



West Anglian
Orienteering Club



JABBERWAOC

Vol.50 No 1

February 2022



Photo: Chris Gay

Maps and photos are in colour on website.

Editorial:

Welcome to the latest edition of Jabberwaoc. WAOC members have been very busy over the last few months and, as well as all our usual features, we have reports from as far afield as Kent and the Cairngorms. I hope you enjoy reading it.

Emma Jarrett

2021 WAOC Committee

Chair:	Helen Hague chair@waoc.org.uk	Secretary:	Jenny Hunt secretary@waoc.org.uk
Treasurer:	Richard Kerswell treasurer@waoc.org.uk	Captain:	Janet Cronk captain@waoc.org.uk
Junior Captain:	Alex Wetherill juniorkaptain@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 19 new members – Hazel Bickle

Ailsa Rankin, Richard Martin, Fred Woodman, Susanna Strandell, Christopher and Eddie Rabey; all from Cambridge
Thomas, Emily, Nina and Alice Mitchell in Great Shelford
Jared Dalby in Impington,
Hannah Sheen and Mark Richer in Thriplow.
Welcome back to Jane Murphy, George and Imogen Hunter in Cambridge,
Peter, Alexander and Henry Helme in Meldreth.

We hope you will all enjoy Orienteering with us.

Renew your Membership for 2022:

Thank you to all 129 WAOC members, who have renewed their membership for this year.

Now is the time for the remaining 60 valued 2021 WAOC members to renew in order to gain event discount and especially for you to count for the WAOC Team Events.

Has anyone mentioned the Compass Sport Cup Qualifier??? You will find that if you apply for an event via Fabian4 and have not renewed, the site will tell you.

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

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 2022.

Hazel Bickle, (WAOC Membership Secretary)

British Orienteering Awards – Ian Smith

Congratulations to everyone who has received an award, keep up the good work.

Some people have received more than one BOF Award since the last JabberWAOC, since the list is quite long only your latest most advanced awards have been listed.

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

Colour Coded badges

Richard Powell	Blue
Kate Jarrett	Orange
Alistair Fu	Light Green
Andre Fu	Orange

BOF Awards

Hebe Darwin	Racing Challenge	Gold	TD5
Erik Biernacki-Jablonski	Racing Challenge	Gold	TD3
Hana Biernacka	Racing Challenge	Silver	TD5
Jonathan Ward	Racing Challenge	Bronze	TD5
Kate Jarrett	Navigation Challenge		TD4
Katy Hinshelwood	Navigation Challenge		TD3
Alys Powell	Navigation Challenge		TD3
Kate Jarrett	Racing Challenge	Bronze	TD4
Johanna Powell	Racing Challenge	Bronze	TD5
Isabelle Reavell	Racing Challenge	Silver	TD2
William Reavell	Racing Challenge	Silver	TD3
Betsan Powell	Navigation Challenge		TD2
Alys Powell	Racing Challenge	Bronze	TD3
	Navigation Challenge		TD3
Johanna Powell	Racing Challenge	Bronze	TD4
	Navigation Challenge		TD4
Alistair Fu	Racing Challenge	Silver	TD4
Andre Fu	Racing Challenge	Silver	TD3
	Navigation Challenge		TD3
Addy Fu	Racing Challenge	Bronze	TD3
	Navigation Challenge		TD3

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

Chair's Chat - Helen Hague

Well, a belated Happy New Year to you all- here's looking forward to a great 2022 of orienteering. This year marks the start of WAOC's 50th year of existence- slightly odd to calculate as the inauguration of the club and first meeting was 50 years ago this year but the first event was 50 years ago next January in 2023...so perhaps we should view the club as being queen-like and having two birthdays...? Anyway, in honour of this milestone Bob Hill, our permissions secretary (a very important job without which no events would happen!) is authoring a WAOC history with delights and delectations from over the years which we intend to publish for us all to peruse. He has been in touch with many long-standing members for their stories of interest and if you have anything interesting to say about the club history which hasn't been relayed to Bob already, then please do get in touch.

As part of the celebrations, and I'm really looking forward to this, we'll be having a 50th celebration event on 17th January 2023 at Maulden Woods with, and here's the exciting bit, the added twist of running on the historic map. Mapping style and detail has changed much over the years so we should notice quite a change in what has been mapped and how it is shown. Of course the vegetation is likely to have changed quite a bit, probably both in density and location (!) so this should add an extra frisson to finding the controls when using the old map.

Meanwhile we have the CompassSport qualifier on 13th February 2022 at North Mildenhall for which we have over 60 members entered, our colour-coded/Park-O event at Therfield on 26th February and our Salcey event combined with the British Middles on the weekend of 5th March 2022. The downside to so much orienteering fun is that we have a lot of helper responsibilities all at once, so please do bear with the club officials when they ask you to help yet again... To all of you who help at our events, thanks as always as without you, none of our events could take place. Everything should calm down after early March, although we will be having a Zoom AGM on 23rd March 2022 as that seemed to work well last year but more details of this will be provided nearer the time. May your forest be full of linear features to take you straight to the control!

Captain's Corner - Janet Cronk

November to January 2022

I am very pleased to report that 2022 has started well with an excellent turnout of WAOC members travelling up to Sherwood Pines for the Midland Championships on Sunday 30 January. Many congratulations to the WAOC Midland Champions of 2022 who are:

Alex Wetherill	M20
Erik Biernacki-Jablonski	M12
Emma Jarrett	W40
Alys Powell	W10

The next event for club members is the **Compass Sport Trophy** qualifying heat at Mildenhall on 13 February. At the point of writing it is looking like we will have a record 61 competitive entries so many thanks to all have entered and I look forward to seeing you on the day.

The presentation of the momentos to those who have won their class in the **2021 East Anglian League** will take place at Mildenhall. The winners were as follows:

W12	Kate Jarrett	M10	Erik Biernacki-Jablonski
W45	Emma Jarrett	M12	Chun Ho Andre Fu
W50	Helen Hague	M14	Chun Yan Alistair Fu
W60	Janet Cronk	M35	Alex Markham
W65	Sue Hartley	M40	Maciej Jablonski
W70	Hazel Bickle	M50	Stephen Borrill
		M55	Dil Wetherill
		M70	Michael Bickle
		M75	John Harris

For the record, the winners of the **2021 East Anglian Urban League** were:

Junior Women -	Jemina Borrill
Veteran Women -	Camilla Darwin
Super Veteran Women-	Janet Cronk
Ultra Veteran Women -	Sue Hartley
Young Junior Men -	Chun Ho Andre Fu
Junior Men -	Chun Yan Alaister Fu
Veteran Men-	Stephen Borrill
Super Veteran Men-	Dil Wetherill

The Yvette Baker Competition for Junior Orienteers

Please would all WAOC parents put Sunday 20 March in your diaries; being the date of the qualifying heat. The event is being organised by NOR at Sandringham. As soon as more details are available on the NOR website, we will put the event on the WAOC website with a link.

Relays

Please would all WAOC members who are entered for both the British Long Championships on 26 March 2022 and the JK (Easter Weekend) consider whether you would like take part in either or both of the relay competitions? If you have not entered either competition yet and you are planning to go, please do so as soon as possible. I will contact all those entered directly as all entries for all Relay Competitions have to be made by Club Captains.

