



West Anglian  
Orienteering Club



# JABBERWAOC

Vol.50 No 2

June 2022



*Photo: Wendy Carlyle*

***Maps and photos are in colour on website.***

## Editorial:

I was once complimented on my skills at relocating, which was very nice but is, of course, all down to the fact that I so frequently have to practice this skill. Like so many of us I dream of the perfect run, in touch with the map, flowing from one control to the next. We are lucky to have some very skilled orienteers in WAOC who appear to be able to do just that, read about their achievements in our reports from the AGM and in Jenny's article about the British Middle Championships. I am pleased, however, that this edition also contains stories from those whose runs didn't go quite so well: if you are one of those people who is just delighted to finish the course read these and know that you are not alone!

Emma Jarrett

## 2022 WAOC Committee

Chair:	Stephen Borrill <a href="mailto:chair@waoc.org.uk">chair@waoc.org.uk</a>	Secretary:	Jenny Hunt <a href="mailto:secretary@waoc.org.uk">secretary@waoc.org.uk</a>
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Traning Coordinator:	Helen Bickle <a href="mailto:training@waoc.org.uk">training@waoc.org.uk</a>	Mapping Secretary:	Stephen Borrill <a href="mailto:mapping@waoc.org.uk">mapping@waoc.org.uk</a>
Convenor:	Helen Hague <a href="mailto:convenor@waoc.org.uk">convenor@waoc.org.uk</a>	Welfare Officer:	Helen Hague <a href="mailto:welfare@waoc.org.uk">welfare@waoc.org.uk</a>
Equipment Officer:	Caroline Louth <a href="mailto:equipment@waoc.org.uk">equipment@waoc.org.uk</a>	Awards Coordinator:	Ian Smith <a href="mailto:awards@waoc.org.uk">awards@waoc.org.uk</a>
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## 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](mailto:chair@waoc.org.uk)

## Welcome to new members – Hazel Bickle

Alex Jameson from Ely.

Rowan Lee, Benjamin Branco, Marta Fernandez Suarez, Stuart and Oliver Glynn and Jamie Kruppa all from Cambridge joined WAOC in March this year.

We hope you will all enjoy Orienteering with us.

Hazel Bickle, (WAOC Membership Secretary)

## British Orienteering Awards – Ian Smith

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

Do contact [awards@waoc.org.uk](mailto:awards@waoc.org.uk) if you have completed 3 courses of the same colour within the par time.

### Colour Coded badges

Alys Powell	Orange
Ida Riley	White
Elysia Cowe	Yellow
Hana Powell	White
Kate Jarrett	Light Green

### BOF awards

Isabelle Reavell	Racing Challenge	Gold	TD2
Andre Fu	Racing Challenge	Gold	TD3
Alistair Fu	Racing Challenge	Gold	TD4
Kate Jarrett	Racing Challenge	Silver	TD4
Jonathan Ward	Racing Challenge	Silver	TD5
Thomas Mitchell	Racing Challenge	Gold	TD5
	Navigation Challenge		TD5
Martin Andersson	Racing Challenge	Gold	TD5
	Navigation Challenge		TD5
Kate Jarrett	Racing Challenge	Gold	TD3
William Reavell	Racing Challenge	Gold	TD3
Alex Darwin	Racing Challenge	Silver	TD3

Johanna Powell	Racing Challenge	Bronze	TD3
Rebekah Dunning	Racing Challenge	Bronze	TD2
Elysia Cowe	Racing Challenge	Gold	TD2
	Navigation Challenge		TD3
David Low	Racing Challenge	Bronze	TD5
	Navigation Challenge		TD5
Hannah Biernacka	Racing Challenge	Gold	TD5
Alice Mitchell	Racing Challenge	Silver	TD2
	Navigation Challenge		TD2
Matt Eaton	Racing Challenge	Bronze	TD5
	Navigation Challenge		TD5

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

## Chair's Chat - Helen Hague

Well thank you for attending the AGM tonight. As we did with the online AGM last year, my full report will be published in Jabberwaoc and prizes and awards will be handed out at the Coldhams Common Park-O on 15th May 2022. However so that everybody gets to revel in the glory of their award for as long as possible I will just briefly mention the winners of WAGAL and the Owl, Tortoise, Chairman's cup and Jabberwaoc trophies which relate to achievements in 2021.

So the winner of the Owl for senior performance in 2021 is Alex Wetherill. Alex as we all know has won the junior Chairman's cup on numerous occasions for his performances and has now moved into the adult category. At the end of 2020 he was selected to join the British Orienteering Talent Squad South and in September he was selected to run for England at the Junior Home Internationals in October. At time of writing, he is 1<sup>st</sup> in WAOC rankings and 78<sup>th</sup> in the UK, so pretty impressive and well done Alex for all your efforts and continuing improvement over the last year.

The Tortoise award this year goes to Peter Woods. Peter's contribution to the club is wide and varied, and whilst you will all have seen him as organiser and at download, he also does a huge amount behind the scenes. So keeping the SI kit happy with live batteries, doing the monthly emailed newsletter, updating the website, organising many events, uploading events to fabian 4, importing courses into the download computers and general download services, not to mention controlling, being EAOA chair and more stuff besides! Makes me breathless just saying it so goodness knows what it is like doing it all. So well done Peter, thanks very much for all your hard work.

The Jabberwaoc trophy this year goes to Stephen. Pretty much not an issue of Jabberwaoc goes by without Stephen writing one if not two articles- sometimes humorous relating to his orienteering adventures round the country and often informative. His useful articles on how to do MapRun and changing your SIAC battery will no doubt be a useful reference for many years.

Chairman's Cup for the most outstanding junior this year goes to Alys Powell. Alys has had a fantastic 2021 with a few trophies and medals along the way. Alys won a Bronze Medal in W10 in the individual sprint champs at the British Sprints Championships in August, the Welsh championships and also the Midland Champs, EA Champs. She was also one of the points scorers at the YBT final in July 2021 and came second on day 2 of the November Classic. So well done Alys and I hope you continue to enjoy your winning streak. Honourable mentions go to Hebe Darwin for her selection for Lagganlia last year and also winning the Midland champs and to Kate Jarrett for being awarded the Joan George Trophy for the best Junior Performance overall at the EA Champs last year. We have a number of promising juniors coming along and I look forward to seeing how they progress over the next year.

There will be no award of the mapping trophy this year.

The club as a whole has been doing very well on the competition front as I'm sure the Captain will relay in her report but highlights include WAOC members winning 8 out of 14 classes in the EA Urban League, 15 members winning the EA league and 12 EA champs. We also won our heat of the Compass Sport Trophy competition and so are through to the final which is on 16 October 2022 in Scotland!

The list of WAGAL winners is as follows:

Wagal junior men- Alistair Fu

Junior women- Sophie Kerswell

Snr men-Tom Beskeen

Snr women -Jenny Hunt

Vet men Stephen Borrill

Vet women -Camilla Darwin

Supervet men -Mike Bickle

Super vet women -janet cronk

Well 2021 was a very busy year for WAOC, despite various lockdowns and restrictions along the way. We ended up running seven Park-Os which at the beginning of the year had quite a high contingent of experienced orienteers just desperate to do some orienteering! So events intended for novices became very popular and Caroline who plans many of these did well in providing a challenge around the fairly simple park areas. We then had Huntingdon, Cambridge North, the Autumn in Anglia weekend with Suffoc before ending the year at Mildenhall South. All of this as well as mid-week training and the MapRun league which has been a new innovation started by Helen Bickle and which has been a welcome and popular addition to the club's mid-week offering. All of this seems to have helped us gain many more members with many of those helping with planning of MapRun events and generally helping out at our events. At present we have over 170 members which is fantastic and over 50 of those are going to the JK this year, so we are building a very large base of active orienteers which can only bode well for future. On a sadder note, this year Anne Braggins passed away. Anne had been a past chair of both our club and BOF and had been an amazing contributor to the sport of orienteering over the years, being instrumental in the development of Trail-O or Pre-O as a worldwide orienteering discipline that could be enjoyed by all.

It is my last AGM as Chair as the time has come for me to hand over the reins having done my 3 years plus 1. When I became Chair my aim was to increase the number of members and get as many of those involved in club activities as possible given that is often the only way to meet and chat with other orienteers. I am very happy that we have gained so many new members over the last few years and that so many of them are getting involved with helping out in the sport, whether helping on the day or being planners or organisers. You have all made my job as Chair very enjoyable and straightforward and I would like to thank all to the members and in also the committee for making my time as Chair very enjoyable. I will propose the new Chair shortly and look forward to seeing you in a forest somewhere!

## **Captain's Corner - Janet Cronk**

### **WAOC Club Captain's Report to 2022 AGM**

As last year the Captains Report will be brief. No 2021 JK or British Long but National Events are now back and WAOC members have been travelling over the last 12 months.

As usual I will start with :

#### **The Yvette Baker for Junior Orienteers.**

As many of you will remember, the qualifying heat for the 2020 YBT competition was organised by [WAOC at Rowney Warren](#). The Junior Team came third but qualified for the final as top scoring EA team. However the 2020 final was postponed to 4 July 2021.

