



West Anglian
Orienteering
Club



JABBERWAOC

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*And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burbled as it came!*

Editorial

Welcome to the October 2013 edition of your WAOC magazine. Many interesting topics from our growing band of contributors are included along with information for events throughout the coming season. Send in your ideas for future development of events for WAOC in response to the article from Chris on pages 5 and 6. Don't miss Stephen's review of head-torches on page 7 if you are thinking of buying one for use at clubnights and night events. We welcome all articles for inclusion in JabberWAOC but must state that information is from the contributor as WAOC cannot endorse any product or supplier. Try Bruce's quiz on page 13 and the account of training from our most highly placed Junior at Moray 2013.

NOTE the change of date from 13th October to **24th November** for our colour coded event at **Ampthill** due to the circus being in town.

Send your orienteering news and views from now but final Copy Date is 16th December 2013

Chairman's Chat (September 2013) – Peter Woods

The orienteering highlight of this Summer, for me at least, was the Scottish 6-days. Realising that 20 years had flown by since our first 6-day holiday gave me cause to reflect on what has changed since Sue and I first ventured up to Aviemore with two young children and a dog, in an age before electronic punching or waterproof paper maps. I still remember my experiences from that first visit, especially Inchriach where I reluctantly had to retire half way through the course to take over babysitting duties and give Sue a chance to run (even though we had both opted for the short courses for our age class). At the time I wondered what it was that all the other orienteers on my courses were doing that I wasn't, that enabled them to navigate to control sites rather than stumble upon them after exhaustive search of mostly the wrong areas. Being relatively fit was seemingly a disadvantage as it enabled me to cover long distances quite quickly before realising I was a) moving in the wrong direction and b) completely lost. However, I at least had plenty of scope to improve, and it is quite satisfying to still be improving relative to my peer group; this year I had my best results, even breaking through into the top 50% of finishers more than once!

Scottish Orienteering generally challenges physically as well as navigationally, but this years' venues were relatively kind to East Anglian orienteers, with limited climb and forgiving sandy ground underfoot on most days. Nevertheless I could feel the benefit of having taken up the Wimpole Park Run on Saturday mornings – trying to run 5k as fast as possible once a week or so has positively improved my orienteering fitness.

The success of Park Runs in general perhaps has something to teach our sport – like orienteering, these events rely on the participants also acting as volunteers to organise, set out the course, and collect results. And like orienteering there can be a huge range in experience and ability in the people participating, each at their own level, at any given event. The simplicity of the concept (just turn up at any park run and know exactly what to expect) is very welcoming and Park Runs are popping

up all over the country. Interestingly several of WAOC's mapped areas now host Park Runs: Hinchbrook as well as Milton and Wimpole.

As a runner who discovered orienteering, I wonder why we find it so difficult to attract other runners to give our sport a try and whether we could find something like the Park Run formula to bring people in. Currently, British Orienteering in conjunction with the "Up & Running" chain of running equipment shops, has organised a series of events which they are calling Run Challenge, that we would call urban Score events.



There is one being held in Cambridge on the evening of 30th September.

Why not take a look at their website:

<http://www.runchallenge.org.uk/EventDetails.aspx?id=757&popup=1>

I hope we can have a strong turnout of club members to this, even though the time is unusual (early Monday evening) and even though WAOC has not been involved in setting up the event.

I am pleased to note that attendances at our recent events at Wimpole and Therfield have been excellent, and I hope that some of the newcomers at these events as well as hopefully some runners drawn in from the "run challenge" will join us at our events this Autumn.

Of course if Cambridge were a forest the city would be embargoed, and anyone taking part in the Run Challenge (or visiting Cambridge at all) would risk disqualification from CUOC's Cambridge City Race on 26th October. Fortunately, that's not how things work for urban events. Please remember you will need to pre-enter the CUOC event, and we also have (separate) pre-entry set up for our EAGAL event at Brandon Country Park the following day. We will be offering a Trail O course at Brandon, and I hope you will take advantage of this – this has been arranged so that you can run the colour coded course and the Trail O and be competitive in both. I hope you will collectively dispel the myth that seasoned orienteers are afraid to try Trail O in case we are seen to get a wrong answer. This won't put me off – I know from my 6-days experience that after another 20 years or so I'll be able to handle Trail O quite competently.

Finally, on a completely unrelated note, I am very pleased to say that the club has a new Junior Captain: Tom Hemingway. I'm sure you will all join me in wishing Tom the best in this role. It seems Tom may be kept on his toes by his sister Catherine who has written about her exploits at Lagganlia this Summer elsewhere in this JabberWAOC.

Peter

WAOC Committee

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Welcome to a new WAOC member – Anne Duncumb (membership secretary)

Ana Hernandez (W16) from Girton, Cambridge
We hope you will enjoy orienteering with WAOC

Anne Duncumb (membership secretary)

British Orienteering Discounts:

BOF members may wish to check the discounts offered to members - car parking at airports and sports shoes have recently been added.

<http://www.britishorienteering.org.uk/page/discounts>

Colour Coded Awards – Ian Smith

You've probably heard of them, but have you got one ?

Colour coded awards are intended to give Orienteers of all ages a target to aim for during the annual cycle.

To qualify for a colour coded badge you need to complete three events at that colour level within the 'colour standard' time within a 12 month period. The 'colour standard' times are usually shown in the event results. They are calculated as either the winner's time plus 50% or the time which includes 50% of the competitors who finished. The time that embraces most people is the one used. For White courses all competitors who complete the course alone are eligible.

So, if you're not in the elite brigade aiming for national awards why not set yourself the target of getting the colour coded badge for your preferred course. Adults can use it as a way of confirming that they are still as competitive as they would like to be as the years pass by.

