criteria, so for re-assessment the requirements to attend some courses had been dropped, but more emphasis was placed on having specific measures in place to attract newcomers, which had to be detailed in our Club Development Plan. This is an important document which pulls together the club's main aims with details of how these will be achieved. Our new weekly Community club which runs in Bracknell and our extension of our Saturday events with a supporting schools/youth league are all examples of the implementation of the policy to attract more newcomers/members in action.

### ***Assessment comments from BOF and KKP***

Our file was submitted to BOF at the end of 2011, and in May, Katy Stubbs and I met with Lee Ward from KPP for our external assessment.

#### **BOF**

*Berkshire Orienteers and xxx Club and have been recredited for Clubmark for another four years. Both clubs provided very good submissions and continue to operate as effective and well managed clubs.*

*Berkshire Orienteers have developed a number of strong links with local schools and have a well-developed Youth League allowing young orienteers to compete against each other and represent their school. Berkshire have also liaised well with local councils building on their work around access for orienteering. Berkshire have also created a club night in the last 12 months giving coaching opportunities to club members*

#### **KKP**

*Following the consultation with my colleague concerning the Clubmark External Verification process, I am writing to thank you and your Club for your time and support in an important aspect of the Clubmark licensing process. The External Verification enables us to ensure that your national governing body is continuing to demonstrate the robustness of Clubmark as a quality accreditation scheme.*

*My colleague was particularly impressed with the Club's in-depth development plan that looked at all areas from recruiting members and volunteers to the publicity and promotion of the Club. The*



*numerous links that the Club has with the local schools is also very impressive and this testament to the hard work yourself and the committee have dedicated over recent years. It was also very pleasing to hear how the Club are engaging younger members in the day to day running of the Club such as promotion through social media and the internet. This will undoubtedly be further developed with the introduction of a Junior Liaison Officer and I look forward to hearing about the successes this appointment will bring.*

KPP particularly 'liked' the contributions by junior members, with special mention to Josie Rogers for setting up our Facebook page and Twitter accounts.

### ***The future***

For the last 6 years I have been the BKO Clubmark representative, responsible for compiling all the evidence, keeping the file up to date and writing the Development Plan.

I am now handing over to Dave Rogers, who has kindly volunteered to take over this role.

Our next re-assessment will be in 4 years time, and it will be fascinating to see how much BKO has evolved by then, as the last 4 years have certainly seen big changes, some initiated by, and many supported by a significant number of our members.

## **Windsor and Eton Urban Event: Sunday 30<sup>th</sup> September**

**David Jukes**

In place of our usual September SCOAA League event, the club is staging its first full-scale urban event covering land to the North of the Thames – with some common land and the town of Eton – and the historic town of Windsor. Although we do not have permission to enter College or Royal property, there will be plenty of interest and some intricate navigational challenges.

Urban events tend to attract a smaller number of competitors but the only other significant event on the day is the CompassSport Cup and that is right up on the Scottish border. There are a few other low level events being staged on the same day nearer to us but we are hoping to attract competitors from quite some distance.

Tim Booth has been working hard on a new urban O-map of the area and is planning the courses. Note that these will not be the standard colour coded courses but use the age groups common for urban league events. Our event is part of the 'South of England Urban League', a new series this year. See <http://cityrace.org/seoul/> for more details.

I am overall event organiser but will of course need and welcome support and help from other club members. I will be sending out e-mails on this in the near future (you may already have seen one by the time you read this!). Please contact me ([secretary@bko.org.uk](mailto:secretary@bko.org.uk)) so that I can spread the load and hopefully give all helpers a chance to compete as well. Helpers will get a run at half price. Further details are given on the club website. See you there!

## **Wrong person**

Apologies to Pat Wills and Sue Cload who were muddled up in last month's newsletter. A photo for the Lower Earley event was labelled as Sue instead of Pat.

## **Club nights**

We have a series of club training events on Wednesday evenings which runs during the Autumn and Winter months in indoor facilities, with forest and outdoor training during the later spring and summer months.

