

Bostall Heath – 24th March.

What a lovely spring day. I hope you enjoyed the surprisingly challenging orienteering of Bostall Heath. Did you forget you were in an inner London borough?

The 30 minute junior (M/W14) course was introduced as an experiment as 45 minutes of flat out running is a bit much at this age. I think perhaps the lateness penalties for the juniors were a bit harsh and need to be scaled back – maybe loose one point for every 2 minutes late next time. Let me know what you think please? Mind you at least one 5 year old was quite unconcerned with the time and more concerned with looking for Dick Turpin's treasure. Control 81 was his cave according to local legend. Not a bad place to hide.

Thanks to Rachel for planning and organising and for all the usual DFOK helpers.

A small gap in the huge program of DFOK events then the Wednesday evening events start at Hall Place (near A2/Bexley) on Wed 18th April, then every week until the Olympics. The next Saturday event is at Foots Cray Meadows on Sat 28th April, but there's lots else on in the South East before then.

For those looking for a club, you can join DFOK online at http://www.britishorienteering.org.uk/page/join_online and it's free in the first year. There is coaching available, discounts on some events and we will help keep you informed of all the latest events.

Sean Cronin (series co-ordinator, coach@dfok.co.uk)

	45 min Score				Time	Controls	Penalties	Total
1	Eion	O'Callaghan	M35	SLOW	00:39:35	20		20
2	Vince	Roper	M45	SLOW	00:40:53	20		20
3	Dave	Cave-Ayland	M55	DFOK	00:42:59	20		20
4	George	Iliev	M?	IND	00:40:51	19		19
5	Stu	Levene	M40	HH	00:45:17	20	1	19
6	Mick	Smith	M65	HH	00:39:27	18		18
7	Geoff	Goodwin	M60	DFOK	00:41:47	18		18
8	David	Collier	M60	DFOK	00:41:54	18		18
9	David	Float	M40	HAVOC	00:42:17	18		18
10	Martin	Hawkins	M50	DFOK	00:45:47	19	1	18
11	Richard	Bostock	M45	SAX	00:37:52	17		17
12	Tom	Edelsten	M65	CHIG	00:44:31	16		16
13	Andrew	Ward	M50	SO	00:41:19	15		15
14	Phil	Basford	M75	DFOK	00:43:46	15		15
15	Alex	Alfred	M16	GO	00:46:54	17	2	15
16	Bohdan	Rainczuk	M50	SAX	00:48:22	19	4	15
17	Keith	Parkes	M65	DFOK	00:40:36	14		14
18	Julie	Collins	W50	DFOK	00:34:00	13		13
19	Alison	Bostock	W40	SAX	00:40:05	12		12
20	Marion	Bond	W45	SAX	00:40:23	12		12
21	Anthony	Extance	M75	SAX	00:42:41	12		12

22	Colin	Merry	M55	IND	00:45:20	12	1	11
23	Katie	Gore	W21	DFOK	00:49:23	15	5	10
24	Paul	Greenwood	M45	IND	00:41:55	9		9
25	Karen	Bunce	W45	DFOK	00:46:10	11	2	9
26	Sara	Greenwood	W45	IND	00:41:13	8		8
27	Chris	Baker	M75	DFOK	00:45:28	8	1	7

30 min Score (juniors M/W14 and under)

1	Bertie	Harrington	M14	DFOK	00:30:50	11	1	10
2	Alex	Muggeridge	M14	GO	00:19:12	9		9
3	Tom	Wullet	M14	GO	00:20:03	9		9
4	Angus	Harrington	M12	DFOK	00:22:17	7		7
5	Ross	Hawkins	M5	IND	00:22:33	7		7
6	Jennifer	Hawkins	W14	DFOK	00:33:49	10	4	6
7	Ben	Cronin	M5	DFOK	00:41:30	4	11	-8
8	Liam	Donnelly	M5	IND	00:57:51	9	27	-18