West Anglian Orienteering Club

British Orienteering

JABBERWAOC

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EAOA Winners 2014

Editorial

The March 2015 edition of your WAOC magazine is a celebration of all our winners with Awards and Prizes at our WAOC AGM on 21st March and presentation to 2014 EAOA winners after SOS Writtle Forest Event on 22nd March. I am very conscious and appreciative that the high quality of contributions from WAOC members writing and sending photos makes JabberWAOC such a good read. Wishing you all enjoyable courses at the JK and British Championships in addition to more local events, have fun, Hazel Bickle

*Send your orienteering news and views to hjc1000@cam.ac.uk or post to 24 Church Stret, Great Shelford, Cambridge CB22 5EL by **1st June 2015** - final Copy Date for next issue of JabberWAOC*

STOP PRESS:

Congratulations to Sean Blanchflower, Paul Beecher and Simon Spiro, the Orienteers Team, for winning ONLY CONNECT for 2015 shown on BBC 2 tonight Monday 30th March. (article and photo page 12)

Chairperson's Chat (March 2015) – **Peter Woods**

The first thing I'd like to say in this edition is thank you to Peter Allen for his considerable efforts and unstinting devotion on the club committee, firstly in making clubnights a reality and ensuring they succeeded and continued, and more recently as events convener. Peter has now stood down from the committee but I am sure he will continue to help the club in various ways. Coincidentally, his successors in these former roles are both Helens. I am happy to say that Helen Hague has taken on the role of Events Convener, whilst Helen Bickle has been coordinating clubnights since last Autumn.

The Bi-annual Thetford Thingummybob

The Thetford Thrash is a great example of the long-lasting cooperation between CUOC and WAOC, but there is one point of contention between the clubs: the name of the event. Recent generations of the CUOC committee are distinctly unimpressed with the title "Thrash", but have not suggested any alternative, and so we have ended up with ourselves calling our event "Thetford Thrash Day 2" but CUOC referring to their day 1 event only as the Icenian. Since we have nearly two years before the next such event, there is an opportunity to explore alternatives for re-naming it. The most likely alternative would be to call the weekend as a whole "the Icenian" but I would welcome any suggestions, serious or otherwise (but printable!) which we can share with CUOC.

Looking ahead

We have had an unusually long gap in our schedule between our last event, which was the Thrash, and our next at Ferry Meadows and the Ortons. This has given an opportunity to think beyond the next event, about how events in general are changing and what we can plan for in future. The challenges facing WAOC are I believe no different to those facing other clubs:
Firstly, Land Access – it is very difficult for us to find new woodland or heathland areas for which we can hope to gain permission for orienteering, and there is a

tendency for ever tighter restrictions by landowners on our existing areas. So, we must aim to make the most of the woodland areas we can use, and accept that we have more scope for development using parkland venues where there is a more positive mindset towards encouraging outdoor activities, or urban landscapes which do not involve the same restrictions.

On the topic of making the most of our woodland areas, this October we are staging our East Anglian League event at Bush Heath, an area not used for orienteering for over 10 years. The map is being substantially revised by Peter Duthie.

For urban orienteering, following the inaugural Ely city race last year we are hoping to enrich our Ely map for a future event and we have identified Royston as a priority for our next urban area to be mapped, abutting as it does our existing mapped area of Therfield Heath. And of course our next event at Ferry Meadows and the Ortons after Easter is an example of mixed urban and parkland terrain.

The second big challenge is in recruiting new members. There is no problem with retention: orienteers love orienteering and don't want to stop!, but at the moment we do not have a large enough junior contingent and we would very much like to attract more families to get involved and join the club.

This involves two aspects – providing the right activities, and making sure that these are publicised. That's easy enough to identify but much harder to satisfy, but there are a couple of examples of new initiatives I can mention.

This year, Caroline, on her own initiative, has organised Club Mornings, low key introductory exercises aimed at parents of school age children (but club members are welcome!). She is hoping this might gather some momentum in spring and summer as weather improves.

We are working with the National Trust at Wimpole Hall to lay on several events there each year which will be promoted by the Trust. The New Year event there was the first example of this and we are planning a Summer Series event there in June, as part of NT's weekend of attractions at Wimpole.

A related aspect of use of parkland areas is Permanent Orienteering Courses. We have recently added some information on local permanent courses to our website, and we are exploring the possibility of setting up such courses at mapped areas which do not yet have one.

Stunning Running

Elsewhere in this edition you will see that Anne is gathering orders for club O-tops. Noticing the gear worn by those we encounter in the forest shows that it is relatively easy these days to have sophisticated designs turned into practical kit, and I wonder if a new design of our own strip would be of interest in future. So I would like to ask anyone in the club to submit their design for a new O-top, or for other gear (we have produced club sweatshirts in the past). The aim would be to publish these designs in a future JabberWAOC and, subject to feedback from the readership, revise or augment our strip.

Finally, I'm looking forward to orienteering in the Lakes over Easter and I'd like to wish good luck to all who are taking part in the JK this year.

