



West Anglian
Orienteering Club



JABBERWAOC

Vol.51 No 2

Summer 2023



Maps and photos are in colour on website.

Photo: Charlie Leventon (summitsup)

Editorial:

It's clear that WAOC members have been very busy orienteering over the last few months and with considerable success and enjoyment. This edition has reports from several major British events but also from further afield: look out for Hazel Bickle's description of the delights of orienteering in Iceland. Elsewhere, please do take part in Kez Latham's survey about vision correction in older orienteers. I know I'm not alone in struggling to see the map as I get older and I'm looking forward to hearing more about people's solutions to this issue. As ever a heartfelt thank you to all our contributors, there would be no magazine without you. I wish you all happy autumn orienteering and please do write about it for the next edition!

Emma Jarrett

2022 WAOC Committee

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Treasurer:	Richard Kerswell treasurer@waoc.org.uk	Captain:	Janet Cronk captain@waoc.org.uk
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Welcome to 10 new members – Hazel Bickle, Membership Secretary

Mark Hopkins from Melbourne, near Royston

Oliver Rix, Annabel, Arthur and Eve Fraser, Sean Sullivan, Owen Jones, Karen, David and Ryan Stubbs all from Cambridge.

We hope you will all enjoy orienteering with WAOC.

Colin Curtis

It is with great sadness that we report the death of Colin Curtis. His ambition was to be an M90 orienteer but sadly passed away just after his 89th birthday. Colin was a real club stalwart and always ready for a chat at events.

British Orienteering Awards – Ian Smith

Colour coded badges....

Betsan Powell	Orange
Alys Powell	Light Green

BOF awards...

Hannah Wicks	Racing Challenge	Bronze	TD5
	Navigation Challenge		TD5
Charlotte Wicks	Racing Challenge	Silver	TD4
Ian Smith	Racing Challenge	Gold	TD4
Hanna Powell	Racing Challenge	Silver	TD2
Johanna Powell	Racing Challenge	Gold	TD5
Alex Darwin	Racing Challenge	Silver	TD4
Alys Powell	Racing Challenge	Gold	TD3
Esther Eaton	Navigation Challenge		TD2

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

Chairman's Chat – Stephen Borrill

It has been a long time since the AGM and the last issue of JabberWAOC. In WAOC we've not put on many big events in the intervening period except for Peterborough Urban. I was disappointed to miss Peterborough, but I was in Czechia for the Cambridge/Oxford Varsity match which was a great experience. Luckily, I missed most of the snow which arrived earlier in the week, but the area offered amazing terrain with towering sandstone pillars. I'm pleased to say that it was a Cambridge



clean sweep: Varsity Men team, Varsity Women team, Varsity Men individual, Varsity Women individual, Alumni team, Alumni Men individual, Alumni Women individual and, most importantly, the beer relay, a.k.a. the boat race.

Even getting to the varsity start involved a climb *Photo: The author*

Despite not putting on many events, WAOC has not been idle. The Park-O season wrapped up at Cherry Hinton Hall Park in June and our 2022-2023 MapRun league has finished with a new non-stop summer league starting immediately afterwards. Outside of the WAOC vicinity, people have just returned from the Scottish 6-Days and there has been lots going on in East Anglia and further afield (a quick count shows 27 events for me since the AGM on 18th March). One of the standout

events was the Yvette Baker final at Sandall Beat Wood in Doncaster where we had a great turnout from our juniors. It was a journey that was doable in a day and it was lovely to see such a wide spread of ages from Jemima aged 18 (probably representing WAOC for the last time before heading off to uni) down to our newer members that have joined us through Park-O (Esther, Ida and Ailsa). In fact, looking at photos of our team on their flag parade (inspired by the Olympic opening ceremony), we look to have a strength of upcoming talent to represent WAOC for years to come. Speaking of which, as I'm sure our Captain will remind you, a good spread of ages is exactly what is needed to do well as the Compass Sport Cup final in which we will be competing in November.



WAOC leading the field. *Photo: Wendy Carlisle*

It has been excellent to see a good number of new planners creating our MapRun events, but it is easy to overlook the work behind the scenes. Our training coordinator, Helen, and our events convenor, Helen, both have to do a lot of coaxing ranging from gentle to moderate to get helpers (and you don't need to be called Helen to help out). Park-O has been successful in attracting new juniors (and their parents tend to also join the club and actively participate in our MapRun events), so it is with some regret that we are putting it on hold for the upcoming year as Helen Hague discusses later in this issue. We're not going to be idle though, junior coaching will continue and we hope to provide more mentoring for adults new to the sport at our upcoming events. We continue experience some volunteer burnout in a few event roles, however. A few years back, we had introductory Saturday events organised and planned by families in the club at the same sort of places as our Park-O events (e.g. Milton Country Park). If this sounds appealing, please let us know. We have a good following on social media on and our email lists which we didn't have back in the day, so we can do promotion that was not previously possible to build attendance at such events.

The main orienteering season kicks off again in September (or perhaps I have bumped into you at the White Rose Weekend in Pickering Forest). WAOC's first event is at Amphil Park on 24th September which I always enjoy, so I look forward to seeing you there (I'm entrant no. 1!).

WAOC Club Captain's Report to 2023 AGM - Janet Cronk

We are fast approaching the Autumn orienteering season as I write, (sitting on a sailing boat, tied to a mooring just off Tresco in the Isles of Scilly!).

The highlight of my orienteering summer was the national final of the Yvette Baker



competition for junior orienteers. The WAOC team consisted of 15 Juniors and the event was organised by SYO at Sandall Beat Wood, Doncaster on Sunday 9 July.

The event started with an opening ceremony. A new and novel idea that resulted in a very impressive parade of all the Juniors taking part, each team carrying their own club flag!

In the Trophy competition, the WAOC Junior team came 5th overall. It was a good team performance with notable individual performances from Erik and Elysia.

Look forward to the Autumn, I would like to remind everybody of the events coming up:

1. The Compass Sport Cup - 12 November 2023

This event is being organised by [BOK](#) and will take place at New Beechinghurst in the Forest of Dean (Postcode GL16 7EL) on 12th November. WAOC have qualified for the final following the victory over HH at the Croxton Qualifier round on 19th February 2023. Please would everyone put this date in their dairies and take part if possible. I will be assembling the WAOC team list for entry in October, but if you have any questions or are already planning on traveling to Gloucestershire that weekend to take part, please do let me know.

2. The Peter Palmer Junior Relays 9/10 September 2023

I am delighted to report that for the first time for a number of years we have a full team taking part. The last two competitions we have only taken part in the Daybreak Relay competition. The main competition starts in the early morning whilst it is still dark. Hebe and Kate will be running the two 'night' legs and Alistair will be running the last Green leg into the finish. Results will be up on the WAOC website as Jabberwaoc is published.

3. The British Mixed Sprint Relays - Sunday 17 September 2023

The British Mixed Sprint Relay competition is a relatively new addition to the National event orienteering calendar. This year it is coming to London as part of the London City Race weekend. A combination of accessibility to Cambridge and some enthusiastic juniors has resulted in a WAOC entry of 8 competitive teams (2 junior and 5 senior). Each team must have at least one female runner to be competitive. It will be an exciting event and hopefully everyone will enjoy taking part.

I look forward to seeing everyone again once I am back on dry land!



Wednesday Autumn Term Training Nights



Date	Location	Skill
11 th Oct	West Cambridge	Symbols/map stuff
18 th Oct	Lucy Cavendish and Castle Hill	MapRun
25 th Oct	St Johns	MicrO
1 st Nov	Sidgwick Site & University Library	Sprint(ervals)
8 th Nov	Homerton	Bearings
15 th Nov	North Cambridge	MapRun
22 nd Nov	Therfield Heath	Contours
29 th Nov	Churchill Adventure Race	Fun

Note: All sessions subject to permission so please check website.

* League Events: Information on MapRuns on the next page.

Timings

Please aim to arrive at 6.30 p.m. so that you are ready to start at 6.45 p.m.