Club Nights start again on 12th September 2012. We have changed the venue and will now be based in Birch Hill Primary School, Leppington, Birch Hill, Bracknell, RG12 7WW.

Times will be from 6:30pm until 8:00pm every Wednesday. Everyone is welcome, beginners, juniors and experienced, juniors do need to be accompanied by an adult. We have use of the hall and school grounds and are right next to the South Hill Park and Birch Hill maps.

Tea, coffee, squash and biscuits will be available. Charges are £2 for adults and £1 for juniors.

For more information contact Katy Stubbs: [chairman@bko.org.uk](mailto:chairman@bko.org.uk)

## **Forthcoming BKO events**

The new season brings another series of Saturday events with eight planned as follows:

<b>Date</b>	<b>Location</b>	<b>Town</b>	<b>Grid Ref</b>	<b>Postcode</b>
08/09	Langley Park	Slough	TQ009816	SL3 6DW
06/10	Swinley West	Bracknell	SU901670	SL5 8AZ
17/11	Minley	Blackwater	SU817573	GU17 9LE
08/12	Benyon's Enclosure	Mortimer	SU630641	RG7 3UA
19/01	Yateley Common	Yateley	SU833592	GU17 0AW
16/02	Bloom Wood	High Wycombe	SU860890	SL7 3RE
16/03	Swinley East	Bracknell	SU906661	SL5 8AX
27/04	Rushall Woods	Bradfield	SU576733	RG7 6DN

## **World Masters O Championships (WMOC) 2012**

**Janet Gibson &  
Martin Wilson**

It's expensive to enter, to reach and to stay, it has thousands of competitors, the logistics are complex, it lasts eight days, you can never meet up with your friends, and you haven't a clue where you'll finish. So why do it?! Well, you get the chance to run on top quality international terrain on well-planned courses, and to mix it with the best in your class world-wide. For some, it's an occasional sortie into top-level O, for others it's an annual performance milestone to aim for and (if you've any extra energy) to build a holiday around. This year's event was based at Bad Hartzburg in Germany, south-east of Hannover in the Hartz mountains. The entry was huge, with 4,300 competitors, undoubtedly due to the proximity to Scandinavia. Three BKO major event stalwarts, Janet and Bryce Gibson (W/M70) and Martin Wilson (M65) represented the club.

The event has two separate competitions, an urban Sprint (about 15 minutes) and a Long (about 50-60 minutes in the forest). Each of these is divided into Heats for qualification. The leading 80 runners reach the A final, from which the eventual winner is decided, the next 80 reach the B Final, and so on. Any mis-punch or retiral places the runner as non-competitive in the lowest final. Most good runners hope to get in the A final, but with the high Scandinavian entry, this was likely to be tough to achieve.

*Janet:* Bryce and I have competed at several World Masters Championships and made a late decision to enter this one. We had driven to WMOC 2010 in the Neuchatel region of Switzerland and found that parking, walking, queuing for buses had been very time consuming. This time we travelled with Global Orienteering Tours. It was a good choice, as we were taken from our hotel to the events by coach and dropped off near to the assembly area each day. All we had to do was to arrange our flight and arrive at Hannover airport at the appointed time. My aim at these Championships has always been to qualify for the A final. Sometimes I have, sometimes I have not. Bryce tends not to set himself objectives, but enjoys the challenge of the courses. W70 had two Heats, M70 had a very large entry of four Heats.

*Martin:* I wanted to test myself as a first-year M65 against the best, to see how I stood. This was the largest class of all, with a massive 450 competitors, split into six heats of 80, and only the top 14 from

each heat would qualify for the A Final. I really did not know what to expect, but was hopeful of reaching the A final in the Sprint, and was 'hoping' to reach the A final in the Long.

The weather for the event was warm, but rather humid. Showers tended to develop in the afternoon, with heavier rain during the Sprint Final. Sprint Qualification was held in Bad Hartsburg. The Sprint Final was held in Goslar, a beautifully preserved medieval old town, with cobbled streets and alleys.

