



West Anglian
Orienteering Club



JABBERWAOC

Vol.49 No 2

July 2021



Maps and photos are in colour on website.

Editorial:

It's been lovely to see so many WAOC faces out and about since the Covid restrictions started to lift and club members have definitely been busy with plenty of BOF awards, our Midland Champs and the fantastic performance of the WAOC junior team at the Yvette Baker final. More details about these inside. We have photos from the prize giving at Hinchingsbrooke and following on from the planning competition the maps are printed here so we can all see the ideas the winners came up with. Following on from our look back at previous JK's in the last edition Peter Woods has summarised the feeling within the club about the future of this event. Had you considered the battery life of your SIAC dibber? I hadn't and am grateful to Stephen Borrill for article on this so I now know what to do before the crisis occurs! And do look for Bruce Marshall's twist on more common puzzle formats.

Please do consider writing about any event you have run for the next Jabberwaoc. If it feels a bit daunting it needn't be a blow-by-blow account, a map with a couple of photos and just a paragraph of text is great fun to read.

Wishing you all happy orienteering over the summer.

Emma Jarrett

2021 WAOC Committee

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

Welcome to new members

Isla O'Leary from Ely,
Kez Lathan from Comberton,
Jonathan Ward from Cambridge
Matt & Esther Eaton from Stow-cum-Quy
Adam & Ida Riley from Orwell.

We hope you will all enjoy orienteering with WAOC.

Membership Renewals for 2021

COVID restrictions are easing and so more events and MapRuns are planned both locally and throughout the UK. A few club members from previous years have overlooked renewing their membership to British Orienteering and WAOC for 2021 so may miss out on pre-entry to these events.

WAOC appreciates your support for this club and the sport of orienteering as our main income stream.

Please renew via the British Orienteering website

https://www.britishorienteering.org.uk/renew_membership.

If you are not already a member and wish to join the club you can do this too via the British Orienteering website. For queries about joining WAOC or British Orienteering, please email Hazel Bickle at memsec@waoc.org.uk.

Hazel Bickle (WAOC membership secretary)

British Orienteering Awards

BOF Awards

Elysia Cowe	Racing Challenge	Gold	TD1
Erik Biernacki-Jablonski	Racing Challenge	Gold	TD2
Richard Powell	Racing Challenge	Silver	TD5
Kingsley Reavell	Racing Challenge	Silver	TD5
William Reavell	Racing Challenge	Bronze	TD3
	Navigation Challenge		TD3
Jemima Borrill	Racing Challenge	Bronze	TD4
Chun Yan Alistair Fu	Navigation Challenge		TD3
Chun Yan Andre Fu	Navigation Challenge		TD2
Hanna Powell	Racing Challenge	Bronze	TD1
	Navigation Challenge		TD1
Liam Fegarty	Navigation Challenge		TD4
Catherine Curtis	Navigation Challenge		TD4
Alys Powell	Navigation Challenge		TD1

Richard Powell	Racing Challenge	Gold	TD5
Chun Yan Alistair Fu	Racing Challenge	Gold	TD3
Jemima Borrill	Racing Challenge	Silver	TD4
Winston Knight	Racing Challenge	Silver	TD3
	Navigation Challenge		TD3
Chun Yan Andre Fu	Racing Challenge	Bronze	TD2
Alys Powell	Navigation Challenge		TD2

Colour Coded Badges

Alys Powell	White
Betsan Powell	White

Do contact awards@waoc.org.uk if you have completed 3 courses of the same colour within the par time.

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

Chair's Chat - Helen Hague

Well here we are once again, winding down as the nettles and bracken get ever higher (nettles seen at 6 foot at rising...) and in consequence orienteering becomes low key over the summer (apart from those of you off to the Scottish 6 days). Despite lockdowns various, I am delighted to say that the club has really pulled together and managed to put on a great array of events and training since September. We've had three 'proper' events at Ampthill, Cambourne and Huntingdon, and 6 Park-Os, some with an added extra long course to provide orienteering entertainment for more experienced orienteers when very little else was on. Then we've had the many maprun courses (see maprun.uk) which seem to be about 27 at time of writing- some of these have been forming part of the current WAOC summer MapRun league. None of this would happen without contributions small and large from so many in the club so thanks to everybody who has helped in whatever way.

We have lots to look forward to in the autumn with the Park-O series continuing, our Autumn in Anglia weekend with SUFFOC and several larger events. Let's hope the new season brings a return to normality and the chance to catch up on all those orienteering leg miles we missed out on this year.

Most recent hot off the press news has been the juniors great performance in the YBT final- they ended up being joint 6th with Happy Herts which is a major achievement and the least they deserve after qualifying for the final twice (in 2020 and then in 2021). Janet's report contains more on this but well done to them all -it was great that so many of them could make the rather long trip to Westonbirt and thanks to the obliging parents for making it happen. Next year's final is much closer so fingers and toes crossed for that one.

I hope you all have a great summer and I look forward to orienteering with you all again come September.

Helen

Captain's Corner - Janet Cronk



The main, or in fact the only matter to report in this issue of Jabberwaoc, is the fantastic performance of the WAOC Junior Team in this years Yvette Baker Trophy (YBT) competition !

As many of you will remember, the qualifying heat for the 2020 YBT competition was organised by [WAOC at Rowney Warren](#). The Junior Team came third but qualified for the final as top scoring EA team. However the 2020 final was postponed to 4 July 2021.



Earlier this year, it was decided by the British Orienteering powers that be, that YBT Heats would be held in 2021 for the postponed final, thus giving the opportunity for additional clubs to qualify for the now 2021 final !



For EA, the qualifying heat was the HAVOC Event on 23 May 2021. So if WAOC were going to have a Team at the 2021 final, I decided that this was a good opportunity for the Juniors to experience orange and yellow courses planned for the correct level of technical difficulty.

There was an excellent turnout of 14 WAOC Juniors for the 2021 Heat. 3 Juniors were non-competitive for YBT as either they ran a White course, or were shadowed on Yellow. But the outcome was that WAOC qualified for the 2021 final (again !).



For the YBT final we had a team of 13 Juniors who made the long trek to Westonbirt Arboretum, Gloucestershire. The first step in the preparation for our trek was a Team Zoom meeting which was kindly arranged by Dil Wetherill. All the Juniors attended and Dil was able to screen share a previous map of Westonbirt and show the Juniors how to do a bit of pre-event geeking !





On the day our final team position was an extremely credible 6th place (joint with HH) and particular congratulations must be given to our 9 points scorers who were:

Chun Yan Alistair Fu	Orange Boys	100
Eleanor Kerswell	Light Green Girls	98
Alex Wetherill	Green Boys	95
Kate Jarrett	Orange Girls	91
Sophie Kerswell	Green Girls	90
Jemima Borrill	Light Green Girls	88
William Reavell	Orange Boys	87
Alys Powell	Yellow Girls	87
Betsan Powell	Yellow Girls	86



In conclusion, I am very delighted to report that we have a very happy WAOC Junior Squad that is growing in size and really developing their orienteering skills. So there is plenty of opportunity for some great orienteering adventures for the current members next season.

