West Anglian Orienteering Club

British Orienteering

JABBERWAOC

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Orienteering in New Caledonia

Editorial

Welcome to the December 2013 edition of your WAOC magazine. Note the cover photo of Ben orienteering on a South Pacific Island. His description of the race is given on page 14. Noreen writes about her experience orienteering in Canada and we have accounts of the London City Race and a successful Swedish competition with maps and photos included from our growing band of contributors. Bruce's second quiz is on page 18 and this issue ends as usual with information for events throughout the coming season.
Peter's Chairman's Chat is very important this issue as he includes a questionnaire on volunteer roles. Be sure to consider and return this form (page 5). The committee is also considering holding the AGM at a Clubnight in March.
Wishing you all an enjoyable time orienteering in 2014. Hazel Bickle

Send your orienteering news and views with 1st March 2014 the final Copy Date for next issue

Chairman's Chat (December 2013) – Peter Woods

The mild weather almost every weekend in the last few months has given us perfect orienteering conditions. In taking advantage of this I have been thinking about what we are paying for, when we enter an event, and noting how different clubs have responded to British Orienteering's revision to the Rules and Guidelines, which now stipulate much more clearly what standards should be expected at B, C, and D level events (You can find the new rules on the British Orienteering website: http://www.britishorienteering.org.uk/page/rules).
Until a few years ago, there would not be much to debate – almost all our events would be equivalent to Level C, would generate national ranking points, would offer 6 to 8 colour coded courses, and provision of Portaloos would be a rare exception. The direct cost of putting on an event always included 3 major items, of roughly equal magnitude: printing the maps, paying the BO levy, and paying the landowner for access. Very roughly speaking, each of these costs about £1 per competitor (since we price our entries so the seniors subsidise the juniors to some extent, the cost per senior is somewhat higher). We cannot begrudge any of these, and they tend to scale with the number of competitors.

However, in line with BO guidelines we have recently been providing portable loos at all our level C events. The extra cost of this amounts to between £1 - £2 per competitor or possibly more, depending on turnout, and this additional cost has to be passed on to those entering. Level D events are not required to provide loos, and in any case we tend to charge a little less, but they do not generate ranking points. I suspect ranking points are much more important to many orienteers than the exact entry fee or the convenience of the conveniences.
Our recent level D events at Ampthill and Mildenhall South could easily have passed muster at Level C, although that might have made it harder to shuffle the dates of these as we needed to avoid road closures, circuses and other obstacles for which IOF has yet to publish mapping symbols. The turnout at both was very good, which probably has far more to do with the weather than any of the above considerations.

My own autumn experiences from around the region and further afield include:
Driving through a deluge to TVOC's event at Penn Wood, getting thoroughly soaked on the way to the start; appreciating the dedication of the officials, notably the almost drowned road crossing marshals; and my hands being too cold to button my shirt when changing after my run, fortunately rectified after taking advantage of the three-bean chilli and hot drink from the

O-trader. (Level C, pre-entry & EOD, food & drink stall for the event, Senior BO entry £9.50, approx. 250 entries).
The Salisbury City Race, bright but cold, featuring a leap over deep water onto an island to reach one control, on a course which also included fiendish route choice decisions in complex school grounds either side of a walled road with a footbridge; figuring out mapping of a multi-storey car park; having marshals in busy areas of the old town who stopped the pedestrian "traffic" to give orienteers priority (!) and a finish on the lawn outside the cathedral cloister. (Level B, Superb bacon baguettes in school canteen, excellent assembly area in school gym, Pre-entry only, Senior BO entry £10.50, 500 competitors).

A heroic jump!
http://myweb.tiscali.co.uk/sarumscan/Salisbury%20City%20Album/index.

Being scalped by a bramble at Twywell Downs, so finishing with dried blood down one side of my face. This was a really exciting short format event in significantly contoured terrain which must be unique in East Anglia. WAOC's Mike Capper was the controller. The St John First Aider at the event was able to clean me up to be sufficiently presentable to buy a hot drink and bacon bap and receive a discount for being an orienteer. (Level C, Pre-entry & EOD, portaloos for orienteers, trader normally there for the public. Senior BO entry £10, c. 120 entries).

A "nearly good" run in the scenic heathland of Roydon and Grimston, where I came unstuck when revisiting the same complex contoured area at the end of the course that I had managed to cope with at the beginning. Another gem of an area which, like Twywell, I had not visited for many years. (Level C, but no loos, EOD only, Senior BO entry £5, c. 110 entries).
For comparison, during the same period our Level C event at Brandon (Portaloos, Pre-entry and EOD, Plus Trail O; Senior BO entry £7) had about 250 entries; 112 came to our Level D event Ampthill Park (Permanent loos available, EOD only, Senior BO entry £5) and 140 to Mildenhall South (No loos, EOD only, Senior BO entry £5).

In 2014, our Sunday events will be almost exclusively Level C. We are aiming to keep our entry prices for these unchanged from Level C events in 2013, with an exception for the City Race in Ely in April.

The above gives an almost complete account of how I have spent my weekends orienteering this autumn, save for one event: the BO association and club conference in Stratford-upon-Avon in October (Lots of loos - it was indoors; Pre-entry only, Senior BO entry £0, about 50 entries). The theme of the conference was Volunteering, and whilst it was no surprise to find that all clubs rely on volunteer efforts just as we do, for organising and helping at events, committee roles, and other behind the scenes activities, it was interesting to learn about different approaches which have been taken to recruit and recognise the efforts of volunteers.

