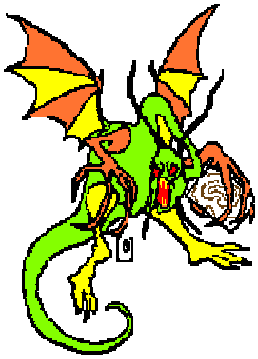
West Anglian Orienteering Club

British Orienteering



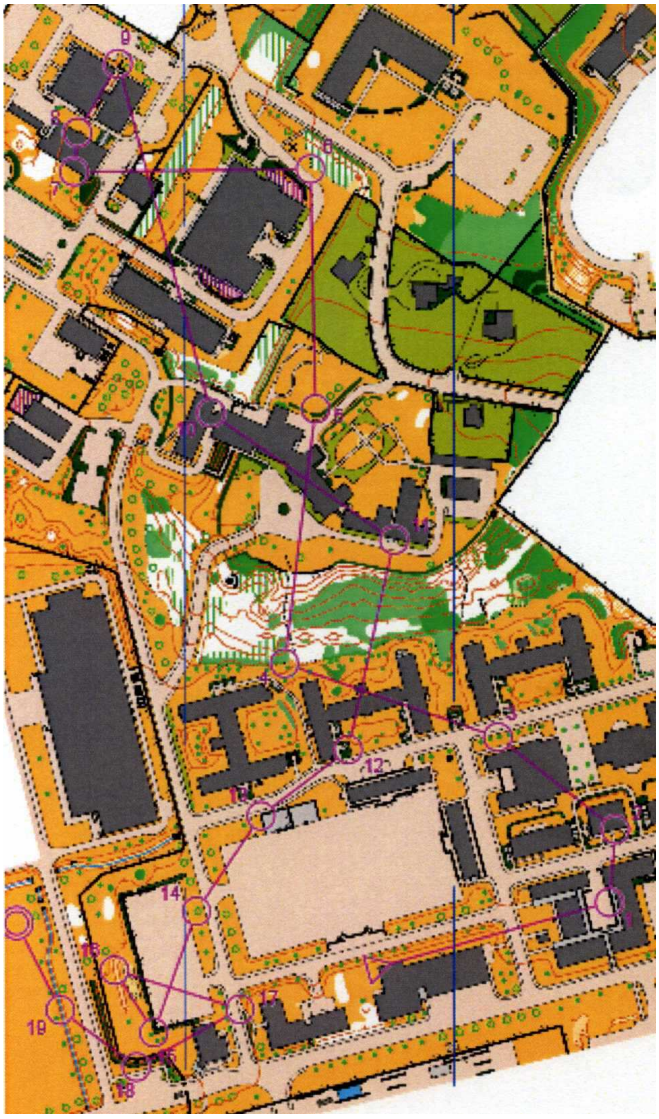
JABBERWAOC

Vol.43 No 2 June 2015

British Championship Sprints 2015

Guro Halstad GOLD

W40A Final 2.8km 30m climb, 19 controls, 15:30mins 5.5 mins/km



Editorial: Welcome to a fantastic series of articles about people's experiences of their time at JK, British Championships and beyond. Congratulations to JK Day 3 winners: Tom Hemmingway on M20L and Guro Harstad on W40L. Congratulations to Janet Cronk on her personal best time and Guro Halstad for winning GOLD in the British Championship Sprints and Ursula for GOLD in the Middle Distance British Championships, and Noreen winning her course on Day 1 of Springtime in Shropshire. Injuries at the JK sustained by Mike Capper and Ursula Oxburgh has not stopped them writing about their later events post injury. There is another logic puzzle from Bruce to aid your concentration training and details of all the upcoming training and orienteering events. There was a long wait for articles last edition but great ones this time – don't wait to be asked to write up your courses over the summer.
Wishing you and all your families a very happy summer whatever the weather and fun orienteering throughout 2015, Hazel Bickle

Send your orienteering news and views to hjc1000@cam.ac.uk or post to 24 Church Street, Great Shelford, Cambridge CB22 5EL by 1st September 2014, the final Copy Date for next issue

Chairperson's Chat – Peter Woods June 2015

The last JabberWAOC was issued at the beginning of April and it is still May, just, as I write this, so I do not have much news to report in the way of matters orienteering in the intervening few weeks, other than my own experience of the JK. So I'll turn up the gas fire, ignore the rain on the window, and try to recall those lost days of early April when the Lakeland sky was powder blue, the view down from the summit of Scafell was of a blanket of cotton wool cloud due to a temperature inversion, and in the valleys below, wild daffodils were sprouting in a profusion that would have left Wordsworth speechless.

Surely this should not be how the Lake District should be? Not at Easter, not for the JK? Why wasn't it like this when we used to camp? – I could come out in chilblains just at the thought of how cold that used to be. As I recall things, not even snowdrops had sprouted when we were trying to drive embrittled tent pegs into the frozen clart.

This year, things started well enough – during the drive up, the constant use of our windscreen wipers during the unmitigated heavy rain caused the blades to peel off both of them, and the grey banks of cloud over Lancaster delivered on their promise of rain during the sprints in the University Campus on Good Friday.

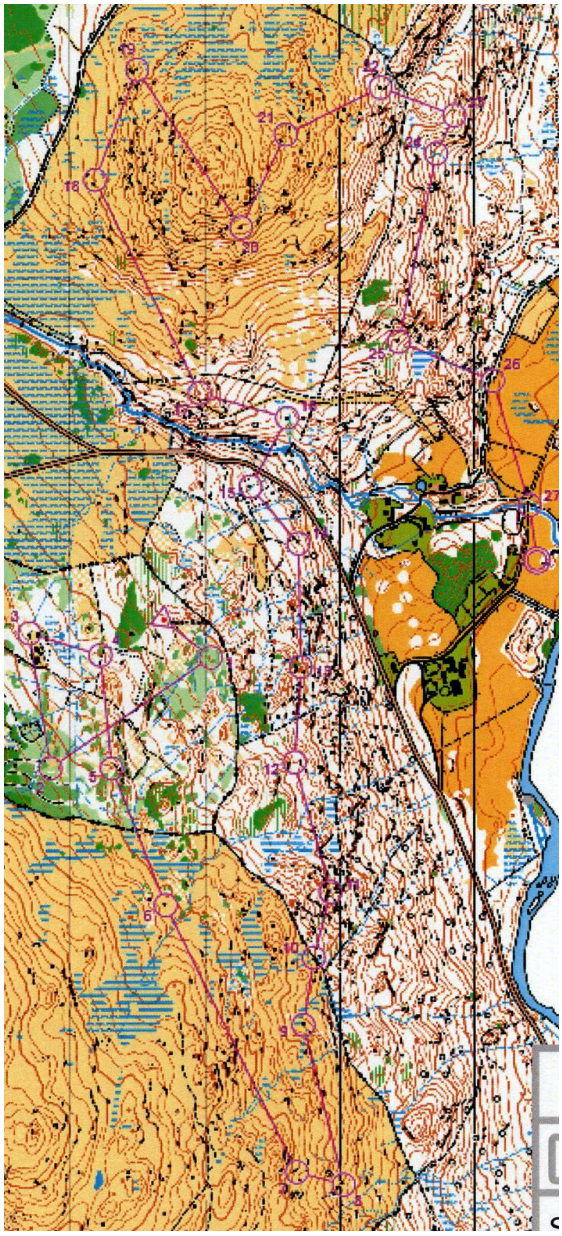
But although I was lucky enough to finish my run before the showers, this did not seem to give me any advantage and I am amazed at how much time I lost relative to the leaders even excluding the sub-optimal route choice of using control 10 as the attack point for control 9.

Eerily, the sky cleared in the evening and next morning we could see the tops of all the fells as we made our way to Ulpha Park and Barrow Fell.

Apart from the shocking and inappropriate sunny weather, the next difficulty was with the maps. These had been prepared based on Lidar surveys which provided an unprecedented level of accuracy, expertly simplified so that at the printed scale of 1:7500 the detail was rich but readable. Even after poring over the day's run I was not able to find any way to blame the mapper.

Many who I compared notes with reported having big trouble with their first controls here. But I found plenty of features I could relate to the map to guide me into the first 5 controls, in a densely wooded area. The next 4 controls involved contouring on open fellside. Again I had no major problems in navigation, but although I have

checked on the map that there was no overall climb between these controls, there seemed to be a lot of up on the routes I took.



My main way of maintaining fitness in preparation for the JK was park-running at Wimpole. This includes a significant incline at half way, and I was well practised at breaking into a walk to get up this slope. This proved really useful on the fells as I suspect that, had I tried to run up these slopes, I would have depleted my energy reserves too quickly and made a terrible mistake of navigation as a result.

Then the course descended into woodland and a significant change of terrain. I had no problem with the first two controls here, but by control 13 I had depleted my energy reserves and I made a terrible mistake of navigation as a result. Even though a stone wall effectively located the control for me in one direction, the roughness of the terrain meant that traversing along parallel to it was not an option and I misread the various contour and other clues that should have led me to it. Still, this did not seem as bad as catastrophes at previous JK's and what's more, I had inexplicably failed to fall over and crack my shin on a boulder at any point in the course, a minor triumph for me, so I was disappointed to be very far down the field.

