



West Anglian
Orienteering Club



JABBERWAOC

Vol.52 No 1

Spring 2024



*Photo: Wendy Carlyle
Maps and photos are in colour on website.*

Editorial:

Welcome to the spring edition of Jabberwaoc which contains all the reports from our AGM held at Arbury Community Centre in March. As a result there's lots of news about WAOC's success over the past year. We also have news of our summer MapRun League, a training tip that will feel very relevant to all those who ran at this years JK and a new style puzzle from Bruce Marshall. Plus something completely different from Jenny Hunt. I hope to see many of you whilst orienteering over the summer.

Emma Jarrett



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2023 WAOC Committee

Chair:	Stephen Borrill chair@waoc.org.uk	Secretary:	Jenny Hunt secretary@waoc.org.uk
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Welcome to New WAOC Members - Hazel Bickle, Membership Secretary

Welcome to:

Graeme, Rachel, Elizabeth, Jonathan and Chloe Ambler from Bristol
Jenny Gell, Stephen, Eleanor and Edward McIntosh from Cambridge

Florence Wicks from Royston

Jonathan Pye from Exning

Rachel Oxburgh from London

Jo Haywood and Helen Eaton from Cambridge and

Rui Zhang, Athan, Leon and Lily Fox from March.

Welcome back to Sean and Samuel Blanchflower of Cambridge.

We hope you will all enjoy orienteering with WAOC.

British Orienteering Awards – Ian Smith

Colour Coded Badges

Hana Powell	Yellow
Elysia Cowe	Orange
Andre Fu	Light Green & Green
Alistair Fu	Blue

BOF Awards

Racing Challenge	Gold	TD2
Racing Challenge	Silver	TD4
Racing Challenge	Gold	TD5
Racing Challenge	Gold	TD5
Navigation Challenge		TD2
Navigation Challenge		TD2
Navigation Challenge		TD3
Navigation Challenge		TD5
Racing Challenge	Gold	TD5
Racing Challenge	Gold	TD5
Racing Challenge	Bronze	TD5
Navigation Challenge		TD5
Racing Challenge	Gold	TD2
Navigation Challenge		TD3
Navigation Challenge		TD5
Racing Challenge	Bronze	TD2

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

Chairman's Report to the AGM – Stephen Borrill



© Addy Fu

It has been a year of change for WAOC since our last AGM. Some things haven't changed like the excellent results achieved by our members in regional, super-regional and national competitions, particularly by our junior members. I don't want to steal our captain, Janet's, thunder as she goes through the achievements, but I'll mention a few highlights. In our own area, we had a lot of league winners in the 2023 East Anglian forest and urban leagues. Last weekend, at the East Anglian and Midland Championships, we took home a lot of silverware (or in my case a huge antler). Further afield, there was a good haul of class winners at last year's Midland Championships in Shropshire as well as the other races that went on that weekend all through the age ranges from W10s to M75s. At large national competitions we also had some stand out performances. At the JK, we had a lot of top 6 finishers including some class winners. At the British Championships, there were a number of podium places for our under 14s which were followed up the next day at the Relay Championship by podiums for both the juniors and a team consisting mainly of their mothers thus showing strength across the generations. The UK Urban League rewards extended commitment because of the need to travel to events all over and we had 9 top-3 finishers, including a class winner.



Midland Champs 2023

© Brian Cowe

In the Compass Sport inter-club competition, it was a year of change as we graduated to be a large club in 2023 (based on our membership count in autumn 2022). This bucks the national trend where a number of clubs have dropped from the large to small categories even though the thresholds are being lowered. It has left qualification for the final in a slightly strange situation as there are no other large clubs in East Anglia, so we need to choose between getting a full team of at least 25 members to travel a considerable distance to qualify, talking another club into travelling out of their own area (thanks to Happy Herts for coming to compete against us in Thetford Forest last year) or effectively getting a bye into the finals as we did for the 2024 final last month. The relevant Compass Sport rules were skipped for this year noting that, due to a decline in the number of large clubs, they would lead to a lot of travel for the remaining clubs which does not sit comfortably with a sport which is generally very environmentally sound. While our qualification this year could be seen as a hollow victory, I'm looking forward to the final in Lancashire on 20th October which is an area I've never orienteered in. In the final last year, we surpassed our attendance compared to the 2022 final with a turnout of nearly 40



© Addy Fu

members, but I felt the extreme levels of mud and parking problems detracted slightly from the team atmosphere as seating and shelter was rather compromised.

Well done to Janet for nabbing a prime position for our club tent and banner which gave a front row location to watch the increasingly slippery sharp bend into the final run-in.

In related news, our influx of juniors, thanks in part to Park-O, means that we also count as a large club for the Yvette Baker competition. I thought that SYO did a great job with the final and the team parade similar to the Olympics was a wonderful idea. Just looking at the spread of heights on the photos gives an idea of the wide age-range of juniors we have which leaves me hopeful about the sustainable foundation of our club going forward. Best of luck to you all next month at the qualifier for this year's final.



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Not only have we grown as a club from a membership point of view, we have also developed our personal skills. I have been working towards qualification as a controller and recently we've had two new coaches getting trained. Our existing coaches will be refreshing their safeguarding training. We have new planners too with a very successful Rowney Warren event planned by a recent club joiner following a fun night event in the same area the night before (from an old hand!) and there is Mildenhall North to look forward towards the end of the year from another new planner. New planners, controllers and coaches coupled with our strong junior squad should ensure we have a healthy future.

Unfortunately, we are short of organisers who are responsible for actually making the events happen and I'm sad that we have had to pause our Park-O events with our last being held last June. This is mainly down to burnout of the existing organisers. At Park-O we got a lot of repeat participants (as shown by the number of fully-stamped Park-O passports) and, from that, we gained quite a few members. I've had a number of emails asking when the next Park-O or family-friendly event will be and I would like to get something in the calendar to point them to. Would you like to organise a low-key event in one of our mapped areas (perhaps a park close to Cambridge, or

perhaps a little further afield such as Hinchingsbrooke or Priory Park)? Full training will be given! Had it not been for WAOC's introductory SMILE events 20 years ago, I probably would not have got back into orienteering having given up in my teens, so I have a particular affinity with these type of events.

