



West Anglian
Orienteering Club



JABBERWAOC

Vol.48 No 2

December 2020



Editorial.

Maps and photos are in colour on website.

Welcome to the December 2020 issue of Jabberwaoc which contains many of the features you'd expect to see but, reflecting the decimation of the events calendar by the Covid-19 pandemic, sadly not many reports from members about orienteering events. We do, however, bring you a nicely tricky puzzle from Bruce Marshall, some helpful training tips to keep us active over Christmas from Helen Bickle and thoughts on mapping from Caroline Louth. I've found the maprun.uk website developed by Stephen Borrill and mentioned inside to be a great resource, without it we'd never have found ourselves running around Soham on a very wet and windy Sunday afternoon having a whale of a time! Many thanks to all our contributors and here's hoping 2021 sees more events being able to go ahead.

Emma Jarrett

Writers wanted!

We are extremely lucky to have some regular contributors to Jabberwaoc but we'd love to hear from more of WAOC's members. You don't need to be an elite or travel to exotic places, even at a low-key local event your experience of a course will be completely different to everyone else's and we'd like to hear about it. Send articles, maps and photos (as a word document or pdf) to editor@waoc.org.uk

2020 WAOC Committee

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

Welcome to new members – Hazel Bickle

Andrew Cooper and family from Little Eversden
Aimee Lange from Oundle.

From the Cambridge area:

William and Samuel Bishop
Dirk and Kristian Visagie
Dylan Hulme
Jenny Koenig
Richard and Johana Powell and family
Katrien Wijndaele.

We hope you will all enjoy Orienteering with us.

Renew your Membership for 2021:

Now is the time to renew! Please renew via the British Orienteering website – log in, click on your account and choose 'renew your membership'. There are also links via https://www.britishorienteering.org.uk/renew_membership or if you are not already a member and wish to join, you can do this too via the British Orienteering website www.britishorienteering.org.uk/join_online

The new Members above will not have to renew until December 2021.

For queries about joining WAOC or British Orienteering, please email Hazel Bickle at memsec@waoc.org.uk or contact British Orienteering.

Thanks to all who have already renewed their membership for 2021.

Hazel Bickle, (WAOC Membership Secretary)

WAOC email group news:

The Yahoo Group email facility we have been using is being withdrawn on 15th December. If you have not responded to the invitations that went out you can still join us on groups.io by sending an email to waoc+subscribe@groups.io.

Bruce Marshall

British Orienteering Awards - Ian Smith

Colour coded badges

Erik Biernaki-Jablonski	White	
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BOF awards

Jane Kerswell	Navigation Challenge		TD3
Maciej Jablonski	Navigation Challenge		TD5
Erik Biernacki-Jablonski	Navigation Challenge		TD2
Harriet Millward	Racing Challenge	Gold	TD4
Maciej Jablonski	Racing Challenge	Bronze	TD5
Kate Jarrett	Racing Challenge	Bronze	TD3
Jemima Borrill	Navigation Challenge		TD4

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

Chair's Chat - Helen Hague

Dear all,

Well, slightly difficult to know what to write given the oddness of the year and the trials and tribulations that have been faced by us all.

2020 started off well with the Coldhams Common Park-O which proved extremely popular with well over a 100 attendees but then the portents began with Mildenhall North being postponed due to the high wind. From eye witness reports of a previous storm (thank you Maria) apparently deciduous trees fall over in high storms but fir trees break off part way up the trunk spiral up and then come down- bit more like a more deadly version of Mary Poppins' umbrella. Given it is tricky to read a map when under a tree, probably best that the event was postponed given the winds at the time. Then we had Wimpole Park-O which was very windy again where we relied on the mobile WAOC support vehicle (aka Stephen B's camper van) and inspired lashing of the tent before another windy one at the well attended YBT qualifier at Rowney in March.