It is clear that just about every club member helps to some degree or other, and we shall be trying out some new ideas to make sure that we as volunteers, as well as the club, get the most out of our different contributions.
It is a timely topic, as Seonaid and Mike Dudley will be standing down as Publicity Officers in March, and although we hope Seonaid will carry on as Press Officer, a new person will need to be found to take up the Publicity role. In addition, there are plenty of informal jobs that can be taken on by one person or shared. These include posting the results on-line after an event, preparing the download computers before an event, dealing with on-line entries for one of our pre-entry events, and providing hot drinks at events (something I am hoping to revive in 2014). And of course we still need helpers on the day at all our events as well as Organisers and Planners.

Until now, WAOC has made it the responsibility of each event's Organiser to recruit all the helpers needed for that event, but we would like to try something different, so that Organisers will know who to call for different roles. So, here is something for you to think about when forming your New Year Resolutions.
We would like to ask you, i.e. all of our individual members and family groups, to nominate how you would like to help in the coming year. This gives a chance to indicate preferred jobs when helping at events, but this is not really the aim of this exercise. We hope that some of you will be willing to act as team leader in a particular aspect of running our events. For example, if you volunteer to be a "Registration team leader " in 2014, then we will help you become very good at setting up and operating registration and can make sure everything is set up as it should be each time, and that your co-helpers on the registration team on the day know what to do. This does not mean you will be committing yourself to have to come and do this at every WAOC event (ideally there would be several team leaders who could alternate) but would mean that the event organiser can delegate some of the on the day organisation to the team leader.

Responses need not be limited to helping on the day at events, so could include for example letting us know of a particular skill you think may be useful, such as IT skills.
The list below suggests possible ways of helping. An email will be sent out to everyone who has provided an email contact with this list, and we will be hoping to receive a response from everyone indicating a preferred way of helping. If you have not provided an email contact, and prefer not to use email, I hope this will not stop you from responding: responses are welcomed by post to Anne Duncumb, our Membership Secretary.

Once we have your responses we will get back in touch with you to confirm these various roles. We will need to deal with what happens if we have 20 people, for example, all opting to be a Registration team leader! We do hope this system will make it much easier for event organisers, who will know who to contact , and to make sure that people get to do the jobs they like doing.

If you have any questions or comments on this scheme or on any of the suggested roles, please do get in touch with me.

Peter Woods

Nominate how you would like to help in the coming year

Name:	
I am interested in the following roles	
Publicity Officer	☐
Team leader roles	
Download Team Leader	☐
Start Team Leader	☐
Car Parking Team Leader	☐
Registration Team Leader	☐
Event Planner	☐
Event Organiser	☐
Deputy Organiser	☐
String Course	☐
On the Day helper (tick all that are of interest)	
Registration	☐
Download	☐
Car Parking	☐
Start	☐
Tent Wrangler*	☐
Other (please specify)	☐

(*) i.e. helping to put up tents etc at beginning of the day.

Skills Audit: I may be able to help WAOC in a different way
(e.g. I have a First Aid qualification; I am fluent in HTML and PHP scripting;
My Mum owns a Forest; I can print maps for free).
Please specify below:

Please reply by e-mail or by post to Anne Duncumb, our Membership Secretary
memsec@waoc.org.uk

WAOC Committee

Chairman:	Peter Woods (01223 721433) peter_woods@ntlworld.com	Secretary:	Rakesh Chandraker (01223-440319) rakesh.chandraker@ntlworld.com
Treasurer:	Cath Pennington (01223 2333931) cath_pennington@hotmail.com	Captain:	Graham Louth (01223 246145) graham@louths.org.uk
Junior Captain:	Thomas Hemingway	Fixtures Secretary:	Bob Hill (01487 834183) bobhill76@yahoo.co.uk
Event Convenor:	Peter Allen (01954-211446) science@huccombe.org.uk	Mapping Secretary:	Neil Humphries (01462 434859) n.humphries@ntlworld.com
Membership Secretary:	Anne Duncumb (01223 843064) memsec@waoc.org.uk	Equipment Officer:	Caroline Louth (01223 246145) caroline@louths.org.uk
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Junior Coordinator:		Development Chairman	Chris Morley (01223 316400) ctm1@cam.ac.uk

WAOC/British Orienteering membership for 2014

Members who belong to British Orienteering as well as to WAOC, should already have had an email request for 2014 subs via BOF - indeed quite a few WAOC members have paid up already, thank you, notification has come through to me efficiently.
If your sub is yet to pay, (and you don't have a direct debit arranged) please would you deal with it well before the end of the year? The email notification was sent out from BO in mid November, so it is probably well buried in your 'in tray' by now.....

Club only membership

I will enclose a WAOC renewal form with this Jabberwaoc and will email the form to those of you who read Jabberwaoc on line.
Any queries? Contact me for more info memsec@waoc.org.uk

Thank you to our members for their support in 2013 and we hope that you will want to continue Orienteering with WAOC in 2014.
Best wishes, Anne Duncumb (membership secretary WAOC)

Welcome to new WAOC members – Anne Duncumb (membership secretary)

Simon and Morag Brockington and family (Rona W8 and Skye W6) from Girton
Sally and Emma Da Costa and Dexter (M 1 - very nearly!) from Cambridge
We hope you will enjoy orienteering with WAOC

Appreciation

Due to a change of location, I will not be a member of WAOC this coming year but would like to thank all at the club for the time invested into training, coaching and the endless amount of effort in putting on some memorable events during the last 5 to 10 years. I intend to move back to the area someday and aim to pop back to partake in a couple of the bigger WAOC events. I wish all in WAOC the very best and hope to see other WAOC members around the cities and forests in the future.
YiO Dai Wilson

Colour Coded Awards – Ian Smith

The four badges have been awarded since September's Jabberwaoc:-

Iain Stemp	Blue
Andrew Stemp	Green
Emile Zsak	White
Emile Zsak	Yellow

Clubnights Winter 2014

Up to 2nd April: all are at University sites in Cambridge.
Everyone welcome especially at the newly mapped Newnham College location on 15th January and club indoor championships postponed from 2013 on 29th January.
All to be confirmed . **Please check website** www.waoc.org.uk
6.30 for 6.45PM Details of meeting place on website. Matthew Vokes (CUOC) is coordinating winter sessions.