Costs: Free to members.

New to training

The first session on 11th October is designed to provide an introduction to orienteering so if you have any friends that you think would enjoy orienteering, invite them along so that they can have a go at orienteering without being plunged straight into the middle of a forest. The first session is also free for anyone who has not attended training before and all sessions are free for club members.

Further details are put on the website and emailed to the club night list before each session. If anyone would like to be added to the training email list, please email waoc-training+owner@groups.io

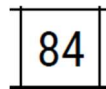
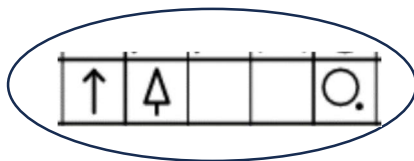
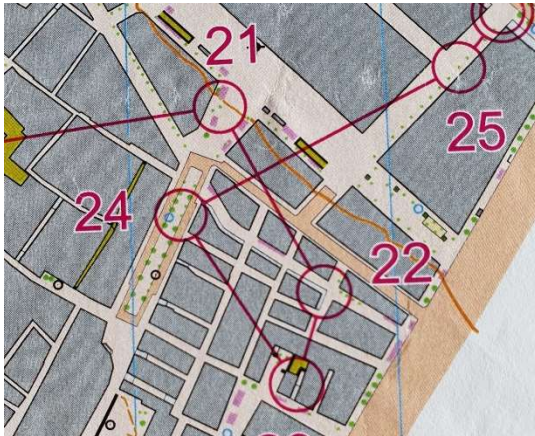
Training Tip: Run (to) through the control – Helen Bickle

Especially with SIAC dibbers there's no reason to break the flow of your run, and so plan ahead – not just to the control site but through it.

Before you approach the control, do you know:

- Control description (what and where)
- Control code (aka the number)
- Which direction you will head next.

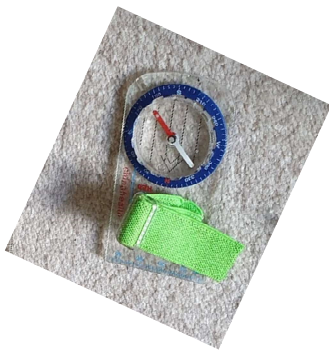
For example
from 21 to 22



Northern tree S-E side

...Check no.

... I will turn around and head S-E. Then take the 2nd road on my left (east).



When leaving the control site glance at your compass and double check that you are heading the right way. It is easy to make a mistake when changing direction & checking will only take a second or two - that is if you keep your compass level while running.

Novices – Do not be afraid to completely stop and read your map. Far better to have a plan of how to find the control and then a new plan on leaving than getting lost! You can work up to running through a control.

Also if you do not recognise a control description – do feel free to ask either a fellow competitor or one of the registration/start team when you get your descriptions – even if that is in the start lane.



2023-2024 MapRun League:

A mix of linear and score courses, in or near Cambridge.

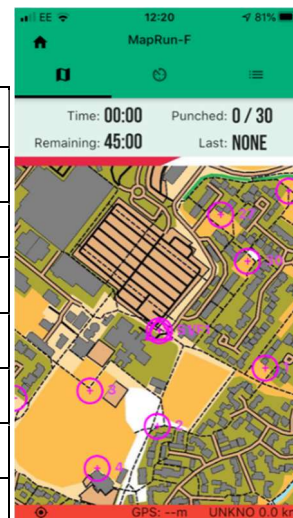
Score: Find as many controls as you can within a time limit. Either short (say 30 or 40 mins) or long (say 40 min or 1 hour with up to 8-10km of running).

Linear: Choose between either approximately a 6km (long | straight line – actual say 7-8km) or a 3km (short | straight line – actual say 3.5-4km).

Run the course either at the social Wednesday evening event or at any time in the fortnight after the event (up to midnight on the second Tuesday after the event) for your run to count in the league.

The draft programme is provisionally ...

Date	Location
Wed 18 th Oct 2023	Lucy Cavendish and Castle Hill
Wed 15 th Nov 2023	North Cambridge
Wed 24 th Jan 2023	Saffron Walden or Planner's choice
Wed 14 th Feb 2023	Shelfords or Planner's choice
Wed 6 th Mar 2023	Hinchingbrooke Country Park
Wed 24 th Apr 2023	Royston or Planner's choice
Wed 15 th May 2023	Cambourne or Planner's choice



Note: All sessions subject to permission/Planner's choice so please check website.

Costs: Wednesday evenings: £3 senior; £2 students

Cost of any time: £3 (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 + pin for the MapRun course. Please do allow some time for the map to be sent out).

Prizes: Fastest man and women on long courses. Yours best 4 runs count.

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

Volunteers needed for all 2024 MapRuns: If you are able to volunteer to plan a MapRun again or for the first time, please do email Helen Bickle at training@waoc.org.uk with when you would like to plan and where.

MapRun 2022-2023 League Champions



Congratulations to the champions!

Short	
Female Champion:	Male Champion:
1. Wei Ling Chloe Kwan	1. Andy U

Long	
Female Champions:	Male Champions:
1. Sue Hartley	1. Dil Wetherill
2. Helen Bickle	2. Russ Ladkin
3. Harriet Millward	3. Dom Dakin

Thank you to all the people that made the League possible this year and a huge thank you to all the MapRun Planners. All your courses have been greatly appreciated.

Also thank you to each and everyone of you that took part.

In total there were 53 runners taking part in the League this year and the full results can be found at [O-Results: League summary](http://oresults.uk/league.php?league=maprun2022&best=4&splitclass=wm) or

<http://oresults.uk/league.php?league=maprun2022&best=4&splitclass=wm>

Alex Wetherill runs for Great Britain

The photo shows Alex Wetherill running for Great Britain in the Junior European Cup in Wallonia, Virton, Belgium. The competition took place over the August Bank Holiday weekend and comprised a middle distance race, a long distance race and a relay. Alex was top placed Brit in the long distance race and ran an outstanding leg in the relay to pull the team from 19th to 9th (the team finished 8th overall).



Park-O- What's next? – Helen Hague



Many of you may have noticed that the club has been kept busy over the last few years running our Park-O series around the parks of Cambridge as well as undertaking our regular events. We originally conceived Park-O in 2018 as a way to introduce newcomers to orienteering, with a simple format of short, medium and long courses but with SI boxes and dibbers so as to give the feel of a larger event. We have had a fantastic response with hundreds attending these low-key events, often as family

groups, and many returning time and time again with the Park-O series a firm fixture in their calendars. Walking, running, pushing buggies, with dogs, with balance bikes, all combinations and ages went round the courses with varying degrees of competitiveness, often influenced by the weather and the availability of ice-creams, puddles or good sticks! We even ran our own equivalent to a coffee loyalty scheme with juniors collecting stamps on their Park-O passport to gain the coveted WAOC bag which proved very popular (we did rather over order, mind, so free bags are often available to WAOC members at events- please do claim one if you don't have one already).



All of this has been successful in attracting new people to the club, encouraging returners who had forgotten how much they loved orienteering (I know, how could they possibly forget...) and acted as a useful way for WAOC juniors to gain skills and confidence ahead of forest events. We also ran junior training for those of white to orange standard within many of these Park-O events, giving the younger orienteers a chance to meet up to learn and practice key skills before entering the forest proper.

After running nearly 40 Park-O events, this season we will be taking a break from Park-O and focussing on encouraging regular attendees of Park-O to come along to our colour-coded events, with the first event at Ampthill on Sunday 24th September 2023. As part of this we intend to have informal family-focussed coaching sessions at the Start box to explain basic techniques, with bijou example courses that club helpers will take people around to give them a feel for orienteering techniques. Any fairly experienced orienteers could do this so if you fancy helping out in this slightly different role then do get in touch. We hope to supplement this with specific junior and novice adult coaching sessions later on in the season. Volunteer power willing, we may even manage to run coaching sessions for those with more experience.