## Sprint Event



*Runners and controls everywhere in the Sprint Final. The lady on the left is clearly confused!*

*Janet:* I was nicely warmed up for my sprint heat having gone towards the wrong start, climbing uphill when I didn't need to. Fortunately I was still in time when I arrived back down at the right start. A quick glance at the map indicated that the course was not very technical so speed mattered. I kept moving with no mistakes and made the A final.

There were two small park areas on my course in the Sprint qualification race. In both areas there were several controls, at least three close to my number 10. Some courses crossed and re-crossed the bridges so lots of orienteers going in different directions, some standing looking puzzled. Lots of noise from the out of bounds which was club tent area. Members of the public, lining some of the paths, seemed to be enjoying the spectacle and were cheering us on.



*Cramped conditions in the damp under the Global O Tours canopy.*

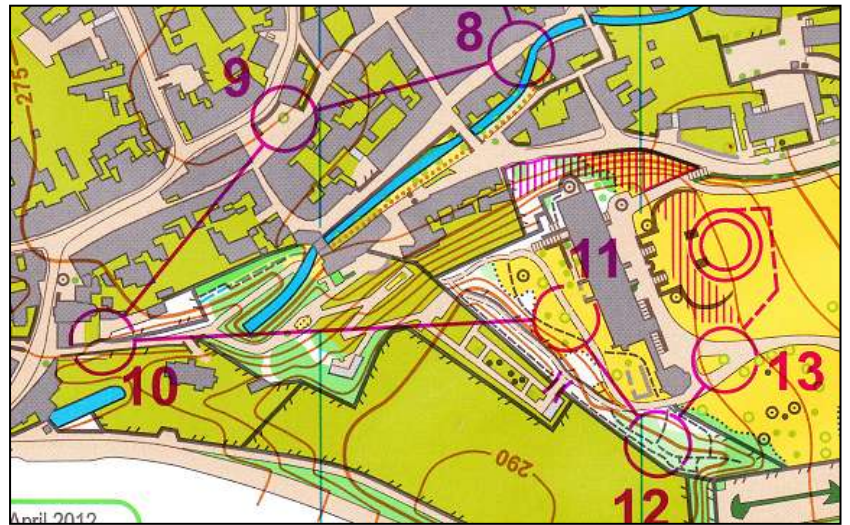
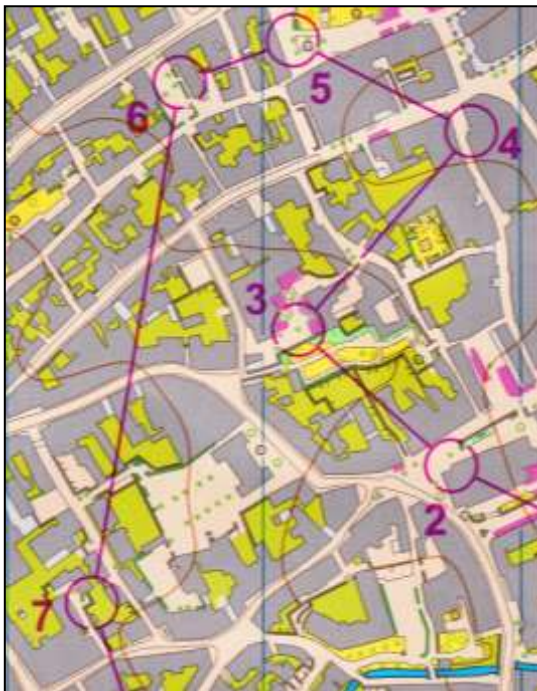
It was raining heavily as I set out for my start at the Sprint Final which made me a little anxious as the old streets of Goslar are cobbled and could have been slippery. Luckily it stopped raining soon after I started. Once again a quick glance at the course showed that keeping moving and keeping close contact with the map would both be important as the course looked fairly straightforward. A crossable fence towards the end was judged by some to be un-crossable but I hopped over it and saved probably 30 seconds. I was very pleased to finish in 20th place, ahead of all but one of the other British entrants. Bryce ran extremely well to reach the B final, and gained an excellent 53<sup>rd</sup> position in his Final.



