



JABBERWAOC

Vol.48 No 1

May 2020



Maps and photos are in colour on website.

Editorial:

I'm writing this shortly after the first steps have been taken to lift the restrictions due to Covid-19. The cessation of all orienteering events during the first half of 2020 means Jabberwaoc looks rather different this time though we still bring you the reports from our AGM in March. Hopefully many of you have taken advantage of the on-line opportunities for training and virtual orienteering (visiting distant parts of the country on route gadget has become a fun part of the school day in our household); in this issue Hebe writes about doing just that. Plus puzzles and reports to keep you entertained. Many thanks to all our contributors. I hope you all stay well in these challenging times.

Emma Jarrett

2020 WAOC Committee

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

Welcome to new members – Hazel Bickle (membership secretary)

From the Cambridge area:

Steve Hinchelwood and family

Tuula Eriksson-Martin

Lucy Browne

Gregory and Sarah Knight and family

Barry Fuchs

Lauren Kisser and family

Joaquim Filola

Oliver Bailey from Haverhill

Sandra Dutkiewicz from Ely

Hannah Brown from Witcham

George Storey from Hitchin

Harry Hatton from Royston

We hope you will all enjoy Orienteering with us.

Membership Renewals for 2020

Many thanks to WAOC members who have renewed your annual membership to WAOC and British Orienteering. We all look forward to a time later this year when we can see orienteers at non-virtual events albeit a regulation 2m apart. keep safe, Hazel

Hazel Bickle (WAOC membership secretary)

British Orienteering Awards - Ian Smith

Alex Darwin	Navigation Challenge		TD3
Stuart Hatfield	Racing Challenge	Gold	TD5
	Navigation Challenge		TD5
Hebe Darwin	Racing Challenge	Gold	TD4
Emma Jarrett	Racing Challenge	Gold	TD5
Erik Biernacki-Jablonski	Racing Challenge	Gold	TD1
	Navigation Challenge		TD1
Hannah Biernacki	Racing Challenge	Bronze	TD3
	Navigation Challenge		TD3
Eleanor Kerswell	Racing Challenge	Bronze	TD3
	Navigation Challenge		TD3
Sophie Kerswell	Racing Challenge	Silver	TD5
	Navigation Challenge		TD5
Dil Wetherill	Racing Challenge	Gold	TD4
Kate Jarrett	Racing Challenge	Gold	TD2
	Navigation Challenge		TD3

Colour Coded Badges

Kate Jarrett	Yellow
Isabelle Reavell	White
Jemima Borrill	Orange

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

AGM for West Anglian Orienteering Club

was held on Saturday 7th March 2020 at Wandlebury Country Park



Photos by Jemima Borrill and Michael Dudley

Chair's report – Helen Hague

Awards:

The Owl award for senior performance was a bit of a close run thing with several contenders. After much deliberation I have decided to award this to Noreen who improved greatly last year generally managing to be the top woman on Short Green in East Anglian events and last year she was fourth overall at Scottish 6 days in W65short and class winner of w65 short on day 2 of the JK. She has also won the EA league, the EA champs, and was the top woman on Short Green at the Icenian.

I would like to award the Tortoise award to our captain Janet Cronk who last year achieved many successes for the club last year and really raised WAOCs profile, if not on the international stage at least in relation to the other English clubs. Janet helped get the juniors through to the YBTS final, the club through to the Compass Sport final, and the juniors to win the daybreak relay at the Peter Palmers. None of this would have happened without all Janet's hard work in phoning round to get bodies on the ground, encouraging people to come along, shadowing juniors to help them move up a level and generally being very positive and encouraging.

Turning now to the Chairman's cup for juniors, this year it goes to Alex Wetherill who is no stranger to this particular trophy. Alex last year was selected for England to run at Interland in the Ardennes, France and also won the M16 Midlands Champs. It's great to see WAOC juniors competing at the highest level and long may it continue.