And then.....well, you all know what- a temporary interregnum before WAOC managed to re-start events with Peter Woods doing a sterling job of creating suitable Covid signage and instructions to ensure everything ran in a safe manner. Our September event at Ampthill took place in glorious weather and it was great to relax on the grass and catch up with so many

orienteering friends after so long without any orienteering. A rather wet event at Cambourne followed in October with another two Park-Os before Covid stopped play again. One great problem at present is getting permissions to use areas, which is why the forests are out of bounds for the time being, but we have been very lucky with our local councils and other land owners. Stephen Borrill as the committee member responsible for our Permanent orienteering courses (POCs) has been doing a fantastic job of updating these during lockdown and getting maps onto BOs online portal so that we can use the POCs even if everything is shut. As his reward (!?), Stephen is now on the BO steering committee for POCs. Stephen has also written a fantastic program for Park-O to allow entrants to pre-register and ensure allocation of spaced-apart time blocks.

MapRun has been providing entertainment for increasing numbers of orienteers over this year with courses accessible via a mobile phone. I'll confess I haven't quite been brave enough to have a go as yet but Stephen's article in the next edition of Jabberwaoc should make all clear and hopefully encourage you to give it a go. Several members have been creating new courses for this and if you fancy creating a MapRun course, do let Stephen know and he'll give you a few top tips about the best siting of start and finish and so on.

One orienteering related activity I have enjoyed during the darkest days of lockdown has been the courses on Running Wild, see <http://3drerun.worldofoc.com/2d/runningwild.php> where I've had a go at quite a few courses in foreign lands without all the hassle of a plane flight or indeed quarantine. The one I enjoyed most was the Machu Picchu course, particularly as I could 'leap' over high walls without twisting my ankle! And of course now it's December, we can do the worldofoc.com Route to Christmas challenge each day— just like an orienteering advent calendar although sadly without any chocolate... For those of you who haven't heard of it before, you draw what you think is the best route between two controls (in very complex terrain usually) and then compare with what the elites actually did at the time.

Well I hope you all have a relaxing and enjoyable Christmas, and here is to a rather better 2021. As always, a big thank you to all the WAOC planners, controllers, organisers, coaches and helpers who have made sure events and training have taken place under rather tricky circumstances.

Christmas wishes to you all

Helen

Captain's Corner - Janet Cronk

Seasons greetings to all WAOC members ! Hopefully we can all look forward to getting back to competitive orienteering in the New Year.

Bad news first - I am afraid that there is no Compass Sport Competition in 2021. It has been agreed that the 2020 Final will be run in October 2021 with the full competition being planned to recommence in 2022. (See photo of Dil Wetherill below, storming down the run-in at the Compass Sport Trophy final last year)

Secondly, some good news - the Yvette Baker Competition for Junior Orienteers **is** due to take place in 2021. So, please would all WAOC parents put **Sunday 21 March in your diaries**; being the date of the qualifying heat. The event is being organised by NOR at Whinney Hills near Norwich.

Although the 2021 JK has been cancelled other events further afield to consider are as follows:

- a) Sunday 7 February - Southern Championships in Ashdown Forest.
- b) Saturday 20 February - British Night Championships - Cleeve Hill, Gloucester.
- c) Sunday 28 February - East Midland Championships - Stanton Moor
- d) Saturday 6 March - British Long Championship - Nr. Haselmere, Hampshire
- e) Sunday 7 March - British Relay Championships - Nr. Haselmere, Hampshire
- f) Saturday 19th June - British Sprint Relays - Skelmersdale
- g) Sunday 20th June - British Sprint Championships - Skelmersdale

Entries are not open yet so I will try and post a notice on our own WAOC website as soon as any further details are available.



Running for WAOC in the relays is very much encouraged and great fun, whatever your age or experience. Part of my job as captain is to make the entries for the WAOC relay teams made up of those WAOC members who have travelled to take part in the individual Championship events. If you enter either of the British Championship events next year, please also consider making a full weekend of orienteering by taking part in the relays as well.

And finally - huge congratulations to Alex Wetherill who has recently been selected to train with the newly formed UK Junior Talent Squad South. There are now 3 UK Talent Squads; South, North and Scotland. Alex is due to attend his first training session with Squad South, the weekend before Christmas. We are

delighted to hear of his selection and look forward to further updates of his progress and maybe a Jabberwaoc article giving some further insight into life as a member of Junior Talent Squad South !?