In the first instance I would encourage all parents to consider arranging an entry for your Junior at the British Schools Orienteering Championship (BSOC)

on 21 November 2021 (see Caroline Louth's piece about this on p). This year BSOC is being hosted by SMOC at Stowe Country Park (NT) near Buckingham; so not too far to travel. There is also a British Schools Score Championship (BSSOC) scheduled for 9 October 2021 but no further details as to location as yet. Do keep an eye out for further information; this will be posted on bsoa.org.

Janet Cronk, WAOC Captain



British Schools Orienteering Championships – Caroline Louth

Sunday 21st November 2021, Stowe Park, Buckingham



The Schools Championship is open to all school age children from Years 5-13 (possibly younger). There are medals for individuals, year teams of 3 boys, year teams of 3 girls and school teams of 4 (primary and middle/prep), 6 (small secondary), 9 (large secondary) or 3 (tertiary). The results computer will calculate your best team on the day in each category if you have more than the minimum number of competitors.

Competitors will run the following courses:

Years 5 & 6: White

Years 7 & 8: Yellow

Years 9 & 10: Orange

Years 11 & 12: Light Green

Year 13: Green

Note this is based on your Date of Birth, not the actual year you are part of. White and Yellow competitors may run as a pair. Boys and girls compete and are scored separately.

The entry form must be signed by the Head Teacher. The responsible adult named on the entry can be a teacher or a parent.

To qualify to enter, **each child must compete in 3 events at the appropriate standard prior to the Championships.** Park-O in September and October will probably have White and Yellow courses. For experienced juniors who are used to running a harder colour than the one specified, it is a good idea to run a course of the correct colour (and hence standard) just before the Championships.



The Schools Championships is a great event. Given that Stowe Park is relatively near, you should try to enter even if you are the only orienteer from your school. Even better, encourage some school friends to try orienteering and enter a year or school team. Remember that each of you need to qualify, so do not leave it to the last minute. Check the WAOC website www.waoc.org.uk in September for suitable colour-coded events such as Bush Heath 9th October. Check the British Orienteering website www.britishorienteering.org.uk for events put on by other clubs nearby. The full competition rules are at www.bsoa.org

The World Schools Championships is held in alternate years. The best junior orienteers should think about entering the Selection Races next year (2022) which will be held on the weekend of the British Schools Championships.



WAOC Winners at the Midland Champs

This years Midland Championships were held at Stapely and Rorrington on 30th May (Springtime in Shropshire).

Congratulations to 2021 Midland Champions:

Alys Powell (W10)
Hebe Darwin (W14)

Alex Wetherill (M21)
Emma Jarrett (W40).

Annual Prizegiving at Hinchingsbrooke – Hazel Bickle



A sunny final Park-O for this school year at Hinchingsbrooke Country Park was followed by our club's annual prize-giving. Our Chair Helen Hague named the winners at our AGM on Zoom held on 24th March 2021 but so much nicer to have the WAOC's trophies presented in person.

The Owl trophy



The Owl trophy went to Ursula Oxburgh for her achievement in the British Night Champs in Feb 2020 when she kept going for nearly 4 hours to win the W85 course, also gaining a gold medal and a trophy- an amazing achievement. Ursula has contributed to the club hugely over the years; planning, organising, coaching, numerous jobs within the club and many committee positions. She says that was her last night event but who knows what further gold medals may be achieved....

The Tortoise trophy



The Tortoise award for service to the club went to Stephen Borrill who has done huge amounts for the club, updating our Permanent orienteering courses, ensuring WAOC events could continue despite all the restrictions by creating from scratch an online registration system to pre-register entrants and allocate spaced-apart time blocks. He has also greatly contributed to the success of Park-O by designing the Park-O passports to record each entrant's courses and times, and designing the new WAOC bags (for completing four Park-Os and free to each member when running at a WAOC event - look out for Helen Hague!). He has also really helped the club learn how best to use MapRun, creating many new courses himself.

The JabberWAOC trophy



The JabberWAOC trophy for contributions to the club magazine 'JabberWAOC' went to Helen Bickle for her fantastic articles past, present and no doubt future. Her excellent and numerous training tips offer something for everybody.

The Chairman's Cup for Junior Performance was once again awarded to Alex Wetherill, who unfortunately could not be at Hinchingsbrooke.

The Armchair Course Planning Challenge – Hazel Bickle

The challenge was instigated this year by Bob Hill as part of virtual training.

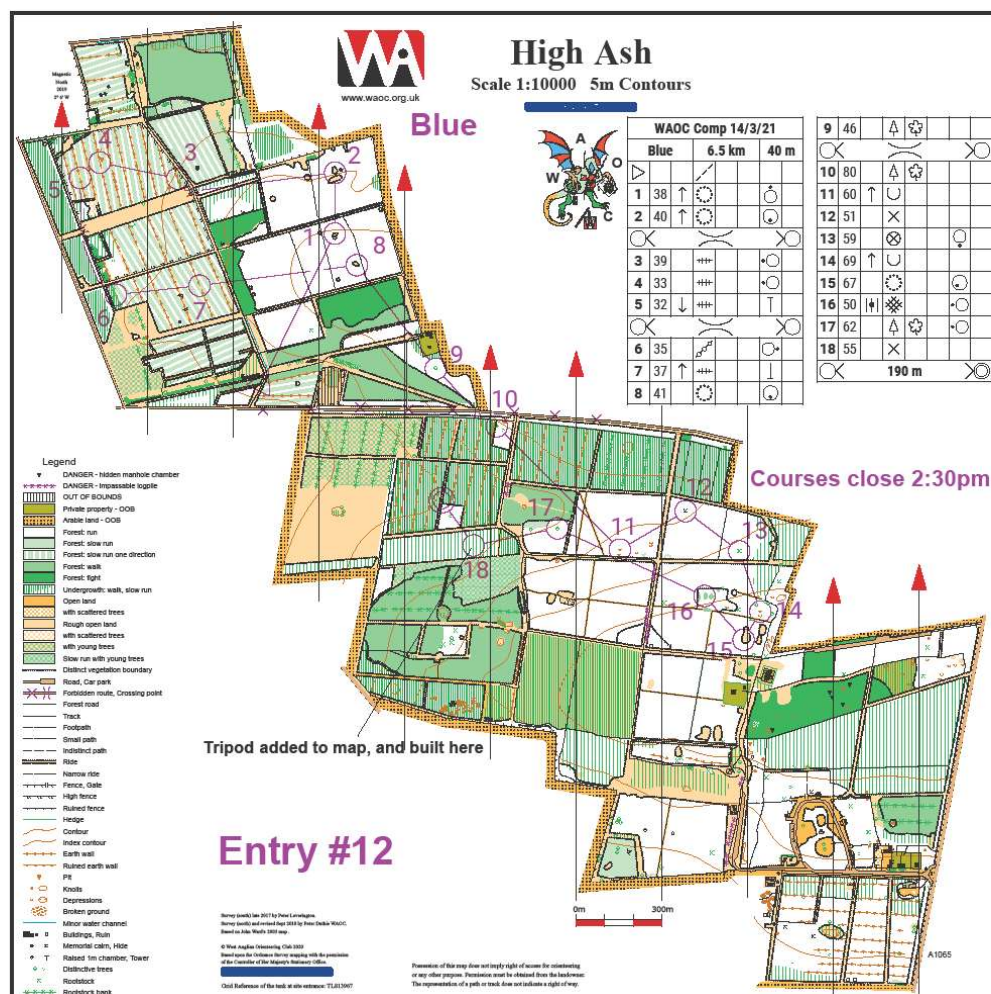
Following Wednesday evening Zoom talks on 'Introduction to Planning' by Caroline Louth on 17th February and on 'Advanced Planning' by Graham Louth on 24th February, the completion involved creating a course following all British Orienteering guidelines on the High Ash map. Juniors were to plan a Yellow course while Seniors were to plan Orange and Blue courses. With a closing date of 14th March 2021 there were to be no visits to the site.