Janet Cronk
WAOC Captain

Congratulations to the WAGAL 2021 Winners:

Junior Men: Chun Yu Alistair Fu	Junior Women: Sophie Kerswell
Senior Men: Tom Beskeen	Senior Women: Jenny Hunt
Veteran Men: Stephen Borrill	Veteran Women: Camilla Darwin
Super Veteran Men: Mike Bickle	Super Veteran Women: Janet Cronk



2021-2022 MapRun League:

Choose between either a 6km (straight line – actual say 7-8km) or a 3km (straight line – actual say 3.5-4km).

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

Date	Location	Near
Wed 6th Oct	Royston	Royston
Wed 3rd Nov	West Cambridge Site	Cambridge
Wed 26th Jan	Trumpington Meadows	Cambridge
Wed 9th Feb	Jesus Green and Northern Streets	Cambridge
Wed 2nd Mar	Trumpington East	Cambridge
Wed 27th Apr	St Neots	St Neots

Costs:

Wednesday evenings: WAOC/CUOC members: £3 senior; £2 students

Non-members: £4 senior; £2 students

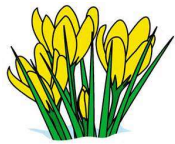
Cost of any time: £3 (Email go@oentry.uk to enter. You will be sent a SumUp link and once you have paid, you will be emailed a copy of the map and a pin for the MapRun course. Please do allow as some time for the map to be sent to you).

Prizes: Fastest man and women on each of the 6k and 3 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.

Check the website before each session for more information or ask to join the new training email list as below.

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



Wednesday Spring and Summer Training Nights – Helen Bickle



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

Date	Location
Wed 16th Feb	Churchill College
Wed 23rd Feb	Cambridge East
Wed 9th Mar	North Cambridge
Wed 16th Mar	Burrells Field
Wed 4th May	Wandlebury
Wed 18th May	Epping North (Quad Club Event – 6k Blue, 4k Green + 2k Yellow)
Wed 1st June	TBC
Wed 15th June	PuntO (A mix of Punting and Orienteering)

* Subject to permissions and if covid rules relaxation plans change, training arrangements (start times, locations etc) may change at relatively short notice so please do check the website before setting out.

Timings: Please aim to arrive at 6.30 p.m. & be ready to start at 6.45 p.m.

Costs: Free (except for the Epping Quad Event and the PuntO)

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

Head torches, dibbers and compasses are available to be borrowed.

Baseplate compass users

How do you hold your compass? Please do not run with a compass on a string around your neck or allow your child to! Even on an urban or white course you could find yourself running through trees. Stretch the string out to its full length so that the two strands of string are next to each other and wrap around your wrist and feed the compass between the two pieces of string to make a bracelet.



The compass will be easy to hold and much easier to use.

New Training and MapRun email list:

To match WAOC's main email group, the training email list has moved to groups.io. This is an invited list so if you would like an invite to join the list please email waoc-training+owner@groups.io

Training tip

Have you ever considered running a course without your compass? Or accidentally been forced to?

On White and Yellow runners do not actually need a compass. Use features about you to orientate your map. Look around and match what you see to the map. Yes learning to use a compass will be useful for pointing you in the right direction and moving up the courses, but learning map colours and symbols are equally important.

Longer courses: Not a tip to use at a big event such as the Compass Sport Qualifier but if you choose a smaller event, this will add an extra challenge and could improve your fine orienteering. This will focus the mind on paying attention to the terrain and the subtle changes. Can you see where there is a gap in the trees ahead showing you where the clearing is, can you tell which are the distinctive trees, can you see the vegetation change pointing out the marsh and can you read all the subtle contour details so you know exactly where you are on the slope?

Anne Braggins 27/01/1937 – 27/11/2021

Anne was best known within the orienteering community for her achievements as the 'Mother of TrailO', being a key figure in getting the discipline established both in Britain and internationally. She was Chair of the British Orienteering Federation 1989-1992. Closer to home she was an early chair of WAOC, during which time she held informal summer social events in her own (mapped) garden.

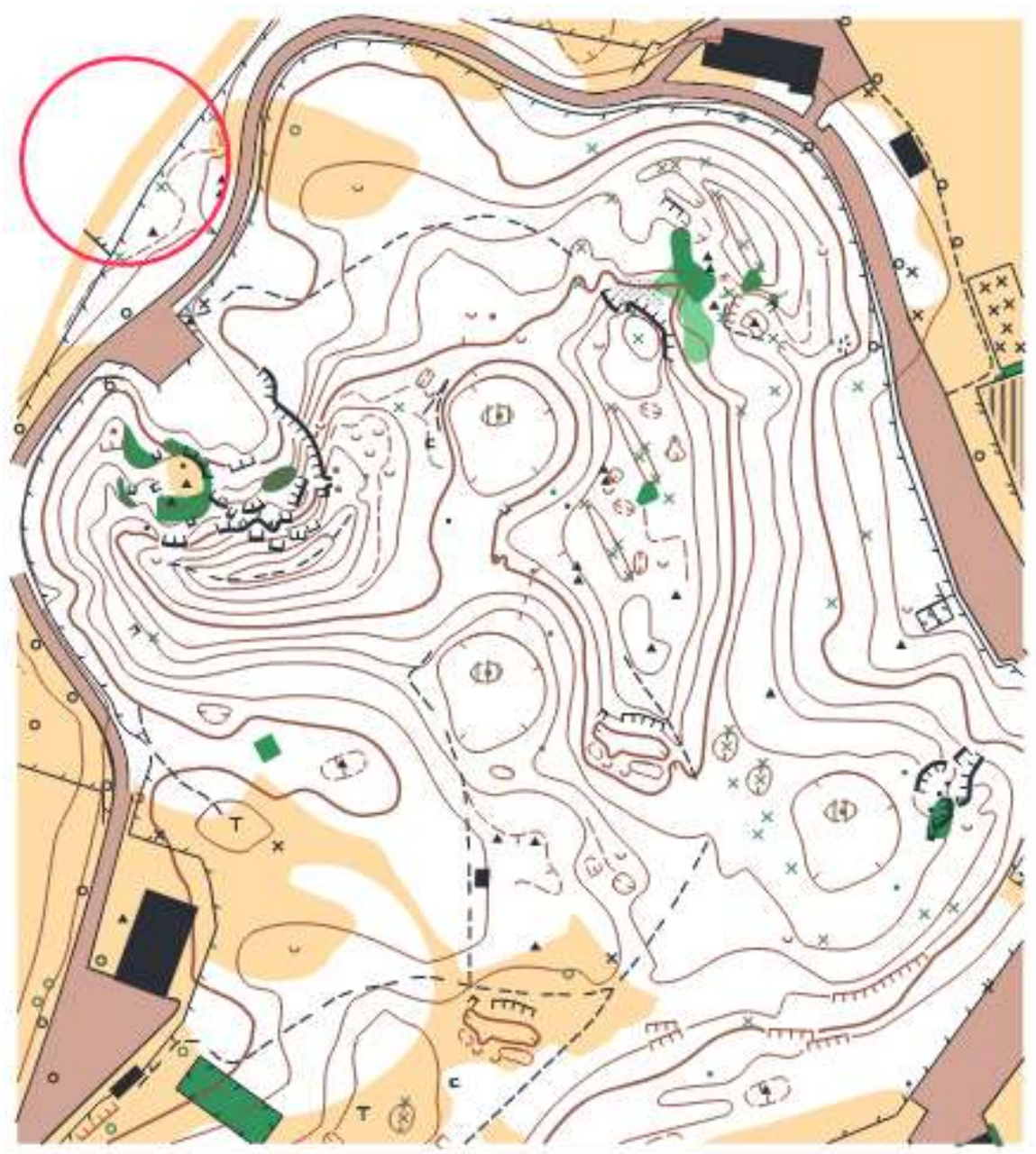
Anne has been described as a peerless organiser and a great communicator and our condolences go to her family and friends.