Should you be missing Park-O already and are willing to be involved in running a 2023-2024 series, then please email Helen Hague at convenor@waoc.org.uk for more information on what this would involve. Ideally we are looking for three organisers to run one Park-O event each term; this mostly involves gathering together helpers for the event and keeping an eye on things on the day itself to make sure everything runs smoothly, with mentoring available to support you.

Spot the Difference – Bruce Marshall

Spot the 10 differences between these 2 brown-only maps:



What vision corrections do older orienteers use? – Kez Latham

I'm looking for orienteers aged 40 years or more to complete a research survey on the vision corrections that they use when orienteering. If you're reading this then you are very likely an orienteer, so if you are 40 years old or more I would really appreciate it if you could spend 5-15 mins completing the survey at <https://tinyurl.com/ycxet6hr>!

So what's this all about, and why am I interested in people over 40 (with apologies for using the word 'older' in the title!)? Well, orienteering is an unusual sport in that it requires both clear distance vision to navigate the terrain, and clear near vision to read the map.



For the vast majority of people under 40, if you need glasses or contact lenses then the same correction can be used at all distances. To make an adjustment between looking at things at distance and near, the lens within the eye changes its shape and automatically changes your focus, a process that is called accommodation.

However, the ability of the lens to accommodate reduces over time. The lens constantly grows throughout life – new fibres are always being made at the edge of the lens, which pushes existing fibres into the centre of the lens and makes it denser and less flexible. This means that the amount of accommodation that the lens can produce starts to reduce from the age of about 20: while a teenager might be able to focus on a book held 10cm from their face, the closest that a 30 year old might be able to focus could be 20cm, and perhaps 40cm for a 40 year old. So while the change in accommodation ability is gradual, it is generally around the age of 40 that it starts to interfere with routine tasks, at which point the natural loss of focussing ability is called presbyopia.

Once someone reaches presbyopic age, there are a number of options. The first thing that most people do is hold close work a bit further away, which reduces the demand on accommodation. Once your arms are no longer long enough, common approaches are to get reading glasses if you don't need a distance correction, or to opt for bifocal or varifocal glasses or contact lenses that can correct both distance and near vision in the same lens. Initially the reading lenses supplement your own accommodation, but over a period of 10 years or so the reading correction will increase until the lens is doing all the work and your own eye does very little. At this point, the correction tends to stabilise – you don't carry on needing stronger reading glasses forever!

So, I'm interested in how presbyopic orienteers provide themselves with clear vision when it is very likely that optimum vision would be provided by different lens corrections at distance and near. This might sound a bit niche but a high proportion of orienteers are in the presbyopic age range, with 77% of adult UK orienteers with BOF ranking points being 40 or older (3809 people; <https://www.britishorienteering.org.uk/rankings>).



My motivation for this survey came about when I was manning the start at the WAOC 50th anniversary colour coded event at Maulden Woods in January 2023. People were coming through the start using a really wide variety of solutions including various different types of glasses, magnifiers, and probably different contact lens options as well. This intrigued me and provided a happy intersection between the sport I enjoy, and my day job as Professor of Optometry at Anglia Ruskin University (ARU) where sports vision is one of my interests. What I'm hoping to achieve

with this survey is to understand which vision correction options are most popular. None will be perfect, or perfect for everyone, so I also hope to find out what the strengths and limitations of different correction options are, as well as find out what unusual options might have been adopted given that orienteers tend to be an innovative bunch!

Once the results are in, I'll be feeding back the findings to orienteers so that you can be aware of the full range of vision correction options open to you and know what to ask for from your optometrist (person who does your eye examination) or dispensing optician (person who provides your glasses). I'll also be feeding back the findings to optometrists and dispensing opticians to make them more aware of the visual needs of orienteering and have better evidence on appropriate solutions to offer.



Half cutaway glasses in action
Photo: Wendy Carlisle

2023 WAGAL Events:

- Maulden Wood - 15th January (WAOC 50th Anniversary Event)
- Croxton Heath – 19th February (CSC Qualifier and Icenian weekend)
- Peterborough Urban – 2nd April
- Amptill Park – 24th September (EA Schools Champs)
- Newmarket Urban – 8th October

2023 EAL Events:

Date	Club	Event
22 nd January	SMOC	Rushmere
2 nd July	SOS	Writtle Forest
1 st October	HAVOC	Epping SW
26 th November	SUFFOC	Tunstall
10 th December	NOR	Shouldham Warren
TBC	WAOC	TBC – this was to have been the Croxton Heath event

2023 EAUL Events:

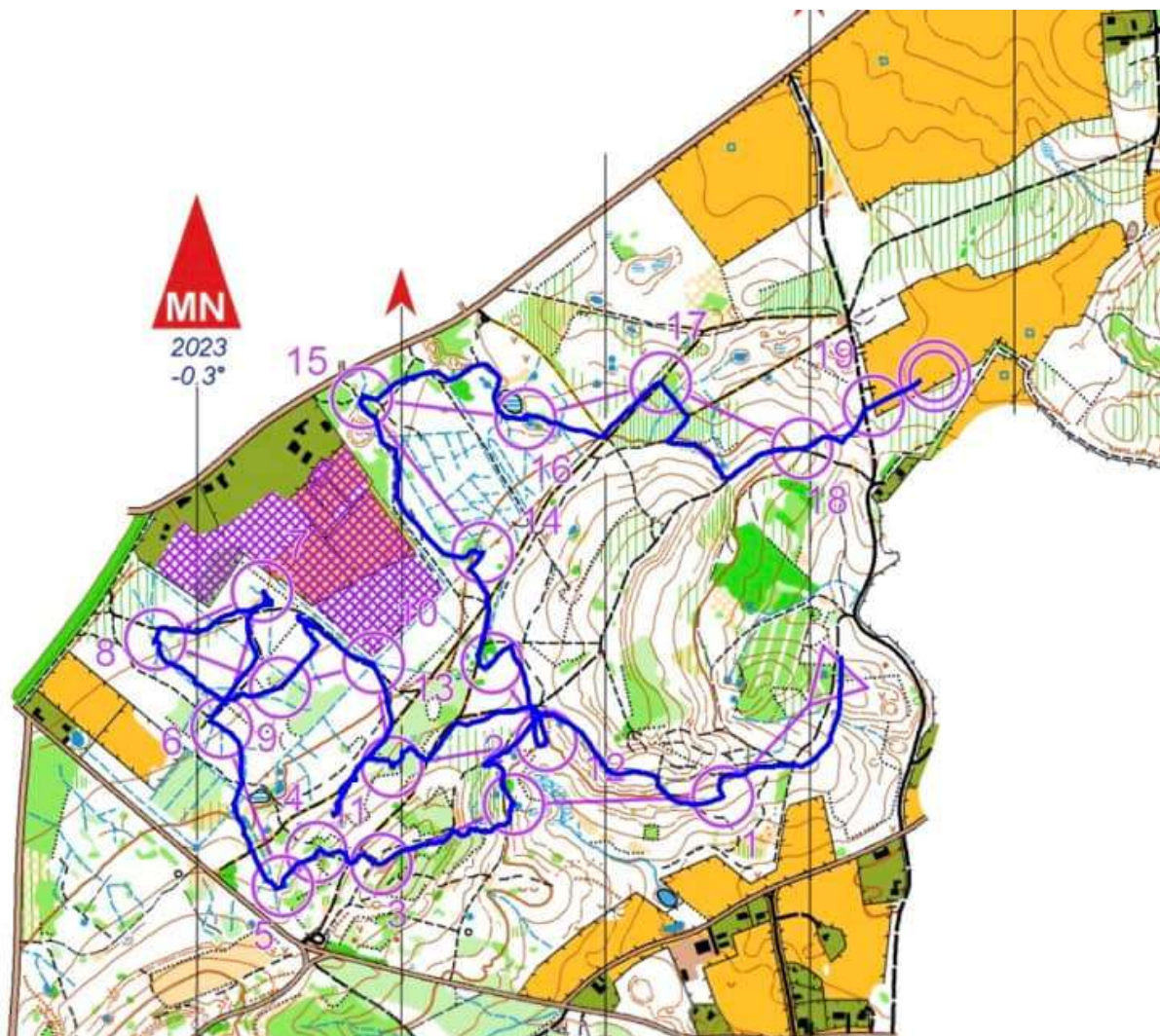
Date	Club	Event
2 nd April	WAOC	Peterborough
30 th April	NOR	Dereham
20 th May	SUFFOC	Sudbury
21 st May	SOS	Harwich
19 th August	SMOC	Milton Keynes
8 th October	WAOC	Newmarket
28 th October	CUOC	Cambridge