*Martin:* I qualified in 9<sup>th</sup> place in my Heat in the Sprint, which was good. In the Sprint A Final, I made several small errors trying to run very fast, so lost some time, then near the end I read a fence on the map as un-crossable (i.e. not allowed to be crossed), and went round it to avoid being disqualified. It turned out the fence was crossable, so I lost another 25 seconds here, but got round safely. I finished in 30<sup>th</sup> place overall, which was a very good result, but without the fence issue, I'd have been another 10 places higher. Never mind, it was a good start. The race was actually won by Peter Gorvett, the British M65 champion, so all credit to him on a great run.

### **Sprint Final – M65A Course**

6-7 is a well-planned leg, though not unduly technical. The planner has tried to make competitors spend time considering several route options, thus slowing them down. As always, the fastest technique seems to be to choose one route quickly, then run it fast. From 6 heading south, I turned R, then second L, R, L round the end of the buildings, then R, R, R towards the control. Running hard throughout gave me 6<sup>th</sup> fastest split for this leg - total route planning time probably about 3 seconds at most!



10-11 showed how hard it is to navigate Sprint courses correctly at high speed as you begin to tire. After taking the R fork in the paved track early in the leg, I saw the opportunity to climb steeply R through the strip of white to the L-shaped building. I turned R to use this, but could only see dark bushes higher up. I mis-read the map colours here, and thought all the green area was in fact olive green, hence OOB. Thus I turned back onto the track after a few seconds, being unsure if I was legal, and continued on the zig-zag route uphill. Definitely missed an opportunity to save time.

More problems later on the same leg. After passing through the gap in the castle wall, I came to a highish fence which I hadn't seen on the map (not reading ahead at all by this stage!). I glanced at the map to check if it was marked as uncrossable, and 'saw' that it was. Hence I ran L round the fence. In fact, the fence is marked as crossable. I'd read the edge of the veg boundary together with the single angled mark as a double angled mark. This cost me over 20 seconds, and about ten places in the final result. Ho hum. To do really well you have to read the map ahead perfectly at all times.

### **Long Qualification**

The Long competition is the traditional prize, and the Scandinavians are very good at this. Heats are held over two successive days, each with around 50 minutes of running. Times for each day are added together to give a finishing order, with the best proportion in each heat qualifying for the A final. Thus



you need to run well twice in a row to reach the A final. The LQ events were held in two different forests about 30 km from Bad Harzburg.

LQ1 was in an area of young spruce trees, with variable visibility including large areas of green, the organisers recommending that people wear long-sleeved tops and eye protection. This terrain made for quite tough running, particularly for the older competitors. LQ2 was in a mixed forest, very runnable in the early and late stages, but rough in the middle. Due to the awkward shape of the terrain, it had many more controls than LQ1. This made for a very tough and long race for everyone, particularly being a second successive Long day, and included a murderous 500m flat run for all courses across a reservoir dam to the last control.

*Janet:* I needed the combined times of the two heats to place me 37th or above in order to qualify for the A final. In the first heat I navigated carefully and made no mistakes but the ground was rough and I was a little too cautious. I was 37th so no room for error in the second heat. I found the going much more comfortable in this forest but lost concentration and a little time near the end. The times were longer overall in this heat and I was placed 37th again. When the times had been combined I managed to gain a few places and had made the A Final. So far I had not seen any of the large boulders, rock pillars or woosacks mentioned in the event details, only some fairly large boulders and lots of small ones.