Date	Location
15 Jan	Newnham
22 Jan	Sidgwick Site
29 Jan	Athletics Track Re-arranged MicrO (weatherproof location)
05 Feb	West Cambridge including newly mapped new build and lake . Czech moving control exercise
12 Feb	Burrell's Field
19 Feb	Jesus Green Courses, incorporating StreetO
26 Feb	CMS (Centre for Mathematical sciences)
05 Mar	Churchill
12 Mar	Lucy Cavendish
19 Mar	Girton
26 Mar	IVC Courses. WAOC to plan
02 Apr	Therfield Heath . Clocks gone forward. WAOC to plan (CUOC in Sweden)

Clubnights Summer – forward plans

These spread over the total WAOC area N to S and E to W and will be hosted by WAOC coaches or runners as CUOC are doing exams. Dates to be confirmed given below.
There will be a league with perhaps 5 courses in total to count, over all the Weds evenings.

Date	**Location**
23 Apr	Coe Fen (To include newly mapped area)
30 Apr	Science Park
07 May	Ely (Possibly to re run courses from 5th April, or to use different area not used at City Race)
14 May	Milton CP
21 May	Fen Ditton
28 May	Epping Forest (½ Term), train in international orienteering terrain

04 Jun Hinchingbrooke
11 Jun Wandlebury
18 Jun St Neots (Cambridge May Week, historically it used actually to be in May)
25 Jun PuntO
02 Jul + SUMMER SERIES

Orienteer in Nova Scotia at your peril or with research beforehand!

- **Noreen Ives**

In October I went to Nova Scotia to visit my Canadian brother and his family. My elder brother has lived in Canada for over 35 years, is married to a Canadian and raised a family of 3 there. He now lives in Halifax, the capital of NS and has a small second home near Sydney, a largish town on the very eastern edge of NS. Before going to visit them I did a bit of research to see if there was an orienteering event near either place as I thought it would be fun to orienteer in Canada and get me out for some much needed exercise during the holiday.

I found an event on a Saturday at Mount Uniacke Estates. This is not a mountain but is a big house which was built in Georgian Classical style in 1816 – wooden clad with an imposing pediment above a line of columns - for Richard Uniacke who came from Ireland and became the Attorney General for Nova Scotia. At the time the house was within a carriage ride of Halifax so he could go for the weekend; it is now managed by the NS Museums organisation. Visiting the house is rather like visiting a NT stately home except parking is free for everyone.

It overlooks Lake Martha and is surrounded by at least 100 acres of beautiful forest which now contain 7 miles of marked trails. I remembered the house and estate from a previous visit so I was delighted to see that there was an event being held

there and my brother agreed to drive me there so I contacted the organiser to ask for details of how to enter etc.
Ashley, the organiser, replied to my email very quickly and confirmed that the length of course would be within my preferred range for length; I did not want to find the course was too long as I might let the great British nation down (ha!!). To my surprise he said that they were still using pin punches at controls though they hope to go electronic very soon. So I packed a small amount of gear for orienteering and off I went on holiday.
On the day we arrived at the car park early and looked about for action but no-one around. Registration was due to open at 11.00 with starts from 12.00. There were 5 people sitting at a picnic table but they didn't look like orienteers. Eventually two chaps appeared holding controls. They were also the planners, organisers, starters… There was a very small team putting out controls and running registration, 5 people in total I think. Organisers and competitors were friendly so I chatted to some while I waited. Most people were dressed in walking boots and carried back packs with food and water – I realised why later! The organiser registered everybody and then the same team went to the start to run that. This sounds horrendous but there were only 29 entries, mostly individuals but a few small groups. There were 7 courses available, each one allocated to several age groups. I entered for Course 5, age group 55 to 64 and found out later I was the only entry in this group. The course was 4.4 km long which I thought sounded fine – ha, how little I knew!! We were late starting partly as they decided to send some groups of cadets off first; then they did the timed starts.

I was first off – off I happily ran along an obvious trail – found No 1 easily on a path junction, along another path and dived off it to find No 2 (boulder on vegetation edge) relatively easily (the trees were dense but a bit of weaving about luckily worked), then down to a lower path to find No 3 near a path junction. By this stage I am getting more confident that I can manage this. Alas!! No 4 was on a small piece of path down by the lake through very dense rough ground with few major features

on the map. This one took ages to find. After struggling through the undergrowth I arrived near the lake shore but couldn't even find the path. I tried to work out where I was by taking a bearing on a bridge crossing a corner on the opposite side of the lake. I trotted backwards and forwards and roundabout for a while and I found the small path and went along it from beginning to end but still couldn't find the control. I was joined by both a lady and a family also struggling to find it – I was slightly alarmed when the daughter of the family suddenly screamed and said that she had seen a snake (discovered later in the day that there are no poisonous snakes in NS). We split up to look for it; eventually I decided to give up and head for the next control and, in the contrary way of orienteering, promptly stumbled over the elusive control.