For juniors the Colour Award scheme is a great way to chart your progress through the range of colour coded courses. If you're making great progress you can collect more than one award in a year, but don't be put off if it takes a few years to master a given course, it will make the final success more satisfying.



Will you be the first entry in our WAOC
colour coded award gallery?

Who can send in a photo of your WAOC O top with
several awards? with you proudly wearing it of course!

To claim your colour coded badge simply sent me, Ian Smith, an email to smithfamilypuckeridge@hotmail.com telling me which three events you've done and I'll send you your badge, no charge, no fuss, but you have to sew it on yourself! I look forward to hearing from you.

The Development Sub-committee

Perhaps a little known component of the Club, the Development Sub-committee has a remit to consider possible new initiatives in WAOC's area, aiming to develop orienteering further and to increase participation in our sport. The Sub-committee meets about twice a year and makes recommendations to the main WAOC Committee on matters relating to development of the Club, introducing new activities, attracting members, and developing WAOC generally.

In its early days, in 2010, the Sub-committee primarily concerned itself with planning and running the (then new) Club Evenings, for which the Club had substantial pump-priming funding from British Orienteering within its 'Club and Coach' Project. After considering various possible venues we settled upon the University's Athletics Centre at Wilberforce Road in Cambridge as the primary venue for what soon came to be known as 'Club Nights', initially on Tuesdays but latterly on Wednesdays.

The Sub-committee organised the programme for the Nights, arranged coaches for juniors and seniors, obtained permission to use adjacent areas for O-training and minor events, commissioned mapping of those areas, and thought about publicity and finance.

As time went on CUOC joined in the Club Nights more and more, which had numerous benefits beyond the increased number of participants.

For example, connections with the University assisted us to obtain permission to map and use nearby University and College areas, such as the West Cambridge site,

Trinity's Old Field, Churchill College, the Mathematics Department on Clarkson road, Trinity's Burrell's Field (both the latter splendidly complicated and intricate areas), and the University Library area, many of these mapped by Caroline Louth. Also, CUOC inventiveness enabled us to make the most of some very confined spaces, for example in a memorable micro-O event inside the two-storey Athletics Centre building etc.



Discussion then centred on how best to attract participants, both seasoned and novice orienteers, and how best to provide training for juniors and seniors, who were usually taken in separate groups culminating in a joint discussion over coffee. However, orienteering repeatedly on the same areas can become boring, even when it is just for training, so the Club Nights, while still on Wednesdays, have gradually moved away from Wilberforce Road to other areas so as to add variety – for example to Cambourne, the Science Park, Therfield Heath and Impington Village College. Organising and overseeing the Club Nights took so much effort in 2010 and 2011 that the Sub-committee had little time for the rest of its remit. However, the Club Nights have now become so well established, under the leadership of Peter Allen (soon to be succeeded by Matthew Vokes of CUOC), that it was decided in 2012 to hand over planning and running of Club Nights to a committee of the regular coaches. This has freed the Sub-committee to tackle other aspects of its remit. One aspect of that remit is to search for new O- areas (as well as making sure that maps of existing areas are up to date). The recent trend towards urban orienteering has led the Sub-committee to encourage mapping of local towns – Huntingdon, parts of West Cambridge itself, and now Ely – in preparation for City Races. At its most recent meeting on 26 September 2013 mapping of Saffron Walden, Stevenage and/or Royston was suggested, and any other suggestions from WAOC members for maps of other suitable towns would be very welcome. New forest areas would also be welcome, and the Sub-committee has several under consideration, most of them with various disadvantages (otherwise they would have been mapped long ago). Again, suggestions of possible new areas would be gratefully received – they need to be in the WAOC area of interest and of reasonable size, have terrain interesting for orienteering, have car parking available nearby, and above all have a reasonable prospect of permission to map and use. The Sub-committee also takes an interest in encouraging provision of permanent O- courses in appropriate places, for example at Milton, Wandlebury and (hopefully soon) at Wimpole – again, suggestions for other such courses would be very welcome.

On widening participation and attracting newcomers to the sport, WAOC a few years ago tried to establish activities in Huntingdon based on Hinchbrook Park and the adjacent School, and recently the Sub-committee moved some of the 2013 Club Nights to Peterborough in an attempt to build up orienteering in the north of our area. It now seems that there is a prospect of some funding from British Orienteering to support further initiatives by WAOC, and at its last meeting the Sub-committee considered what form these might take and where they might primarily be – one possibility is Ely, exploiting the new map being made by Caroline Louth for the City Race in April.

I hope that this gives members of the Club some idea of the Development Sub-committee's history and what it is now doing all aiming to widen our activities beyond the traditional ones and to attract new participants to our wonderful sport.

Autumn Clubnights

Date	Location	Training
Weds 2 nd October	Therfield Heath	Using contours to locate controls
Weds 9 th October	New location: St Neots Priory Centre	Street Score Event for adults Juniors: model slopes, knolls and valleys
Weds 16 th October	Cambridge University Athletics Centre and West Road Site	Skills development and CUOC Freshers' program
Weds 23 rd October	Cambridge University Sidgwick Site	Skills development
Weds 30 th October	Homerton College	
Weds 6 th November	Burrell's Field and Sidgwick Site	A grand race with max participation from WAOC and CUOC
Weds 13 th November	University Athletics Centre	Indoor Micro O
Weds 20 th November	Science Park	
Weds 27 th November	Girton College	
Weds 24 th December	Churchill College	Adventure Race
Friday 6 th December	Party Room at Burrell's Field	Christmas Party

Starts from 6.30pm : Remember your head torch – some available to borrow and review on page 6

From 16th October Matthew Vokes (seen on cover of June 2013 Compasssport) will be organising the Clubnights

Headtorches: discussions and review – Stephen Borril

With the nights drawing in and clubnights starting again, it's a good time to look at headtorches and how the technology has changed. Back when I took up orienteering 9 years ago, lighting was very different. Opportunities to use headtorches were a lot rarer too; while night events still aren't that common, the successful weekly clubnights mean a new requirement for a headtorch for around 6 months of the year. More frequent use means running costs need to be taken into account, but this is offset by the feeling that you are getting more use out of your investment in the light itself. Traditionally, the 'keenies' had huge halogen lights like car headlights, coupled with large separate battery packs. These torches are very expensive and bulky; has new technology rendered them obsolete?