We extended our mapped competition areas with events in Newmarket and a new part of Peterborough. Newmarket was part of a collaborative weekend with our friends at SuffOC where we swapped planners (so I planned in a SuffOC area and they planned in Newmarket – which, yes, is technically Suffolk, but not SuffOC if you see what I mean). I thought the collaboration worked very well and I value the deep respect between all the clubs in East Anglia with a successful East Anglian committee. I ought to mention at this point that Peter Woods has served admirably as EAOA chairman, but feels it is time to hand over – he would very happy to hear from any WAOC members who may be interested in this role (other EAOA committee positions are also available).

In 2024 we have new urban events in Bedford and Yaxley to look forward to. Both of these are in areas where we have some great MapRun courses (as was Newmarket). Holding a MapRun event on a basic map has proved to be a good tool for testing out new areas that may be worth mapping properly for future events. I think Soham and Papworth are particularly good areas.

Unfortunately, we are seeing rather low turnouts for our MapRun events even though by their nature they can be run at any time that is convenient. When I am working away in Essex I go to the similar mid-week events held by SOS and HAVOC and they frequently get 30+ participants even though their events are spread over a much wider area than ours. The same is true of HH. Why this is I'm not sure. It seems to appeal more to our newer members,

with established members less likely to try it – whereas in Essex it is a wide spread of ages ranges and experiences. I hope that the MapRun clinic and the courses around North Cambridge this afternoon encourage a few more to take part. If you did not try it, please take one of the leftover maps and give it a go whenever you want. Perhaps the spread of our club's members make us just too Cambridge-centric - I'm not a geographer, but this probably reflects the population density in the county. It is noticeable how attendance at training nights tails off in proportion to distance from Cambridge (we have usually struggled in St Neots, for example), but I had a look though our membership list and we do have members all over (a quick shout out to the Amblers who live in Bristol – I don't expect them to come to local events!).



Lower participation/engagement with our MapRun events has the knock-on effect that our pool of potential planners is smaller. It is not sustainable to have, say, 8 core runners, but hold 14 events a year. Planning a MapRun course is a good entry point to planning a larger event and there are plenty of us who can give advice or help out with some of the technical aspects (such as improving the map). I have developed a brand-new MapRun planners' guide as part of the MapRun.uk website. Maybe you walk round your village and think "Those alleyways would make a good orienteering area". Get in touch and let's make it happen!

What other changes are coming up this year? Personally I'd like to get my Black badge before I'm too old, if such a thing even exists, but the big change is that our club captain, Janet, is standing down from that position. I think she has done an amazing job and has got involved in many aspects of club development as well as driving engagement from our members. I don't think we would have achieved the growth and success I discussed earlier without her. I'm very pleased to say that Richard Powell has agreed to take over as club captain once Janet's work organising the JK relays is done. I would like to extend my personal thanks as well as those of the committee to her and, would like to ask for a round of applause, from our members here today.

WAOC Club Captain's Report to the AGM – Janet Cronk



©Addy Fu

I am pleased to present my Captains Report for 2023. In other words a recap of 2023 and mention of achievements for 2024 so far. Please forgive me if I do not mention everybody who contributed to the Club's success in this period.

As Captain my main responsibility has been to organise the club entries for The Compass Sport Cup, The Yvette Baker and the Relay competitions. So this report mainly concentrates on the results from those events but I will take the liberty of including some other competition achievements (not already included on the WAOC website news)

1. The Compass Sport Cup

The 2023 Compass Sport Cup Final was held at New Beechenhurst in the Forest of Dean on Sunday 12 November 2023. There was a great turnout with 39 members (including 10 juniors) taking part. We may not have won the Cup, or come very high up the placings but the WAOC flag flew centre stage at the prize giving.

Every WAOC member achieved a result as nobody mispunched but the top points scorers on the day were: Sarah Pedley (our only CUOC member), Our Junior captain, Hebe, brother Alex, Erik and Dil.

The organisation of the EA qualifying event had been somewhat stressful as land use permissions were pulled at the last minute and there had to be a rapid reschedule to the WAOC event at Croxton. Luckily, Happy Herts was able to make the switch and the CSC qualifier in EA was on.

If Happy Herts had not run we would have had to travel to another region to compete.

In case you are wondering, there was a relaxation of the rules this year's 2024 CSC qualifying heat. Having been beaten by WAOC in 2023, HH decided to try another region to qualify, leaving WAOC as the only Cup club competing in Kings Forest. In previous years this would mean having to travel to another area but this year all we needed was at least 25 members taking part. In the end we had 55 members so we easily qualified for the Final.

Please make sure that the Final on Sunday 20 October 2024 is in your diary. The Final is being organised by Pendle Forest Orienteers whose areas are found around Burnley and Blackburn. I cannot find details of which area they are intending to use but it will be north of Manchester.

2. The Yvette Baker Trophy



© Addy Fu

The YBT qualifier this year was at Hockering in Norfolk on Sunday 5 March 2023. We had a team of 11 Juniors who all performed well, beating NOR to win our place in the Trophy Final.

We had a team of 15 Juniors for the final at Sandall Beat Woods, Doncaster on Sunday 9 July. The event started with an opening ceremony; a very impressive parade of all the Juniors taking part, each team carrying their own club flag !

The team ran really well and ended up 5th. The point scorers were: Alistair, Hebe, Kate, Jemima, Erik, William, Isabelle, Elysia and ETTY.

The WAOC Juniors are such a delightful bunch. I love to see them all compete, improve, and achieve but overall enjoy their orienteering. But of course, many thanks are also due to all the parents who provide the encouragement and transport which enables the Juniors to take part. It is really appreciated as the more Juniors that take part in the Yvette Baker competition, the better chance they have of doing well as a Team

3. The Peter Palmer Relay - 10 September 2022©

On 9 September 2023, we took 8 Juniors to the Peter Palmer Relay competition at Stowe National Park. This year the Juniors took part in the full 6-leg relay competition which starts in the dark at 5am on the Sunday morning. The team was Hebe, Kate, Andre, Alex, Erik, Bethan, William and Alistair. We had 8 juniors as you are allowed up to 3 Juniors on the Yellow leg.

The team finished 9th out of the 14 teams taking part, and 3rd in the Joan George competition for relays teams with orienteering ages adding up to 90 or less.

Many thanks to all the parents who came to support.



© Addy Fu

4. Relays at the Major Competitions

4.1 British Orienteering Relay Championships

WAOC won the most relay medals last year at the 2023 British Orienteering Championships. The relays were held at Hambleden on Sunday 26 March and WAOC had 6 teams. Bronze medals were won by Emma, Jo and Camilla in the W40+ team and by Alys, Elysia and Erik in the M12-mini relay.