Relieved I shouted out to the others and then carried on back through the dense undergrowth and found No 5 which was visible from a main path. But I cut across to No 6 as I don't really like path running (not fit enough!) only to find the trees just too thick to get through and it was almost impossible to stay on line. At this point on checking my watch I realised on checking the map that I was only about one third of the way round, that two later controls involved long routes through the impenetrable undergrowth and there was no way that I was going to complete the course inside the 3 hours allowed so I gave up mentally and actually. I picked up No 8 on my way back. I arrived at the finish and explained I had quit only to be told 'Ah we did make a couple of controls on Course 5 harder'. I grinned and thanked them politely and said I had enjoyed it which was mostly true! My brother and his wife, who slowly walked a forest trail while I was out, were relieved to see me back as they said even walking the trail was bad enough as it was covered with rocks and tree roots and was very rough.

I checked the results later in the week. There were 3 entries on my course and none of us finished. Nearly all the youngsters up to age 16 on Courses 1 to 3 finished though out of the 20 entries 12 took about 2 hours. Of the 9 entries on the other course, 7 did <u>not</u> finish. The youngsters' courses were more successful almost or all of their controls were on or very near the marked trails which were on the whole very obvious – it was almost impossible to navigate successfully off the trails as features on the ground were not clear due to the dense growth and often features were not even mapped. Mind you I don't really know how anyone could map such a dense forest.

Orienteering is in its infancy in Nova Scotia and seems to be being driven by one or two dedicated individuals. Most events are held in city parks and the success rate is much better in those which is good as people will just give the sport up otherwise. The distances to get to events even within the state of Nova Scotia are long and, although events are held every two weeks or so in the summer, as a result attendance is generally small for all events. The countryside was beautiful especially

with the sun shining through the trees all dressed up in their Fall colours and the area was stunning. I would like just to go for a walk round one of the trails there next time I go. Despite the difficulty of the conditions, I am glad I attempted it and can recommend NS orienteering but find out as much as you can about the venue first and be prepared to go out in full body armour!

Report on Conference on Volunteers and Volunteering held on Saturday 19th October 2013 at NFU Mutual Headquarters at Tissington nr Stratford on Avon - Peter Allen

The club wishes to improve its organisation with regard to running events using volunteers so three members attended this conference. I feel much good has come from this and here is a summary, with pictures, for Jabberwaoc readers.

A. Intended Conference Outcomes:

· To consider the recommendations of the Volunteer Needs Group Report and how they
may help clubs and British Orienteering to develop and support volunteers
· To review the current trends in orienteering participation and volunteering and discuss
their impacts on the sport; consider what clubs can do to manage this in terms of volunteering.
· To consider succession planning for club volunteers.

Attenders:
Peter Woods, Chairman,
Peter Allen, Event Officials Convener
Phillip Levi, Recent Club Member involved with volunteering

Peter Woods, Peter Allen, and David Maliphant (presenting) at the conference.

B. Useful Discussion Points from Conference

1. Conduct a survey of members to see what volunteering they are available for and wish to do in general. Done after been a member for a year, perhaps by membership secretary?
2. Try to tap into "Volunteer Sites" that are a source of volunteers as a legacy of the Olympic volunteering phenomenon
3. Survey of youngsters (16-25) and all orienteers shows that recognition and thanks for volunteering are valued more than rewards like free runs or T shirts
4. Development of member skills in volunteering and orienteering as a club responsibility
   Encourage Youth at all levels up to controllers
5. The volunteer capacity problem. Are the club's activities curtailed by lack of effective volunteer management? Do we need a Volunteer coordinator?

The results of the **2013 East Anglian League** can be found on the EAOA site: www.eaoa.org.uk/league.php

Congratulations to all WAOC's class winners, who are as follows:

Alex Wetherill (M10)
Alice Campbell (W20)
James Haynes (M20)
Stephen Borrill (M40)
Dil Wetherill (M45)
Seonaid Dudley (W70)

Commiserations to the even longer list of WAOC members placed 2nd in their category, including:
Daniel Hague (M10), Sam Hague (M12), Tom Dobra (M21), Helen Bickle (W21) Lakshmi Chand (W35), Helen Hague (W40), Alison Fox (W45), Peter Duthie (M50), Sue Woods (W55), and Noreen Ives (W60).

A provisional list of the EA League events for 2014 is on the same EAOA website, the first of which is our event at Warren Wood in February.

Orienteering on Mars - a WAOC visit to New Caledonia

Ben Green

Figure 1. Running to the map boxes after punching the start

What's the nearest foreign country to Auckland, New Zealand?
Ignoring a few insignificant islands (Norfolk and Lord Howe Islands, to be precise) the answer is of course France, or rather the French overseas territory of New Caledonia. Being on sabbatical in New Zealand for the year (where, incidentally, there is a very active orienteering scene even in the middle of summer) I decided to take a holiday there. Just before booking the flights, I conducted an internet search to see if there were any festivals or public holidays on during the week I intended to visit. As it happened, there was one { the somewhat amusingly named “Cal'Orie", a 3-day festival of orienteering run by the local club, Convergence. Sadly I would only be able to make the third and final day at the Baie du Carenage. However, they were offering a black course on that day, so to get the most from the experience it would clearly be a good idea to enter that. Besides, it would only be 4.9km long - had they even considered the possibility of hardened fen-dwellers showing up?

One or two things about entering the competition were slightly unusual. Start times were from 7.30am to 9am (I would discover the reason for that later on). Additionally, it was necessary to provide a certificate, countersigned by a qualified doctor, stating that “the entrant had no counter indications to the sport of orienteering". During my

time in orienteering I have recovered from countless twisted ankles, and can survive nearly two minutes face down in a bog. On this basis I persuaded my girlfriend to sign and stamp the form.