For 2021, the qualifying heat was at Hadleigh Park, Essex. As WAOC were going to have a Team at the 2021 final, I decided that this was a good opportunity for the Juniors to experience orange and yellow courses planned for the correct level of technical difficulty. It would also be an opportunity for any Juniors who had only done Park-O courses to attempt a White course on their own.

14 WAOC Juniors travelled to Essex for the 2021 Heat. 3 Juniors were non-competitive for YBT as either they ran a White course, or were shadowed on Yellow. But the outcome was that WAOC qualified for the 2021 final (again !).

For the YBT final we had a team of 13 Juniors who made the long trek to Westonbirt Arboretum, Gloucestershire. The first step in the preparation for our trek was a Team Zoom meeting which was kindly arranged by Dil Wetherill. All the Juniors attended and Dil was able to screen share a previous map of Westonbirt and show the Juniors how to do a bit of pre-event geeking! Dil has continued the Junior Zoom meetings which we all find helpful.

On the day our final team position was an extremely credible 6th place (joint with HH) and particular congratulation to Alistair who achieved a 100 point score on the Orange Course. No mean achievement for a National Competition and up against some of the best Junior Orienteers in the UK.

The 2022 YBT Qualifier is at Hockley Wood on 3 April 2022. We are the only EA club in the Trophy competition so all we need is 9 scorers to qualify for the Final at Irchester Country Park. So not too far to travel. We have 6 entries so far so any Juniors on this call who are able to come and run for WAOC on 3 April, please would parents kindly enter as soon as possible. The link to Race Sign up is on the SOS website.

*[Addendum: In the end, 15 Juniors entered the event but only 8 were able to make it on the day. However I subsequently made a successful appeal to the British Orienteering Competition and Entries Committee and so the Juniors are definitely through to the final on 4 July 2022. The final is being organised by LEI at Irchester Country Park and every WAOC Junior is needed for the team!]*

## **The Compass Sport Cup**

The Compass Sport Cup Final in 2021 comprised the finalists that qualified in the 2020 heat. WAOC just missed qualifying for the Cup competition by 10 points.

For 2022 we have slipped back into the Trophy competition for small clubs (much to my surprise but I did check and it seemed correct).

We had a record turnout for the 2022 qualifier at Mildenhall North with over 60 competitive runs. We achieved a decisive win (by 19 points ) over all the other 7 clubs that took part and together with 2nd place NOR won our place in the final in Scotland on 16 October 2022.

The point scorers were Alistair Fu, Hebe Darwin, Jenny Carlsson, Tom Beskeen, Camilla Darwin, Robin Bourne, Alex Wetherill, Steve Hinshelwood, Alice Hodgkinson, Libby Hinshelwood, Helen Bickle and Thomas Mitchell. But every run counts as you may reduce the points of a point scorer of another competing club.

As a large 'small club' with a good range of members across all the age groups we do have a very good chance of doing well if enough of us make the journey north. So please kindly put the date in your diary and seriously consider it. It will be both a memorable and fun weekend whatever the result. I have emailed all club members and Dil is kindly showing his skills as a travel agent.

For events further afield I have been a bit remiss keeping an eye on notable successes. However one WAOC Junior, Alys Powell has been collecting a number of British Orienteering medals at W10 over the last 12 months.

I believe that her tally is:

May 2021 - Midland Championships - Gold  
August 2021 - British Sprints - Bronze  
September 2021 - Welsh Championships - Gold  
March 2022 - British Middles - Silver  
January 2022 - Midland Championships - Gold

Other notable achievements further afield from WAOC Members:



Alex Wetherill was selected to run for England in the Junior Home Internationals in October 2021

*[Addendum: Recently selected to run for GB in the 2022 Junior European Cup in October 2022]*

Hebe Darwin was selected to attend Lagganlia in October 2021.

Jenny Carlsson won a Bronze Medal in W35 at the British Middles.

We have 4 2022 Midlands Champions being Alys at W10 (as already mentioned) Erik Biernacki-Jablonski at M12, Emma Jarrett at W40 and Alex Wetherill at M20.

For the 2021 UKOL league results - please see Richard Powell's report in the February 2022 editions of Jabberwaoc. The 2022 UKOL League is now in full swing and I would encourage everyone who is thinking about possibly travelling out of EA to have a look at this year's diary of events on the BO website.

The next UKOL League events which are coming up fast are the British Long this weekend and then the Northern Championships and then the JK. All of which have got WAOC members entered.

Finally: Relays. We managed 3 teams for the British Mixed Sprints in 2021 but no medals! The 2022 British Sprints and Relays are taking place on the weekend of 11/12 June in Leeds. Definitely worth considering so please do let me know if you are interested.

*[Addendum: 3 WAOC teams competing on 11 June 2022]*

In the meantime we have 6 teams entered for the 2022 British Relays this weekend, and 10 teams entered for the JK Relays. Should be exciting.

*[Addendum: It was! The M12 team were 4th, so close!]*

I hope to see you all in the forest again soon

Janet Cronk  
23 March 2022



## **Congratulations to Alex Wetherill**

Selected to run for **Great Britain** in the 2022 Junior European Cup in Blankenburg, Germany on 1<sup>st</sup>-3<sup>rd</sup> October

*Photo by Wendy Carlyle*



# Congratulations to the 2021-2022 MapRun League Winners!

After a wet afternoon, it was wonderful to see the sun shine at Fen Ditton for the first of the 2022 Summer MapRun League and for the Prizing Giving for the 2021-2022 MapRun League.



## Long

## Short

Female Champions:	Male Champions:	Female Champions:	Male Champions:
1. Jenny Carlsson	1. Russ Ladkin	1. Sue Hartley	1. Bruce Marshall
2. Rachel Phillips	2. Greg Foot	2. Kaz Latham	2. Peter Dunning
3. Hannah Cooke	3. Stephen Borrill	3. Helen Bickle	3. David Foot

Thank you to all the people that made the League possible: Bob Hill for registering the events; Stephen Borrill for uploading all the courses to MapRun and setting up the results calculator; Lachlan Chavasse from CUOC for planning both West Cambridge and Trumpington Meadows; Emma Cross and Jonas Dieter from NOR for the Google Earth planned Lockdown course that the Jesus Green and Northern Streets MapRun was based on; Jenny Carlsson and Martin Andersson for planning Trumpington East and Jason Dunning for planning St Neots.

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

**Helen Bickle**



## 2022 MapRun League:

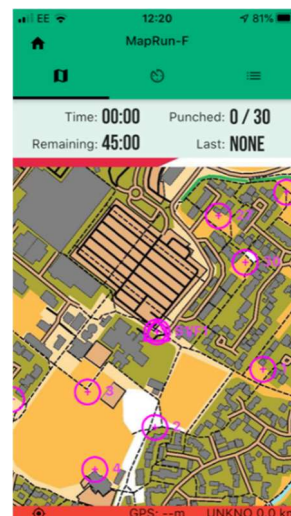
This time the league is a mix of linear and score courses, and all the remaining events are in or near Cambridge.

**Score:** Find as many controls as you can within either 30 (short) or 45 (long) minutes (up to 8-10km of running).

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

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

Date	Location
Wed 8 <sup>th</sup> Jun	Bar Hill
Wed 22 <sup>nd</sup> Jun	Cherry Hinton
Wed 6 <sup>th</sup> Jul	Papworth
Wed 20 <sup>th</sup> Jul	St Ives
Wed 17 <sup>th</sup> Aug	Hardwick
Wed 31 <sup>st</sup> Aug	Histon
Wed 14 <sup>th</sup> Sept	Coe Fen (Sprint & Prize Giving)



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

Cost of any time: £3 (Email [go@oentry.uk](mailto: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 some time for the map to be sent to you).

**Prizes:** Fastest man and women on long and short 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 on each event or ask to join the training email list as below.

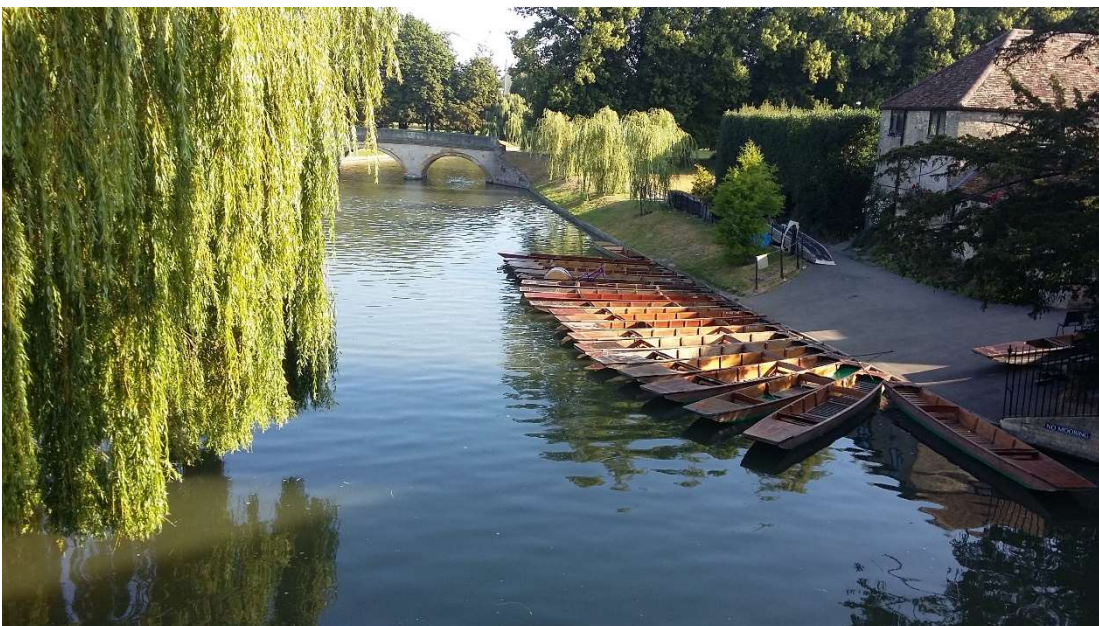
\* Please note that controls will not be placed. You can run the course traditionally without a smart phone but you will not be eligible for the league. Paper maps will be available for all entering on the Wednesday evening.