4.2 JK Relays

We had 6 teams for the JK Relays, no medals but no mispunches so all teams were placed. Our best position was 9th in the W165+ team.

4.3 Mixed Sprint Relays



© Brian Cowe

WAOC entered 8 teams in the British Mixed Sprint Relays in 2023. These took place at Brunel University campus on Sunday 17 September and we were all delighted that the 12- junior team of Erik, Alys and Elysia this time came away with silver medals as well as mugs and goodie bags.

5. Other notable achievements and medals wins:

I have not often mentioned the British Schools Championships but this year a number of WAOC Juniors took part running for their schools.

5.1 2023 British Schools Score Championship

This event was held on 14 October 2023 at Martinshaw Woods in Leicestershire

Girls - Elysia won Year 5 Gold, Hebe won Year 10/11 Gold and Alys won Year 7 Bronze.

Boys - Andre won Year 9 Bronze

The Perse School Teams won Gold medals for both the Lower Secondary Boys and Upper Secondary Girls.

So a number of the WAOC Juniors came home with an individual or team medal or both !

5.2 2023 British Schools Championships

This event involved another trip up north, this time a little further to Temple Newsman in Leeds on 19 November 2023.

Girls - Hebe won Year 11 Gold and Bronze was won by Alys (Year 7) and Hannah Wicks (Year 13) were 3rd.

Boys - Erik won Year 8 Gold.

And the Perse School team won Silver in the Large Secondary Category. So again a number of the WAOC Juniors came home with an individual or team medal or both !

5.3 2023 UK Junior Inter Regional Competition

Six WAOC Juniors represented East Anglian in the 2023 UK Junior Inter Regional Competition in South Wales at the end of September. That is Hebe, Alistair, Kate, Alex, Andre and Erik. I cannot remember so many WAOC Juniors representing East Anglia at the JIRCs at any time in my orienteering years so I congratulate them all in their selections.

5.4 GB Tours

Congratulation to Kate who was selected for Lagganlia and Hebe who has been selected for GB Talent Squad South. Hebe also went on a tour to Czechia. You can find both of their excellent reports on the East Anglia Junior Squad webpage.

5.5 UKUL

Roger Thetford, who organises the UK Urban League is very impressed at the number of WAOC Juniors taking part in this competition. The Runners-up in all 4 Juniors Classes in 2023 were WAOCs. That is Hebe, Alistair, Alys and Erik.

Emma won WV (and a Brick!) and Sue Hartley was Runner-up in WSV (despite actually being a WUV!)

All Runners-up have won CompassPoint vouchers which will be presented at the main 2024 JK Sprint Prize giving. So anyone at the JK Sprint please do attend the prize-giving if possible and give them all a cheer!



© Jo Powell

5.6 UKOL

In 2023 WAOC had its best year in my recollection. 14 WAOCs achieved a score in the maximum of 8 events and the club was 8th overall in the UKOL League. I think Addy checked back in the records and could not find that WAOC had ever been in the top 10 before.

The highest positions in their classes were:

Emma - 2nd W45

Alistair - 4th M16

Hebe - 5th W16

Camilla - 9th W50

Helen Bickle - 4th W40

5.7 Alex Wetherill

We are proud to still have Alex Wetherill as a WAOC member. Alex made his debut performance with the GB Team in the 2023 Junior European Cup, which had 150 competitors representing 13 countries.

2023 was Alex's last year as a Junior and he left M20, as No1 on the M20 rankings. Now as a M21, he is currently 15th on the British Orienteering Rankings list overall and has also been confirmed as staying in the Level 4 Development Squad for 2024.

5.8 National Rankings

Whilst on the subject of British Orienteering rankings I must give a shoutout to one of my class leaders, Sue Hartley! She is currently 5th in the National Rankings in W65!

5.9 2023 Welsh Champions

And a final shout out and congratulations to our two 2023 Welsh Champions, Alys and Hannah Powell.

So, finally many thanks to everybody who has made my 7 years as Captain so enjoyable. But in particular, Hebe for her enthusiasm and all the help and support that she has given to me and to all the Juniors in her first year as Junior Captain.

I look forward to seeing you at the JK in a couple of weeks time. There are 39 WAOC members entered at one or more of the individual events, and 9 teams entered into the relays (and this time all the teams have funky names thanks to Hebe!)

I wish you all, happy and successful orienteering this year.

Awards for WAOC AGM 2023 – Stephen Borrill

Photos © Addy Fu

Owl (Senior): Emma Jarrett

Emma has been going from strength to strength in the last year or so. She has been running longer courses (often longer than me) and her excellent results culminated in winning her age class in the UKUL

Chairman's cup (Junior): Erik Biernacki-Jablonski

I get the impression that Erik is counting down the days until he can run longer adult courses especially for league events as he is aceing the events he is currently running, getting a solid perfect set of scores in the EA league. I know he has lots of other calls on his sporting time, so I am pleased he continues to perform outstandingly in orienteering.

Tortoise (services to club): Bob Hill



It is easy to see and appreciate the work done by our planners and organisers, but without the work Bob does behind the scenes, we would have no events at all. He tenaciously fights to get permissions approved, including attending council meetings if necessary. He has the ongoing stressful job of dealing with Forestry England which makes him a hero in anyone's book. He also liaises with neighbouring clubs to avoid clashes and come up with a calendar of events in East Anglia for us all to benefit from. On top of this, he maps, plans and controls - basically whatever is needed to make an event happen.

Mapping: Caroline Louth

After the Cambridge City Race in September, I couldn't think of anyone else to get this award besides Caroline as it showed off the latest evolution of her Cambridge map including new areas such as Robinson College. We also got a new map for Newmarket and she's been doing the behind the scenes maintenance of our maps to deal with new mapping standards and, for urban events, scale changes.



Chairman's Chat – Stephen Borrill

Time moves on apace and even since our AGM mid-march, there are still updates to report. Like many WAOC members, I've just returned from the JK orienteering festival in the West Midlands.

Organisation was good, parking was good, locally-produced rare-breed burgers were very good; running two events on the same area with a lot of overlap less so. I heard it described as 'Groundbog Day'. As I keep banging on about though, thanks must go to the hard-working volunteers who gave up



© Wendy Carlyle

hours of their time to make the event a success. It was extremely pleasant not to have to walk miles to the start, even if this meant the route from the start to the rather small number of first controls was a bit feisty at times. The sprint was also fun and, at its prize-giving the trophies for last year's UK Urban League (UKUL) were presented. The commentary even included the phrase "yet again from West Anglian Orienteering Club" which I was very proud to hear. We may not have amazing forests in East Anglia, but we know how to put on a good urban event to learn our chops on. I must also put a shout out to CUOC for winning the University Club of the Year. We have a mutually beneficial relationship with CUOC and it's great to see them recognised for their hard work.