*Martin:* My class was again split into six Heats, with only the top 14 finishers to qualify from each Heat into the A Final. On Day 1, I made myself really focus on running firmly and reading the map a lot, picking up features as I went. The controls came up on cue one by one, despite some rough terrain, and I realised I was heading for a good run if I could hold it together over the last quarter. Apart from one rather wobbly route, I kept it together, and finished strongly with almost a clean run. I was clearing the finish area after downloading my split times when I heard the commentator in his German accent say..."And we have a new leader in Class M65 Heat 3...Martin Wilson of BKO". Whaat? This couldn't be true...but it was. Soon my name was at the top of the leader board, and there it stayed till the end of the day. This was a huge achievement! This meant I should qualify for the A final if I had any sort of a decent run on Day 2.

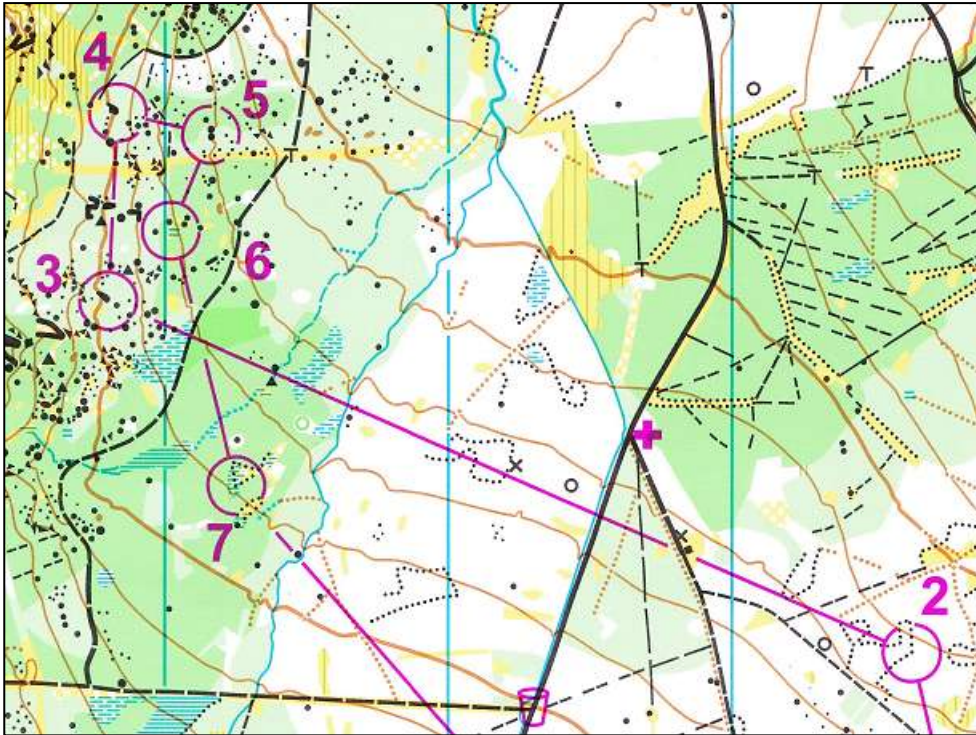


*An exuberant Martin after his heat win at Long Qualification Day 1. Note the retro-style long-sleeved pyjama top design – last worn at WMOC 1997!*

Day 2 qualifying was again rough. I made one error early on, losing two minutes (having been right near the control, but not seen it), but kept things together till the end OK. Thanks to my Day 1 good result and this steady run, I was able to qualify for the A final in 5<sup>th</sup> place in my Heat, putting me in the top 25-30 overall. This was a fantastic achievement, much better than I'd expected. I was in fact the leading British runner. Could lightning strike for me for a third time in the A Final? We had a rest day to recover, which

I certainly needed, before the Final, which is a separate race, with qualifying times only used to set the start order (fastest qualifier goes off last).

### Long Qualification Day 1: M65 Heat 3



The terrain was mainly young spruce trees, set close together making tight running which in the darker green could be quite slow. The light green and white areas were quite runnable for stronger competitors. I used a lot of compass and pacing throughout the course, trying to stay out of the dark green.

