

Dartboard

NEWSLETTER AWARDS 16 ~ 18
CompassSport



Issue 4 2020
 July/August
 Featuring members, events and activities
 Editor: Sheralee Bailey
 Prepared by: Phil Basford



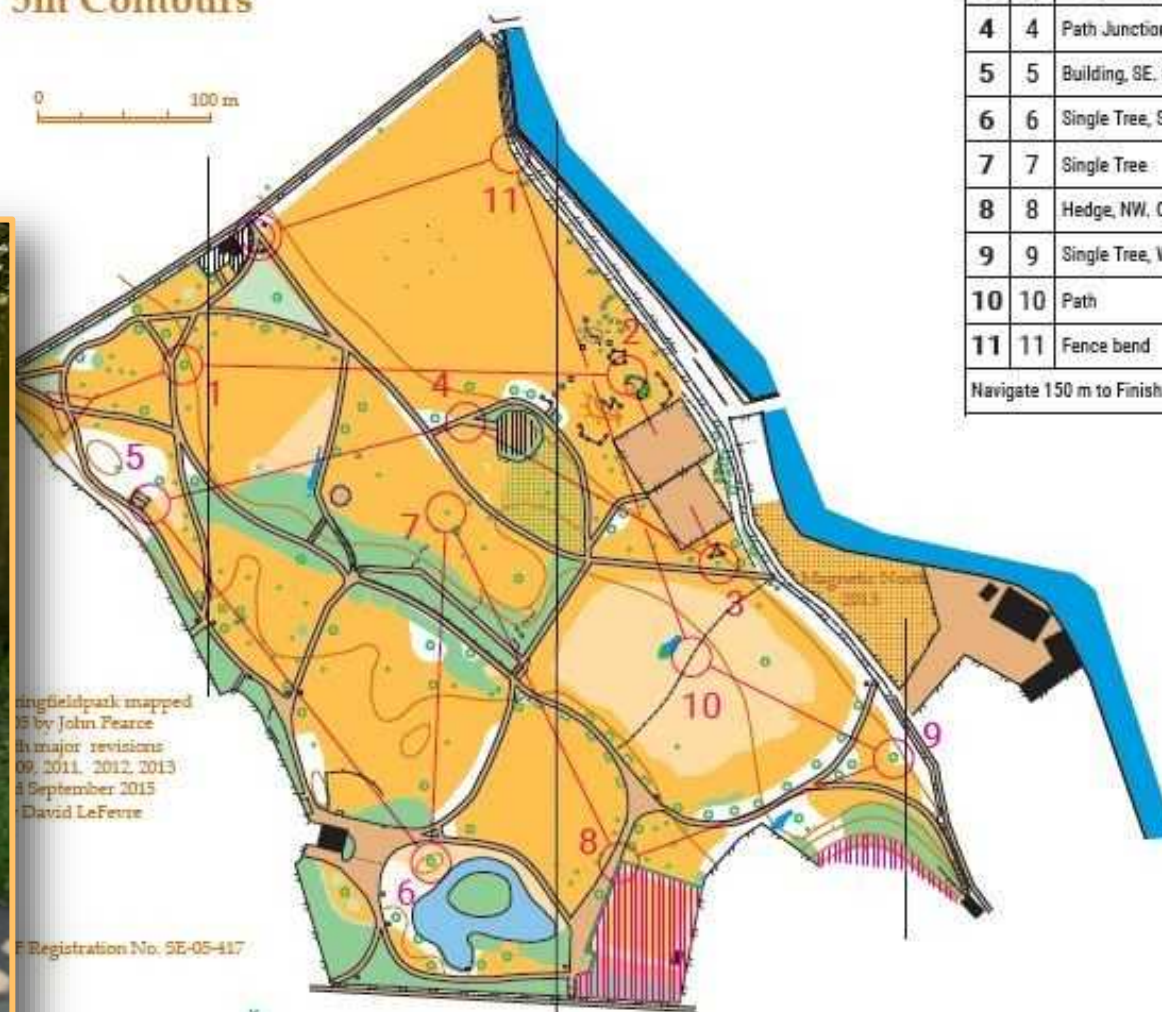
What have we got for you in this issue? Keith's Experience of the Lockdown Challenges.



And now with interactive links to 'The Niche' and other useful places.