Related to this (and the AGM), you will start to see articles in JabberWAOC that are of regional and national interest written in conjunction with our neighbouring clubs. Peter Woods (East Anglia Chairman) canvassed opinion on this at the AGM and I wholeheartedly agree with such cross-pollination. As an active participant of the Cambridge branch of CAMRA (CAMpaign for Real Ale), I made a very similar suggestion myself at their recent AGM – we should share articles with neighbouring branches as we all face the same issues and support each other's events/pubs (delete as appropriate).

Also related to this spirit of cooperation, since the AGM I have published the MapRun planning guide at <https://MapRun.uk/about/planning/> for all to use. The philosophy behind MapRun.uk is similar to the news articles; why should all clubs reinvent the wheel and duplicate each other's work?

Finally, to wrap this up and bring it all together, I'd like to formally welcome Richard Powell as our new club captain as well as say thanks again to Janet Cronk for her hard work. Richard and Janet combined their efforts to make the relays at the JK great fun (which were thankfully on a very different area to the other days). The weather wasn't too kind, but the arena was compact, close to parking and an exemplar of how a large relay event can work (well done DVO!). All WAOC runners were guaranteed a cheer from our enthusiastic participants and well done on the 2nd position to our junior team (which also backs up what I mentioned in my AGM speech about the strength of our junior members).



Wednesday Summer Training Nights & MapRuns



Date	Location
24 th Apr	Milton Village 2023-2024 MapRun 🏃
1 st May	Girton College training
8 th May	Milton Country Park training
15 th May	East Chesterton 2023-2024 MapRun 🏃
22 nd May	Wandlebury Country Park training
29 th May	Epping Forest (Quad Club Event – 6k Blue, 4k Green + 2k Yellow)
5 th Jun	St Neots training
12 th Jun	Fen Ditton & Stourbridge Common Summer MapRun and 2023-2024 MapRun Prize Giving 🏃
19 st Jun	PuntO – River Cam
26 th Jun	Waterbeach Summer MapRun 🏃
10 th Jul	Hinchingbrooke CP and Urban Summer MapRun 🏃
24 th Jul	Histon Summer MapRun 🏃
7 th Aug	Area to be confirmed Summer MapRun 🏃
21 st Aug	Saffron Walden Summer MapRun 🏃
4 th Sep	Central Cambridge fun event & MapRun Summer Prize Giving

Programme is subject to permissions and always check the website before travelling.

Training Nights

Senior training sessions for all levels of orienteering skill or fitness.

Timings: Arrive 6.30 p.m. for starting at 6.45 p.m.

Costs: Free

Juniors: These events are not planned for juniors, but if they do run, U16's must be at least Orange standard and shadowed.

Training and MapRun email list:

To receive weekly training emails, please send a request to join to waoc-training+owner@groups.io



Epping Forest East Quad Club Event, 29th May

CHIG, WAOC, CUOC & HAVOC
combined club event for all

Courses:

TD5 6k Blue and 4k Green
TD2 2k Yellow

Starts: 6.30 – 7.30 p.m.

PuntO, 19th June 2024

Mixture of urban & park orienteering and punting: White and Orange standard courses around park for Juniors (or Seniors) and urban courses for Seniors. Open to all - No punting or even running experience required (you can opt out of punting [e.g. just be punted] or running).



Location: Trinity Punts

Timings: 6.45 p.m. to 8.30 p.m. Bring your own Picnic afterwards from 8.30 p.m. at Jesus Green. Aim to present results before 9.00 p.m.

Summer 2024 MapRun League:

More info at:

<https://www.waoc.org.uk/info/maprun-leagues-summary>

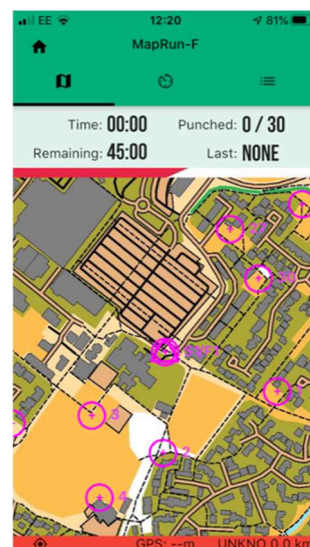
Formats of courses will vary:

Long will be around 45mins to 1hr or around 6km (straight line –actually say 8-10km) or

Short 30 to 40mins or around 3km (straight line – actual say 4-5km).

Social Wednesday: Starts 6.30 – 7.00 p.m. or

Anytime: (after initial event up to midnight on the second Tuesday afterwards) email go@oentry.uk to enter. You will be sent a SumUp link and once you have paid, you will be emailed a copy of the map and a pin for the course (do allow some time for all this!)



Costs: £3 senior; £2 students (these events are not intended for juniors)

Prizes: Fastest man and women on each of the long.

Training tip, how to run long legs:

Where to start:

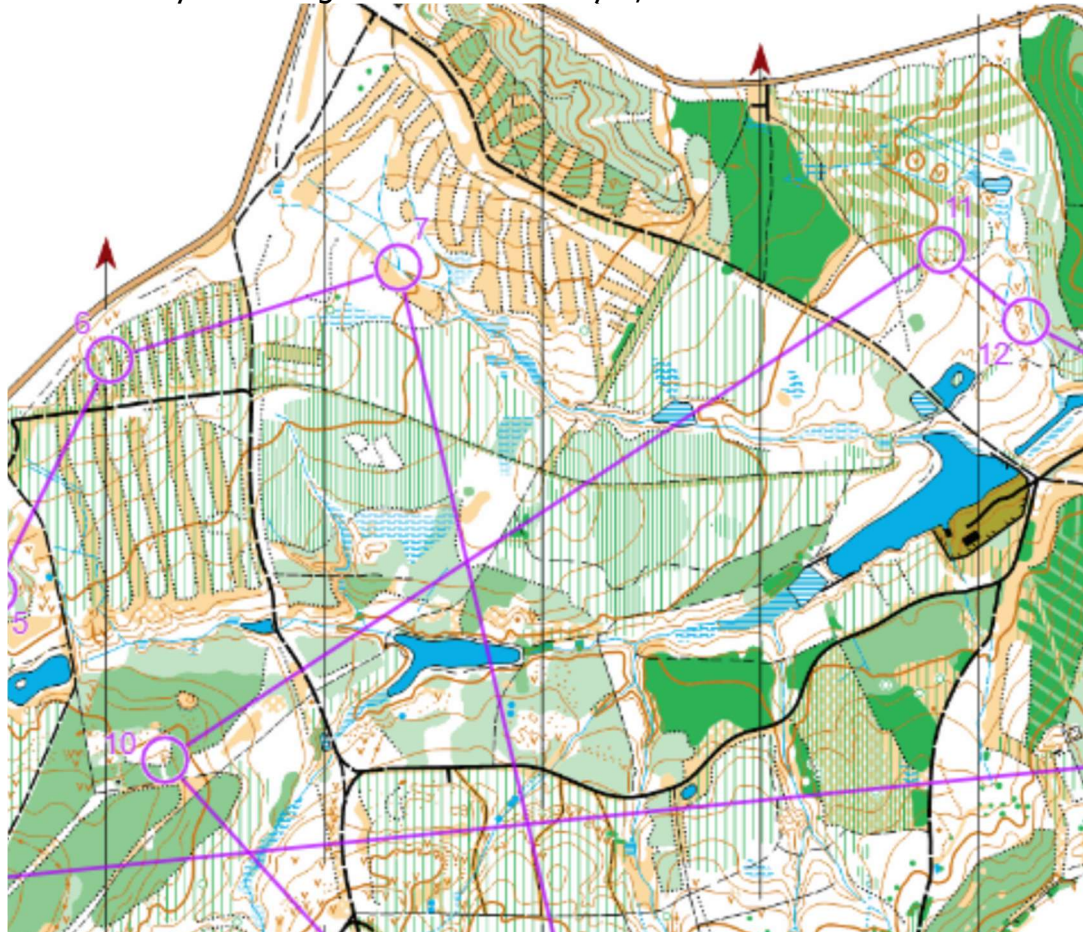
- Plan ahead and take your time considering options. An extra look could save you climbing an extra hill and if taking a long bearing, really do make sure it is accurate as the further you travel the more inaccurate that bearing will become.
- Plan backwards from your attack point/way into the control to where you start the leg.
- Ideally plan a route which works with your strengths and skills. There should be multiple route choices for a long leg so you should be able to find the route that's best for you.



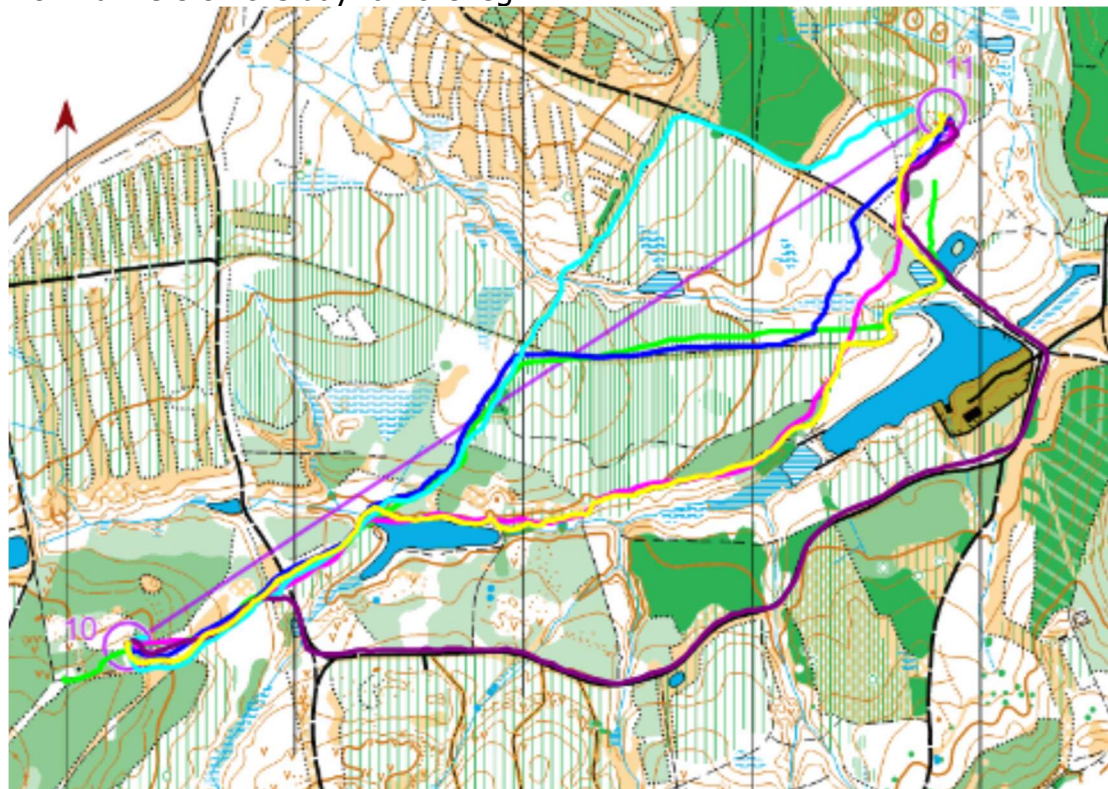
Compare routes, aka – think about:

- Good attack point for the control?
- Distance
- Navigational difficulty
- Climb and Steepness
- Runnable terrain, Passable terrain and Paths
- Way points/ linear features– are there easily identifiable features along the route?

How would you run leg 10 to 11 of JK Day 3, Beaudesert Course 9?



How runners on the day ran the leg:



Which route was fastest?

[Please note that this comparison uses the runners total time minus errors from Winsplits, adjusted to be 100 minutes and the leg time adjusted proportionally too (to allow for differing running speeds). Also final routes into the control site from the path south of the control have been ignored.]

Light Blue = 13.60
Dark Blue = 13.50
Bright green = 14.54

Purple = 14.14
Yellow = 13.52
Pink = 15.02

So Dark Blue route is the fastest while the Yellow and Blue routes are close behind. The Yellow or Light Blue routes do have the advantage of way points and the stark difference between Pink and Yellow suggests choosing where to leave the path is a risky point on the Dark Blue route. The additional down and up appears to have added time to the Bright Green route. The extra time on the Purple route suggests that it adds significantly more distance than the ease of the better path benefits the runner, and it does not escape from added climb unlike the Yellow route.