Figur

Figure 2. Typical terrain in the south of New Caledonia

There is only one town in New Caledonia, Noumea, of any size at all. The event centre was about an hour's drive from it, along some rather rough roads which see very little traffic. As you leave the city, the distinctive red earth of the south of the country becomes the dominant feature. Much of the vegetation is endemic to the country, including, at one waterfall about 5 miles from the event centre, no fewer than 7 unique species of pine. The event centre itself was indistinguishable from what one might see in Thetford on a Sunday in February, except the purveyors of control description holders were supplemented by a couple of masseuses.

Figure 3. The event centre

I had to borrow a compass, since my “northern hemisphere" thumb compass is useless down here. Our northern compasses are counterweighted to compensate for the inward pointing magnetic field, and so down here, where the field points outwards, they get stuck. Taking a northern hemisphere compass to an event is almost worse that taking no compass at all, as one can become convinced that almost any direction is north. The gentleman who lent me the compass muttered something in French, which I took to mean “you won't need that, the course is easy enough without it". I have subsequently come to believe that he was alerting me to the magnetic rocks, which made the southern hemisphere compass fairly useless as well.

So to the start, which took an unfamiliar form: a run of a couple of hundred metres after punching until one reached the trays of maps. I don't always start events too well, and this one was certainly no exception. Everything was somewhat flat and dark red, and I had little clue what was a path and what was not. At length, I found the first 3 controls. Any delusions I had of being competitive at the event evaporated between controls 3 and 4, a leg that would, I'm sure, be fascinating for a group of botanists. For me, this was rapidly becoming *Carnage at the Carenage*. I should also mention that the temperature was heading up towards 30 degrees by this point, a situation

Figure 4. The “botanical" section of the course

that had been foreseen by the francophone natives who had for the most part turned up with supersized hydration packs. By contrast I had a belt with a couple of small bottles of water, and no hat. Another “botanical" leg from 5 to 6 resulted in a poke in the eye from a tree branch, and at this point I was not having much fun at all and so decided to retire. Back at the
car, I drank a litre of iced water and realised that my girlfriend's professional integrity would be compromised if I did not finish the course.
She signed the form saying that I was fit to run a black course, yet I had retired after fewer than a third of the controls. Armed with more water and a hat, I went back out on the course and got the thing done, eventually. As it happened, the last two thirds was considerably easier due to the open nature of the terrain, even if the going was rather slow due to the many ravines and some of the controls (particularly 11, tucked into the inside of a small islet in a river) were well-hidden.

Figure 5. Another section of the map

This was certainly a memorable experience. I should say that the New Caledonian orienteers were very welcoming and friendly, and the rest of the holiday was amazing. It's an extraordinary place to visit.
Orienteering-wise, however, I left suitably chastened and am quite happy to be running around Auckland city parks again.

News from Press Office: Seonaid Dudley

Mike & I plan to step down from Publicity as from the AGM in March, although we'll keep on with the Ely work for April.
We will have done it for 4 years by then and feel it's time to go.

(1) The main publicity just now is geared to our forthcoming Urban Event on Sat. 5th April 2014. When the start venue is fixed, I'll ask the Runners World mag to add it as an event. I've managed to register with them. We are planning to have some BOF postcards printed for Ely, perhaps some of you have seen the CHIG ones at Knettishall.
I've visited the various sport shops in Cambridge and a few others asking for sponsorship. So far nothing. Mountain Warehouse and Jordans have at least replied, sadly refusing!
(2) Other than that I'll put some A4's out for Warren Wood at the various venues in Thetford Forest area, as I did for Mildenhall and Brandon.
(3) I've been told there is a 10k race in Cambridge in the new year. If anyone knows where and when I'll print off some fliers.
(4) if anyone has more ideas of where to beg for sponsorship, please get in touch.

Editor: WAOC are indebted to Seonaid and Mike for working hard at advertising our events, getting many articles published and for all the logistics of displaying and distributing their excellent posters and fliers. Huge appreciation to them both.

Map Squares - Bruce Marshall

Using the map find two squares which are the same. To make it more challenging, one of the squares has been rotated by 180 degreees. Can you find the pair?

[*answers on page: 25*]

World Military Orienteering Championship 2013

The 46th CISM World Military Orienteering Championship took place from August 26-30, 2013 in Eksjö garrison– Sweden.

Founded on 18 February 1948, the International Military Sports Council (CISM) is one of the largest multidisciplinary organisations in the world. They organise various sporting events for the armed forces of the 133 member countries. Soldiers, who may previously have met on the battlefield, now meet in friendship on the sports playing field. This is in accordance with the philosophy and the ideals that were set in CISM's mission statement in 1998, signed by all the member countries. The ultimate goal is to contribute to world peace by uniting armed forces through sports. The motto under which they operate is « Friendship through Sport ».

The Military World Orienteering Championship (MWOC) takes place every year, and the hosting nation is from all over the world. This year Sweden was the host. To participate in the MWOC you either have to be in active duty or in the reserves.

The two individual distances, middle and long, did gather an impressive start field of 193 men and 58 women. Some of the participants come from countries less known for orienteers, such as Lebanon, United Arab Emirates, and Venezuela. However, the winners are more than well known as many nations send their best civilian national teams like Russia, Estonia and Switzerland.
We had two types of terrain. For the middle distance it was hilly, pine trees and very good runability. The long distance and relay was hilly and had Swedish wilderness.

First day was the middle distance. The women's course was 4170m with 13 controls. The winning time was 26:21. The terrain was quite flat and fast with good runnability, but with some limited visibility. I really liked the terrain! The course was not too difficult, however there were no easy controls in the forest. I did a loop towards the 7th control, and towards the end of the race I was so tired that I lost almost two minutes to the last control. Many of the runners, including me, chose a route through the forest that made you fight your way through to the last control. I ended just in the middle of the field.