Springfield Park

Scale: 1:4,000;
 5m Contours



Springfield Park WC7		
Challenge	2.3 km	
Start:	Path crossing	
1	1	Single Tree, E. Side
2	2	Hedge, NW. End
3	3	Single Tree, S. Side
4	4	Path Junction
5	5	Building, SE. Side
6	6	Single Tree, S. Side
7	7	Single Tree
8	8	Hedge, NW. Corner (outside)
9	9	Single Tree, W. Side
10	10	Path
11	11	Fence bend
Navigate 150 m to Finish		

Key

- Orchard
- Building
- Hard Surface
- Rough Open Land
- Open Land
- Scattered Trees
- Thicket/Hedge
- Flower Bed
- Tree Canopy
- Out of Bounds
- Large, Small Isolated Tree
- Contour, Form Line
- Low Fence
- High Fence, Gate
- Road



Springfieldpark mapped
 by John Pearce
 In major revisions
 09, 2011, 2012, 2013
 & September 2015
 David LeFevre

Registration No. SE-05-417



Allison, Club Coach, sampling the Springfield Park Challenge

From your EDITOR

Hi members,

Here is the 4th edition of Dartbord for 2020, covering activities of members and DFOK during Lockdown. As always, thank you to all of our contributors for this and previous editions of Dartbord. Please remember to send any articles and/or pictures through to me at editor@dfok.co.uk if you would like them included in Dartbord, and also any requests for what you'd like to see in Dartbord.

In this edition of Dartbord, we welcome our new DFOK Chairman Antoine Pesenti, and say farewell and thank you to outgoing Chairman Andrew Evans. Antoine is full of ideas for DFOK so it will be a fun time ahead! We've also pinned down Keith Parkes, who has also written an article for us on the MapRunF challenges. There's another great O Crossword provided by Allison Page, and our Dartbord Publisher Philip Basford keeps us updated on his Scotland adventures. Our Know Your Sport article, courtesy of Berkshire Orienteers, is about the incentive/badge scheme.

I was lucky enough to come to France this August for the OOCup races, held in the plateau of Hauteville/l'ain region. It was a fantastic event, very well organised and extremely challenging terrain. I had probably my worst orienteering performances in many many years – with over an hours mistakes across the 5 days, and was well down in the results. Despite this, it was really enjoyable, and I really hope we are able to resume competitive orienteering events in the SE again very soon. In the next edition of Dartbord, I'll do a proper review of the event with some maps so you can see what it was like.

Happy reading members.

Sheralee



From the CHAIR

OUTGOING CHAIR

Welcome to my last Chair piece. As you will hopefully have seen, Antoine has agreed to be our new Chair and I have taken on the role of Mapping Officer. After x years, more than the fingers on one hand, many of you may think that a change of Chair was long overdue.

We continue to live in very uncertain times but there has been a recent announcement that competitive orienteering can commence from 1 August, albeit in a limited way and with additional measures in place to ensure that we comply with social distancing, both for competitors and volunteers, in addition to other steps to protect us all from the virus. There's more on the return of orienteering elsewhere in this Dartbord.

25 club members have taken up at least one of the MapRun Challenges so far, a more encouraging response than the Committee had initially envisaged. They do bring a sense of purpose to a run and have that decision making challenge at the same time. The MapRun software has proved to be resilient and the MapRunF App a definite improvement on the Sporteering App that we have used for our permanent orienteering courses so far. I plan to experiment by converting one of them to MapRun. A job for our Mapping Officer, oh, that's now me!

Andrew Evans

NEW CHAIR

Welcome to my first chair piece! I am very enthusiastic about becoming the chair of DFOK. I have enjoyed orienteering tremendously for the last four years (even if I am still so often frustrated by silly mistakes, which, I guess, must be part of the fun) and hope that I can contribute to make it even better.

Andrew Evans has been a great chair for many years, overseeing more than 100 successful O events since I joined (of which he organised or planned about 20), which is very large when compared to the size of DFOK. I hope that you will join me at the AGM on 14 October to congratulate and thank him.

My first plan to improve our O experience (sport and social) is to target DFOK bank account which has increased over the years beyond control at £18,000+. We should spend now to maximise our chance to enjoy the next ten years and make orienteering successful rather than to keep accumulating. Examples are investment in equipment (tent, cappuccino machine...), lower fees, benefit to organisers & planners, attractive scheme for new joiners, more prizes.. Please send me your ideas at chairman@dfok.co.uk!

Antoine

Your Committee Contacts

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MapRunF - Weekly Challenges

In the previous edition of Dartbord, Andrew set out how he used Maprun for the first time in an area around Snodland. This worked well and developed into our weekly challenges.

Challenge 1. Our first challenge was at Petts Wood, using five controls in Jubilee Country Park and three in Crofton Woods. Only 20 controls in total, so it looked do-able in an hour. Some were 10 points each and others 20 points. Unfortunately, I did not read the notes carefully or take in that the penalty for lateness was set at 30 points per minute or part minute. So, when I tried to pick up all 20 controls, I ended up being 13 minutes late and with a negative score! As the area was local, I even went round again the next day to try a different route but couldn't get the GPS to pick up one of the controls in the woods and wasted a lot of time! Better luck next challenge.

Challenge 2 was at Welling, which Geoff planned, entirely on the streets, so no complications with woods! The scoring system was better with only a 10-point penalty, and this time I was determined to get back within the hour rather than pick up all of them, especially as there were 31 controls. I must admit, when I started my run, I wasn't quite sure what a "fire hydrant" looked like, and I was looking for a more meaningful structure rather than a little sign with an "H" on it! So, I lost some time on the first control, but overall had a good run. It was becoming noticeable too that keeping my phone out of its case helped to pick up a signal quicker. It seemed each challenge was a learning curve!