Detailed obituaries can be found at <https://www.britishorienteering.org.uk/news/5800> and <https://orienteering.sport/anne-braggins-rip/>

Identical Areas – Bruce Marshall

There is a red circle in the top left of the map. There are two circular areas to find on the map. The areas have the same size as the red circle and the detail inside each is identical (to each other, but not to the red circle) including alignment to North.

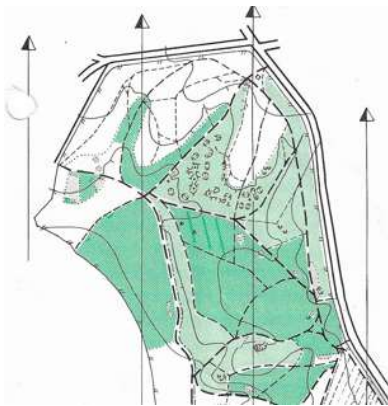
Good luck.



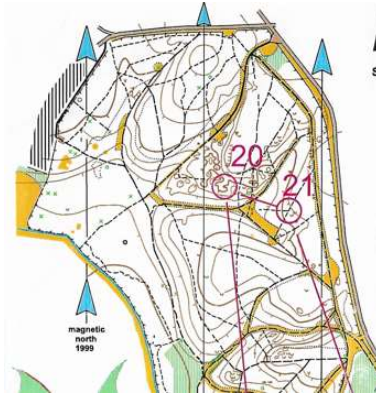
WAOC History – Bob Hill

I am currently researching the history of WAOC from the early days to the current day. I have managed to source a full set of JabberWaoc which was first published in 1976 and in slow time I hope to scan and put on the WAOC website.

I do have a lot of the maps and they show how mapping and the woods have changed over the last 50 years. Here are some changes to Rowney Warren



1978



1999



2020

Thinking about those early days one needs to realise how different and primitive Orienteering was compared to now: -

Maps OS black & white scale usually 1:20000 with little update so usually not very accurate.

Master maps used and runners had to copy their course on an OS provided paper copy after being started. Description sheets nonexistent and copied from master map.

Control Card supplied at registration with boxes so a stamp could be imprinted on the card using a John Bull type stamp you had to lick it if it got dry. Pin punches came much later.

Manned controls to stop controls being taken out of order.

At finish an official noted your time which was added to the card later at the finish tent.

Results published weeks later via a preaddressed envelope left with the organiser

I would like to hear from WAOC any members or past members who have any memories of competing or organising events over the last 50 years.

If anyone has any information, they would like to share they can send to me at

fixtures@waoc.org.uk or we can meet at an orienteering event.

A report on the UK Orienteering League 2021 – Richard Powell

Despite the delays and cancellations early in the first half of the year, the UK Orienteering League (UKOL) 2021 was able to hold 16 events across the country, covering the usual range of disciplines of 'Classic', Middle, Night, Sprint and Urban. The league was finally able to commence in the Lake District on a wonderful June weekend with the British Middles (LOC) at Summerhouse Knott and the Northern Championships (MDOC) at High Dam. The league concluded with the Southern Championships (MV) held at South Ashdown Forest on 12 December.



Other UKOL highlights in 2021 were the British Night O Championships on Cleeve Hill (NGOC), below freezing, covered in snow, in the aftermath of Storm Arwen; new town housing estates in Skelmersdale at the British Sprints; and searching for Scottish boulders amongst intricate contours in higher-than-head-high bracken and torrential rain.

There is both an individual and club league. Scoring for the UKOL is by age class (only for Long or A classes), with 50 points for first place, 49 for second place, continuing until 1 point for 50th place. A competitor's best 8 results of the 16 events counted this year. The total points of fifteen orienteers count towards the club score, with further rules on the spread across the age classes. The UKOL is administered by Martin Ward (SYO).

The individual league 2021 was won overall by Kirsten Strain (W35, AROS) with a perfect score of 400 points, with John Thompson (M85, TVOC) and Jenny Thompson (W80, TVOC) equal second on 399 points. In the overall rankings, WAOC's highest placed orienteers were Richard Powell (M45, 318 points) in 98th position, with Dil Wetherill (M55, 292) in 132nd, and Kathleen Haynes (W60, 271) in 181st.

Notable performances by WAOC members who finished in the top twenty of their respective age classes were: Richard Powell, 4th in M45; Dil Wetherill, 8th in M55; Alex Wetherill, 10th in M18; Kathleen Haynes, 12th in W60; Peter Haynes, 17th in M60; and Helen Bickle, 19th in W35.

The club league was won by BOK with 4837 points, ahead of SYO (4539) and SN (4358). As some of the larger clubs, including WAOC, were able to field B teams, there were 110 teams/clubs in the rankings.



Day 1 of Scottish 6 Days,
Ardchattan, 1 August 2021

WAOC were the 21st (2779 points) 'team' overall, placing as first from the EAOA region. WAOC (B) were 69th (1258 points). To complete the regional picture, SUFFOC were 45th (1689), pipping NOR in 46th (1670), with SOS in 56th (1484), SMOC in 64th (1354), RAFO in 80th (690), DRONGO in 81st (688), HAVOC in 83rd (654), and CUOC in 92nd (433).

Our club placings seem a decent result given the uncertainty and geographical spread of the events this year. The Autumn in Anglia events in early October (WAOC's Bush Heath and SUFFOC's Bury St. Edmunds Urban) were the closest for us, and helped contribute significantly to WAOC's overall total. Unfortunately, due to the delays and rescheduling of so many events last year, particularly in the earlier months, some of the later UKOL events clashed with events in the regional EAL.

The fifteen scorers for WAOC in the club league were: Sue Woods (W60), Dil Wetherill (M55), Alex Wetherill (M18), Richard Powell (M45), Maciej Jablonski (M40), Steve Hinshelwood (M55), Peter Haynes (M60), Kathleen Haynes (W60), Sue Hartley (W65), Chun Yan Alistair Fu (M14), Chun Ho Andre Fu (M12), Camilla Darwin (W50), Janet Cronk (W60), Brian Cowe (M45), and Mike Capper (M65).

