



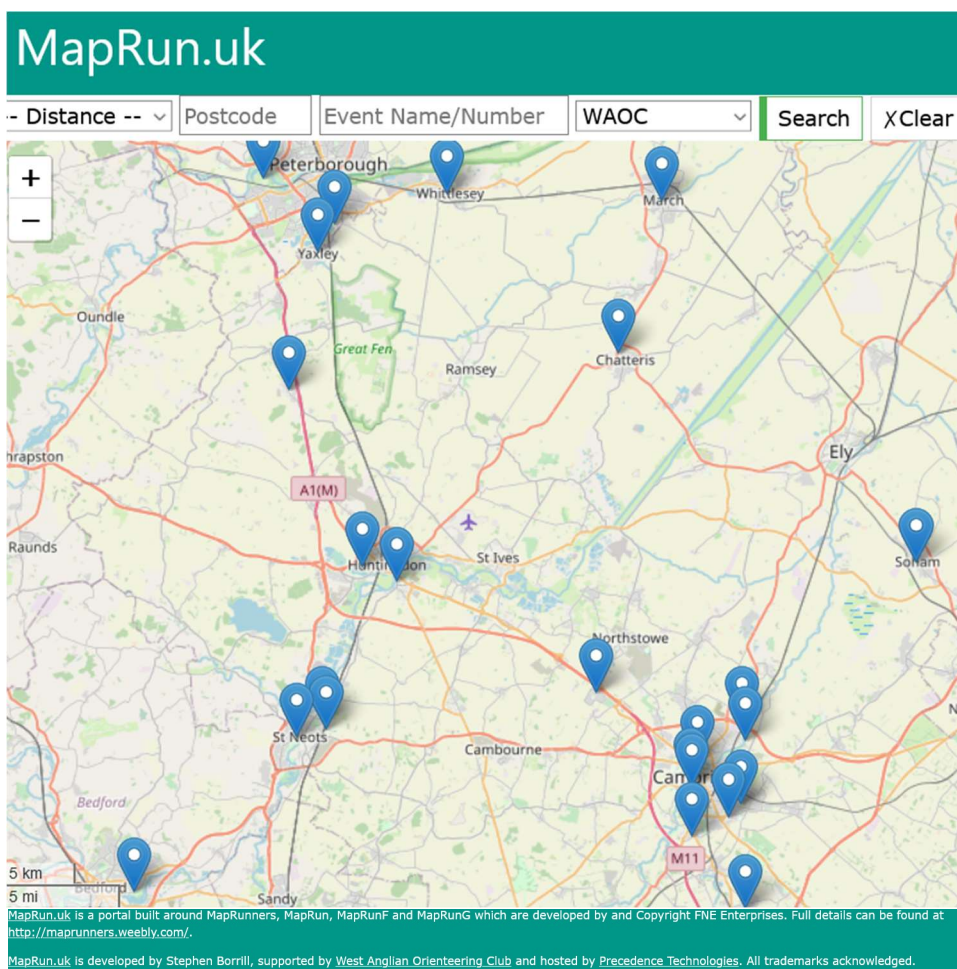
West Anglian
Orienteering Club



JABBERWAOC

Vol.49 No 1

April 2021



Maps and photos are in colour on website.

Editorial:

It's Easter weekend, the sun is shining and events are starting to return so things are looking up. In this edition look out for Stephen Borrill's step-by-step guide to Maprun, a great orienteering tool that's here to stay. We also have reports from our on-line AGM, a new feature which profiles members of the club and a small JK retrospective. And no edition would be complete without Bruce's puzzle. I look forward to seeing you all at an event soon, please do write about your experiences returning to orienteering for the next JabberWaoc.

Emma Jarrett

2020 WAOC Committee

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

Junior training



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

Welcome to our first new members for 2021

We hope Addy Fu and his sons from Cambourne will all enjoy Orienteering with us.

Membership Renewals for 2021

Many thanks to WAOC members who have already renewed your annual membership to WAOC and British Orienteering. Events are now restarting as restrictions are eased so don't miss out on being part of WAOC. Remember British Orienteering Members receive an event entry fee discount and there are also 25 stores for running, cycling and outdoor equipment plus AA, holiday cottages and YHA that give BOF members discounts with usual t&c. Details are given on your member's page of the website.

Please renew via the British Orienteering website

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

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

Hazel Bickle (WAOC membership secretary)

British Orienteering Awards

In the absence of events since the last edition of Jabberwaoc there are no awards to report this time.

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

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

AGM for West Anglian Orienteering Club
was held on 24th March 2021 via Zoom

Chair's report – Helen Hague

Given we are having an online AGM this year, the Chair report will be published in Jabberwaoc rather than adding to the length of the online meeting.

2020 has been a peculiar year to say the least. WAOC managed to run a reasonable number of events despite Covid, starting the year with two Park-Os at Coldhams Common and Wimpole and then the YBT qualifier at Rowney in March just before the first lockdown started. Then more activity from September onwards with our events at Ampthill and Cambourne and another two Park-Os before Covid reared its ugly head again. However it seems it is very hard for anything to prevent orienteers from orienteering. Technology has been used to the full to try and keep orienteering going in accordance with the relevant regulations with increasing use of MapRun, more accessible online maps for Permanent orienteering courses, online coaching and training. Many members have been busy creating new MapRun courses for us all to enjoy so thanks to everyone who has helped in this way.

Looking ahead, we are aiming to use our existing experience of running events with social distancing restrictions to get back to actual real life events as soon as possible. Four Park-Os and the Huntingdon city race are already scheduled for the next three months before continuing with more events in September. Come October, we will be running our second biennial 'Autumn in Anglia' orienteering weekend with SUFFOC, with an urban race in Bury St Edmunds and a forest race. We're even hoping to run a summer league on Wednesday evenings so keep an eye on the website for more details of that. We have gained new members over the last year and we look forward to seeing them all at future events as restrictions ease.

There has been one main change in the committee this year, with thanks due to Rich Kerswell for kindly agreeing to take on the mantle of Treasurer from Noreen Ives. Many grateful thanks go to Noreen for all her hard work in this post over the years and her help with matters wide and varied, bearing set backs (i.e. some tiresome queuing at the bank) with fortitude!

As you know, traditionally the AGM is when we award various trophies to both winners of the WAOC league (WAGAL) and for other notable contributions. Formal presentation of the trophies won't be able to happen until later in the year, however I will mention the trophy winners now so they get to enjoy the glory for the longest time possible!

Given 2020 was rather interrupted/ truncated with regard to orienteering, WAGAL has not run and there are a limited set of events for considering who to award The Owl award for senior performance. I have decided to award the Owl trophy to Ursula Oxburgh for her achievement in the British Night Champs in Feb 2020 when she kept going for nearly 4 hours to win the W85 course and so gained a gold medal and a trophy- an amazing achievement. Ursula has contributed to the club hugely over the years; planning, organising, coaching, numerous jobs within the club and many committee positions. She says that was her last night event but who knows what further gold medals may be achieved....

For the Tortoise award for service to the club, I would like to award this to Stephen Borrill. Stephen is the committee member responsible for our Permanent orienteering courses (POCs), amongst other things. He ensured WAOC events could continue easily last year despite all the restrictions by creating from scratch an online registration system to pre-register entrants and allocate spaced-apart time blocks. Stephen has greatly contributed to the success of Park-O by designing the Park-O passports to record each entrant's courses and times, and designing the new WAOC bags (for completing four Park-Os and also one free to each member whenever they come to a WAOC event and claim one- usually by finding me or me finding you...). He has also really helped the club with learning how best to use MapRun, creating many new courses himself, and has done a fantastic job of updating the POCs during lockdown and getting the maps onto BO's online portal so that we can use the POCs even if everything is shut. So many thanks to Stephen for all his efforts on behalf of the club and its members.