Challenge 3. This was at Leybourne Lakes, where we have orienteered before and some of us ran in a KNC event using the surrounding streets, so it seemed a great choice by Andrew using a detailed O map of the lake area. This event achieved our highest attendance so far with 24 up to the Monday, and over 40 completing it after our club closing date.

Challenge 4 Orpington. This was my first event to organise using Maprun. It is my local area so I could easily check the controls on the ground. All were postboxes with a start and finish in Poverest Park. I tried to cater for juniors by having a line course solely in the park, but it was difficult to check some of the controls in the woods with such heavy tree cover. I had a run as well, and it was reported that the start and finish were sometimes slow to respond with a bleep.

Challenge 5 Dartford. For this Challenge, Andrew used the central park in Dartford and surrounding streets, some to the west had been used before in a KNC. I messed up in the park itself, leaving those controls until the end to see how much time I had left. Unfortunately, I did not leave enough and was panicking to pick up two or three easy ones, where the map was not that clear. The juniors also had their own course within the park.

Challenge 6 Danson and Bexleyheath. Another great challenge organised by Geoff, using the streets around Danson, which proved quite tricky deciding whether to go for the four controls in Danson Park, which were quite widely spaced and where the start and finish were. I had enough time to get three of these.

Challenge 7 Clapton and Walthamstow Marsh. Andrew set this challenge with some assistance from David Lefevre using the open parkland crisscrossed with waterways. Several choices of crossings gave various route choices and enticed runners to go for all controls. Leaving the controls in Springfield Park until the end, I lost concentration finding a "bandstand", which was not the correct one, instead of looking at the correct control location on the map! However, it was a good challenge.

Challenge 8 Foots Cray. My second event to organise, and as Andrew had updated the map of the Meadows, this was used as the background map, both for the score course and junior line course. The Bexley streets to the north of Foots Cray were also used for the score course on a combined map. All controls were of equal points, which gave plenty of route choice via the various entrances/exits to the meadows. I hope those that came enjoyed this challenge, I certainly did.

The latest challenge in Bromley this week David Dawson has organised but I haven't been able to get to it yet, now that the school holidays are upon us, but looking at the map I see he has set a good course around the Town Centre. I hope to do this Challenge at a later date and look forward to a few more in August.

Keith Parkes

DFOK Summer Challenge Series												
2020												
		Petts Wood		Leybourne Lakes			Orpington	Dartford	Danson	Clapton	Footscray	Total
1	Keith Bennett	M45	290	610	580	450	400	450	520	540	3840	
2	David Float	M50	260	530	550	460	490	460	420	450	3620	
3	David Dawson	M60	250	510	490	400	390	380	410	420	3250	
4	Ian Catchpole	M40	230	470	490	380	420	380	440	420	3230	
5	Allison Page	W50	210	450	500	340	400	360	380	400	3040	
6	Keith Parkes	M75	0	410	530	350	380	400	340	370	2780	
7	Geoff Goodwin	M65	0	500	520	400	460		440	420	2740	
8	Judith Armit	W65	130	390	400	370	290	340	260	360	2540	
9	Rob Sibley	M65	200	390	370	250	350	260	220	300	2340	
10	Andrew Evans	M65		560		530		520		580	2190	
11	Phillip Craven	M65	190	400	440	290	170	260	0	320	2070	
12	Antoine Pesenti	M50	300		600			570		480	1950	
13	Jennifer Sibley	W25	160	280	460	250		360		300	1810	
14	Andrew Pitcher	M55	200	550	540	440					1730	
15	Holly Page	W21			600	510	540				1650	
16	Rosie Merry	W55	190		440	340		340		340	1650	
17	Alan Hickling	M55			580		540	500			1620	
18	Colin Merry	M60			0	200	400	340		300	1240	
19	Maxime Pesenti	M15	220		560			360			1140	
20	Dave Cave-Ayland	M65	120	480	490		0	0		0	1090	
21	Neil Speers	M50		250	550						800	
22	David Lefevre	M60							340	320	660	
23	Harold Wyber	M35							540		540	
24	Ugne Stanzyte	W15			520						520	
25	Svetlana Mackevic	W40			500						500	
26	Anna Collier	W35			470						470	
27	Dave Collier	M65			470						470	
28	Vadim Pesenti	M10						300			300	
29	Vikki Russell	W35						260			260	
30	Luke Bennett	M10	230								230	
31	Rosie Sibley	W25							180		180	
32	Roman Bednarz	M65								100	100	
33	Evelyne Wates	W45								0	0	
34	Jo Bednarz	W65								0	0	
			17	15	24	16	14	19	13	20	34	



Pinning down Keith Parkes

1. What do you do when you're not orienteering.....?

Even though well into my retirement years, I manage to find plenty to do. I still help with the Finances at a local Golf Club a couple of days a month, (although furloughed at the moment due to the Covid-19 pandemic), and still on the books as Company Secretary there! But in the last year, together with Hazel, my wife, we have taken on the full-time care of our two eldest grandchildren. They keep us continually active and young at heart, especially now that we are teachers as well, doing "home schooling".