Arriving at Day 3, Bigland, unusually without any perceptible limp, I was determined to do better. And it seemed as if I might. After a start on open fell, the course proceeded through marshy semi-open upland areas, then onto bare fellside again, then into forest with a succession of controls reached by contouring round a steep slope, and gratifyingly the controls had appeared when expected. It wasn't until control 15 that I lost concentration and realised I needed to relocate. I soon came across a control (not mine) on a small flat area and realised this was one of the charcoal burning platforms mentioned in the final details, and these were all marked on the map, but unfortunately too many to easily decide which one was where I was. I eventually relocated by being able to see down the slope I was traversing and estimate a bearing relative to an unmistakable path junction below.

So my dilemma is not an unusual one I think – do I continue to run the Long

course, obtain incredible value for money in terms of minutes on the course per penny of entry fee, and have the chance to orienteer on the widest range of terrain, or opt for the Short course, where I might manage to get to the finish before the Cinderella moment when falling blood sugar levels turn the brain into a pumpkin. I'll consider this again no doubt after the Scottish 6-days. In the meantime, I have re-evaluated my training strategy and am hoping one day to run up that hill at Wimpole….

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:	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
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 member**

Zachary Gbadebo (M15) from Pirton, Herts. We hope you will enjoy orienteering with us.

WAOC O-tops - Anne Duncumb (memsec@waoc.org.uk)

I have had one request for an O-top, but not the minimum of 5 needed before an order can be placed. Anyone else out there - or is everyone waiting in case the design should be changed? Info about the tops was in the March edition of Jabberwaoc. If you want to order one, please email me with details and I will come back to you about payment etc.

First Series of suggestions:

Sam goes for curves in Cambridge blue and white while Jaya has the superb idea of designing a compass in O of WAOC

as a reflective logo

See colour version in website edition.

Sam has Red design with black WAOC logo and curves in white, Cambridge blue, and black.

Red trim on black trousers

featuring:

- Orienteering flag pattern on sleeves
- Reflective lines as part of WAOC pattern on sides
- high neck with hidden pocket at back of neck for hoodie

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

Date	Location
Wed 24th June	PuntO
Wed 8th Jul	Harlton Clunch Pits
Wed 15th Jul	Cherry Hinton Hall
Wed 22nd Jul	Sawston
Wed 29th Jul	North Cambridge (New area!)
Tues 11th Aug	Saffron Walden (New area!)
Wed 26th Aug	Bar Hill

Please note that this is a provisional programme.

If you would like to plan an informal Wednesday evening event, please let me know. Or alternatively you can volunteer to put out pre-planned courses in Rowney Warren.

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 (clubnights@waoc.org.uk)

Training tip: Relocation (Find yourself - don't wait to be rescued):

Retrace your steps: Go back to the last place where you knew where you were on the map. Then try again.

Orient your map with your compass: Have you gone in the wrong direction - 90° or 180° error?

Look around: Are there any large and distinctive features nearby that you can use to relocate? Remember to look in 360°.

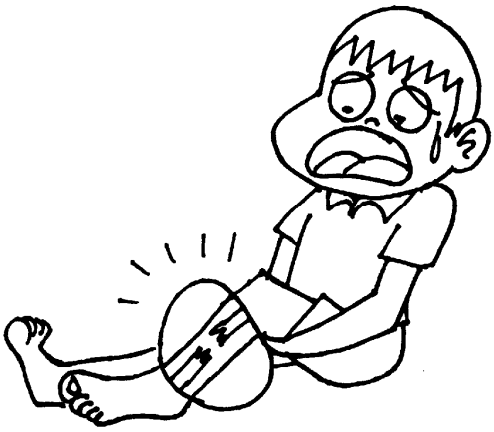
Safety direction: Head to a nearby handrail or follow safety direction to an unmissable catching feature on the edge of the area (especially important to remember if you are heading to the Scottish 6 Day this year).

When all hope is gone: If you are still lost after several attempts to relocate, no one is around, the courses have closed, it is starting to get dark, etc then stay where you are and let the searchers find you. See Jenny's article on finding lost orienteers.

Planning Tip: Take a screwdriver to start a hole for each control stake you are trying to put into sun-baked hard ground in summer or frozen ground in winter.

Orienteering Emergency Scenarios - Impington Village College
Jenny Hunt

On a quiet Wednesday evening earlier this year, WAOC and CUOC members arrived at Impington Village college to take part in a training exercise covering emergency scenarios to learn and practice various search techniques for missing or injured orienteers.
Everyone assembled in the sports centre reception for a coached session on: Safety bearings; whistle policy; organising and managing a search; search techniques and when and how to contact the emergency services.



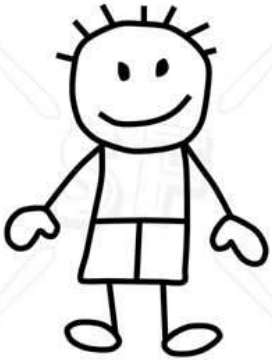
The group discussed why we would need to organise a search and the actions we should take before deciding if we need to plan a search. The role of the Search Co-ordinator was discussed and initial considerations before starting a search in order to make an assessment of what may have happened and where the person was likely to be. The importance of briefing and communication within the search team was emphasised.

The group learnt about two search techniques; ribbon search – which usually covers linear features and the land on either side to search the most likely route between controls; and grid/sector search – a more detailed search of the whole area, by splitting the map into sections.

There was a warm up exercise on the tennis courts where participants tried out the search techniques and communication in pairs.

The group were then given the opportunity to practice the skills, when they were notified that a, (notional you will rest assured in hearing), child named John had not returned from their orienteering course. Luckily, armed with the knowledge that they had just received, the groups sprung into action; appointing a Search co-ordinator for each team and managing the search by firstly testing out a ribbon and perimeter search.

John, (or in reality a laminated picture card of him!) was eventually safely located; tired and upset, he needed to be bought back to the start by the easiest route. A number of casualties were found along the way – an injured orienteer who had fallen and hit their head and needed two people to support them; and an injured orienteer who had slipped and likely broken their ankle, they could not be moved, so orienteers noted their position and informed the coaches that we would need to alert the emergency services and guided them to their position.



It seemed to be carnage out on the fields of IVC that evening and the teams decided the risk was so high that a full grid search was planned and implemented – resulting in the successful location of a number of other lost children and injured orienteers, (again in their laminated picture card incarnations!)

While the teams celebrated their success in finding all the missing children and casualties, it was then noted that two members of the search team had themselves not returned, despite agreeing a meeting time. The sound of 6 whistle blasts rang out across IVC; a distress call! Using their whistles to communicate back and alert the orienteer that they were coming; the team split up to follow the sound of the whistle and the two missing orienteers were duly located – we don't say "No Whistle, No Go" for no reason!

<u>So, what were the key points around missing or injured orienteers?</u>

1. At the start officials must tell people the course close time and that they must report to download even if they retire early and the reasons why – consideration should always be given to issuing a safety bearing at the start of major events.

2. 'No whistle, no go' – also understand whistle etiquette- any orienteer who hears the distress signal of 6 whistle blasts must stop competing immediately and respond with 3 short blasts meaning "I hear you, I'm coming". This pattern repeats every sixty seconds until the person in distress is found.

3. If you blow your whistle for help, (and it must be seriously needed help, not trivial), you must stay in that spot- do not move or try to find your way back- the whistle works on people locating you. Moving will also frustrate grid or ribbon searches.

4. If a search is over or called off – 10 short whistle blasts can be used to call search teams back, the use of a car horn can send this message further into the woods if needed.

5. Only one Search Co-ordinator is appointed – this will be the event organiser or they can nominate if someone more experienced is present. The search co-ordinator will identify a base and remain there co-ordinating all aspects of the search.

6. Clarify the command and communication system – radios or working mobile phones, reception must be tested when out in remote areas like the woods.

7. Retain help – orienteers should be prepared to stay and help; time is of the essence and we may need to cover a lot of ground; in the event of a search being declared all finishers and orienteers still at the event or in the car park...etc should be coralled into helping.

8. Areas to be searched – maps should be prepared and the Search Co-ordinator should have a note of who is going where, the particular search technique deployed and agree a time that the searchers will return.

9. Never exceed the parameters given to you by the co-ordinator– it might seem helpful to search a bit further than you have been allocated but it is vital you 'stay on mission' - if we have to go searching for searchers this will increase the risk to the missing person and divert resources.

10. Ensure that all searchers have a watch/phone, the time they have is accurate within a couple of minutes, and they are aware of and committed to return at their agreed return time

11. Searchers will be advised that if they don't find the lost person but instead find effects suspected of belonging to the lost person that they note and report the position carefully but neither touch nor relocate those items. This is really important for a number of reasons; including that the lost person themselves may have left them to help orientate themselves if truly lost and heading out for help or should search dogs be used at a later stage for any reason; they need a clean track on those items.

12. Event officials are to presume the missing person is injured or lost and will arrange a search as appropriate unless information immediately dictates otherwise. If law enforcement become involved after a set period, by their definitions they will/must consider the possibility a crime has occured and will treat the area and the search accordingly – particuarly if it is a missing child; please understand and respect this and offer assistance as requested.

In summary it was a really fun evening which like all of our clubnights, was only a success due to everyone throwing themselves into the activities at hand. Everyone seemed to enjoy themselves and hopefully went away much better equipped if we need to undertake a search at a live event.

We hope to factor in a session like this at least once a year into training nights to keep these skills sharp. If you would like to discuss safety or search issues around orienteering, please speak to any of the club coaches.