British Orienteering Championships 2023 – Cold Ash – Erik Biernacki-Jablonski

Long Distance Champs 25th March 2023

The last weekend of March 2023 ended up as a very happy experience. It all started on Friday afternoon, when I took part in my club swimming competitions and improved my PBs in two events. All this swimming (2 h/w) must improve my stamina and capacity of my heart and lungs 😊

Straight from the swimming pool I drove with my parents South, to spend the night closer to the Cold Ash. We arrived at the event's arena in good time, and I was able to check where the last control was, and how the home run looked like. I collected my bib and went to the near start. My parents went to the far start, so I was on my own, but I was quite confident and managed the start procedure without any problems.



Saturday Orienteering Run Description

- 1) Ran along the path, ran to control when seen.
- 2) Ran along path around the depression because I didn't want to go through the marsh or unnecessarily descend,
- 3) Ran between the thick forest and undergrowth as it was easy running and then I ran along the path the rest of the way.
- 4) Ran along the path.
- 5) Ran straight through the forest using my compass.
- 6) Ran along the ditches as they were easy to see and run along.
- 7) Ran along the path because it was not too far away from the shortest route.
- 🤪 Ran along the path until the stream.
- 9) Ran along the ditch because this way I knew that I wouldn't pass the control without noticing.
- 10) Here was my first mistake. My plan was to run NE to the path and then South along it, but I was confused by the fact that the OOB area did not have a fence around it, which I expected.
- 11) My second and main mistake in this race. I cut the corner and run SW following the path, but I ran too far. I realized that when I saw the pond, and then I turned back.
- 12) Another small mistake. Ran along the path and then from the crossroads I saw the control, but somehow, I spent too much time here.
- 13) I ran using my compass, but my angle was too far North, but I saw the path and bushes and I knew where I was.
- 14) Ran along the path to the crossroad, then using my compass went North to the earth wall before following it E to the control.
- 15) Came back to path and ran along it until the control on path junction.
- 16) Ran along the path East and then South along the water course.
- 17) Ran SE to the crossroads and then I ran along the road to the path junction.
- 18) As there was some serious undergrowth I ran along the paths, and also to avoid the steepest climbing.
- 19) Ran along the paths and then I cut the last corner.
- 20) Finish: ran at max speed – indeed with time of the last leg of just 16sec I was amongst the fastest competitors from all age categories.

This was my first competition of this level, and I almost did not take part, because it is quite far from home in Cambridge. However, during the recent WAOC training camp in New Forest, I gained much more confidence and integrated much more with my fellow junior club members. So also wanted to bring out a strong M/W12 relay team with some other very good young orienteers Elysia Cowe and Alys Powell. And again, our team got a bronze medal on Sunday.



Generally, I am satisfied with my performance in the individual race. I was calm, planned ahead, and ran fast. This race had more controls than other races which I normally take part in, so maybe I lost concentration at some point and made mistakes on controls 10, 11 and 12, which cost me too much time to make up for the loss, even though I was first or second on remaining controls.

I hope these are not my last medals and I will win more in the future.

British Orienteering Championships 2023 – Relays- Johanna Powell

On Sunday 26 March 2023, a notable contingent of WAOC members competed across several teams in the relays at the British Orienteering Championships, including the mini-relay, junior ad-hoc, M14, mixed-ad-hoc, W40 and M40. Members of my immediate family competed in four of these: Alys led off the mini-relay, Betsan was the middle runner for the junior ad-hoc team and Richard and I took the middle run for M40 and W40, respectively.

The start was delayed by at least 30 minutes, but when it did get going, it was pretty exciting. Alys sped off on the first leg of the mini-relay and Richard and I watched as most other runners didn't follow her, going a different way after the start kite. Was this gaffling, had Alys made a bold route choice or even a foolish one? I had every faith she knew what she was doing. We had to wait a short while for the first runner to appear over the hill, and it was Alys! I think I heard it on the tannoy before I saw her. Since she was the first runner of the day to come in, she'd not seen anyone else follow the slightly confusing taped route to the finish. Somehow, she started climbing again, moving away from the tapes, as another runner, in second place, appeared, realised Alys was going the wrong way, and tried to overtake her. After what felt like minutes (it was seconds) Alys saw her



Photo: Wendy Carlyle

mistake and ran as fast as I have ever seen her run down the hill (she seemed to fly) to meet the tapes and hand over to Elysia, thankfully still in the lead. Elysia ran in her first ever relay and did extremely well and Erik, as usual, ran the final leg at a speed I can only imagine. He runs like a gazelle. The team finished in bronze medal position, and we were all very proud of their fantastic achievement. Janet's smile said it all. Richard and Betsan also had good (and enjoyable) runs later in the day. As an aside, doesn't WAOC have amazing junior runners?

My own experience was also an unforgettable one. I was lucky enough to compete alongside two great orienteers (Emma Jarrett and Camilla Darwin). They also happen to be lovely people, so I felt (as usual) no huge pressure to do well, but just warmth, support and encouragement. I wanted to do my best (which is all I can usually hope for when it comes to orienteering). I have been competing in my age class for only around 18 months, so my expectations are quite low. As it happens, on this day, I ran my leg without the usual 20-minute-mistake. Emma had a great run and handed over to me (I handed her my coat). And off I went. It was a physically hard course (see map). My first control involved a run/power-walk up a quite steep hill and there were more hills to come (most of the course seemed to be uphill, somehow). I made two relatively minor mistakes and struggled to find two of the controls (3 and 7). Otherwise, it went pretty well. When I returned, I was told we were currently in third place, so all our hopes were pinned on Camilla, who was still out.



Mass Start *Photo: Wendy Carlyle*



Johanna's map

The fact that runners were yet to come in (and medals were yet to be decided) didn't stop the medal ceremony going ahead. WAOC's mini-relay team collected their bronze medal (yay!). At the same time, I was getting live updates from Janet, via her phone, on our team's position. The silver-medal-placed team for W40 had finished, so it was a case of waiting to see who came in first – Camilla, or a runner from SYO – to settle the bronze medal. It was a tense time. Then we saw Camilla emerge over the brow of the hill after an excellent run, and sprint down the tapes to bring us home in bronze medal position.



Without time to catch her breath (literally), Camilla joined Emma and me on the medal podium (see photo). As our category was the last to finish, we were the last to receive our medals. What a way to end the day! It is not every day that you win a British medal as a relative newbie middle-ager. The general atmosphere of the day was warm and supportive. There is nothing that compares to relays for bringing a club together, I think. All in all, we had a fantastic weekend. And a huge thank you to Janet for putting the teams together and for being so encouraging throughout.