My first headtorch was a cheap 5-LED unit. This gave a very off-white and diffuse light that simply wasn't suitable for orienteering; map colours were difficult to distinguish and the beam didn't project far

enough. Even the cheapest headtorch now will perform better than this as LED technology has improved no end. I replaced it by a small Petzl halogen unit which cost in the region of £50. This had a good bright light and had the benefit of having an adjustable focus. It could be easily switched between distance viewing and reading the map without blinding yourself too much. However, the big downside was the battery life. It was really only at its brightest for the first couple of hours. This meant that I usually replaced the 4x AA batteries before every event. When night events were infrequent (there were no WAOC ones for quite some time, so I only did them at the White Rose in North Yorkshire) this was OK, but after clubnights started, the cost was prohibitive (I used high-capacity NiMH rechargeable batteries for a while, but the quick cut-off when they were running down meant you could be plunged into near darkness without warning).

A running friend recommended Alpkite (<http://www.alpkite.com/shop/>). Their range has recently expanded but I bought what is now called a Gamma and it is excellent. The cost was £12.50 (now £15) including free next-day postage and a set of Duracell batteries. The torch is available in a range of colours and has a single bright LED (up to 88 lumens) with a focussed white beam ideal for distance viewing. It also has lower-power white, red and green LEDs on the front (can only use one of the front lights at once) which are useful for getting from assembly to the start without drawing too much current. It even has a rear red light and I've found it to be very useful on my bicycle. It is very lightweight and the (3 AAA) batteries live in a small holder at the rear of the head.

The Gamma was voted best value head torch in Trail magazine and I completely agree. It has an IPX4 rating which means the torch has been tested for 'Ingress protection'. This means it will be fine for water splashing against the torch from any direction; the test uses 10litres of water per minute for 5 minutes. If only my shoes had the same rating... Alpkite have now released a new torch called the Manta. This is even brighter (up to 100 lumens) and is the same price as the Gamma (£15 including carriage and batteries). It includes a smoothly dimmable main beam (the Gamma has just 2 brightnesses) and can be focussed just like my old halogen. While I've not personally tested the Manta, based on my experience with the Gamma, I would not hesitate in recommending it. They are both a step above the cheaper torches you find the supermarkets. At the start of 2013, I started hearing about the Petzl Nao. My daughter was starting to show an interest in clubnights and I thought, with the increased use, I could justify buying a new torch for myself and handing down the Alpkite to her. Reviews of the Nao were positive, but few were focussed on orienteering. Prices also varied widely between suppliers. I bought mine from <http://www.allbatteries.co.uk> for £99 including carriage. This was around 25% cheaper than any other supplier. Their price has now risen to £108.99, but is still good value.

The Petzl Nao's main attraction is that it combines 2 lights; an

extremely bright (355 lumen) main beam with a 100m+ range and a diffuse light for up-close work. At the top, it has a light sensor that measures the reflected light and adjusts the beams and brightnesses accordingly. The upshot of this is that if you look into the distance you get excellent visibility, but as soon as you look down at your map, the brighter beam is doused and the diffuse light allows map reading without being dazzled or having to hold the map at a funny angle to stop yourself being blinded. Similarly, when faced by snow, rain or fog, the light level is adjusted to stop glare.



http://www.petzl.com/files/fckfiles/image/NAO/nao/nao_page_nao_photo1_EN.png

The torch has a removable, self-contained rechargeable battery pack on the rear of the headband. The pack clips off from its holder for charging through its USB connector. A mains charger is not included, but it comes with a USB extension lead so that it can be connected to many modern phone chargers (car and mains) as well as a computer. The battery pack includes a 3-bar battery level display and, in case of emergency, it can be opened and 2x AA batteries fitted to get you home. Having said that, I've found its battery life to be excellent especially when used at clubnights around Cambridge. As the city is rarely truly pitch-dark, the torch adjusts itself accordingly giving longer battery life.

Physically, the torch is heavier than the Alpkit, but I find it just as comfortable as it has an easily-adjustable strap with various over-the-head sections. Juniors may find it less comfortable, however. The batteries and light are evenly balanced weight-wise. The battery pack can optionally be fitted to a waist strap if you prefer (at extra cost). The torch is also IP X4 rated.

For me as a techie, the cool part about the Nao is that when it is connected to a computer, you can use the provided software to program your own response curves into it. An orienteering profile is included, but not activated by default which gives a very fast response to changes in reflected light because of the need to flick between map and distance

viewing in our sport. The torch can have multiple profiles installed on it which can be switched between with the power switch. I have a second, dimmer, profile for getting around when I'm not actually running a course.

A potential downside to the quick switching between brightnesses is that, under some circumstances, it is noticeable when you aren't expecting it. At the West Cambridge site or Centre for Mathematical Science, as you turn your head, the ambient lighting makes it switch its beam. I personally don't mind this at all, but some reviewers have mentioned it. Like all rechargeables, the battery has a limited life. Around 100 charges is expected before any deterioration.