Many people had problems with 2-3, but there were handrails to help. I ran L of the red line first, on the line through the light green, then ran hard on a compass bearing to the next light green R of the red line, aiming for where the number '6' is placed on the map. Ran through that to the main track, not worrying too much where I actually reached it. Then L on the track, relocating on the bends, then looked out for the large marsh on the R. This was hard to spot on the ground, having tussocky grass and mature trees over it. Once through the marsh on the red line, saw the first set of boulders, turned a bit L, and ran up the hill till the control appeared on a large boulder. Fast running and keeping moving throughout gave me 2<sup>nd</sup> fastest split on this leg. Yippee!

4, 5, and 6 were all direct with compass and pacing, and came up quickly. With the density of the trees in this area, it was difficult to pass other people who were travelling more slowly, while maintaining your bearing. 6-7 was the hardest leg of the course, in low visibility forest. S to the track and on to the bend to the R, then compass to the L of the control, avoiding the marsh. Crossed the ditch OK, then gradually saw clearer areas emerge. There were more gaps than mapped, which made it confusing. Went to the clearing to the NE, but no control, so headed SW till my control appeared. Even some of the good guys lost time here; it just wasn't easy. Pleased to escape with minimal time loss.

### Long Final

The terrain on the Final day was more runnable, intricate in places, but very well planned, with interesting route choices.

*Janet:* Having achieved my aim I needed to navigate well, move steadily and complete the course. I passed a few very large rock features this time which helped with navigation.



All was going well until I faced the steep climb before the last few controls. I knew it would slow me down. It did. I should have done some hill training! I left control 7 and visited the drinks point before tackling the climb. Looking up the ride, which was fairly rough underfoot, I could see people on their hands and knees so decided to take the compass route and not look up. The towers were clearly visible and a good lead into control 8. After 9 the final two controls were on the flat. I finished 55th. Bryce gained the D Final in M70, finishing a very credible 13<sup>th</sup>

*Martin:* I began pinging my way through the early controls, keeping up a good speed, concentrating furiously, really enjoying the terrain and the experience. More controls came and went on target, then a long leg which I did not route well, relocated slowly at the end, and

lost perhaps a minute at most before punching OK. Whew, back on track..Two more short controls OK, then a murderous steep climb towards the last stretch. The Munro muscles kicked in here to get me up the hill, and I was onto the closing stretch. One awkward control came up at the right spot as exhaustion neared, then it was on and through the last three to the run-in. A long sprint to the line, and a final punch. Done it! I knew I'd competed almost as fast and as well as I could manage, and that was the most important thing. The result would just be what I got, depending on others.

I couldn't tell my actual result until the later, faster runners came in, so I had to watch myself slowly slip down the leader board. However, once everyone was home, I had achieved 21<sup>st</sup> place overall. This was far higher than I had ever expected to get. This was effectively 21st out of 450 who entered – not bad for a non-elite competitor! I had finished best Brit again, beating five others, including (glory be) Peter Gorvett. It looked later like I'd run a cleaner race than many others, with no significant mistakes, and this gave me my high finish position. It was a great feeling, coming on the heels of my VHI run in Ireland.

### **Long Final – M65A**

The terrain was more runnable than it may look in this extract; this section was the most technical part of the course. 4-5 was a very well-planned leg. It has numerous combinations of route choices. I suspect whichever route one took, you'd always think another one was better!

I ran on the red line to the early ride junctions, then slightly R of line downhill to the road, trying to save height. Then contoured W along the long hillside till I saw the large rocks in the clear area south of the control, and turned N to head straight onto the control. The guy who finished second used the same route, but climbed straight over the last large spur down onto the control – much faster than me!







Not Only but Also.....

Each day the event organisers met for breakfast and swapped tales from the previous day. The following have been copied from the event web site and are therefore true.