Switzerland and Russia were on the top in middle distance. Besides Russian runner Tatiana Riabkina winning the gold medal, Russian women's team marked all runners in the top 9. 2nd in the women's race was Ausrine Kutkaite from Lithuania and 3rd was Julia Novikova from Russia. Switzerland was highly represented by Matthias Kyburz, who was the winner in the men's class, 2nd came Lauri Sild from Estonia and 3rd came Matthias Merz also from Switzerland.

Second day was the long distance. The forest was not so nice compared to the middle distance with some undergrowth and quite hilly. The course length was 6380m with 16 controls. The winning time was just more than 52 minutes. There were no obvious route choices on the course. Everywhere you had to run straight with good navigation on the way. I made a mistake out from control 4, and ended with a lot of "fighting" through the bushes. Overall it was a race that you really had to fight and I was very exhausted when I got to the finish.

A very curious situation called everybody's attention to the men's race: the Estonian athlete Timo Sild came in first and only two seconds behind was his younger brother Lauri. Frèdèric Tranchan, from France came in third. In women's class, two runners from Russia came in first and second place – Tatiana Riabkina and Julia Novikova, respectively – while Ausrine Kutkaite from Lithuania came in third. The medal winners were the same both days in the women's class.

The terrain for relay was the same as for the long distance, with the same arena located beside a beautiful lake. First part of the course used familiar forest, but after the spectator control we climbed one big hill. The course was fairly easy. I was running the second leg and ran out as no. 2 behind Russia. My main task was to hold Sweden and Estonia. I had the same forking as Sweden, and we ran together more or less the whole race. Suddenly, I lost my SI card. I learned a very hard lesson to always use a wristband when using SI card, and especially in important races! Unfortunately, our team mate on the 3rd leg got an injury in her leg while she was warming up and didn't manage to finish the whole course. Russia, as nearly always, came in first, minutes before Estonia with Lithuania in 3rd place. The best leg time in the women's relay was 32:11.

Two Swiss teams topped the men's list with Russia 1, who won the WOC a month before, came in 3rd. The best leg time was 34:14.

We had very challenging maps and terrain, and very different terrain to what I have experienced so far here in UK. Enclosed is the map of both men and women's controls in the relay. As you can see, the women had only two controls that were forked. The differences between the teams were anyway huge. The men's relay had five controls that were forked.

Overall it was a fantastic MWOC in a beautiful area of Sweden. The weather was perfect for racing. And the championship created more "Friendship through sport". Next year Austria is the hosting nation.

Ursula's (m)Utterings

I have been suffering with a trapped sciatic nerve that virtually immobilised me in the week before the London City Race, which seems a long time ago. The unfortunate result has been painful intervening months with severely limited movement so, for a change, this is a largely vicarious orienteering diary.

Naturally I had just embarked on a (very mild!) 14 month fitness programme as a long lead up to the World Masters Orienteering Championships which are to be held in southern Brazil in November 2014, my W80 year. Now I need the motivation to step up the pace!

There were not many WAOCs at the White Rose event this year: probably quite a few of us who have enjoyed the camping and Wilf's and Fat Pig for food (sadly neither of them at O events any more) are scarred by our annual exposure to green maps, nearly overlapping contours, brambles both mapped and unmapped, even utterly unmapped mud (how would you map mud?). I do remember the essential washing of my map in a stream, enabling me to complete my course and another time when I absolutely needed my spike shoes in order to zigzag delicately up an excessively steep slope (one never knows when a rock climbing youth will pay off).

This year Noreen Ives was the sole WAOC W there but there were 7 WAOC M, whom I choose to split into 2 groups: the Youngish Bloods (35 and 40) and the Dads (50), who all came into WAOC with their children who no longer run but the Dads stay on. Was it a good weekend, guys, or was it more of same old scramble and fight? Did you have a go at the Harris Relay on the Monday?

Now that my back and leg are on the mend I have rounded off the year with a couple of contrasting events. First up was an Orange course at Mildenhall South, an area which I remember from the pre-felling days when the wooded humpy bit in the middle was a serious hazard for an inexperienced W55 running her first WAOC Badge Event (Start and Finish in Mildenhall North and a bridge under the All built by the army – those were the days!). The following Saturday it was the 5th annual Brighton City Race. I was particularly anxious to run this as I have run the previous 4 so I charged up my seriously bright head torch and tackled the Junior course. This was 1.3K with 12 controls and entirely in the Lanes – the really old part of Brighton - so it was like a sprint and great fun for a seriously unfit W79. There was a slight problem with congestion round the early controls but we soon strung out and it was lovely course, planned by very ex-WAOC Neil Crickmore. Assembly and Download was in a school and the evening was rounded off with a cup of tea and a mince pie (50p) which fortified me nicely for the train journey back to London.

I'm finishing with a couple of photos of a very new orienteer, Emma, with of course the permission of another ex-WAOC, Blanka.

It all seems fairly straightforward: I'm sure I'll manage this Emit brikke somehow.
The string, however, is another matter…

WAGAL 2013

After an unprecedented number of counting events, including a night event for the first time, the 2013 WAGAL season finally came to an end with a flourish at Mildenhall South.
This year all the M classes and most of the W classes achieved 3 runners attending at least 3 events and in most classes it was necessary to complete the minimum 5 events to obtain a winning score.

Congratulations to our 2013 WAGAL champions!