So how well does the Nao work in practice? I won my first event using it (Rowney Warren) and it coped admirably with the patchy reflective snow. I've used it in fog and sleet at clubnights and while it didn't make the experience physically any more pleasant, it was easy to use even with cold fingers and poor visibility. At the White Rose this year, it stood its ground against the people with huge halogens even with a mass start.

LEDs have progressed so far in the last couple of years that I believe they have made incandescent lighting obsolete in many circumstances (cars frequently use them for forward-facing running lights and LED spots are available for home use). It is worth spending a little more to get a brighter light (or one with more flexible lighting). I think the Alpkits torches are great value especially as they include carriage and decent batteries. The Petzl Nao is probably overkill for many users and its £100+ price tag will be off-putting, but it delivers on its promises and, being rechargeable, has low ongoing costs. I would recommend either torch. Feel free to ask me to demonstrate the Nao if you see me at a clubnight.

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Stephen

Equipment

WAOC owns a fair amount of equipment, primarily for putting on events but also for mapping, coaching and night O. There are also other items such as trophies and software licences. Some items you may not be aware that we have, are a measuring wheel and sighting compasses for mapping. We also have 2 full OCAD 10 licences for mapping and map printing as well as 11 OCAD course setting licences – these can be moved between members as the need arises. Younger members may like to borrow the 3 map jigsaws.

I will shortly be carrying out an inventory check; I would be glad to have back any equipment you may currently have particularly a set of coaching cones. May I also put out a plea that equipment is returned as issued so that it is in a fit state to hand out next time.

Caroline Louth – WAOC Equipment Officer

Lagganlia 2013

I was selected to go to Lagganlia 2013. Before I was selected I knew all about Lagganlia because of my older brother, Tom, went in 2009. Due to him achieving this I wanted to follow in his footsteps, so I then looked for any selection events I needed to attend. The British Midland Championships was near to me so I went to it. At this race I was lucky enough to be able to become W14 Midland Champion 2013. This then put me in a good position to be selected. Before any of this I had been orienteering most of life. I really enjoy orienteering. I was always quite a good runner so was able to do quite well on runnable courses but I needed to improve a lot of my navigational skills.

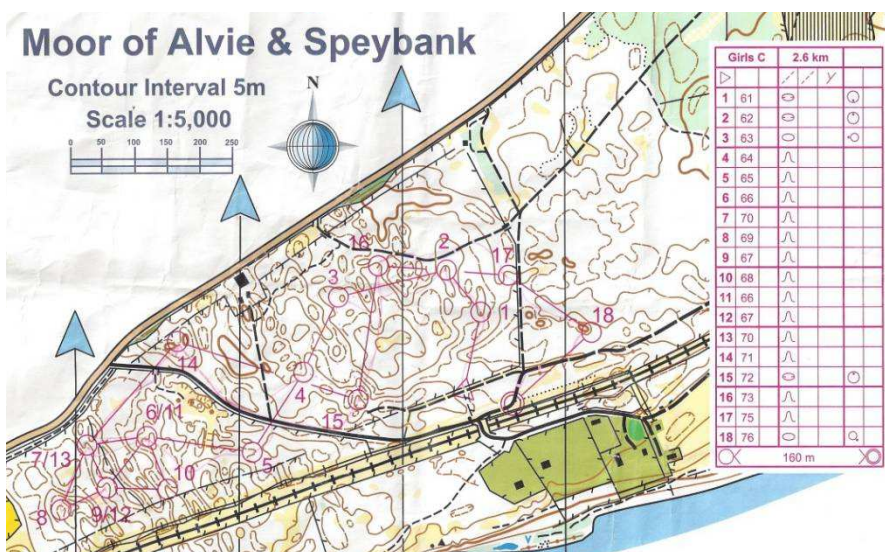
After I got selected I was extremely happy and excited. I couldn't wait to go to Lagganlia.

The journey up was very boring because I had forgotten my headphones but the scenery was beautiful. I arrived, everyone was really quiet. But after our first dinner we played games to get to know people. Everyone was lovely. The first day was very productive. Firstly we did pacing to find how many paces we take for 100m on track, on terrain up hill and down. After that we did a compass exercise where I was able to try a different compass to mine, then we did aiming off and to finish the morning, we did a fun relay which my team won. In the afternoon we did some time trials and a distraction exercise. So we were all tired after the first day.

For the second day we were able to experience what it is like drawing our own map. This made me realise simplification is very important and that each person picks out different features. On this sketch map exercise I decided to take it slowly so I could get it correct. Also on that day we did the "walk O". This is where you walk around with a map and describe the different features that you see.

On the third day we went to Littlemill. On this day I was able to try out three different types of skills, longer legs, simplify and green stuff. This was very useful. Then we did a relay so I was able to try out all the new techniques and skills.

