



West Anglian  
Orienteering Club



# JABBERWAOC

Vol.51 No 1

Spring 2023



***Maps and photos are in colour on website.***

*Photo: Addy Fu*

## Editorial:

WAOC is 50! And thriving with it, with plenty of both experience and enthusiasm leading the club. As part of the celebrations Bob Hill has written inside about planning our 50<sup>th</sup> Anniversary event at Maulden Woods, with the challenge of using the old map, and Bruce Marshall has designed a 50<sup>th</sup> anniversary puzzle.

We have all the AGM reports here plus impressive lists of WAOC award winners, congratulations to them all. However, they are only one measure of the club's success. Equally, arguably more, important is the time and effort members are willing to put in to keep the club and its events running (and its magazine full - please don't feel shy!). Thank you to all the people who give up their time to do that.

Emma Jarrett

## 2023 WAOC Committee

Chair:	Stephen Borrill <a href="mailto:chair@waoc.org.uk">chair@waoc.org.uk</a>	Secretary:	Jenny Hunt <a href="mailto:secretary@waoc.org.uk">secretary@waoc.org.uk</a>
Treasurer:	Richard Kerswell <a href="mailto:treasurer@waoc.org.uk">treasurer@waoc.org.uk</a>	Captain:	Janet Cronk <a href="mailto:captain@waoc.org.uk">captain@waoc.org.uk</a>
Junior Captain:	Jemima Borrill <a href="mailto:juniorcaptain@waoc.org.uk">juniorcaptain@waoc.org.uk</a>	Deputy Chair:	Peter Woods <a href="mailto:publicity@waoc.org.uk">publicity@waoc.org.uk</a>
Membership Secretary:	Hazel Bickle <a href="mailto:memsec@waoc.org.uk">memsec@waoc.org.uk</a>	Fixtures Secretary:	Bob Hill <a href="mailto:fixtures@waoc.org.uk">fixtures@waoc.org.uk</a>
Traning Coordinator:	Helen Bickle <a href="mailto:training@waoc.org.uk">training@waoc.org.uk</a>	Mapping Secretary:	Stephen Borrill <a href="mailto:mapping@waoc.org.uk">mapping@waoc.org.uk</a>
Convenor:	Helen Hague <a href="mailto:convenor@waoc.org.uk">convenor@waoc.org.uk</a>	Welfare Officer:	Helen Hague <a href="mailto:welfare@waoc.org.uk">welfare@waoc.org.uk</a>
Equipment Officer:	Caroline Louth <a href="mailto:equipment@waoc.org.uk">equipment@waoc.org.uk</a>	Awards Coordinator:	Ian Smith <a href="mailto:awards@waoc.org.uk">awards@waoc.org.uk</a>
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## Membership – Hazel Bickle

### Welcome to 15 new members

Rosalyn Hart from Northstowe, Graham McTait from Stevenage, Sean Valaad from Canterbury, Amy Keen from Huntingdon, Eleanor Johnstone from the Peak District, Derbyshire, Charlotte and Hannah Wicks from Royston and Natalie Rud, Andrily Utkin and Sophia from Cambridge. Welcome back to Matthew Haynes and Patrick Thouroude, both from Cambridge.

Cambridge University Orienteering Club is a 'closed club' so all CUOC members may also apply to be members of WAOC. We welcome Dominic Bowers, Sarah Pedley and Rachel Phillips this year.

We hope you will all enjoy orienteering with WAOC.  
Hazel Bickle, (WAOC Membership Secretary)

## British Orienteering Awards – Ian Smith

Congratulations to everyone who has received an award, keep up the good work.  
Do contact [awards@waoc.org.uk](mailto:awards@waoc.org.uk) if you have completed 3 courses of the same colour within the par time.

### BOF Awards

Chun Yan Alistair Fu	Racing Challenge	Gold	TD5
Chun Ho Andre Fu	Racing Challenge	Gold	TD4
	Navigation Challenge		TD4
Erik Biernacki-Jablonski	Racing Challenge	Gold	TD4
	Racing Challenge	Bronze	TD5
	Navigation Challenge		TD5
Alex Darwin	Racing Challenge	Gold	TD3
William Reavell	Racing Challenge	Bronze	TD2
John Harris	Racing Challenge	Bronze	TD4
Sophie Kerswell	Racing Challenge	Gold	TD5
Peter Lund	Racing Challenge	Gold	TD5
Kate Jarrett	Racing Challenge	Gold	TD4
Adam Riley	Racing Challenge	Gold	TD5
Eleanor Johnstone	Racing Challenge	Silver	TD5
	Navigation Challenge		TD5
Alys Powell	Navigation Challenge		TD4
	Racing Challenge	Silver	TD3
Esther Eaton	Navigation Challenge		TD1
Charlotte Wicks	Racing Challenge	Bronze	TD4
Jamie Fegarty	Navigation Challenge		TD2
Jenny Hunt	Navigation Challenge		TD4
Catherine Curtis	Racing Challenge	Bronze	TD4
Betsan Powell	Racing Challenge	Silver	TD2

Graeme McTait	Racing Challenge	Silver	TD5
	Navigation Challenge		TD5
Eleanor Johnstone	Racing Challenge	Gold	TD5
Matt Eaton	Racing Challenge	Gold	TD5
Greg Foot	Racing Challenge	Gold	TD5
Alex Darwin	Navigation Challenge		TD5
Hanna Powell	Navigation Challenge		TD2
	Racing Challenge	Bronze	TD2
Betsan Powell	Navigation Challenge		TD3

#### Colour Badges

Betsan Powell                      Yellow

**British Orienteering Rankings** can be seen at  
<http://www.britishorienteering.org.uk/page/rankings>.

## AGM 2023 Chairman's Report – Stephen Borrill

It is a great privilege to be your chairman during such a major year in the club's history. I was



Maulden 2023 -  
Attendees enjoy history  
display of 50 years ago

only just born when WAOC was started and here we are, 50 years old. There are older clubs in the UK, but I like to think that the ceremonial drinks mats we gave out at our anniversary event at Maulden were way more classy than some of the tat I've got from other clubs. And speaking of Maulden, it was excellent to see so many members both old and new, both young and old, all enjoying themselves on a map that was also both old and new. It was an inspired idea by the planner, Bob Hill, to use both the modern map and one from 50 years ago. I was impressed that he managed to get the old map so clear. There was some lively debate about how the readability of the two maps compared to each other based on mapping standards 50 years apart. It was also slightly amusing that I had a control on the old map on a feature that didn't even exist on the new map (but definitely did exist on the ground). Is progress always good? Thanks to our founder, Hally Hardie, for bringing such a trove of old maps and information.