Janet Cronk
WAOC Captain

maprun.uk

Maprun is an app that may be downloaded to your mobile phone or Garmin watch enabling you to run an orienteering event. The app will show you a map on your screen with the course marked on it and will record your track and visits to the controls as you navigate the course.

Stephen Borrill has built the website maprun.uk with more details about Maprun, for those who are new to it, and an interactive map making it easy to find courses across large parts of England and access the full details (including printable maps where available).

 **Training over this jolly careful Christmas break** 
Helen Bickle



MapRuns - plenty to choose from at www.waoc.maprun.uk



Introduce orienteering to a friend or relative.

With no meeting indoors in our tier 2, why not combine a catch up with walking or running a permanent orienteering course

[WAOC's](#) permanent courses:

<https://www.waoc.org.uk/archive/permanent-orienteering-courses>

Further afield permanent courses:

<https://www.britishorienteering.org.uk/index.php?pg=pocs>



Quiet half an hour or so, try arm chair orienteering:

Quizzes (tired eyes from too much screen time, then print a few out)

https://www.britishorienteering.org.uk/Get_Active (scroll half way down the page)

<https://www.scottish-orienteering.org/resources/puzzles-and-challenges/>

Online orienteering games:

List of games <https://betterorienteering.org/games/>

Professionalised version Google Street View orienteering: <https://game.o-club.net/>

Enjoyed your half an hour of virtual orienteering? Then you might like to try the Orienteering Unlocked Competition from 23rd to 29th December 2020. See

<https://orienteeringunlocked.com/>



Spring Training



A new training activity will be organised each week during the university term, Tuesday 19th January to Friday 19th March 2020, and we will design the training to meet any current government legislation.

The training areas will most likely be within 3 miles of Cambridge, and to be a mix of urban and park areas. If allowed, the training will be held on Wednesday evenings, or alternatively it will be individual any time training using MapRun or with maps & relevant instructions emailed out.

Look out for the training emails.

To be signed up to the training email list, email training@waoc.org.uk.

Junior training



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

WCOC Godworth and Gavel – Kate Jarrett

During October Half-Term me and my family went to the lake district. We stayed in a B&B, and on the second day, me and my mum went orienteering. It was an amazing course; but there was a very long walk to the start! To be fair, they did make it that way so that most of the running was down-hill.