The fifteen scorers for WAOC (B) in the club league were: Chris Rampton (M55), Alexander Moore (M21), Caroline Louth (W60), Kez Latham (W50), Katy Hinshelwood (W16), Andrew Henderson (M55), Stuart Hatfield (M40), Helen Hague (W50), Alex Darwin (M12), David Cronk (M60), Stephen Borrill (M50), Hanna Biernacka (W45), Michael Bickle (M70), Helen Bickle (W35), and Hazel Bickle (W70).

The UKOL 2022 has already begun at EUOC's 'Big Weekend' in Edinburgh earlier in January. There are 26 events scheduled, and the best 8 will count. Highlights closer to home to look out for include the Midlands Championships at Sherwood Forest (NOC) at the end of January, and our British Middles Weekend (WAOC/EAOA) on 5/6 March at Salcey Forest and Rushmere.



Complete scoring rules, details and results for 2021 are still available here <https://www.ukorienteeringleague.org.uk/>, where the full schedule for 2022 can also be found.

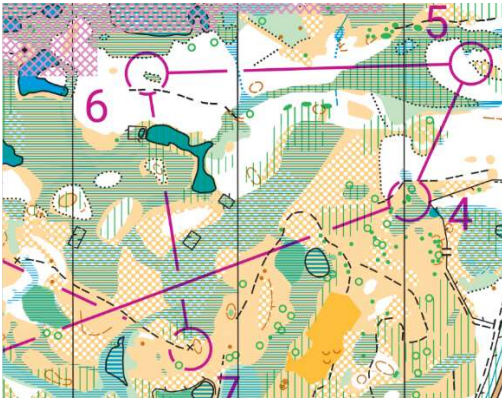
November Classic, Milkham,
Sluffers and Broomy Bottom,
7 November 2021

White Rose Weekend 2021 – Stephen Borrill

Readers of my previous articles may remember my fondness for the White Rose Weekend in North Yorkshire which is held over the August Bank Holiday weekend each year. After its inevitable cancellation in 2020, it was not certain that it would return in 2021 (even amongst EBOR members). Its possible location also changed periodically, perhaps because of the common problems with landowners granting permissions to their wide-open land because ‘you know, COVID’. However, it did go ahead and its final location was comparatively far south being in South York and its southern countryside towards Selby. An urban race around York on Sunday meant it wasn’t hard to convince Jemima to go. The Friday night score and Saturday forest event were a handful of miles from my brother’s and the whole thing was only around half an hour from my parents, so it really was a no-brainer. We didn’t even have to take advantage of the camping. Unfortunately some of the traditional events were not part of the schedule. The Saturday afternoon sprint was no more (but at least that removed the feeling of being in limbo between finishing the morning’s forest race and starting the sprint). Similarly, the Trail-O and Monday team event did not go ahead. This didn’t really detract as it was just nice to get back into a pared-down version of the original family-friendly multi-day orienteering festival.

Last time Jemima and I went, when it was in Scarborough, the Friday night score was not ideal. I’d sold it to her about there being controls on all the path junctions with plenty of opportunities to optionally dive off, so it was suitable for everyone. Unfortunately, on that occasion it was on top of hill with steep slopes on each side; the options for juniors were limited and the thing as a whole was very tiring. Luckily in 2021, Hollicarrs Wood was a perfect return to form. 30 controls spread throughout flat woodland, with a good path network and 30 minutes to find as many as possible worked very well. Jemima’s previous night orienteering experience was limited, but I was really impressed that she got stuck into it by herself without any complaints and having so many route options meant it was a great introduction. Having a mass start always adds excitement and I tore off leading a large pack through the first set of controls. Thanks to SIAC contactless punching this wasn’t a problem; in previous years, it was a scrum at each control. After a while, the pack separated out and after seeing co-runners making mistakes, it wasn’t long before I was alone which I find less distracting.

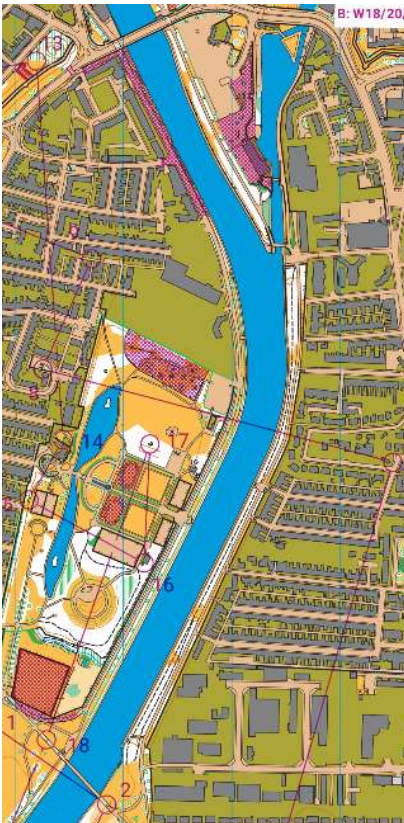
The map was split into roughly 3 sections along a main path with the start/finish being between two of the sections. With the clock ticking down and having got 20 controls of 30, I had to decide whether I had the time to get any more from the final third, as doing so would just take me further from the finish. I picked off one more and ended up finishing rather early in 27:26, knowing that actually I could have probably got another. I was heartened to see that even though Jemima initially claimed she’d be finishing early, the ‘can I just squeeze in another control’ fever hit her and she actually finished after me (but 7 seconds over time leading to a 5-point penalty – sprint to the finish, Jemima!). At download it started to unravel; the considerable queue just wasn’t moving even 20 minutes after finishing, so I went to investigate. The download team were having a meltdown as no downloads were working. I diagnosed the problems (no age classes were applied, and more seriously, it wasn’t set as a mass start. This meant everyone had the same allotted start time on the same course so every download was rejected as was my attempt to just set people’s age class), but by that stage it was so late, I could only suggest workarounds which would lead to considerable work afterwards (and lot of good luck). It was therefore pleasing to see the (mostly) full set of results come out a week later where it turned out I’d come 9th of 91 with 210 points.



Skipwith Marshes

Saturday's event at Skipwith Common was hard work (6.6km Blue for me). It mainly consists of rather featureless marsh land and it was very hot (at least in August, the marshes were mainly dry. Last time I did it on Boxing Day it was much more swampy). The lack of features led to a control on the longer courses being misplaced. This means that the legs around it got cancelled which was fine by me, as I'd spent a long time looking confused along with quite a few other people. The split times into that control varied hugely from around 2 minutes up to well over 20. Having my 15 minute error removed pushed me up to 21st of 92, but I can't say I particularly enjoyed it.

Sunday's urban in South York was set around Rowntree Park close to the racecourse which was holding a balloon festival. As it turned out, we didn't really see any balloons ourselves as they'd all gone off early, but there was still plenty to see in the park area including a giant centurion's helmet (which, of course, had a control in it).



The Long Slog

None of the courses were that long (my MV course was just 5.3km), but the longer courses all straddled the River Ouse which doesn't have that many crossings, so there were quite a lot of long legs particularly on the rather uninspiring eastern side of the river. In particular my leg 7 to 8 meant a long run to either the north or south bridge.