Planning tip for Long Legs:

Please don't put that long leg too early in the course so that competitors have a chance to test out the terrain first before having to commit to route.

Not quite Sudok-O – Bruce Marshall

I have planted 6 trees on this plot of land but now forgotten where I put them. What I can remember is that there is exactly one tree in each row and column. Trees are not adjacent horizontally, vertically or diagonally. The numbers tell you the distance to the nearest tree in the same row or column.

		2			
	3				
3				1	
		1			
3					

SI card repair – Peter Woods

Sometimes dibbers get broken making them unuseable even if the "chip" in the stub is still intact.

It is now possible to obtain an "unofficial" 3D printed plastic dibber into which a working chip can be inserted and glued in place, resulting in a good-as-new dibber.

This was developed to enable repair of old hire dibbers that had disintegrated, but is now offered to individuals needing an SI card repair for £5. (The arrangement is that you send the "chip" (or the broken dibber containing it) to the repairer and receive back a new dibber body with the original chip incorporated.

I am referring to the older type of dibber that does not have any battery - for SIACs or any similar type of dibber incorporating a battery that requires repair or battery replacement our advice would be to contact SportIdent.

Anyone wanting to take advantage of this contact dibberfix@waoc.org.uk



Piste de ski damée : surface et contours (piquets)
difficulté : piste verte, bleue, rouge, noire

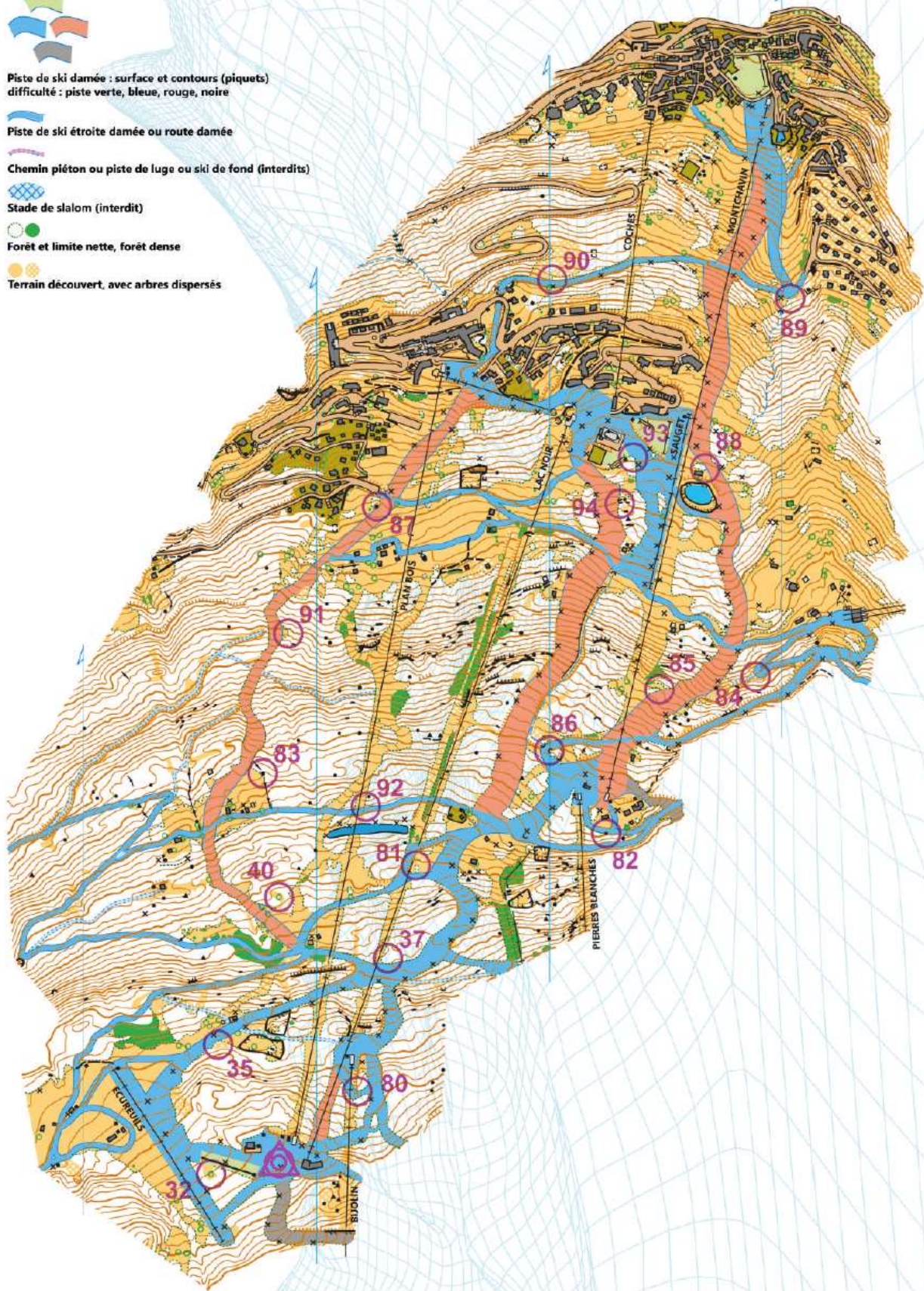
Piste de ski étroite damée ou route damée

Chemin piéton ou piste de luge ou ski de fond (interdits)

Stade de slalom (interdit)

Forêt et limite nette, forêt dense

Terrain découvert, avec arbres dispersés



'Sno' 'O' or orienteering at altitude

A hot, (or should that be cold?!) off the press article on return from France early this April.

As a family, two of our longstanding sporting passions are orienteering and skiing. For various reasons in recent years, we were not able to find the time needed on any snow holiday to all be out together on the mountains without one or other of us having to either 'babysit' or to complete some other time critical holiday-related tasks.

This Easter however, the stars aligned and we were fortunate enough for the first time in a while, for a family ski orienteering course challenge to actually become a viable proposition.

As the winter season drew to a close and ski enthusiasts flocked to the slopes for one last hurrah, amidst the breathtaking landscapes of the French Alps, Paradiski Ski Resort offered the perfect setting for our ski orienteering adventure. Nestled in the heart of the Tarentaise Valley, and boasting a sprawling ski area with over 225 kilometers of pistes, it is a haven for winter sports enthusiasts. Ski

orienteering a course in this resort was about to add a whole new dimension for us to our mountain experiences.