Summer Series – Helen Hague

The Summer series got off to a good start at Hinchingbrooke Country Park on Saturday 16th May 2015. Guro Harstad planned three courses of varying length and difficulty which were enjoyed by all. Often longer courses at Hinchingbrooke involve a run round the lake to reach controls but Guro managed to plan long courses that avoided this which was a pleasant surprise to some. The turnout was good and registration was kept very busy with several new families attending. It must be said that there was a bit of wind chill at the beginning, of which helpers at the Start bravely bore the brunt (thanks to Seonaid and Mike!) but by the end the weather was almost tropical (that would be East Anglian tropical, rather than Bahamas tropical…) with many sightings of ice creams.

Next up is the event at **Wimpole on Sunday 21st June** with registration between 10 and 11.30, starts until 12 noon. This event has the added bonus of being FREE as it forms part of the National Trust's Family Games Day so please do come along and enjoy the courses which will be planned by Guro again. There will also be a micro-O in the Gardens for which an entrance fee needs to be paid by non-National Trust members.

Logic Puzzle 9 – Bruce Marshall

Plant 7 trees in this area. The numbers indicate how many trees in the intersecting row and column.
You can't plant a tree next to another tree or a numbered square, vertically, horizontally or diagonally.

(Solution on page 26)

		1	2				1
			4				
						2	
4							
	0						
3					2		2

JK 2015 - Lake District Iain Stemp

The Jan Kjellström International Festival of Orienteering, or JK for short, takes place over the Easter weekend every year in some of the best places to orienteer in the UK. It attracts around 4000 orienteers from both the UK and abroad. The event consists of a Sprint (Good Friday), Middle or Long (Holy Saturday), Long (Easter Sunday) and Relays (Easter Monday).
In recent years it has been held in Northern Ireland, Scotland, Chilterns and South Wales. This year it was the turn of the Lake District to host the JK.
The Lake District has long been one of my favourite parts of the country for mountain walking, biking, navigating and rough camping, but it has yet to feature in my successful areas to orienteer in. Last year's 'Lakes 5 Days' event showed how much I still had to learn about orienteering in the complex contour terrain and woodland and I was hoping that I would be able to put together a successful series of legs, if not a whole course, at the JK.

Sprint

The sprint on Good Friday is held in the afternoon in order to give competitors time to travel to the event which this year was held on the campus of Lancaster University. This University being one of Andrew's 5 university choices to study Natural Sciences in the Autumn meant that Andrew and I had briefly visited the campus last year, so some of it was familiar to us but not enough to make us non-competitive.
The queues on the northbound M6 made us glad that we had driven up the day before and stayed with my parents at Bowness on Windermere and were thus travelling south to Lancaster. The campus area that was mapped was approx 1400m (N to S) by 500m (W to E). The starts were in the South West corner and the finish on the eastern edge. Arriving for a late start meant we were parked close to the

actual race start which meant approximately a 1km walk to the assembly area to pick up race numbers and then the same walk back past the car to get to the start. Since everyone had to get to the start it would have made a lot of sense to have the race number collection near the start. This wouldn't have been too bad, except it was still pouring with rain as it had been all day (well what do you expect in the North-West in early April??).

My course, M50, was billed as 3.3km long and had 18 controls. Andrew was running Men's Open (rather than M18E) and had 22 controls with a little more distance. The distance being the optimum route rather than straight line. Now I mentioned the rain, which fortunately stopped at about 3.15pm before our starts about 30 minutes or so later, and this made us think that the paths and steps might be a little slippery and that the choice of footwear might be crucial.

Normally for a sprint event in an urban setting racing flats are adequate and allow running at speed, but shortly after starting I had negotiated a gap between two building and then decided to cut the corner to get to the first control rather than stay running on the concrete path. Needless to say I regretted my decision not to consider the lightweight studded shoes as immediately my feet slid from under me on the (very) wet grass and I was sprawled out on the deck! Picking myself up and getting to the first checkpoint and running at speed resulted in me feeling an injury at the base of my spine which was caused by slipping on rocks 6 days earlier in Snowdonia. This hadn't given me any trouble at all whilst running in the days between Snowdonia and Lancaster and the fact that it was painful now and the grass slippery meant I had to be doubly careful! The rest of the sprint course was fairly straightforward except when running across grassy areas. The slippery nature of running on the grass meant a few quick route choice decisions needed to be made, for instance going up a flight of four steps and then down a long grass slope rather than up a grassy bank and across the slope even though the route up the steps was slightly furhter. In dry conditions the steps would have been bypassed in favour of the grass bank. I was having a good run until I unfortunately lost concentration on an in-out control (the control was in a courtyard with only one entrance and exit) and I went off running to the next control in slightly the wrong direction. This probably cost me about a minute which in a short race is a big deal.

The sprint route took us through accommodation areas to start with and then departmental areas (such as science blocks and so on) and through the centre of the campus where there is a largish concourse and some shops. My route took me round the library which was elevated on a mound so it was above an underpass. The mound having steep sides did prove to be tricky to run round in shoes with no grip in the conditions. Being the 50th year of the University meant that there were several areas out of bounds for building.

All the courses finished with a sharp left turn before a 50m run in to the finish. Not a problem normally, but if you were to overshoot the sharp left turn due to slippery conditions you were likely to end up in a pond which ran alongside the run in to the finish - not something to do with all the spectators watching.

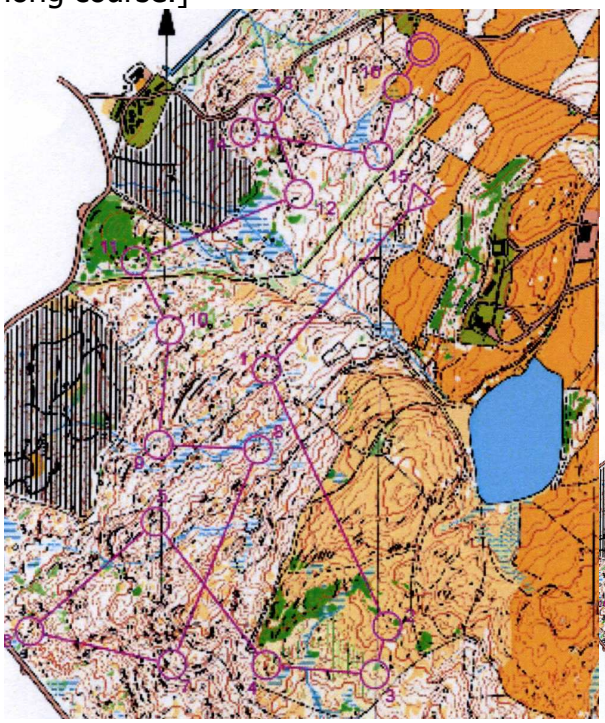
So for me, an adequate but not brilliant run due to mistake leaving control 10, but at least I didn't hurt myself slipping over on the way to the first control.

Day 2 - Ulpha Park and Barrow Fell.

The second day of the festival was in the Lake District in an area new to orienteering (well its all still new to me). This was in a very special site of scientific interest and

required frequent disinfecting of shoes. I had decided not to do all of the races in the festival and preferred to compete on Easter Sunday rather than Saturday.
Andrew was up for all three days and so I still drove him round, dropped him off and escaped past the road closure on to the open fell where I was able to take the dog for a walk over a couple of the lesser fells.
The area consisted of some open fell and steep wooded slopes. Andrew did well in M18S class, but one of the SI boxes failed to register his punch and so he was disqualified as it was classed as a mispunch (he also forgot or wasn't aware of the need to get a manual backup paper punch in situations like this).

Day 3 – Bigland
Easter Sunday dawned with low mist and dampness in the air. The cloud was to eventually lift but not till after I had finished running. Having chosen Day 3 over Day 2 due to what looked like a more varied area (a good mixture of open fell and woodlands) I was somewhat disappointed that Course 18 (M45S, M50S and W50L) was virtually all in the steep woodland with a lot of back and forth in the area to give the distance of 5.1km on a 1:7500 scale map on A4. The M50L course was longer (obviously), but more varied and went round a much larger area in a clockwise direction without feeling like you were running over the same ground all the time. [Note to self: S is not always better than L, perhaps I might have been better on the long course.]



JK 2015 Day 3 Bigland
←M50S versus M50L↓

One thing I learnt was that however hard it is to run on a bearing in a straight line it is even harder if you are not running on the flat. According to Bear Grylls we have a tendency to go in circles and this I think is exaggerated when running across a slope so instead of heading intercepting a wall which would have led me neatly towards my first control I veered too far down the slope bending round towards the west and missed the wall. Eventually managed to relocate and find a wall junction 30m from the control and I also found a fellow competitor who hadn't a clue where to find the wall junction. I confidently showed him exactly where he was and then got to control 1 before a brief foray of two legs onto open land. Back in the woodland I was on

target to navigate successfully to the next control (5) until I veered too far north and was looking round the wrong crag. I still don't know how I failed to spot on the map the presence of a wall near the control until I actually got to the control and saw the wall first. The wall was a good catching feature and if I had seen it on the map then I would have made sure I kept south and intercepted the wall. The next four legs went well and I decided I was getting the hang of this, but far too much time had already been lost to enable a decent time. Then a blip to control 10, perhaps overconfidence, perhaps trying to spot a crag to navigate by when not all the crags are mapped is a bad idea, but the result was overshooting it and approaching it uphill from the north. Four good legs followed. Here I am using good in the sense that I was able to complete the leg with little difficulty not in the sense that I was contesting for fastest split times. But the real leg (to 15) before the final run to the finish nearly proved a leg too far. I am not someone who gives up so I was determined to finish the course, but it was a close run thing. More time lost then and I was relieved to finally get out of the wood and to finish.
Had I improved on performances from the previous summer? I think I had. Despite the bad legs I felt I had strung together some good sections and now need to work on consistency and to concentrate for a whole route. Looking at the map from one's home it can seem obvious what route should be taken and how to go about it, but in the middle of competition that can be difficult to do and I guess something that gets better only with practice.
Was the JK experience worth it?
Yes. This is the fourth time I have done at least one of the events at the JK and they are well run and in challenging areas far removed from East Anglian forests. Although it can be frustrating and demoralising when the navigation doesn't work, it is nonetheless a challenge and all the more exciting when it does come right.
Next year is in Yorkshire.