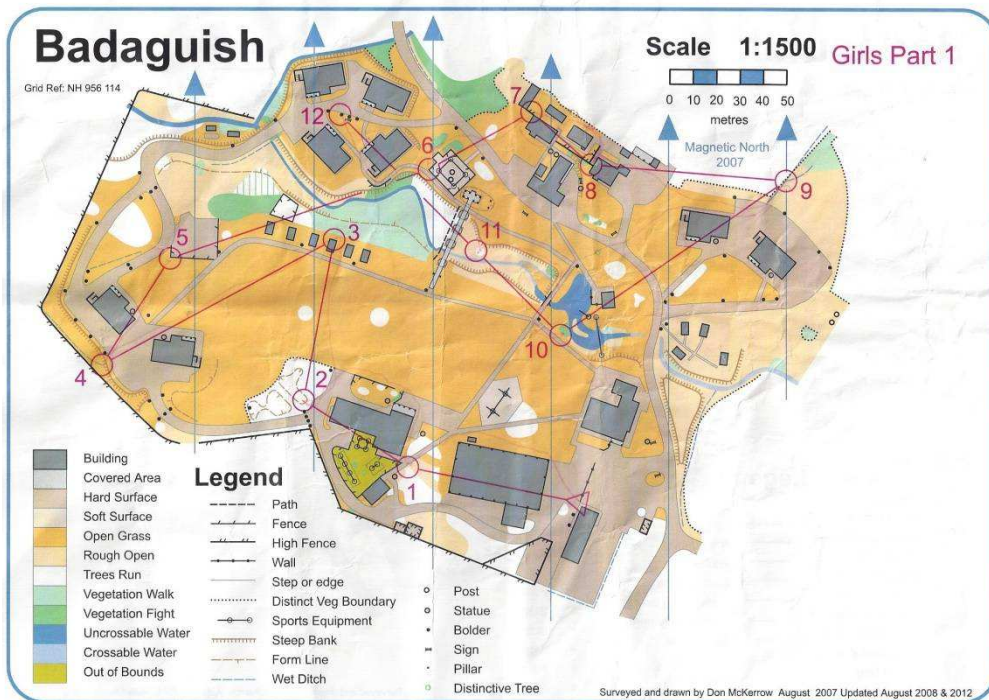
On the fourth day we did some races. The first one was at Moor of Alvie, where I was able to experience what a silent start was like, which I definitely need to work on. Also on the courses we all did a loop. This is a contour complex area shown on this map.



we went to a loch for a swim which I wasn't scared of at all and just ran in it was brilliant. Then we were able to walk around Aviemore, and buy some food.

After that we went to Badaguisch which was a standard open area of parkland that I think is a holiday camp type complex. The Badaguisch map shows the first twelve of the thirty controls – it being a double sided map that we were given.

That's where we did a sprint race and I got very confused on some of the controls. After all the races we had a go on the hanging loops across a stream, which is where you have to swing yourself across rings (very near control ten). Your aim is to get to the other side without falling in. I really didn't like the first time but I got better at it as we went along. After that



The next day we did a "Talk O" at Dallaschyle. This is where you are in partners and one person has a map and the other doesn't. The person with the map has to explain how they are going to get to the next control, what they should be able to see, and what they can see, also what their catching feature is and what their attack point is. This proved very useful to me. After that we did a peg

relay. This is where you have a course and at the controls there are pegs and whoever comes back with the most pegs wins. On this relay I realised how slow I am compared to the other girls at Lagganlia. But I was third back with three pegs.

For the last day of orienteering, we were at Lagganlia. This is where we did a classic race. I found the classic course extremely hard by getting completely lost on number one and not doing very well after that. But I enjoyed it. After the classic race we did a balloon relay this is like a normal orienteering relay but you have to carry a balloon with you and then a maze exercise.

On the last night we had a special dinner and then had an award ceremony. I won the "famous last words" award. I won this because it was my group's turn to tidy up and I said I was a brilliant waitress and straight after that smashed a glass, sorry to Christine and Arthur for that. But all the coaches found it hilarious.

While I was at Lagganlia I was able to visit many gorgeous places such as Uath Lochan, Inshriach, Loch Vaa, North Granish, Littlemill, Moor of Alvie, Badaguish and Dallaschyle. Many that I still can't pronounce. Overall I really enjoyed the whole time at Lagganlia; I made many new friends, learnt lots of new skills and now feel I am a better orienteer. I look forward to trying to get a place on the Deeside 2014 training.



Crocodile sprints ton (control descriptions) - Bruce Marshall

Just for fun see if you can find some control descriptions hidden in these anagrams

eg deer tic tints = distinct tree

red mud lips
warrens enter tent
noble elks went
tided huge shoes
tony - navigate our bed
scooter honks tutor
crank debt
toadies spend
manic june trots
a denser hill swoops

[answers on page: 18]

News from Press Office: Seonaid Dudley

A goodly number from the West Anglian club travelled to the Moray coast for the biennial Scottish 6-Day competition. This popular event is second only to the International JK Easter competition in number and this year attracted upwards of 3,000 sports addicts from around the globe.

The six days were held in different venues comprising high quality varied terrain such as sand dunes, boggy moors and rocky forests. Four scores from the six days give the overall positions.

Wednesday, a traditional rest day, now offers other disciplines such as Urban-O in Lossiemouth, a Trail-O competition suitable for wheelchairs and buggies, a Mountain Bike-O and a Score-O, where one collects as many specified sites as possible in a certain time.

Best results for the club came from its juniors. Leading the way was Catherine Hemingway (St.Neot's) who has recently been selected for a National Squad training week and was out to prove her worth in the tough international competition. With a best of 5th, she posted another 7th, 12th and 16th to finish overall well in the top quarter.

Hemingway leads the way

■ **ORIENTEERING:** Catherine Hemingway produced the best performance of West Anglian Orienteering Club members at the biennial Scottish Six-Day Competition.

The event on the Moray coast were held in different venues, with four scores from the six days giving the overall positions.

It was the WAOC juniors who supplied the best results, with Hemingway posting a best finish of fifth to finish overall in the top quarter, with seventh, 12th and 17th spots as well.

William Louth also had a best of fifth and with 13th, 17th and 19th places, he was also in the top quarter. Tom Hemingway gained a top third position on the second day.

For the seniors, Robert Campbell (10th, 16th, 20th and 26th) finished in the top quarter as did Mike Bickle (ninth, 10th, 24th, 33rd).

Noreen Ives, competing in a short class, was in the top quarter (fourth, ninth, 10th, 12th) as did Graham Louth and Penny Bickle.