Turning now to the Chairman's cup for junior performance, this year it goes to once again to Alex Wetherill. Alex was selected for the JROS training camp at Stockholm in 2020 (not an easy thing to be selected for) and has also been selected for the junior talent squad south, one of three new regional talent squads forming part of a new initiative by BO to develop talent within the sport.

Well done to Alex for keeping up with the training in trying circumstances.

Lastly the Jabberwaoc trophy for contributions to the club magazine Jabberwaoc goes to Helen Bickle for all her articles in Jabberwaoc past, present and no doubt future. Over the last year, she has contributed excellent and numerous training tips which offer something for everybody and will hopefully have helped you all to work on your orienteering even when sat inside.

As always, thanks are due to all members of the club who have helped in whatever way over the last year, whether volunteering at an event, creating new mapRun courses, planning, organising, controlling, coaching, mapping, writing articles for Jabberwaoc, admin, giving lifts to others, the list goes on and on! All of these create a vibrant welcoming club with lots to offer to us all.

Thanks you for attending the AGM if you did, and if not thank you for reading this! Hope to see many of you soon at a real live event and here's hoping for rather more orienteering in the year ahead.

Best wishes

Helen Hague

WAOC Club Captain's Report to 2021 AGM March 2020 to February 2021

My report this year is somewhat brief this year as you will be expecting.

Firstly and for the record, I will just say a few words on the clubs performance at the the 2020 heats of The Yvette Baker Trophy and The Compass Sport Cup.

1. The Yvette Baker Trophy - 8 March 2020

16 Juniors ran for WAOC at Rowney Warren. The event attracted 7 Junior Teams, with 4 being from outside EAOA (that's HH, OD, TVOC and BKO). The highest scoring EAOA team in each competition (ie The Shield and The Trophy) goes through to the Final. The WAOC Juniors won their place in the Final with a score of 879 points over NOR's 857.

The point scoring Juniors were Alex Wetherill, Emile Zsak, Hebe Darwin, William Reavell, Emily Cheng, Kate Jarrett, Alex Darwin, Jemina Borrill and Sophie Kerswell.

Many thanks to all the WAOC members who contributed to putting on an excellent event and in particular to Graham Louth for planning the challenging courses in one of our 'most interesting areas'

The Final (at Westonbirt Arboretum, Gloms) was postponed and the qualification has been rolled over to what will be now the 2021 Final on Sunday 4 July 2021.

2. The Compass Sport Cup - 15 March 2020

I hope everyone enjoyed this event organised by SMOC at Aspley Heath and many thanks to all WAOC members who provided help.

47 members entered, there were some excellent results and we almost made it through to the Final! It became very tense in Download as WAOC led the results for quite some time. But a couple of good results very late in the competition put LEI on 2,444 giving them a 10 point winning margin over WAOC's total of 2,434.

The scorers comprise each club's 25 fastest finishers. The top [scorers](#) for WAOC at the maximum 100 points were Alex Wetherill, Chloe Haines, Hebe Darwin and Dil Wetherill. The 99 point scorers were Stephen Borrill, Sue Hartley, Peter Haynes, Steven Hinshelwood and Helen Hague.

The next Compass Sport Event for WAOC will now not be until March 2022.

Looking forward:

All being well, I understand that the HAVOC event at Hadleigh Park on May 23 2021 is provisionally designated as a Yvette Baker Heat. I have not had any details yet but I suspect we need to field a team to try and prevent NOR qualifying for the 2021 Final as well as WAOC. As soon as I have further details I will be in touch with parents of WAOC Juniors.

There are National Championships and Relays current scheduled for 2021 and it would be good to see WAOC members taking part, but I appreciate that it is early days for getting back into the swing of travelling to competitions.

Janet Cronk
WAOC Captain

Wordsearch – Bruce Marshall

The grid hides 21 words which would be familiar to you had you been orienteering recently. Sadly, the words are not going to come to mind so readily.

Some of the words are compound like "attackpoint", so watch out for those. Attackpoint isn't there.

R	A	E	X	C	R	A	G	S	L	Q	C
O	E	N	U	G	F	V	W	D	E	U	I
U	L	G	G	G	C	E	E	N	G	D	T
T	B	Y	I	L	A	L	S	U	V	O	Y
E	A	E	X	S	I	E	U	O	X	W	R
C	S	N	T	B	T	A	L	B	G	N	A
O	S	W	F	R	C	R	N	F	A	L	C
N	O	O	Q	I	E	T	A	O	L	O	E
T	R	R	I	D	G	E	U	T	F	A	Q
O	C	K	I	T	E	H	Q	U	I	D	W
U	N	O	R	T	H	O	T	O	W	O	M
R	U	R	O	U	G	H	O	P	E	N	N

Congratulations to the WAOC Wizards on winning the AGM quiz!

Thank you all for taking part and many grateful thanks to all the Team Captains for leading the breakout rooms and making the quiz social. The final scores are:

WAOC Wizards = 12656

Lotta's Team = 12623

Bonnings = 11765

Wibblers = 11158

All the teams scored highly, but the Wizards were slightly faster on answering than the runners up Lotta's Team, which also answered 16 out of the 18 correctly.

Reviewing your answers has provided interesting feedback. A few questions are repeated for those that could not make the quiz ...

Question 5: Which word does the first letter of each control description spell: Lock, Rest, Rank or Rock?

