

### **BOK on BBC Radio Bristol**

When you get a phone call that starts ‘ This is Mark from the BBC .....’ it is inevitable that you think it is a hoax. So it took a few moments for the conversation to continue in a more sensible mode. It was indeed Mark from the BBC wanting 2 people from BOK to come to the studio in Bristol on Saturday 6 September, to talk about orienteering and the programme of September events for beginners. He had seen a leaflet about the events and looked at the BOK website too. Mark was keen to hear from Anne Donnell about her medals but did not want a junior to come as well, because apparently the ‘audience gets confused with 3 people being interviewed at once’.

I met Anne at the studio at 6.45am, (yes it was very early) and we made our way via the security people through empty rooms to the business end of the building. It was all very laid back and relaxed. Ali, the interviewer had a quick chat before we went on air. I had to stop myself staring at the large green microphone when I spoke and look at Ali instead. I think Anne and I did OK, explaining orienteering in simple terms and emphasising that it is a sport for all ages and abilities. It was all over in 5 minutes but seemed much longer.

I wonder how many people heard the programme and will come to one of the events? I hope that many will, as the call from the media is the result of lots of hard work by club members on publicity and developing the website. It is another achievement for BOK.

Katy Dyer