### **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](mailto:waoc-training+owner@groups.io)

### **PuntO, 29<sup>th</sup> June 2022 – Helen Bickle**

With fewer punts available to rent than usual, the PuntO has had to be moved to outside term time (the punts suffered from being off the water during lockdown and a major refurbishment scheme is now currently underway). Without the majority of CUOC about, there should be plenty of spaces but please can you book a place by emailing [training@waoc.org.uk](mailto:training@waoc.org.uk) by Saturday 25<sup>th</sup> June. If there is more interest than punts, priority will be given to orienteers.



Mixture of urban & park orienteering and punting: White and Orange standard courses around park for Juniors (or Seniors) and urban courses for Seniors.  
Open to all - No punting or even running experience required (you can opt out of punting (e.g. just be punted) or running).  
Picnic follows at about 8.30 p.m.

Location: Trinity Punts

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

Cost: Adults: £5, Juniors/Students: £1



# Rowney Warren Training Night

## Wednesday 15<sup>th</sup> June 2022



Forest contour orienteering training at Rowney Warren, Shefford, SG17 5QB  
More details will be added to the website

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

**Costs:** Free

**Juniors:** This event is not planned for juniors, but if they do run, U16's must be at least Orange standard and shadowed.

## Do you choose to carry a whistle? – Helen Bickle

**It a pain!** An extra item to remember when you already have plenty to carry – dibber, compass, map and perhaps a tissue?

**Then again?** They aren't heavy (pictured one is 7g), you have pockets or a large safety pin, and if you think the unthinkable - imagine finding an injured orienteer out in the forest when you have been running for over half hour? It is also in the British Orienteering guidelines that a whistle should be carried for all serious training and competition.

**Do you know how to use it?** The emergency signal is six short blasts, wait a minute and repeat until help arrives.

**Does it work?** Go on, be brave and test your whistle before heading into the forest next time you go orienteering.

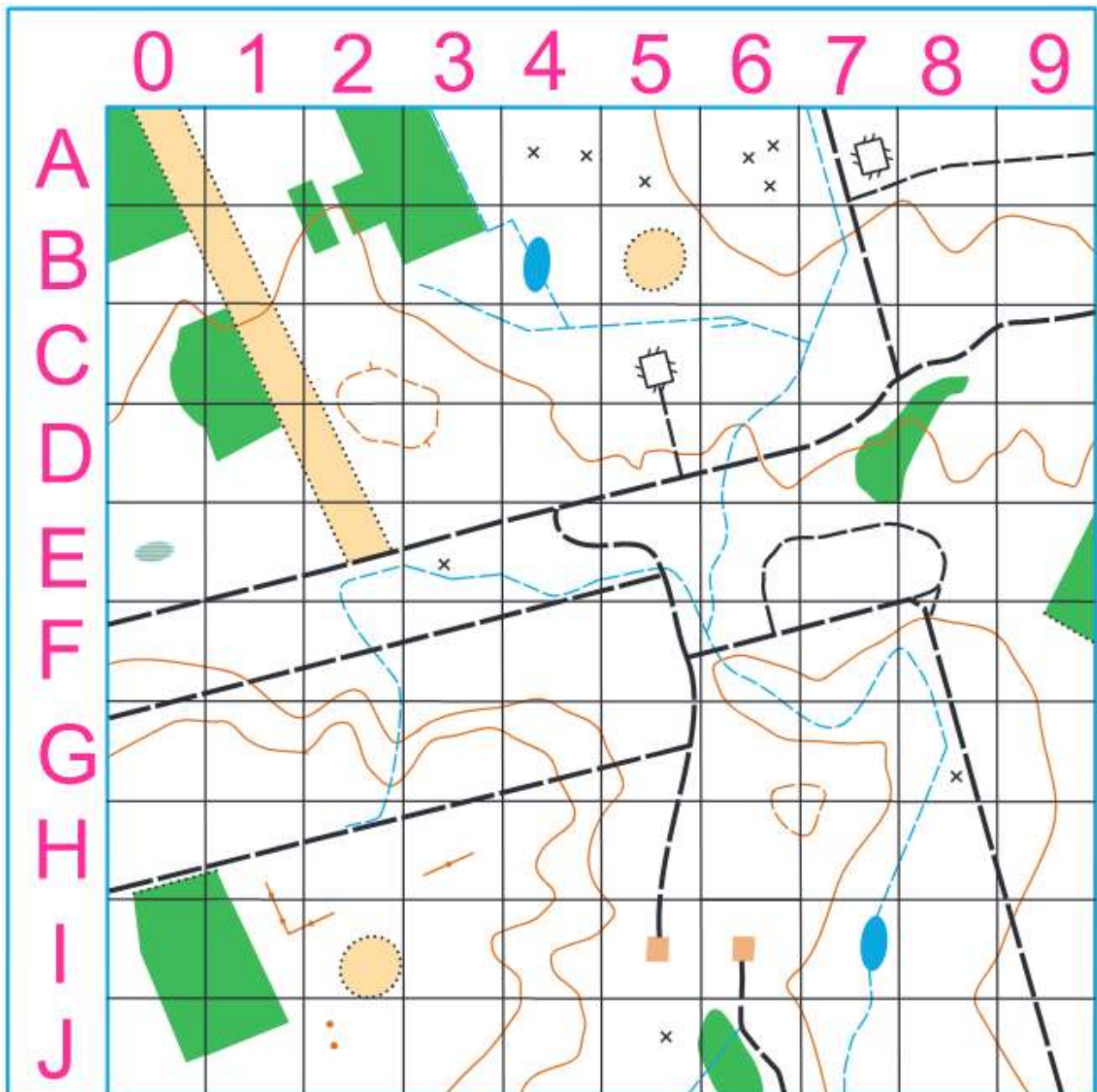


[Plastic clip whistle - orange -  
Compass Point  
\(compasspoint-online.co.uk\)](http://compasspoint-online.co.uk)

## Rotated squares – Bruce Marshall

Here's another fictional orienteering map. All the squares look unique, but ...

One pair are identical except one is rotated by 90 degrees. Another pair are the same except for a rotation of 180 degrees.



## Varsity 2022 – Stephen Borrill

Every year there's an eagerly-anticipated sporting competition between the two great universities of Cambridge and Oxford. Crowds line the route and millions watch it on TV around the world. Then there's the Varsity Orienteering Match held at the back of beyond watched by no-one except a few sheep.

The success of our joint club-nights between WAOC and CUOC (Cambridge University Orienteering Club) over the last 8 years or so has meant that WAOC members have got to meet an ever-changing selection of student orienteers to our mutual benefit. Their handful of years in Cambridge passes quickly and soon they leave, but CUOC are a social bunch and they like to keep in touch with each other. DrongO is the orienteering club for Cambridge alumni and they organise group attendance to events like the JK and overseas training. The DrongO website at [drongo.org.uk](http://drongo.org.uk) contains stories of their trips, both social and sporting, mainly involving vegetable chilli it seems. Contrary to the heading statement on the website, the club is open to all Cambridge alumni, not just past members of CUOC. I didn't realise this for a while; it was only when I saw WAOC's Iain Stemp (Oxford for his first degree!) get a DrongO shirt, that I realised the rules were not strictly applied. As mentioned earlier in this issue, I did not orienteer while at university and having spent time with CUOC members, I feel it was a missed opportunity. Earlier this year, I decided to sign up for DrongO as I already knew a lot of recent students (having helped at events and provided lifts). Within a couple of days, an email came inviting DrongO members to this year's Varsity Match in the Lake District and I thought I would throw myself in at the deep end.

The Varsity Match itself is a single race between CUOC and OUOC (their Oxford counterparts); it is those club names that go on the 'trophy'. However, both DrongO and JOK (the corresponding Oxford alumni club) play a big part in the Varsity weekend. They make up the bulk of attendees (as of course, past members will always outweigh current members) and so the results of the DrongO vs JOK grudge match are eagerly awaited. The alumni clubs are also responsible for organising and planning with DrongO and JOK doing it in alternate years. Every third year the Varsity is held overseas (looking forward to Czech next year!). This year, Scott Collier and Anne Edwards from JOK planned the weekend's events at Holme Fell and Yewdale Fell very close to their home in Coniston on 9<sup>th</sup> and 10<sup>th</sup> April. No course lengths were published at the point of sign up, the choices were simply Men's A, B and C. I dithered about signing up for A, being fearful that it would be aimed at the top-tier Elites present in both teams leading to perhaps being a 13km slog up and down hills, but I also wanted to get the most of the experience. I was reassured by the DrongO caption, the ever-welcoming Ben Windsor, that A would be of Brown standard and length.