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
Convenor:	Helen Hague (01223 249449) Helen.hague@ntlworld.com	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
Website Maintainer:	Ben Holland 07787 508093 ben.holland@thirdlight.com	Publicity:	vacant – would you like to fill this role?
Jabberwaoc Editor:	Hazel Bickle 01223 842416 hjc1000@cam.ac.uk	Colour-coded Awards:	Ian Smith (01920 822421) smithfamilypuckeridge@hotmail.com
Junior Coordinator:	vacant – would you like to fill this role?	Development Chairman	Chris Morley (01223 316400) ctm1@cam.ac.uk

Welcome to new WAOC members

Mark Glover from Bedford
Samantha Hughes, Pieter and Andrew (M6) de Koning from Saffron Walden

We hope you will enjoy Orienteering with WAOC
Anne Duncumb (Membership Secretary)

Subscriptions and new membership list

Nearly all the subs are now in - many thanks for your renewals. For the few we haven't heard from, this is the final opportunity, as I am about to start on the new Membership list.
Please would you **all** check your entry in the list and let me know of any changes that should be made - email addresses for example. (memsec@waoc.org.uk)

WAOC O-tops

I have had several queries about O-tops and can place an order as soon as I have 5 or more requests. The price will be £32, the same as last year (+ £2 if you want me to post it to you). Sizes are XXS, XS, S, M, L, XL and XXL I keep several tops here for people to come and try on if they wish - the actual measurement of the XXS one is 33", the XS is 36" and the M one is 41". The tops come with long or short sleeves. if you want to order a top, please email me with details and I will come back to you about payments etc.

Anne Duncumb (memsec@waoc.org.u)

Colour Coded Awards – Ian Smith

Congratulations to Thomas Woodward on gaining his Yellow Award and to Emile Zsak on his Orange Award.

Minutes of the WAOC Annual General Meeting

21st March 2015

Visitor Centre, Milton Country Park

Present:

Rakesh Chandraker, Peter Woods, Cath Pennington, Jenny Hunt, Caitlin Dunning, Jemima Borrill, Jack Dunning, Stephen Borrill, Sue Woods, Jaya Chand, Lakshmi Chand, Anne Duncumb, Mike Dudley, Oliver Hague, Daniel Hague, Helen Hague, Guro Harstad, Mike Bickle, Hazel Bickle, Helen Bickle, Catherine Dudley, Lizzie Dudley, Seonaid Dudley, Peter Allen, Gopal Chand, Ursula Oxburgh, Dil Wetherill, Alex Wetherill, Judith Wetherill and Iain Stemp.

1) Welcome and Apologies for absence

Apologies were heard on behalf of Bob Hill, Janet Cronk, Rachel Pocock, Caroline Louth, Graham Louth, Bruce and Maria Marshall, Andrew Stemp.
Peter Woods declared the meeting open at 5pm and welcomed attendees to AGM. A score event preceded the meeting at 4pm and Peter thanked Iain Stemp for organising the courses.

2) Awards and Prizes

The first prizes awarded were to Stephen Borrill and Daniel Hague for winning the senior and junior categories of the day's score event. Daniel was especially congratulated for getting all but two of the controls on his course.

Chairman's Award 2015
Owl Trophy – for senior performance: Ursula Oxburgh
Ursula has won award after award in her class this year including British Night Championship, British Midland Championship and Bronze medals in the World Masters. Ursula thanked the club and especially Seonaid for her success in getting reports on these achievements into the local press.
Tortoise Cup – for efforts and service to club: Cath Pennington
As well as her excellent work on managing the club finances, Cath has organised this year's Thetford Thrash event at Croxton. Most significantly, all Cath's patience, cajoling and hard work over the years on the permanent orienteering course at Milton have finally come to fruition.
Chairman's Cup – for junior performance: Oliver Hague
Worthy winner last year, Oliver retains the cup for his continued outstanding contribution as a Junior.
Hally Hardie Mapping Trophy – for excellence in mapping: Bruce Marshall
Bruce is this year's recipient of the mapping trophy for his work on preparing the map for Croxton and also in recognition of his many other contributions to mapping the Thrash and Trail-O events.

Trophies and prizes were awarded to the winners and runners up of the local leagues. Peter thanked Ursula for her diligence in managing the WAGAL results and Anne for again compiling the list of prize winners. Thanks also to Hally for providing new trophies for the men's and women's classes of SuperVet. The EA trophies will be awarded at a forthcoming event.

The winners of the WAGAL and East Anglian leagues were:

WAGAL Champions 2014

Junior men	1 Andrew Stemp	2 Alex Wetherill	3 Andrew Stemp
Junior women	1 Jaya Chand	2 Erica Fox	3 Eleanor Lowe
Senior men	1 Stephen Borrill	2 Brian Cowe	3 Jason Dunning
Senior women	1 Guro Harstad	2 Alice Hodkinson	3 Jenny Hunt
Veteran men	1 Dil Wetherill	2 Neil Humphries	3 David Cronk
Veteran women	1 Rachel Pocock	2 Helen Hague	3 Alison Fox
SuperVet Men	1 Mike Bickle	2 Alun Roberts	3 Peter Woods
SuperVet Women	1 Ursula Oxburgh	2 Seonaid Dudley	3 Janet Cronk

East Anglian Champions 2014

M12	Sam Hague	M65	Mike Bickle
M70	Chris Morley	W40	Guro Harstad
W45	Rachel Pocock	W75	Seonaid Dudley

East Anglian League Winners 2014

M12	Alex Wetherill	M40	Sean Blanchflower
M50	Dil Wetherill	W21	Helen Bickle
W55	Janet Cronk	W75	Seonaid Dudley

Colour coded badges 2014

Yellow	Catherine Dudley
Orange	Elizabeth Dudley, Daniel Hague
Light Green	Sam Hague
Green	Helen Hague, Sam Hague

World Masters 2014 Brazil

W80 Bronze medals in both the Sprint and the Long race Ursula Oxburgh

Start for Score with planner Iain and winners Guro and Mike

3) Minutes of the 2014 AGM

The minutes of the last AGM were approved as an accurate record of the proceedings on a show of hands.

4) Chairman's Report – Peter Woods

WAOC's regular activities have continued; putting on events, Club nights, providing opportunities to compete, and the support activities of providing training for organisers, first aid etc. The club has a stable membership and it is great to see Helen Bickle taking on the organising of Club nights and developing the relationship with CUOC. In same vein it is a delight to announce that Helen Hague has taken over the role of convenor as Peter Allen steps down. Despite stepping down as publicity officer last year (still a vacant post …) Seonaid Dudley has continued to with publicising the activity of orienteering - it is good to see more about orienteering in the local press.