A busy few weeks – Mike Capper

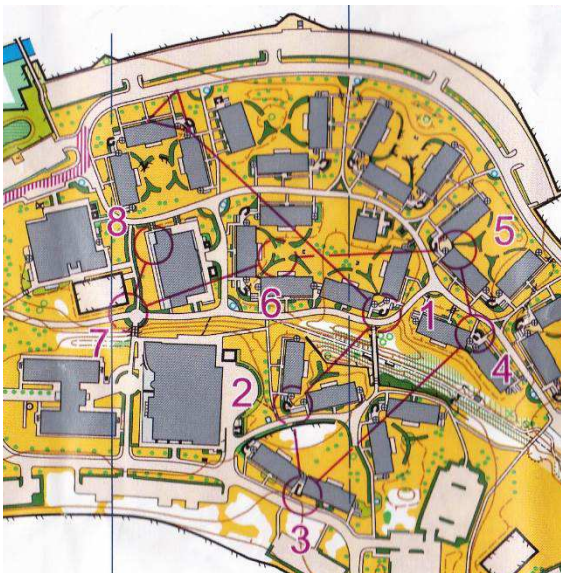
The JK – Easter weekend It all started so badly (well actually it didn't get much better)! A pre-JK run on the day before the sprint race left me with a slight concern that a niggly hamstring was more than this…

The JK Sprint …and so it proved. The positive was that I managed to run the first two controls but then I had to hobble the rest. Not good and a real shame as the course at Lancaster University was really interesting and very challenging. Lots of route choice and the need to make instant decisions in order to save time.
I missed the rest of the JK. There were some good JK performances, notably Ursula Oxburgh's GOLD Medal in W80 at the sprint and Guro Harstad's 4th place in W40 in the more traditional long races. The terrain looked tough and difficult but oh how I wished I had been able to run it!
For me it was off to the physiotherapist and a week of not running.
The comeback didn't go too well!

Sunday April 11th – The East Midlands Score Championships at Clumber Park.
A first for me in 40 years of orienteering! I set off at 9.10. At 9.13 NOC post on their website that the event has been cancelled by the National Trust due to 'forecast high winds'. So I, along with lots of other orienteers, arrive at said venue to find a man in

a fluorescent jacket saying 'you can't go there, its cancelled.' And what did we all do? Go for a run in the woods! To be fair, the falling leaves were pretty dangerous, but I survived!!
Gave the **British Long Championships** in the Forest of Dean a miss – too far to go with a still slightly dodgy hamstring but instead had a fun run around Ken Hill at a NOR colour coded event. There were several WAOC successes at the British Championships. A silver medal for Ursula Oxburgh in W80, and a superb 4th place for Dil Wetherill on M50L. Hallie Hardie's 1st place on M75S is also worth a mention!
And so on to the next big race of the year...
No not the Gloucester City race (fun!) or the Ferry Meadows and The Orton WAOC event (surprisingly challenging but disappointing not to have a control in my front garden!) but the…

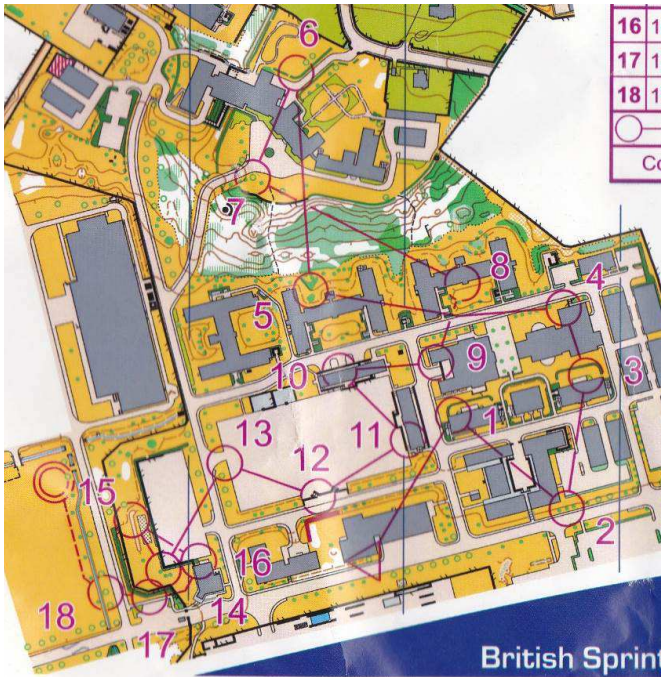
The British Sprint Championships
Now this was good. Superb courses around Aldershot Barracks with lots of decision making and route choice. The heat went okay. This was in the newer part of the barracks and was pretty difficult. It was hard to see where you could get through corners of buildings and on the way to #1 for example this cost me time! Time that turned out to be crucial as I just missed out on qualifying for the 'A' Final by finishing 7th not 6th.



It is fair to say that the qualification system was a bit suspect. My time would have qualified me in both of the other heats (in one I would have ended up 3rd) and at the time I was pretty annoyed by this. (Am I over it, well, let's put it this way, I've moaned about it continually since!!!)
So the 'B' Final it was!

Now one of the unusual things about these races were that they were using touch free punching. Basically just waft the magic box somewhere around the control and it will register and off you go. This means that you can run through controls without stopping. Ideal for a sprint race.

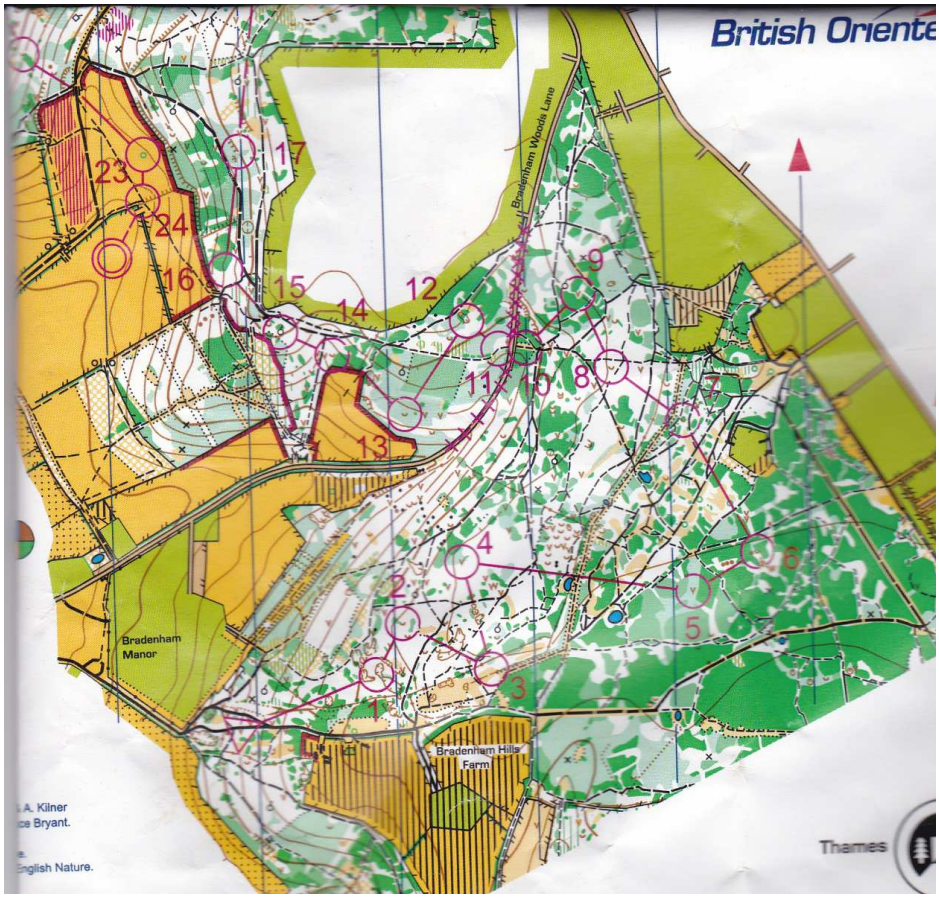
Two problems. Sometimes if you run through too quickly and waft too vaguely, it may not register. This happened to lots of people. Second, because you don't stop to punch, you need to plan ahead more carefully. This was my downfall.



I get to #10 – up the steps and around the fence to register a punch (it later turns out that I didn't need to do this, I could have just stuck my hand up from the lower level and the punch would have registered without all the faff of going up–and–along). ***Make that three problems with the punch free system***.

So I've punch at #10. I think I am at #11 (I think) and head off to #12. Now to be fair the features for 10 and 11 are identical and it was an easy mistake to make. I So I've punched #10. I did wonder briefly why the route to #12 was at a different angle to the one expected. But hey-ho. #11 missed. Disqualified.
Guro Harstad continued her superb form with a GOLD medal but there were no other great successes from WAOC. Ursula and Mike Bickle also mispunched (not sure if they failed to register a punch or did what I did!).
The next day was the British Middle Championships at Park Hill and Braddenham in The Chilterns and more disasters!