Later on, my course did take me onto the castle walls and Rowntree Park itself was intricate. We took my Mum (Jemima's grandma) along with us as she was curious about the whole thing. She attempted to take some action photos of us running into the finish on her phone, but just ended taking close-ups of her nose (which was clearly hilarious). She did admit that she'd learnt to appreciate the attractions of the sport and wouldn't be adverse to trying it herself. In October, I talked her into doing HALO's Scunthorpe Urban (which was around the area she grew up and the shopping precinct I got dragged around as a child. I must admit there was a certain amount of poetic justice dragging her around it 40 years later!). She also took part in EBOR's York University event over the Christmas period with me and Jemima, so even though she is now a W80 we possibly have a late convert on our hands.



I look forward to the White Rose Weekend 2022.

Lagganlia training camp diary – by Hebe Darwin

Saturday

Waking up at 5.30am was not fun, but it was worth it. There were planned engineering works on the East-coast main line, so Taylor and I were dropped at Milton Keynes. We waited anxiously for the train from London Euston. It was 15mins late. This was a problem, because we had a tight connection at Preston (7 minutes). Both trains were late, so we could have got the connection, except that it was full! Then, it stayed there for another 15mins because there was no guard. We waited 50mins for the next train to Edinburgh and got off at Haymarket. We waved to Dan and the WCOC and YHOAJ's juniors, to come down, because our next train was leaving soon. They told us to come up, and by the time we had told them the situation, the next train to Aviemore was pulling out of the station. The next trains were cancelled because someone was hit by a train further down the track, so we had to wait two hours in Haymarket with the others till we caught another train going to Aviemore. We were picked up from Aviemore by a minibus and taken to the Badaguish Centre where we met up with the people who arrived on other trains or drove there earlier. We then had tea and played games to get to know each other, with help from Roger Thetford.

Sunday

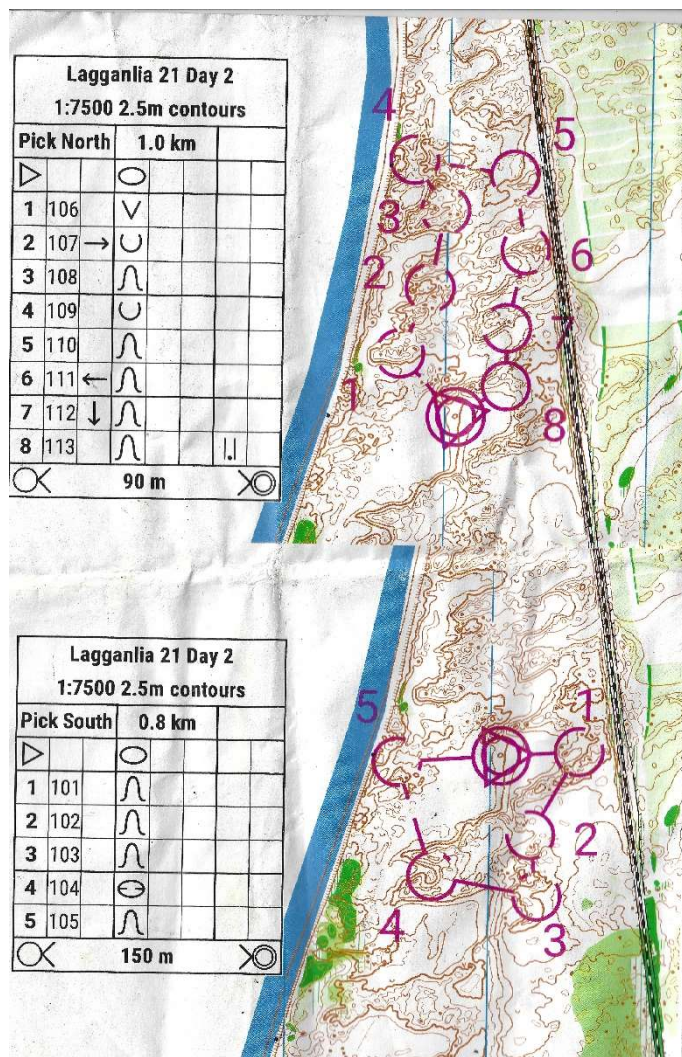
We woke up early, as Lyra had her duty of breakfast prep. After breakfast and standing outside (Tommy and Lyra set off the fire alarm with a piece of burnt toast), we lined up for a Lagganlia photo. We then had a briefing about what we would be doing, and went to Moor of Alvie for the first day of training. We focussed on bearings, compass-work and pacing – as we did most of the week. I went



around first with Nick, and got a bit lost as my bearings weren't very good. Then I did my pacing with 34 on path and 44 on terrain – very long strides for my height. Then I went around with Scarlett and we focussed on going exactly in a straight line, which by the end I did much better. I was using the bezel on a borrowed compass, which I will definitely use again. Finally, I went around with Don, the tour manager, and he told me to focus on looking up, as apparently I look at my feet or the compass, getting me to do splits - memorising the map, then doing it without it to maintain the flow between the controls. I have learnt a lot already. We then moved base to do a star relay: a relay comprising three in a team, with a cuddly toy. We came 5th, which I was happy about as it was only the first day. After coming back we had cake and showers. We then had a talk in our groups with our coaches about the day and some of the maps we brought with us of past areas. In the evening we had a talk by Leckie, Lead coach, about simplification of the map and contours. It was really interesting.

Monday

Last night, we stayed up till 11.30 talking, then woke up at 6.45, because we wanted to get up the earliest. It contributed to a tiring day. After breakfast, we had a briefing from Lecky in the food hall, and drew our sketch maps of Loch Vaa, which we were to run in a few hours. I used a lot of description for visualisation, and although we were meant to simplify it, I simplified it too much and didn't include what were to be important details. We got to Loch Vaa, and did a group warm up, of a ten min run and lots of drills run by Lecky. Next, we did 500m at our race pace, on track and terrain. On track, I got 2.21, but on terrain I got 3.35, because I lost track of the tapes and went too far right, so lost 20+seconds. This was to see how much quicker we were on track vs. terrain. (Track time/terrain time) the bigger it was, the faster you were on track vs. terrain, for route choice. We then moved up to a different location, and ran our sketch maps. I, like lots of other people got lost 2-3, but relocated via help and found Ellie, and we then jogged/walked to the finish. I then was shadowed by Lecky, and he showed me a newish technique, and I was just a bit below race pace by the end, but with really accurate bearings, I think. I mislaid two compasses, one of which we found quickly. We got back late, had a bit of cake and looked at tomorrow's map of Roseisle: wooded sand dunes. Then had a nice pesto pasta, talk by Katherine Bett, interviewing the junior coaches about different ways to contribute in O e.g. in upcoming events, talent squads, mapping, planning, coaching, and Sue Bett's favourite events. We then went to bed.



Tuesday

Today, we braved the 1.5hr drive to Roseisle, for an amazing day on terrain: wooded sand dunes. To start off, we went for a 10m warm up, and then I was shadowed around the pick north by Don, finding a control in the wrong place, and finding the navigation excellent. Then I went alone on another course, and got very lost, but found myself with help from Scarlett, then stormed round pick south, and to be honest found it quite easy. We then moved to across the railway to take part in the lines course, using bearings to try and follow a course and spot the number of controls. Then took part in a peg (tape) relay, for which I got 3 pieces of tape, and came joint 6th in the girls, all right.