There are challenges. Land access is becoming an increasing problem, with increasing restrictions on forest usage due to ground nesting birds, shooting tenants, timber extraction and so on. Some good news is that we are bringing back Bush Heath as an area, but on the whole, use of forests is getting harder. Hence the increasing attraction of urban orienteering events such as Ely. On these lines we are looking at mapping Royston in combination with Therfield Heath. In fact the next WAOC event at Ferry Meadows will also have urban components. We are also looking to use more park areas.

Although we have little problem with retention, we do have problems with recruitment, especially with juniors. We tried very hard at Ely but had no luck in getting new members. We are also getting more newspaper coverage but it is hard to point to new members as a consequence. Dil commented that at Ely there was discussion and interest in the event expressed by locals in a pub. Perhaps what is happening is that awareness is building. Maybe the fruits of developing awareness will come later.

Wimpole has an initiative. The National Trust is keen to increase footfall. We had an all day event there in the winter and we will do this again in the summer. Maybe we can benefit from the NT publicity machine. The Milton Country Park permanent orienteering course is now up and running and we would like to do more with such permanent courses.

Some miscellany:-

CUOC and others do not like the name Thetford Thrash for our joint biennial event. So much so they don't refer to it. An alternative suggestion of Icenian Weekend has been made. Does anyone have any other ideas for naming the event, perhaps with a pun or other twist?

The website is not friendly for viewing on mobile devices. Are there any volunteers out there who have some expertise or other input to help improve the website.

Finally, the kit. The O-tops were redesigned a few years ago. Is there a desire for another redesign, or demand for additional branded kit? Anyone who needs a new top should contact Anne Duncumb who will place an order once there are sufficient requests.

5) Captain's Report – Graham Louth

43 members of WAOC competed at the JK in South Wales last year, with Ursula and Guro showing the way on the individual days. We also had five teams compete in the relays on the Easter Monday, including a team in the Men's Premier class, but no teams on the podium this year.

Attendance by club members at the British Long Championships in Northumberland was unfortunately significantly down on recent years, probably because of both the distance and the late date, and consequently we did not have any teams competing in the relays on the Sunday. Ursula was there however, coming second in W80, on what by all accounts was a brutal course – well done for sticking it out Ursula!

A number of members attended the British Sprint and Middle Championships at Keele University and Cannock Chase in September. Congratulations to Guru on getting through to the A Final of the W40 class in the Sprint Champs, and commiserations to Jonathan Ambler who missed out on being M10 British Middle Champion by just 5 seconds!

A good number of members travelled to Cannock Chase in February for the 2015 Midland Championships, with Alex Wetherill, Dil Wetherill and Ursula all coming home as Champions in their respective classes (albeit after we had to explain to the organisers that WAOC really was in the Midlands!). Well done!

Thanks to everyone that entered the Compass Sport Cup Qualifier at Sherwood Pines last weekend – over 35 of us in total. Getting through to the final was always going to be a challenge however given the strong teams we were up against, and in the end it was made even harder by the fact that a number of those that had entered were unable to compete on the day due to injury or illness. At least we still managed to beat NOR. Hopefully we will have better luck next year when the event should be in East Anglia again.

Looking ahead, over 30 club members are entered for the JK this year, and we have three relay teams entered. There's also still time to enter the British Long Champs in the Forest of Dean in April – and if you have entered, please do let me know if you'd like to run in the relays on the Sunday. And finally, don't forget to enter the British Sprint and Middle Champs near Aldershot in May, and the Scottish 6 Days alongside the World Orienteering Championships near Inverness in August.

6) Treasurer's Report & Acceptance of Accounts

Club Treasurer Cath Pennington presented the annual accounts and thanked Chris Morley for checking the accounts.

Despite planning to make a deficit last year, the club in fact showed a good return. In part this was due to running an urban event which are relatively cheap to run. However all events were profitable. Neil produced a good proportion of maps on the club printer and this has proved cost effective.

The meeting approved the accounts with Helen Bickle proposing acceptance and Peter Allen seconding.

7) Election of Officers

The existing executive officers were re-elected by the meeting with individual motions. Cath Pennington as Treasurer was proposed by Sue Woods and seconded by Ursula Oxburgh. Rakesh Chandraker as Secretary was proposed by Anne Duncumb and seconded by Mike Bickle. Peter Woods was proposed by Dil Wetherill and seconded by Iain Stemp.

8) Officer Vacancies

There are two vacancies for the positions of Publicity Officer and Webmaster. Anyone interested should contact a member of the committee.

9) Any Other Business

As there were no items of any other business the meeting was closed at 5:55pm.

Summer Club Nights

With the evenings getting lighter, training nights are spreading out to a few more locations further afield. Occasional trainers watch out for Epping Forest, where we will be joining CHIG in half term, and the Punt O.

Date	Location
15th Apr	East Cambridge
22nd Apr	Cambourne
29th Apr	Wandlebury Country Park
6th May	Milton Country Park
13th May	Jesus Green and Northern Streets
20th May	Wimpole Hall
27th May	**Epping Forest (Half term week)**
3rd Jun*	Fen Ditton
10th Jun*	St Neots
17th Jun	Hinchingbrooke Country Park
24th Jun	**Punt O**

* Awaiting confirmation of permission.

Costs and timings remain as last term. Meeting places and further details are put on the website and emailed to the club night list before each session.
If anyone would like to be added to (or dare I say it - taken off) the club night's email list, please contact me.

Helen Bickle (hnbickle@hotmail.com)

Training tip:

Beginner tip: Fold your map. Think of it as a parachute – a large sheet will only create air resistance and slow you down. Much easier to hold and read if it is folded into a smaller area. Fold small enough so that you can trace your route with your thumb while holding it and large enough so that you can see all possible routes between controls.