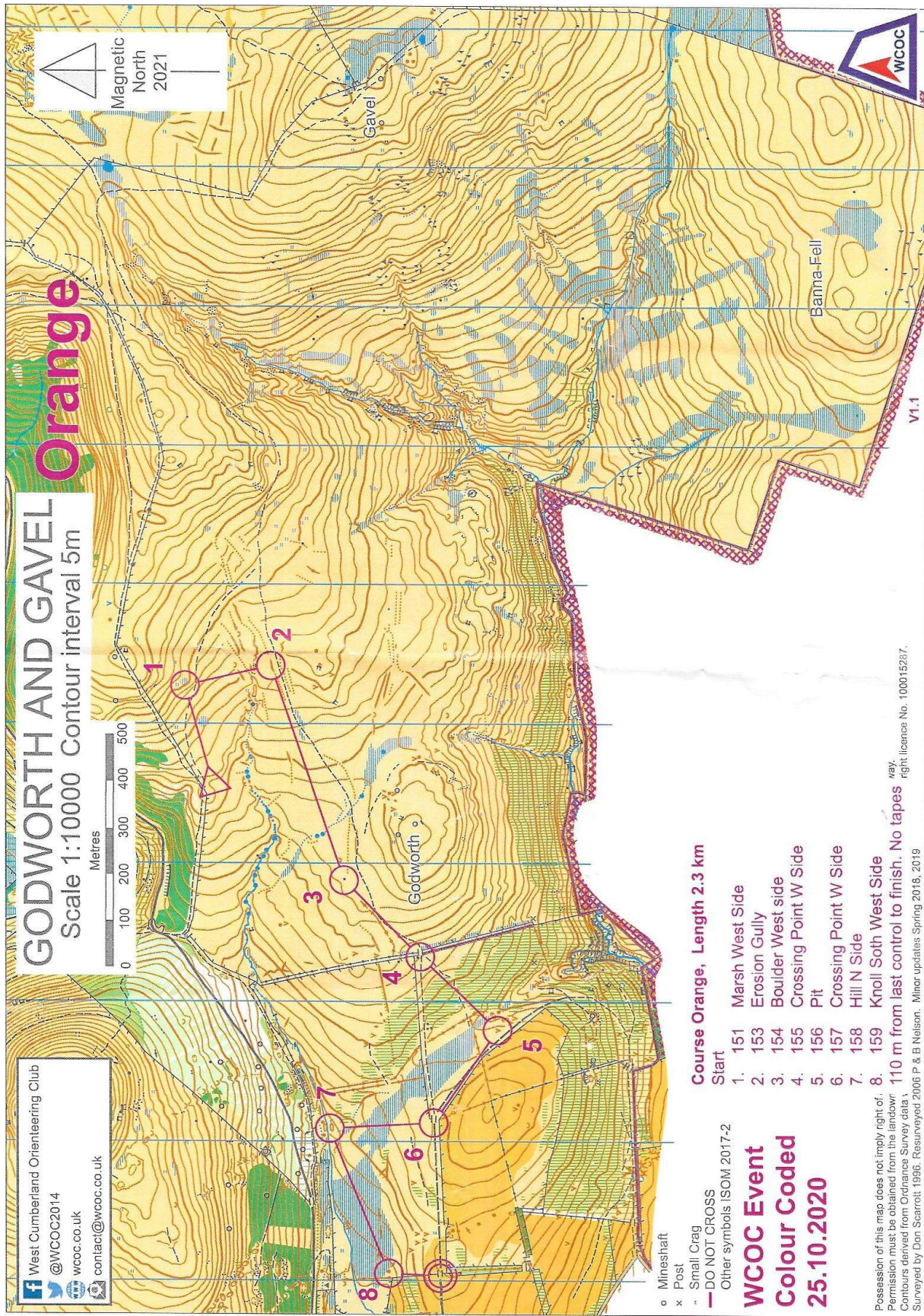
Once we were at the start, we found that we could identify the marshes quite easily, so No.1 was easy to get to. It was great coming down off of No.1, as it was downhill, and was very springy (despite all of the water!) underfoot! Once we had come to the bottom of the downhill bit, there was a steep sided stream that we had to cross. My mum went down, over the water and up the other side whereas I found a narrow patch and jumped over it.

We followed the path out of No.2 and then we came to a stream, my Mum tried to jump over it without getting her feet wet but failed and landed in the water! I cleared it quite well. I then followed the gully to the boulder but my Mum went along the path along the path until she was adjacent to the boulder and then cut across.

No. 3 to No.4 was straightforward but No.4 to No.5 less so. We followed the path quite well until we got to the edge of the marsh. I tried going through the marsh several times but each time I would fall over and get bounced back again. Eventually we found it.

For No.6 to No.7 we cut across where the marsh was thinnest and then had to stumble around a patch of gorse to get to the control. Luckily we both had SIAC dibbers on. From No.7 once we'd cut across the marsh we could see the mound the control was on quite easily. No.8 to the finish was quite challenging as it was a steep uphill. My Mum went on ahead of me and waited at the top cheering me on.

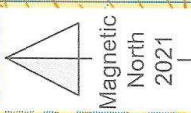
It was very enjoyable and I can't wait to do another course in the lake district.