Accommodation was arranged at Thurston outdoor education centre on the banks of Coniston Water looking across the lake towards the village and imperious mountains. It was hired at a fixed price, so the more people that attended the cheaper it would be pro-rata. On Friday lunchtime, I set off from Cambridge with 3 other DrongOs in my car to travel the 270+ miles on a journey that took nearly 7 hours, including diversions around lengthy stretches of stationary traffic on the M6. When we arrived at 8pm, we were ravenous and managed to get the dregs of the previous batch of veggie chilli just as another batch was being started for the even later arrivals. We also were keen to check out the accommodation itself which was arranged in numerous small dormitories containing 2 or 4 triple bunks. I was allocated to the old gits' room (mostly M35 and over) and picked a bottom bunk where I could literally roll out of bed in the morning.

*The ultimate in Lakeland comfort*



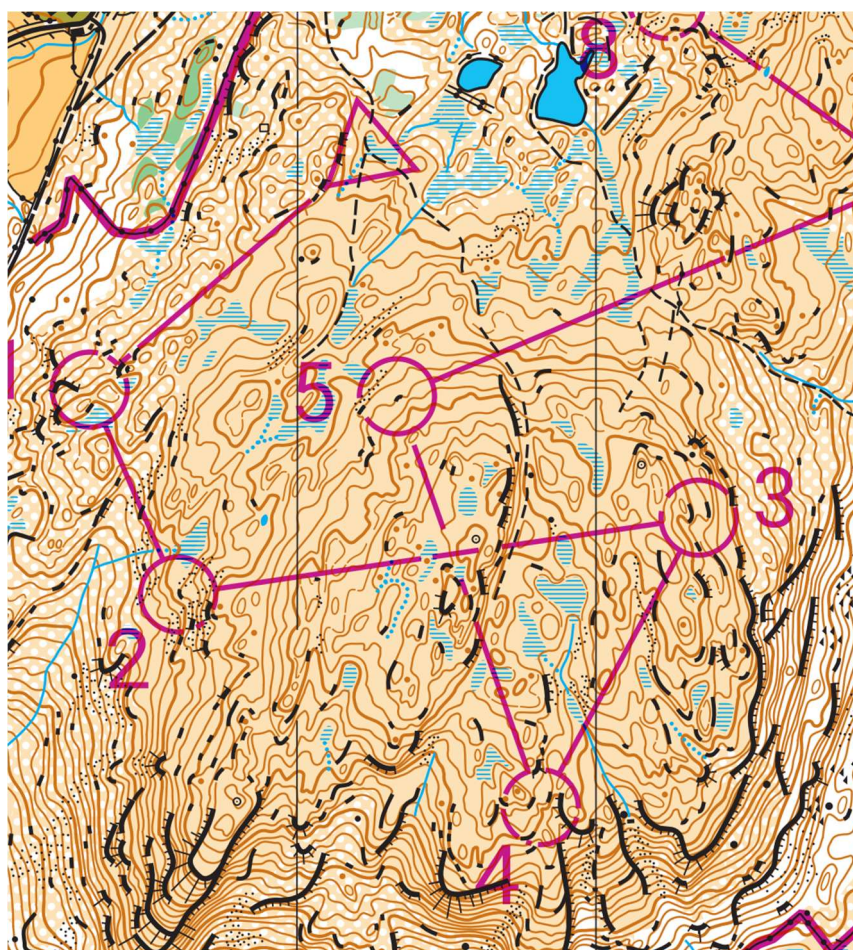
Scott and Anne visited in the evening to give us the good news that plan A parking was going to be used. Had it rained recently, parking would have been further away and there would have been no toilets, but even with plan A it was 1.8km with 120m climb to the start (or 3.2km if you wanted to



*View from the car park*

leave clothing at the finish on the way). The start times were carefully arranged with the Varsity CUOC/OUOC runners starting (spaced by 6 minutes) from 11:30 onwards with the fastest starting last. The DrongO/JOK runners started from 10:15 spaced 3 minutes apart with fastest starting last again (based on BO's ranking). As such, I was the second DrongO to start at 10:23, so given the hike to the start, I didn't have the option of much of a lay-in even if one had been possible in a shared dorm.

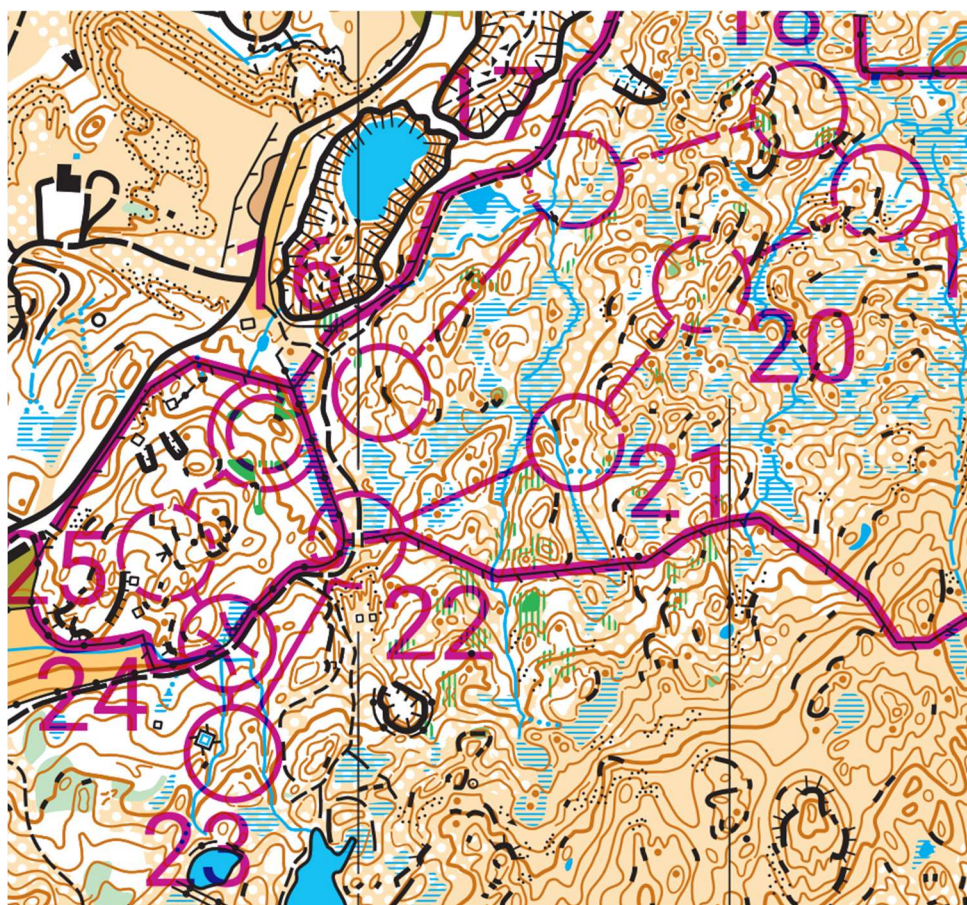
Having never run in the Lakes and barely having even visited, I was not sure what to expect as I walked up to the start at Holme Fell. The published course length was 7.4km, but with 570m of climb. A rule of thumb is 100m of climb corresponds to 1km of distance, so I was looking at the equivalent of a 13km flat course. It was not possible to glean much about the terrain before starting as we started towards the top of the approach path with the out-of-bounds competition area being strictly policed. The first half of the course was on an area containing only intricate contours, hills and impassable crags. East Anglian terrain had not prepared me well.



I started purposefully slowly to keep contact with the mapped contours and hit the first two controls accurately. I'd overtook the runner who'd started 3 minutes ahead of me by the time I got to control 2. From 2 to 3 I decided to skirt around a large hill rather than go straight up and over and at that point things started to unravel. Crags can be difficult to distinguish from each other when viewed from the bottom and I lost contact with the map entirely. Attempts to relocate myself relative to a pond down in the valley below were unsuccessful and I was feeling pretty miserable especially when the sun gave way to a period of hail. It took me 30 mins to find the thing and, after getting perhaps even more lost in a maze of craggy re-entrants looking for 4 (I even resorted to asking someone where the hell I was - I was a long way from where I wanted to be!), I'd been out for an hour and only found 4 controls of 25. Extrapolating from there made me think about course closing times and retiring, but once the sun came out again I perked up a bit and things started to improve.



The second half of course dropped down to a much flatter bog-ridden area. With a lot of mapped detail, I underestimated some distances, but it became apparent that I would easily complete the



course with time to spare and no search parties would be required. I finished 16 mins down from the person in front of me, but didn't break the 3-hour mark. After my earlier calculation that the course was equivalent to 13.1km on the flat, it turned out that all my early wanderings meant I'd actually covered a full 12.99km as well as climbing 520m. My GPS trace also showed that I'd been stationary for a total of over 20 minutes, presumably scratching my head and looking bemused (and swearing).