Improver tip: Read your map on the run. Keep your map folded in a small section so that it is easier to read. Switch between quick glances at the map and at the way ahead so that you do not trip. Start by looking at the major features and then look for the detail. You can practice by taking an old map on a run with you and planning potential routes.

Advanced tip: Take bearings on the run. Again practice is important so try taking easy bearings, perhaps at a training night or summer series event, when you do not need to so that you can use the bearings in race conditions at a later date.

Summer informal Wednesday (and maybe the odd Tuesday) evening events:

While the Training Night Coaches take a break from July to September, this is your chance to have a go at Planning. If you would like to plan an informal Wednesday evening event, please let me know.

Helen Bickle (hnbickle@hotmail.com)

Date	Location
8th Jul	Harlton Clunch Pits
15th Jul	Cherry Hinton Hall
22nd Jul	Sawston

Please note that this is a provisional programme.

Also watch out for an event at Saffron Walden (new area and likely to be on a Tuesday!) and possibly Rowney Warren (if anyone is happy to volunteer to put the pre-planned controls out).

See EVENTS (page 20) **for WAOC WEEKEND SUMMER SERIES**

New junior initiative:

Parallel to Club Nights this term there is going to be a junior initiative aimed at inviting new juniors and especially Guides and Scouts to try orienteering.

29th Apr	Wandlebury Country Park
6th May	Milton Country Park
13th May	Jesus Green and Northern Streets
20th May	Wimpole Hall

Time: 6.30 p.m. to 8.00 p.m.
Cost: £1.00 per child

Each session:
1st ½ half will focus on map reading and orienteering skills games/exercises.
2nd ½ half run a course.
If you know of any children that might enjoy orienteering, please invite them along. Just email Helen (hnbickle@hotmail.com) one week in advance so that we can print enough. Please can we ask that all children are accompanied, ideally by someone who is prepared to join in.

Planning Tip: Controls
Based on Course Planning by Clæsson, Gawelin, Jägerstrőm and Nordstrőm.

Controls should, if possible, be set in areas rich in detail. The control feature should be evident, both in terrain and on the map – but not so visible that it becomes a catching feature, nor so small that it becomes a matter of luck to find.

The position of the marker at the control feature should be obvious from the printing and the control description e.g. re-entrant middle or Boulder W.

Competitors reaching a control point should see the marker at once. Ideal height is ~50cm as a suitable height to dib. However, the marker should not be easier to discover when a competitor is there than when only the control marker is there. Site with care as no control shall be made more difficult than it is by hiding the marker.

O-Pair Quiz from Bruce Marshall

Each phrase is an anagram of two orienteering words. One is an orienteering feature of the type you would find in a description list, the other is related to others aspects of our fascinating sport.

The phrases are
1. woodland tip
2. uses rhino
3. a goner in car leg
4. deft ostrich
5. niftier search
6. avert prunes
7. macho wars

[*answers on page: 20*]

WAOC team brings home national trophy!

I've always been amused to note that orienteering is the only part of my life in which I know pretty much all the names of the people around me, and I know pretty much all the faces of the people around me, but that in almost all cases I don't know which name goes with which face. Occasionally Splitsbrowser will tell me the name of that CUOC runner who came storming past me at control 14, or the start controller will call the name of the Brown starting two minutes ahead of me, but otherwise I can provide names of very few, even those to whom I say hello when I pass them, and I generally assume that they don't know my name either. Over the past few months, however, this balance has shifted against me as a number of people have shouted "congratulations, Sean" as they passed. Did I really do that well at the last EAL event? Surely not. No, the reason for the very welcome greetings must be my second life as an Orienteer as part of BBC2's *Only Connect*, the only show for which *University Challenge* could be a gentle warm-up.

This has been confirmed on a few occasions when others have wandered over near the download tent and asked what Victoria Coren Mitchell is like off-camera. Or in fact most often to express their delight at getting a question that we didn't get.

The cross-over between Orienteering and High-level Quizzing began in February 2014 when Paul and Simon persuaded me to be their third team-member. Soon after completing the tortuous test questions, the application form produced an even trickier question requiring a team name that linked the three of us. Well, we're all scientists; we all studied at Cambridge University; we were all part of the Quiz Society there. But surely we can think of something that gives us a little more street-cred on national TV? For me there was no contest: we had to be The Orienteers. Paul has of course been a WAOC member for as long as I have; we both first tried our hand at a Green up at Croxton Heath six years ago. And though Simon hadn't been to an event since he started university, we passed him the BKO website so he could locate some events near his Berkshire home.

Thirteen months and five matches later we've emerged as the 2015 Only Connect champions. Surely, however, it was clear from the start that we would win given the manifold advantages that our orienteering experience has handed to us? What better preparation for the connections round under pressure from the clock than repeatedly having to make split-second decisions of route choice out in the forest? For the sequences round our technique of extrapolating the

clues to their end point was honed over years of working out how to follow the ambiguous attack-points to the final control. For the missing vowels round, we're now seasoned experts in handling incomplete information such as obscured forest paths or areas of felled trees that are mysteriously absent from the map. And of course keeping the brain sharp in extreme temperature environments was essential in handling the vagaries of the TV Studio's pre-historic air-conditioning system. Even the Egyptian hieroglyphs worked in our favour with the Horned Viper and Twisted Flax looking suspiciously similar to the IOF Control Descriptions for water spring and linear thicket.
Having said that, in other ways we perhaps failed to use some of our Orienteering expertise to full effect. Anyone attending the JK 2015 would presumably have gotten one of the sequences we egregiously failed on: "Give the fourth element in the sequence. 1) Gras, 2) Butter, 3) Thirl." (*) Or when we failed to get a connection when the first clue was given as "$(x^2+y^2-1)^3-x^2y^3=0$", such an equation should be a piece of cake for anyone familiar with BOF's intractable Ranking Points formula.
So what did we get for prevailing in Britain's hardest TV quiz? £1,000,000? A car each, surely? OK, a holiday then? None of those, alas. All we got was a trophy about half the size of the M40 East Anglian Championship Orienteering trophy. Oh well, at least as Orienteers we know very well we're not in it for the prizes…

Someone has helpfully put the whole series on YouTube, so if you want to watch any of the episodes then search for 'Only Connect Orienteers' on www.youtube.com.
(*) Fourth in the sequence is "Winder". They are the four '-meres' of the Lake District in increasing order of size.