When I do have spare time, apart from the usual gardening and DIY, I love delving further into my Family History. I haven't found any convicts or murderers yet, but I have still a few gaps to fill! Last but not least I keep on top of my duties with DFOK as treasurer and helping to keep up to date with the POC courses.

2. When did you first try orienteering and what made you come back for more.....?

It was probably from my early teen years in Senior Scouts that I developed an interest in map reading, doing lots of hiking and camping. I started running in the 1990's to lose weight, joined a local club in Orpington, which developed into lots of races and eventually marathons. I really enjoyed the cross-country long slow runs, and in 2009 quite by chance I noticed an O event at Trosley.

I went along not knowing quite what was involved in detail and was advised to do an Orange course. I liked the idea of going to local areas I'd never been to before and especially being off road. I quickly moved up to the longer courses because of my age, thinking that's what one does, but was not aware that I was moving up in technical difficulty. So, I did struggle to navigate in some of the forested areas in Kent on the longer courses, (and still do sometimes!).

I keep coming back for more because that elusive fault free O run is out there somewhere! It must come eventually, I hope? But, meanwhile I really enjoy the yearly six-day events in the Lakes, Welsh mountains or Scottish Highlands, (after I have recovered), and hopefully this gives me some experience to bring back to the brambly local Kent areas.

3. What skills do you need to improve in orienteering.....?

All of them! (I think someone else has said before). When I first started orienteering, I was mystified at first with the jargon, like catching features, handrails, and attack points. I'd never heard of most and some of the features too like a re-entrant, or a platform, (which I thought was a look-out base) were baffling.

In all seriousness, my most frequent mistakes are going off too fast without a clear plan (too keen to get going), and concentration (or confidence) on route. I am easily distracted by other runners, especially at larger events, and start thinking (the lack of confidence) that maybe they've seen something I haven't and I should be going in the direction that they are, only to realise a while later that they are probably on another course, and I've completely gone adrift! Compass bearings are another weakness of mine, where I tend to be a bit sloppy and just take a rough bearing, when I should be more focused and concentrate on a specific object.

4. What is the best piece of advice you have ever been given....?

One piece of advice I should always try to remember is that "if you are not sure of where you are – stop - don't keep wandering around." I still haven't always mastered this yet.

Other bits of advice come to mind;- always have a plan – keep focused – concentrate.

There was a good piece in the coaching section of Compass Sport I was reading



recently (Dec 2017 edition). It advocated using the mnemonic, **TOPCARE** remember – Thumb, Orientate, Plan, Control, Attack Point, Route, Exit.

5. Do you do any training, and if so what is a typical training week for you?

Not any specific O training but like other orienteers, going to local events is a form of training by experience. This is not ideal, but I read a lot of O literature, and fitness is also important at my age, so I enjoy general running local areas and at Parkruns for this.

6. What are some of your proudest sporting (or other) achievements and how did you prepare for them?

In my early married years I was quite proud of my success at dinghy sailing and racing at club level, which was completely self-taught through reading a lot and putting in the practice. I even built a singlehanded dinghy. My wife Hazel used to crew for me, until she fell pregnant!. We had a few successes and the adage of "you can't win it unless you're in it" is a good one to remember.

In my life I always seem to have been a late starter for most sports, as I loved downhill skiing when my kids were teenagers and thoroughly enjoyed those holidays. Just being able to be in fantastic mountain scenery was amazing.

Completing my first London Marathon was another great achievement, just to get round on the day, after those long training runs, with the crowd spurring you on, and getting to the finish is a fantastic feeling, whatever your time. I even managed another three after the first.

7. What is your earliest memory as a child and why do you still remember it?

I often remember back when I was at junior school, and in my last year there went on a summer holiday to Woolacombe in North Devon. It has great memories of special places we visited, one of which was a day trip to Lundy Island and seeing some puffins!

8. Tell us something about yourself that not many people know.

Back in the days when I was working full-time, someone had the bright idea that a group of us should do a parachute jump for charity. So, there was a group of about 10 of us agreed to sign up. We did the training ok on the first day and on the morning of the jump, we awoke to see a completely dense fog, so no planes could fly or jumps take place. Great we thought! It's off! But alas, we had to wait and soon the sun came out, burnt off the fog, and the jump was on. I was the first one out of the plane (with no door) of 4 of us, and I am sure the instructor pushed me out rather than wait for me to go on my own, so that none of the others got cold feet! We all managed to do our jump without mishap, and it was good fun to relax later!