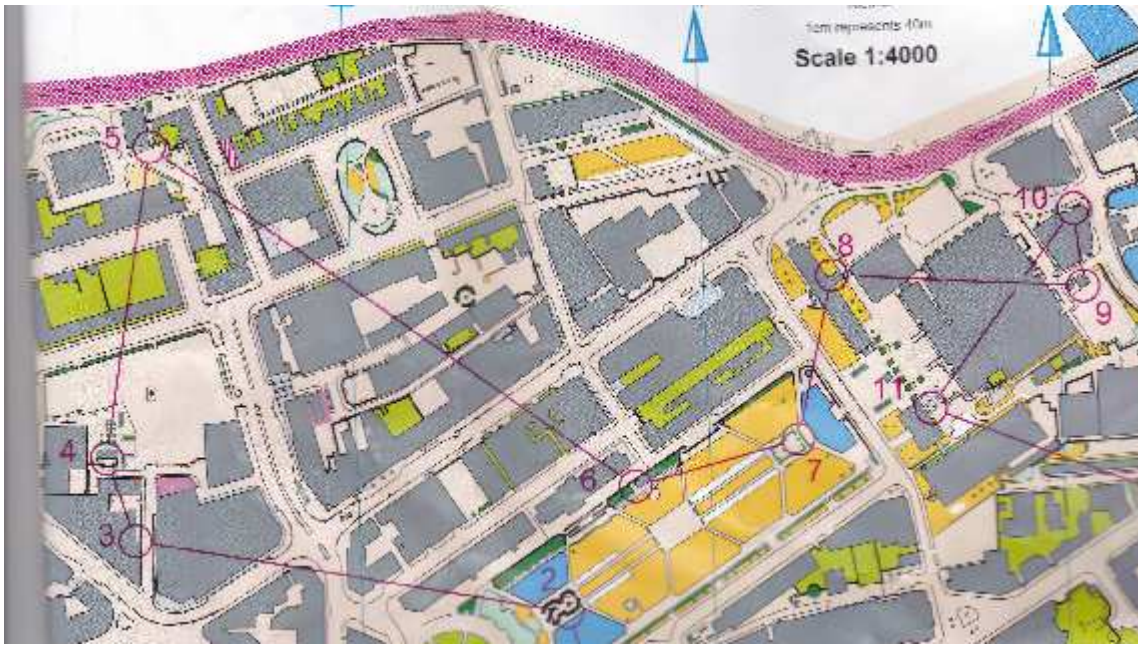
The British Middle Championships
I have probably orienteered worse, but not for a long time. This was a brilliantly organised race, with a lovely beech forest that provided lots of problems. I started badly and went downhill from there (literally).
Several minutes lost at #2 as I faff around aimlessly (6 minutes for 150 metres – pathetic) and then the nadir is reached as I headed downhill to #3.
Oops. It took me a long time to realise that I should have been running up hill. After that, I had a disengaged jog around the woods. Not a great performance!



Ursula Oxburgh managed to redeem herself after the previous day's calamity, with a GOLD in W80. I'm sure that Guro wasn't disappointed with her SILVER medal! I would have settled for that!

The Hull Urban O Weekend

Whoopee! No nasty hills. No brambles! No brashings! I can run!
The Sprint race around Hull University was fun. The Urban race around Hull even more fun! Hull is actually an interesting place for an Urban O race. No very tricky bits but lots of route choice.



There was some fun running around the docks, with The Deep featuring heavily in the course. No problems on the day from missing controls or bridges that were opening at the wrong time, so all was good. A highlight of my last few weeks orienteering.
And there is plenty more to come...

British Sprint Championship – Janet Cronk

My first British Sprint Champions was at Keele University, last year. I went to the event as it was one of the events that formed part of the 2014 UKOL. I was a bit bemused by 'Prologues and A & B Finals' but ended up being the fastest qualifier for the B Final and thought I might just be in with a chance of winning something !! But not to be ! One of fastest women in my class (W55) had mispunched in the Prologue so I had to run against her in the B Final and ended up 3rd !

But, having enjoyed the events of the 2014 UKOL, I am now going to as many of the 2015 UKOL events as possible. This meant that I was off to Aldershot Barracks on Saturday 9 May 2015 for the 2015 British Sprint Champs! I decided that my aim this year was to qualify for the 'A' Final and obtain at least 1000 BOF ranking points for the event!

We used Emit Touch free controls and emiTags for the event which were much easier to use than Emit cards but you had to take care and there were a lot of mispunches in the Prologue.

I did not mispunch but I just failed to qualify for the 'A' final. If only I had read final details thoroughly it might have been a different story! I lost time when my map ran out of controls and there was no finish! The clue was at the bottom of page 9 of the final details - 'maps will be issued with Part 1 uppermost. The start triangle for Part 2 will be coincidental with the circle for the last control on Part 1'.

So, my revised aim for the afternoon was to win the 'B' final! I got very close running 2.2k with 19 controls in 14:44 (6.7 m/km), only 1 second behind the winning time of 14:43! Looking at my map after the event I decided that I had learnt another lesson! The second lesson is to read the control descriptions to assist in route choice.

At control 13 I guessed that the control was on the northwest outside corner of the building. If I had read the control description early enough I would have saved at least 8 seconds and met my revised aim! However all was not lost, it was a very enjoyable day and I did go home pleased with a pb speed of 6.7 min/km and later on in the week it was good to see that it had given me 1000+ BOF ranking points!

British Sprint Championship 2015 at Aldershot Garrison – Guro Harstad W40 GOLD

The British Sprint Championship was arranged at Aldershot Garrison 9th May. Aldershot Garrison has been the "Home of the British Army" for over 150 years and it has world class sports facilities. All Team GB athletes attended the pre-Olympic Preparation and Processing Camp at Aldershot Garrison prior to the 2012 London Olympics.
The Garrison is a "dream place" for people interested in sport. With huge playing fields for football and rugby, hockey and cricket pitches, athletic stadium as well as plenty of tennis courts and obstacle courses.
The map over the Garrison was really good and the courses were challenging.

The sprint day started with the qualification race in the morning.
We were split into different heats, and the 4 best women from each heat would qualify for the final.
The qualification race didn't start well at all. I didn't get the map contact as I would like to have, and was stressing round from one control to another without really understanding the map or area. I lost seconds all over the course, especially on control no 5.
Towards the end of the race, I managed to read the map better, and
I qualified as the the last person for the final with 20 seconds margin.

I had a little chat with Ursula before the start of the final, and she reminded me that I should never run faster than my ability to make good route choices.

I started first in the final and I started well up until control 7. **[Map on front cover]**
Then I probably ran too fast for my sprint orienteering skills and was losing the good map control that I had had up until then. From 9-10 I made a terrible mistake by thinking that the big fence had an opening SE of the small building. The fence did not have any openings so I ended up running around the whole building. Coming back from the building I ran outside of the fence between the big building, then down through the green part and over the road to the control. I lost 78 seconds on that error!

From control 10 I was back into focus again and picked seconds after seconds on my opponents.
At control 17 I had taken over the lead and finished 13 seconds ahead of number 2.

It was such a great experience and my kids were overwhelmed by joy when I received my gold medal on top of the podium!

WAOC ParkRun Report - Numbers Games - Peter Duthie

Orienteering is arguably a numbers game – and so is its younger cousin parkrun which shares many of our areas and which many of the 'WAOC runners' also enjoy. This article is by way of an update on the activities of those WAOC members who can bear to run without a dibber or compass.
Permanent courses apart, one set of O-numbers (start time, course number, control tally, course length and climb, together with bearings and pace counts for individual legs) is variable, whereas parkrun is always 5km at nine on Saturday morning, and any one park generally has the same course. Both record time taken to run (or walk) and position compared to others on the day. In recent years, orienteering has tended to blur distinctions of age (another number) and gender at more local events, whereas parkrun's sortable web results pages allow comparison overall, within age classes and by age/gender handicap (where our very own Sue Woods is often near the top of the Wimpole rankings). Parkrun celebrates events completed and now also volunteering stints with 'number shirts'. Several WAOC members now sport red '50' and black '100' shirts, but the '250' award is still a long way off for most of us with O-events to fit in at weekends.
It has been good to see several new WAOC faces at local parkruns this year; perhaps we might see more during the summer months when so many of our local woods are overgrown.

Event details can be found at www.parkrun.org.uk. Not counting members recorded under their running clubs, or no club, we now have 21 WAOC parkrunners with one over 100 and five over 50 completions. Steve Hinshelwood is on 99 at the time of writing so watch this space! One number which creeps inexorably upwards is orienteering entry fees, especially for larger events. By contrast, parkrun is free!

WAOC parkrunners have now totalled an impressive 440 runs, but the latest UK stats suggest that 700,000 registered parkrunners have completed 7 million runs at 333 locations. Orienteering in the UK dates from well before the computer collation of such numbers, but I would guess that orienteering has mapped more venues, perhaps totalled a million runs but with many fewer orienteers – I think we average rather more than ten runs each.

Orienteering has always featured junior courses (I started at school league events in Central Scotland in 1972), but younger runners have hitherto had to run with their parents at parkrun. Junior parkrunners now have their own 2km events up and running at Milton and Wimpole on Sundays at ten.

Another number celebrated by parkrun is the event number, with event birthdays often celebrated with a cake. My coffee mug is currently on a CHIG 40th anniversary coaster dating back to 2006 (will we get another set next year?), and celebratory O-events have been held on original black and white maps, but we don't tend to tally events on a given area. How many events have there been at Rowney over the years, I wonder?