Design for new WAOC tops
Have you any design ideas for a more up-to-date club running top?
Several WAOC members suggested it was time for a change from the red/white/black signature strip. Some even suggest a non-control colour might be advantageous but some red must surely be retained.
For examples see
http://trimtex.net/godesign/

Trail-O Thank You from Anne Braggins:

As organiser of the postponed BTOC 2014 I have to thank the WAOC members who turned up to work on a cold, windy but luckily dry day and helped make the event such a success. Most regular Trail Orienteers came from all corners of the UK and even from Denmark and Sweden, they enjoyed the courses and were willing to help as well but it was really good to have non competing volunteers for the TempO and Start, so thank you. The loan of the WAOC battery ensured that the results were processed without difficulty.=

The British Elite Trail-O Championships 2014 – Mike Capper

Twywell Hills and Dales really is just down the road from me, so it seemed churlish not to take part in the 2014 (they were postponed from last year) British Trail O Championships which were held there in early March 2015.

Twywell is a perfectly formed (by man) area of old iron-ore workings, planted with larch in the 1930s. Very detailed and presenting challenging orienteering (of the Foot-O kind). All-in-all ideal for Trail-O!

What is Trail-O? From the BO website – "*It does not require speed, strength or navigation* ***(SO SURELY IDEAL FOR ME…)*** *but retains the crucial orienteering skill of relating the map to the ground in complex terrain (****…OR MAYBE NOT)***

Trail O completely eliminates the element of speed over the ground, but makes the map-interpretation element much harder. Depending on the level of difficulty, up to five control markers are hung at each site and only one will correspond exactly with the control description and control circle position. Indeed, (in the elite class only), one possible answer is 'None of the controls corresponds'. Sites are chosen so that they can be seen from a wheelchair-navigable path or area, but they may be quite a distance into the forest or non-navigable terrain."

There are two types of Trail-O: Pre-O and Temp-O. For the first of these, you walk around the wood trying to work out which of the controls you can see is the one shown on the map. You're not allowed to deviate from the path to check the control sites so you need to use skills such as bearings, map interpretation and distance estimation to work out which is the right control. In my case, guess work also came into play.

Just to make things a little more difficult none of the kites you can see may be the right one in which case you punch 'Z' on your control card (yes, you still use old-fashioned control cards and pin punches for Trail-O). There is no real time factor, basically whoever gets the most right wins!

Temp-O is slightly different. These are timed controls where you have a set time to work out which controls are the right ones. For this you get time penalties if you guess (sorry work out from the map) the wrong control! So all quite complicated!

The 2014 Championships were a small affair (less than 40 competitors), with plenty of WAOC helpers (Trail-O is labour intensive as, for example, each Temp-O controls needs 2 helpers and there were five of these controls). And it was all jolly good fun, in a not-taking-it-too-seriously sort of way.

We started with the Temp-O. Under strict instructions you move to the first decision point, a chair where your view of the terrain is blocked off by the helpers. You get a little booklet of maps...the helpers then move away and you can see a set of controls in the woods on various features, one of which may (or may not) be on the map. You quickly indicate which of the controls is on (or not) the map by pointing at a letter (in silence, everything is done in silence) and then turn over the page to another different map and control to identify correctly. All very challenging and only

2 minutes to locate 5 controls. I wasn't too good at this (understatement!)...by the time I'd worked out the shape of the land, my time had nearly gone and I ended up making wild guesses. There were 4 stations each with five maps, so 20 decisions in all – I got 8 right. Pretty rubbish really, but by no means the worse. The winner got 15 right, so you can see how hard it was.

After the Temp-O I moved to the Pre-O which I had at least done once before. No great urgency; just a walk around the wood, trying to identify the right control at 21 decision points.

Here is the map…

As you can see, there were plenty of contours and plenty of decisions to make.

There was a ridiculously difficult first control which all of the experts seemed to get right. From there on, it was a mix of guess work and a few other skills.

The next photograph shows the end of the course - #20 and #21. One of these kites is #21 – but for #20 none was in the right place. Tricky. (I got these right!)

So, I ended up British Champion. Right?

Well, not quite. This time I got 11 out of 21 controls right, so marginally better. The winner was an experienced Trail-O competitor from up-north and he got 19 right. So close, but not close enough! (Really, not close at all).

Enjoyable yes. Not sure I'd travel a long way solely for Trail-O but an excellent add-on to another event. Three reasons for why I wouldn't travel a long way – I like the physical element of Foot-O – there is too little of this in Trail-O. The lack of immediate feedback on how well you have done is also irritating – and finally, it is really frustrating that you never really know where you have gone wrong. By the time you get the results, the controls have all gone. What you really want to do is go around again with the solutions to see your mistakes and to see which control was the right one.

But…as a way of improving your map reading skills it is an excellent exercise and if you get the chance to try Trail-O (at, for example, the Scottish 6-Days) it is definitely worth giving it a go. You may even make yourself a better orienteer!