Wednesday

Today was the 'rest day'. Actually, we did the knockout sprints, a new version of orienteering. I didn't run the first heats because I didn't need to and I didn't want to hurt my knee, but a few of us watched the runners at the butterfly loop control. We then went to Glenmore Lodge, to do the semi-finals and finals. As I didn't run the heats, I was put in Semi-final B, the lower one, although in reality, it was mostly the people in the running for a woods JK top 5. After a muck up at number 1, 3.5mins, I had a decent run, but that wasn't enough for me to qualify for the finals. The map scale was 1:1500 which made most of us mess up on the first leg. At the finals, Kristin, a GB orienteering sprinter did the start, and they set off. The boys and girls had the same course, but results totally different. The girls were mostly together with Lyra about 5m ahead, whereas the boys were very spread out. In the end; 3rd: Ellie and Lawrence, 2nd: Ruth and Ben, 1st: Lyra and Tommy. We then headed back to Badaguish, to complete the rings (see photo). Kate, Taylor, Austin and Yokub completed them. I just fell in on the first one, but most people got stuck in the end and had to jump in. After drying up, we spent an hour free time in Aviemore itself, and everyone went to the sweetshop and Tesco and mostly bought sweets, of course. Next we had a talk from Kristin, about her recent events, and sprint training. We had lots of fun dancing at a Ceilidh, followed by an eventful game of football against the National Biathlon Youth Team, and played a game of football, which we lost, 4-1. We were disadvantaged by a lack of headtorches... Probably our mistake at 10pm.



Thursday

Today was the last training day. In Culbin. To start off with, Dan and I walked round the line course, getting used to this terrain, and getting lost of course. Then, I walked/jogged around the Traffic Lights course, which I did perfectly, also being shadowed for half of it by Scarlett. But I was very happy. Then, everyone else did an odds and evens relay, but Freya, Ciara and I sat out of this as we were injured. By the last 2 days lots of people had picked up injuries. We then got a briefing about the tour champs tomorrow, and looked over it with the group.

Friday

The last day of Lagganlia... Today was the Tour Champs, in North Granish. Very bad weather. My compass felt off from the start, but I kept on going. Then, at control 5/20, I noticed a bubble and it stopped my compass working. One of the worst things to happen in Scottish woodland. Thankfully, there were a lot of line features, so I did well. In the end, I finished next to last, excluding those who dns or dnf from



injuries. A very happy run, given my situation. Still raining heavily... We were then meant to do some Sprint Relays, but it was cancelled by the rain and fact that half of the group was pretty much injured or exhausted. In coaching groups, we made SMART targets, to work on for the next 6 months or so, and we will be checked back on them by Strava. Finally was the Evening Dinner. For this, lots of people put on Face paint to celebrate Halloween and people's birthdays on Saturday. This was a three-course meal, with it being served to us by fancy dress junior coaches and a lot of dancing, singing and jumping. Then came the prizes for the day, guessing radio codenames of coaches, winning sweets and medal awarding for everyone, for example, Taylor got the 'Artist' award and Ellie got the 'Sweet Tooth' award. We then went to bed and most people planned to sneak out at 11.30pm that night. Our dorm watched them do it via the boys' bedroom window and run away, later to be caught by the coaches and get a big telling off from Wendy, our housekeeper and resident photographer.

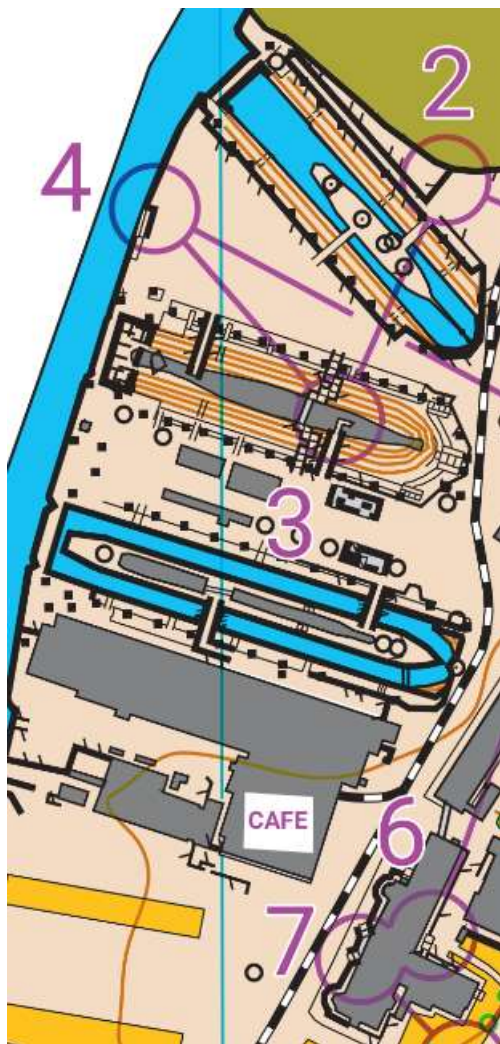


Saturday

Another long train journey, but without any drama.

Chatham Dockyards Sprints – Stephen Borrill

On December 4th, Jemima and I went to the Historic Dockyards at Chatham for a 2-part sprint event organised by DFOK. The Chatham Dockyards are steeped in history, having been established in mid-16th century and having built more than 500 ships for the Royal Navy. The site closed as a Royal Navy dockyard in 1984 and today, its 84 acres are managed as the Chatham Historic Dockyard visitor attraction. Keen-eyed viewers may also spot that some exterior scenes from *Call the Midwife* are filmed there (as well as *Muppets Most Wanted* – thanks Wikipedia!). I've visited a couple of times before (including once on the way back from JK 2017 in Sussex) and so, when a sprint event around its exhibits (which include the submarine HMS Ocelot in dry dock) was announced, I was keen to take part. In December the dockyards are closed to the public and, being on the WAOC committee and knowing the troubles there can be arranging permissions, I have every admiration for the work that DFOK did negotiating access over, under and through some historic exhibits and buildings. They even managed to secure a discount on future visits for all participants.



