



West Anglian
Orienteering Club



JABBERWAOC

Vol.50 No 3

Oct 2022



Photo: Brian Cowe

Maps and photos are in colour on website.

Editorial:

Welcome to this autumn edition of Jabberwaoc where we have reports from as far afield as Cornwall and Sweden, which seems appropriate with a good number of club members due to travel the distance to Scotland in 2 weeks time for the CompassSport trophy. If you are one of those going do look at Helen's training tip before you go. We have the first report from our new Chair and Janet updates us on all the club success since the last edition plus Bruce has contributed a great planning puzzle. As the forest season gets going in earnest I wish you all happy orienteering.

Emma Jarrett

2022 WAOC Committee

Chair:	Stephen Borrill chair@waoc.org.uk	Secretary:	Jenny Hunt secretary@waoc.org.uk
Treasurer:	Richard Kerswell treasurer@waoc.org.uk	Captain:	Janet Cronk captain@waoc.org.uk
Junior Captain:	Jemima Borrill juniorcaptain@waoc.org.uk	Deputy Chair:	Peter Woods publicity@waoc.org.uk
Membership Secretary:	Hazel Bickle memsec@waoc.org.uk	Fixtures Secretary:	Bob Hill fixtures@waoc.org.uk
Traning Coordinator:	Helen Bickle training@waoc.org.uk	Mapping Secretary:	Stephen Borrill mapping@waoc.org.uk
Convenor:	Helen Hague convenor@waoc.org.uk	Welfare Officer:	Helen Hague welfare@waoc.org.uk
Equipment Officer:	Caroline Louth equipment@waoc.org.uk	Awards Coordinator:	Ian Smith awards@waoc.org.uk
Jabberwaoc Editor	Emma Jarrett editor@waoc.org.uk	Publicity Officer:	Harriet Millward publicity@waoc.org.uk

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

Membership – Hazel Bickle

The AGM voted in a change this year. **New** members **joining now** in September onwards, i.e. from the start of the new School and University Year, will remain members until the end of **December 2023**.

https://www.britishorienteering.org.uk/join_online is the link for **new members**. Enter WAOC as your club. East Anglian Orienteering Association (EAOA) appears automatically.

WAOC members should **renew** your membership by **31st December 2022** to ensure you can still enter larger orienteering events. **To renew**, please log into your British Orienteering webpage and choose 'renew your membership'. There is also a link at https://www.britishorienteering.org.uk/renew_membership

Membership fees

Junior (under 21) £7.50

Seniors (21+) £27.00

Family - £12.00 (club fee) + £15.00 for each senior + £5.00 for each Junior

If you have any queries, please contact me at memsec@eaoc.org.uk

Wishing a good time orienteering, 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 if you have completed 3 courses of the same colour within the par time.

Colour Coded badges

Esther Eaton White

Richard Powell Brown

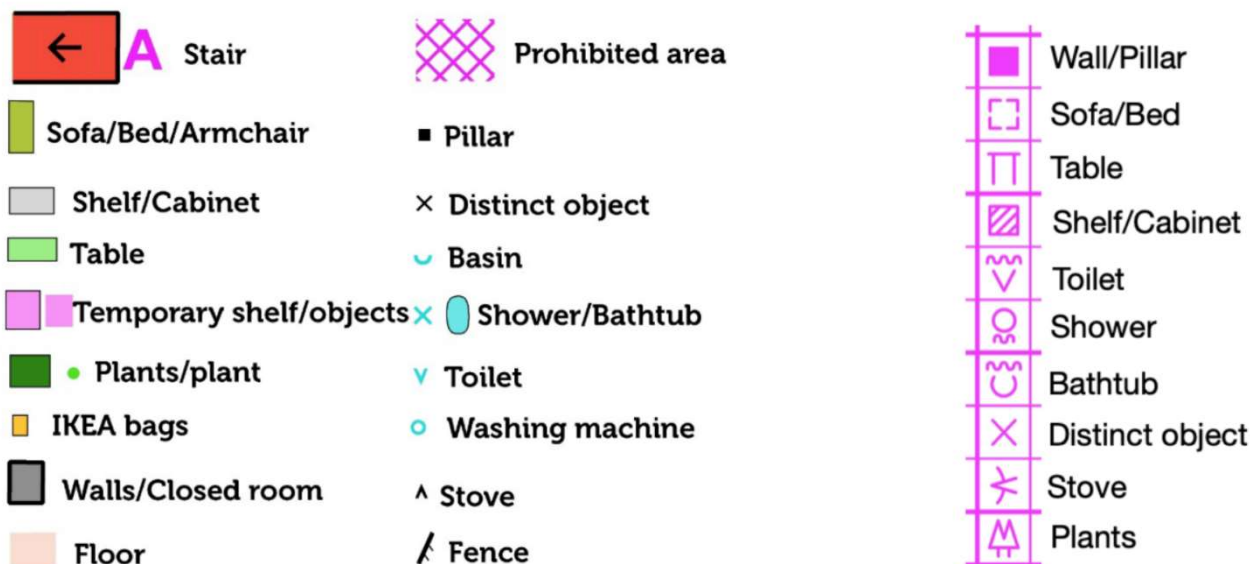
BOF awards

None to report on this occasion

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

Chairperson's Chat - Stephen Borrill

Welcome to my first JabberWAOC introduction as your chairperson (I don't like using the word chair. "WAOC's got a new chair" makes it sound like we've just been to IKEA to collect a *POÄNG*). Speaking of IKEA, did you hear about the indoor orienteering in Uppsala's IKEA store in Sweden as part of O-Ringen in July? It sounded absolutely amazing, especially as it was done while the shop was open to customers. We need to talk SMOC into arranging one in Milton Keynes. However, I won't look at some of the standard map symbols and control descriptions the same way again:



I was appointed chairperson at the AGM in March even though I wasn't there. Helen Hague's reign of terror is over; her last act was to nominate me to enact a new reign of terror. As such, I would like to thank her for selfless stewardship which has led to WAOC being on a secure footing even when faced with the challenges of the past couple of years. I'm sure Helen will continue to provide sterling service as part of the Development Sub-Committee (a shady cabal responsible for Park-O and extorting funding from Sports England) and Events Convenor where she will continue to cajole core people such as planners and organisers to ensure we are able to provide a rich programme of events. This reminds me of how dependent our sport is upon volunteers and how some club members really do go above and beyond. At our events, there are a wide range of tasks and any help is appreciated. We have a number of people used to doing the big tasks (planner, controller, organiser) without which no club could hold events, but we could definitely do with more to ensure the future of the sport. Those of us who have done such roles are very willing to mentor others. Peter Woods, a previous holder of the esteemed role I now find myself in, talked me into planning events. It's hard work, but rewarding, and does improve your orienteering. I found doing it in a pair very useful to begin with. I'm really pleased to see new planners coming along through our MapRun leagues. Through that, we've met new people, gained new members and seen new areas; thanks to Helen Bickle for coordinating.

This leads me onto my earlier statement about WAOC being in good health. Our series of 8-9 Park-Os per year has got lots of new families trying orienteering and it's great to see the same names coming back year on year – we really want them to become club members and proceed onto the bigger events though. Park-O has been challenging in terms of the limited number of areas we have. If you have any ideas for new parkland capable of providing 3km courses that we'd love to hear

from you. Similarly, if you find a great area of contoured woodland closer than Thetford, you'd be a hero – I'm not going to hold my breath though as we are slightly geographically challenged.

Park-O has brought us new junior members (again, Helen Hague's work on coaching the juniors beforehand has been very beneficial) and they have successful older juniors to look up to. Well done to our team of 4 who came second in the Peter Palmer night/dawn race recently and a collective congratulations to all our junior squad who did so well at the Yvette Baker national final in July (unfortunately, Jemima, the junior captain, and I could not attend – we drove past Irchester at 7am on the way to the British Grand Prix and were thinking of you all). WAOC qualified again in 2022 for the national inter-club Compass Sport competition and an impressive 28 people are signed up to travel all the way to Scotland to take part. Initially, Janet, our club captain, thought we wouldn't get a full team, but a wide age range of participants have signed up which gives us an excellent chance of a good result.

As the hot summer draws to an end, it is time to head back into the woodland (and towns). WAOC has major urban and woodland events coming up including running the East Anglian Championships at the end of November. There is a good programme of events coming up in our part of country from other clubs. With the cost of fuel going up, it's getting more expensive to travel to some of the interesting areas offered by our neighbours and with the cost of living rising, it can be harder to justify. We should discuss car sharing, but that's a rant/exhortion for another time.

I hope to see you at an event (either lost or in front of a computer) or at a Wednesday night club-night soon,

Stephen Borrill

Captain's Corner - Janet Cronk

In the last few months WAOC Juniors have been travelling and representing both WAOC and East Anglia.

Alex Wetherill is just about to get on a plane and travel to Germany to run for Great Britain in the 2022 Junior European Cup on the weekend of 1-3 October.

WAOC had 3 Juniors representing East Anglian in the 2022 UK Junior Inter Regional Competition that this year were hosted by Northern Ireland Orienteering Association and held at Tyrella, Ballykinler on 23-25 September 2022. The WAOC Juniors were Hebe Darwin, Kate Jarrett and Alistair Fu. From looking at the results and hearing from parents, all 3 of our Juniors had a great experience; having to fly to the event and then finding challenging orienteering courses on complex sand dunes. Very well done to the three of them.

With regard to performance excellence in the period under review, the first event to report on is the British Mixed Sprint Relay Championships that took place on Saturday 11 June at Leeds Beckett University. In this event, our M/W 12- relay team were 3rd and were delighted to jump onto the podium to collect their well-earned bronze medals and momento mugs.

Andre Fu then pulled out all the stops on the following day to win the M12A individual sprint final and so the M12 British Sprint Championship gold medal (and another mug!). Alex Wetherill also won a podium place (bronze M20), as did Ursula Oxburgh (gold W85).

On 5 July, 15 WAOC Juniors took part in the 2022 Yvette Baker Trophy Final. The final was hosted by LEI at Irchester Country Park. Our scorers were:

Alys Powell	Yellow Girls	98
Andre Fu	Yellow Boys	97
Betsan Powell	Yellow Girls	95
Hebe Darwin	Green Girls	94
Kate Jarett	Orange Girls	94
Isabelle Reavell	Yellow Girls	94
Katy Hinshelwood	Light Green Girls	92
Eleanor Kerswell	Light Green Girls	90
Erik Biernacki-Jablonski	Orange Boys	90

WAOC came 4th out of the 10 teams taking part in the Trophy competition (for large clubs) which is the best position that the Juniors have achieved in recent years and certainly in my orienteering lifetime!

I had a separate and fun WAOC run-in competition for the Juniors on that day and offered a prize for the fastest run-in time from any team member and then an extra prize if any team member actually won the run-in for their course! Erik had the fastest run-in time of 8 secs, which was the fastest on the orange course and Alys had a run-in time of 9 secs which was the fastest on the yellow course. So 3 prizes were in order! But also a demonstration that where results really matter, that extra effort to sprint and win the run-in might just make a difference.

Lastly, 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.

For the adults their turn is coming very soon with the Compass Sport Cup final on 16 October. For all those running (28 now confirmed), please kindly make sure that you have all familiarized yourself with the latest map on Route Gadget. If you can't find it, please ask Helen Bickle to resend her email that had the link. Please also see Helen's article on training tips for the final elsewhere in this issue of Jabberwaoc.

See you all in Scotland!