The judging Panel was Mike Capper, Bob Hill and Graham Louth.



Bruce Marshall won the experienced category. Richard Powell the novice category. Kate Jarrett won the Junior category and Alys Powell came second.

Experienced
Blue (Bruce
Marshall):



Novice Blue
(Richard Powell):

High Ash
Scale 1:10000 5m Contours
www.waoc.org.uk

WAOC Planning Competition Novice - M

Orange	3.5 km	15 m	
▷	/		Start: path
1 53	[Symbol]	[Symbol]	Ride junction
2 43	[Symbol]	[Symbol]	SW part of clearing
3 58	[Symbol]		Root stock
4 57	↓	[Symbol]	S cairn
5 48	[Symbol]	[Symbol]	Path and ride junction
6 44	[Symbol]		Lone tree
7 37	[Symbol]	[Symbol]	Ride and path junction
8 47	[Symbol]	[Symbol]	SE end of thicket
9 55	←	[Symbol]	N part of W clearing
10 50	[Symbol]	[Symbol]	NE outside corner
11 45	[Symbol]	[Symbol]	Path crossing
12 49	[Symbol]	[Symbol]	W part of depression

○ 150 m ○ Navigate 150 m to

Legend

- DANGER - hidden manhole chamber
- OUT OF BOUNDS
- Private property - OGB
- Available land - OGB
- Forest run
- Forest slow run
- Forest slow run one direction
- Forest walk
- Forest light
- Undergrowth: walk, slow run
- Open land
- with scattered trees
- Rough open land
- with young trees
- Slow run with young trees
- Distinct vegetation boundary
- Road, Car park
- Fossiliferous mole, Crossing point
- Forest road
- Track
- Footpath
- Small path
- Indistinct path
- Ridge
- Narrow ridge
- Fence, Gate
- High fence
- Ruined fence
- Hedge
- Contour
- Inter contour
- Earth wall
- Ruined earth wall
- Pit
- Knots
- Depressions
- Broken ground
- Minor water channel
- Buildings, Ruin
- Mossy/calm, hole
- Raised 1m chamber, Tower
- Obstructive trees
- Roadblock
- Roadblock bank

Source: (c) 2017 The Forest Landscapes Survey (c) 2017 National Trust 2018 by New Outdoor WAOC. Based on John Neale's 2001 map.

© Blue Knight Publishing Ltd 2018.
Based upon the Ordnance Survey map with the permission of the Controller of Her Majesty's Stationery Office.

Old Boundary of the site at date unknown TLE103007

Provisions of Blue map does not imply right of access for orienteering or any other purpose. Provisions shall be obtained from the local owner. The representation of a path or track does not indicate a right of way.

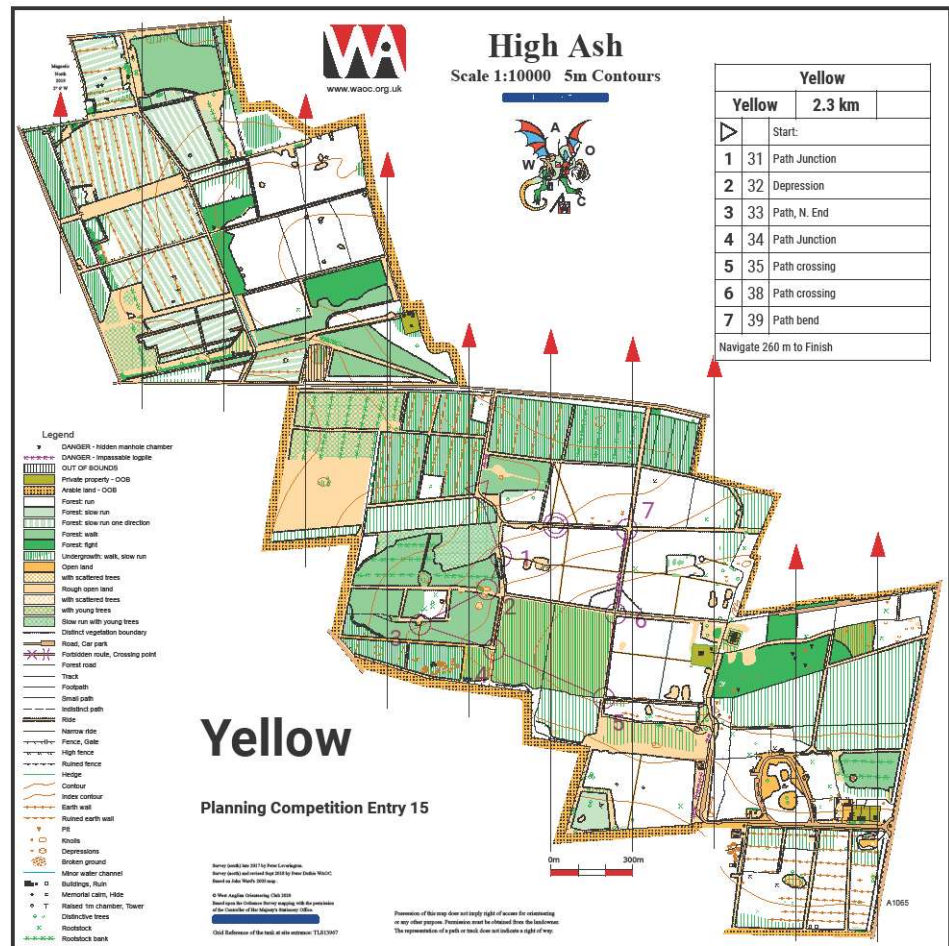
A1055



High Ash				
WAOC Planning Competition Novice - Map 7				
Orange		3.5 km		15 m
▶				Start: path
1	53			Ride junction
2	43			SW part of clearing
3	58			Root stock
4	57	↓		S cain
5	48			Path and ride junction
6	44			Lone tree
7	37			Ride and path junction
8	47			SE end of thicket
9	55	←		N part of W clearing
10	50			NE outside corner of ruin
11	45			Path crossing
12	49			W part of depression
		150 m		Navigate 150 m to finish

10

Junior (Kate Jarrett):



Congratulations to the winners and many thanks to Bob, Caroline, Graham and Mike.