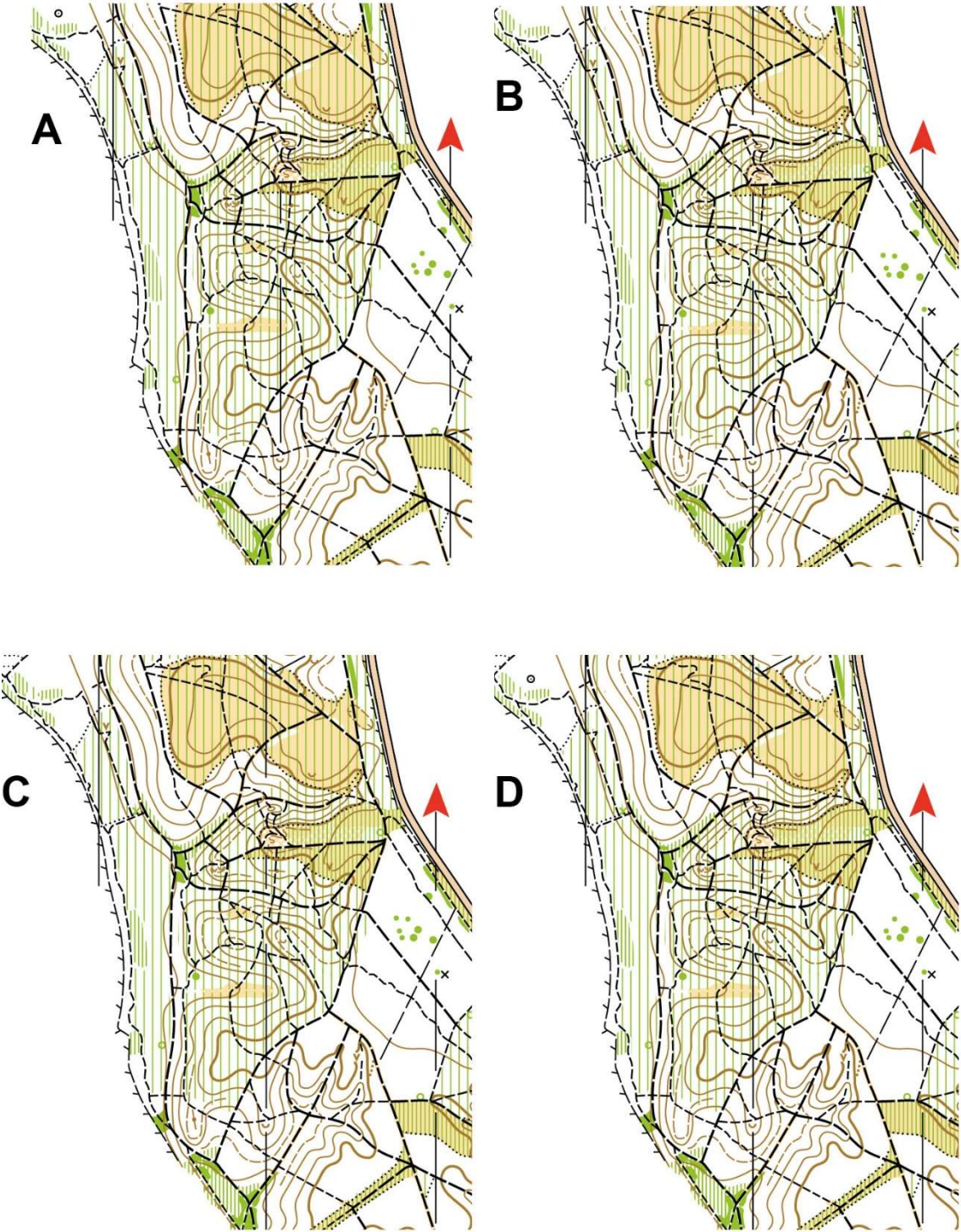


Question 13: Which leg is the shortest distance between 14 and 15?



North Cambridge 2016 course 1 leg 14 to 15

Question 17: Which two maps are identical? Apologies for the small maps on the night of the AGM – I hope these copies are a little better



er?

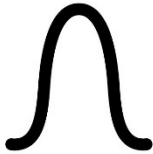
Question 18: Which word does the first letter of each map symbol spell: Stew, Nest, Meet or Next?



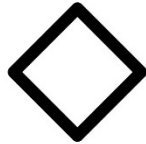
AGM Quiz answers:

Question 5: The control descriptions spell:

Rock



Reentrant



Open Land



Cave



Knoll



Question 13: Shortest route on leg 14 to 15 = red. The least popular questions appear to be the two on identifying the shortest route. The Wizards resorted to actually measuring the distances to ensure that they answered correctly and this method is obviously a winner if you have 4 generous minutes to answer a quiz question in the comfort of your living room but on the course you could probably run more than one leg in that time. The winning time on the leg 14 to 15 was only 42 seconds so maybe all 4 routes? Advice - do not worry too much, as the other shortest route question the routes may be (as good as) identical and in fact the shortest route is not always the fastest. The fastest runner with a course for leg 14 to 15 on routegadget and the Planner, Ben Windsor, choose the green route as fewer corners allows you to keep running at speed.

Question 17: B&C are identical – see over the page.

Question 18: The map symbols spell:

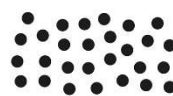
Nest



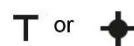
Narrow Marsh



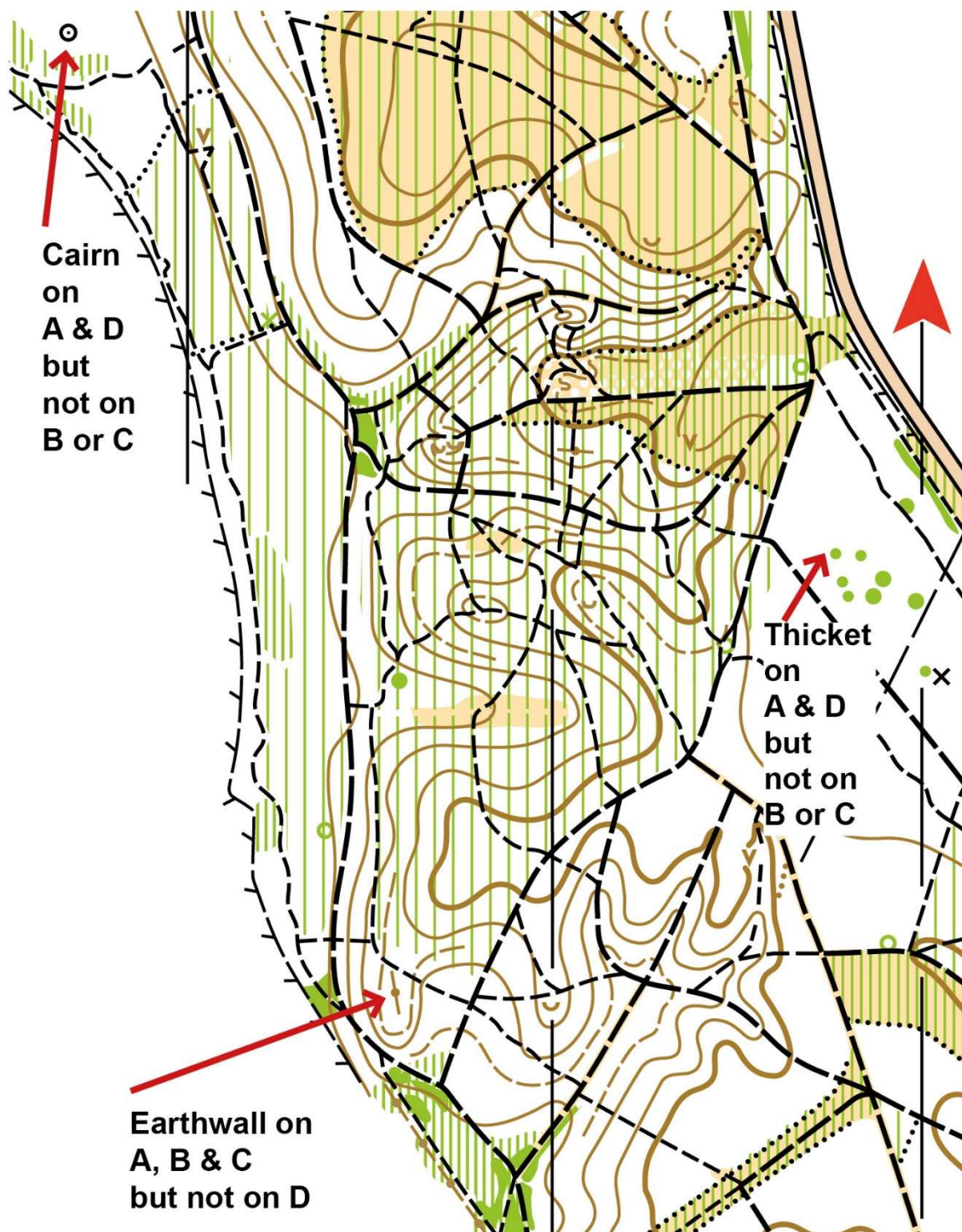
Erosion Gully



Stony Ground



Tower



So B & C are identical



Wednesday Summer Training Nights



Date	Location
28 th Apr	Grantchester Meadows training*
5 th May	Impington and Histon MapRun League* 🏃
12 th May	Coldhams Common training*
19 th May	Milton MapRun League 🏃
26 th May	Wandlebury training
2 nd Jun	Newmarket MapRun League 🏃
9 th Jun	Coton training
16 th Jun	Cherry Hinton MapRun League 🏃
23 rd Jun	PuntO – River Cam
7 th Jul	Standon Meadows MapRun League 🏃
21 st Jul	Shelfords and Stapleford MapRun League 🏃
18 th Aug	Cambourne MapRun League 🏃
25 th Aug	Huntingdon MapRun League 🏃

* Starts / training in groups of 6 so pre-entry will be required and times tbc.