Across Gannet and under Ocelot

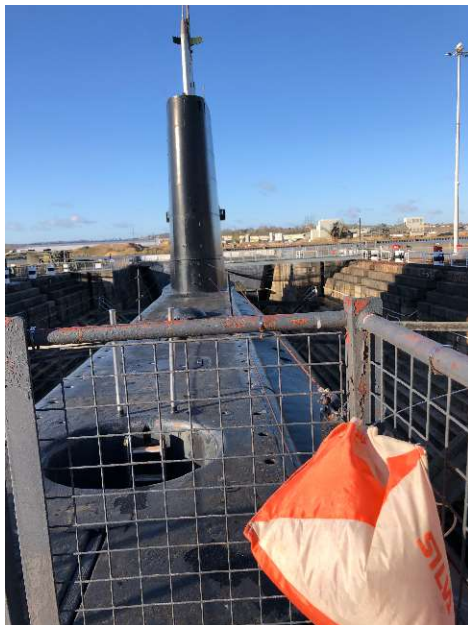
The site has cobbles and railway lines (and slippery ship decks) which are not natural partners of a fast sprint event, but in December, while it was cold and crisp, it was thankfully dry. Jemima and I had stayed very close by on Friday night, so we chose an early start. At 10:32, I was the 4th starter on the longest course (2.1km). There were just 4 courses, and because there were no road crossings, Jemima as a W16 was doing the Women's open course (1.9km) so she scored BO ranking points which she was very happy with. The first course covered the area around the visitor centre and took us near the dry docks. Early on, I had a control on/around the submarine HMS Ocelot (1962) which is in the adjacent dock to HMS Gannet (1878). Going via the deck of Gannet was a valid route choice (subject to mandatory walking supervised by an attendant on the ship) which I took as I believed that my control (path bend) was underneath the submarine. It is obvious now I look closely at the map, but I didn't expect a path bend on top of the submarine (it turns out the path descends into the vessel). I followed someone down the steep stone steps to the bottom of the dry dock, but I realised he was on a different course to me and his control was not the one I was looking for. Given my route was more scenic, I stand by my decision! This dropped me from 4th to 19th in a single leg, but the latter part of the course gave me the opportunity to stretch my legs as it headed out toward the car parks and I clawed my way back up to 8th of 58. Considering I was competing against the M21s this was creditable, but I was still nearly 4 minutes off the lead finishing in 15:41.



HMS Gannet



HMS Ocelot in dry dock



Control was on top



Control 7 on the Admiral's Offices

After our first runs, the curse of multi-part sprint events kicked in. Start lists for the second event needed calculating based on results of the first event with the faster finishers starting later. Anyone who has been to the British Sprint Championships will know about the waiting and waiting (Olympic Park 2016 being a prime example with people arguing about being disqualified for going out of bounds). As we'd had an early start, we were particularly affected. It was bitterly cold waiting in the car and the cafe wasn't much warmer. Moreover, this was a sprint championship event for SEOA which we were not eligible for. The organisers allowed for this by saying you could request an early start in the second event at download. Unfortunately, the people at download weren't aware of this and even when we requested it and it was noted down, they forgot when compiling the lists. With the starts due to begin at 13:00 (over 2 hours after finishing the first race), Jemima and I waited around the start lanes early and managed to set off as the first runners at 12:56.

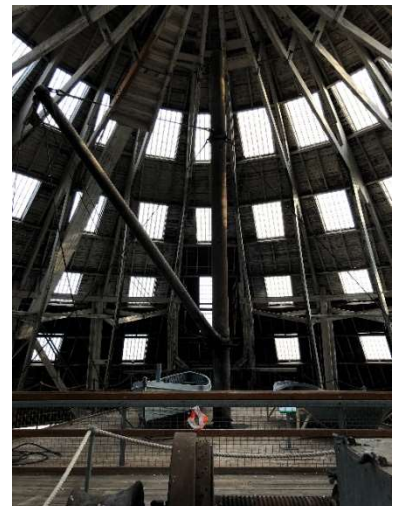


The second race started further down the site in an area that had been marked out-of-bounds in the morning. The first 9 controls (of 15) went round the Ropery and similar buildings (very recognisable to fans of Call the Midwife). The Ropery contains a $\frac{1}{4}$ mile long rope walk, so any route around it is a long way round. For some reason, I could not find the route through the building from 3 to 4 (next to control 8) though RouteGadget shows plenty of others managed. Going round lost me well over a minute. My course was notionally just 1.6km (as was Jemima's), but I ended up running over 2.8km.

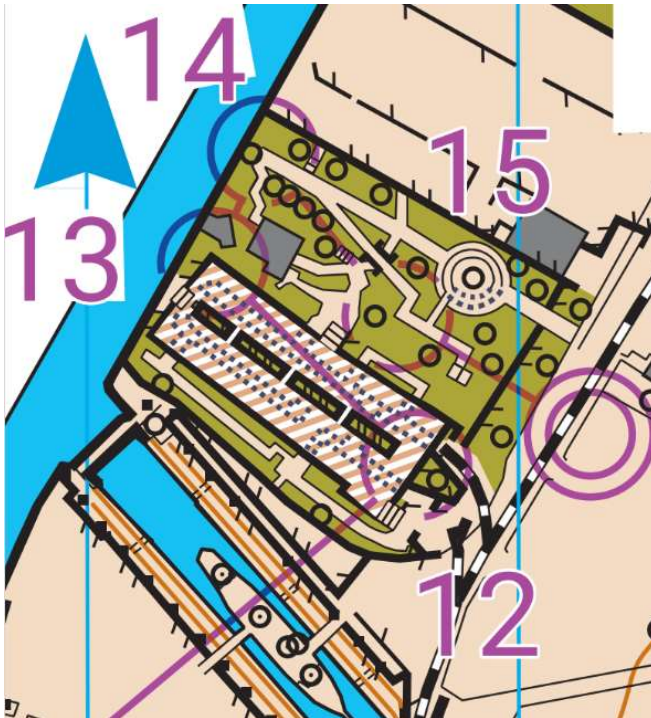
Around and
around

The end part of the courses went indoors into the enormous No. 3 Covered Slip (when built it was the largest wide span timber structure in Europe) and you had to quickly spot that the first control (12 in my case) was on a floor high above your head (and not visible from the ground). The morning's map had the interior removed, so you could not prepare.

At the top of the stairs



After another upstairs control, we dropped back down to ground level and then took to running through the sloping walkways around the exhibit of historic lifeboats. After reaching escape velocity going round a wide spiral walkway you were flung out to the finish.



Around the lifeboats

My failure to find the quick route from 3 to 4 dropped me from 4th place down to 37th, but I worked my way back up to 13th of 56 (in 15:38) helped by spotting the control 12 was upstairs immediately. All in all, it was a very interesting place to run even if the total running time was only around 31 minutes, thus breaking my rule of “never travel to an event that takes longer to get to than run”.

British Schools Orienteering Championships at Stowe Park

Congratulations to all the WAOC members who took part.

Taking podium places were Hebe Darwin, 3rd in the year 9 girls, and Elysia Cowe and Alys Powell who took 1st and 3rd respectively in the year 5 girls. 2nd place in the year 5 girls went to Lulu Gooding of SOS so the future of the East Anglian Junior Squad looks bright!

WAOC's friendly faces – Hazel Bickle - WAOC Membership Secretary

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

Back in late 1980s I started taking Penny and Helen round an Orange course whilst Michael sailed his Laser at Hunt's Sailing Club in St Ives. One day there were no sailing races so Michael came along to take Penny and Helen on the Orange course while I tried a Green course. After that, all the family became orienteers and enjoy Easter at the JK and summer holidays at Scottish 6 Days, Lakes5Days or Croeso.



Finishing Day 2 at Scottish 6 Days Inverness August

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

I might have fallen in love with a different sport had I known developing rheumatoid arthritis meant that running and very cold weather would hamper my movement, resulting in very slow times.

What is your favourite type of orienteering and why? I really enjoy forest events best, preferably with complex terrain so paths are not the optimal route i.e. not what I would call 'a runner's course'. Ideally 12-16 controls on a Short Green course that really is technical difficulty 5, in sunshine over 10C and 3 to 4km long. I also love the fast route planning on sprint courses.

The other thing I like is when the Start and Finish are close to the Event Centre. Sometimes the walk to the Start has been longer than my course.