Spot the identicals – Bruce Marshall



It's the opposite of Spot the Difference. The maps look completely different, but hidden amongst the detail there are 10 identical features. Same feature in the same map position. There are some easier ones to help you get started. Good luck, Bruce.



MapRun League Events

Now with extended entry times & two separate leagues



League of eight 45 minute MapRun score courses :

- Histon and Impington
- Milton
- Newmarket
- Cherry Hinton
- Standon Meadows
- Shelfords and Stapleford
- Cambourne
- Huntingdon

As it is not fair to expect Wednesday evening runners to compete in whatever the weather - be it torrential downpours or 28° heat - while others can choose the ideal running conditions, we are splitting the competition into two.

Wednesday MapRun League

Date	Location
21st Jul	Shelfords and Stapleford
18 th Aug	Cambourne
25 th Aug	Huntingdon
8 th Sept	Prize Giving in Cambridge

Your best 4 runs count (men and women's competitions)

Timings – covid allowing:

Registration 18:30 - 18:55; same time start 19:00
(those wishing to avoid a same time start can start individually)

Prices (new reduced rate):

WAOC members: £3 senior; £2 students

Non-members: £4 senior; £2 students

Social debrief in the host pub afterwards.

Anytime MapRun League

Your best 5 runs count (women and men's competitions)

Now with extended entries:

Run any MapRun League Event up to 18:30 on Wednesday 1st September (except Standon Meadows - permission up to & including 14th July). Find events at:

<http://waoc.maprun.uk>

Wednesday evening runs can count towards the anytime competition

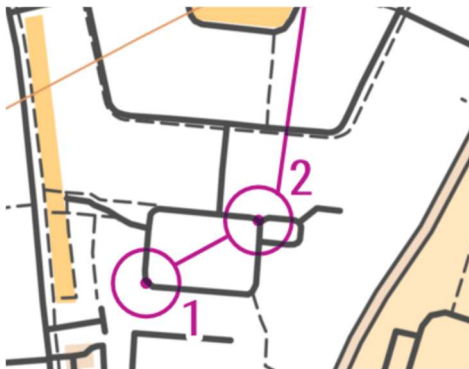
Donation request of £1 (support the sport!)

* Please note that controls will not be placed. You can run the course traditionally without a smart phone but you will not be eligible for the league. Paper maps will be available for all entering on the Wednesday evening.

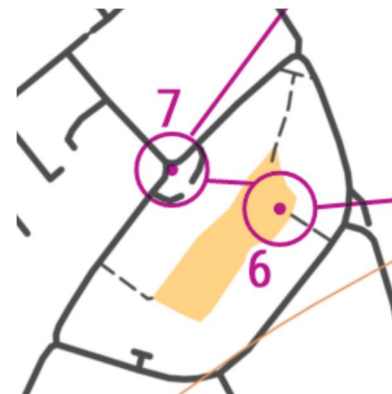
Training Tip: Plan to flow – Helen Bickle

With the 45 min MapRuns score format in mind, this edition's training tip is flow. Flow through controls by planning ahead - do not just think of each leg in isolation but also consider which way you will approach and leave the control.

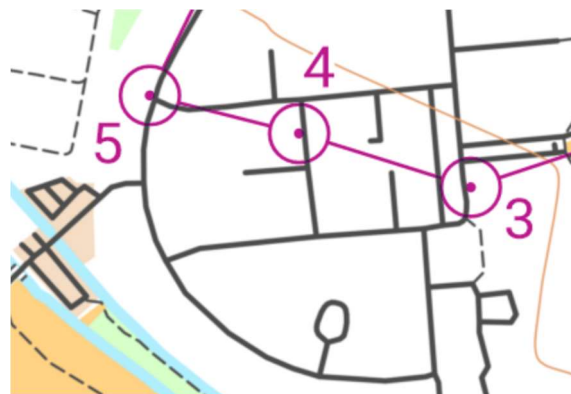
Turning corners slows you down and turning 180° will be even slower. Though it may be quicker to turn around than running say an extra 250 metres, sprint planners often deliberately plan equal route choice options. Plan ahead and you can save time & momentum by flowing through the control rather than running to it and having to turn around. This is especially true of MapRun courses where you can not be sure exactly where the control will beep and you do not need to slow down to punch a physical control.



running from 3 to 4 via the north route will allow you to without having to slow down



Running from control 1 to control 2 either north-east or east-north are identical distances, but when thinking about the route to control 3 (out of the picture), it is easier & therefore quicker to run east-north and flow around the corner in the direction of control 3 rather than run north-east and have to turn around at control 2 to head towards control 3.



Again here south-east-keep going at all.

Though it can be a careful balance between choosing the flowing route or choosing the shortest route.

Do you think it better to run north then south or south then north here?

Junior training



There are often training sessions for juniors before each of the Park-O events and these are open to all WAOC juniors. If your child would like to attend when, please email chair@waoc.org.uk

SIAC battery replacement – Stephen Borrill

The SIAC (SI-Active Card) dibber contains a battery that powers it when used in contactless mode as well as driving the beep and flashing light for all types of punches. The battery has a limited lifespan quoted as 3 years. Given when they were introduced it is therefore likely that many SIACs are coming up for battery replacement.

When your SIACs battery is getting low, you will see a warning on your printed splits reporting a battery status of Poor. The download computer will display the current SIAC battery status to the operator and can be used to get detailed information such as the exact voltage and number of times it has been used. The actual voltage drop is small, from 2.98v when new to, say, 2.89v when poor. The number of events may be around 100.

It is important to note that even if the battery fails entirely, a SIAC can be used for conventional punching (without the beep/light notification). A status of Poor does not mean failure is imminent, but a few weeks after my SIAC started showing a Poor battery status, it also started beeping rather feebly and for a shorter period of time (even though SPORTIdent say this should not happen!). This spurred me into action.