Thanks must also go to the people who made cakes, especially Sue Woods who created the excellent WAOC birthday cake. My years of working on the Cambridge Beer Festival cheese counter came in useful when portioning it up evenly; pity it had all gone by the time I got back from my run.

Maulden 2023 - Giant WAOC birthday cake



We had some great photos taken at the event and our publicity officer, Harriet Millward, managed to get some good coverage in the Cambridge Independent newspaper. I was inspired that Mike Capper took part in both the first and latest events and was still capable of jumping over a (somewhat smaller) fence. I honestly believe that this sport is one of the most inclusive and beneficial sports there is and I hope I am still out in the woods for decades to come.

In my first year as chairman, I'm also pleased we are back having an in-person AGM and prize-giving. When I first started, nearly 20 years ago, coming to the AGM was one of the things that made me feel part of a club. It was a change to see people with their clothes on, as it were, and have a social chat. Speaking of social, I would like to thank Helen Bickle for her continued work on organising training nights and the MapRun league events; I'm aware that it must be like herding cats (or students). The league events, often based near a pub, have proved to be successful in attracting new adult members which is a group that can be hard to reach. To complement these, our Park-O events have got a lot of repeat business from many families, even if we are yet to convert many to going into the forest. My fellow members of the Development Sub-Committee (DSC) have worked very hard on this. I must particularly single out Helen Hague and Caroline Louth for their sterling efforts on organising, coaching and planning.

It is due to all of these aspects that we have done well in national competitions in the last couple of years. A wide age-range of active club members is always important for the Compass Sport events and at our recent qualifiers this year and last, we had big scorers across the board. Similarly, our broad cohort of enthusiastic youngsters mean we have qualified for the Yvette Baker for the last 3 years it has been run.

It is fair to say that, after 50 years, WAOC is a thriving club. This year we are now counted as a 'large club' and, while this isn't really to our advantage in these big national competitions, it is brilliant to see such a strong turnout – even when the final is as far away as Dunfermline as it was last year. I hope to see many of you in the Forest of Dean for the Compass Sport final in November and good luck to our juniors in the Yvette Baker final near September in July. We may not win, but we can probably out-cheer our competitors.

To me that is what the sport is all about. Inclusivity, available to all, with room for our future elites to grow and make a name for themselves, while also allowing and encouraging

participation for the pure joy of doing the sport and getting out into the natural world. Some people are motivated by winning trophies, while many others are happy just to finish and be proud that they know they did as well as they could and have exercised both body and brain. We attract people from both camps; keen runners have come in or been drawn back to the sport through our MapRun league events while we have parents of Park-O juniors who take part in those same events for the social aspect (or to get away from the kids). My PE teachers at school would be amazed that I have gone from being the kid chosen to be the goal post to being chairman of a regional sports club, even managing to get the odd medal along the way.

While we are thriving, it is hard work. Orienteering is a sport which is heavily-dependent upon its volunteers and I've named many of our harder-working ones in my talk so far. Fundamentally, orienteering is all about the events and putting these on is a lot of work. We tend to see the same names organising or planning events and, for WAOC to have a strong future, we need others to step up to help. Even just asking others to take on these important roles can be tiring, as our events convenor and training coordinator would attest. It has been great to see new people planning some of our lower-key mid-week events; we've seen some great events in Milton, Cherry Hinton and St Ives for example. If planning isn't your thing, we would really like to get new organisers to help our Park-O events to continue – currently we simply don't have the manpower. Most of your committee members have planned, organised or otherwise facilitated events (such as obtaining permissions or doing publicity) – I know they would all be only too willing to discuss the scope of the jobs or to shadow new volunteers.

So thank you for coming to our AGM at Hinchingsbrooke today. It is the first time we've combined it with a proper event rather than just a fun activity. If you've not seen one of our Park-Os before, I hope you enjoyed it and it demonstrated the mix of participants they attract. I look forward to seeing you at a future event, Park-O or otherwise, soon.

## **WAOC Club Captain's Report to 2023 AGM - Janet Cronk**

I am pleased to present my Captains Report for 2022, the first full year of competition since 2019.

First of all: thank you to everyone who has responded to my incessant emails requesting replies for entry for all the competitions that take place in the year. I am sure that it seems a lot particularly when the Teams win the Qualifying Heats and so the process repeats again for the Finals!

However, I am not complaining, as I was delighted that we reached the Final for both the Compass Sport Trophy and the Yvette Baker Trophy in 2022.

So, a recap of 2022. Please forgive me if I do not mention everybody who achieved success this year. I will report mainly on the competitions that I have been involved

with but there have also been notable medal wins at other events such as Hebe winning Year 10 Bronze at the British Schools in November.

I will start with the Juniors.

### **1. The Yvette Baker Trophy**

The YBT Qualifier was at Hockley Wood on 3 April 2022. We were the only EA club in the Trophy competition so we had to have 9 scorers to qualify for the Final.

15 Juniors entered the event but only 8 were able to make it on the day under British Orienteering attendance rules. This meant that I then had to make a formal appeal to the British Orienteering Competition and Entries Committee! This was successful so the Juniors had to resemble for the final on 3rd July 2022 at Irchester Country Park.

We had 15 Juniors for the final on 3rd July. As a quick aside..may I take this opportunity to thank all the parents who support the WAOC Juniors to enable them to take part in the Team for these events. It is really appreciated as the more the merrier and of course the better chance of doing well as a Team.

It was a good day for the National Final, the weather was kind and Irchester was not too far to travel in the day. The team ran really well and ended up 4th, the best position that the WAOC Juniors have achieved in recent years and certainly in my orienteering lifetime!