" One runner for example should be disqualified because of trespassing private grounds... but as we are very obliging we leave her with the automatic time penalty: she ran into an underground garage when a car was just coming out at the sprint final in Goslar. Unfortunately for her the door closed when the car was gone, confining her for some time to forbidden terrain. But luckily a second vehicle came and let her out. The one question open is how long she had to wait – the opinions range from two minutes to several hours. “

“At the second long-distance qualification a runner caused bewilderment in the finish area. The young lady left the forest, entered the finish straight, ran through the finish and further without punching the finish control, reading out her SI-card or even stopping. But soon it became clear that the woman without bib, compass or map was just a “normal” jogger... “

## Photo Orienteering Competition

**Nigel Hoult**

At the recent Club BBQ, there was a photo orienteering competition based on the Bruges city race (see Janet’s article in the last newsletter). For the benefit of those who weren’t there, or didn’t get round to having a go, this competition is now available via the BKO web site at the back of the online version of this newsletter. You will find ten photographs of control sites used in the race; where the kite is not visible (or was removed before the photo was taken), its approximate position is marked. All of the photos were taken from areas that were “in bounds” for the event. You will also find a map of one of the courses at that event. All you have to do is match up the photos to the control numbers – but be careful, as some of the controls may not be on this course (record these as control 0)! If you can’t decide on one or more of the controls, it’s OK to leave those blank. Email your answers to [competition@hoults.me.uk](mailto:competition@hoults.me.uk), and the results will be published in the next newsletter. Scoring is +1 for each correctly identified photo and -1 for each that is incorrectly identified, so the maximum score is 10. Good luck!

## Your committee members

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## Forthcoming fixtures

In addition to fixtures already mentioned in this newsletter, the following are events mentioned on the British Orienteering website which may be of interest:

15 <sup>th</sup> Sep	SN	Horsell Common
23 <sup>rd</sup> Sep	CHIG	Southern Champs – Epping
7 <sup>th</sup> Oct	SO	Rewell Wood, Arundel
13 <sup>th</sup> Oct	SN	Long Valley
13 <sup>th</sup> Oct	SOC	Dibden
28 <sup>th</sup> Oct	HAVOC	Epping
4 <sup>th</sup> Nov	SOC	November Classic

This year's Welsh Six Days, Croeso 2012 (Croeso means welcome in Welsh) was held in west Wales at sites around Aberystwyth. The event centre was at the University on the hill above the town where many participants either stayed in student accommodation or a campsite at a nearby school.

After weeks of fretting that we were in for a miserable week if the dismal weather persisted, the jet stream finally shifted north to give us a largely sunny and completely dry week though mercifully with temperatures staying below the peaks experienced at home.

Four of the days were on open high hillside terrain. Lots of scattered rocks, crags and marshes large and small, and some long, in places steep, climbs to the starts. But, oddly, no sheep. Perhaps they had all been removed so the multi-coloured O tops didn't frighten them.



David Jukes in the sprint event

The other two days were a middle distance course in woodland and an urban/sprint event in and around Aberystwyth and its university campus. All were individual events; no relays as at the JK.

11 BKO members attended one of more of the days and were able to meet up at the BKO feather flag in the assembly area each day. We had no tent but with the benign weather we didn't miss it. Meeting up like this allowed us to swap notes on our runs, congratulate or commiserate as appropriate and chat about our sightseeing activities away from orienteering. The start times had varied each day – sometimes pretty early; sometimes pretty late – but all BKO starts were grouped together. This allowed some of us to travel to and from our runs together and made it easier for club members to meet up.

The landscapes through which we travelled to reach each event were very picturesque and, by virtue of the wet early summer, fantastically green. The views from the assembly areas were spectacular, and although we had little time to enjoy them, the views from the hilltops of the courses were even more so.

The 6 Days has a scoring system with participants four

best scores counting towards the final score and hence position in age class. Outstanding BKO result was for

Martin Wilson in M65L who came 2<sup>nd</sup> (yes - second) out of 95 overall with 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> and 7<sup>th</sup> positions. Also in M65L Richard Rae came 28<sup>th</sup> (12<sup>th</sup>, 25<sup>th</sup>, 30<sup>th</sup> and 32<sup>nd</sup>).