Peter Palmer Daybreak Relays

Congratulations to the WAOC team for winning Silver at the Relays which this year were held in Sutton Coldfield and involve racing at dawn.



2022-2023 MapRun League:

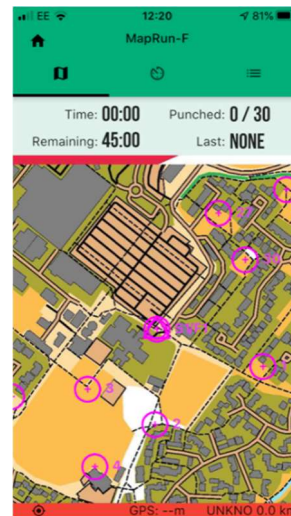
A mix of linear and score courses, in or near Cambridge.

Score: Find as many controls as you can within either 30 (short) or 45 (long) minutes (up to 8-10km of running).

Linear: Choose between either a 6km (long | straight line – actual say 7-8km) or a 3km (short | straight line – actual say 3.5-4km).

Run the course either at the social Wednesday evening event or at any time in the fortnight after the event (up to midnight on the second Tuesday after the event) for your run to count in the league.

Date	Location
Wed 5 th Oct 2022	Cambourne
Wed 2 nd Nov 2022	Trumpington East
Wed 25 th Jan 2023	Stourbridge Common
Wed 8 th Feb 2023	West Cambridge Site (on night only!)
Wed 1 st Mar 2023	Trumpington Meadows
Wed 26 th Apr 2023	Newmarket
Wed 17 th May 2023	South Cambridge (Prize Giving & start of Summer League)



Note: All sessions subject to permission so please check website.

Costs: Wednesday evenings: £3 senior; £2 students

Cost of any time: £3 (Email 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 MapRun course. Please do allow some time for the map to be sent to you).

Prizes: Fastest man and women on long and short courses. Yours best 4 runs count.

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

Check the website before each session for more information on each event or ask to join the training email list as below.



Wednesday Autumn Term Training Nights



Date	Location	Skill
5 th Oct	Cambourne	League Event
12 th Oct	Sidgwick Site & University Library	Map symbols
19 th Oct	Newnham College	Map symbols
26 th Oct	Central Cambridge starting at Parker's Piece	Map symbols
2 th Nov	Trumpington East	League Event
9 th Nov	CMS	Map symbols
16 th Nov	Homerton College	Attack points/aiming off
23 th Nov	St Edmunds and Castle Hill	Simplification
30 th Nov	Churchill Adventure Race	Every skill and more

Note: All sessions subject to permission so please check website.

* League Events: Information on MapRuns on the preceding page.

Timings

Please aim to arrive at 6.30 p.m. so that you are ready to start at 6.45 p.m.

Costs: Free to members.

New to training

The second session on 16th October is designed to provide an introduction to orienteering so if you have any friends that you think would enjoy orienteering, invite them along so that they can have a go at orienteering without being plunged straight into the middle of a forest. The first session is also free for anyone who has not attended training before and all sessions are free for club members.

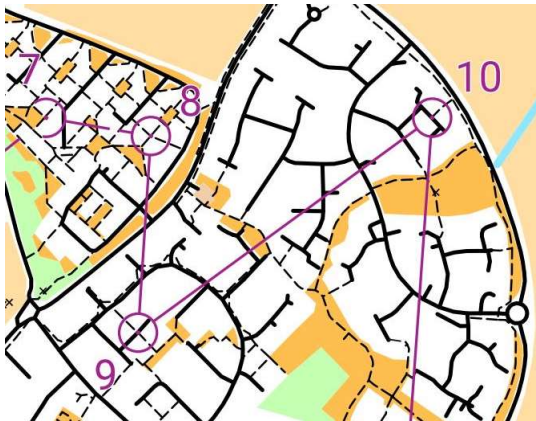
Further details are put on the website and emailed to the club night list before each session. If anyone would like to be added to the training email list, please email waoc-training+owner@groups.io

Thank you to the MapRun Planners! – Helen Bickle

A huge thank you to all the MapRun Planners this year. All your courses have been greatly appreciated.

I particularly appreciated:

Mix of leg lengths (it's just a more interesting course):

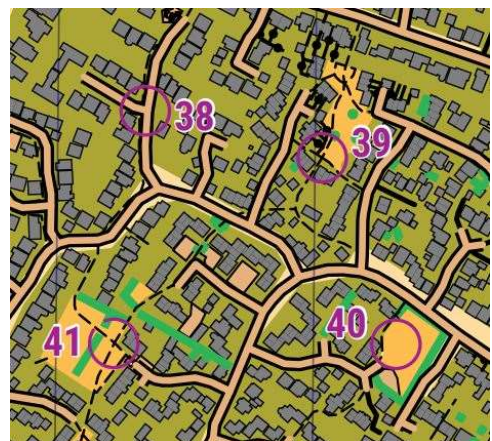
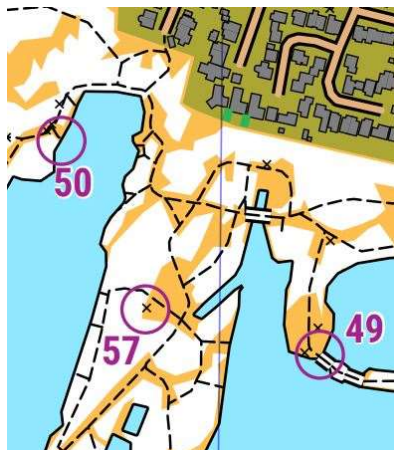


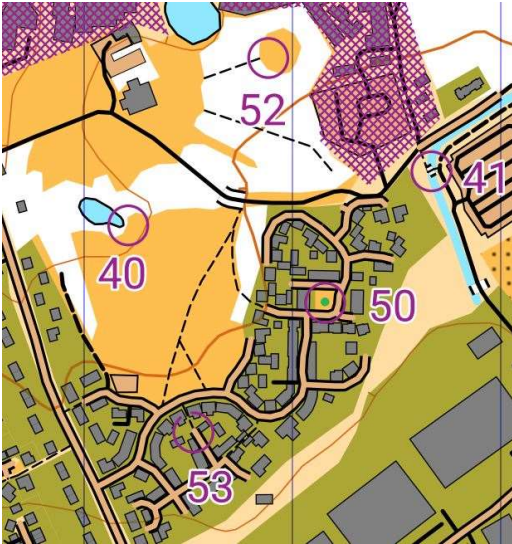
Russ's course at Cherry Hinton contains short legs requiring full concentration within complicated areas and longer legs allowing runners to go a little faster.