Publicity Report: Seonaid Dudley

Although we are no longer responsible for the club Publicity, until some other good person takes over, I still send weekly reports to the press.
The free News & Crier ceased to be and became the Hunts News, quickly renamed the Cambs News a few months ago. This is now a paid-for daily but Guy Walker, the same Sports Editor, prints my offerings in the Saturday edition, pretty well every Saturday.
We are lucky in having a very photogenic 'Super-Star' in our midst, namely Ursula! Some while ago I suggested to Guy that should he ever think of writing an article on Age & Sport or the like, he should consider her. He sent a message back saying that he would keep it in mind. I then warned Ursula but it was some many weeks later that the interview was printed together with a superb half page picture! Since then, she has been pictured when a double World bronze medallist, with Alex & Dil Wetherill as Midland Champions and as British Night Champion.
As we bask in her glory, what a wonderful advert for our club
Isn't really too onerous a task, much can be done from a home computer. Will no-one out there take it over?

EAOA Awards after SOS Writtle Wood Event on 22nd March 2015

Ursula's March (m)Utterings

Since there seems to be concern in some parts about club nights being called training nights (which is what they are) I thought I would write about our club training nights. A long time ago Mike Hamilton (British Orienteering CEO) came to an East Anglian Orienteering Association committee meeting and announced that Sport England, formerly the Sports Council, had decided to fund an orienteering initiative in 3 regions of England and these were to be North West, Yorkshire and Humberside and East (which is how they refer to East Anglia). EAOA was most unenthusiastic but Mike said that EA had to toe the line because otherwise the other 2 regions would not get any money either and they were already operating a club night model. The remit at that time was quite complicated and EAOA decided that WAOC and SOS were the only clubs capable of meeting the conditions. The project was on and off again for a number of years until one Friday I got an e-mail from Mike H saying that 2 clubs in the NW, one in Y & H and SOS had already submitted bids for their club nights and I had over the weekend to formulate the WAOC one. I duly wrote out a hurried proposal and that's how WAOC got club nights.

The club night model, which was considered the best one for increasing participation, involved having a club house base where everyone gathered and to which everyone returned at the end for squash, tea, coffee, biscuits and discussion of that evening's training exercises. After exploring the possibilities Caroline Louth, Chris Morley and I, your *ad hoc* club night ambassadors, settled on the University Athletics Ground, which has a most luxurious lounge and bar with a kettle, cups, glasses etc. and Chris negotiated access there (for a considerable fee which we could afford with the club night funding).

We mapped the Athletics Ground and adjacent West Cambridge site and started our club nights. The intention of Sport England was that these should be used to attract lots of newcomers to O but after trying this out at Hinchingbrooke Country Park at a previous development initiative we were hugely sceptical that it would work and our intention was always to run club nights largely for the benefit of WAOC members with the hope that we would also attract new people.

Having never done anything like this before and with no idea of who would turn up, Caroline and I set to to devise a programme from scratch, ably helped by Ben Windsor (CUOC) who had already offered his services as a coach for our juniors and who managed to plan interesting exercises week after week on a minute part of the Athletics Ground. One family in particular joined us via those early club nights and is now very well bedded into the club. A large number of club members came to at least one session in those early days on the Athletics Ground, obviously decided that it was not for them and have never come back, which is a pity as the format has changed significantly over the years. We now have a fairly small number of regulars from the club – a recent, particularly badly attended vacation street O course in Ely attracted 3 WAOCs, 1 DRONGO (ex-CUOC, that's Ben, now working in Cambridge) and 1 CUOC.

For a variety of reasons we outgrew the Athletics Ground and its bar, Caroline and Ben mapped a variety of colleges and university departments in West Cambridge and we are now peripatetic with, on a good day, a packet of biscuits at the end. Initially we charged £1/50p and the club night grant was spent on SI equipment and software, mapping, venue charges and payments to coaches. Now that the money has run out, we charge £2/£1 & £3 family, all coaching is voluntary and we accumulate a small surplus – our biggest expense has been the replacement of the battery printer as the cable on the old one finally gave out.

Fortunately for club nights Ben was in at the beginning of the regeneration of CUOC, university club of the year a couple of years ago, and dedicated to encouraging lots of students to have a go at orienteering. Having run a most successful stall at the Freshers' Fair, CUOC then needed training sessions for their novices: our club nights, which have always been described by CUOC as training sessions, were ideal. During university term CUOC now plans a structured set of training exercises, targeting differing O skills, so in Autumn we start off with huge numbers needing lots of head torches and unfamiliar with dibbers and then during the year attendance dies off somewhat but competence improves most markedly.

The select band of WAOCs who come regularly experience a wide variety of fantastic exercises, adapted to that week's venue: occasionally we may not start exactly on time as planners underestimate the amount of time needed to put the controls out, so the warmup can be very thorough. Very very occasionally an SI box has been wrongly placed but it's not the end of the world – if you can't find a control you can always just move on. It is always possible to adapt the training exercises to fit one's needs. There are often courses of different length and difficulty and no-one needs to do everything (when there is a pairs exercise I always find an alternative as no-one runs as slowly as I do). Personally I really appreciate the call to exercise on a Wednesday evening – I'll not be abandoning that in a hurry.

So where are we now? We've run out of the club night money, we no longer have a club night base, we have effectively abandoned the club night model so let's lose the club night name. If WAOC members had wanted club nights they would have taken advantage of them but they didn't: it is just so good for those of us who want to train on Wednesdays that CUOC stepped in to save them. Now some are CUOC planned trainings, some are WAOC planned trainings so let's just call them club trainings, which is exactly what they are. Maybe club members will give them another try, particularly as we are coming up to the summer with long, light evenings and can finally abandon our head torches.