All training sessions and League events subject to permission and Covid recommendations so please check website.

Training:

Registration 18:30; Start 18:45

Members only £1 per adult, 50p per junior or student.

🏃 MapRun League:

45 minute score course

Covid allowing: Registration: 18:30 – 18:55; Mass start: 19:00

WAOC members: £4 senior; £2 students;

Non-members: £5 senior; £3 students

Your best 5 runs will count towards the League

More events will be added soon.

MapRun. What is it and why should I take part? Stephen Borrill

Introduction

You've probably heard about MapRun over the last year. You may have seen British Orienteering talking about VOCs (Virtual Orienteering Courses) and wondered what they meant (and even if you knew, you'd be forgiven for wondering if they could have come up with a better name!). This article will provide an introduction to MapRun (and explain what a VOC is), but hopefully even experienced participants may learn something.

Permanent Orienteering Courses (POCs) have been around for many years. We think of them as posts in a wood or country park. I covered them in JabberWAOC May 2020 and in that article, I briefly mentioned a couple of Virtual Orienteering systems, MapRun and Sporteering. At that time, less than a year ago, VOC wasn't really a defined term and POCs were being promoted as an ideal way to restart our sport after its enforced cessation last March. In reality, technology to make POCs more interactive has been around for some time. In Summer 2017, I started investigating ways to have POCs with controls you could 'punch' and from which you would get results. The systems that seemed most common involved placing QR codes on POC posts to scan with your phone. After looking at a few options, I settled on Sporteering as the most mature and well-supported of these. I had misgivings about the necessity of having to carry a phone in a convenient place (probably your hand), unlocking it and scanning a code while out running with a map and compass in your hands too. As it turns out, there were no Sporteering courses near where I was looking for POCs as it was all very new and while my goal at the time was to pep up WAOC POCs, the system for generating QR codes wasn't quite ready.

By the summer of 2018, system that used GPS on a phone to determine that you had reached the control were starting to take off. MapRun was an early success in this and I did my first event round Newent in Gloucestershire on 31st July. Nervous about the technology (and my phone's battery life), I took a sizeable bum-bag with me for my sizeable phone and stopped to unlock the phone at every control to check it was all working. My confidence grew as I went round and soon I got used to recognising the buzz/beep when I was in the right location. North Gloucestershire Orienteering Club (NGOC) were early adopters of MapRun and through them, I was introduced to Peter Effneny, the Australian behind MapRun. I discussed the technology with NGOC and Peter and started planning for using it ourselves.

Our first event was planned by me in Bar Hill in May 2019, followed soon afterwards by Helen Bickle's Fen Ditton event in July (so that was the first WAOC one I ran myself). Feedback from participants was generally positive, even if some people were reticent about carrying a phone. I invested in one of those neoprene phone pockets that go on your upper arm and found an old phone to fit it. I loaned that out at the Bar Hill event for people to use. The beauty of MapRun is that these events are still available for you to take part in and get yourself on the leaderboard.

In 2020 everything changed and, with standard orienteering events being put on long-term hold, suddenly all clubs were looking for ways for their members to continue doing the sport in a way that would allow solitary participation. I put energy into bringing our neglected POCs up to date as did other clubs, but the more interactive ways to participate such as MapRun have really taken off over the last year. There are other GPS systems such as UsynligO and British Orienteering coined the term Virtual Orienteering Course (VOC) to cover events using such things. These are noticeably

not the same as virtual online orienteering events such as Catching Features or VirtualO and debate has continued about whether VOC is really the best name (alternatives include Smart Orienteering).

WAOC was no different to other clubs in developing MapRun courses. Back in my May 2020 JabberWAOC article, I said we had just the two MapRun courses. We now have 33 (thanks to Peter Duthie for many of these) and more are planned. The permanence of the courses is particularly appealing to me. Under Helen Bickle's careful eye, we have a great record of having midweek activities throughout term times and the summer. Lots of effort has gone into planning Street-Os both in Cambridge and further afield for many years, but traditionally they've only been available for one evening and then get forgotten about. Using MapRun for the events means the planning is done once, but the events are still available for months or years after. Summer leagues don't require necessarily require everyone to be available at 6.30pm every Wednesday – people could take part over the following couple of weeks and still be in the league.

Using GPS to track when you have visited controls has some drawbacks for planners, but also offers new opportunities for planning courses. Because GPS cannot tell exactly where you are or which side of a barrier you are on, control locations tend to be more simplistic as you only need to be in the approximate area (the default GPS tolerance within MapRun is 15m). Not having physical and visible controls, but having GPS traces, can be used in imaginative ways. For instance:

- Lammas Land Christmas Quiz. Go to specific controls based on your answers to quiz questions and then see what shape your GPS track has drawn
- Cherry Hinton Hall Bearings. Controls on map will not punch. At each you need to walk for around 30m on the correct bearing to hit the actual control.

Using MapRun.uk

MapRun.uk is a portal to help you to easily find maps and information about MapRun events near you. The [main MapRun website](#) and the phone apps do not have the maps, nor do they have specific details on the events. As orienteering we are used to paper maps (and phones are difficult to fold!). Finding a map to print and details of a course usually requires you to find and navigate through the website of the orienteering club that created it. Which club create the course may not be obvious as the MapRun apps are organised roughly by county whereas orienteering clubs are not (WAOC covers 5 counties!). With MapRun.uk, you can just click anywhere in the UK to see all MapRun events and courses (it combines multiple courses that share a start into a single event) in a 30 mile radius. It allows maps to be easily downloaded for printing as well as making the start location clear. It tells you exactly where to find the course within the MapRun app as well describing the scoring scheme that will be used.

How to use MapRun

MapRun comes in two major variants, a phone app for Android or iOS and a watch app for Garmin. These are called MapRunF (for Fone, I assume) and MapRunG (for Garmin) respectively. The latest version of the phone app is called MapRun6 (as it is version 6 to MapRunF's version 5). You can install them both. MapRunF is most heavily tested, but all new development is on MapRun6. QR codes for the MapRun6 apps are below.



Apple App Store

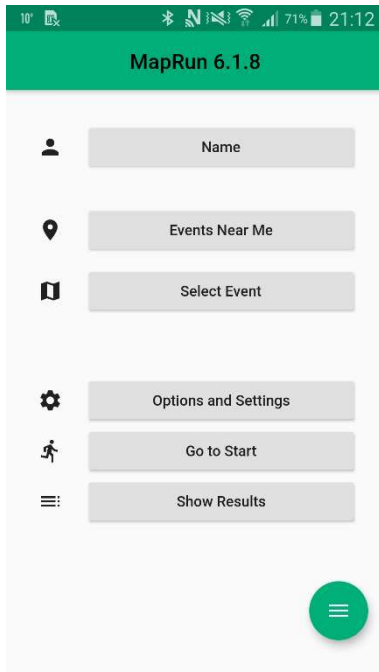


Google Play Store

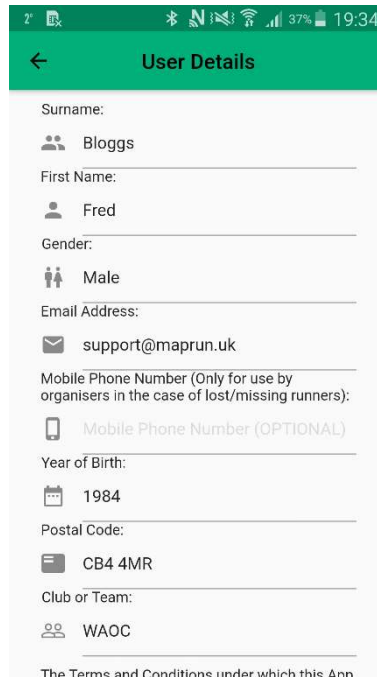
Even if using the watch app, you still require the phone app for downloading the courses onto your watch and to upload the results after your run. Once you have the app installed on your phone, open it to see the initial screen. You will need to allow the app

access to GPS/Location services when prompted (either at installation time, or when running the app)