### **2. The Peter Palmer Relay - 10 September 2022**

On 10 September 2022, we took a WAOC Junior team to take part in the Peter Palmer Daybreak Trophy at Sutton Coalfield. After a few hours sleep on the floor of a nearby sports hall Hebe got to the start line, with head torch, at 6am. All the team (Hebe, Kate, Andre and Alistair) ran well achieving 2nd place to a very strong SYO team.

I am hoping that we will be able to have a team to take part in the full Peter Palmer night relay this year. The night relay starts at 5am with 2 night legs. As now have some Juniors who have recent night orienteering experience it should be possible. For those who are interested please put 9th September in your diary. The relay is being organised by SMOC at Stowe Park, so very accessible travel wise.

Moving on to performance excellence and other relays, the most notable (because they took home some medals !) was at the



### **3. British Orienteering Sprints and Mixed Sprint Relays**

Erik, Alys and Andre won Bronze in the M/W12- British Mixed Sprint Relay Championships.

Photo: Wendy Carlyle

Andre then pulled out all the stops on the following day to win the M12A British Sprint Championship gold medal. Alex Wetherill also won a bronze at M20 (as did Ursula Oxburgh who won the gold for W85 (I wonder which of our Juniors will still be orienteering at 85 - or 87 as I believe she was then).

#### 4. Club members who have represented Region or Country

**4.1** Hebe, Kate and Alastair represented East Anglian in the 2022 UK Junior Inter-Regional Competition at the end of September. The JIRCs were hosted by Northern Ireland Orienteering Association and held at Tyrella, Ballykinler. This meant that our three WAOC Juniors had the fun of flying to an event. There was a bit of logistics necessary to get everybody to Stansted (& back) but I understand it all worked out and they all had a great experience.

#### 4.2 The Powell Family

In our midst we have a Welsh Family who are members of the Welsh Orienteering Association as well as EAOA. In 2022 the family took part in the Welsh Championships and Alys won W10 and so is Welsh Champion for her age group. Hana was 3rd on her course... a really challenging yellow and Jo was also 3rd. So a great performance from our Welsh contingent

Photo: Gary Waters



#### 4.3 Alex Wetherill

As part of the Edinburgh Orienteering club Alex Wetherill's orienteering has gone up into another gear. Highlights for Alex in 2022 were being selected for:



Photo: Dil Wetherill

1. The BOF tour to Romania (training camp ready for 2023 Junior Worlds)
2. GB at European Cup in Blankenburg, Germany
3. England in Senior Home Internationals at the November Classic
4. The BOF Development Squad (one stage below the Senior Squad)

So close to the top of the ranking list at M20 .... Good runs at this weekend's university champs and the British might see him at the very top of the M20 list (*An excellent run at the BUCS did indeed see Alex topping the M20 rankings – Ed*).

And last but not least The Compass Sport Cup (or Trophy for 2022)

#### 5. The Compass Sport Trophy

I am pleased to report that the number of club members that take part in this competition seem to be growing each year. For the 2022 qualifier at Mildenhall North we had a record 60 competitive runs. We achieved a decisive win (by 19





Photo: Wendy Carlyle

points) over all the other 7 clubs that took part and won our place in the final in Scotland on 16 October 2022.

I must admit to having a bit, well quite a lot, of heart sink that the final was in Scotland. I wondered whether we would even be able to rustle up a qualifying team. In the end you all completely surpassed my expectations and we ended up with a team of 28.

It was always going to be a challenge to get on the podium with the final taking place in Scotland but having a team of 28 making the journey was fantastic and our final 8th place out of 15 teams taking part was a good performance from a club from the flat lands of East Anglia!

So finally... thank you to all who took part in the recent 2023 qualifier at Croxton. Another record turnout despite my absence in Canada. Our team of 70 pulled out all the stops and beat Happy Herts who came to East Anglia thinking that it was their easy path through to the Final! So a very well done to you all.

Please make sure that 12 November is in all your diaries for the Final in the Forest of Dean!

I think that's enough from me... see you all in the forest somewhere !

## Awards for WAOC AGM 2023

<b>Owl</b>	Sue Hartley
<b>Tortoise</b>	Helen Hague
<b>Chairman's Cup</b>	Kate Jarrett
<b>JabberWAOC Award</b>	Bruce Marshall
<b>Hally Hardie Mapping Trophy</b>	Ian Smith



## WAGAL Champions 2022

	<b>First</b>	<b>Second</b>	<b>Third</b>
Junior men Jablonski	Chun Yan Alistair Fu	Chun Ho Andre Fu	Erik Biernacki-
Junior women	Hebe Darwin	Alys Powell	Kate Jarrett
Senior men	Alexander Moore	Rowan Lee	Conor O'Donovan
Senior women	Jenny Carlsson	Helen Bickle	Eleanor Johnstone
Veteran men	Dil Wetherill	Stephen Borrill	Chris Rampton
Veteran women	Emma Jarrett	Camilla Darwin	Helen Hague
SuperVet men	Mike Bickle	Graham Louth	Mike Capper
SuperVet women	Sue Hartley	Janet Cronk	Noreen Ives

## WAGAL trophy presentations



### East Anglian Champions 2022

M12 Alex Darwin  
M14 Chun Yan Alistair Fu,  
M55 Dil Wetherill

W10 Elysia Cowe  
W18 Sophie Kerswell  
W35 Jenny Carlsson  
W40 Helen Bickle  
W45 Camilla Darwin  
W65 Sue Hartley  
W70 Hazel Bickle

### East Anglian Champions 2023

M14 Alex Darwin  
M55 Dil Wetherill  
M65 Mike Capper  
M75 Mike Bickle

W10 Elysia Cowe  
W14 Kate Jarrett  
W16 Hebe Darwin  
W35 + WOpen Jenny Carlsson  
W40 Helen Bickle  
W45 Emma Jarrett  
W50 Camilla Darwin  
W65 Sue Hartley  
W70 Noreen Ives

### East Anglian League Winners 2022

M12 Erik Biernacki-Jablonski  
M14 Chun Yan Alistair Fu  
M21 Rowan Lee  
M35 Tom Beskeen  
M50 Stephen Borrill  
M75 John Harris

W10 Alys Powell  
W40 Helen Bickle  
W45 Emma Jarrett  
W50 Helen Hague  
W65 Sue Hartley  
W70 Hazel Bickle