Other notable results were:

- David Jukes (M60L) with a 9<sup>th</sup> and 11<sup>th</sup> out of 87 with his best run in the urban/sprint on Day 6;
- Sue Parker (Light Green) with a 12<sup>th</sup> out of 50; and
- Andrew Graham (M55L) with a 20<sup>th</sup> out of 97 in the middle distance on Day 3 (still trying to work out how this happened)

Ken Ricketts, Annika Hermik, Doug Greenwood, Brian Sewell and Sue and Alain Wilkes all had pretty consistent runs in their classes.

But irrespective of results, and the arduous slogs up to some of the starts, everyone enjoyed the challenges presented by terrain so different from what we are used to in Berkshire and surrounding counties. The whole event was well organised and when, because of wet ground, permission to use the planned parking site for Day 3 was withdrawn, a minibus shuttle was substituted to reduce the walk to assembly. As this was the hottest, sunniest day of the week, this was particularly welcome. Social events include music and lectures as well as a quiz night. A small BKO team came a creditable 10<sup>th</sup> of 30+ teams though unfortunately not doing as well as one would expect on the Orienteering symbol round!

All the courses can be found on Route gadget (South Wales OC) where you will get a good idea of the terrain and the courses we were up against, and the full results on the Croeso 2012 website <http://www.croesomultiday.org.uk/>

Annika Hermik and Doug Greenwood competed in the first three days in W40S and M35S respectively while Sue Parker and Brian Sewell had their own battle in the Light Green in which Sue's best result was on Day 1 with 12 out of 50.



## **Know your club members**

## **Kingsley (Lee) Starling**

**Hometown? Reading.** Born in Wokingham. Lived in Purley upon Thames until I was 20 then joined the Royal Air Force for 5 years (1961-1965) have lived in Reading ever since.

**Family?** 2 Sons. 1 in Hong Kong the other in London and a Daughter (Gina) with her partner and 2 Children (Jacob and Alexandria) who are all members of BKO.

**Employment?** Retired 6 years ago, during my working life was mainly in the electronics industry.

**When did you start orienteering?** In 1985 when I was injured from cycling and Gina came home from a try it event saying Orienteering is great and mainly off road so I thought I would give it a try as it should be OK for my knees. About a year later I was enjoying the running part and had come



2<sup>nd</sup> in an Orange course so I thought I needed some stamina so started road running thinking it would do me good for Orienteering. Instead I switched it around and over the next 5 years did 11 marathons both in the UK and abroad. Lost count of shorter events.

**Clubs?** BKO is the only Orienteering club but I also belong to cycling and running clubs.

**Favourite Areas?** New Forest never had a good run there but can't keep away.

**Successes?** Won an Orange beginning of this year.

**Disasters?** Over shooting not keeping contact with the map.

**Equipment Used?** Thumb compass

**Strengths?** What are these?



**Weaknesses?** Too many.

**What training do you do?** At my age do I need to.

**Where did you acquire your map reading skills?**  
From long cycle rides.

**Other interests?** Off and on running and walking, Parkrun, Cycling.

**Any Tips?** Don't follow me

**What have you done that others might not have?**

Won the first **ever** 100Kms National team Time Trial in 1971.

I was a Games maker for the 2012 Olympics, marshalling for both the mens' and womens' cycling road races and time trials.

**What do you like about orienteering?**  
Independence, open air and different areas.

**What do you dislike about orienteering?** The cost of the travelling to events being on state pension but then this is the same for any event no matter what sport.

### **Newsletter contributions**

For newsletter contributions please contact Keith Ellis on 0118 9771101 or email [keith.ellis@bko.org.uk](mailto:keith.ellis@bko.org.uk). Without your news, views and photos there would be no newsletter so please do send in something for the next edition, the more different contributors we have, the more interesting the newsletter will be.