JK 2023- Elysia Cowe

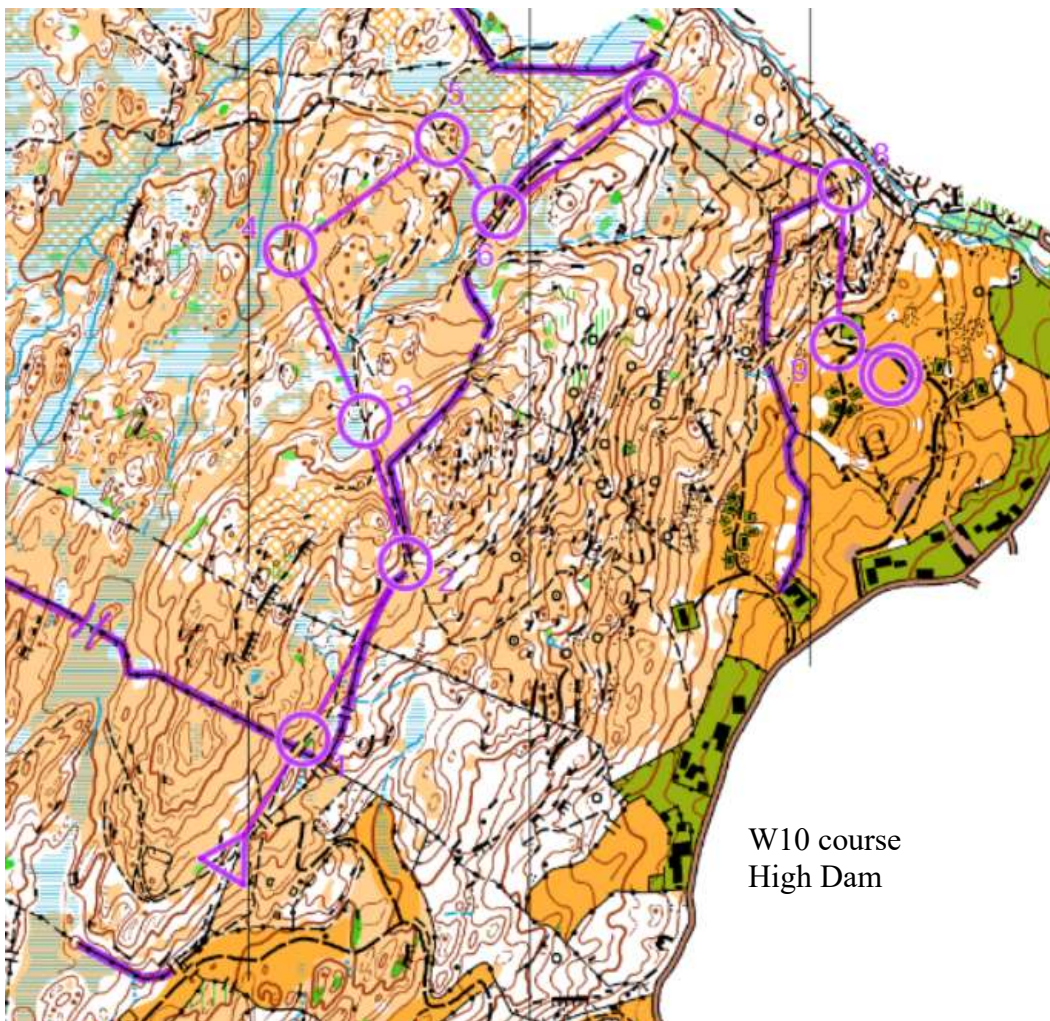
Day 1

This year the sprints were set around Lancaster University. We got there just in time due to extremely heavy traffic with just 7 minutes to spare!

In the sprints it was difficult to make quick decisions every few seconds and I tried not to get worried, but it didn't go to plan. Being worried delayed me from making good decisions and getting back on track when I went wrong. Luckily, I did manage to fix my problems quick enough to win in a time of 20.14.

Day 2 High Dam

It was another sunny day in the Lake District and with difficult terrain. It could be quite difficult to know where you were but luckily on my course it was easier. On that day I didn't get lost and I had a good time. As I went around I felt good about my run but I did have to stop every now and then to make sure I had the right control. With a time of 13.16, I won by over 8 minutes.



W10 course
High Dam

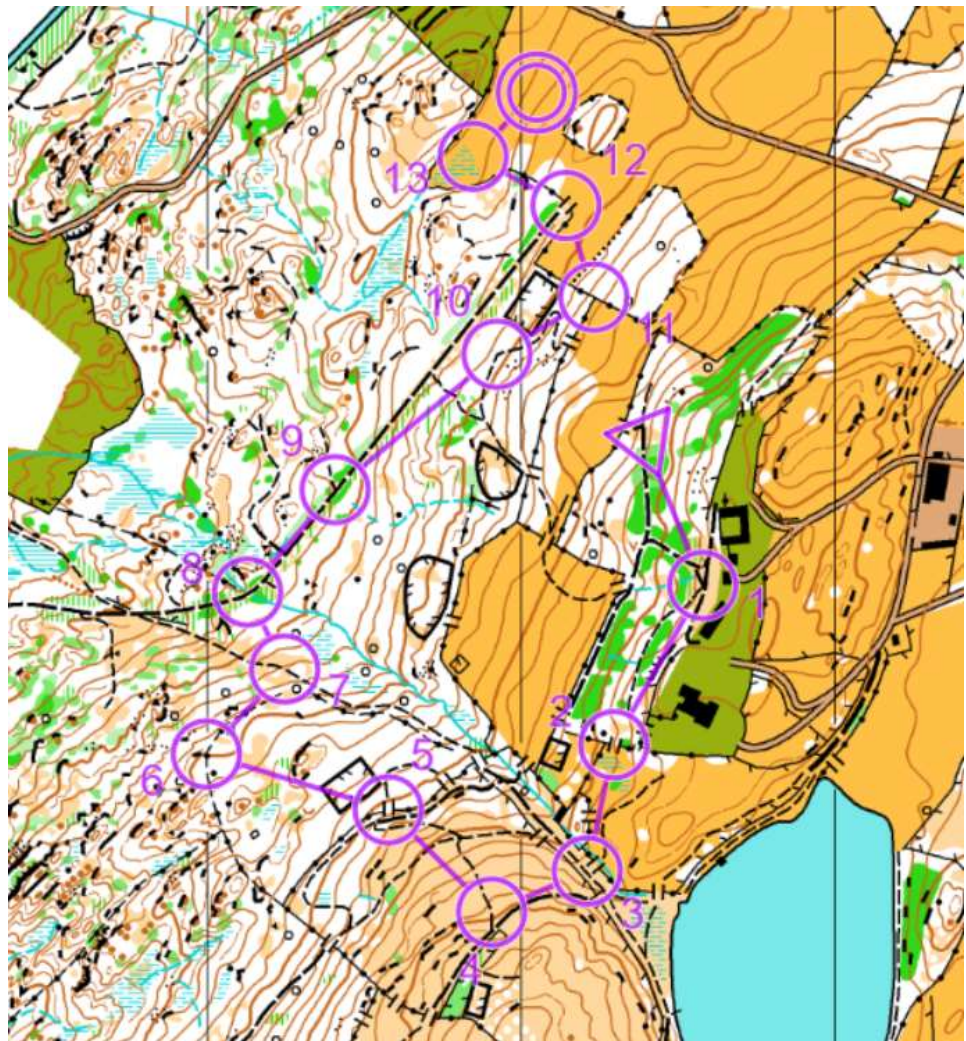
Day 3 Bigland



The course today was set in a challenging forest with uncountable crags, hilly, but I could handle it. Because I had a good day 2 the day before and it was combined results from day 2 and 3, I was pressured not to mis-punch. Tough terrain meant running along linear features that aren't paths, and were full of hidden branches and rocks covered by layers of leaves. I had an okay day with a couple of small mistakes, so I hoped that having a good run on day 2 would have made it a success, and it was one! My time was 21.50 nearly 3 minutes ahead of my nearest competitor.

With a time of 35.06, I was 20 minutes and 56 seconds ahead of 2nd place. I was amazed by this achievement. After this fun JK I had a good time orienteering and if you were there, I hope you had a good time too!

W10
course
Bigland



ICE-O 2023 - Hazel Bickle



ICE-O 2023 was held in Reykjavík, Iceland and its surroundings on the 30th June – 2nd July with one evening training event and two days of competition. ICE-O is the largest orienteering event regularly organized by the local club Rathlaupafélagið Hekla and has been held since 2010.