Pinning Down Keith Parkes (cont'd)



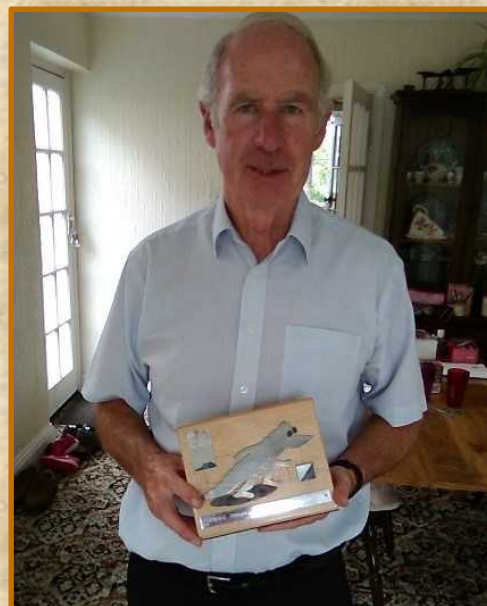
9. What was your experience in Lockdown like? Were you able to get your orienteering fix in a different way?

The forced lockdown hasn't bothered me too much. All the family seemed to get colds back in January/February time, and we kept wondering if we have had the virus. But I don't think so and we have happily self isolated, with only the occasional shopping for food. We have been lucky with the nice weather and been able to be in the garden much of the time. Yasmin has kept us amused with her antics on the trampoline and in the paddling pool, and as mentioned above, home schooling is another job to do.

I have been able to get out for a run, or bike run either alone or with

Yasmin, and this has kept me going.

Recently, the club has been looking at MaprunF for urban events, which gives members a positive O fix that can be fitted in whenever. I have been looking at doing Challenge 4 to the north of Orpington, using nearly all postboxes, which is good fun to plan.



10) Who would you like to be Pinned Down in the next edition of Dartbord?

I did mean to have a look back at all the previous editions of Dartboard, to see who has been missed, but I haven't had the time. I would like to hear about Chris Baker, long time member and our Auditor, if possible, or Rod Harrington?



Return to Orienteering

As members of British Orienteering I think you will all have received an update from Peter Hart on the first steps that orienteering clubs are able to take to get us back into the forests. Orienteering has been given the green light to commence from 1 August in a limited way.

Orienteering is a sport where we are more able than most sports to be able to participate within social distancing requirements as there's virtually no contact whilst people are out on their course. Whenever I have verbal contact with anyone, I invariably mess up the next control as my concentration has been shattered. The only possible exception is contact around controls where competitors can come together at virtually the same time.

Notwithstanding this, there are a lot of steps which we will be taking to protect participants and volunteers by creating a safe environment. More on this below.

We have chosen Footh Cray Meadows as the likely venue and the date we have in mind is the morning of Saturday 12 September starting at 10:30. Footh Cray is very suitable because it has large open spaces where social distancing is easy, does not seem to get overly busy with other park users unlike some locations we use yet has some wooded areas with pits and depressions to get us off the paths. We plan to offer four courses so there is a course to suit all ages and abilities, enabling a family outing. We have applied for land permission and hope to hear back in the next week, so check our website front page periodically for updates.

We envisage instigating various safeguards to minimise the risk to ourselves and to others, including:

- a limit on entry number to be no more than 100
- mandatory entry in advance so we can ensure we don't exceed that number
- payment in advance so no cash changes hands on the day
- setting out our requirements for who must not attend the event e.g. clinically extremely vulnerable, anyone with symptoms etc.
- staggered starts over a time period with start times allocated in advance
- control units will be able to be used in contactless mode and we will have 10 contacts SI cards for hire
- nevertheless, primarily to protect volunteers, sanitising the control units before and after the event
- hired SI cards will be ordered in advance, sanitised and put into envelopes a week before the event, individually labelled
- self service at download as far as possible and measures to distance the helper from the competitor
- no results at the event; only website results afterwards
- hand sanitisers will be provided
- reminders to those attending about social distancing
- a risk assessment which reflects COVID risks and mitigations in addition to our usual risks and mitigations
- a full refund if, for any currently unknown reason, the event is not able to take place

The risks of transmission outdoors is low but with the above steps we feel we would be holding the event in a safe environment for everyone concerned, including yourselves.

We hope that enough club members will be interested in coming along to enable us to have a rigorous run through of our event procedures, not least because these measures could be with us for some time. We will also be inviting Saxons members and expect a few other participants as well.

Saxons are looking to do something. They too have applied for land use permission and will be announcing their plans as soon as possible. They will be inviting DFOK members to their first event.

Andrew



A Letter from Scotland (7)

So what have we been up to during lockdown? Lots of local walks give us the exercise we need at our age as well as all the fresh air. The garden this year is now more about maintenance rather than hard development and we seem to have more time to enjoy the great environment we live in.