## East Anglian Urban League Winners 2022

Young Junior Women W12	Alys Powell
Junior Women W14-W16	Hebe Darwin
Senior Women W18-35	Jenny Carlsson
Veteran Women W40-50	Helen Bickle
Ultra Veteran Women W65-70	Janet Cronk and Sue Hartley (joint winners)
Young Junior Men M12	Chun Ho Andre Fu
Junior Men M14-16	Chun Yan Alistair Fu
Senior Men W18-35	Rowan Lee (DRONGO)
Ultra Veteran Men M65-70	Mike Capper (joint winner with Colin West of SOS)

## Colour coded badges 2022

White	Esther Eaton, Hana Powell, Ida Riley
Yellow	Elysia Cowe, Betsan Powell
Orange	Chun Ho Andre Fu, Alys Powell
Light Green	Kate Jarrett, Chun Yan Alistair Fu
Brown	Richard Powell

Looking ahead to 2023:

### **2023 WAGAL Events:**

- Maulden Wood - 15th January (WAOC 50<sup>th</sup> Anniversary Event)
- Croxton Heath – 19th February (CSC Qualifier and Icenian weekend)
- Peterborough Urban – 2nd April
- Ampthill Park – 24th September (EA Schools Champs)
- Newmarket Urban – 8th October

### **2023 EAL Events:**

22 <sup>nd</sup> January	SMOC	Rushmere
2 <sup>nd</sup> July	SOS	Writtle Forest
1 <sup>st</sup> October	HAVOC	Epping SW
26 <sup>th</sup> November	SUFFOC	Tunstall
10 <sup>th</sup> December	NOR	Shouldham Warren
TBC	WAOC	TBC – this was to have been the Croxton Heath event

### **2023 EAUL Events:**

2 <sup>nd</sup> April	WAOC	Peterborough
30 <sup>th</sup> April	NOR	Dereham
20 <sup>th</sup> May	SUFFO C	Sudbury
21 <sup>st</sup> May	SOS	Harwich
19 <sup>th</sup> August	SMOC	Milton Keynes
8 <sup>th</sup> October	WAOC	Newmarket
28 <sup>th</sup> October	CUOC	Cambridge

## Honorary Memberships awarded on WAOC's 50<sup>th</sup> Anniversary

The WAOC Committee are awarding Honorary Member status to long standing WAOC Members, who contributed considerable time, effort and expertise to our Club but no longer orienteer on a regular basis. We wish to show WAOC's appreciation for their input via a life membership to the WAOC club.

**Hally Hardie** - Hally was a founder member of WAOC along with Mike Capper and his father Maurice Capper. Without his drive West Anglian Orienteering Club may not have been formed 50 years ago. Hally mapped many areas for WAOC, served on the committee and produced numerous wooden trophies, many presented at the AGM.



**David Peregrine** - David was an active WAOC member, along with his wife Satu. He went on from the role of WAOC Chairman to become Chairman of EAOA and then of the British Orienteering Federation from 1997 – 2000 and on the Council for 20 years. David also mapped many areas for WAOC, coached Juniors to great effect and enjoyed Mountain Marathons.

**Anne Duncumb** - Anne was Membership Secretary for close to 20 years, bringing a warm welcome that encouraged many new orienteers. Anne also started Junior training, that included walking groups of young Juniors round the next colour coded course after their runs at events.

**Peter Duncumb** - Peter initiated WAOC's map modernisation, digitising maps when the OCAD programme was introduced. He also secured the waoc.org web address.

**Peter Allen** – Peter came to WAOC from CHIG when he moved to Hardwick. He was found helping at most events becoming a Level 2 coach and our first Welfare Officer. Peter was part of the Development Committee and an appreciated coordinator and organizer of the Wednesday ClubNight Training Events.



**Ursula Oxburgh** – One could not say Ursula had stopped orienteering as she delights in competing in Sprints. Her successes are numerous and in recent years include Bronze in both the Sprint and the Long W80 at the World Masters Orienteering Championship held in Brazil in 2014, Gold in 2019 British Sprint Championships, Gold in W85 at the 2020 British Night Championships.

Resplendent in her WAOC top she has raised WAOC's profile. Ursula has been WAOC Chairman, a founder member of the Development Committee, has worked to gain WAOC the ClubMark and towards successful grants. She has encouraged and trained Juniors throughout her time in Cambridge. Ursula knows most of the leading members of British Orienteering so she knew who to tell her opinion on the lengths of courses for Veterans and was instrumental in the creation of the SuperVet and HyperVet categories at British Orienteering.



## Wednesday Summer Training Nights & MapRuns



Date	Location
26 <sup>th</sup> Apr	Ely 2022-2023 MapRun 🏃
3 <sup>rd</sup> May	Priory Park St Neots training
10 <sup>th</sup> May	Wandlebury training
17 <sup>th</sup> May	Over Summer MapRun 🏃
24 <sup>th</sup> May	Epping Forest (Quad Club Event – 6k Blue, 4k Green + 2k Yellow)
31 <sup>st</sup> May	Comberton Summer MapRun 🏃
7 <sup>th</sup> Jun	Milton Country Park training
14 <sup>th</sup> Jun	Histon Summer MapRun 🏃
21 <sup>st</sup> Jun	PuntO – River Cam
28 <sup>th</sup> Jun	Cherry Hinton Summer MapRun 🏃
12 <sup>th</sup> Jul	Cottenham Summer MapRun 🏃
26 <sup>th</sup> Jul	Sawston Summer MapRun 🏃
9 <sup>th</sup> Aug	Quy Fen Summer MapRun 🏃
23 <sup>rd</sup> Aug	Cambourne Summer MapRun 🏃
6 <sup>th</sup> Sep	Central Cambridge fun event & MapRun Summer Prize Giving

Programme is subject to permissions and always check the website before travelling.

### Training Nights

Senior training sessions for all levels of orienteering skill or fitness.

**Timings:** Arrive 6.30 p.m. for starting at 6.45 p.m.

**Costs:** Free

**Juniors:** These events are not planned for juniors, but if they do run, U16's must be at least Orange standard and shadowed.