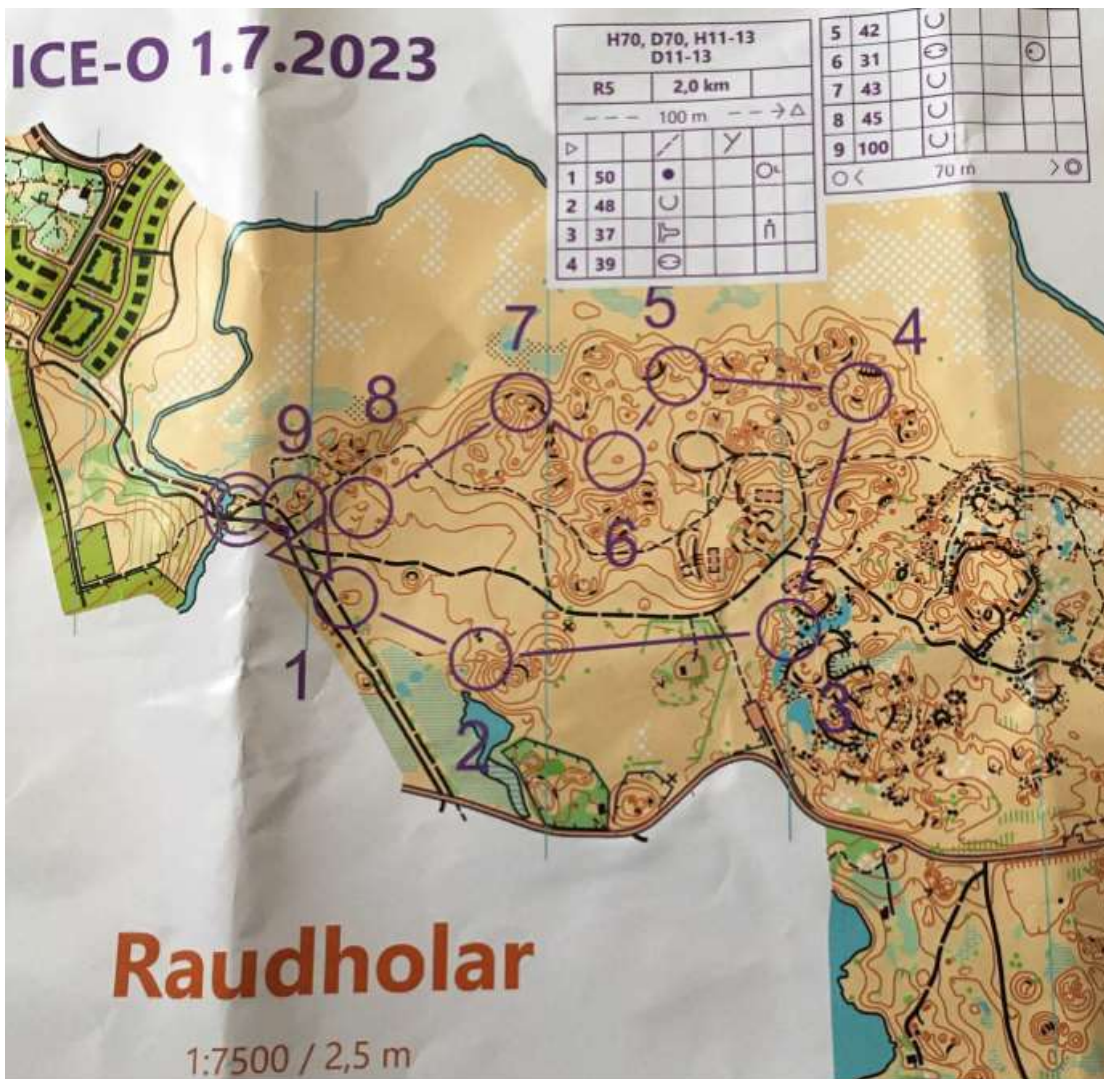
Friends of the Sedgwick Museum hold an annual geological fieldtrip so I joined this year's trip to Iceland. An amazing week of geysers, glaciers and geothermal areas ended Friday evening after a boat trip to the island of Heimaey to see the effects of the 1973 eruption, which nearly blocked the harbour. Hence I missed the event at Hafnafjörður. I was not sorry as I heard the area was composed of ankle defeating lava blocks.



On Saturday 1st July the Middle distance was in the capital's suburb Rauðhólar. I walked 2km to the bus station and caught a local bus for the 30-40 minute ride. Everyone was so friendly and my lack of Icelandic was not a problem. The event centre was a playgroup nursery with hot coffee, waffles and very pink iced cake. The terrain had many small hills (only up to 70 m), paths and a lot of rocky details (cliffs, boulders, bare rock). The area is made of pseudo craters formed when hot lava flows over wetland. Mostly open terrain made of loose scoria from the craters with what the Icelanders call 'pretty good runnability'. The tiny lava fragments were soft underfoot and when wet did not cause you to slip too much on steep slopes.



It was not far to the start and we all helped put up the gazebo and crowded inside as rain started to fall quite heavily. The starter called out the next course number and you gave your name hoping that you were not queue jumping. All controls were SIAC and I thoroughly enjoyed myself. Not fast but good for me. The W70 class was enhanced by a large group from Finland, who enjoy travelling to weekend orienteering events most months.



On Sunday the long distance event took place in Víðilsstaðahlíð, a mix of forest and shrubland on the edge of the Capital. This was more difficult to reach by public transport so I went to the hotel, where the Finnish Group were staying, about 3-4 km from my Airbnb and took a seat in the coach hired by Hekla for the hour's drive. We then all walked up from the carpark a long way through the National Park to the Start.



The start



Path to the Assembly Area

Small thick forest, some open terrain, steep hills and a lot of variation made this area interesting as well as tricky to navigate. The map covers part of the lava field Búrfellshraun where you can find numerous volcanic formations including Aa lava (blocky), Pahoehoe (ropey) lava, lava channels and caves. The lava erupted around 8,000 years ago from the crater Búrfell and is a popular recreational area for people from the Reykjavik area. There are few natural trees in Iceland and the blue flowering lupin plants were introduced to stop soil erosion.

JOKE: what do you do when lost in an Icelandic forest? Stand up.



You chose a start time written on a white parcel label and self-started at the appropriate time. I had to watch my feet on this terrain and at time lost contact with the map. Making mistakes was mainly because the week-long field trip had left me feeling very tired. I omitted some later controls as I was concerned about making it down to the coach in time. W70 was won by Ritva Kajava from Hameenlinnan Suunnistajat on both days. Barry and Melanie Elkington from Octavian Droobers were the only other UK orienteers there with Barry winning M60 on both Day 1 and Day 2.



Me at the finish



Fagradalsfjall lava eruptions in the Reykjavik Peninsula in 2021 (weathered lighter grey) and in 2022 (black). A new eruption occurred just 2 weeks after we had been to this vent. I was sorry to miss this. The present seismic monitoring of all Iceland detects activity and the authorities are very good at allowing access at safe distances.



Þingvellir Lake area shows the 5 to 6 km wide rift valley, which represents the terrestrial continuation of the Mid-Atlantic ridge plate boundary across Iceland. The North American continental plate is on the left side with our Eurasian Plate on the right in the distance. Extension of an average 7mm/year is taken up by forming fractures as seen in foreground. Subsidence along faults to form the rift valley occurs at around 4mm/year.

This trip was such a thoroughly great experience.