The battery replacement costs £15 (including carriage and VAT). It is useful to know that actually the battery will not be replaced in your own dibber before being returned to you. SIACs are well-sealed and cannot be easily opened for maintenance. Therefore what actually happens is you get a replacement dibber of a similar age to yours with a new case, but the same number. Your old dibber is sent off for refurbishment and will be used in future for someone else's battery replacement. This means you can pick a different colour if you wish (or change the name burned into the chip). It also has an impact on the order process because it means your replacement can be ready in advance of you sending your dibber off. Shipments tend to happen on certain days of the week. If you order on a Monday or Tuesday, a replacement is shipped from the manufacturer in Germany on a Friday. The SIAC usually arrives with SPORTIdent UK on Wednesday/Thursday of the following week but you shouldn't count on it being with you for use the next weekend. They will hold off shipping the replacement until they have received yours, so you can continue to use your old dibber until it is convenient. Based on this (and my recent experience, dates shown), I have described below the likely/recommended plan to minimise the time without a dibber.

- Monday (e.g. 12th Apr): Place order for replacement on the www.sportident.co.uk website. Specify name, existing number and desired colour
- Saturday/Sunday (e.g. 18th Apr): Continue using old dibber for any events
- Wednesday (e.g. 21st Apr): Get email confirming new dibber has arrived and requesting return of old dibber
- Saturday/Sunday (e.g. 25th Apr): Continue using old dibber for any events
- Monday (e.g. 26th Apr): Post old dibber first class large letter to SPORTIdent UK. Do NOT send the elastic strap, etc.
- Tuesday (e.g. 27th Apr): Get email confirming receipt of old dibber
- Wednesday (e.g. 28th Apr): Get email confirming new dibber has been posted
- Thursday/Friday (e.g. 29th Apr): Get new dibber
- Saturday/Sunday (e.g. 1st May): Use new dibber for any events

Drifting in Driffield – Stephen Borrill

On the 31st May bank holiday, Jemima and I went to Driffield in East Yorkshire for a HALO urban event. This was quite close to my parents, so we managed to make a weekend of it. Driffield is a small market town that describes itself as the cultural 'capital' of the Wolds (their quotes, not mine). It is about 25 miles north of Hull and the Humber Bridge.

I entered the Mens Open (7.6km) after a bit of battling with HALO's own entry system called HERO which initially insisted I could only do the Mens Vet course. As Jemima had just turned 16, she had a wider option of courses open to her so she needed to decide between the MW16- (4.1k) and the various senior courses. She prefers urban courses and frequently the junior courses are more parkland-based (cf. Huntingdon). However, the notes for the junior courses said that under 16s would need to be accompanied because of road crossings, so she chose to stick with the MW16-course.



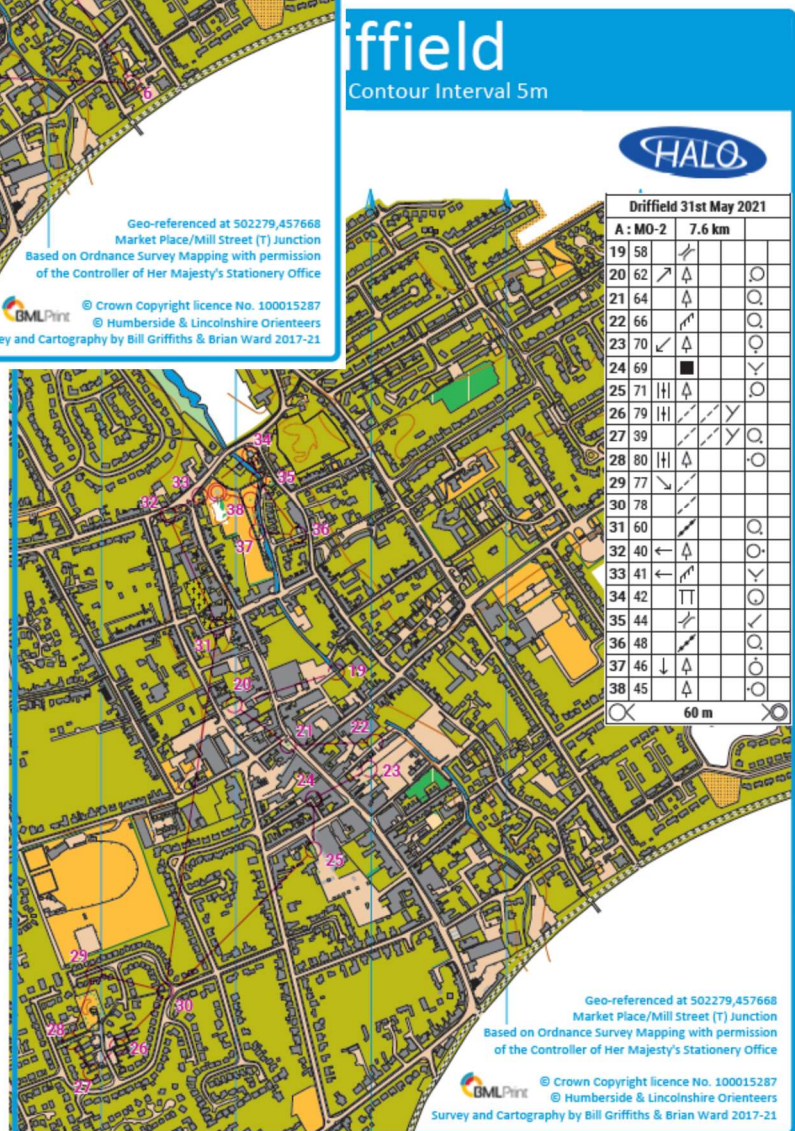
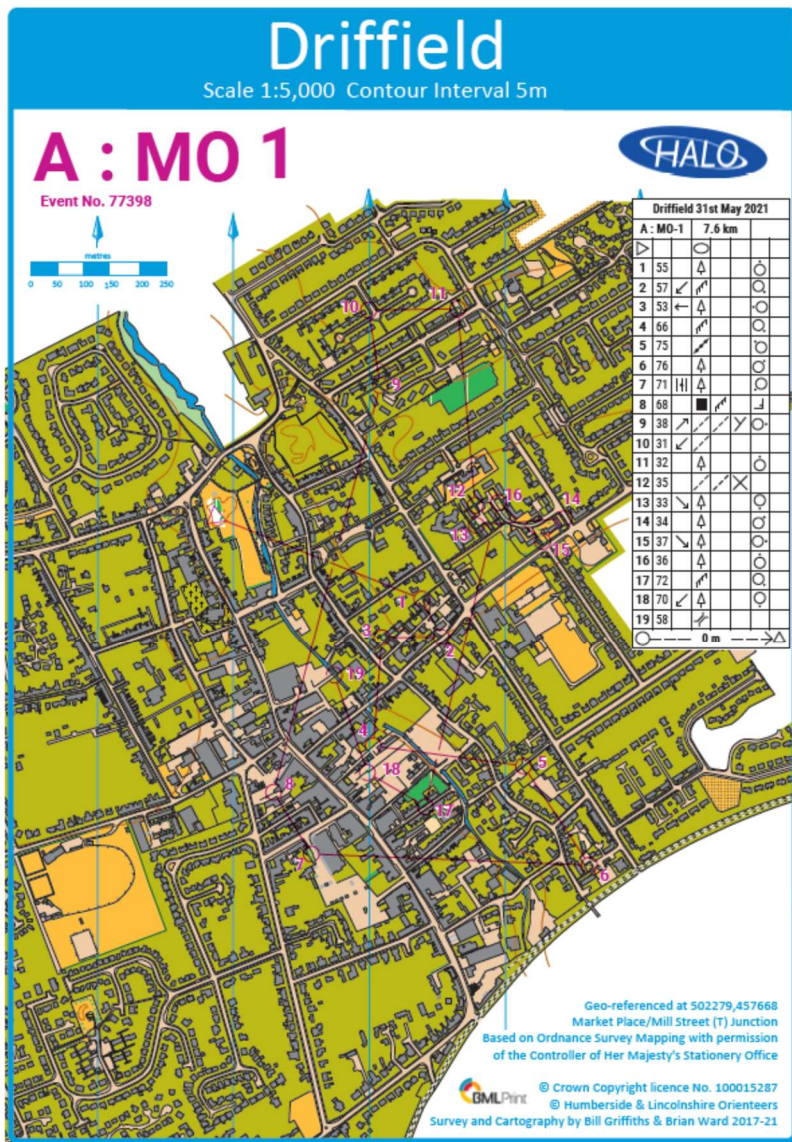
The Start