### Training and MapRun email list:

To receive weekly training emails, please send a request to join to [waoc-training+owner@groups.io](mailto:waoc-training+owner@groups.io)



## Epping Forest East Quad Club Event, 24<sup>th</sup> May

CHIG, WAOC, CUOC & HAVOC combined club training event for all

### Courses:

TD5 6k blue and 4k green

TD2 2k yellow

**Starts:** 6.30 – 7.30 p.m.

## Punto, 21<sup>st</sup> June 2023

Mixture of urban & park orienteering and punting: White and Orange standard courses around park for Juniors (or Seniors) and urban courses for Seniors.

Open to all - No punting or even running experience required (you can opt out of punting [e.g. just be punted] or running).



Location: Trinity Punts

Timings: 6.45 p.m. to 8.30 p.m. Bring your own Picnic afterwards from 8.30 p.m. at Jesus Green. Aim to present results before 9.00 p.m.

Cost: Adults: £5, Juniors/Students: £1

## Summer 2023 MapRun League:

Formats of courses will vary:

**Long** will be around 45mins to 1hr or around 6km (straight line – say actually 7-8km) or

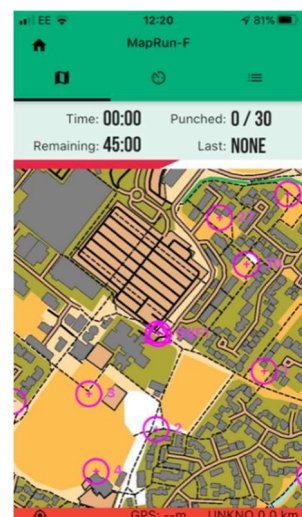
**Short** 30 to 40mins or around 3km (straight line – actual say 3.5-4km).

**Social Wednesday:** Starts 6.30 – 7.00 p.m. or

**Anytime:** (after initial event up to midnight on the second Tuesday afterwards) email [go@oentry.uk](mailto:go@oentry.uk) to enter. You will be sent a SumUp link and once you have paid, you will be emailed a copy of the map and a pin for the course (do allow some time for all this!)

**Costs:** £3 senior; £2 students (these events are not intended for juniors)

**Prizes:** Fastest man and women on each of the long and short options. Yours best 4 runs count.



## Training tip – Helen Bickle

When after downloading you meet the first person you know, what is the first thing you want to talk about when you have finished an orienteering course?

It is the mistakes!

Naturally the mistakes take up a disproportional part of your memory of the race as they were most likely the exception. Perhaps for a change it is now time to spend a little time considering what went well?



Which legs felt easy or which leg did you enjoy running most, and which skills did you use on those legs?

- Bearings – rough bearing or did you take your time?
- Map visualisation – terrain as imagined?
- Route choice – safe route or a route that tested you physically or mentally, or both?
- Fine orienteering – tick off every feature on the map on the route?
- Rough orienteering and map simplification - light map reading?
- Concentration - were you concentrating on the route or enjoying seeing wildlife/flowers/view across mountains?
- Distance judgement – distance estimate to your waypoint/control correct (pacing or visual)?
- Contouring – enjoyed running down the hill enough to make up for having to run up it, or did you enjoy contouring around?

At the next event, after hearing about all the errors, why not ask your friends what went well?

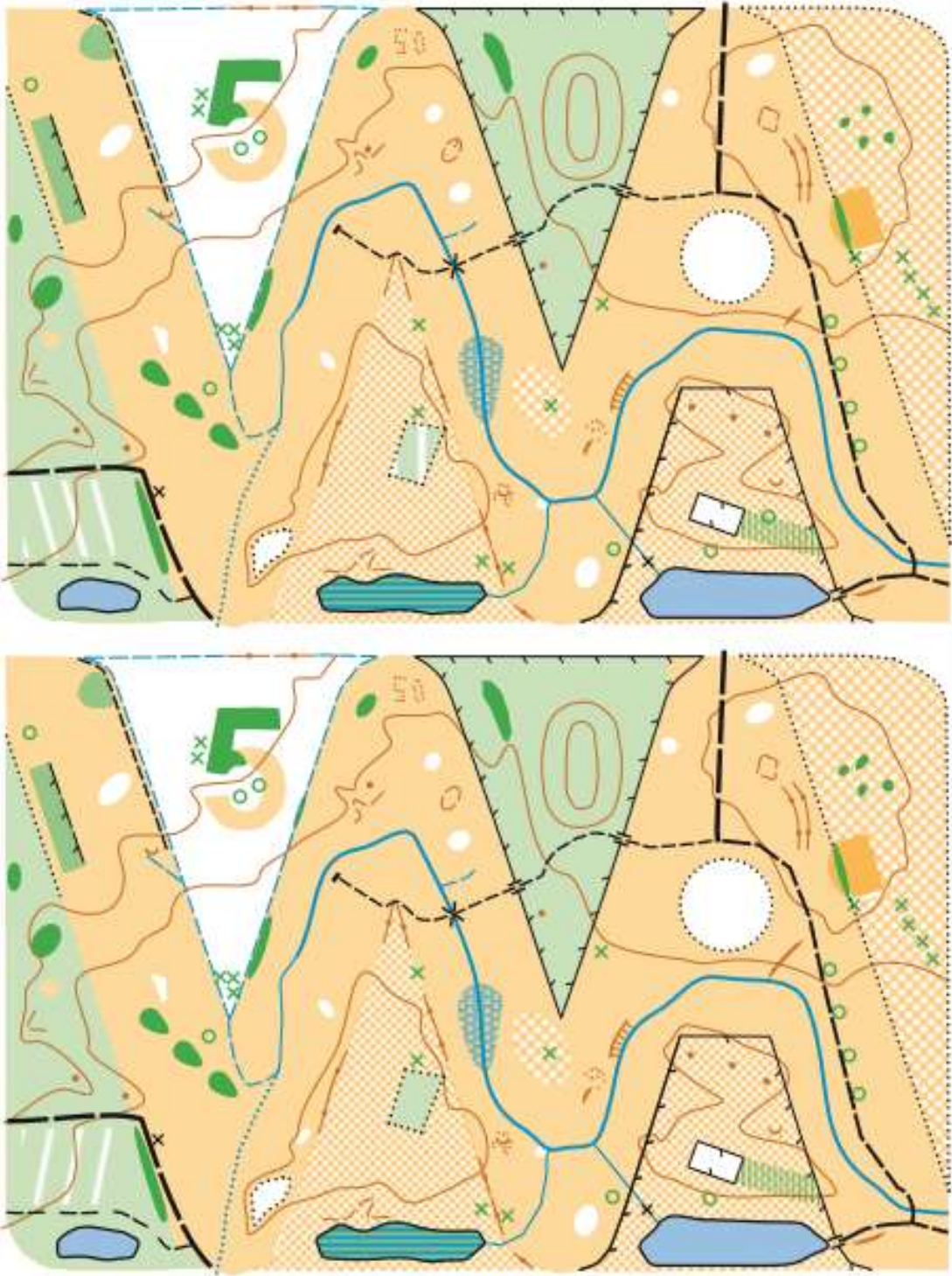
## Junior training



There are often training sessions for juniors before each of the Park-O events and these are open to all WAOC juniors. If your child would like to attend when, please email [chair@waoc.org.uk](mailto:chair@waoc.org.uk)