The Hally Hardy Mapping trophy this year goes to Caroline Louth. Caroline's dedication to mapping ensures that so maps of our areas remain current and the award is particularly for all the work Caroline does behind the scenes, spending ages updating maps with the latest map symbols, updating logos, a consistent boarder, georeferencing and so on. Also as an aside, Caroline has planned all the Park-O courses and has managed to create interesting and enjoyable courses in what can be quite limited areas.

Lastly the Jabberwaoc trophy for contributions to Jabberwaoc goes to Bruce Marshall for all his regular articles in Jabberwaoc and the essential orienteering puzzle which is always good fun. Can't say that I always solve it but I enjoy trying!

Awards and Presentations for 2019

Photos by Jemima Borrill and Michael Dudley



Owl for Senior Performance
to Noreen Ives



Tortoise to Janet Cronk,
our Club Captain, for
service to the club.



Chairman's cup for junior performance
to Alex



Hally Hardy Mapping Plate to Caroline
Louth



Jabberwooc award for contributions
to the club magazine to Bruce
Marshall



Presentation of a vase to Anne
Duncumb as thanks for many years of
service to the club

Chair's report:

Welcome to you all on this fine day at wandlebury.

Well it has been a busy year for WAOC with 10 Park-Os since the last AGM and around four events. Park-O has been doing a fantastic job of bringing orienteering to the masses with over 1000 people having tried orienteering this way. Many of those have come back several times and it has definitely led to many new members, many of whom are families. We've combined Park-O with training for newer juniors which seems to be helping the juniors acquire enough skills to be happy in the forest. Indeed we have our largest number of juniors running for the club in the Yvette Baker qualifier tomorrow than we have had in many years, in part due to new recruits through Park-O.

This last year saw our first joint orienteering weekend with Suffolk, the inaugural Autumn in Anglia, with an urban race in Bury St Edmunds and a forest race at West Harling. I know, as indeed do many of you, many of the orienteers in SUFFOC and it always struck me that club collaborations were a nice way to gain more orienteering chums which indeed did prove to be the case over the weekend. We had mixed teams of helpers from each club and it all seemed very convivial despite a very rainy day in Bury. The aim is to do this biennially and we have already arranged to run another weekend in 2021.

There have been a couple of changes in the committee this year, in part due to the retirement of our long established membership secretary Anne Duncumb. This meant that Hazel has moved from editor of Jabberwaoc to become membership secretary, with Emma Jarrett taking over Jabberwaoc. Also Harriet Millward has replaced Peter Woods as publicity officer, with Peter Woods now being the deputy chair.

I would just like to say a few words about Anne. Anne has been involved with the club for many years and has been our membership secretary for 25 years now. I still have her personal written welcome to the club which she sent out to every member and she has been invaluable in keeping the membership lists up to date, keeping the AGMs on track by organising return and engraving of all the trophies, and many other behind-the-scenes things such as BO membership returns and so on. As a token of the club's appreciation for Anne's hard work would you mind coming up, Anne, so that we can display our thanks and hand over a small gift [HH to present vase and flowers to Anne.]

All that remains is to thank you all for helping make my role so enjoyable and for helping out so much with our event. Anyway I shall hand over to Janet now for the captain's report.

WAOC Club Captain's Report to 2020 AGM April 2019 to February 2020

I am delighted to present my annual report to this year's AGM.

I do hope that all club members enjoyed the opportunity to run for the club in 2 National Finals last year ! The Yvette Baker in July and The Compass Sport Trophy in October.

Overall I have been very pleased and encouraged by the response that I have had in organising the teams for these competitions. We have also been pleased to welcome a number of new members joining the club this year - the only downside being that we are now a large club and have to run in The Compass Sport Cup this year (rather than, as last year, the Trophy competition for small clubs).

The Park-O events have been well attended and we have a number of new members with 10 years olds enjoying these and I am delighted that some of these have joined WAOC and will be running for the Junior Team tomorrow.