After a long way back to the car parking (even longer because the route wasn't actually marked), a car full of us returned to the accommodation and headed for a welcome shower. There was also a huge walk-in drying room to put our marsh-soaked shoes in (that room stank by the end of day!). There was a general lack of vigour amongst the returnees and we mainly sat about drinking tea until someone came up with the excellent idea of going to the pub. Even better, there were plenty of teetotallers willing to drive. A suitable multi-award-winning pub and brewery was located, but it was soon time to return for the 'Boat Race'.



This is a beer-drinking relay with teams of 4 drinking a pint each in order and a 'cox' drinking a half to start them off. I was pleased to see the competition was strictly codified in the Varsity rules, including that "The organiser must not purchase fizzy lager for the Varsity Boat Race". While I may not be a fast orienteer, I like to think I excel at beer drinking, so I was slightly disappointed not to be in the A team for this event. *At last, something I'm an Elite in*

After the Boat Race, Wilf's Cafe arrived with trays of hot lasagne and sticky toffee pudding and the social event started. There was a lot of Cyriot wine that DrongO had won a couple of weeks previously, plus it turned out that outgoing CUOC captain Lachlan runs his own artisan liqueur company ([www.pumphousespirits.co.uk](http://www.pumphousespirits.co.uk)) and had brought some bottles along. After the meal, Scott announced the results of the day's individual race. Cambridge won the men's race, it having been 15 years (!) since they last did so. This was all the more surprising as one of the Cambridge team

hadn't actually done any orienteering since school, but was aided by a mispunch on the Oxford team. Oxford won the women's race by default as Cambridge did not field enough runners.

### Overall Winners

Men A: Cambridge (05:13:31 to 06:07:17, 4 to count)

Women A: Oxford (03:06:17, Cambridge not enough finishers, 3 to count)

JOK/DrongO: DrongO (05:55:43 to 08:48:04, 4 men, 2 women to count)

### Individual Winners

Men: Peter Molloy, Cambridge

Women: Grace Molloy, Oxford

JOK/DrongO Men: Matthew Vokes, DrongO

JOK/DrongO Women: Pippa Dakin, DrongO

The results went some way to evening up the cumulative statistics:

Men: Oxford 26, Cambridge 23, Total 49

Women: Cambridge 27, Oxford 17, Total 44

JOK/DrongO: JOK 19, DrongO 8, Total 27

It was the first time that siblings came first in the men's and women's races and for different teams, Peter Molloy for Cambridge and Grace Molloy for Oxford. For the alumni teams, Cambridge crushed the competition mainly due to sheer numbers. Unsurprisingly there was also a competitive element to the social evening; which side would go to bed latest. As Sunday morning was to be the relay race, I decided that who could stay up latest was one race I was happy to lose.



*Yewdale Fell*

There was frost on the ground on Sunday morning as we all had to be up early. Not only was there the relay race, we had to strip our beds and clean the premises. The relay had a mass start for the first leg at 11am and it was a minimum of 2.7km with 400m climb just to get to the start (we were told to allow an hour, at a fast pace it took about 45 minutes). Sweating from the exertion, we gathered on a very large knoll in the centre of a scenic mountain-top plateau.

Scott and Anne returned from checking the controls and the 13 teams were announced just before the mass start. Each team would run 3 legs: 4km, 3km and 5km. The teams were arranged to mix up the clubs and running speed (based on the results of the day before) to make the event more social and less predictable. To demonstrate this, the winner of the previous day, Peter Molloy, ended up doing a single-person mini mass start late on because of his 2nd leg runner still being out. After my shocking performance on Saturday, I was unsurprised to be assigned the short middle leg. The assembly knoll provided excellent views of the runners leaving and heading up the hill to the first controls as well as



*And they're off! (Photo by Dom Dakin)]*



the run-in from the (common) final control. It also apparently provided others with excellent views of my shoe coming off in a bog on the way to the first control and me hopping around in the mud trying to find it.

## dale Fell

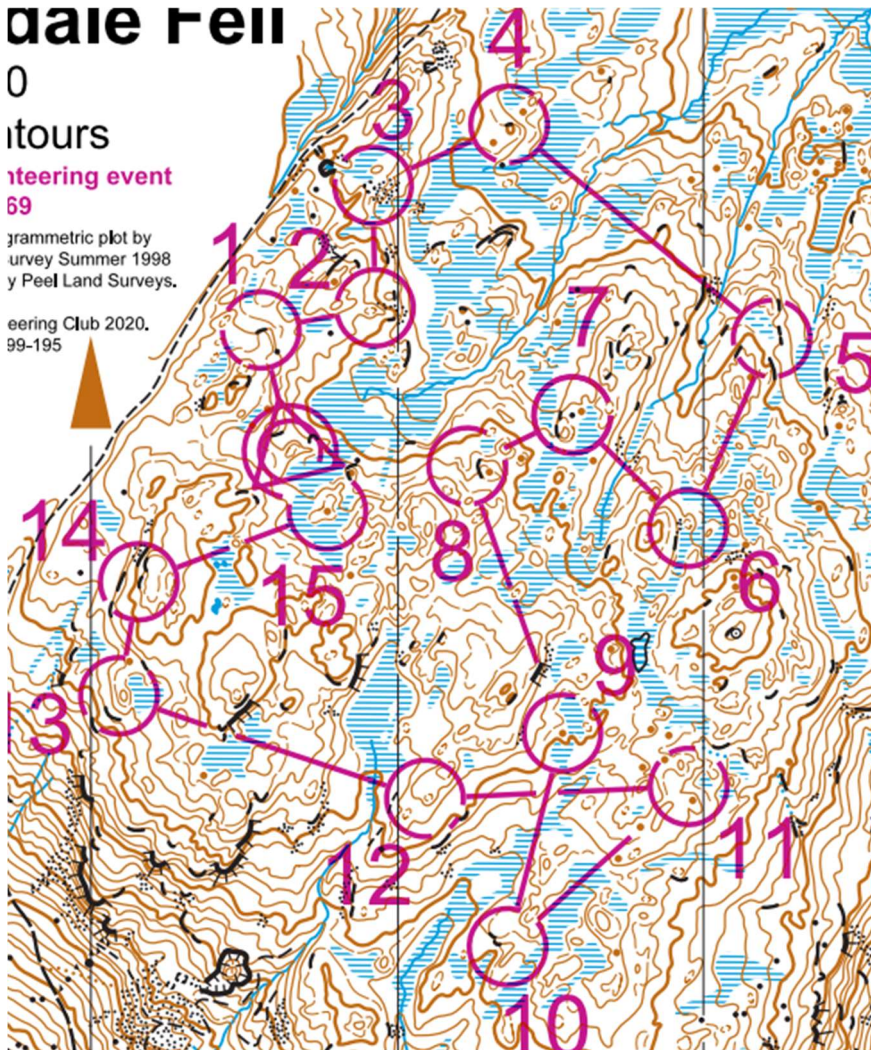
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The race used an A5 map and the courses were quite tight and twisty. The area had much less climb than the previous day, but had lots of marshes to cross in the lower lying areas.

While my run was in no way flawless, I was much more in tune with the map after having had some experience of the terrain the day before. I came 4th of the 15 teams on my leg which brought us up from 8th to 6th, before handing over to Matthew Vokes (famous for having planned the MicrO events at the Athletics Centre during his time in Cambridge) who followed my lead to bring us in 4th place overall.

The Varsity Match was a great experience, I'd have liked to run the course again just to see if I could do better the next time around after getting used to the area. The relay was particularly fun, the idea of mixing up the teams and abilities transformed it into a. Next year, we are heading overseas to Czech Republic for a week of tourism and training followed by the Varsity Match on 1st April.



*Running in to handover (Photo by Dom Dakin)*

# **British Middle Championships in Rushmere Country Park**

## **Jenny Carlsson**

The British Middle Championships in Rushmere Park is one of the most varied and fun courses I have run in recent years; a good middle-distance course with fun, fast orienteering, short legs and lots of direction changes. The beautiful country park was an ideal backdrop, allowing for some technical challenge despite being a very accessible country park with lots of trails and paths.

But it didn't start well. The day of the championship was a beautiful day, and waiting in the start, I felt perfectly focussed. On the beep, I took a map and headed through the gate towards the start kite. I took out a bearing towards the first control and started running. After only a few steps, I stumbled over a control. The code matched the description on my arm, which was strange, since I thought my control should be further up the hill. Puzzled, I punched the control and turned down the hill for the second control. But now the map made absolutely no sense. I turned it over only to find that the control description on the map didn't match the one on my arm: I had taken the wrong map. Fortunately, the start was only a short distance back and I could run back and change maps. I looked at my watch – two minutes – and mentally restarted the race.

With the correct map in hand, I headed back up to the first control and continued towards the second. The first few controls were in open heathland with good visibility but there were many runners and lots of controls; the course technical and fun with short legs sharp direction changes. Down the hill to number three. Turn back up the hill to get to four which was well hidden behind a thicket. The course soon left the heath and entered the conifer forest. The topography was straightforward from the map, but the steep hill sides still played games with perception. The fifth control was far below the path and the sixth was on the far side of a hilltop and wasn't visible until I was directly at it. I focussed on bearings and map reading and it worked fine on the flatter, but heavily detailed, portion of controls 7–10. Then the terrain changed again for controls 11–14, as the flat coniferous wood gave way for more open and contoured land.