# SPOT THE DIFFERENCE – BRUCE MARSHALL

Here is a 50<sup>th</sup> Anniversary Puzzle based on the WAOC logo. There are 10 differences to find.



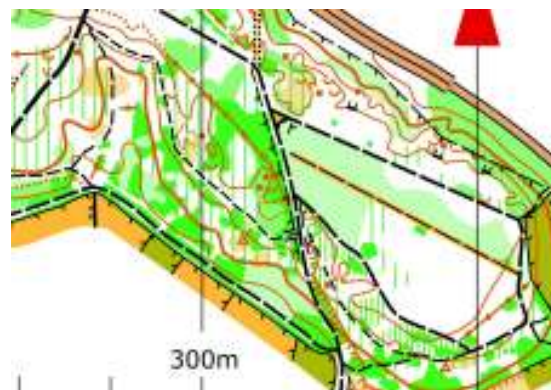
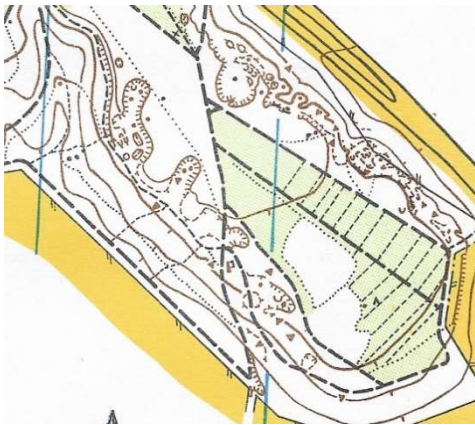


## Maulden Wood 50<sup>th</sup> Anniversary Event – Bob Hill

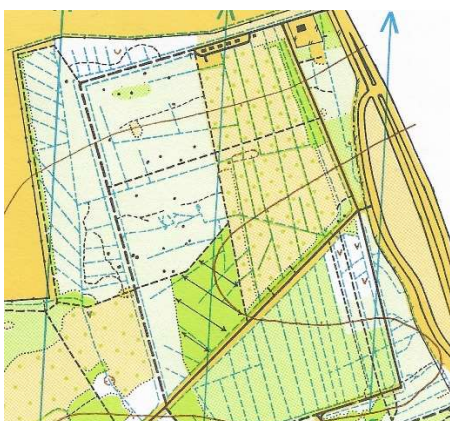
When I offered to plan the event, I asked Mike Capper if he would be the controller as he had competed in the WAOC's first event at Brampton Wood on Sunday 14th January 1973. So, roll on 50 years and 1 day to 15th January 2023. We quickly decided not to hold the event at Brampton Wood due to a few issues.

We decided to use Maulden Wood instead. We soon discarded using the first map produced which was a brown and black map at 1:15,000 and settled on using WAOC's first five colour map which had been produced by Kate and Dave Bryant in 1977. The map was produced over a number of weekends surveying the area: a trace for each colour had to be hand drawn and then printed. The map was used for the event the 'Midsummer Madness Event' that June.

So down to the planning. My aim was to have the ability to use both maps for the event with the longer courses having one half of their course on either map. The first task was to find an area which was similar on both maps. Having previously planned in Maulden I quickly decided not to use the southern half of the map due to the growth of the vegetation as shown below.



I decided to use the area of the ditches on the northern half of the map. I made the first visit to the area in September 22 and just checked the area of the ditches using the 1977 map, to confirm which ditches were still present as the undergrowth was still high. I was pleasantly surprised how well the ditches had been mapped and you could still make out the shape of where the ditch had run even though it had been filled in over time. I then did another visit using both maps checking the ditches corresponded to both maps. There was one area where the ditches had not been mapped on the new map.



Now down to course planning. I started by planning the first half of the longer courses using the old map. At first I only intended to use the old map for the Brown to Short Green courses. I then planned the Light Green to Yellow courses and soon realised I could use the old map for all the courses, so it was decided to do back-to-back printing for all the courses.

It was now November and a lot of the undergrowth had died down except for the bracken in the southern half of the map. So, the control sites were taped using both maps. I used the thinking that if I can't find the feature after a few minutes in the area I will move the location of the control onto something I can find.

Mike, my controller had already received my draft courses and suggested a few changes. He then visited the area and just used the old map to check the locations of the controls himself.

We both visited the wood together and checked the control locations to make sure we were both happy with the site. We also discussed the various routes that could be taken and to ensure fairness, we did alter some of the routes. It was also decided to hang the controls so they could be seen.

Just after the final check of the control sites we had about 4 inches of snow which did the job of flattening the bracken in the southern half of the map and we could have used some of the more interesting brown features.

I was very pleased that competitors enjoyed their courses and enjoyed running on the old map.

Bob Hill



## WAOC Juniors New Forest Training Camp – Andre Fu

We joined WAOC to go south for training in the mid term break. Our training started on Wednesday by joining a BAOC event in Puttenham Common. I started late and I made a serious mistake on No.7. I ran too fast and got completely lost. I tried to relocate many times but failed. Finally there was a very kind person who helped me out. On my way to No.10, I ran on the right path but soon I lost again! I kept running around and trying to find where I was, but failed. After trying for a long time, I chose to retire. When I went back to the finish, the second round of the training session had already started. As I was not able to punch No.10 to No.12, my dad took me to go through my long orange course starting from No.9. It was good that I found the controls this time. After the group had finished the training, we firstly went to the petrol station to fill up our car, and then went to the youth hostel for dinner.