Spot the Difference – Solution



Lagganlia 2023 – Kate Jarrett

Photos by Wendy Carlyle

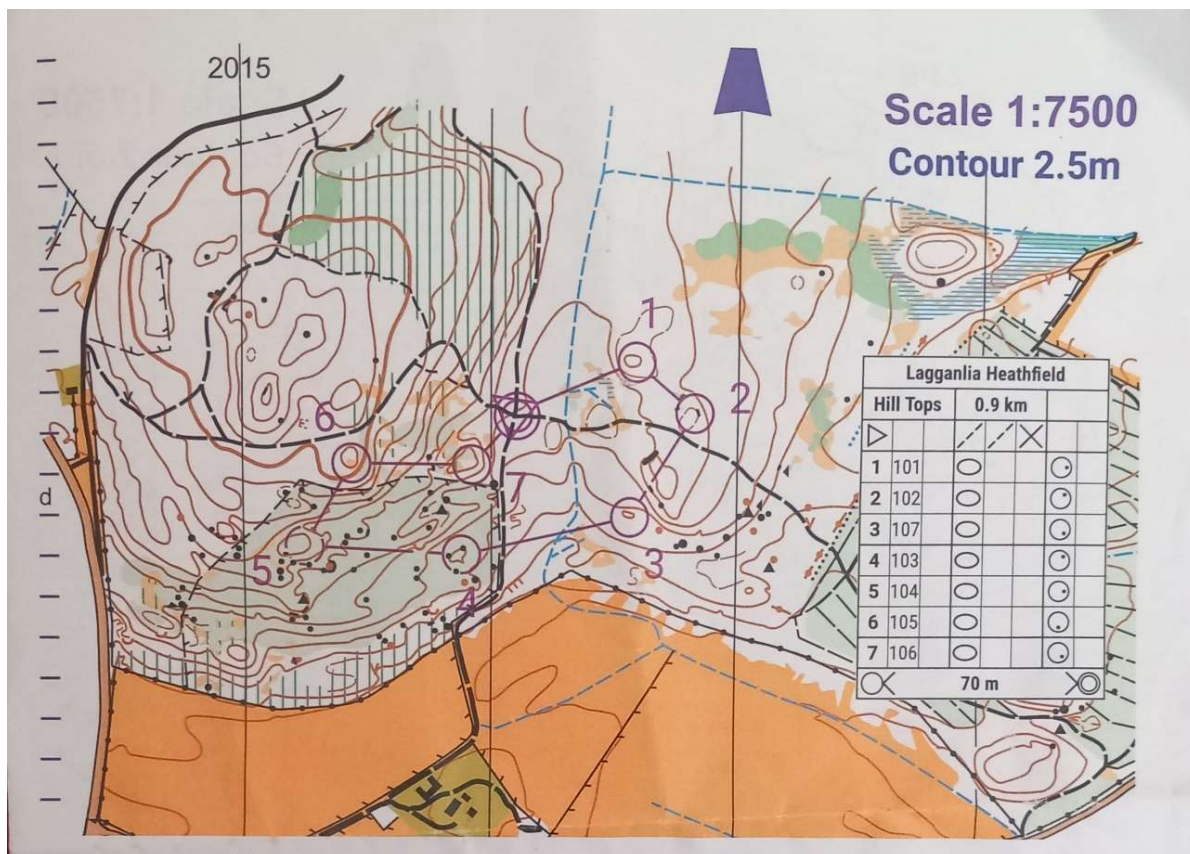
Saturday

The train journey up on Saturday was fairly uneventful, if a very long trip. My mother drove me and my relatively heavy suitcase to Peterborough Station to take a direct train to Edinburgh and I caught the 9.18 train. The train was very busy, especially around Newcastle, but I found my allocated seat and the only worry was the changeover at



Edinburgh. I was joined by Charlotte Chapman and Alice Pieters about an hour and a half before Edinburgh, so we were able to navigate Edinburgh station together. The boards were wrong originally and we ended up on a different platform to the one we expected, but we met a few more people on the last stretch to Aviemore. Once we arrived at Lagganlia we did a few introductory games to get to know each other, then we all put on our Lagganlia tops and took group photos.

Heathfield



When we arrived at Heathfield pretty early Sunday morning we split into coaching groups and decided which of the mini courses we would do. After a quick warm-up led by Sarah we did a quick 100 metre pacing test on a path and terrain, then we went out on our first course. I went out on the hill top course, shadowed by Sarah. Controls 1, 2, 4 and 5 went well, but I was off on my compass bearings for 3, 6, and 7. I did a few more courses then we had lunch. After lunch we did a star relay, and I was with Esme and Robin. My navigation was good for the relay, and it was really fun.

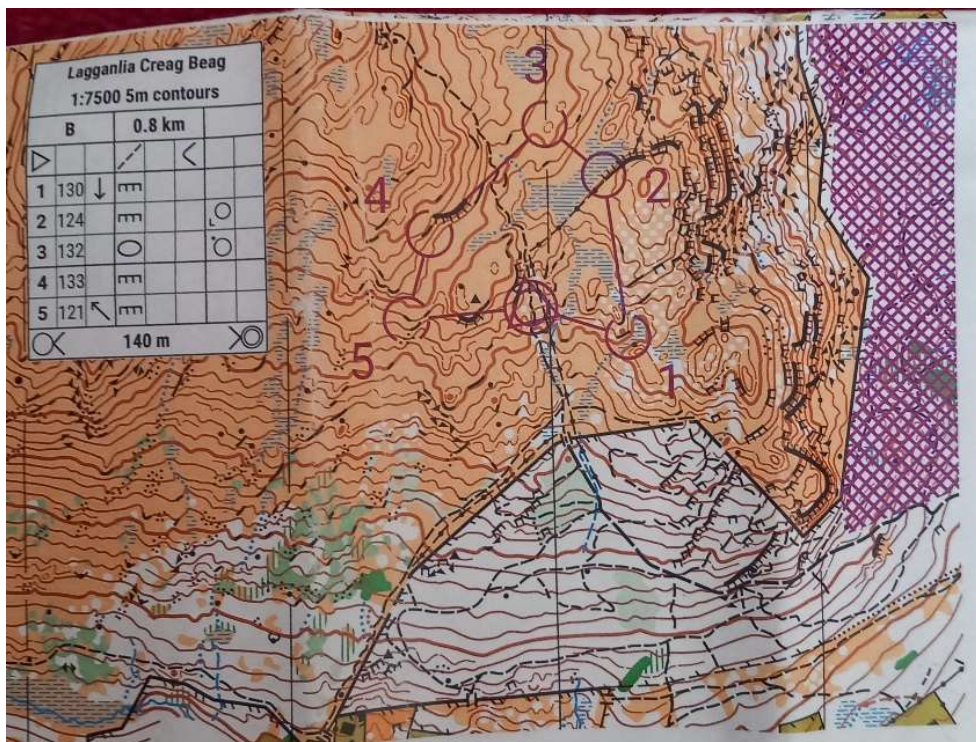


Darnaway, Creag Beag and North Granish

Darnaway was rainy and cold when we got there. We navigated up to our base in our groups, using the contours. I went out on a few courses, working on my fine navigation skills and compass directions. Roger shadowed me on a course detailing contours, which was a great help in learning to read them correctly. After lunch we had another relay, this time an odds-and-evens race. Most of the controls I went to were good, but I was a little off on my last control, and I got mildly disorientated trying to find my way back to the rest of the team!



North Granish was very technical, and the distraction race was very distracting! It was good practice to have lots of different people rushing around and following you with cameras and having to try to stay focused through it all. The map turn-over was informative as I hadn't done one of them before, but I did get muddled and wasn't sure how it worked!