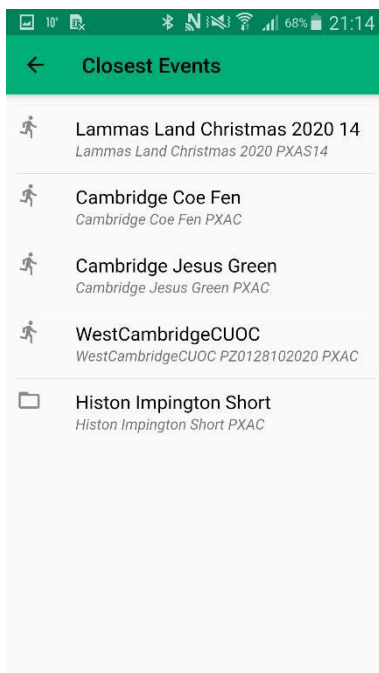
You do not need a phone signal, SIM card or data allowance to actually run a MapRun course, so you can use an old phone that you don't mind carrying around. If you do not have a data connection on your phone, you can use your home Wi-Fi to load the course before you set off. Even if you do have data, it is possible that when you arrive you may not! I struggled to download the Lammas Land courses when parked on Barton Road for instance.



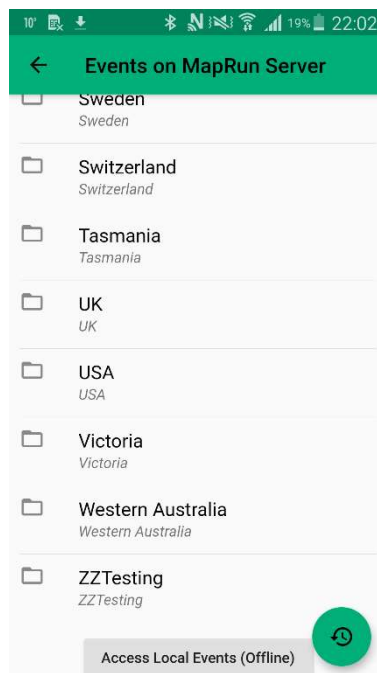
1. Click Name on initial screen to enter your personal details



2. Enter all details. Your name is the only thing used to track your results across multiple events, so set it once and leave it. Don't put spaces at end of any lines. Click on *OK* at the very bottom



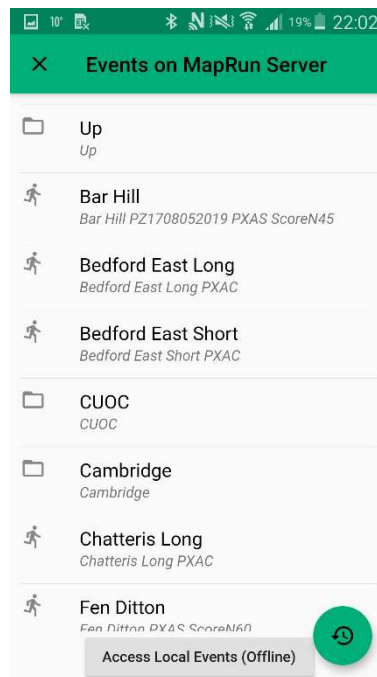
3. Click on *Events Near Me* on home screen to search for your nearest courses using GPS



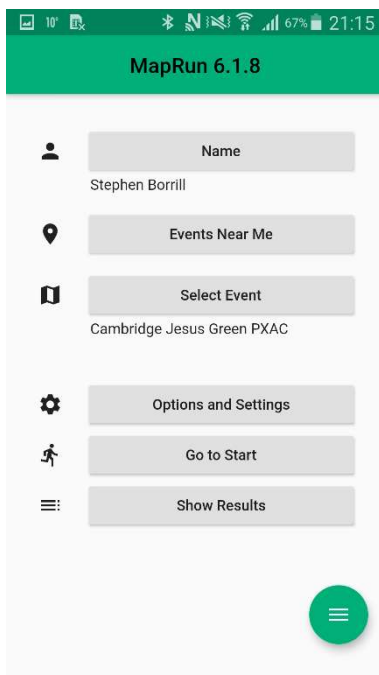
4. Alternatively, if you want to load the event before leaving home, click on *Select Event* to browse all events in the world. For ours, scroll down and pick *UK*



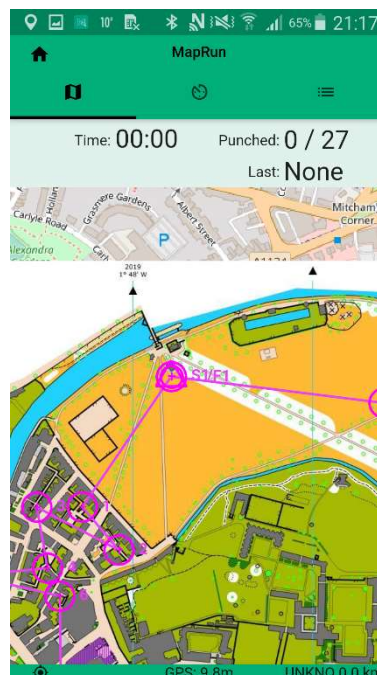
5. Once you have selected *UK*, scroll down and pick *West Anglia*



6. WAOC's events are now listed. There are some in additional subfolders too



7. Once the event is selected and downloaded, you can click *Go to Start*



8. The map will be shown along with your current position and the phone will now wait for you to get to the start location. Keep an eye on your GPS status at the very bottom before going to the start – the bar should be green and display your GPS accuracy in the middle

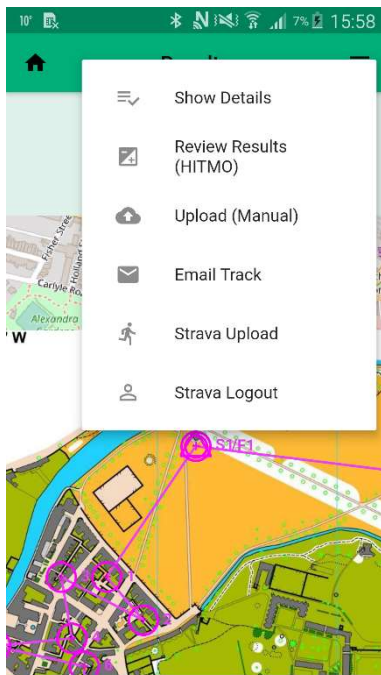
Before you start, take careful note of whether the course is:

- Line: Get all the controls in order. Fastest time wins
- Scatter: Get all the controls in any order. Fastest time wins. For some Scatter courses, you may only need to get a certain number of the controls, not all
- Score: Get as many controls as you can with the time limit. Make sure you are aware of the time limit, the scoring mechanism and penalties. For some courses, all controls will score the same. For others, it may vary depending on control number. The harshness of the penalty for being late back will differ too

At the start and each control afterwards, the phone will buzz and beep. In general, your current GPS location will not be shown on the phone (this is an option the club's MapRun administrator can set which is off by default). If you are at the correct location, but the phone has not triggered, slow down and walk around the area until it does. Some phones, particularly the more up-to-date ones, may switch off the GPS when the phone goes to sleep. In this case, you may need to wake the phone and wait for it to lock on. If this happens, you will need to investigate power-saving options on your phone to stop it doing this and to let it run in the background. If a control steadfastly refuses to punch, you can use the HITMO option (see later) to adjust this.