It was raining the next morning. Dil let us stay indoor to design our short green course. I drew a pretty good one except it was a very challenging long course. When we finished our map design, we went to Long Beech and we played a navigation game. After that, we had our packed lunch. In the afternoon, Dil and his friend John guided us to draw terrain on a map, I walked along the river and drew the river and the contours at the same time. When we finished the drawing exercise, we went back to the hostel and played games for 2 hours before having dinner.



On the third day of the New Forest training, Erik and I played together for a course in the southern part of the Long Beech. We played so well that even my dad couldn't follow us. As I had a UK urban league the next day, I didn't join the northern part that afternoon. On our way back to the hostel, a very cute pony approached our car and rubbed against our car window. After dark, we went out for a night run before having pizza.



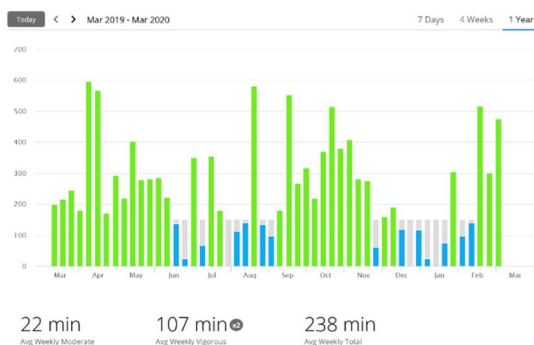
On the last day of New Forest, I woke up at 05:15, had my breakfast at 05:30 and left at 6 o'clock. Heading back for the Cambridge sprint.

I would like to thank Dil and all who helped prepare the great training camp for us.

# Being nagged by technology means Cadiz is Difcil

## Stephen Borrill

Since lockdown in 2020, I have been a slave to my Garmin watch (or technically the Garmin Connect account it is associated with). It insists on me doing 150 minutes of activity a week (or 75 minutes of vigorous activity which count as double) which follows NHS guidelines. Once there were no orienteering events at weekends or clubnights midweek, Garmin's gentle nagging was just the impetus I needed to get me out of my alcoholic fug and into the fresh air. I took to running or cycling to work (all legit as I counted as a key worker) and Peter Duthie planned some excellent MapRun courses in far-flung place like Whittlesey and Yaxley (to which travel from Cambridge was possibly slightly less legit). The Garmin ecosystem also had a few other useful encouragements. It turned out my run to work took in a 'segment' along Arbury Road which it automatically compared against any other Garmin user who had ever run up there and I slowly worked my way up to the 3<sup>rd</sup> fastest.



The problem is that now we are back to normal, I don't want to break my hard-earned streak. In the year up to Mar 2020 (see graph), I missed the target 17 weeks of 52 (including 2 weeks where I allegedly did nothing at all).

### Intensity 2020

Since mid-Feb 2020, I have hit the target every week (including some where I've smashed it at nearly 600 minutes of activity):



### Intensity 2021

Generally it is not that hard to achieve now that we are orienteering again. A Wednesday club-night and a 50-minute Blue course at the weekend generally gets me up to the 75 minutes I need. Failing that, a vigorous 10-minute cycle to work or even a quick go on the cross-trainer gets me to the target. As the Garmin week runs Monday to Monday, I have been known to jump on the cross-trainer in the spare room for, say, 12 minutes on Sunday evening (an activity must last for at least 10 minutes to count). The difficulty comes when there's nothing going on at the weekend, I'm away somewhere or simply can't find the time. Aside: this is mainly why I sometimes push taking part in MapRun league events into the following week or so; if I have a busy weekend coming up followed by a quiet one, it is better to postpone the Wednesday run until the following week.

The times spent on holiday are the challenging ones. We tend to go on cruises and there's only so much you can do on board (I suppose the cross-trainers or treadmills in the ship's gym are also the

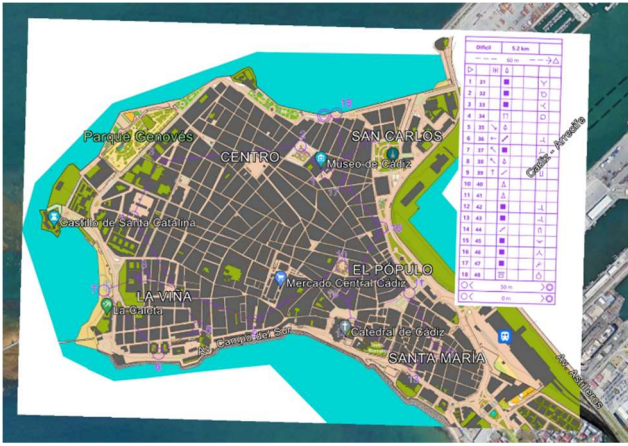
fallback). There's also a lot of food and excess calories. Last summer it wasn't too bad, as a trip to Norway meant hiking up the hills (which luckily coincided with Garmin offering me a virtual badge if I managed to do 4 hours of hiking in a week). As fellow WAOCer Jason Dunning will attest, I arranged to stop off to run a HH event on the way down to Southampton and then stopped at Rowney Warren on the way back a week later (much to my wife's annoyance). However, as Christmas 2022 and 16 nights away approached, I started to worry about breaking my achievement streak especially with quite a few days at sea as we were sailing from Southampton to the Canary Islands. Annoying there were two cruises going at similar times, but in reverse order. Had I gone on the other one, our visit to Gran Canaria would have coincided with the Long race in a 6-day orienteering festival – as it was, we were a week early.

In the first week, general wandering about the ship had taken up about 50 minutes and foregoing the shuttle buses from town in Madeira back to the ship added another 22 minutes, but with nothing else upcoming, my hopes were pinned on a hike described as 'high activity' in a forest in Gran Canaria. Unfortunately, most of my fellow participants took a more relaxed view to the activity and I walked just 2.87 km in 80 minutes (even after taking a few detours just to add length) – literally half of which was stationary waiting for them to catch up. I did manage to find a kindred spirit who spotted my JK top and revealed himself to be an ex-BAOC orienteer. He suggested walking round the circuit twice, but we didn't quite have time. After getting back to Las Palmas I went for a 9km walk around the town and beachfront, leaving just a quick 2-lap deck walk on Christmas Eve to make the target.