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

Posn	Name	Class	Total	Croxtn	CSCup		
1	Ursula Oxburgh		W80	2131	1069	1062	
2	Rachel Pocock		W45	2131	1081	1050	
3	Seonaid Dudley		W75	2119	1063	1056	
4	Alun Roberts	M55	2104	1075	1029		
5	Graham Louth	M50	2096	1053	1043		
6	Peter Woods	M55	2092	1107	985		
7	Alex Wetherill	M12	2068	1051	1017		
8	Jonathan Pye	M21	2067	1044	1023		
9	Stephen Borrill		M40	2056	1042	1014	
10	David Cronk	M55	2049	1025	1024		
11	Helen Hague	W45	2047	1016	1031		
12	Mike Dudley	M80	2023	1025	998		
13	Sue Woods	W55	2021	1006	1015		
14	Sam Hague	M14	1991	1023	968		
15	Judith Wetherill	W50	1982	993	989		
16	Jason Dunning		M40	1969	1006	963	
17	Edward Low	M12	1882	918	964		
18	Caroline Louth		W50	1881	961	920	
19	Oliver Hague	M16	1596	766	830		

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

Pos.	Name	YOB	M/F	Points	Contributing scores
1 (165 -2)	Robert Campbell	1966	M	7670	1289, 1265, 1260, 1290, 1285, 1281
2 (283 -19)	Dil Wetherill	1964	M	7466	1249, 1222, 1220, 1275, 1236, 1264
3 (479)	Brian Cowe	1976	M	7230	1219, 1211, 1199, 1199, 1196, 1206
4 (493 -4)	Tom Hemingway	1996	M	7210	1187, 1182, 1209, 1171, 1235, 1226
5 (547 -1)	Graham Louth	1962	M	7163	1215, 1205, 1204, 1166, 1198, 1175
6 (554 +8)	Sean Blanchflower	1973	M	7156	1176, 1183, 1188, 1214, 1213, 1182
7 (657 -1)	Jonathan Cronk	1992	M	7064	1198, 1241, 1203, 1163, 1093, 1166
8 (689 -2)	Iain Stemp	1965	M	7035	1191, 1119, 1157, 1172, 1196, 1200
9 (760 +1)	Alun Roberts	1956	M	6978	1201, 1156, 1166, 1139, 1180, 1136
10 (776)	Jonathan Pye	1987	M	6963	1110, 1193, 1188, 1123, 1139, 1210

Answer to Bruce's Quiz 8:

1. pit download
2. ruin shoes
3. clearing orange
4. ditch forest
5. terrace finish
6. spur veteran
7. marsh waoc

Events

WAOC Summer Series – Helen Hague

This year a weekend Summer series will be taking place once more in easy to reach parks with the aim of enticing newcomers into orienteering. Four events are taking place over the period May to August with the first one at Hinchingbrooke Country Park on Saturday 16th May in the morning. Short, medium and long courses will be provided so there is something for everyone. Keep an eye on the WAOC website for updates about times and if you're around, we look forward to seeing you!

WAOC Summer series	D	Saturday 16th May	Hinchingbrooke Summer Series 10 till 11.30am registration
WAOC Summer Series/Activity	Activity	20th or 21st June	Wimpole - Activity. Part of National Trust family day
WAOC Summer series	D	Saturday 25th July	Impington Village College 2.30 to 4pm
WAOC Summer series	D	Saturday 22nd August	Cambourne

WAOC EVENTS – advance notice

April		
26th	WAOC EAOA Level D	**Ferry Meadows and Ortons**, Ferry Meadows and Ortons, Peterborough Organiser: Helen Hague www.waoc.org.uk
September		
13th	WAOC EAOA Level D	**WAOC Colour Coded**, Wimpole Hall, Royston
October		
25th	WAOC EAOA Level C	**WAOC Colour Coded and EAL**, Bush Heath, Brandon
December		
6th	WAOC EAOA Level C	**WAOC Colour Coded**, Rowney Warren, Shefford

EAOA Events have been taken from the EAOA fixture lists as of 29th March 2015. 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)

2015

Jan Kjellström International Festival of Orienteering 2015 3rd - 6th April

Friday 3 April - Sprint & TempO, Lancaster University, Bailrigg Campus
Saturday 2 April - Individual Race, Ulpha Park & Barrow Fell & Pre-O, Haverigg Dunes
Sunday 5 April - Long Distance Race Bigland
Monday 6 April - Relays, Graythwaite [Club Captain entered teams]
http://www.thejk.org.uk/jk2015/

April		
12th	HAVOC EAOA Level C	**HAVOC EAL and Yvette Baker Trophy Heat** , Epping Forest South West, Chingford, TQ393950 Entry times: 10.00 to 12noon. Dogs to be kept under control especially near horses..
19th	SMOC EAOA Level D	**Keyne-O, Shenley Wood**, Shenley Wood, Milton Keynes, SP822356 Organiser: Ros James www.smoc.info/
19th	NOR EAOA Level C	**NOR Colour Coded**, Ken Hill, Snettisham, Hunstanton, TF675349 Entry times: 10.15to 12.15. Dogs allowed in parking/assembly field and must be on lead. Organiser: Julia Paul www.norfolkoc.co.uk
26th	**WAOC EAOA Level D**	**Ferry Meadows and Ortons, Ferry Meadows and Ortons, Peterborough. Organiser: Helen Hague www.waoc.org.uk**
May		
9th	BAOC SCOA Level A	**British Sprint Championships (UKOL) Aldershot Barracks, Aldershot** Organiser: Allan Farrington