So a quick update as to where we are for the 2020 Heats for these two annual competition:

1. The Yvette Baker Trophy - 8 March 2020

We have 19 Juniors running tomorrow (2019 -13) of which 2 are running as a pair on the Yellow Course and one is being shadowed. So 17 competitive entries confirmed but I have not yet given up on the possibility of one or two more EODs ! The team drills down to 2 Green, 3 Light Green, 4 Orange and 9 Yellows ! So this is exciting and bodes well for WAOC Junior Orienteering over the next few years.

We need to beat NOR to reach the final (Sunday 5th July at Westonbirt Arboretum, Gloms).

2. The Compass Sport Cup - 15 March 2020

We have 47 Seniors and Juniors entered for the Heat, next weekend at Aspley Heat (2019 - 50), so a little down on last year - but no CUOCs this time.

We need to beat LEI and NOR to reach the final (17 October near Chesterfield, Derbyshire)

Looking back over the past 12 months:

Firstly I must mention the 4 Juniors who won the **Peter Palmer Daybreak Relay Trophy** in September. The 4 Juniors were Alex Wetherill, Tiago Miguel Pereira, Oskar Farkas and Hebe Darwin - it was so great to see them all running down the run-in with Tiago with huge smiles on their faces !

Secondly I must mention Sue Hartley who finished 4th in this UK Urban league this year. Very well done to her.

Turning to the other major events of the last 12 month in chronological order:

1. JK 2019 - South Central

My memory of this JK was that it was very well organised (including the provision of 4 warm sunny days) but it was let down by EMIT ! Lots of questionable mis-punches on the sprint courses (including some WAOCs) and no results published for the weekend until days after the event.

But my best memory of the week-end was at the relays; and that was Tessa Strain flying down the run-in in a WAOC shirt in 1st place after the 1st leg of the JK Women's Trophy Relay !

Individual performances of note at the JK:

Fiona Llewellyn-Beard - 4th on the Women's Open at the JK Sprint at Aldershot Barracks

Ursula Oxburgh - 2nd on W85 at the JK Sprint

Duncan Coombs - 4th on the 21E JK Long and 8th overall on Days 2 & 3

Chloe Haines - 5th on the W21E JK Long and 6th overall and

Alex Wetherill - 7th on the M16 JK Long and 8th overall.

Noreen Ives - 1st on the W65S JK Middle and 4th overall

2. British Long Distance Championships - 5 May 2019

Only a few of us ventured up to AIRE country to the Yorkshire Dales but Duncan Coombs made it worth his trip as he won a Bronze medal on M21E running 16km (with 655m of climb) in 87:11 !

Alex Wetherill finished 5th on M16A with a Championship time.

3. Midlands Championships - 26 May 2019

This year, the Midlands championships was on Brown Clee Hill and was the 2nd day of the Springtime in Shropshire weekend. Alex Wetherill and Hebe Darwin both rose to the occasion and came away with the Midlands Championship Trophies for M16 and W12.

4. British Sprint Championships - 14 September 2019

The Sprint Championships took place at Loughborough University. Sue Hartley was 5th in the 'A' Final for W60 and Ursula Oxburgh was delighted with her Gold Medal in the 'A' Final for W85.

3. British Middle Distance Championships - 15 September 2019

These took place at Chinley Churn in the Peak District. I think the WAOC presence was limited to just Sue Hartley and myself. The event started off in thick fog but it lifted and turned out to be a good day in the end.

4. The Compass Sport Trophy Final - 20 October 2019

Achieving 2nd place in the Compass Sport Trophy was a brilliant end to 2019; just 4 points separating WAOC from the 2019 winners Harlequins. It was also a record WAOC turnout with the final entry being 58 members (with only a very small number missing on the day due to injury and/or illness).

5. The British Nights Championships - 22 February 2020

There 5 WAOC members at BNOC this year, very possibly because the event was run by TVOC and a little more accessible from EA !

Chloe Haines won a Bronze medal on W21L and Ursula Oxburgh won the Gold medal on W85L.

So finally:

Good luck to the Juniors tomorrow and also to those going to the British Long Championships on March 21.