The second week had the potential to be much trickier. Industrial action in Portugal and big storms in northern Spain meant two of the shore days were cancelled. A rather tedious 50-minute walk around a mostly-closed Lanzarote on Boxing Day got the week off to a good start and the following day I took part in "Trek The Deck", a 5-lap walk round the ship's promenade deck in aid of a teenage mental charity. Of course, trying to track an activity with GPS on a moving ship doesn't work well, but the Garmin has an indoor running setting which uses your learned cadence and stride length to estimate the distance. It turns out a lap of the promenade deck is around 700m. The day after, we arrived in Cadiz and were told we would be leaving at 5pm. I've never been to Cadiz before, but it turned out to be a beautiful mediaeval city with a lot of history and a lot of narrow streets. While on for an hour's exploratory wander, I thought I'd run up the MapRun6 app on my phone and go to Events Near Me. It turned out there was quite a lot of MapRun events nearby and better yet, a few courses had starts that were in a park just a couple of hundred metres from the port.

As I walked back to the ship, I spent a lot of time wondering how I would actually do one of the MapRun courses before the ship sailed shortly after 5pm. Navigating using a map on the phone just doesn't work for me (especially on my phone which is a rather interesting mini-PC device). I considered finding a tourist map and drawing the controls on in a retro master-map style, but they had all gone when I returned to the terminal. I spent some time trying to navigate the Club Fundi-O website (the local club), but their website is perhaps even worse than my Spanish and I could not find any maps even in the Circuitos Permanentes Orientación section. Just before returning to our cabin around 2pm, I stopped off at reception to cheekily ask if there was any possibility of them printing something for me very quickly if I managed to find something to print. I was given an email address to send it to.

From a technical point of view, MapRun events use a KMZ file for the background map you see on your phone (and when viewing tracks on-line) and I figured that, if I could somehow generate a PDF file from the KMZ, I might just be able to get it printed before we set sail. Because I built MapRun.uk, I'm very familiar with the hidden backends in the MapRun system, but MapRun.uk only covers the UK. I could use the knowledge I'd acquired, but not anything from MapRun.uk itself. By connecting into a virtual desktop running in Cambridge from my phone and reading the



KMZ file in Google Earth

MapRun.uk source code, I managed to download the KMZ file for the longest Cadiz Dificil course. Luckily, Fundi-O had made a fundamental (!) error and had put the controls (and control descriptions) on the KMZ map (it should just be a blank map and MapRun itself puts the controls on). The go-to program for opening KMZ files is Google Earth, but this had a lot of junk text and overlays and I could not work out how to get a usable PDF from it. Remember, I was doing this all on a mobile phone against the clock. You may also notice that the Google Earth image has the map tilted with respect to north.

Next I tried to find website that would convert a KMZ to a PDF and most failed (or would go through the motions and then generate an empty file). Finally, I got one that generated something rather than just a blank page. Technically, KMZ files consist of a number of tiled images stuck together and, as mentioned above, the KMZ file I had was not aligned to north. The only converter I found ignored the rotation of the tiles and aligned them all to north. This led to bizarre breaks in the lines like this:

Bad Map



Compare these to the actual map:

Good Map



Having got a PDF I emailed it to the address I was given and walked down to reception. It turned out that each receptionist had their own email address and the one I had spoke to had just gone on her lunch break. I emailed it again to the new receptionist, but found that the on-board ship email was very slow. To her credit, she was very patient with me leaning over and telling her exactly what to click on and, eventually, I got a map printed (we got a phone call 2 days later from the original receptionist long after we had left Cadiz asking if I still wanted it printing!) and headed ashore.



Control on the beach-side corner of the raised building

I got to the start at 3.50pm (expecting a 5pm all-aboard and knowing I had a 5km+ run) and headed straight off (without a compass or such like). The streets in Cadiz are very narrow and unpredictably one-way, so traffic was a constant danger. The scenery was amazing though and the course took in the Roman ruins, the cathedral and even the beach.

Luckily most of the pedestrian areas were avoided, but as our ship had 5000 passengers and there was another one berthed behind, it was very slow going when I hit one of the shopping streets. The apparent breaks in the streets on the map due to the KMZ/PDF conversion problems were slightly problematic, but in the end I got to the finish in under 40 mins (for 7.5 km of running/barging/wading). Upon uploading my results, I found that every other runner on that course had mis-punched and all in slightly different ways. I think this series of courses was perhaps a new experience for the local orienteers.



My route

Having finished, I rushed back onboard (travelling very lightly with only a map and ID in my hand to avoid getting held up at security), only to find out that because of the storms in the Bay of Biscay, we would not be sailing at 5pm after all and would instead be staying overnight. Notwithstanding, the whole attempt was surprisingly successful given the technical hurdles and time pressure. Next time, I will try to prepare earlier!

## **WAOC's Friendly Faces – Caroline Louth – Mapper, equipment officer and past WAOC Chair.**



**What led you to start orienteering and did you start as a junior, senior or veteran?**

I was introduced to orienteering by a teacher in Year 10. I orienteered through the rest of school and then came back to it in 1996 when our children were old enough to want to be involved.

**What do you wish you'd known about orienteering when you started out?**

That it wasn't just running along paths, although I found out pretty quickly since I started on Green.

**What is your favourite type of orienteering and why?**

Anywhere in the woods although I enjoy urban too.

**Where in the world do you most like to go orienteering?**

I have only orienteered in the UK. An event in Greenland in CompassSport looked amazing and I quite fancy the Venice City Race.

**What is your best orienteering moment to date?**

Winning the Mixed Ad Hoc at the British Relays in 1977. Also watching the penny drop with kids I am teaching.

**What was your most memorable orienteering mistake?**

Getting into the wrong block of forest somewhere in Thetford Forest. That took a bit of unpicking.

**What type of shoes do you wear to go orienteering?**

Whatever Ian from Ultrasport recommended.

**What tips would you give new orienteers?**

Give it a go. Chat to people around Download.

**What is your favourite post-event refreshment?**

A home-made sandwich. Wilf's chilli was also very good.

### **SPOT THE DIFFERENCE - SOLUTION**