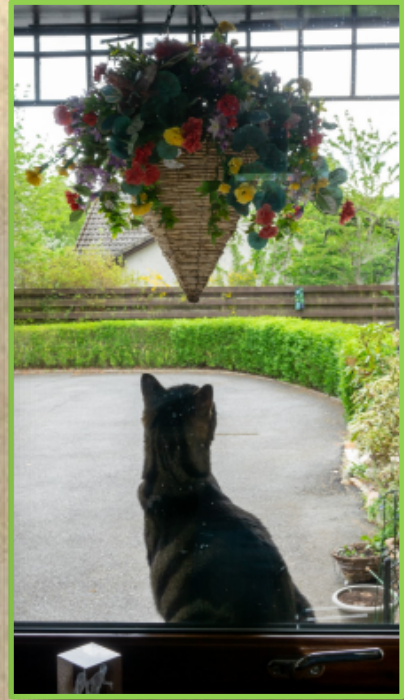
Communing with nature seems to have crept up on us now we have more time to relax. The birds particularly have been attracting our attention as we sit in our event tent having coffee and watching. The birds come in on different 'courses' to our 'common control', the bird feeders! The sparrows fly in, settle on the holly, flit to the next bush and then across to the silver birch before homing in on the feeder, a little bit like me trying to find my *control*! But the blue tits, now they are worth watching. They seem to have a number of 'attack points', alight on just one and then straight to the feeder, no problem, beautifully done. They don't stay around, they peck up some seed then off to the next 'control'.



The surprise for us has been 'woody' the woodpecker! He makes straight for the peanut feeder and hacks away at the nuts, no noise but you get the feeling he is just practicing for something harder in the woods!

We are certainly not short of garden visitors, but a special one discovered this last week. The study looks out on the front porch and door and the cat jumps on the window sill when we are in the study to let us know she wants to come in! In the porch we inherited a hanging basket of plastic flowers! When we arrived we did say it had to go but being so busy it is still there.

See the photo of the cat not looking in for attention but looking up, and before I could get out of the front door she had launched herself at the basket and was swinging around trying to get in to it! Having locked her away in the house our investigations discovered a wren's nest. We had seen them around the front of the house but they are very clever when feeding their young. Set a number of cameras up just in time for them fledging. They were gone within a day but may return for another laying which is quite common we believe.



Not many gardens where you can see three pheasants and a yellow hammer all feeding together but this is quite common earlier in the mornings. And, we are pleased to report, it looks like we might have another young roe deer shortly much to our delight.

How are we coping mentally with the lockdown? Well, we have taken to getting changed and going out on a Saturday night to a little bar we know! A small sherry at 5.45pm just before the local hotel brings the takeaway when we then sit at the bar enjoying the evening with a nice glass of wine. After that, the late night movie! And whilst we can enjoy lockdown we do feel very sorry for all those people who are less fortunate and don't have the outdoor spaces we have here on the edge of the Cairngorms. So, what of orienteering you ask? Read on to see what we have been up to locally.



A small eco house we pass on one of our walks

A Letter from Scotland (cont'd)

As you are all aware, the orienteering fraternity has responded to the lockdown and there are many local as well as national and international competitions online. For me, the gratifying thing has been seeing the major use of Catching Features as part of this response. It has been used for many years abroad for training but much less so here in the UK who have tended to treat it as a 'game' rather than a serious adjunct to training.

I have converted some maps here for the juniors and got quite a few interested through a variety of courses. Most of them have been taking part in the online competitions. Locally, quite a few Maroc maps have MapRun courses which has been a great help to locals getting out for a run.