News & Crier

SPORT

Hemingways in fine form on Scottish Moray Coast

ORIENTEERING

CATHERINE Hemingway of St Neots was training with the national orienteering squad last week and was out to prove her worth in a tough international competition at the biennial Scottish Six-Day Open event on the Moray Coast.

The popular event is second only to the International JK Easter competition and it attracted more than 3,000 competitors from all over the world. With the best four scores from the six days going towards an overall score, Hemingway had an excellent competition with fifth, seventh, 12th and 16th place finishes meaning she was in the top quarter of competitors for her age-group.

Matching her was William Louth who also posted a best of fifth with 13th, 17th and 19th place finishes, while Catherine's brother, Tom Hemingway, was third on the second day.

William Louth also posted a best of 5th and with 13th, 17th and 19th also finished in the top quarter and Tom Hemingway gained a top third position on the second day.

For the seniors, Robert Campbell, Principal of Impington Village College, with 10th, 16th, 20th, 26th finished well within the top quarter, as did Mike Bickle with 9th, 10th, 24th, 33rd and Noreen Ives competing in a Short class who posted a best of 4th and added 9th, 10th and 12th. Graham Louth, Short class, with a best of 9th, finished in the top half as did Penny Bickle, best of 12th. Others who gained top half positions on individual days were Peter Woods, Mike Capper, Chris Brown, Helen Bickle and Hazel Bickle.

Not all the reports get printed and they are often abridged, sometimes making no sense

I am walking **the 'Walk for One Million'** on Sat 5th Oct in the grounds of Hatfield House, in aid of Target Ovarian Cancer.

It's 10 miles and will be a bit of a challenge as I've not walked more than 8 miles for a couple of years!

Hopefully I'll be fit enough to complete it! By the time this comes out, I will have set up a 'Just Giving' page on the web so, if anyone is so minded to contribute, I'll be very grateful. **Seonaid Dudley**

Going farther afield – Brian Cowe

When I started orienteering, three and a bit years ago, I started with a few local events, and gradually became a regular with WAOC. Everywhere was a new place to get lost in! But after not so long, I started travelling farther to events. Why? Three reasons. How many apply to you?

- Varied, more challenging terrain: each region has a terrain that is typical for it: in East Anglia's case, this is predominantly flat woodland. I wanted to find my way around the hills of the peak district, the moorlands of Wales, and the mud of Yorkshire.
- More prestigious events: the bigger events (such as the JK) have a great atmosphere, with first class orienteers travelling from many countries. These are always a lot of fun, and many WAOC orienteers can be found at the bigger events: look for the WAOC tent / flag in the assembly area. My family and I often take the opportunity given by a distant multi-day event to enjoy a short break, somewhere we wouldn't otherwise visit.
- British Orienteering ranking scheme: if you're a member of British Orienteering and you compete in a ranking event, then you get ranking points: this is scaled according to the level of the competitors at each event, and gives a realistic way of comparing your performances both against others', and against your own previous performances. Yes, you can objectively measure your progress as an orienteer. Events at level C and above are a part of this, so it can be worth looking for these—you can find a reasonably local one most Sundays. Check out the "Events" tab on [British Orienteering's web site](http://www.britishorienteering.org.uk) to find them (and see your current ranking!)

May you go far.

BO Ranking list: <http://www.britishorienteering.org.uk/page/rankings>

Position	Name	Club	YOB	M/F	Points	Contributing scores ?
1 (171 +3)	Robert Campbell	WAOC	1966	M	7673	1278, 1272, 1276, 1277, 1305, 1265
2 (295 +1)	Dil Wetherill	WAOC	1964	M	7500	1237, 1235, 1299, 1232, 1247, 1250
3 (412 +4)	Tom Hemingway	WAOC	1996	M	7362	1221, 1210, 1213, 1250, 1251, 1217
4 (417 +3)	Steve Hinshelwood	WAOC	1964	M	7350	1230, 1222, 1216, 1222, 1241, 1219
5 (442 +5)	Brian Cowe	WAOC	1976	M	7320	1242, 1221, 1209, 1206, 1243, 1199
6 (507 +9)	Graham Louth	WAOC	1962	M	7244	1200, 1197, 1201, 1208, 1220, 1218
7 (589 +11)	Sean Blanchflower	WAOC	1973	M	7167	1205, 1201, 1200, 1172, 1205, 1184
8 (688 +7)	Ben Green	WAOC	1977	M	7094	1214, 1180, 1171, 1174, 1188, 1167
9 (804 +5)	Michael Bickle	WAOC	1948	M	6995	1191, 1169, 1151, 1180, 1156, 1148
10 (899 +3)	David Cronk	WAOC	1960	M	6914	1149, 1133, 1152, 1158, 1143, 1179
11 (910 +6)	David Cooper	WAOC	1963	M	6904	1115, 1186, 1144, 1170, 1171, 1118
12 (1007 -44)	Mike Capper	WAOC	1955	M	6835	1135, 1160, 1143, 1133, 1133, 1131
13 (1009 +5)	Rachel Pocock	WAOC	1967	F	6833	1154, 1151, 1147, 1126, 1128, 1127
14 (1048 +2)	Iain Stemp	WAOC	1965	M	6798	1197, 1119, 1116, 1113, 1149, 1104
15 (1273 +4)	Peter Duthie	WAOC	1959	M	6621	1107, 1107, 1091, 1106, 1091, 1119
16 (1279 +3)	Maurice Hemingway	WAOC	1955	M	6617	1130, 1106, 1123, 1122, 1066, 1070

Position	Name	Club	YOB	M/F	Points	Contributing scores [?]
17 (1294 +3)	Peter Woods	WAOC	1957	M	6607	1103, 1097, 1082, 1130, 1082, 1113
18 (1363)	Chris Brown	WAOC	1952	M	6554	1097, 1102, 1077, 1087, 1104, 1087
19 (1374 -1)	Paul Beecher	WAOC	1979	M	6545	1107, 1068, 1064, 1141, 1086, 1079
20 (1471 +10)	Stephen Borrill	WAOC	1971	M	6468	1081, 1081, 1078, 1100, 1066, 1062

Ursula's (M)utterings.