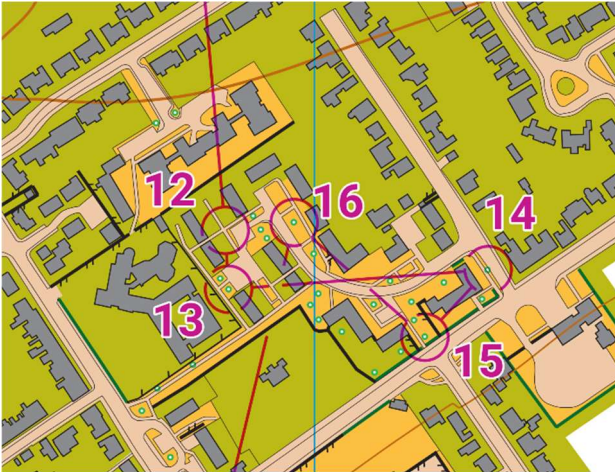
On the day we were directed to use a specific car park and there was a taped route to the start which was about 0.9km away (via registration which was held in a small sports centre en route). There were a lot of competitors running through the car park, so it was clear the route to the start was carefully planned to avoid as much of the course as possible. Once we arrived at the start, which was in a small town park, we were allowed to go early which is just as well as the temperature was rising steadily and it was approaching noon.

My map was on double-sided A3 at 1:5000. Jemima's was 1:4000. There were a high number of controls on all the courses; I had 38 and Jemima had 30. The park that the start was in was the only park in the town centre and, at only 250m long, it was apparent why the junior courses needed to have road crossings as they could not be confined to the park. The courses made good use of the twisty passages in the town centre. The final details had a number of photos of various gates and crossings to reassure that they were passable. On my course, the first 8 controls were around the town centre including a route across the aforementioned car park.



A control leading into the car park





A sprint-style cluster

There were then 9 controls around the town centre including turning the map over before a long leg to a further cluster of 5 in the south west. This was followed by another long leg to a final cluster of 7 around the finish.

After the first 8 controls, the course led into a couple of clusters of sprint-style controls to the north east with long legs between the areas before returning to the town centre mid-way through the course.



Final controls

Jemima's course was very similar, but without the long legs to the furthest clusters and we had a lot of controls in common. It was absolutely right that juniors would have needed to be accompanied. Perhaps this is why there were very few junior entries; three on the MW16- and just one on the MW12-.



Finish, looking tired

The finish was back in the same park and the planner was busy taking photographs of the run ins.

I took 56 minutes to do just over 10.5km (I think, my GPS didn't lock on properly until a few minutes after the start). This was good enough to come 3rd behind two M21s, just 2.5 minutes behind the winner.

Jemima came 2nd of the 3 entrants on her course. While I waited for her to finish, I chatted to the planner who I knew as he is the MapRun coordinator for HALO. It also turned out that he'd been

at secondary school in Scunthorpe at the same time as my parents were teaching there. Unsurprisingly given the location, there were no other WAOC entrants, but ex-WAOC Penny Bickle was there demonstrating her unorthodox map-in-mouth technique.



Keep your hands free while running

The future of the JK – Peter Woods

I dimly remember that around the time I first joined the club about 25 years ago, the JK was held in East Anglia and as part of this WAOC were hosting an event at Thetford Warren. I have no idea how many participated, but I am guessing a few hundred. The event has grown in scale very considerably since then, and these days the JK weekend has 3500 competitors and needs 400 volunteer helpers (almost all of whom also get to run). An arena must be set up, usually on a different location each day, involving a long run-in lined with spectators and club tents, live commentary and results display, traders, caterers, and subsidiary events including Trail O. A car park with a capacity of 1000 vehicles is needed, within walking distance of the arena. And behind the scenes, over months and years ahead of the event, access permissions must be negotiated with landowners. We know from our own events locally that forest areas are less and less accessible, mostly due to restrictions intended to protect wildlife, and clubs throughout the country are reporting similar problems, including in areas typically used as JK venues.

In June, BO organised a videoconference to start to explore how the JK (and other major events) might be organised differently in future to reduce the difficulties faced by the hosting clubs and regional associations. East Anglia does not have the class of orienteering terrain that would attract the current level of participation, and we are not nowadays asked to host the JK. Our experience tends to be as participants rather than organisers, and so in advance of the meeting I asked you to email me your thoughts. I would like to thank once again all who responded. The replies I received are reproduced below.

It was noted in the on-line meeting that the most successful models of larger scale events have a continuity of experience and organisation from year to year. In the UK examples would be the Scottish 6 Days, and the Lakes 5 days. This can be contrasted to the JK, where a different region tends to be responsible for the event each year. BO will continue its review, and it is looking like part of this will be to “sound out” opinions of orienteers who attend the JK as to how they might feel about possible changes. This might take a while to be formulated, but do look out for a request from BO to take part in a survey in due course, and please do make your views known.