10th	TVOC SCOA Level A	**British Middle Championships (UKOL)** **Naphill and Park Wood, High Wycombe** Organiser: Neville Baker , neville.baker@chem.ox.ac.uk
10th	NOR EAOA Level D	**NOR Colour Coded**, University of East Anglia (UEA), Norwich, TG190076 Entry times: 10.15 - 12.15. DOGS ON LEAD. www,norfolkoc.uk
17th	SOS EAOA Level C	**EA Schools Championships, SWELL & SOS Colour Coded**, Hylands Park, Chelmsford, TL680047 Organiser: Edwin Banks
17th	SMOC EAOA Level D	**Keyne-O, Howe Park Wood** , Howe Park Wood, Milton Keynes, SP829344 Organiser: Karen Hopkins www.smoc.info/
23rd	HOC WMOA Level B	**Springtime in Shropshire, Brampton Bryan, Ludlow** SO365721 Dogs allowed. Organiser: Lester Evans www.sins.org.uk
24th	WRE WMOC Level B	**Springtime in Shropshire** **Stapeley, West Midlands** Organiser: Andrew Clough
June		
7th	NOR EAOA Level D	**NOR Summer Series**, Holt Hall, Holt, North Norfolk, TG079398 No dogs allowed.
14th	SOS EAOA Level C	**SOS Colour Coded & ESSOL**, High Woods, Colchester, TM007280
14th	SMOC EAOA Level D	**Keyne-O, Loughton Valley Park**, Loughton Valley Park, Milton Keynes, SP827394 Organiser: Ros James www.smoc.info/
14th	NOR EAOA Level D	**NOR Summer Series**, Bacton Wood, North Walsham, TG318312 Please keep dogs on Lead.
21st	NOR EAOA Level D	**NOR Summer Series**, Norfolk
21st	CHIG SEOA Level D	**CHIG Urbane Race** **Loughton**
21st	LEI EMOC Level C	**LEI (EM Urban League)** , Ashby, Ashby Organiser: Andy Portsmouth
28th	SMOC EAOA Level C	**Milton Keynes Urban**, Great Linford, Milton Keynes, SP854421 Organiser: Freya Askham www.smoc.info
28th	NOR EAOA Level D	**NOR Summer Series**, Norfolk
July		
12th	SOS EAOA Level D	**SOS Relays**, Wivenhoe Park, Colchester, TM032238 Organiser: David Skinner
12th	SMOC EAOA Level D	**Keyne-O, Furzton** , Furzton, Milton Keynes, SP852359 Organiser: Ros James www.smoc.info/

August		
		Scottish 6 Days 2015 with WORLD ORIENTEERING CHAMPIONSHIP based around Inverness with 3 days in Moray and 3 in glens SW of Inverness www.scottish6dys.com/2015
1st	SOA International	**World Orienteering Championships 1-7 Aug/World Cup Rd 3**, Scotland
2nd	SOA Level B	**Scottish 6 Days - Day1**, Keppernach, Inverness www.scottish-orienteering.org
3rd	SOA Level B	**Scottish 6 Days - Day2 (UKOL)**, Glen Strathfarrar, Inverness www.scottish-orienteering.org
5th	SOA Level B	**Scottish 6 Days - Day3 (UKOL)**, Darnaway, Inverness www.scottish-orienteering.org
6th	SOA Level B	**Scottish 6 Days - Day4**, Darnaway, Inverness www.scottish-orienteering.org
7th	SOA Level B	**Scottish 6 Days - Day5**, Glen Affric, Inverness www.scottish-orienteering.org
8th	SOA Level B	**Scottish 6 Days - Day6**, Glen Affric, Inverness www.scottish-orienteering.org
16th	**SMOC EAOA Level D**	Keyne-O, Ouzel Valley Park**, Ouzel Valley Park, Milton Keynes,** **SP886370** **Organiser: Ros James** **www.smoc.info/**
September		
13th	**WAOC EAOA Level D**	**WAOC Colour Coded, Wimpole Hall, Royston**
13th	SMOC EAOA Level D	**Keyne-O, Campbell Park**, Campbell Park, Milton Keynes, SP867398 Organiser: Ros James www.smoc.info/
20th	NOR EAOA Level D	**NOR Colour Coded**, Norfolk
20th	HAVOC EAOA Level D	**HAVOC Colour Coded**, Thorndon South, Brentwood
October		
3rd	**WAOC EAOA Level D**	**WAOC Night Event, Therfield Heath, Royston**
24th	CUOC EAOA Level B	**Cambridge City Race**, Cambridge, Cambridge Dogs: In assembly area only. cuoc.org.uk/events/4380/Cambridge-City-Race-2015/
25th	**WAOC EAOA Level C**	**WAOC Colour Coded and EAL**, Bush Heath, Brandon

Scottish 6 Days 2015

*www.**scottish6days**.com/**2015***

2nd - 8th August 2015

The 2015 event is based around **Inverness**, with three of the days in Moray and the other three in the glens SW of Inverness. The venues for this year have been chosen in order to allow competitors to compete in the Scottish 6 Days event on world championship areas and also to have the opportunity to spectate at the WOC2015 events as much as possible.

Programme of events

Day	6 Day Participate	WOC Spectate
Friday Jul 31		**Forres** Sprint Qualifier (evening)
Saturday Aug 1	**Inverness** Campsite book in S6D register **Nairn** Open Sprint Race	**Nairn** Mixed Sprint Relay (18:00-19:15)
Sunday Aug 2	**Keppernach** Day 1	**Forres** Sprint Final (17:00-19:30)
Monday Aug 3	**Glen Strathfarrar** Day 2	Rest Day
Tuesday Aug 4	**Darnaway** Highland O-Fest **Forres** Open Sprint Race	**Darnaway** Middle Distance (12:00-15:30)
Wednesday Aug 5	**Darnaway** Day 3 (Middle Distance)	**Darnaway** Relay (14:00-18:00)
Thursday Aug 6	**Darnaway** Day 4	Rest Day
Friday Aug 7	**Glen Affric** Day 5	**Glen Affric** Long Distance (10:00-17:00)
Saturday Aug 8	**Glen Affric** Day 6	