Where in the world do you most like to go orienteering? Mountainous terrain in the Lake District and in Scotland. The joy of coming over or round contours to suddenly see the control flag just where you thought it should be.

What is your best orienteering moment to date? The first time I won my course at EBOR's White Rose weekend events in 2009.

What was your most memorable orienteering mistake? Taking a long time on a Canadian event at Lac Philippe, Gatineau, Quebec after seeing a bear.

What type of shoes do you wear to go orienteering? Innov8 ankle boots. These have meant fewer sprained ankles.

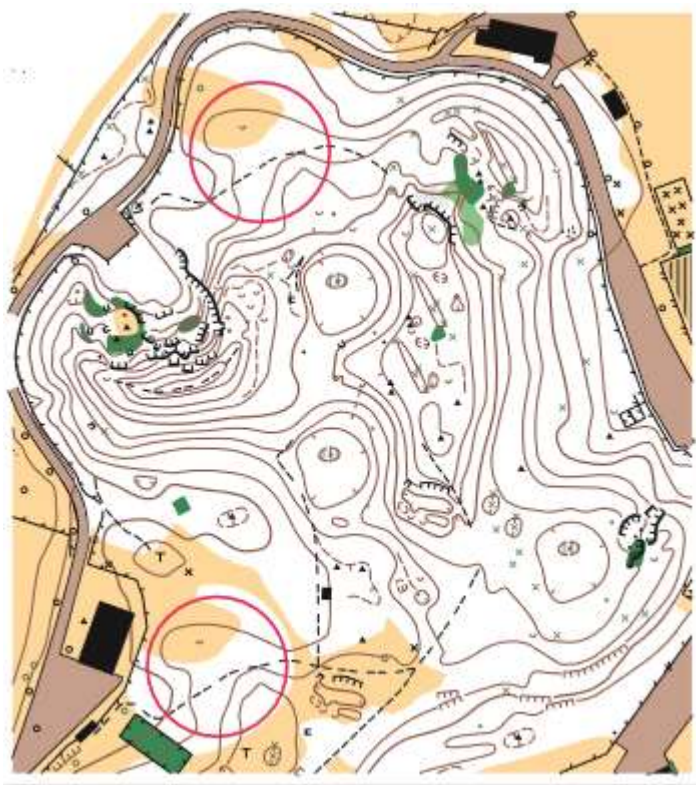


What tips would you give new orienteers? Practise what those squiggly brown lines mean in terms of terrain shape and once on a course don't be distracted by other runners.

What is your favourite post-event refreshment?
Lunch with a cup of hot coffee.

After slips and falls on a muddy course from Duncombe Park, Yorkshire
Article in JabberWAOC December 2018

Identical Areas: Solution



2022 WAGAL Events:

WAGAL points will be awarded from the following events in 2022:

- Mildenhall North - 13 February (CSC Qualifier)
- Salcey Forest - 5 March (British Middles Weekend)
- Great Dunmow Urban - 24 April
- Peterborough/Ely Urban - 16 October
- Santon Downham - 27 November (EA Champs)

Best 3 scores from 5 to count.

2022 EAL Events:

Date	Club	Event
6th February	SUFFOC	West Harling
20th February	SOS	Writtle Forest
12th December	NOR	Thetford Forest
TBA	HAVOC	TBA

2022 EAUL Events:

Date	Club	Event
15th May	SOS	Colchester
29th May	NOR	Kings Lynn
TBA	SMOC	TBA
11th September	HAVOC	Thorndon North
9th October	WAOC	Great Dunmow

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 19/02/22	British Night Championships Ilkley Moor	Major	AIRE	YHOA	Ilkley	LS29 9TZ
Sun 20/02/22	SOS Writtle	Regional	SOS	EAOA	Chelmsford	CM1 3RA
Sun 20/02/22	Burley and Ilkley Moors (UKOL)	National	AIRE	YHOA	Ilkley	LS29 8RT
Sat 26/02/22	Therfield colour-coded with Park-O	Local	WAOC	EAOA	Royston	SG8 9FB
Sun 27/02/22	Ace of Herts Ashridge East and South	National	HH	SEOA	Tring	HP23 5QR
Sat 05/03/22	BMOC weekend - Saturday event (UKOL) Salcey Forest	National	WAOC	EAOA	Northampton	NN7 2HX
Sun 06/03/22	British Middle Championships (UKOL) Rushmere	Major		EAOA	Leighton Buzzard	LU7 0EE
Sat 12/03/22	Park-O Cherry Hinton Hall	Local	WAOC	EAOA	Cambridge	CB1 8DW
Sun 20/03/22	Sandringham Country park	Regional	NOR	EAOA	Hunstanton	PE35 6ET
Sat 26/03/22	British Orienteering Championships (UKOL) Golden Valley and Cognor Wood	Major		SEOA	Haslemere	GU30 7LQ
Sat 26/03/22	British Trail Orienteering Championships	National		SEOA	Liphook	
Sun 27/03/22	British Relay Championships Iron Hill and Parkgate Rough	Major		SEOA	Haslemere	GU30 7LQ
Sun 27/03/22	Thorndon Park South	Regional	HAVOC	EAOA	Brentwood	CM13 3LH

Sat 02/04/22	Northumberland Spring Middle Distance Event (UKOL) Shaftoe Craggs	National	NN	NEOA	Ponteland	
Sun 03/04/22	SOS Hockley	Regional	SOS	EAOA	Rayleigh	SS5 4JF
Sun 03/04/22	SMOC Local	Local	SMOC	EAOA	Milton Keynes	
Sun 03/04/22	Northern Championships (UKOL) Simonside and Lordenshaw	National	NATO	NEOA	Rothbury	NE61 4PU
Sun 10/04/22	Leith Hill Place	National	SLOW	SEOA	Dorking	
Fri 15/04/22	Jan Kjellström Orienteering Festival - Sprint (UKOL)	Major	SBOC	WOA	Swansea	
Sat 16/04/22	Jan Kjellström Orienteering Festival - Middle (UKOL)	Major	SWOC	WOA	Brynmawr	
Sun 17/04/22	Jan Kjellström Orienteering Festival - Long (UKOL)	Major	SWOC	WOA	Blaenavon	
Mon 18/04/22	Jan Kjellström Orienteering Festival - Relays	Major	BAOC	WOA	Caerwent	
Sun 24/04/22	TVOC Chiltern Challenge Whiteleaf and Great Hampden	National	TVOC	SCOA	Princes Risborough	HP27 0LA
Sat 14/05/22	Park-O Coldhams Common	Local	WAOC	EAOA	Cambridge	CB1 3JB
Sat 14/05/22	Ipswich Park O Christchurch Park	Local	SUFFOC	EAOA	Ipswich	IP4 2BE
Sun 15/05/22	Colchester Urban	National	SOS	EAOA	Colchester	CO3 3GT
Sun 22/05/22	Ipswich Park O Holywells Park	Local	SUFFOC	EAOA	Ipswich	IP3 0PG
Sun 22/05/22	SMOC Local Buckingham	Local	SMOC	EAOA	Buckingham	
Sun 29/05/22	Kings Lynn Urban	Regional	NOR	EAOA	Kings Lynn	