Here are the comments I received:

I think it would be pretty catastrophic if the JK was abandoned completely as it is THE prestige BO event of the year. Clearly the burden for regions is too much so there have to be some changes:

- ◆ Move to a biennial event – this would greatly lessen the burden on regions.
- ◆ Widen responsibility from an association to a region – i.e. once every 8 years, the Midlands (including EA and Wales) would be responsible for putting on the event with all clubs involved.
- ◆ Try to keep at the Easter weekend but allow some flexibility. At a minimum, there should be a long race and the relay, so this could go to a different weekend if need be. The sprint race is a recent add-on and whilst I love this race, may be it is the one that could be ditched – the need to find a suitable sprint site (in reality it has to be a university or army site) is really restrictive. Similarly, the relay could and should be greatly simplified – there are way too many courses. In order of importance I would say, long, relay, middle, sprint!
- ◆ Give the organising region greater flexibility in the format (and timing) of the event, and accept that sometimes the terrain may not be the best ever.
- ◆ Put more of the organisation centrally – the role of Colin Matheson never seems to have been fully replicated by BO – someone who always takes a key organisational role from year to year would mean the wheel isn't constantly being reinvented. Such a person should play a key role in the difficult areas such as permissions, tendering for facilities etc.

Mike Capper

I really hope that south Wales goes ahead in 2022. Then there are already the 2020 (north east) and 2021 (south west) events that were planned etc., that one would hope could be recovered/updated etc. for the next couple of years. My sense is that there might be quite a bit of pent up demand for JK over the next few years(?), given what we have missed.

I think generally Easter is a good time. I don't have a particular view on the structure.

I see that the organizing burden is geographically uneven. There might be ways for further cooperation between clubs/regions that could be investigated.

I think a key thing, and not just for JK, but for the entire sport is to keep more people active and more 'orienteers' participating as helpers and volunteers (in all the different ways). All sports have issues about going back to the same people year on year and orienteering has a clear demographic profile (in the UK). Maybe generally there could be more of an attempt to build the culture that after you attend X events, you help at one in some way. I see the JK issue as a large scale version of this basic problem. WAOC generally is good at this, but some smaller clubs seem to suffer from lacking big enough pools of helpers.

Richard Powell

I need to register that I am overall a multi-day event supporter but will not however be supporting the JK any more, as I have physical limitations. However, I am not a supporter of the multiday concentration of organising and planning within 4 days of all the orienteering courses. I prefer the Sunday morning events locally.

You will get many emails on the other aspects of the JK and I won't duplicate obvious comments on the positive international aspect of the event and other positives and negatives (car parking? Excessive travel, carbon footprint?)

Peter Allen

I have always found it difficult to participate in JK over the Easter weekend, since I have other commitments on Friday and Sunday at least. So almost any other time would be better.

I do like the four-day feel, though that is not essential and would probably not work any other time.

Maybe two linked weekends at different times of the year?

I think it is essential to include TrailO, it is the best British showcase for TrailO during the year, with many FootO competitors discovering and enjoying TrailO.

This will be even more important since TempO (and to a lesser extent PreO) works as an online event, and the number of British and international competitors has grown vastly over the last 15 months.

Some of the new Brits are already competing at the top international standard.

This depends on having the TrailO events (PreO and TempO) geographically close to the FootO events, with suitable event timings and suitable terrain for everyone --

I was planning PreO for JK2020, the terrain was adequate but not brilliant, but was conveniently close to the FootO event on the Saturday.

TrailO, perhaps inevitably, takes second place to FootO, leading to a poorer choice of, and late decisions on, areas.

So:

JK? -- Yes

JK at Easter? -- No

JK with TrailO? -- Essential, properly integrated.

David Coton

I am pretty sure I won't get to the JK again, but I'd just like to put in a vote for the sprint.
Ursula

I really like going to the holiday events and having several days of orienteering. It's a holiday, an opportunity to explore an area and often a chance to orienteer on some really good terrain with a really good atmosphere and lots of opportunities to see people from other clubs.

I have found that this is an increasingly difficult thing to do however and not necessarily because clubs are finding it more difficult to put on events. There is usually an urban day now, not an event I enjoy doing. For all sorts of reasons I don't enjoy doing relays now though I used to when we did relays for fun and there was a nice camaraderie to them. It all seems a lot more serious and competitive now. These two factors mean that for me the JK and some other events have become 2-day events. This is fine but it does mean that such an event could be held on any weekend - though a 2-day event with one day Urban, as so frequently happens now, is less attractive and I probably wouldn't travel for it.

Noreen

The JK festival has two good things going for it in my experience.

- 1) Easter is the only 4-day bank holiday so it's a good opportunity to travel away for good orienteering terrain.
- 2) It's a good time of the year for runnable terrain.

For Maria and I cramming 4 events into 4 days isn't an attraction. We'd be happy with just two events. Neither of us are fans of relay events. Too much pressure and hanging around. Our solution would be for a smaller quality event where the numbers are limited. That will help the organisers too.

We remain fans of the summer multi-day events in Wales, or Lake District or Scotland.

Bruce Marshall

British Middles Champs 2022

Although we may not be able to host the JK (see above), there are venues in our region that can support major events. On March 6th next year the Middles will come to East Anglia for the first time since 2006, when WAOC was able to host the British Middles Champs at Rowney Warren.

The 2022 event will be at Rushmere Forest, in SMOC territory. To make this a weekend of orienteering, WAOC will be organising a complementary event at Salcey Forest on the Saturday (5th March). Do make a note of these dates, as we will be encouraging all in WAOC to participate in both events.

Peter

WAOC's friendly faces – Janet Cronk (Captain)



What lead you to start orienteering and did you start as a junior, senior or veteran?

I started orienteering as a Mum of a WAOC Junior, and I was far more interested in his progress and his performance than my own !

My son Jonny was introduced to orienteering at Kings College School (KCS) by the PE teacher there, Jenny Grey. She ran these orienteering sessions with assistance from WAOC (ie Ursula Oxbrugh and Anne Duncumb).

As Jonny and one of his friends seemed to enjoy these orienteering sessions, I was encouraged to take them both to a WAOC event in Thetford Forest. So that was our start but then the next couple of years or so was focussed on doing well for KCS in the British Schools Orienteering Championships.



KCS at the 2004 British Schools Championships (Jonny with hand up).

What do you wish you'd known about orienteering when you started out?

I wish that I had started orienteering earlier so that I could have helped Jonny progress faster (it ended up with him teaching me !). I discovered a few years ago that I could have orienteered at University - i don't know how I missed that opportunity ! Children who have parents that are already experienced orienteers have a great advantage over children who have novice parents!

What is your favourite type of orienteering and why?

I like the variety of all orienteering events. However I am more of a sprinter than a marathon runner so I do tend to think that I have a better chance of doing (reasonably !) well at Sprint or Urban Events. However being out in the Forest or out in the Terrain is what really feeds my soul !



Jonny with Thomas Louth

Where in the world do you most like to go orienteering?