[NB: If you have a leg along a straight road - do use the time to plan ahead.]

Mix of areas (again more interesting):

Kez's score course at Milton combined both park and urban controls. Lovely to enjoy the cool park after pounding the hot village pavements.



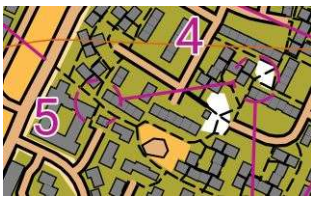


Stephen's course at Papworth Everard, required a complete change of mind set as you left the straightforward urban area and headed into an area containing forest.

Great route choice options:

Where the planner has not chosen the route for you but chooses control sites with more than one sensible option between them.

Jenny & Martin's course at Fen Ditton offered a few route choice options where the options were very similar.

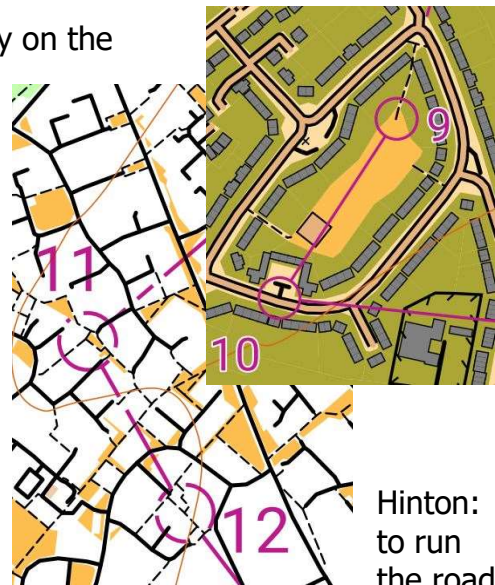


Do you think it is better to stay on the larger road or choose the curved southern path between 4 to 5?



Is the eastern or western route faster between 9 and 10?

Russ's Course at Cherry
Would you (did you) choose through the park or around to the east between 1 and 2 on?



Hinton:
to run
the roads

Allowing sweeping past a control:

Peter's course at St Ives offers not only plenty of changes in direction around the complicated road/path networks, but allows for running straight through every control point. There is no need to slow down while you second guess where the control will beep and when you can turn around.

Allowing time to cross the road:



Giving runners time to choose when to cross by setting courses to run parallel to the road for a bit means runners do not need to stop and do not take any risks!

Richard's course at Hardwick allows runners plenty of time to choose the best time to cross the road between 5 and 6.

Thank you all again, Helen Bickle

Training Tip: Plan ahead! – Helen Bickle

As mentioned above, do plan ahead on your orienteering course – especially if you have an easy leg.

Though you can also plan ahead generally. With the main orienteering season starting, now is the time to add a few events to your diary. Watch out for larger events that might have an early closing date for entries!

Also how can you expect to improve if you do not train? Remember to add training sessions to your diary as well.

For those heading to the Compass Sport Trophy Final at Devilla & Tulliallan in Scotland, you might also like to prepare for the event by looking at previous maps on RouteGadget. The map of the area has been updated for the event but the contours should not have altered!

[Sosol 6 Devilla 2012 2012-06-10 \(route gadget.co.uk\)](http://route gadget.co.uk)

[UKOL3 Tulliallan 2013-03-16 \(fvo.org.uk\)](http://fvo.org.uk)

Congratulations to the 2022 Summer Maprun League winners:

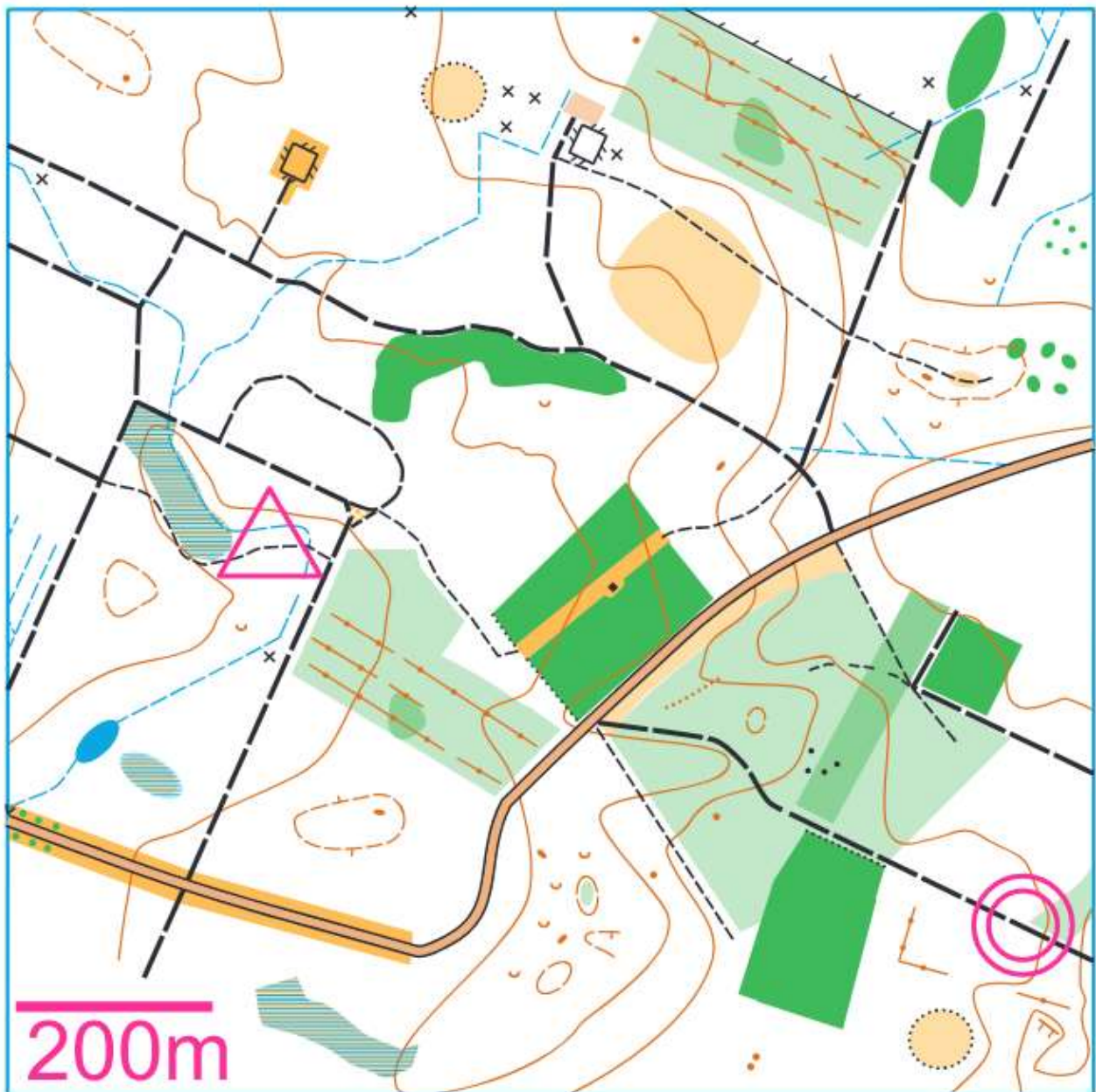


Hannah Cooke, Greg Foot, Sue Hartley and Jason Dunning were presented with wooden spoons for winning their classes.

Course planning puzzle - Bruce Marshall

Another great puzzle from Bruce, look out for one of his puzzles in CompassSport soon – Ed.

Your task is to plan a course of 7 controls between the Start and Finish. All the controls are at "point" features. They might be on line features but only at junctions or bends. Every leg must be exactly 200m as shown by the scale line.



The Tamar Triple or Accidentally Missing the Jubilee! – Noreen Ives

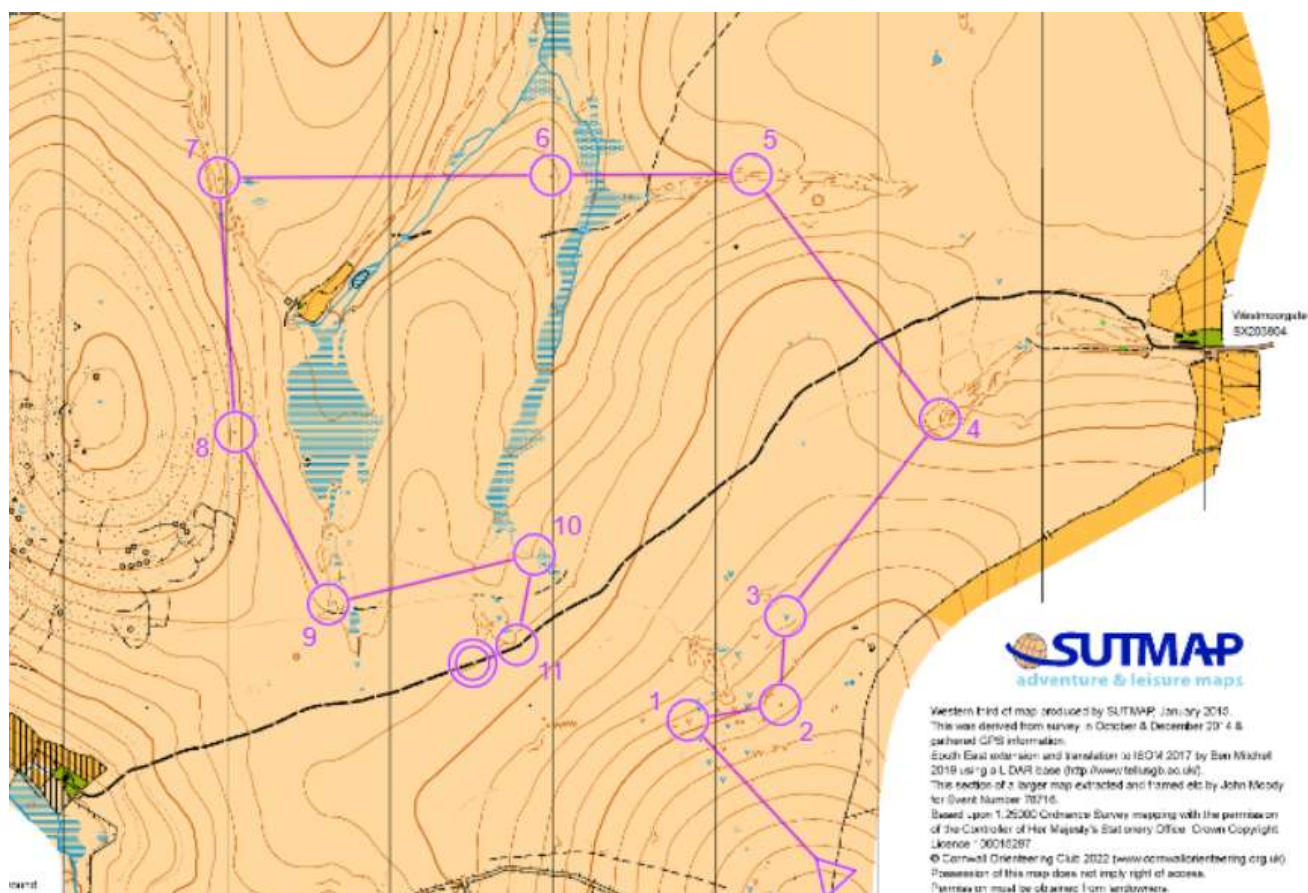
This event takes place every two years on the border of Devon and Cornwall in an area of varied terrain. This is a part of the UK which I always enjoy visiting as I like the big expanses of moorland but also the wooded valleys in the south and of course the sea.