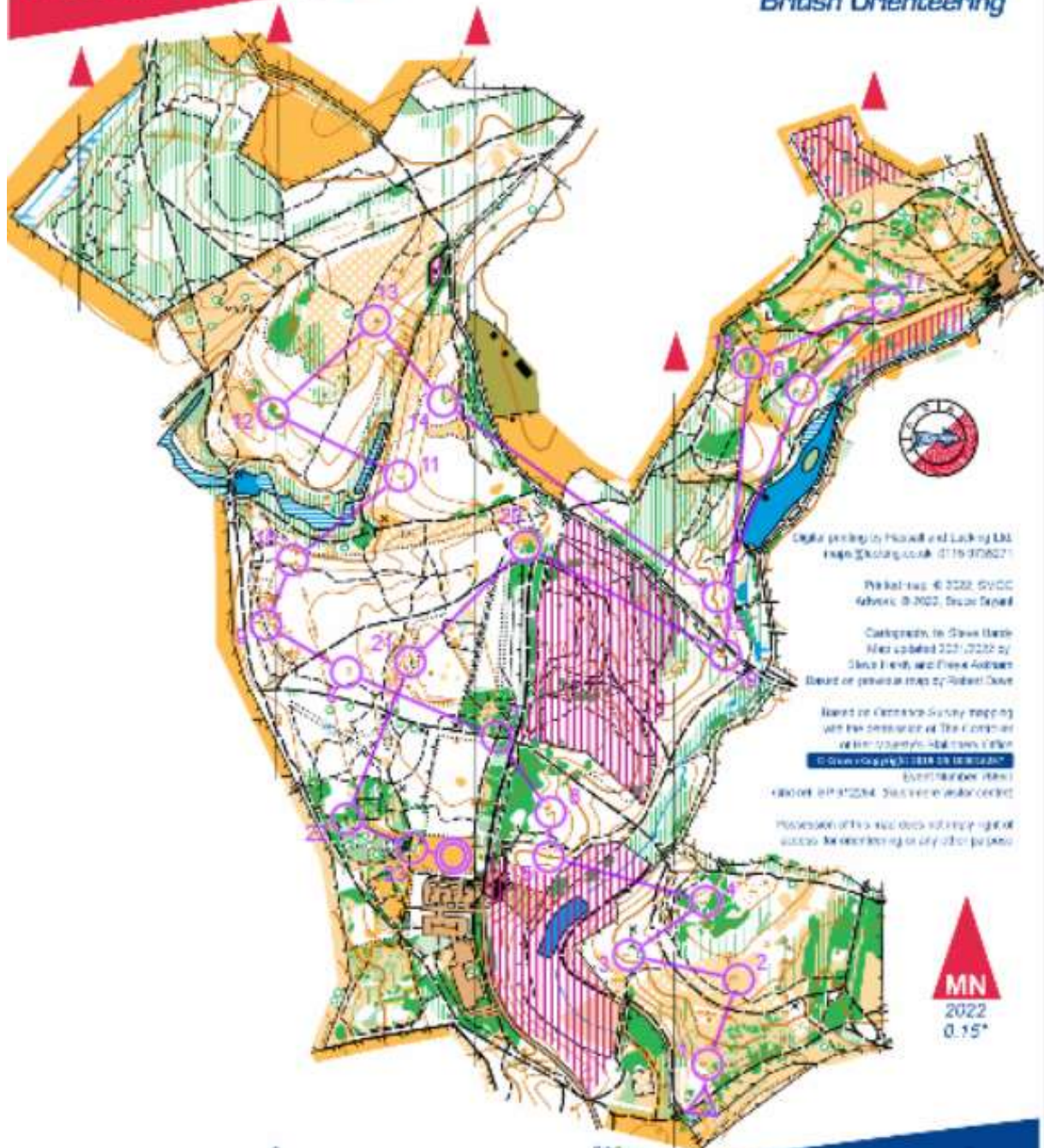
The country park is not very large, but the compact size and irregular shape worked very well for middle distance orienteering, although some transport between the different parts of the park seemed unavoidable. After an uneventful transport control, the terrain changed again into a more park-like section with a broad gravel path past a peaceful-looking lake. The controls 16–18 were on open terrain, seemingly perfect for a picnic. Another couple of transport legs took the course back to the flatter, detailed area and I just managed to keep myself from making a mistake on the many paths on the way to the control 22. With a final sprint I punched the finish after a near-perfect course.

Despite my mistake in the beginning, I finished third and I was actually happy to see that the two runners ahead of me were ahead by five minutes rather than the two I had lost through the map mistake. Since I haven't lived here long enough I wasn't allowed on the podium, but I am still proud over a third-place finish in W35 in my first British Championship.



# RUSHMERE COUNTRY PARK

scale 1:7500  
contours 5m



Ordnance Survey data by GeoInformation Ltd  
http://geoinformation.co.uk 0116 9726271

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0 500m

06 March 2022

British Middle Distance Championships



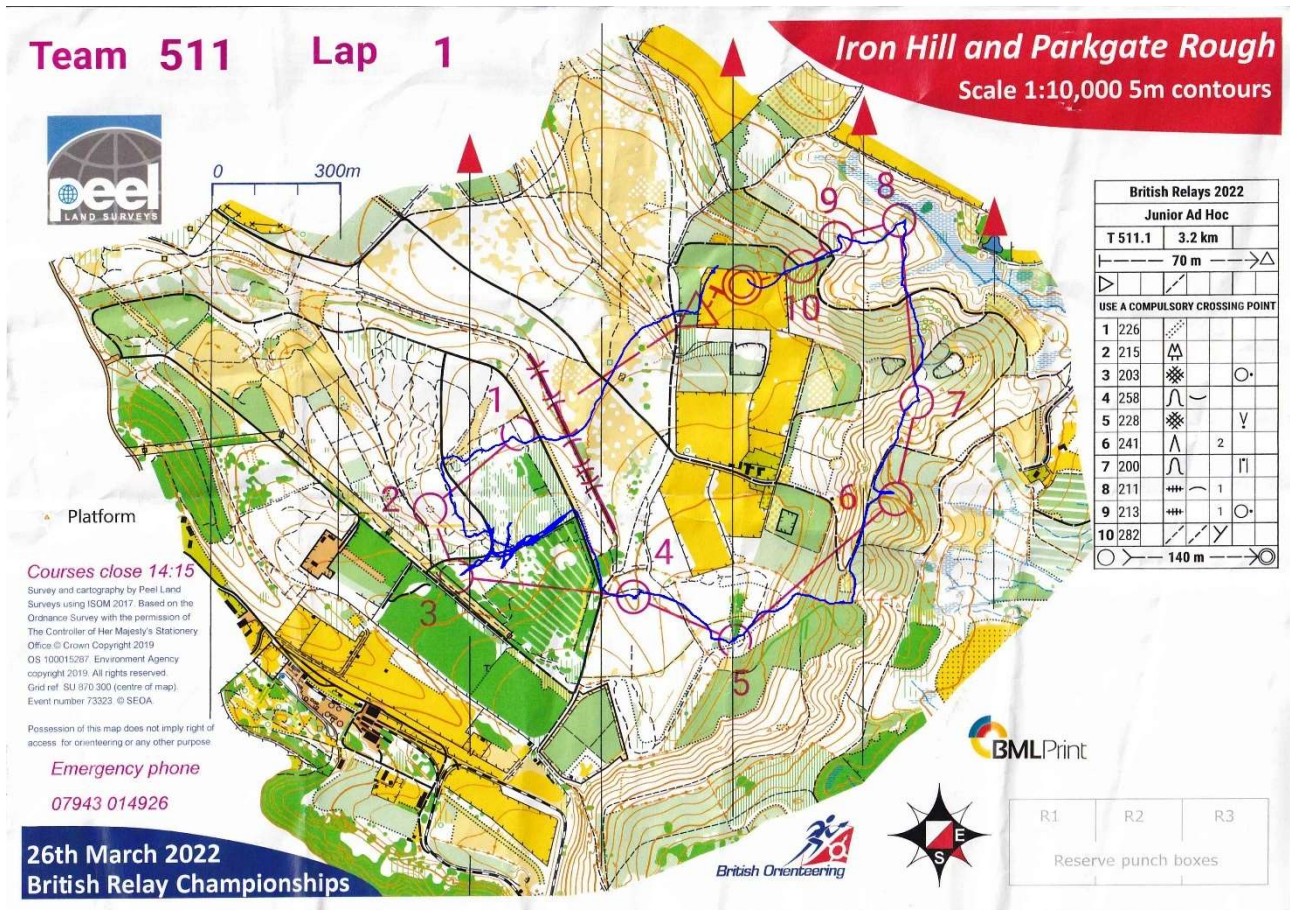
# British Long / Relay championships 2022 – Alistair Fu

This was my first time joining the British long and relay. It was quite sunny and warm on those two days.