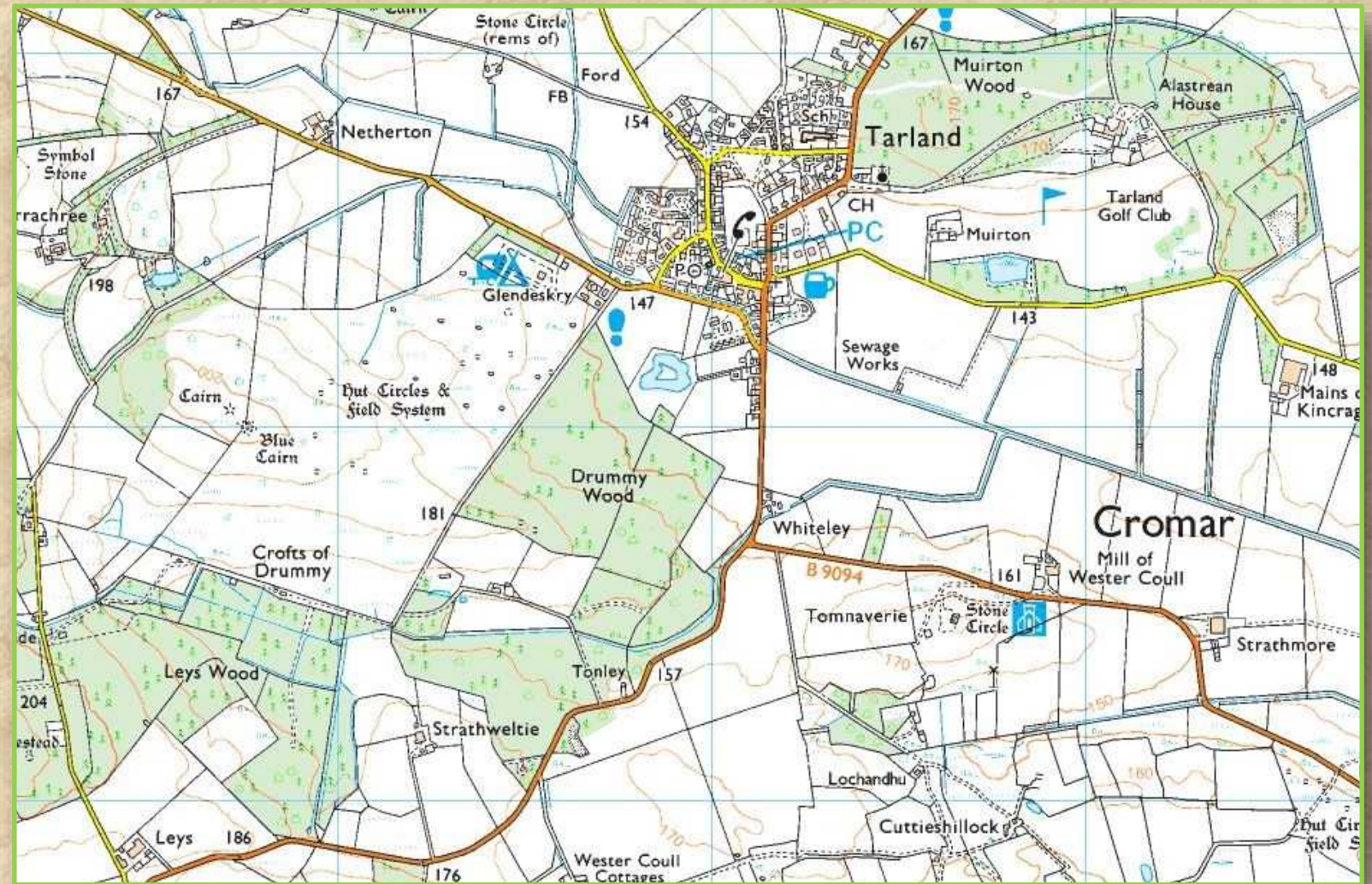
Carol and I have been busy in our own village with a new map of Drummy Wood (later to add Leys Wood). By local standards not a map with great contour detail but good enough for training. Since starting that map we have also drawn up the urban map of the village ready for an Orienteering Heritage Trail. We are fortunate that there is already a map of Muirton Wood (needs updating) to the N of the village so we have one large mixed rural/urban map to use in the future.

So, as you have seen, we have been communing with nature and having very relaxing walks. The one thing we have noticed that instead of just '*looking*' at everything and commenting how '*lovely*' it is, we are now '*seeing*' more! Taking note of the flowers and trees as we walk along the burns, the birds and other animals. We seem to have drilled down from the overall views to the specific detail and somewhat surprised as to how long this has taken!

Whilst discussing some of our photos we couldn't help thinking there were some similarities to orienteering!. Whilst running we tend to '*look*' at the map and it is perhaps only when we start to '*see*' and analyse the map that we see the detail that we need to help us make a more rational decision about route choice. Of course this is quite difficult when on the move and will depend on the scale. Map memory training is one way of enhancing this skill of really seeing the map detail but also learning to only visualize the detail that is relevant to that leg. So there is a difference between looking and seeing. There is no doubt that it has helped us appreciate all the places we visit. We record with our cameras what we have seen and then view the photos on our return from a day out. Probably too late to help us with our orienteering now that we are resigned to helping and supporting but not taking much part any more.

During lockdown we have been creating a website of everything we had been doing in our first year, things we wanted to repeat or extend this year but unable to do so. More material is added at the end of each month and when there is more to view we will give the link to the site. Until next time, Carol and Philb.

PS: should just mention that Mitsie is also loving it up here!



Control Description Crossword



A crossword puzzle grid with 29 numbered squares. The grid is filled with empty cells for letters, with some cells containing numbers 1 through 29 indicating the start of words.

	Green	4.4 km	180 m
1	221	▲	
2	225	↖	←
3	229	⊙	
4	232	■	→
5	235	△	
6	238	∇	
7	240	△	
8	228	△	
9	226	⊙	
10	222	⊙	
11	236	△	
12	237	∇	
13	224	↖	←
14	230	↖	
15	233	↖	→
16	234	■	←
17	233	■	→
18	223	⊙	

Across

3) 17) 20) 21) 23) 24) 27) 29) 5) 7) 8) 9) 11) 12) 15) 17) 18) 19) 22) 23) 26) 28) 1) 2) 4) 6) 10) 11) 13) 14) 16)

Down

1) 17) 18) 19) 22) 23) 25) 26) 28) 1) 2) 4) 6) 10) 11) 13) 14) 16)

D E C I S I O N P O I N T L
 E O I C H E
 P U N C H I N G A I M I N G
 R T G D C
 E A R T H W A L L T K I T
 S O H E R E I
 S A L T I S T R E E T G
 I C S E H
 O R I E N T E E R S T A R T
 N R L O R S
 S C O R E C O U R S E
 S L T E M I T
 P R E P A R A T I O N A A
 U I N P P
 R O U T E G A D G E T S E E

Rosie and Colin's answers from May edition

Members Photographic Memories!