GODWORTH AND GAVEL

Scale 1:10000 Contour interval 5m

West Cumberland Orienteering Club
 @WCOC2014
 wcoc.co.uk
 contact@wcoc.co.uk



- o Mineshaft
- x Post
- Small Crag
- DO NOT CROSS
- Other symbols ISOM 2017-2

WCOC Event
Colour Coded
25.10.2020

Course Orange, Length 2.3 km

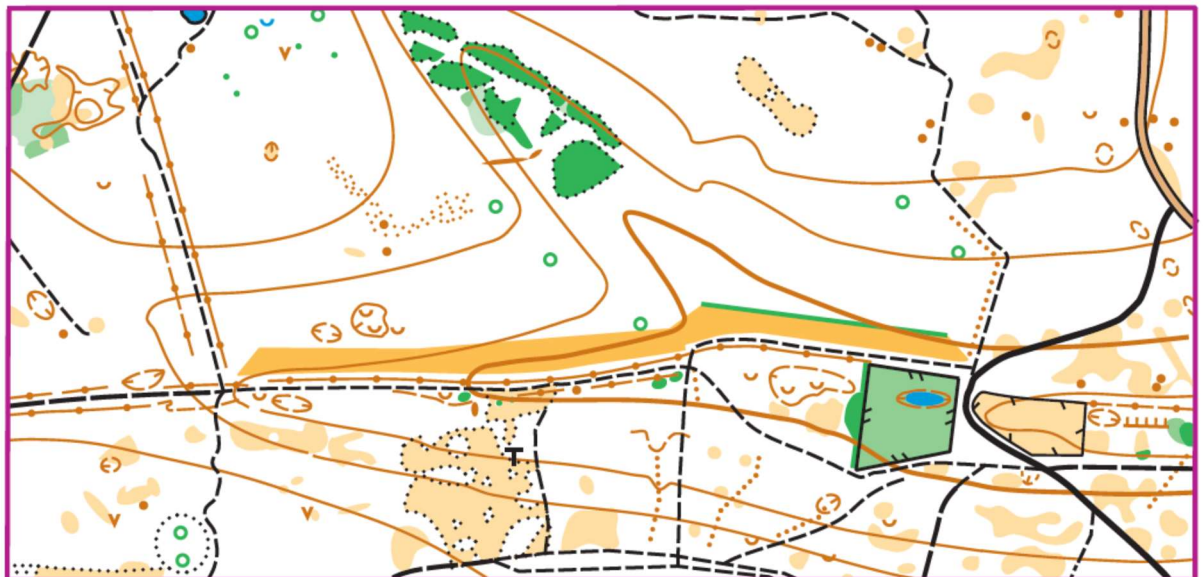
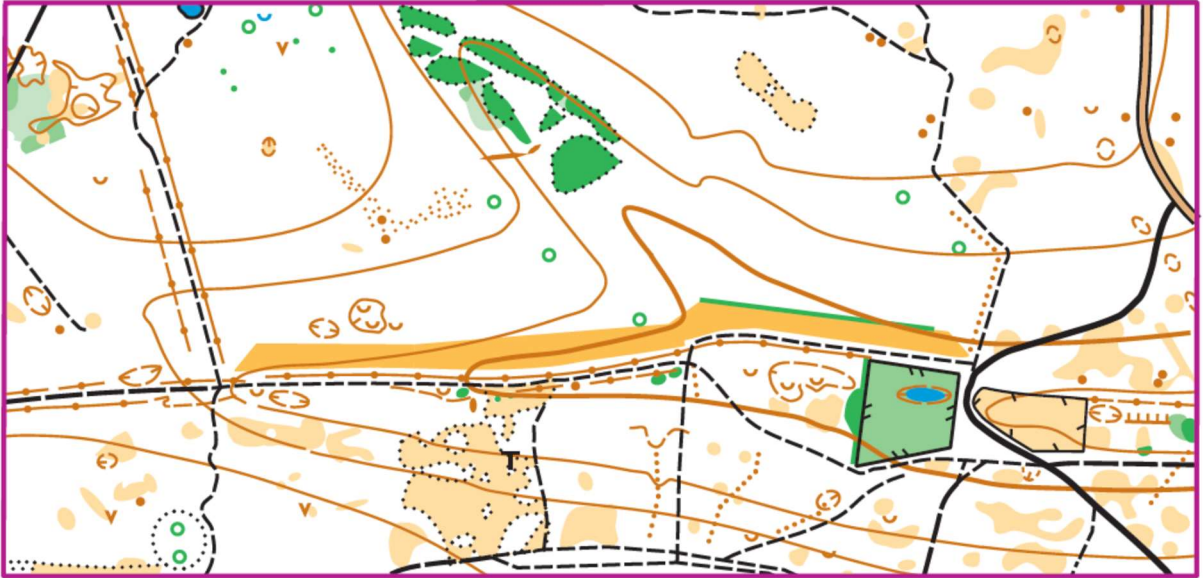
- Start
1. 151 Marsh West Side
 2. 153 Erosion Gully
 3. 154 Boulder West side
 4. 155 Crossing Point W Side
 5. 156 Pit
 6. 157 Crossing Point W Side
 7. 158 Hill N Side
 8. 159 Knoll South West Side

110 m from last control to finish. No tapes way. right licence No. 100015287.
 Possession of this map does not imply right of. Permission must be obtained from the landowner. Contours derived from Ordnance Survey data. Surveyed by Don Searrott. 1996. Resurveyed 2006 P & B Nelson. Minor updates Spring 2018, 2019.