This Easter the snow across most of France was a mixed bag, deep and almost powder at

higher altitude, (about 1900m and above), but turning slushy and very sparse lower down, (and in fact non-existent at around 1400m, instead being fresh green spring-time meadows), this as you will see demonstrated later, would have an impact on our chosen course here.

As we rarely venture beyond France in skiing terms nowadays and are



unsighted on what is on offer ski-orienteering wise in other countries, I can only confidently say there are at least a handful of the more popular French ski resorts that seem well invested in permanent orienteering courses;

with maps and physical controls in good order and up-to-date. We have never particularly been cross-country skiers; which is the type of skiing that you see people skating along for miles on flat terrain, and likely in a better physical shape to do so, than we would ever achieve!



Therefore, alpine skiing is our discipline of choice and it followed that an alpine permanent orienteering course would be the one we would select for our family race.

The course we selected which is available from a link on the resort's website was a score course but without a designated start/finish, rather the option to start/finish anywhere as desired to best cater for people staying in different parts of the mapped area. You will see on the map accompanying this article that, whilst clearly not quite a standard map, it shares enough familiarity with mapped features from the international standard to feel familiar and be easily decipherable for a UK-based orienteer.

The course was set in a heavily wooded area as you will see from the map and the North of the

map was the lower mountain area and the higher areas to the south. The course is designed so the controls were just off the pistes, (read as groomed path for non-skiers), usually within 20 metres or so. You will note the large ribbons of red, blue and green on the map which denote the established pistes by difficulty according to the European ski run grading system. Green runs

are typically for beginners, blue runs are suitable for intermediate skiers and snowboarders, while red runs,



(with a huge margin of interpretation), represent something between blue and 'black' runs, (which are reserved for advanced skiers and snowboarders who know how to handle challenging slopes.). Whilst the red on the map causes us no real interpretation issue, the blues and greens need a moment of remembering that they are in this instance not water or impenetrable woods; rather the routes, along with the red, that you *should* take, the bounded blue just to confuse- actually *is* water.

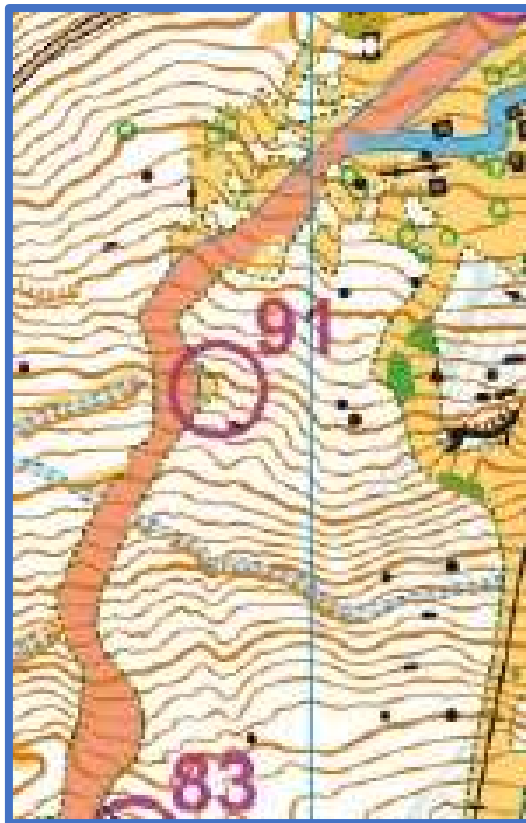
You will see a huge amount of contour detail as you might expect, with our A4 map climbing from 1250 metres at the village of Les Coches at its North end up to about 1850 metres at the south, just by Le Cristal Des Neiges Restaurant, (which we decided would be the designated start/finish), near to control 32.

The named long black lines are ski lifts; a mixture in this case of chairs and cable-cars and hopefully without overstating the obvious; the orienteer skis down, (North) and then selects a lift to travel back up, (South). For those of you who have never skied, it's important I point out that lifts go UP only, you usually cannot ride them down, (and definitely not in this case for the purposes of the course).

Unlike some courses we are all familiar with, where it may likely not be desirable to keep running up and down and up again, in this case it simply isn't possible, and it becomes necessary to treat the map as effectively a series of one-way systems collecting controls on a selected route down and then needing a lift to get you back up again to attempt a run down a different set. This hopefully becomes clear as you look at the map.

The controls themselves were all pole mounted, with newly replaced signage and in good order and each had serviceable punches gripped to them. The 'X's on the map in this course, by the way, are snow cannons on, or just off the pistes.

With Easter crowds abundant, navigating congested slopes can prove to be a test of patience and agility at the best of times. Orienteering in amongst that would entail using



our wits to navigate around slower skiers and obstacles while staying focused on the course and trying to make the most efficient use of the lift infrastructure while minimizing time spent waiting in lift queues. The lack of snow cover from about 2/3 way up the map, (or 2/3 way down the mountain depending on how your mind works), would rule out a number of controls, requiring us to adapt our strategy on the fly.

Whilst it may initially sound like a quite unbalanced mis-match we split into what I would genuinely describe as two fairly equal ability family teams, being Dad and youngest daughter, (primary school age), as team 1 and then myself and our eldest, (adult), daughter as team 2. My prediction was team 1 would navigate quicker than us 'less-practiced' team 2 members, but that we would be a faster combined ski team, albeit slightly slower on the navigation and the route selection front.



So,

with a start/finish location agreed, a rule that we would not in this instance ski 'off-piste' or climb manually back up to any missed controls, an understanding that controls 89 and 90 were unreachable as there was no snow that low down, and that the teams needed to remain



together as a pair at all times, we arrived at Le Cristal Des Neiges Restaurant, and set off.

It became quickly evident that both teams were headed for the same first three controls; 32 then 35 then 37; Team 1 then went east towards 81, Team 2 went west towards 40 and off on different route choices. We were out for about 75 minutes all told and it was in fact a pretty equal race, ending up at our last couple of

selected controls together. Fortunately for our youngest- I 'tripped' (wink, wink- magnanimous Mum and all that), right near the penultimate control and had to spend a few minutes being 'helped up' by my team-mate, so Team 1 skied



across the line a couple of minutes before us; at which our youngest was delighted.

I deliberately haven't shared either of our routes here, because in an armchair question almost worthy of one of Bruce Marshall's Jabberwooc mind-benders;

I wanted to ask YOU to consider the map;

What route would YOU choose to take and how few runs down, and lifts up can you achieve to collect all the controls?