Away from parkrun, recent Thursday evening daylight runs have included Over (bittern and marsh harrier), Wicken (barn owl) and more prosaically Oakington (lesser spotted guided bus). All are very welcome to join us – no headlamps needed until the clocks change again.

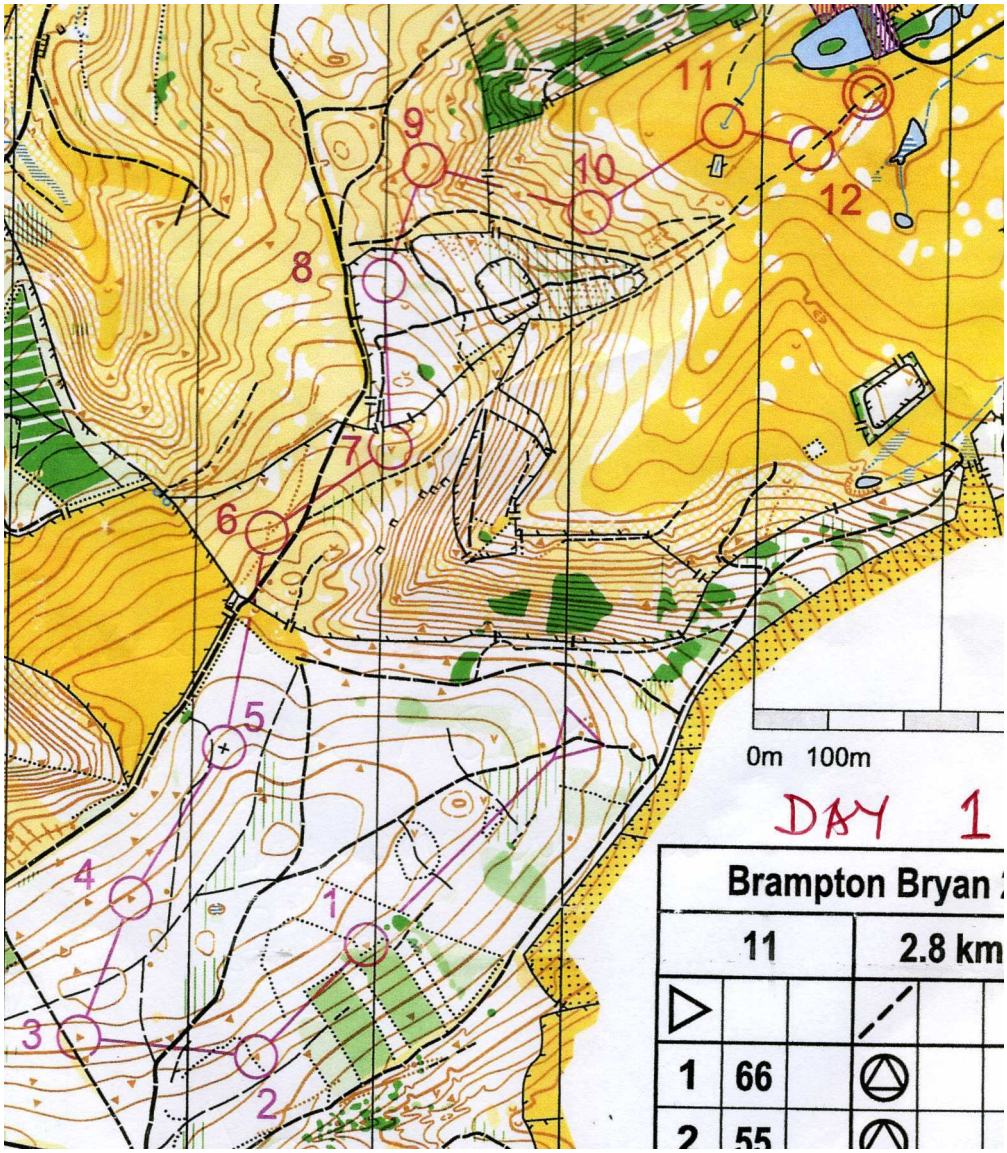
The Ups and Downs of Orienteering – physically and technically

Noreen Ives

Shropshire is one of my favourite counties. If I had to make a list of 'loved' places it would be high up there. The mixture of open hills, wooded valleys and farmland is beautiful; in addition it is fairly quiet and sparsely populated. Most people head south to the West Country, north to the Lake District or Wales and bypass it. As a result, if I can go to Springtime in Shropshire, I go with real anticipation and this year didn't disappoint. I entered W60S for all 3 days of classic orienteering (separate competitions). I am attempting to get fitter but I am not up to doing Long yet especially on a multi day hilly event.

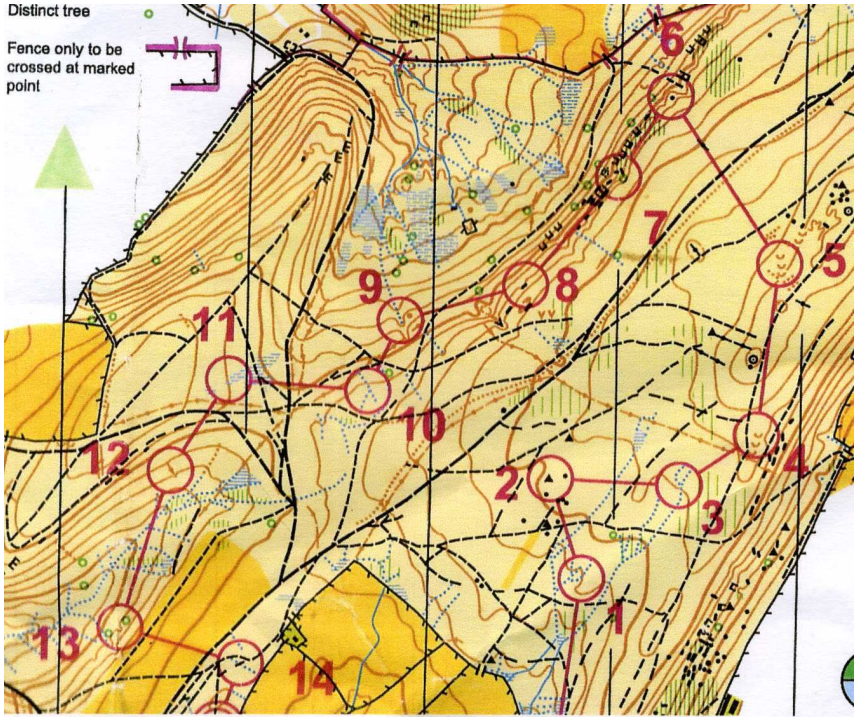
Day 1 was held in Brampton Bryan Park, an interesting area used fairly recently. It has both wooded and open hills with lots of contours in some places very close together. After a 40 minute uphill walk to the start with stops to look at the view(!) I had 2.8k to do on my course.

Most of my controls were platforms. I find these really hard to spot as in a wood or even in the open a small usually undistinguished feature is hard to spot from a distance. The course was fairly straightforward with some obvious features such as veg boundaries and paths to use for reassurance – mostly I moved simply on a bearing aiming for a distinctive tree on the skyline and hoped! This day it worked and I had a smooth run.



In fact the only one I felt I lost time on was no. 6, a gully right next to a path, in deepish heather which looked an easy one. I cut in soon after going through the gate but just couldn't spot it and had to go out to the next path junction just after it and come back in in the same direction as that path and saw the gully with a well hidden control. I had found the hills quite hard but did a good time for me of 41 minutes and, the next day when results went up, discovered I had won. However there were only about 8 of us on my course and at least one normally faster competitor than me, who took part is injured so I was lucky. An 'up' day in every sense!

Day 2 was on the open fell land of Stapely and Rorrington about 6 miles North of Bishops Castle. We had a lovely 25 minute walk to the start with glorious views. I love being out in the open and was really looking forward to the day. My legs were very tired after a week of walking and the course the day before but I was all set to enjoy myself.

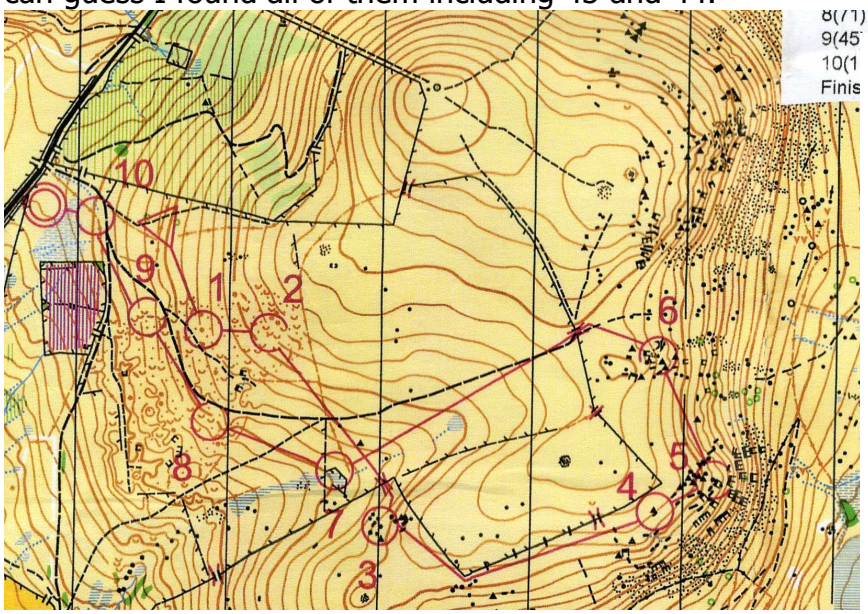


Stapely and Rorrington

Lovely 2.6k course – good accurate moving on bearings checking off key features such as small paths seemed to work well. I hit most of them spot on and was feeling good and enjoying it. I had 3 controls – 6, 7 and 8 - in a straight line along the escarpment and the headed down the really steep edge to go to 9. I was a bit puzzled when I ended up near a small fenced area NW of no 8 but just thought I had come directly down the slope too far due to its steepness so I altered my direction and headed off back uphill to no 9. I found all the rest fine and after some uphill slogs headed to download. Then I discovered I had missed one out completely. Sometimes if you have 3 in a line you miss the middle one because your eye follows the line on but I had missed out the final one in the line no 8 and I couldn't work out why. But then I remembered that when I arrived at no 7 there was a chap taking photographs standing in front of it. I think when I politely thanked as he apologised and stepped out of the way I took me eye off the map and then when I looked at it again after punching 7 my eye went to 8 and I thought I had done 8 and thus headed off downhill. I was a bit cross with myself but I was pleased with the time of 43 minutes and knew that I had been lucky that the small fenced area helped me relocate after the error and meant I hadn't been doing a chicken act wandering about trying to work out where I was. So my enjoyable run turned into a rather 'down' time.