The editor tells me that maps and photos are popular so here we go.

Here's the map of my Bournemouth University Short Course Final (this will be much clearer online than in the print version).



I mentioned last time that this was a particularly good sprint event. Registration was, of course, on one edge of the campus and the morning qualification race was in an adjacent housing estate with curly roads – no real route choice, not much of interest and, for me, just being overtaken by faster runners.

So the afternoon was a complete surprise: the Short course had 16 controls in 1.8K and kept me on my toes the whole time. At control 2, I was plunged for the first time into the area of adjacent polygons – hugely confusing – I had to go back out and have another, slower go.

Then consider 5 – 6 – 7 – 8. Is it better to go W or E from 5 to 6? I went E but I think W would have been better as it was a simpler run, making it easier to work out how to go from 6 to 7. Because I am a slow runner I went the more S route from 6 to 7 but again that needed care for the navigation and it was tough punching 7 and having to switch the map round to go back immediately to 8. Going along the road and then in to 7 might well have been better as I could have flowed through 7 to 8 with less map disruption: it would certainly have been better for a strong runner. Not much of note until 13 – 14 again, of course, in the area of adjacent polygons. I managed 13 as people were punching it on my previous visit but by the time I was spewed out at the other side I had no idea of which way to go to 14! I just had to stand there until some oxygen returned to the brain. Then it was just a run to the Finish – a bit long for me but many like the opportunity to stretch out at the end.

Urban weekends have continued to dominate my O: a weekend Saturday spent at the Lincoln City Race with the best Lincoln W Ultravets course ever, particularly when contrasted with the situation 3 years ago when we were put on the same course as the W10s – they'll not do that again. I had a good run apart from missing completely the pedestrian bridge over the railway to the final control so that I came round by the road, an error which was seen by many as I ran towards it past the post-run congregation area instead of discreetly by the back! Then an unexpected lift to Sheffield Meadowhall Travelodge from where I set off for NW Sheffield by public transport. Previous searches had suggested that the 125 bus was what I needed and indeed I had a Street Map segment of how to get from Sheffield station to a suitable stop. The tram from Meadowhall, however, did not go to the station so I got off it at what looked like a nice spot in time to see a 125 proceeding rapidly up the hill on pposite with no sight of a bus stop anywhere. Having followed what I hoped was its route uphill for some distance I was mightily relieved to find people waiting at a suitable stop and so to get to my friend Gill's for the night. The next morning Gill drove us down to the Sheffield City Race, in the Don Valley which used to house all the steelworks for which Sheffield was famous. The race went OK up to 5 and once I was out on a path all I had to do was run down it as it became a bit of road and turn L at the bottom and 6 would be at the other side of the road. The problem was 6 to 7 as there were 3 different routes which needed to be sorted before I got to 6. So I was running along, looking at my map when suddenly I hit a bollard – out of the blue, let me assure you - and of course landed head first on the road (the bollard marked the end of the asphalt path). Very little damage to me – odd scrapes on forehead and nose and a L index finger which was dripping a little blood but unfortunately my lovely +6.0 specs had hit the road and had deep scratches right along them. So the rest of the course was a bit of a trial as I really could not see the map at all well: I had some success holding my slightly scratched R lens to my L (good) eye but it did not make for fluent urban O. No photo because the specs have been returned to the spec hospital and I am reduced to my old +4.0s while they get new lenses.

A number of other WAOCs

That weekend was immediately followed by the BOK Blast weekend, with the SW Sprint Champs in the University of W England on Saturday and the inaugural Bristol City Race on the Sunday. With trains booked and entries made we then got an invitation to the last night of the Proms on the Saturday night so I only ran the prologue in the morning – once again in a housing estate but one with lots of cuts through and careful route choice so a really good course. Pity about the kerb which caused me to trip up and scrape my right lower arm but thanks to most helpful BOK first aiders who resisted the organiser's call for a trip to A & E I returned to London in good time for the Proms. No photo because the editor didn't mean that sort of photo. First Great Western let me down on Sunday so I arrived at registration which was 10 very good uphill minutes from the Start some 10 minutes after the last start, was given a map by the organiser and got a run round without a dibber (I should have taken it anyway as I could have dibbed all but the Start and compared splits with those who arrived in time).

It was a really good course, one of my best urban ones with a couple of particularly tricky areas, one round student residences in Victorian former private houses with complex garden structures behind them and the other right up at the top of the area which I just about managed OK but then had no idea where to go as I came out of it. Why does a compass never seem to work in these situations? I think that's more than enough of me.