Day 1 was an urban event in **Tavistock**. I don't like urban orienteering so I didn't go to this but Tavistock is a lovely town so I am sure it was a good event.

Day 2 Leskernick and West Moor

7 miles west of Launceston close to the A30. I arrived at the farm field car park at about 9.30 for an 11.00 start. There was a 30 minutes-ish walk to the start and I like to have about an hour in hand for any journey hitches and for getting ready. But the view from the car parked on the ridge was amazing and went on for miles so I sat and enjoyed it..... then the weather came in from the west to the point where I almost couldn't see the line of cars parked in front of me! I have trouble seeing the map etc in normal conditions so I went to ask if I could start later in the hope that the visibility would improve and that was fine. Not long after this they delayed all starts by 30 minutes and I think were concerned that they might have to cancel the whole event. But the weather did improve and off I went. The route to the start was very wet and muddy but less than half an hour.

The start kite was a long way from the start boxes and not in the direction of most first controls so few of us went to it. In retrospect on fairly vague moorland this was perhaps a dodgy move. I dithered on the way to **No 1** (dry pit) as I was trying to work out what was mapped and what wasn't. The map showed an abundance of wet and dry pits in this area – in fact all pits were wet! I eventually spotted a control box just above the surface of the water in a very deep pit. The control kite was completely submerged and invisible till you were standing right above the pit. I had to



wade into the freezing water to punch it – an occasion when a SIAC would be really useful. I wished I had a camera!

No 2 was easy, just headed above a largish depression and I could see the knoll ahead. For the next few controls I took a bearing on a distant object- a tree, notch in a ridge, a small wood and hit them all. The hardest bit from **5 to 6** was getting across the stream. The track with a pond in it looks tempting on the map but it was a torrent and I could see even people on different courses coming to it were not using it so I went more or less straight across an ‘easier’ section and followed the small stream of people to no 6.

6 to 7 straight on a bearing uphill – most people were walking this so I didn’t worry about my slowness.

7 to 8 lots of rocks. I checked my description which was a rock 1.5 m high and saw one to my right which was like a small standing stone with a control next to it. So I went to it hoping it was mine - yippee.

8 to 9 On the map this looked straightforward – bumpy marshy area with the control in a re-entrant next to a track. I found a control next to a track and a re-entrant but I knew wasn’t mine as it didn’t look right. The bumps and dips extended to my right at this point so I headed right but then lost my nerve thinking that had to be the track and came back to it. But the mapped track was further to my right and I should have followed my instinct and kept going. The first track I found was down near the group of knolls and definitely not mapped. Eventually headed to the south again and found it more by luck than judgement. The mapped track was less visible than the unmapped track! Lost about 4 minutes here. Easy after that,

The moorland itself was quite good to run on as it was short grass and no tussocky areas. 55 minutes for 4.2 km. Probably lost about 8 minutes overall. I came 10th out of 26, without mistakes I might have come 5th.

Day 3 Mount Edgcumbe Country Park

This large country estate, including a stately house, is down on the coast opposite Plymouth, is managed by Cornwall and Plymouth councils and is free to visit. I can recommend the Sunday lunch at the pub in the village which I ate enthusiastically after my run. The car park field was next to the isolated Maker Church high on the Rame Peninsula on the western edge of the park. There is a small public car park here where you can park any time, a good place to start a walk.

This was a very straightforward course compared to the previous day: no real route choice most of the time as the undergrowth was very thick and the slope down to the estuary at the south of the area was very steep so courses were planned to use the path structure. I have difficulty seeing the black lines on maps these days especially on ‘gloomy’ days in wooded areas so I tried to be careful on a course like this where it was crucial.

From the start I went along the large track round the steep valley to the small crossroad of paths just on the left hand bend. It was a bit vague in there but the control was obvious so I punched and got out as quickly as possible. Other competitors were coming in along the path in the valley but some had more trouble spotting the control. Back up the same path to head for **No 2 and 3** which were both easy.

Mount Edgcumbe

COUNTRY PARK

Scale 1:10 000

Contours 5 m



Tamar Triple Day 3

Planner:
Ken George

Controller:
Ancy Reynolds

Organisers:
Graham and
Annetal Ping

Event no. 76717

Visible Course A
at SK442500



Contour boundaries	
Wooded - tall	
Wooded - shorter trees	
Grassland - short grass	
Field	
Corn - tall	
Rough open - short grass	
Rough open - scattered trees	
Wet heath/rough moor	

road	
footpath	
ditch	
watercourse	
vegetable, crops, small	
wooded path	
stone wall	
uncrossable fence	
gate, unmarked	
wall, stone	
enclosed field	
power line	
building, wall	
roof, wooden	
roof, stone	
metallic rock face	
metallic rock face	
artificial - high low	
knoll, depression	
gate - large small	
contour, form line	
stream, marsh	
source, near marsh, water tank	
pond, lake	
ridge or distinct rise, slight	
distinct vegetation change	
tree-mast, lamp	
bench, post, rabbit gill hole, hole	

well, stone	
small tree enclosure	
concrete hedge - uncrossable	
pathway, footpath	