The next day lots of people asked me what had happened! There were SMOC, SELOC and HH people I knew there who had looked at my result – presumably in waiting to go finding something to do! So I had to keep explaining, I got lots of understanding and strategies to avoid it but they seemed to involve extra complexities to keep a check on controls. Early on when I tried to keep a stopwatch etc. going to record control times I used to forget or accidentally clear it half way round so I am not sure about using any of these ideas as it is just something else to think about which in its turn might distract me. I think I just need to be more careful and accept that sometimes these things happen. If our orienteering went perfectly every time it would be dull wouldn't it? It's the unpredictability, challenge and potential each time that keeps it so interesting!

Anyway onto Day 3 – another open fell just across the road from Day 2 with the same parking/assembly area. This one needed care as the 2.7k course was a very tight figure of 8 so the potential for going off line to the wrong control was there! I started very slowly as it was uphill and I was tired. I am always anxious on the way to no 1 and feel more confident when I get it well which I did. So uphill again to no 2, a pit among many pits; there were 5 controls at least in the pits here and as you can guess I found all of them including 43 and 44.



Lan Fawr & Corndon Hill

The numbers were flapping about so each time as I saw the [illegible] the number I thought I had found my 42! I think I lost about 2 minutes here as I was panicking a bit but others were hunting about too so it was a tricky area. After that I hit most controls spot on. I was lucky on No 5 – a boulder 'pile' in a section with lots of boulders. It wasn't on the first stack I went to so I went to the next pile partly to check and partly to confirm where I was. It looked as though it might be the right shape. The control was there, tucked right in behind a smallish boulder next to the large one. If I had approached from even a slightly different direction I would not have seen it and could have lost a lot of time. I really enjoyed this course. I did what I thought was a good time of about 36 minutes and came 3rd. I was tired but felt that the weekend had been a good one overall and that my times suggested that I really was getting fitter – my main objective at the moment.

The relaxed and friendly atmosphere of SINS and courses which are challenging, but not too hard or sneaky – though obviously I can only comment from the perspective of my little W60S courses – make it a delight to go to. Do put it on your list for 2016 and I hope to see you there!

Ursula's (M)utterings

My personal orienteering has been rather dominated by a bad injury I sustained on Easter Saturday at the JK - and just when I was going so well - but my problems are of no general interest so I hope to find more interesting topics for the (m)utterings.

Let's start with the WAOC top. As far as I am concerned my present WAOC top, which I have worn to every medal ceremony to date, is my third design and has served me very well for a number of years but now I think it's time to move on. Ron and I both bought technical tops at the Lakes 5 Days last year and we love them so I'm very keen that WAOC

now get a technical top as, I know, are a number of club members. The committee feels that we should keep some red in the top so what about red, white and Cambridge blue – they would go really well together and would make a pleasant change from red, white and black? I noticed this year that SMOC have a very smart new technical top so went to their website and found it under http://www.smoc.info/kit.htm. From there you can click through to Siven, a Bulgarian company, which offers a range of designs that can be coloured from their colour palette. *[Editor: not endorsed but try http://www.sivendesign.com/custDesign/getDesign/53 and see page 5 which Ursula had not seen before writing (M)utterings]* It's all dead easy as I can testify: I've come up with some pretty trendy tops in the 10 minutes I've spent on the site and the prices for the SMOC tops seem to me to be very reasonable. So here's my suggestion: a technical top from Siven in red white and Cambridge blue with a design decided by popular vote (we had a vote last time for our top).

The JK in the Lakes this year was a bit out of the ordinary as many international orienteers, including a number of national teams, chose to attend to gain experience of British O before the World O Champs at the Scottish 6 Days in August. Such was the size of the M21E entry that start times had to be extended to accommodate them all. There was an exciting finish in the Women's Elite race where Cat Taylor, GB but running for her Swedish club, who had been 4 mins off the lead in the Middle race, came flying in on the Long to win overall. In the Men's race Thierry Georgiou (France), justifiably announced as the best orienteer in the world, having also somewhat failed by his standards in the Middle race came through on the Long on the Sunday and also won overall.

The Oxburgh family had 3 generations present and qualified for priority parking on the grounds of extreme age, which was fantastic and made a massive difference as the walk in on Day 2 was particularly testing. As might be expected at the JK, the youngest generation found that both M10A and M10B were at the upper limit of their Technical Difficulty with the M10A in particular also being both long and hilly but they coped fine and seem happy to come back for more. Tom, our M10, obviously regards O as a team sport. I met him at the finish on day 2 where he announced that he had made one friend and two partners – why not? Daniel got somewhat frustrated on Day 2 because he got a bit disorientated, forgot to check his control descriptions and stood by 141 without realising that it was actually his control, so he got m4, which is not nice and caused him to wonder whether O was his sport.

Guro, WAOC's fantastic W40, had a mixed JK. Having been very frustrated in the Sprint as she ran fast but then had to pause to work out where to go next, she then did not have a good run on Day 2. On Day 3, however, she got stuck in, had a really good run and came in first by 2 minutes, just missing out on the medals.

Two weeks later we were off to the Forest of Dean for the British Champs with more glorious weather. There were relatively few WAOCs there and unfortunately Guro could not make it that weekend. My 'run' was undistinguished and pretty painful and I, along with many others, was frustrated by my inability to distinguish the mapped ditches from the unmapped ones in an area criss-crossed by both. Tom made a friend from BOK and they decided that as M10A was both hard and long they would tackle it together while talking between controls. Daniel, who had been minded to give up after the JK (who hasn't?), had a very good run on M10B and decided that maybe orienteering was a great sport after all.

Scarcely time to turn round before we had the British Sprints and Middles with a touch free version of Emit for both and more good weather. The Sprint qualifier, planned by Sarah Rollins on a particularly complex area, was truly testing with an added difficulty that it was very difficult to distinguish between open and closed gaps between buildings – and I wear +5.0 specs. The final, for me, was disappointing as I'm not sure that the planner (not Sarah this time) could distinguish between the TD for W10s and W80s – 3 controls round the parade ground are not my idea of a picnic – and then the 6 or so final controls were criss-crossed over a small area with the numbers insufficiently close to their circle so we spent too much time working out which was actually the next control before we could embark on the

problem of how to get to it. I arrived at download after this run to be told that I had not registered at no 13 – absolutely unmissable at the exit to the parade ground – which was very irritating as I remember waving my R wrist across my body to the control on the L and checking on the way back that it was flashing - so I missed out on a Gold (I was the lone W80) and my British O League points. Overall there was double the % of mp at the sprints by comparison with the previous SI sprints – not good. One of the controls on the Elite sprints had a failing battery (how careless is that at the British Sprints?) so they just reinstated everybody whether or not they had a punch recorded! Why oh why do we have to endure Emit for British Champs when SI is so reliable? This is a rhetorical question.

Guro didn't have a great qualifying round despite concentrating on not running too fast and was the first starter in the W40A final (i.e. slowest qualifier for the A final), but came back fastest of all and so won Gold – so maybe you've cracked sprints now, Guro? There were far too many organizational hiccups so the finals started 45 minutes late (with the starter arriving with his start list just 30 seconds before the first start!). The prize giving (which of course I had not stayed for, but Guro did) did not get under way until 5pm, which is not the level of organisation one expects from an army-organised, or indeed any British Championship.

The Middle the next day was in Park Wood - a lovely bit of wood with a map on which white actually meant white and with great technical courses. I'd like to draw a veil over 5 and 6 but I still came back in under an hour and first (out of 2!). I managed to register my flasher at each control that time so got my medal and another buff but daughter Rachel, who was actually touching her wrist onto the control, still succeeded in not registering at no 3 so finished up mp. Guro was leading W40 for much of the time but was beaten by a late starter and ended up with silver and Kasja (+ Guro) belted round the White course to come in second – she's fast like her mother - comfortably beating Daniel who spent quite a lot of time getting to no 1 which was on the **second** decision point along the path from the Start – on the White course!