If you run past an earlier or later control on the way, it will also trigger, but it will not affect your results. Do not let this distract you! Also watch out for the buzz/beep being because someone has sent you a text! At the end, make sure the finish control punches as that will stop the timer. Because of this, you must also be careful not to go anywhere near the finish control in the middle of your course. Courses should be planned to avoid this.

Once you have finished, your results will be uploaded immediately if you have a data connection. If you do not have data, then you can manually upload when you get home by clicking on *Show Results*, selecting your course and then using the *Upload (Manual)* menu option. Similarly, if there were controls that you visited, but which did not punch, you can use the *Review Results (HITMO)* option to select the controls you did visit before re-uploading your results. Remember your GPS track will be available for all to see!

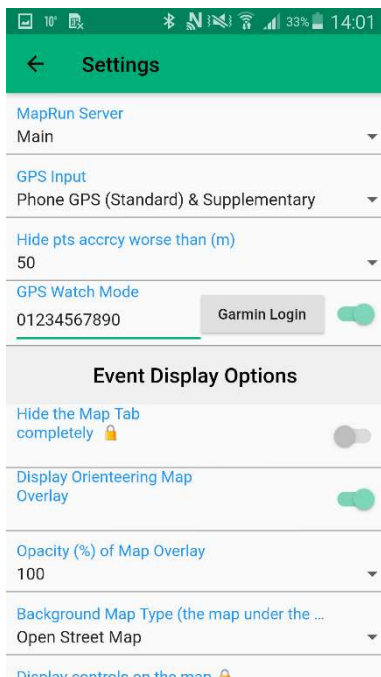


9. Manual upload and manual adjustment of results

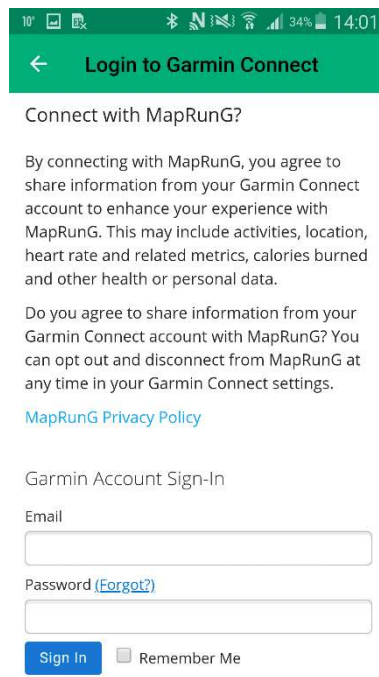
Results can be viewed on your phone, but can also easily be found from the MapRun.uk website.

Using MapRunG on your watch

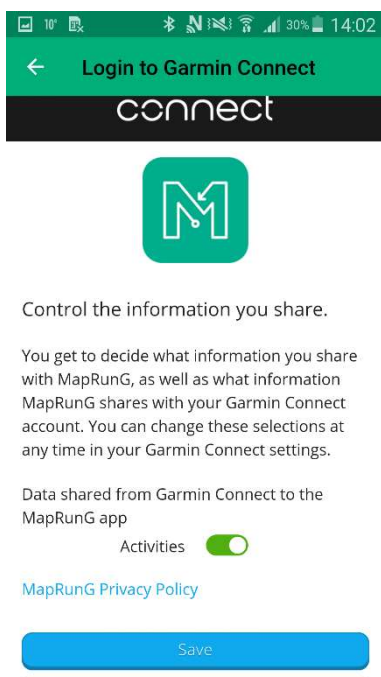
If you have a Garmin watch, then you can use that to run MapRun events without having to carry your phone with you. This has a number of benefits, including more accurate always-on GPS. Install the MapRunG app on your Garmin watch using the ConnectIQ app on your phone. Once installed, start the MapRunG app and it will give you a multi-digit watch ID which you will need to connect your phone to it. Open the *Options and Settings* page within MapRun6 on your phone.



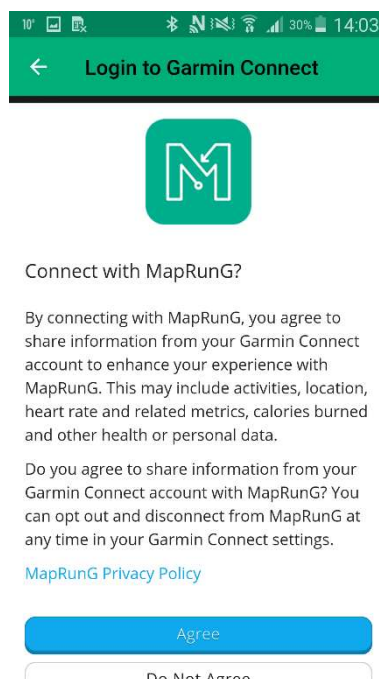
1. Toggle the switch in the GPS Watch Mode section and enter your watch ID



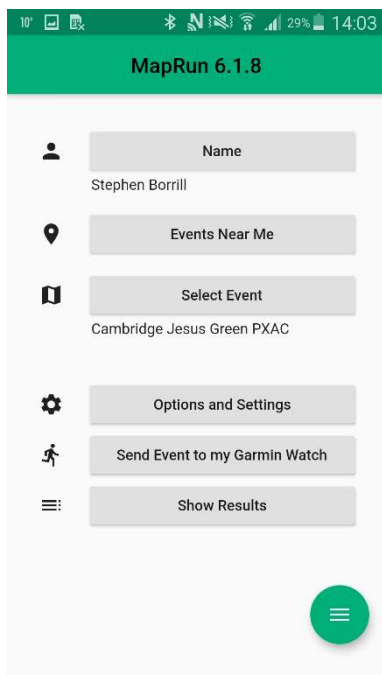
2. Click on *Garmin Login* and you will be asked for your Garmin Connect login details



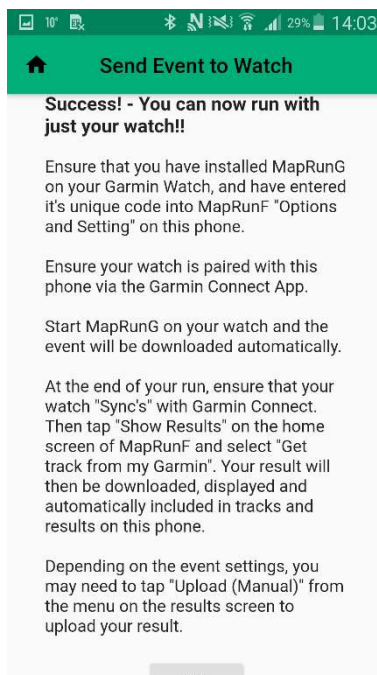
3. Confirm you wish to share your Activities with MapRunG



4. Click Agree to confirm you wish to connect with MapRunG

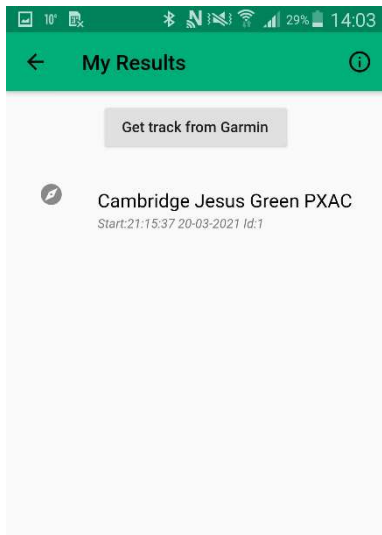


5. Pick your event as usual, but the *Go to Start* will be replaced with *Send Event to my Garmin Watch*

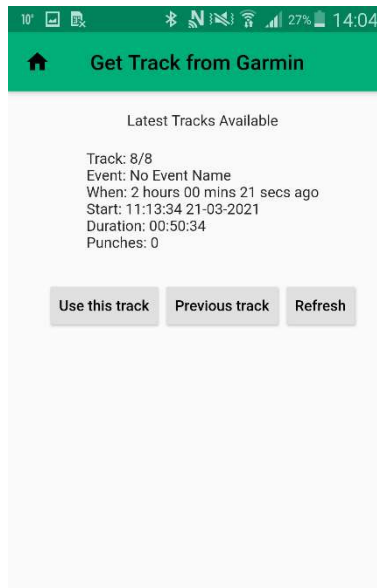


6. After clicking on *Send Event to my Garmin Watch*, if all is well you will get confirmation. Now start the MapRunG on your watch while you are still near your phone and the course should be loaded

When the course is loaded onto your watch, you do not need your phone any longer and you may select *Go to start* on the watch. The GPS status will be shown at the bottom of the watch face, wait until it says GPS 4 to indicate it is locked on. Go to the start and run the course as usual. When you have finished, remember to pick *Save – Exit*. When back with your phone, run a full sync in Garmin Connect so that your GPS track is on Garmin's servers.