Our first event outside East Anglia was the 2004 JK which was held at The Graythwaite Estate in the Lake District. I was encouraged to take Jonny there by Caroline Louth and we were kindly invited to stay with them. I cannot remember whether I did a course (I probably did !) but we spent many happy hours orienteering in the Lake District after that Event. I especially recommend the [Lakes 5 Days](#) for a Summer holiday, the next one is due in 2022.

What is your best orienteering moment to date?

I would say that 2019 was a pretty good year !

With my WAOC Captain's hat on; I was delighted with the WAOC Junior Team winning the DayBreak Peter Palmer trophy and also with WAOC qualifying for both the Yvette Baker and Compass Sport Trophy finals in that year. It was also pretty special to see a WAOC

shirt (worn by Tessa Strain) coming into the run-in in 1st place on the 1st Leg of the 2019 JK Relay.

For me personally; I think that I was most pleased with my 3rd position in W60 in the 2019 UK Orienteering League (UKOL) !

What was your most memorable orienteering mistake?

Hmm - I think that the Long Final of the 2018 World Masters in Denmark (Gribskov) was probably my most disastrous 'run' ! The course was 5.1k but my Garmin recorded over 10k and my SI time was 116:57 ! I made one stupid error, had to relocate and then went on to make two more stupid errors ! Very frustrating !

What type of shoes do you wear to go orienteering?

At the moment I am wearing a pair of metal studded VJ Supra 3, but for sprint events (and training runs) I wear a pair of Saucony Peregrine GTX.

What tips would you give new orienteers?

Travel to as many orienteering events outside EA as soon as you can, especially to the JK (every Easter) and take the family on holiday to the Lakes 5 days, Scottish 6 Days etc.

When Jonny went off to university and I decided to carry on orienteering on my own, I focused on the events selected by British Orienteering for the UKOL (which always includes the JK and the various British Championships). You can find a link to the [UKOL website](#) on the British Orienteering website under 'National Competitions'.

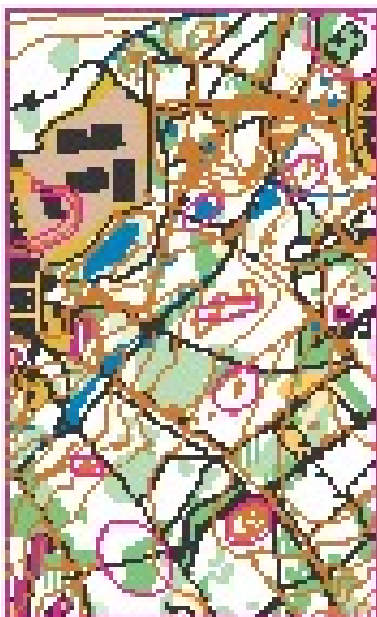


Thomas Louth (left),
BCS podium

What is your favourite post-event refreshment?

Where the event has food trucks; a bowl of veggie chilli, a flapjack and an Earl Grey tea !

Spot the identicals – Solution



WAGAL

There will be 4 events giving points for the 2021 League. The first was the Huntingdon Urban event in April. The remaining events are:

12th September: Cambridge North Urban

9th October: Bush Heath Woods

21st November: Mildenhall South

East Anglian League 2021

It is hoped this can be held in the second half of the year. Provisional dates are:

19th September	SOS	Baddow Ridge
9th October	WAOC	Bush Heath
14th November	SMOC	Priory Park
28th November	HAVOC	Weald Park
5th December	SUFFOC	Tunstall
12th December	NOR	TBA

East Anglian Urban League 2021

The first 2 events in the EAUL for 2021 were WAOC's Huntingdon Urban event in April and SOS's Maldon event in May. The remaining events are:

11th September	SMOC	Milton Keynes
12th September	WAOC	Cambridge North
10th October	SUFFOC	Bury St Edmunds
30th October	CUOC	Cambridge
31st October	NOR	Norwich

Events:

Mainly WAOC and EAOA events listed here. A full list of events is available on the British Orienteering web site, all events at the moment require pre-entry (usually on fabian4.co.uk or sientries.co.uk). **Always check www.britishorienteering.org.uk before travelling.**

Date	Event Name	Level	Club	Ass.	Venue/ Nearest Town	Grid ref/Postcode
01/08/21 07/08/21	Scottish 6-Days	National		SOA	Fort William	
Sat 21/08/21	British Sprint Relay Champs	Major	DEE	NWOA	Skelmersdale	
Sun 22/08/21	British Sprint Champs	Major	DEE	NWOA	Skelmersdale	
Sun 05/09/21	Nowton and Hardwick	Regional	SUFFOC	EAOA	Bury St Edmunds	
Sat 11/09/21	Milton Keynes Summer Urban	Regional	SMOC	EAOA	Milton Keynes	MK14 5AX

Sun 12/09/21	Cambridge North Urban	Regional	WAOC	EAOA	Cambridge	CB4 3XJ
Sat 18/09/21	Park-O Milton Country Park	Local	WAOC	EAOA	Cambridge	CB24 6AZ
Sun 19/09/21	SOS Baddow Ridge	Regional	SOS	EAOA	Danbury	CM3 4NS
Sun 26/09/21	Epping inc. EA champs	Regional	HAVOC	EAOA	Epping	
Sat 02/10/21	British Orienteering Champs	Major	DEVON	SWOA	Braunton Burrows, Barnstable	
Sun 03/10/21	Braunton Burrows	National	BOK	SWOA	Barnstable	
Sat 09/10/21	Bush Heath Woods	National	WAOC	EAOA	Thetford	IP28 7JD
Sun 10/10/21	Bury-St-Edmunds	Regional	SUFFOC	EAOA	Bury-St-Edmunds	IP33 1XL
Sat 16/10/21	Park-O Lammas Land and Coe Fen	Local	WAOC	EAOA	Cambridge	CB3 9PA
Sat 30/10/21	Cambridge City Race	Regional	CUOC	EAOA	Cambridge	
Sun 31/10/21	NT Estate Event	Regional	NOR	EAOA	Mid/North Norfolk	
Sun 07/11/21	SOS Chalkney	Regional	SOS	EAOA	Earls Colne	
Sat 13/11/21	Park-O Trumpington Meadows	Local	WAOC	EAOA	Cambridge	CB2 9LH
Sun 14/11/21	Priory Park	Regional	SMOC	EAOA	Bedford	MK41 9DJ
Sun 21/11/21	Mildenhall South	Regional	WAOC	EAOA	Mildenhall	IP28 6AE
Sun 21/11/21	British Schools Orienteering Champs	National	HH	SEOA	Stowe Park, Buckingham	
Sat 27/11/21	British Night Champs (provis.)	Major	NGOC	SWOA	Cleeve Hill, Cheltenham	
Sun 28/11/21	Weald Park	Regional	HAVOC	EAOA	Brentwood	