Permission does not imply right of access
Copyright Cornwall Orienteering Club
Data was prepared by Roger Bargrave and John Moody
using LIDAR data from the Environment Agency
Information from the Ordnance Survey used with
the sanction of the Controller, HUSO,
Crown Copyright Licence 100012307
Survey and cartography, 22-15-2022 by John Moody
and other members of Cornwall Orienteering Club

This version prepared by event
number 76717
Copyright Cornwall Orienteering Club
www.cornwallorienteering.org.uk

MOUNT EDGCUMBE COUNTRY PARK

Mount Edgcumbe House and Country Park are owned by Cornwall Council and Plymouth City Council. The Country Park occupies 700 acres of coastal land, with 100 acres in the Tamar Valley. The park has a range of shops, galleries, and activities, as well as the Seaside Cafe. You can find out more here about the House and Cafe Garden, the Formal Gardens, and some of the features you may have seen on your course such as the Folly or the Dipgap.

It is described as the most beautiful country park in Cornwall. Mount Edgcumbe is a classic example of 18th century landscaping, allowing magnificent views through woodland and meadows. The woodland is managed to provide a safe and well-maintained area for all users of the park, including the annual Garden Festival. The park is open every day, two days a week to the west, going further south to the east.

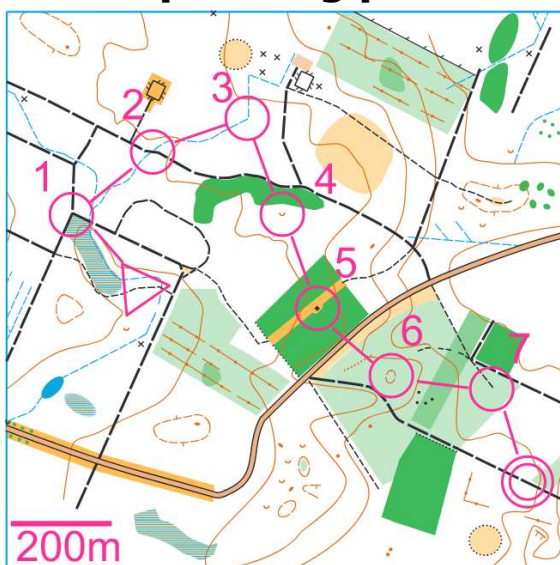
No 4 was a bit odd as the corner was obvious, there was a path there but it was on the other side of a fence with no entrance. I checked, then looked at the lady next to me and we both decided the only thing to do was go over the fence. I found it very difficult to read the map for **4 to 5** so I just took a path in the right direction and hoped I didn't miss it. **5** was a sort of derelict folly surrounded by several sets of steps and paths. From the folly I just headed up aiming to hit the open and hoping I could get out to it. Then I followed the edge of the woods to beyond the first distinctive tree and went in; not sure how far along I was, I wasn't quite sure whether to turn right or left but decided to try right and there was **No 6** – the feature, a crag, could not be seen as it was very small and there was a fallen tree in front of it.

From there I headed diagonally up to the path and in from the tree next to the path. **No 7** was further down the slope than I expected. **No 8** was right next to the path and as easy as it looks, **No 9** was further off the path but visible from it. From there out to the road bend and off onto a very vague path through the nettles, overshot **No 10** I think, that little wiggly path wasn't very clear and I wasn't sure where I was. Lost a minute or so there. Similarly with **No 11**. Then a slog up to the last control and the finish. I think the longer times for the last few may have been tiredness from the day before as much as dithering. I enjoyed this course partly because I hardly saw anyone all the way round which means you have to go with more confidence in your own ability to make decent route choices and navigate. During the course on the moor on the previous day I was very aware of people in all directions.

The download was fun as I was given a negative time for the first control and a total time of 20 minutes! I did chuckle but said, though delightful, it wasn't right. It turned out that, although we had a punching start and they were flexible at the start encouraging us to start early, the IT system was still based on allocated pre-entry times. After corrections 46 minutes for 3.2 km and 5th out of 25.

After this I had a lovely few days walking in and around Dartmoor, visiting a few tourist spots and eating several pub lunches. I had a good week down there. I really enjoy the combination of two or three days orienteering and a few days of relaxing holiday. If you can find time to do one of the many weekend events, I hope you too will have a great time whatever your result.

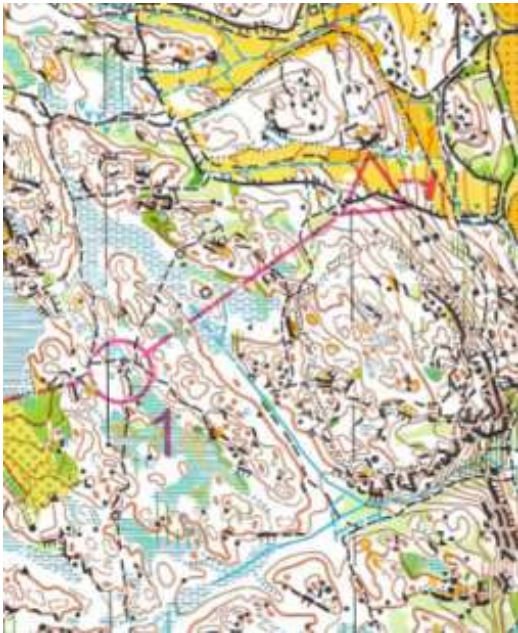
Course planning puzzle – Solution



O-Ringen 2022 – Kate Jarrett

Earlier this year my mother and I flew to Sweden to take part in the O-Ringen, alongside some other familiar faces like Dil and Alex (Wetherill). I found the terrain very hard to navigate but extremely fun and beautiful.