Junior Men	Junior Women	Senior Men	Senior Women	Veteran Men	Veteran Women
Dylan Campbell	Jaya Chand	Brian Cowe	Helen Bickle	Michael Bickle	Sue Woods
Andrew Stemp	CatherineHemingway	Ben Holland	Lakshmi Chand	David Cronk	Hazel Bickle
Sam Hague	Caitlin Campbell	Jason Dunning	Jenny Hunt	Neil Humphries	Cath Pennington

WAGAL 2014

We have decided that since the Veteran classes are by far the most fiercely contested, it would be a good idea to reduce the number of runners in these classes so we are removing M/W40 from the Veterans and adding them to the Senior class and also creating a brand new Supervet class for the M/W55+, which gives us the following classes:

Junior M/W under 21 (as before)
Senior M/W 21, 35, 40
Veteran M/W 45 and 50
Supervet M/W 55+

We thought about an Ultravet class (65+ and needless to say a favourite of mine) and decided that we did not yet have enough active Ultravets to justify it.

In 2014 there will be 6 WAGAL events, including the CompassSport Cup Regional Round at Broxbourne. Club events will be at Warren Wood, Rowney Warren, Ampthill Park, Mildenhall North and Maulden Woods – a vintage year! There will also be an amazing City Race in Ely on 5 April but since we are not sure about the possibility of junior courses there we cannot use it as a WAGAL.

With 6 scoring events we shall have 4 to count: which ones are you going to run – or will you hope to come to them all to optimise your chances? See you there? Ursula Oxburgh

Club WAGAL Positions at http://www.waoc.org.uk/n.humphries/waoc/wagal_index.htm

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

London Ultra Sprint and City Race 2013 - Helen Bickle

London Ultra Sprint 2013

I would describe the Ultra Sprint in Victoria Park as a fun event yet there was a competitive atmosphere. There may have been only 304 competitors but there was a busy assembly area and international entries (no doubt also taking part in the City Race that was the next day). The challenge of the ultra sprint was quick thinking with closely positioned controls, short legs and a maze within the small race area of around 300 x 200 metres. Each age group ran 3 prologues followed by a final and each course had around 25 controls over 1km. Careful checking of the control description was essential as there were no control numbers and as there could be a control on either side of a feature. There was a 30 second penalty for mispunched controls instead of the usual disqualification due to the high risk of mispunching.

The organisation was excellent and there was very little waiting despite the 1200 starts and someone downloading every 7 seconds. The starters even kept track of which prologues each person had run by making a pen mark on your hand as you passed through the start lane.
I met my sister, Penny, at the event and we decided to run the three prologues in quick succession before having a long relaxed lunch break before the finals. I set off on my first course concentrating on making sure I stayed in contact with the map and had a smooth run which finished before I knew it. However as I saw my sister about to start her next course as I finished, I knew it could not have been fast. On my next course I decided to run faster, which led me to have two headless chicken moments. The first happened (between controls 6 and 7) when I crossed over the wide path and realised that I was not exactly where I thought I was and the second in the trees before control 19. On an ordinary course I would not notice stopping for a few seconds to double check my location but as this was an ultra sprint, those seconds felt like an eternity. I had a short break before running the third prologue which although not perfect, felt smoother.
The top four competitors for each age group ran in head to head finals with butterfly loops while the rest of us ran the final with staggered start times.
It was great to see CUOC Orienteerer and Club Night Coordinator, Matthew Vokes, make the men's open final and Helen Gardener, formerly of WAOC, win the women's open in an exciting final by just 2 seconds.
I then enjoyed running my final course although it ended too soon. I left the event feeling energetic and wanting to run another course and with the City Race the next day that was probably a good thing.
If quick thinking orienteering challenges appeals you, don't miss the Club Night MicrO at the Athletics Track on Wednesday 29th January. Do not let inclement weather or dark nights put you off this event – this is a weatherproof location!

London City Race 2013
This year's race was across Canary Wharf and the Isle of Dogs and the new area provided new challenges even if it was not quite as technical as the Barbican.

Getting to the start involved taking the Docklands Light Railway using a ticket printed on your bib. I enjoyed having a bird's eye view of the competition area and spotting a couple of controls during the journey although none were on my course.
I had a fairly clean run with no major errors although I'm not sure if I always choose the best route choice.
Control 14 caught me out. I decided to take the scenic route from 13 and headed east rather than south and while concentrating on finding my way through the buildings and trees, assumed that control would be on the land side of the wall and did not bother to check the description. So I spent a short while on the wrong side of the wall wondering where the control was. I was feeling pretty tired by then and while I know many WAOC runners enjoyed the run along the beach, I'm going to confess that I didn't enjoy the leg across the shifting pebbles to control 15.

Leg 15 to 16 felt much quicker as I followed the red line and ran over the lake. Leg 16 to 17 I slowly headed south-east and around the building works before heading west, which I think was an easier route than the northern route through the car park.
Running through the City Farm and seeing the surreal view of animals in front of sky scrapers gave me a second burst of energy although I then managed to over shoot control 18 (a very minor error). On leg 18 to 19 the path was quite crowded so I choose to turn west immediately after the long field noticing that the paths were parallel but not noticing the first paths were longer than those to the south.
The London City Race is one of the orienteering highlights of my orienteering year and finishing the course again this year does feel like a real achievement. I'm also hoping that more planners will adopt the idea of providing comfortable seating on the way to the start.
If you enjoy urban events then you shouldn't miss the Club Night training starting from Jesus Green on Wednesday 19th February and especially not the Ely City Race on Saturday 5th

Answer to Bruce's Map Square Quiz:

??????????A8H1?????????