Answers to Bruce's control description Quiz:

middle spur
western reentrant
between knolls
hedge south side
vegetation boundary
southern rootstock
track bend
pond east side
stream junction
shallow depression

WAOC Fixtures

2013	2014
19/1/13 Rowney Warren Night-O	9 /2/14 Warren Wood EAL
(9/2/13 Thetford Thrash Day1 CUOC)	16/3/14 Rowney Warren
10/2/13 Thetford Warren – TT Day 2	6/4/14 Ely (Urban Race)
10/3/13 Chicksands Wood CC	31/5/14 SS1 & 14,15/6/14 SS2****
14/4/13 Wimpole Hall	5,6/7/14 SS3 & 19,20/7/14 SS4
15/9/13 Therfield Heath Ltd CC	9,10/8/14 SS5 & 16,17/8/14 SS6
27/10/13 Brandon CP CC*	21/9/14 Ampthill
24/11/12 Ampthill Park	2/11/14 Mildenhall North
8/12/13 Mildenhall South	7/12/14 Maulden Woods

* linked to Cambridge City Race on Saturday 26th

**** Provisional dates for summer series

EAOA Fixtures have been taken from the EAOA fixture lists as of 25th September 2013. A full list of events is available on the BOF web site where you can find more information on the events listed below. Always check before travelling. (www.britishorienteering.org.uk)

October

- | | | |
|------|-------------------------|---|
| 5th | NOR
EAOA
Level B | VHI Relay Event , Kelling Heath Holiday Park, Holt, TG118415
Entry times: 14.30 to 16.00. Dogs on Lead.
Organiser: Alan Bedder , 01603 424589 www.norfolkoc.co.uk |
| 6th | NOR
EAOA
Level B | Norfolk Dumpling & VHI Individual Event , NT
Sheringham Park &
Weybourne Forest, Sheringham, TG139410
Entry times: 10.30 to 12.30. Dogs in Car Parking area only please.
Organiser: Pat Bedder , 01603 424589 www.norfolkoc.co.uk |
| | Important | Please be aware that the A11 will be closed between the A14 and Mildenhall between 4th and 7 th October. The Fiveways roundabout at Mildenhall is being reconstructed as part of the A11 dualling improvement. The signed diversions will take you a long way off the desired route. http://www.edp24.co.uk/news/ |
| 6th | SOS
EAOA
Level C | SOS Colour Coded The Broaks inc. Club Championships, ESSOL & SWELL , The Broaks, Halstead
Organiser: Mark Lyne , m.lyne@hotmail.co.uk , 01787 478524
stragglers.info/home/index.php |
| 6th | SMOC
EAOA
Level D | Keyne-O , Campbell Park, Milton Keynes, SP867398
Organiser: Richard Pownall
www.smoc.info/ |
| 13th | DVO
EMOA
Level C | EM League , Kedeston Hall, Derby, SK322413
www.dvoa.co.uk |
| 20th | NOR
EAOA
Level D | NOR Club Championships , Beeston Regis (Roman Camp), Sheringham, TG186413
Entry times: 10.00 to 12.00. Dogs: Dogs on Lead Please.
Organiser: Nicky Nicholls
www.norfolkoc.co.uk |
| 26th | CUOC
EAOA
Level B | Cambridge City Race , Cambridge City Centre, Cambridge, TL450592 Dogs in assembly area only.
Entry by www.fabian4.org.uk by 12/10/13
Organiser: Joseph Hobbs , cityrace@cuoc.org.uk, 7900280250
cuoc.org.uk/Events/EventDetails.aspx?ID=Cityrace2013 |
| 27th | WAOC
EAOA
Level C | Town and Country Weekend , Brandon, Brandon, TL775854
Entry times: 10:00 am - 12:00 noon. Dogs allowed pending confirmation by landowner. Dogs must be on leads in the assembly area and under control at all times.
Entry on www.fabian4.org.uk by 14/10/13
Organiser: Catherine Pennington, cath_pennington@hotmail.com
www.waoc.org.uk/n.humphries/waoc/details/2013-10-27-Brandon.php |

November

- | | | |
|-----|--------|--|
| 3rd | SUFFOC | Colour Coded and EAL , The King's Forest, Bury St Edmunds |
|-----|--------|--|

	EAOA Level C	Organiser: Andrew Elliott , andrew_yyy@tiscali.co.uk , 01359 230221
10th	SMOC EAOA Level C	SMOC Colour Coded Event , Twywell Hills & Dales CP, Thrapston, SP940765 Organiser: Robert Dove , robert@dove-kettering.freeseve.co.uk
17th	HAVOC EAOA Level C	HAVOC Epping SW SWELL , Epping SW, Chingford, TQ393950 Entry times: 10.00 to 12 noon. Dogs to be kept under control.
17th	NOR EAOA Level C	West Norfolk Colour Coded Event , Roydon Common & Grimston Warren, Kings Lynn, TF680220 Entry times: 10.00 to 12.00. No dogs allowed. Organiser: Leanne Bailey www.norfolkoc.co.uk
24th	WAOC EAOA Level D	WAOC Colour Coded Ampthill Park , Ampthill, TL023382 Dogs welcome if kept on leads. Organiser: Lakshmi Chand
24th	SOS EAOA Level C	SOS Colour Coded Wivenhoe incorporating ESSOL , Wivenhoe Park. Woods and Marshes, Colchester Organiser: Peter Warland stragglers.info/home/index.php
December		
1st	SUFFOC EAOA Level C	Colour Coded and ESSOL , Knettishall Heath, Thetford Organiser: Clive Wilkinson
8th	WAOC EAOA Level D	WAOC Mildenhall South Colour Coded , Mildenhall, TL740741 Dogs allowed. www.waoc.org.uk
15th	NOR EAOA Level C	Sth Norfolk Colour Coded Event , Hockham, Thetford, TL937919 Entry times: 10.00 to 12.00. Dogs: On Lead. Organiser: Helen Lloyd www.norfolkoc.co.uk
21st	NOR EAOA Level D	NOR Night Event , Beccles Common, Beccles, TM431906 Dogs On Lead. Organiser: Estella Ward www.norfolkoc.co.uk
29th	NOR EAOA Level D	Xmas Informal Score Event , Cawston & Marsham Heaths, Aylsham, TG166236 Entry times: 10.15 to 11.00 for orange course. Dogs on Lead. Organiser: Alan Bedder www.norfolkoc.co.uk
29th	LEI EMOA Level C	LEI Colour Coded , The Outwoods, Loughborough www.leioc.co.uk