What was really interesting which we discussed at length afterwards was Team1, probably as we had predicted; followed a more orienteering than skiing focused mindset of travelling to a nearby attack point, (junction in this case), to

choose which controls to head for, and Team 2 adopted more of a skiing first, orienteering second approach and this gave two quite different sets of routes; albeit with a similar final time.

We had a conversation over hot chocolate about the whole thing being somewhat reminiscent of the Seven Bridges math's problem, (this is the problem where a city was set on both sides of a river with two large islands, seven bridges connected the mainlands and the islands

together and the task is to try and plan a walk that would cross each bridge once and only once).

Despite this leading to numerous drawings on napkins at the restaurant, I still remain quite unqualified to comment on either that problem, or in fact whether either of our routes here were in any way optimal, but regardless this was an Easter orienteering adventure for our family that I will remember for years to come.

Jenny, April 2024.



WAGAL 2024

Here is the list of orienteering events in 2024 where you can earn WAGAL points:

- Rowney Warren - 4th February
- Kings Forest CSC Qualifier - 18th February (EAOA event)
- Bedford Urban - 9th June
- Yaxley Urban - 29th September
- Mildenhall North - 17th November

The best 3 scores for each individual from of a maximum of 5 scores to count. The list of qualifying events may be revised list if there is a change to the schedule of events. The CompassSport Cup Final may be added as a further WAGAL event if the club gets through to the final. In this case the best 4 of a possible total of 6 scores would count.

2024 EAL Events:

Date	Club	Event
15 th September	SOS	Hatfield Forest
27 th October	HAVOC	Weald Park
17 th November	WAOC	Mildenhall North
24 th November	SMOC	Stowe
1 st December	SUFFOC	Tangham
8 th December	NOR	Beeston Regis

2024 EAUL Events:







Date	Club	Event
20 th April	NOR	Thetford
19 th May	SOS	Chelmsford
8 th June	SMOC	Milton Keynes double sprint
9 th June	WAOC	Bedford
6 th October	SUFFOC	Bury-St-Edmunds

UKOL 2024 Schedule of Events

A competitor's best 8 scores will count for the total league score

Date	Race	Competition (host club, location)
4-Feb	1	Southern Champs (GO)
10-Feb	2	British Night Championships
11-Feb	3	Cumbrian Gallopen (LOC)
9-Mar	4	Midland Champs
29-Mar	5	JK Sprint
30-Mar	6	JK Middle
31-Mar	7	JK Long
13-Apr	8	British Long Champs
27-Apr	9	British Middle Champs
28-Apr	10	Northern Champs
11-May	11	Glasgow City Race Weekend Event (STAG)
12-May	12	Glasgow Euro City Race (STAG)
25-May	13	Scottish Champs
23-Jun	14	British Sprint Champs
6-Jul	15	YHOA Sprint Champs (AIRE)
7-Jul	16	Sprint Weekend Urban (AIRE)
21-Jul	17	Croeso Day 1
22-Jul	18	Croeso Day 2
14-Sep	19	Dales Weekend Day 1
15-Sep	20	Dales Weekend Day 2
21-Sep	21	Caddihoe Chase Day 1
22-Sep	22	Caddihoe Chase Day 2
12-Oct	23	Middle Race (DEE)
13-Oct	24	Chester Urban Race (DEE)
2-Nov	25	Salisbury Urban Race (SOC)
3-Nov	26	November Classic (SOC)

Not Quite Sudok-O: Answer

		2			
	3				
					
3				1	
		1			
3					

Events: EAOA and a selection of national events are listed here. A full list of events is available on the British Orienteering web site. Events frequently require pre-entry (usually on fabian4.co.uk, sientries.co.uk or racesignup.co.uk). **Always check www.britishorienteering.org.uk before travelling.**

Sun 12/05/24	Keyne-O 2 Ouzel Valley Park	Local	SMOC	EAOA	Milton Keynes	MK7 6AA
Thurs 16/05/24	HAVOC-SOS Summer series 3 Harold Hill	Local	HAVOC	EAOA	Harold Hill	RM3 7LL
Sun 19/05/24	Chelmsford City Urban	Regional	SOS	EAOA	ARU Chelmsford	
Sun 19/05/24	Aylsham Street O	Local	NOR	EAOA	Aylsham	
Weds 29/05/24	HAVOC-SOS Summer series 4 Highwoods	Local	SOS	EAOA	Colchester	CO4 5JR
Sun 02/06/24	HAVOC SWELL Hornchurch Country Park	Regional	HAVOC	EAOA	Hornchurch	RM12 6TS
Sun 02/06/24	SPSS Holywells and Landseer	Local	SUFFOC	EAOA	Ipswich	IP3 0PE

Sun 02/06/24	Lingwood Maprun and AGM	Local	NOR	EAOA	Norwich	
Sun 08/06/24	Double Sprint Day – Campbell Park, Downs Barn and Pennylands	Regional	SMOC	EAOA	Milton Keynes	MK9 4AD
Sun 09/06/24	Bedford Urban based at Mill Meadows	Regional	WAOC	EAOA	Bedford	
Weds 12/06/24	Maprun Summer League Fen Ditton and Stourbridge Common	Local	WAOC	EAOA	Cambridge	
Thurs 13/06/24	HAVOC-SOS Summer series 5 Rainham	Local	HAVOC	EAOA	Rainham	RM13 8SS
Sun 16/06/24	Walkley Urban (UKUL)	National	SYO	YHOA	Sheffield	
Sat 22/06/24	British Sprint Relay Champs	Major	HOC	WMOA	Birmingham University	
Sun 23/06/24	British Sprint Champs (UKOL)	Major	OD	WMOA	University of Warwick	
Weds 26/06/24	HAVOC-SOS Summer Series 6 Colchester	Local	SOS	EAOA	Colchester	
Fri 05/07/24 – Sun 07/07/24	Aire Sprint Weekend (UKOL)	Regional and National	AIRE	YHOA	Leeds	
Sun 07/07/24	SPSS Ravenswood and Braziers Wood	Local	SUFFOC	EAOA	Ipswich	
Sun 07/07/24	Yvette Baker Trophy Final Northaw Great Wood and Cuffley	National	HH	EAOA	Potters Bar	
Thurs 11/07/24	HAVOC-SOS Summer Series 7 South Ockendon	Local	HAVOC	EAOA	South Ockendon	
Fri 12/07/24 - Tues 16/07/24	World Orienteering Champs	Internati onal		SOA	Edinburgh	
Weds 17/07/24	HAVOC-SOS Summer Series 8 Colchester	Local	SOS	EAOA	Colchester	