V1.1

Spot the difference – Bruce Marshall

To improve your resting map reading skills here is a chance to do some training. Spot the 10 differences between these two maps.



Orienteering Maps – Caroline Louth

Maps are fundamental to Orienteering. How much do you know about them?

Maps are drawn to specifications agreed by the International Orienteering Federation. I spent much of the first lockdown converting WAOC Forest Maps to the revised International Specification for Orienteering Maps (ISOM 2017-2). This has standard symbol sizes for 1:15,000 maps with a requirement that 1:10,000 maps use the same symbols blown up to 150%. It also requires that North Lines are 30mm apart on 1:10k maps which equates to 300m on the ground. North Lines are always aligned to Magnetic North and are normally parallel to the paper edge unless the area is a very difficult shape such as Priory Park, Bedford. Text, Control Descriptions, etc. must still be aligned with the North Lines.

Many WAOC maps were originally drawn many years ago with numerous updates by many people since then. Today mappers use Ordnance Survey mapping as a base and refer to aerial photographs that may not have been available originally. LIDAR (Light Detection and Ranging) height data is also now freely available for much (but not all) of Great Britain. 50 years ago Magnetic North was around 8° whilst it is now less than 2°. MN is different in different places. With the advent of GPS trackers, having maps Geo-referenced is appreciated by both mappers and competitors.

As part of my conversion I have been adding Geo-referencing and updating the Magnetic North rotation. You will now see the Magnetic North angle specified on each map so that future mappers know what angle to rotate from. Some of the maps have needed rubber-sheeting to bring them into line with OS mapping. Meanwhile Therfield Heath, Hinchingsbrooke Country Park and Ampthill maps have needed to be completely redrawn as they were so distorted. Therfield Heath is complete, Hinchingsbrooke CP in progress and Ampthill still to do. I am also extending the Hinchingsbrooke map to include the new neighbouring housing estate and stitching back on the older housing estate and Hinchingsbrooke School parts of the map.

Looking back at old copies of maps, I found that some maps previously covered larger areas. Thanks to Bruce Marshall, Graham Louth and Philip Halford (SUFFOC) for finding old electronic copies of maps which I was able to cut and paste onto the latest maps. Going forward, please make updates only to the full (master) map. You can then make a partial map of the area you require for a particular event.

Whilst most of the conversions were a desktop exercise, each map threw up queries which necessitated a site visit once lockdown was eased. Did a footbridge in Maulden really run along a stream rather than across it? (No.) Which way was up when a form line had tags on both sides? Was that piece of cliff symbol actually a track? (Yes.)

Meanwhile Urban Maps have their own Sprint Map specification and I am now in the process of converting WAOC Urban Maps to ISSprOM 2019 starting with Huntingdon which is conveniently close to Hinchingsbrooke CP. There are also British Orienteering specifications for School Maps at various scales.

Caroline Louth

British Orienteering Accredited Mapper

Events

It hasn't proved possible to publish a full events list this time as the situation is changing so rapidly due to the Covid-19 pandemic. A full list of events is available on the British Orienteering web site. Most events are now pre-entry via either fabian4.co.uk or sientries.co.uk

Always check www.britishorienteering.org.uk before travelling.

Park-O

At the time of going to press (and subject to change due to Covid-19 restrictions) the Park-O events planned for 2021 are as follows:

16.01.2021	Wandlebury
27.02.2021	Therfield
20.03.2021	Coldhams Common
24.04.2021	Lammas Land and Coe Fen
15.05.2021	Cherry Hinton Hall Park
26.06.2021	Hinchingbrooke

You must pre-register to take part in these events, which you need to do at WAOC entries at entry.uk

Spot the difference - Solution