Those were the days! No printed maps, you crouched on the ground drawing up your map from course master, whatever the weather!



We're going back some years now! Anyone remember Jeffrey and Carol Eade? She was married to his brother.



Carol finishing at a JK somewhere!!



A couple of members here need no introducing!

Know your sport: National Incentive Schemes

The 'Badge Scheme' is for those who attend some of the major events each year. The 'Challenges' use results from a much larger range of events and enables newer members to assess their progress.

National Badge Scheme

The British Orienteering National Badge Scheme awards badges on the basis of performance over a series of events. Badges are graded Championship, Gold, Silver and Bronze. The scheme is open to British Orienteering members only.

Championship Badges

Championship Badges are awarded each calendar year to Elite, Long or A course competitors who have achieved the Championship Badge qualifying times at three of the events listed below (all of which must be registered at level A).

- The British Long Distance Orienteering Championships
- The British Middle Distance Orienteering Championships
- The British Sprint Distance Orienteering Championships (A Finals only)
- The British Night Championships
- The Jan Kjellström Sprint
- The Jan Kjellström Individual Events (combined result of Day 2 and 3)
- The Northern, Midland and Southern Area Championships
- The Scottish and Welsh Championships (if they are registered as Level A events)
- Or at any British Orienteering Championship if staged separately (i.e. if for instance there are separate Elite Championships)

A qualifying time in one age class may not count towards a Championship Badge in another class. In all cases, only the results of those entering the competition as British Orienteering members will be counted in determining the qualifying time.

Gold, Silver and Bronze Badges

These badges are also awarded on performances in the events listed above. Competitors must compete, on their own, and reach the required standard in three events in the same class within two years.

See the box on the right for a summary of the method used to determine the qualifying times.

Is your performance at events improving? One way to monitor this is to look at your ranking points which are available on the British Orienteering website. However, in addition, there are two national schemes which provide additional incentives. Read on for more details.



Calculating qualifying times

Championship Badge

- If there is an Elite class:
 - Elite Class: Winner's time * 1.25
 - Long Class: (Elite Winner's Time x Length of Long Course x 1.225) / Length of Elite Course
 - Short Class: No Award
- If there is no Elite class:
 - Long Class: Winner's time * 1.25
 - Short Class: No Award

Gold, Silver and Bronze Badges

- Compute the Base time
 - over 20 starters – average of the first three results
 - 11 to 20 starters – average of first two results
 - 10 or fewer starters – winner's time.
- Compute Badge times.
 - Gold Base time x 1.25
 - Silver Base time x 1.5
 - Bronze Base time x 2.0

Note that there are slightly different rules for Seniors and Juniors since Juniors tend to have 'A' and 'B' classes rather than 'L' and 'S'.

Navigation and Racing Challenges

The British Orienteering Navigation and Racing challenges are incentive schemes that enable you to track your progress through the colour-coded courses and their corresponding technical difficulty (TD).

The Navigation Challenge

Members are eligible for a Navigation Challenge certificate after successfully completing 3 colour coded courses at the same Technical Difficulty (TD) standard. The certificates are 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5.

| Technical Difficulty (TD) | Colour Coded Courses |
|---------------------------|---|
| 1 | White |
| 2 | Yellow |
| 3 | Orange, Long Orange |
| 4 | Light Green |
| 5 | Very Short Green, Short Green, Green, Short Blue, Blue, Short Brown, Brown, Black |

The Racing Challenge

Members are eligible for a Racing Challenge certificate after successfully completing 3 colour coded courses (of the same TD) within the following times:

- Gold Award. Participants time < Course Length (KM) x 12.5mins. [i.e. average speed faster than 12.5 mins/km]
- Silver Award. Participants time < Course Length (KM) x 15mins [i.e. average speed faster than 15 mins/km]
- Bronze Award. Participants time < Course Length (KM) x 20mins [i.e. average speed faster than 20 mins/km]

These certificates are also 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5 as above.

Receiving Your Certificate

The certificates are automatically generated via the results that clubs upload to the website. Results uploaded from the 1st January 2012 have counted towards the incentive schemes. Certificates are available for individuals to download via the member's area of the British Orienteering website. You will receive an email informing you of your success if British Orienteering hold an email address for you in their database. Our Club Secretary is also notified of your achievement.

The information provided here is based on the information on the British Orienteering website at:

- <https://www.britishorienteering.org.uk/incentives>

For full details of the official Badge Scheme rules, see:

- <https://www.britishorienteering.org.uk/document/0f4c7cfec13c204d5dbaec1820874ee0/Competition%20Rule%20N%20202014badgescheme.pdf>