7. After clicking on *Show Results* on the home page, click on *Get track from Garmin* on the *My Results* page



8. Assuming you remembered to sync your watch, the latest track will be the course you have just run. Check the details to confirm it is correct (this screenshot is not from a MapRun run, so has no name or punches) and click *Use this track*

Closing statements

I hope this article was useful and encourages you try MapRun if you have not already. Even though real events are now returning, clubs including WAOC will continue to use MapRun for more informal events. Our upcoming summer league will use MapRun and we are always on the lookout for planners. As the club's MapRun Local Administrator, I'm responsible for working with planners and uploading the events onto the MapRun servers. Please get in touch with me if you have any questions.

WAOC's friendly faces – Helen Hague (WAOC chair)



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

With three young children I was looking to something that was fun and outside. I remembered enjoying orienteering the two or three times I tried it at school, knew Janet Cronk who kept suggesting I give it a bash and there you have it 10 years down the line.

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

How to do it.... I have enjoyed learning how to improve, although it does seem that no matter how much theoretical knowledge you gain, putting it into practice is another thing entirely.

What is your favourite type of orienteering and why?

Forest orienteering with contours- I appreciate the challenge and like being amongst the trees. Punt-O (a WAOC exclusive type of orienteering) is good fun too- orienteering whilst being punted down the river, what's not to like?

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

I'd really like to do the Venice city race sometime, preferably one of the years when they manage to run the race without floods stopping play.

What is your best orienteering moment to date?

Probably at the Scottish 6 days in 2015 when I was seriously out of my depth. The direct route from the control was down an almost vertical slope into and across a river and I remember thinking that surely I wasn't meant to go this way. Then a very mature lady with her walking stick came racing down the hill and across the river- so I laughed at the madness of it all and set off down.

What was your most memorable orienteering mistake?

Ah, the time when I thought they wouldn't find my body... This was at BOC 2014 at Thrunton Wood and Callaly in Northumberland and between control 5 and 6 I ended up in marsh up to knees well off the beaten track. Nobody anywhere near and I really did think nobody would find my body if I just stopped. Kept going and eventually deduced where I was and managed to continue- was very pleased at my deductive skills, less so by getting so lost in the first place!

What type of shoes do you wear to go orienteering?

Inov-8s. I have very narrow feet and they work best for me. Also the water comes out fast when you go through mud.

What tips would you give new orienteers?

Firstly, have fun and enjoy it. Don't worry about mistakes as you will probably always make some mistakes no matter how good you get – the mistakes just get less tragic and hopefully cost you less time as you gain experience. There are huge numbers of online resources that can advise you on techniques and you will improve, promise! Chat to others at the end of your course about tricky sections of the route and this will help you improve and make friends. Routegadget is always fun to compare where others on your course

chose to go. If you can, have a go at some of the big national competitions like JK and Scottish 6 days- orienteering in a whole different league.

What is your favourite post-event refreshment?

I am a firm cake fan. So my favourite is cake and coffee- I'm particularly partial to the millionaire's shortbread (yes, I know that isn't strictly speaking cake...) done by one of the catering vans that come to big events but failing that will slum it with a Danish pastry.

You must be JKing – Peter Woods (from JabberWAOC '98)

This is an account of our first ever experience of the "JK" or, more properly "Jake A" event. Apparently this takes place every year, this being the 31st, and is named in honour of Jake Ailstorm, who was a pioneer of introducing Scandinavian culture to the British Isles, principally the concept of eternal winter and being snowbound 6 months of the year. During a balmy English February, spending Easter in North Wales seemed an attractive proposition, but we discovered the popularity of the event had already made accommodation very scarce.

So it was that we found ourselves camping in an almost deserted field a few miles from Dolgellau on Good Friday, a site which offered no hot water, but really cold water which was going to be ideal for treating the inevitable sprains etc. which were to ensue.

From our limited previous experience of multi-day O events (the Scottish 6-days) we knew that the major problems were likely to be sunburn, dehydration, and overheating, and that the club tent would offer essential protection from the direct sun. This thought consoled us considerably as we lay in our own tent with our teeth chattering on the morning of the training event, rubbing our two children together to try and generate some heat.

A word about the training event. For the Scottish 6-Days, my gambit had been: don't orienteer for the 6 months prior to the event, turn up fresh from the journey on day 1, and suffer a debilitating leg injury early in the course. This generally provides more than sufficient justification for appearing some way off the bottom of the results listings. This time it was going to be different - we had been able to get to plenty of colour-coded and badge events in the weeks leading up to Easter, and we had sussed that the training day would be essential in getting to grips with all those things not generally found on East Anglian orienteering maps, such as contours, slopes, hills, boulders, sheep, and so on, and in remembering how not to fall over/down them.

It turns out that Welsh O-maps do not have any pits - presumably these were all closed by a previous government. Nor are there any depressions. This is because these have all filled up with stagnant mud and are marked as seasonal marsh, or, more likely, have just filled up with stagnant mud.

Day 1 was a good day for me - well it was once I'd recovered from taking a bad bearing out of the first control and wondered for some time why the right wall had been built on the wrong hill. I found myself attempting to compete on the longer legs with an orienteer from South Ribble; although we clearly had few controls in common there were common route corridors between groups of controls. This was most markedly demonstrated when, after running full pelt down an open field with several others also going flat out, I emerged onto a complex plain with dozens of stationary orienteers spread about, standing like statues poring over their maps. In the end I think I did finish ahead of my unwitting rival, and higher up the results list than I had ever done at the 6-days.

This small success led me to conclude that I would do even better if I had O-shoes without the additional brushing-induced ventilation slots on the uppers, so that my toes actually stayed inside the shoes right round the course, and so it was that, on Easter Sunday morning, the brilliant white of my new footwear matched the glare of the snow on the flysheet, and we laughed grimly at the irony of the children eating a breakfast cereal called Frosties.

By late afternoon, the dull brown of my now permanently stained O-shoes matched the mud bath that was the assembly area as I felt disappointed that my course had been rendered non-competitive due to expected severe weather, and even more disappointed that I had taken longer to complete the allowed two thirds of it than to run the complete course on the previous day. Attention now focused on the relays scheduled for the Monday.

As I poured some slush into the kettle for a breakfast cuppa on Monday morning, I wondered why my footwear remained so refreshingly wet in the evidently sub-zero surroundings. Later, at the first leg start for my relay, I was still wondering if I'd ever recover feeling in my toes. The start came and about 100 orienteers thundered up a steep incline - I looked back and found I was at the back! In an all out effort to keep with the throng I set off directly for my next to last control. It was evidently not going to be a good run. As in previous days the scenery was stunning, especially in such alpine conditions, and also since I pretty well had the landscape to myself. Eventually I did spot a WAOC top and was about as surprised and pleased to have caught up with Dave Wotton as he was evidently surprised and devastated that I had caught him. I still had one more Ace up my sleeve however which ensured I finished several minutes behind him. I finished 100 out of 102 and so my sincerest thanks and apologies to my teammates Richard and Hally for not having already driven home by the time I finished. I can only do better next time!