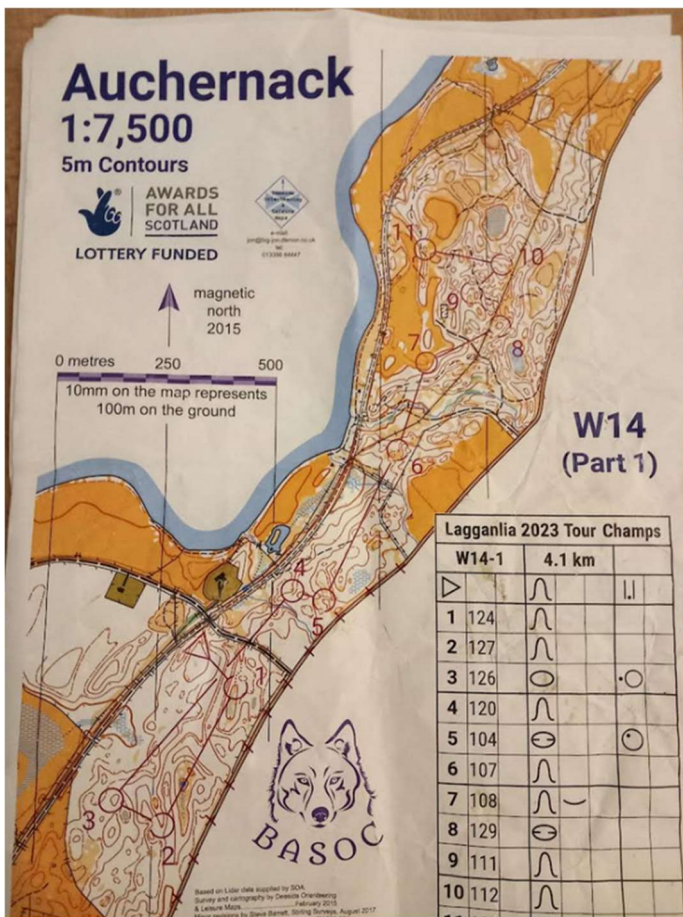


At Creag Beag we climbed to the top of the hill and put our bags down under a shelter of a tree. It was misting very atmospherically when we started on the courses, but the very rough terrain of rocky heather didn't help with the rapidly deteriorating weather. I found course B quite interesting because visibility was not very good so I needed to use

features and attack points to bounce off of to find the controls. The rain and wind got quite harsh, and we found a dead rabbit by one of the controls, but overall the morning was pretty enjoyable. In the afternoon we went down into the forest which was a lot more sheltered and completed a peg race. I was very tired by that point, and ended up not doing very well, but I found it quite fun nonetheless.

Rest Day and Sprints

On Wednesday we headed to Glenmore Lodge for the first of the three sprint races. The scale of 1:2000 really confused me and I found myself overshooting most of the controls. After we had all finished the course we were all led into a room individually to have 20 seconds to pick a gaffel for the semi-finals. When everyone had picked we went to Badaguish for the semi-finals and finals. I really enjoyed the semi-finals but my knee was playing up slightly so I didn't run that fast. Then we did the rings (I got quite soggy), went to the loch for a swim and had free time in Aviemore. That evening we had the night practice, which was very useful.



Tour Champs

On Friday, the last day of the tour, we travelled to Auchernack to compete in the tour champs. I found the start of the course (controls 1-6) pretty good and I thought I was running well, but my navigation started deteriorating after leg 7-8. At control 11, which was the map exchange, I got lost because I wasn't sure which end of the open I was in and after control 12 I was so tired I just wanted to go to the finish! I finished the course very close to the bottom of the table, but I enjoyed it anyway.

For the last little relay we did a monster-hunt and had several water fights with the coaches' water guns, which was really fun as it was very warm that day. We then had the prize-giving, and I was given the fashion and function award - while being dressed in sweatpants and a hoodie!

Saturday

Esk and I woke up fairly early to pack, as our room had become pretty messy over the week. After breakfast I had to leave quickly to get the minibus to Aviemore Station, where I caught the train to Perth with Ben Chapman. After I helped Ben get his bags onto the train to Edinburgh (he had unfortunately broken his arm a few months before), I walked around Perth Station trying to find the exit, where I was met by my mother and some friends in NOR we were car-sharing with to take me north to the Scottish 6 Days.

So Long and Thanks for all the bearings (pointers) - A moving story

Douglas Adams once wrote, and I paraphrase from memory, 'that Cambridge has such a gravitational pull that the only way to escape is to drive faster round the ring road system that eventually you are flung out onto a road away from the centre and then you need to work out which road you are now on'. Obviously Cambridge is not difficult to navigate out of, but this has always amused me as an interesting orienteering metaphor and an example of applying relocation skills in literature.

We will shortly be moving away from the Cambridge area to Bournmoor in County Durham. Bournmoor is a village close to the A1(M) and about 15 minutes from Durham, Sunderland and Newcastle and only 8 miles from the sea and in our view perfect for accessing the countryside in the North and for the next phase of our lives.

Orienteering was something that I had done at school when the weather was too bad to go rock climbing and although able to map read and being active in mountain walking, running and cycling was not something I considered doing again until Andrew (my younger son) and I attended a Saturday event on Coe Fen when he was 13 and then we started orienteering together, well at least going to the same events with him gradually doing longer courses and me gradually doing shorter courses! That introductory event was thirteen years ago now and Andrew has since moved on to the Leeds area (via Durham Uni) and is actively orienteering, fell running, cycling and so on.

Reflecting on orienteering in East Anglia, whilst it cannot offer the steep rocky ground found in more hilly places it certainly can offer a variety of forested areas which can be challenging to someone starting out in orienteering. If I have a favourite WAOC area then it has to be Rowney Warren for its contour features (unusual in EA) but perhaps the extensive path network lessens the challenge and favourite non-WAOC area in EA would be Knettishall Heath with its variety.

During the last dozen years it has been great to be given the opportunity to learn about planning and to plan some events and also to plan many weekday evening club night events and to participate in those events. Perhaps the event I enjoyed planning the most was a night event at Wimpole Estate. It is an area I know well and is not a challenge in daytime, but a night event there works really well even on a cold December's evening a few hours before a heavy snowfall. Writing this I am remembering a night event at Rowney Warren in the snow with my border collie, Monty, which added a new dimension to the place and the orienteering experience. Perhaps we should be doing more night events in the snow - the dark can be easy to arrange, but the snow a bit harder.

Now looking forward to the new areas to run and to cycle and to orienteer in the north east and you may see me at events round the country wearing a NN shirt (if my friend persuades me to join Northern Navigators) or a Drongo or (possibly still) a WAOC top to get my moneys worth. One thing I will definitely be doing is joining Durham Fell Runners in order to re-ignite a fell running desire for which the East Anglian countryside fell very short at being able to satisfy.

It has been great to be part of an active club of people dedicated to orienteering and to be able to learn new skills.

Cheers all,

Iain Stemp

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.**

Sat 16/09/23	City of London Race (UKOL)	National	SLOW	SEOA	Rotherhide, London	SE16 7FU
Sun 17/09/23	British Sprint Relay Champs	Major	LOK	SEOA	Brunel University	
Sun 17/09/23	SOS Chalkney	Regional	SOS	EAOA	Earls Colne	
Sun 24/09/23	East Anglian Schools Champs	Regional	WAOC	EAOA	Ampthill	MK45 2GU
Sun 24/09/23	Holt Country Park	Regional	NOR	EAOA	Holt	
Sat 30/09/23	Caddihoe Day 1 (UKOL) Mallards Pike	National	NGOC	SWOA	Coleford	GL16 7EL
Sun 01/10/23	Caddihoe Day 2 (UKOL)	National	NGOC	SWOA	Coleford	GL16 7EL
Sun 01/10/23	HAVOC Epping Forest SW EAL	Regional	HAVOC	EAOA	Chingford	E4 7QJ
Sat 07/10/23	Autumn in Anglia 1: West Stowe	Regional	SUFFOC	EAOA	Thetford	IP28 6HB
Sun 08/10/23	Autumn in Anglia 2: Newmarket	Regional	WAOC	EAOA	Newmarket	CB8 0EB
Sat 14/10/23	British Schools Score Champs	National	LEI	EMOA	Leicester	
Sun 15/10/23	NOR Blickling	Regional	NOR	EAOA	Aylsham	
Sat 28/10/23	Cambridge City Race	Regional	CUOC	EAOA	Cambridge	
Sun 29/10/23	NOR Cawston and Marsham	Regional	NOR	EAOA	North Walsham	
Sat 04/11/23	Winchester Urban (UKOL)	National	BAOC	SCOA	Winchester	
Sun 05/11/23	November Classic and Southern Champs (UKOL)	National	SOC	SCOA	Lyndhurst	SO43 7HH
Sun 05/11/23	SOS Baddow Ridge	Regional	SOS	EAOA	Danbury	