On the first day I managed to spend two hours searching for the first control to no avail. I think I must have orientated my map wrongly, for I couldn't get back to the finish.



Day 1 control 1



Running in on day 4

On the second day, my mother accompanied me on a slightly easier course, talking through the areas of difficulty. So on the fourth day I braved it again and ran my age-class course, surprisingly managing to complete it in the time! The last few days went just as well – I really enjoyed myself. I've learnt loads about how to better orienteer and I've discovered a liking for bilberries.



Lunsen. Image: Visit Knivsta

Note: this year's O-Ringen was held in Uppsala, 40 miles north of Stockholm. The first 2 days were a long and a middle event in the Nâsten nature reserve, day 3 was a rest day for all except the elites and days 4,5 and 6 were long and middle distance events in the forest of Lunsen. Over 12,000 people took part in the foot orienteering with many more in the mountain bike orienteering.

D13				
4701		2,8 km		
120 m				
▷		↗		◁
1	36	→	U	
2	58	←	○	Q
3	81	↘	▲	1.5
4	94	▲	1.6	♂
5	77	∩		
6	129	≡	3x6	○
7	57	↗	▲	1.2
8	136	▲	2.0	○
9	33	▲	1.4	♂
10	156	↗	↘	×
130 m				
11	500	△	♂	♂
330 m				



Karta: Lunsen
 Kartritare: Jerker Boman, Karl-Erik Engblom
 Baniäggare: Niklas Aldén, Josef Nordlund
 Bankontrollant: Andreas Hjertson, Annika Bilstam,
 Lars Olsson, Jessica Sölvander
 OF:s reg nr: C 516
 Tryck: Kartsam AB (Zaklet)

D13

R1

Day 4, Lunsen, middle distance race

2022 WAGAL Events:

- Mildenhall North - 13 February (CSC Qualifier)
- Salcey Forest - 5 March (British Middles Weekend)
- Great Dunmow Urban – 9 October
- CompassSport Trophy Final – 26 October
- Santon Downham - 27 November (EA Champs)

2022 EAL Events:

Date	Club	Event
6th February	SUFFOC	West Harling
13th March	SOS	Writtle Forest
11 th September	HAVOC	Langdon Hills
12th December	NOR	Kelling Heath, Holt

2022 EAUL Events:

Date	Club	Event
15th May	SOS	Colchester
29th May	NOR	Kings Lynn
25 th September	SMOC	Milton Keynes
9th October	WAOC	Great Dunmow

Events: EAOA and a selection of national events are listed here. A full list of events is available on the British Orienteering web site, events frequently require pre-entry (usually on fabian4.co.uk, sientries.co.uk or racesignup.co.uk). **Always check www.britishorienteering.org.uk before travelling.**

Sat 08/10/22	British Schools Score Championships	National	DVO	EMOA	Shipley Park, Derbyshire	DE75 7GX
Sun 09/10/22	Great Dunmow Urban	Regional	WAOC	EAOA	Great Dunmow	CM6 2AT
Sun 09/10/22	CHIG local and SWELL event	Local	CHIG	SEOA	Woodford Green	IG8 9RE
Sun 16/10/22	CompassSport Cup Final	Major	FVO	SOA	Tulliallan	FK10 4BE
Sun 16/10/22	TVOC 2022 Chiltern Challenge	Regional	TVOC	SCOA	Wendover	HP23 6LD
Sat 22/10/22	Park-O Trumpington	Local	WAOC	EAOA	Cambridge	CB2 9LH

Sun 23/10/22	NOR Felbrigg	Regional	NOR	EAOA	Cromer	NR11 8PR
Sun 30/10/22	SLOW National Event	National	SLOW	SEOA	Esher	
Sun 30/10/22	SOS Hylands Park	Regional	SOS	EAOA	Chelmsford	CM1 3RL
Wed 02/11/22	HAVOC-SOS Winter Series	Local	HAVOC	EAOA	Wickford	SS12 9AJ
Sat 05/11/22	Christchurch Urban	Regional	WSX	SWOA	Christchurch	SO42 7QH
Sun 06/11/22	November Classic (UKOL)	National	SOC	SCOA	Brockenhurst	MK5 8AA
Sun 06/11/22	HAVOC SWELL Belhus Woods	Regional	HAVOC	EAOA	Aveley	RM15 4XJ
Sat 12/11/22	St Neots Priory Park Park-O and local event	Local	WAOC	EAOA	St Neots	PE19 1LQ
Sun 13/11/22	SN Trophy and SEL	National	SN	SCOA	Fleet	
Sun 20/11/22	British Schools Orienteering Championships	National	SYO	YHOA	Sheffield	S8 8LL
Sun 20/11/22	Wordwell Kings Forest	Regional	SUFFOC	EAOA	Bury St Edmunds	IP28 6UX
Sun 27/11/22	EA Champs	Regional	WAOC	EAOA	Thetford	IP28 7JQ
Sun 27/11/22	SAX SE League event Hindleap	National	SAX	SEOA	Forest Row	RH18 5JH
Thu 29/11/22	HAVOC-SOS Winter Series Northlands Park	Local	HAVOC	EAOA	Basildon	SS13 3LW
Sun 04/12/22	CHIG SE League event and SWELL Epping	National	CHIG	SEOA	Loughton	IG10 3JA
Sun 11/12/22	Kelling Heath EAL	Regional	NOR	EAOA	Holt	NR25 7HW
Sun 01/01/23	New Year Novelty	Local	SOS	EAOA	Colchester	
Sat 07/01/23	Park-O Wandlebury	Local	WAOC	EAOA	Cambridge	CB22 3AE
Sun 08/01/23	Knettishall Heath	Regional	SUFFOC	EAOA	Thetford	IP22 2TQ
Sun 15/01/23	WAOC 50 th Anniversary Event Maulden Wood	Regional	WAOC	EAOA	Bedford	MK45 3UZ