The first day was a long race, my course was around 5.6 km and I ran 7.8 km. It was a pretty challenging one and it was easy to get lost because of slopes. Like from #2-3, I chose the way by running down for around 15 contours. From the Routegadget, I may be able to run faster by going along the path instead of my choice to pass through the forest. I felt I got a confident run until I made a mistake on approaching #13. I was too rushed when I tried to approach the control after the path junction. I did not turn right and just ran straight into a river. I finally woke up by reaching the path on the opposite side and realised I was wet and muddy!







On the second day event (the relay), my course was a fast running one. It was my first time running for a relay with such a long distance that I was pretty nervous before the start. It turned out I got a horrible start, which I had a completely different feeling from my run one day ago! I did not realise I punched a wrong control at #2. As a result, I navigated in the wrong direction towards #3. It was a little bit messy there because there were many paths and fallen trees with similar terrains and features around me. Thankfully, I didn't have any problems after that. Actually, I was a bit shocked to be told I punched on a wrong control when I downloaded my result. I was quite disappointed that it was my fault for causing our team to be disqualified! Since then, I learnt I shall be more careful to check the control number at least twice on each punch.

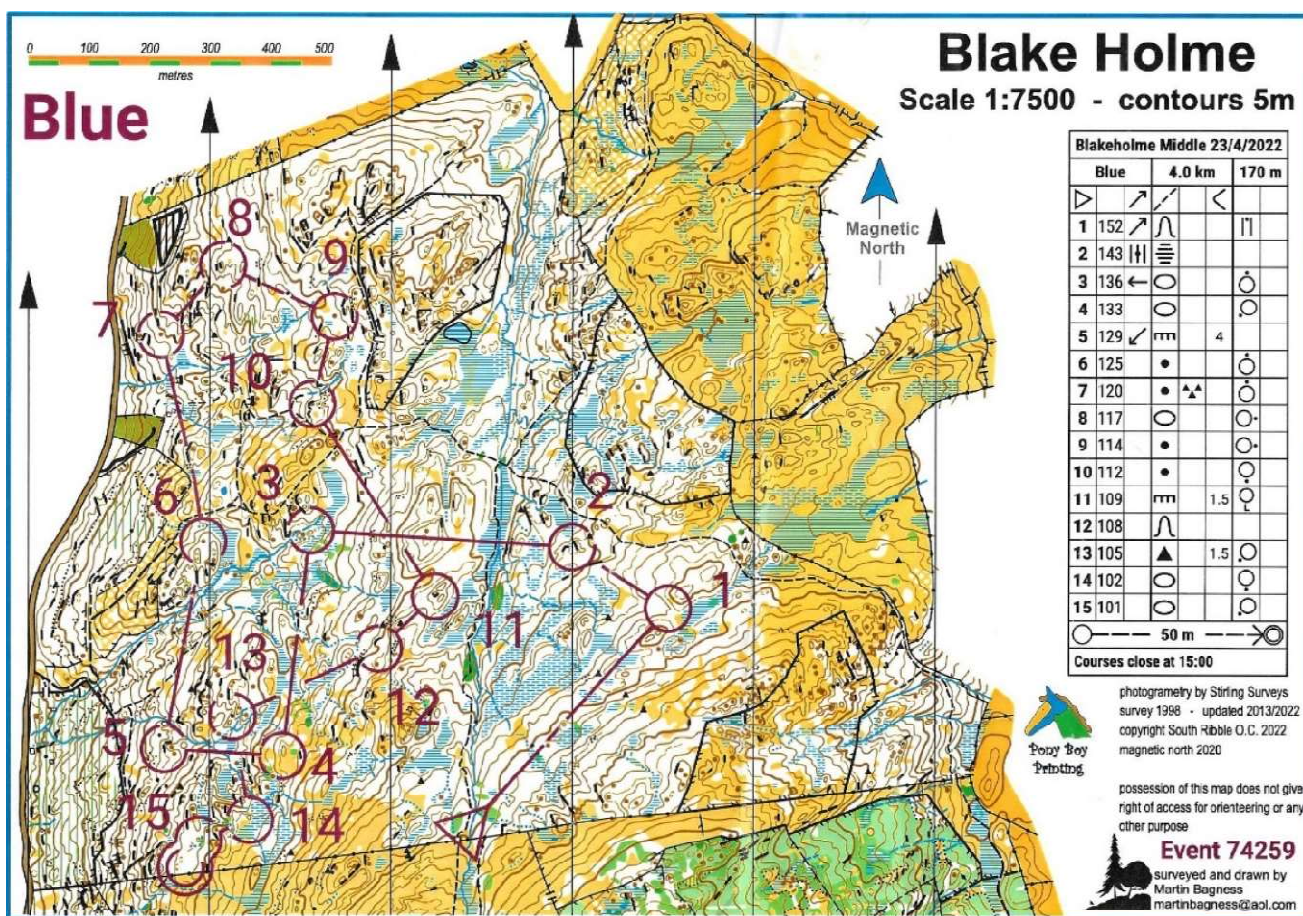




# Spring in Lakeland 2022 – Emma Jarrett

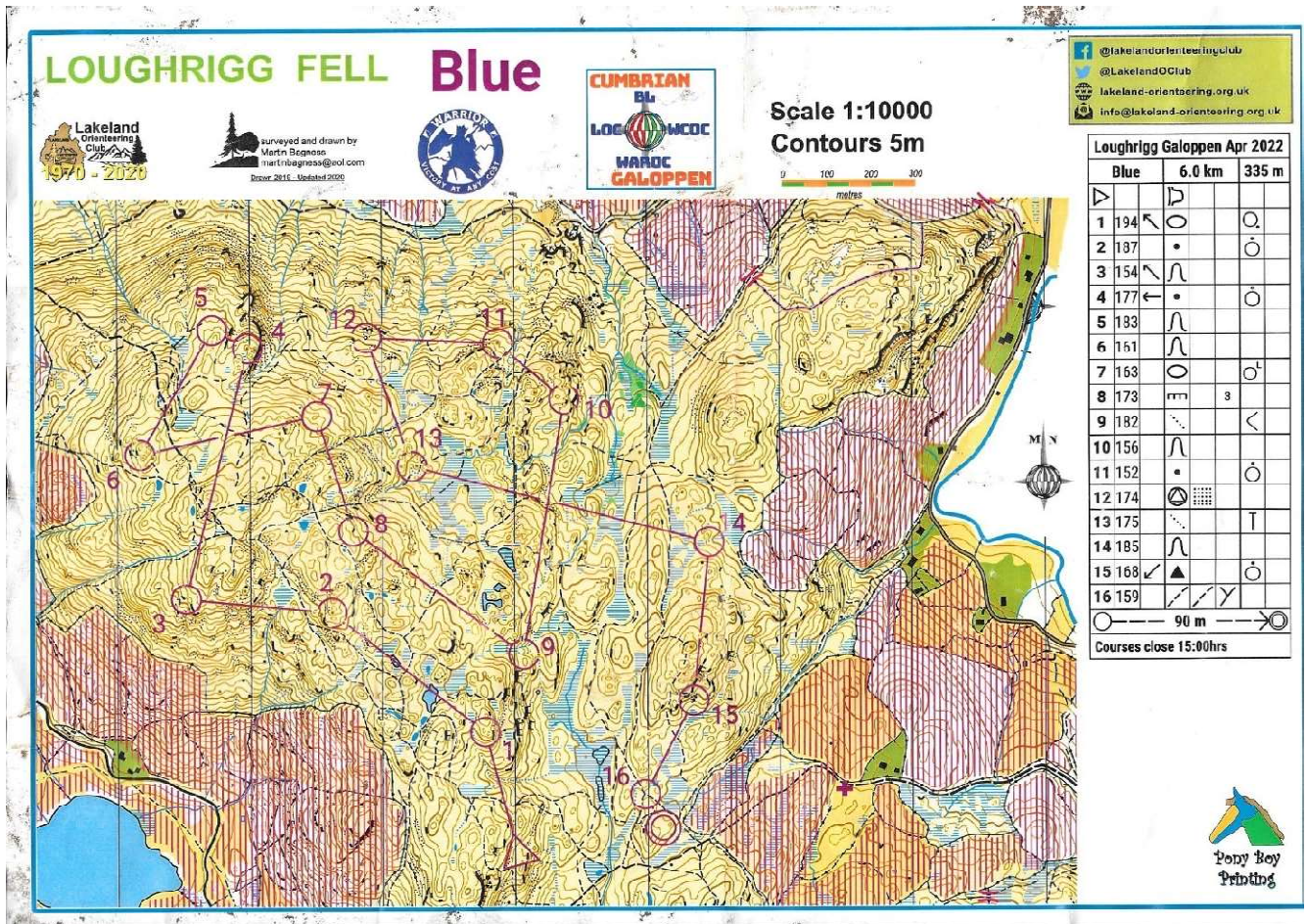
I'm not one to pass up the opportunity to visit the Lake District, so when I discovered there was a 2 day event in the spring I convinced the non-orienteering members of the family it was essential Kate and I went for Kate's orienteering development.