On the Tuesday I felt absolutely shattered - we visited the Centre for Alternative Technology but although this is worth a visit, this was not the ideal venue. What we really needed was a long sit down somewhere really profligate with their energy so we could get really warm at last.

If any of you are contemplating any gardening this summer and require a quantity of good quality Welsh topsoil we can offer this free of charge. But be quick or we will have had to wash it all off.

Peter Woods

WAOC at the JK – Emma Jarrett

Having heard about the 4-day orienteering extravaganza that is the JK (Jan Kjellström International Festival of Orienteering) Kate and I were keen to go and try it out. Our first year was to be 2020. Undeterred by the cancellation of this event and in a spirit of unwarranted optimism we booked accommodation for Cornwall this Easter. Thankfully I did at least have the sense to go for a fully refundable booking. In the absence of any orienteering events during the third lockdown (and whilst it was too cold to garden) I decided to find out a bit more about the JK. Here's what I learnt:

1. The JK was first held in 1967 in Surrey and has only been interrupted since by Foot and Mouth Disease in 2001 and the Covid-19 pandemic in 2020 and 2021. From its early days it has been influential. Peter Duthie comments: Going to school in the Trossachs, my early orienteering benefited from the map legacy of JK1973. Scotland was an early adopter of five colour maps, but I remember this set of high-quality maps of serious areas taking the sport in our area to a new level.

2. It is frequently held in memorable weather, from a 2008 snowstorm in Surrey to shirt sleeves and sunshine in Northumberland in 2009, not forgetting hail in Yorkshire in 2016 and it raining so hard on the journey to the Lake District in 2015 that Peter Woods' wiper blades peeled off!



2008



2009

Far from being a sartorial issue this also affects route choices as Iain Stemp wrote about the 2015 sprint races: The slippery nature of running on the grass meant a few quick route choice decisions needed to be made, for instance going up a flight of four steps and then down a long grass slope rather than up a grassy bank and across the slope even though the route up the steps was slightly further. In dry conditions the steps would have been bypassed in favour of the grass bank.

3. There's lots of club spirit in evidence, not just at the event but also in the wealth of experience and knowledge being passed on in advance.



Jonny Cronk (seated) with Sophie, William and Edward Louth at Greythwaite estate in 2004, the year the Louths introduced the Cronks to the JK

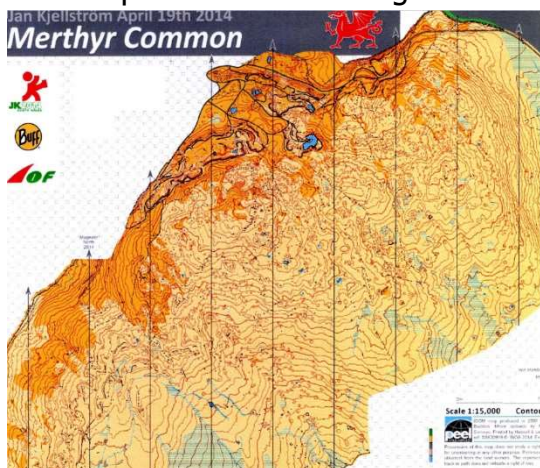


2007: Jonny Cronk and Junior Captain Simon Gardner



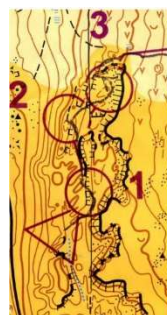
WAOC Club tent 2003

4. The courses bear no similarity to anything I've ever seen in East Anglia. Running up and down the Gogs and Wimpole is not going to prepare me for this:



Or indeed this from Hazel Bickle's course in 2014:

Hazel said:
Here is the intricate area in a quarry at the start from Mike's M65L and my

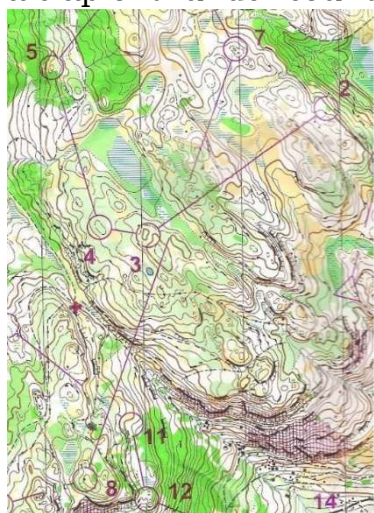


plus many more controls on other courses



W60S course. I was pleased when I correctly approached Control 3 from west of all the

craggs. Visibility was much reduced on the moorland so I probably didn't see the smaller pits! Though I did wonder whether I should be at the highest ridge when a clap of thunder sounded quite close!



Sharing this from his course in 2012 in Scotland Mike Capper comments: Superb – some great short legs in the low visibility forest and then a quality long leg which really made you think! Not sure I got this right (leg 7 – 8) as I took the western long route around the tracks.. straight was definitely faster if you were fit enough to run through the terrain.

Having achieved a podium position on day 1 in Northumberland in 2009 Ursula Oxburgh encountered some character building terrain on day 3: 3 to 4 will remain in my memory for some time. It was quite a long leg, crossing a track and then going along and gently up through Walk

to a small re-entrant some way away. There were ditches mapped through the Walk and my plan was to follow these but 1, the vegetation was utterly Fight in and near the ditches and 2, there were more ditches on the ground than on the map, so I ended up about the right distance from the track, I reckoned, and now on rough open, but too far over to the L, so I set off to the R, consulting my map and trying to correlate the bumps on the ground with the contours on the map when imagine my surprise to find myself up to my armpits in a small but very deep (well, deeper than my measurement from armpit to foot) and definitely unmapped wet pit.

All of which has just left us more enthusiastic to take part! We'll be signing up for next year in South Wales (third time lucky?) and hope there'll be lots of WAOC members there to join the fun with us.

Events: the events list is rapidly evolving at the moment. A full list of events is available on the British Orienteering web site, all events at the moment require pre-entry (usually on fabian4.co.uk or sientries.co.uk). **Always check** www.britishorienteering.org.uk **before travelling.**

EAOA fixtures as at 06/04/21:

Date	Event Name	Level	Club	Ass.	Venue	Nearest Town	Grid ref/Postcode
Sun 18/04/21	SOS Danbury Park	Regional	SOS	EAOA	Danbury Park	Kings Lynn	TL773052
Sat 24/04/21	Park-O Lammas Land and Coe Fen	Local	WAOC	EAOA	Lammas Land and Coe Fen	Cambridge	CB3 9PA
Sun 25/04/21	WAOC Urban Huntingdon	Regional	WAOC	EAOA	Huntingdon	Huntingdon	PE29 3RP
Sat 15/05/21	Park-O Cherry Hinton Hall Park	Local	WAOC	EAOA	Cherry Hinton Hall Park	Cambridge	CB1 8DW
Sun 16/05/21	Maldon Urban	Regional	SOS	EAOA	Maldon	Maldon	
Sun 23/05/21	Hadleigh Park	Local	HAVOC	EAOA	Hadleigh Park	Hadleigh	TQ802869
Sun 06/06/21	Orwell Country Park Summer Series	Local	SUFFOC	EAOA	Orwell Country Park	Ipswich	IP10 0JS
Sun 13/06/21	SOS The Broaks	Regional	SOS	SEOA		Gosfield	

Wordsearch – Solution