Events

EAOA Events have been taken from the EAOA fixture lists as of 20th December 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)

2014

January

1st	SOS EAOA Level D	**SOS New Year Novelty Blakes Wood**, Blakes Wood, Danbury, TL780068 Entry times: Registration 10.30-12.00. Start 11.00---12.30. Dogs: Dogs under control permitted on courses.. Organiser: Julie Laver , julie.laver@virgin.net , 01206 826152 stragglers.info/home/
12th	LEI EMOA Level C	**EMOA League Event Willesley Woods**, Hicks Lodge, Ashby de la Zouch, SK329156 Organiser: Iain Phillips www.leioc.org
19th	SOS EAOA Level C	**SOS Fordham Colour Coded incorporating ESSOL**, Fordham Hall Estate, Colchester Organiser: Nancy Powell Davies , powell.davies@btinternet.com , 01376 562657 stragglers.info/home/

February

2nd	NOR EAOA Level C	**Sandringham Country Park Colour Coded**, Sandringham Country Park, Kings Lynn, TL690290 Entry times: 10.30 to 12.15. Dogs: Dogs on Lead. Organiser: Julia Paul
9th	**WAOC** **EAOA** **Level C**	**WAOC Warren Wood Colour Coded and EAL Event**, Warren Wood, Thetford, TL833853 Entry times: 10:00 am - 12:00 noon. Dogs: Dogs welcome but must be under control at all times and must be on leads in parking area.. Organiser: Peter Woods , peterWAOCwoods@gmail.com www.waoc.org.uk/n.humphries/waoc/details/2014-02-09-WarrenWood.php
16th	**EAOA** **Level B**	**CompassSport Cup Heat,** Broxbourne. ***!! Add this date to your diary!!***
23rd	SUFFOC EAOA Level C	**SUFFOC Tunstall Forest Colour Coded inc. Yvette Baker heat**, Tunstall Forest, Woodbridge, TM390536 Entry times: 10.00AM - 12.00PM. Dogs allowed. Organiser: Sally Wilkinson , clive.sally@btinternet.com , 01473 219059 www.suffoc.co.uk

March

2nd	HAVOC EAOA Level C	**HAVOC Thorndon Park Colour Coded and EA Championships**, Brentwood
9th	SMOC EAOA Level D	**Keyne-O, Shenley Wood**, Shenley Wood, Milton Keynes, SP823356 www.smoc.info/
9th	SOS EAOA Level C	**SOS Hatfield Forest Colour Coded and EAL**, Hatfield Forest, Bishop's Stortford Organiser: Edwin Banks , banksy.eddie@gmail.com , 01376 321658 stragglers.info/home/
16th	**WAOC** **EAOA** **Level C**	**WAOC Rowney Warren Colour Coded**, Rowney Warren, Shefford, TL123403 Entry times: 10:00 am - 12:00 noon. Dogs allowed. Organiser: Helen Hague , helen.hague@ntlworld.com www.waoc.org.uk/n.humphries/waoc/details/2014-03-16-Rowney.php
23rd	SMOC EAOA Level C	**SMOC Colour Coded and EAL**, Rushmere Park, Heath & Reach, SP916278 Organiser: Ros James www.smoc.info
30th	NOR EAOA Level C	**Swaffham Heath Colour Coded**, Swaffham Heath, Swaffham, TF767095 Entry times: 10.30 to 12.15. Dogs: Dogs on Lead. Organiser: Helen Lloyd , 01760 337189

April

5th	**WAOC** **EAOA** **Level C**	**City of Ely Urban Event**, Ely, Ely, TL554280 Dogs allowed. Organiser: Jenny Hunt , jshunt80@gmail.com www.waoc.org.uk
6th	LEI EMOA Level B	**East Midlands Championships & Regional B event**, Cademan Wood, Loughborough Organiser: Laurie Fluck
13th	SMOC EAOA Level D	**Keyne-O, Linford Wood**, Linford Wood, Milton Keynes, SP845406 www.smoc.info/
27th	NOR EAOA Level C	**Holt and Lowes Colour Coded**, Holt Country Park & Holt Lowes, Holt Organiser: Karen Goldsworthy , karengoldsworthy@btinternet.com
18th	SBOC WOA Level A	**Jan Kjellstrom Orienteering Festival - Sprint (UKOL)**, Swansea University & Singleton Park, Swansea Entry times: 12.00 - 16.00pm. Dogs: Dogs are allowed in assembly on

		a lead. They are not allowed in the buildings.. Organiser: Niall Reynolds www.thejk.org.uk
18th	WOA Level B	**Jan Kjellstrom Orienteering Festival Trail O**, Swansea University, Swansea Organiser: Anne Braggins www.thejk.org.uk
19th	SWOC WOA Level A	**Jan Kjellstrom Orienteering Festival (UKOL)**, Merthyr Common, Ebbw Vale, SO118132 Entry times: 10.00 - 2.00pm. Organiser: Nigel Ferrand www.thejk.org.uk
20th	WOA Level A	**Jan Kjellstrom Orienteering Festival (UKOL)**, Llangyndydr, Ebbw Vale Entry times: 10.00 - 2.00pm. Organiser: Chris Phillips , anne@themays.org.uk www.thejk.org.uk

How to enter the JK Note: Early bird entry fees end on 5th January

Entries may be made online http://www.thejk.org.uk/jk2014/ (preferred) or in writing (Christine Vince, 3 Back Lane, East Coker, Yeovil, Somerset BA22 9JN) and entry fees are given in the table below.

	JK Sprint		JK Days 2 & 3 (per day)	
Payment date	**Junior/student**	**Senior**	**Junior/student**	**Senior**
05/01/2014	£5.50	£10.00	£8.00	£17.00
16/02/2014	£6.50	£11.00	£9.00	£19.00
30/03/2014	£7.50	£12.00	£10.00	£22.00

JK Relay Teams are organised by our WAOC Club Captain, Graham Louth. Please e-mail him at graham@louths.org.uk should you wish to take part in a team on **Monday 21st April** at Pwll Du, Blaenavon.

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