Event 1 was Blake Holme middle distance race run by SROC. I set off confidently contouring round and counting my paces and ended up in dappled open. Which was definitely not the plan. Cue a lot of blundering around trying to find something that looked distinct enough (for me) to relocate by. It took another couple of controls before I accepted that the correct speed for me for this event was walking. Even then the intricacy of the contours was baffling and I'm very grateful to the lady who showed me where we were when I completely lost touch with the map on the way to number 4. On the whole my navigation improved further through the course although I'm not sure using control 15 to find control 14 was entirely correct and I apologise to those following me back to 15 as apparently I can still get lost even when retracing my steps. I'll need a lot more practice to complete this sort of event competently but I enjoyed every minute of it, which is just as well as there were many minutes.





After an evening stroll up Silver Howe and a night in Grasmere Youth Hostel (full of retired ramblers from Ayrshire who were lovely but, I think, not quite the crowd Kate was expecting from a 'youth' hostel) event 2 was LOC's Loughrigg Fell. A good climb to the start meant we were well warmed up by the time we got there and the contours instantly made a lot more sense to me than at Blake Holme. None of which stopped me losing focus on the way to number 3 and approaching from below the crags. I saw the summit on the way to control 4, but resisted the temptation to detour to it. There was some confusion on the way to number 9 when I ended up at the wrong marsh, easily corrected but then coming out of number 9 I fell flat on my face in a bog. Thankfully there was plenty of wet stuff around so I could soon clean my map off enough to read it again. I should have stayed high on the way to control 10 to avoid coming at crags from below, again, but the rest of the course went more smoothly. I got to the finish to find Kate waiting for me, having had time to fetch my coat, so clearly her run had gone ok. She was delighted to have actually reached the trig point and therefore ticked off a Wainwright I haven't. She was also very keen to get back to the car park where the cake stall was.



I'd like to think the weekend will help us with next year's Lake District JK, despite it being many months away yet. If nothing else we'll have some idea what we're facing. We're certainly looking forward to it.

## **WAOC's friendly faces – Stephen Borrill – WAOC's new Chair**



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

I started at school when I was around 14. We had painted letters around the site and then at a local park, so they were like permanent courses. The school took us to a couple of weekend events in the minibus (in what is HALO and AIRE country). I then got a job on a pig-farm at weekends and I think the school lost interest too, so I forgot about it. When I was in my early 30s, I thought I ought to get more exercise than just walking to the pub especially if it involved exploring the great outdoors and remembered about orienteering. I looked to see what there was in the Cambridge area and it happened that there was a WAOC Come-And-Try-It event at Wimpole within a week or two, so I dragged my pregnant wife round an Orange course (Jemima's first event!).

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

Wear sensible clothes and shoes and make a small bit of effort to learn the map colours. I almost broke my ankle trying to run at my first proper event at Maulden Woods wearing my heavy steel toe-cap motorbike boots and then spent a long time looking for a huge sand pit because of seeing a big patch of orange on the map.

### **What is your favourite type of orienteering and why?**

I like night orienteering. Night events are rather rare (last one WAOC held was 2017) and it's one of the reasons I try to go to the White Rose. There's something about the heightened sense of alertness and solitude I find attractive (less so the constant fear of bear attacks).

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

So far, I've only been in the UK and even then I've not travelled too far (only been to the Lakes once and not done the Scottish 6 Days). There are some videos on YouTube of orienteering in fantastic places (look for the MinionOrienteering channel – he goes all over Europe), I think Venice would be my pick.

### **What is your best orienteering moment to date?**

Having never been a natural sportsman, I would probably just take small victories such as winning the East Anglia Championship after a perfect run round Writtle Forest. There have been some very memorable events involving night and snow (British Nights 2022 and Rowney Warren 2013). However, there is life beyond just the running and I would say going to the White Rose in 2019 in Scarborough with Jemima in the camper van was something I will treasure as it was a great daddy/daughter adventure.

### **What was your most memorable orienteering mistake?**

My mistakes are so frequent, it's hard to remember them all. Whenever crags are involved I always seem to be on the wrong level. Brimham Rocks was particularly memorable as it was nothing but crags with sheer drops. I was particularly confused by the narrow passage control description (JJ)

and instead looked for a crossing-point. The control itself was around 3m below me in a gap between two huge rocks. The mistakes added up and by the time I got to the finish I was greeted by name and, oddly, given a box of tea bags.

### **What type of shoes do you wear to go orienteering?**

I've stuck with Salomon Speedcross for years (worked through the 3, 4 and 5 models). They are really sticky all-terrain shoes and I love the quick-lace system (no more double-knotting and insulation tape!). I picked the waterproof version for my latest pair, but found at the British Nights what a great job they did keeping the water in.

### **What tips would you give new orienteers?**

Slow down and keep in contact with the map. If you're a runner, this will be a shift of focus for you. If you're not a runner, don't worry about fitness/speed as you can work on that later. Get the navigational basics right first. Oh and don't forget to punch the start!

### **What is your favourite post-event refreshment?**

I'm partial to a McDonald's Banana Milkshake. I try to convince myself that it is a milk-based protein drink. Often though I just try to get home and go to the pub for a Sunday roast (only on Sundays obviously).

## **Rotated Squares – Answer**

The rotated pairs are H7/C3 and I5/I6

### **2022 WAGAL Events:**

- 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)

### **2022 EAL Events:**

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

### **2022 EAUL Events:**

<b>Date</b>	<b>Club</b>	<b>Event</b>
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](http://fabian4.co.uk), [sientries.co.uk](http://sientries.co.uk) or [racesignup.co.uk](http://racesignup.co.uk)). **Always check [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) before travelling.**

Sat 11/06/22	British Sprint Relay Championships	Major		YHOA	Leeds Beckett University – Headingley Campus	
Sat 11/06/22	Ipswich Park O Christchurch Park	Local	SUFFOC	EAOA	Ipswich	IP4 2BE
Sun 12/06/22	British Spring Championships (UKOL)	Major	AIRE	YHOA	Leeds University	LS2 9JS
Sun 12/06/22	NOR Summer Series 1: Horsford Heath	Local	NOR	EAOA	Norwich	NR10 3EE
Sat 18/06/22	Park – O Hinchingsbrooke	Local	WAOC	EAOA	Huntingdon	PE29 6DB
Sat 18/06/22	Coventry City Race (UKUL)	National	OD	WMOA	Coventry	
Sun 19/06/22	Birmingham Urban European City Race Tour	National	HOC	WMOA	Birmingham	
Sun 19/06/22	SOS Highwoods	Regional	SOS	EAOA	Colchester	CO4 9TP
Thu 23/06/22	SOS/HAVOC Mid Week Summer Series No. 5	Local	SOS	EAOA	Chelmsford	
Sun 26/06/22	NOR Summer Series 2: Waterloo Park	Local	NOR	EAOA	Norwich	NR3 3JB
Sun 26/06/22	Ipswich Park O: Holywells Park	Local	SUFFOC	EAOA	Ipswich	IP3 0PG
Sun 26/06/22	SMOC Local Event 3: Furzton	Local	SMOC	EAOA	Milton Keynes	MK5 8AA
Sun 03/07/22	Yvette Baker Trophy Final, Irchester Country Park	National	LEI	EMOA	Wellingborough	NN29 7DJ
Sat 03/07/22	SUFFOC Summer Series:	Local	SUFFOC	EAOA	Clare	CO10 8NW

Thu 07/07/22	HAVOC-SOS Midweek Summer Series 6	Local	HAVOC	EAOA	Billericay	CM12 0YW
Sun 10/07/22	NOR Summer Series 3: Bacton Wood	Local	NOR	EAOA	North Walsham	
Sun 10/07/22	HAVOC GLOSS Event	Local	HAVOC	EAOA	Hornchurch	RM12 6UB
Sun 17/07/22	SUFFOC Summer Series: Needham Lakes	Local	SUFFOC	EAOA	Needham Market	IP6 8NU
Sun 24/07/22	SMOC Local Event 4: Howe Park Wood	Local	SMOC	EAOA	Milton Keynes	MK4 3GG
Thu 04/08/22	HAVOC-SOS Midweek Summer Series 8	Local	HAVOC	EAOA	Ingatestone	CM4 0JF
Sun 07/08/22	Lakes 5 Days – Day 1: High Pike	National	BL	NWOA	Hesket Newmarket	
Mon 08/07/22	Lakes 5 Days – Day 2: Threlkeld Knotts & Common	National	WCOC	NWOA	Threlkeld	
Tues 09/07/22	Lakes 5 Days – Day 3: Graythwaite Dale Park	National	LOC	NWOA	Hawkshead	
Weds 10/07/22	Lakes 5 Days – Day 4: Grizedale Satterthwaite	National	LOC	NWOA	Hawkshead	
Thurs 11/07/22	Lakes 5 Days – Day 5: Helsington Barrows	National	SROC	NWOA	Kendal	
Sat 27/08/22	White Rose Weekend: Gilling Woods	National	EBOR	YHOA	Helmsley	
Sat 03/09/22	City of London Race	National	SLOW	SEOA	London	
Sun 04/09/22	Mousehold Heath	Regional	NOR	EAOA	Norwich	
Sat 10/09/22	Park-O Milton Country Park	Local	WAOC	EAOA	Milton	CB24 6AZ