Then to Hinchingbrooke Country Park for a most enjoyable Medium course in our Summer Series, with a number of control sites I had not visited before. The nettles were not up to their full height and the planner, Guro again, had stamped them down round a couple of the controls so they were no problem. I managed to run too fast for too long part way through and had to wait for oxygen to return to the brain. The event had been advertised in the park bulletin and we got a lot of casual takers, which is good, both for us and for them.

My next big hurdle is the WMOC Sprint at the end of July in Sweden so it's back to a bit of training now as I try once again to master stamina intervals, my hardest challenge and one which is eluding me at the moment. I don't seem to be good at achieving moderate effort – it's all or nothing with me and neither is right. Meanwhile I'm out in Sydney and looking forward to a 3-day weekend (celebrating the Queen's birthday) with a forest sprint, a middle and a long in the area west of the Blue Mountains and a chance to meet up with old friends and protagonists.

May you always run in sunlit forests, Ursula Oxburgh

The Seconds Savers – PART 3 - Hally Hardie M75S

FIRST in the British Long Championship in the Forest of Dean

This is an article that was produced in Compass Sport several years ago and is well worth a revisit with a few updates.

'Take care of the seconds and the minutes take care of themselves,' April 2003.

Part 3. Saving Seconds at the Start.

3.1. If you arrive early, keep moving - don't scupper your physical preparation and get cold by chatting to your pals.

3.2. Get psyched up; remind yourself of your goal for this event. Is it a training effort because you want to concentrate on compass-work etc, or is it a serious race?

3.3. Check which way is north.

3.4. Collect control descriptions and check you know all the features listed, especially if any unusual or for man-made objects.

3.5. Try to absorb major directional features and assess the terrain when viewing the map in the start lanes.

3.6. Memorise your first control description and code.

3.7. If you can identify someone else on your course ahead of you, watch the direction they take. They might be right, or even wrong!

3.8. Make sure you know which course you are doing and where to find it amongst the map boxes. Ask the starter if it's not obvious or on display.

3.9. Check the map you pick up is correct for your course.

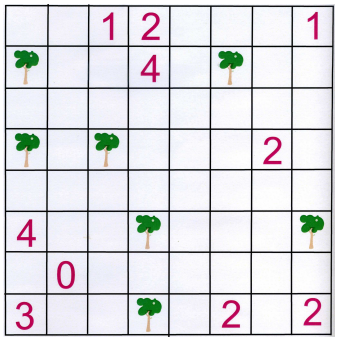
Club WAGAL Positions at http://www.waoc.org.uk/n.humphries/waoc/wagal_index.htm

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

First 20 of 84

Pos.	Name	Points	Contributing scores
1 (149)	Robert Campbell	7705	1292, 1287, 1283, 1292, 1272, 1279
2 (258)	Dil Wetherill	7513	1251, 1277, 1238, 1266, 1249, 1232
3 (494 +3)	Tom Hemingway	7220	1211, 1125, 1173, 1237, 1228, 1246
4 (500 +2)	Brian Cowe	7218	1213, 1197, 1201, 1201, 1198, 1208
5 (551 +1)	Sean Blanchflower	7168	1178, 1185, 1190, 1216, 1215, 1184
6 (695)	Graham Louth	7036	1163, 1168, 1200, 1177, 1161, 1167
7 (750 +1)	Guro Harstad	6979	1147, 1183, 1159, 1177, 1158, 1155
8 (786 +6)	Iain Stemp	6946	1119, 1198, 1202, 1134, 1169, 1124
9 (813 +7)	David Cronk	6926	1160, 1134, 1156, 1164, 1132, 1180
10 (817 +7)	Alun Roberts	6924	1158, 1168, 1138, 1140, 1182, 1138
11 (894 +3)	Mike Capper	6865	1166, 1145, 1122, 1146, 1147, 1139
12 (1020 +1)	Michael Bickle	6752	1139, 1129, 1157, 1106, 1114, 1107
13 (1058 -1)	Stephen Borrill	6721	1124, 1126, 1122, 1084, 1140, 1125
14 (1089 +4)	Andrew Stemp	6694	1114, 1116, 1076, 1181, 1094, 1113
15 (1365)	Peter Duthie	6482	1070, 1120, 1073, 1082, 1075, 1062
16 (1518 -10)	Philip Hague	6370	1068, 1028, 1040, 1064, 1074, 1096
17 (1593 -7)	Peter Woods	6300	1064, 1057, 1058, 1023, 1073, 1025
18 (1625 -6)	Maurice Hemingway	6274	1042, 1035, 1082, 1064, 1042, 1009
19 (1667 -1)	Robin Bourne	6247	1050, 1082, 1044, 1005, 1043, 1023
20 (1712 +1367)	David Cooper	6202	1020, 1093, 1058, 1097, 966, 968

Quiz Solution:



WAOC FIXTURES 2015

Sunday 13th September Wimpole Hall, Royston
Saturday 3rd October Night Event Therfield Heath, Royston
Sunday 25th October Bush Heath, Brandon
Sunday 6th December Rowney Warren, Shefford

Events

EAOA Events have been taken from the EAOA fixture lists as of 28th May 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)

June

14th	SOS EAOA Level C	**SOS Colour Coded & ESSOL**, High Woods , Colchester, TL997261 Organiser: Julie Laver
14th	SMOC EAOA Level D	**Keyne-O, Loughton Valley Park**, Loughton Valley Park, Milton Keynes, SP827394 Organiser: Dorien James www.smoc.info/
14th	NOR EAOA Level D	**NOR Summer Series**, Bacton Wood, North Walsham, TG317312 Entry times: 10.15 - 12.15. Please keep dogs on Lead. Organiser: Karen Goldsworthy www.norfolkoc.co.uk
21st	**WAOC EAOA**	**Wimpole SMILE Event at National Trust Family Day, Wimpole Hall, TL343511 Organiser: Helen Hague**
21st	NOR EAOA Level D	**NOR Summer Series**, Poringland Wood, Norwich, TG262033 Entry times: 10.15 to 12.15. Dogs: TBA. Organiser: Chris Harvey www.norfolkoc.co.uk
24th	**WAOC EAOA Clubnight**	**WAOC PuntO 6.30pm at Trinity Punts**
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 www.norfolkoc. co.uk

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/
25th	**WAOC EAOA Level D**	**Impington Village College SMILE Event, Impington Village College, Cambridge, TL445630 Entry times: 1.30pm to 3pm. Organiser: Catherine Pennington**

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/
22nd	**WAOC EAOA Level D**	**Cambourne SMILE Event, Cambourne, TL320596 Entry times: 10 till 11.30. Organiser: Sue Woods**

September

6th	LEI EMOA Level C	LEI (EM Urban League), Loughborough, Entry times: 10.00-12.00 Dogs on lead. Organiser: Chris Phillips, www.leioc.org.uk/
13th	**WAOC EAOA Level D**	**WAOC Colour Coded, Wimpole Hall, Royston TL343511**
20th	NOR EAOA Level D	**NOR Colour Coded**, Horsford Heath, Norwich, TG184176 Entry times: 10.15 to 12.15. Dogs: Dogs On Lead. Organiser: Les Jarrald www.norfolkoc.co.uk
20th	HAVOC EAOA Level D	**HAVOC Colour Coded**, Thorndon South, Brentwood

October

3rd	**WAOC EAOA Level D**	**Therfield Heath Night Event, Royston, TL348406 Organiser: Rachel Pocock www.waoc.org.uk**

4th	SUFFOC EAOA Level C	**SUFFOC Colour Coded**, Rendlesham, Woodbridge, TM354480 Organiser: Sally Wilkinson , clive.sally@btinternet.com
11th	SOS EAOA Level C	**SOS Colour Coded & ESSOL**, Baddow Ridge, Danbury
11th	SMOC EAOA Level D	**Keyne-O, Great Linford**, Great Linford, Milton Keynes, SP854421 Organiser: Ros James www.smoc.info/
18th	CHIG SEOA Level D	**CHIG SWELL Event,** Harlow Town Park, Harlow
24th	**CUOC EAOA Level B**	**Cambridge City Race, Cambridge, Cambridge** **Dogs: In assembly area only.** **Organiser: John Ockenden, cityrace2015 AT cuocDOTorg.uk** **cuoc.org.uk/events/4380/Cambridge-City-Race-2015/**
25th	**WAOC EAOA Level C**	**WAOC Colour Coded and EAL, Bush Heath, Brandon**

November

1st	HAVOC EAOA Level D	**HAVOC Colour Coded**, Bedfords Park, Brentwood
8th	SMOC EAOA Level C	**Priory Park Colour Coded**, Priory Park, Bedford
14th	EAOA Level D	**British Schools Training Event**, King's Lynn
15th	EAOA Level B	**British Schools Orienteering Championships**, Sandringham, King's Lynn http://www.bsoa.org/default.aspx?plain=YY&PID=EVENTS Any Year 5-13 orienteer may enter – contact Caroline Louth for details
22nd	SUFFOC EAOA Level C	**SUFFOC Colour Coded**, King's Forest East, Thetford, TL825748
22nd	LEI EMOA Level B	**Level B event Bradgate and Swithland,** Leicester Organiser: Wendy West, www.**lei**oc.org.uk/
29th	SOS EAOA Level C	**SOS Colour Coded & ESSOL**, Chalkney Wood, Earls Colne

December

6th	**WAOC EAOA Level C**	**WAOC Colour Coded, Rowney Warren, Shefford**
13th	NOR EAOA Level C	**NOR Colour Coded**, Lynford Forest, Thetford Norfolk, TL817930 Entry times: 10.15 to 12.15. Dogs on lead. www.norfolkoc.co.uk