Then it is Easter and the JK in Whitby in Yorkshire. I have the WAOC SIACs and they will be available to anyone who wants to borrow one for this event. It look like we are going to have 7 relay teams which is great and should provide some excitement for Easter Monday.

And don't overlook the attraction of a weekend in the Lake District on 9 & 10 May 2020 for the British Middle Championships and the Northern Championships. Entries are now open on Fabian4 and close on April 26th.

Janet Cronk
Saturday 7 March 2020

WAGAL Champions 2019 (based on best 4 scores)

Photos by Jemima Borrill and Michael Dudley



	1st	2nd	3rd
Junior Men	Alex Wetherill*	Sam Hague	Oskar Farkas
Junior Women	Sophie Kerswell*	Hebe Darwin	Kate Jarrett
Senior Men	Tom Beskeen*	Alex Markham	Richard Ingham
Senior Women	Fiona Llewellyn-Beard*	Emma Jarrett	Helen Bickle
Veteran Men	Dil Wetherill	Loran Farkas	Iain Stemp
Veteran Women	Camilla Darwin	Helen Hague	Judith Wetherill
SuperVet Men	Mike Bickle	Peter Woods	Peter Duthie
SuperVet Women	Sue Hartley*	Janet Cronk	Sue Woods

East Anglian Champions 2019 24th March 2019 at Sheringham Park

W12	Hebe Darwin	M10	Alex Darwin
W50	Camilla Darwin	M75	Chris Morley
W65	Noreen Ives		
W85	Seonaid Dudley		

East Anglian League Winners 2019

Photos by Jemima Borrill and Kate Jarrett



W10 Kate Jarrett
W40 Emma Jarrett
W60 Sue Hartley
W65 Noreen Ives
W80 Seonaid Dudley

M16 Alex Wetherill
M35 Tom Beskeen
M45 Stephen Borrill
M55 Dil Wetherill

East Anglian Urban League Winners 2019



Senior Women	Fiona Llewellyn-Beard
Veteran Women	Emma Jarrett
Super Vet Women	Sue Hartley
Hyper Vet Women	Ursula Oxburgh
Veteran Men	Iain Stemp

2019 Colour Coded Badges:

White	Kate Jarrett and Jemima Borrill
Yellow	Jemima Borrill
Orange	Sophie Kerswell

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 these restart, please email chair@waoc.org.uk



Wednesday Summer Training



Anytime training:

If you have any free time and have not already completed the virtual training, do go to the training page of the website and take a look:

Session	Skill
1	Map symbols May symbol word search and link to other orienteering puzzles.
2	Route choice: Speed Tips on sprinting and links to Route Choice games to test your quick thinking.
3	Control descriptions A couple of control description puzzles and link to online games that test your knowledge of control descriptions and map symbols.
4	Cambridge City Race (via Google Street View) Run around a few areas of Cambridge that you do not normally have access to virtually, and a link to slightly higher tech courses.

Training Tip: Hill (or not) training

Written before the recommencement of orienteering but may be of interest for those in isolation or if you do not have any courses near by. Alternatively you could print one of the maps and practice your map reading while running (though do be very careful not to run within 2M of anyone!).

This is an at home version of Anne's AGM jigsaw game. You can choose, or circumstances can determine, whether to make this hill training, living room training, garden training or just a jigsaw, and whether it is an individual activity or a competition.

1) Start by choosing your map or maps. You can print one from the links below or use an old one from a previous event.

White and Yellow: The Orienteering jigsaw (not the Children's one) from

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

It is under the orienteering puzzles – quite a long way down the page.

Orange standard:

Sandringham: <https://www.waoc.routegadget.co.uk/rg2/#88&course=7>

Light Green standard:

Mildenhall South: <https://www.waoc.routegadget.co.uk/rg2/#72&course=6>

TD4, Urban:

North Cambridge: <https://www.waoc.routegadget.co.uk/rg2/#61>

Science Park: <https://www.waoc.routegadget.co.uk/rg2/#59>

TD5, Countryside:

From <http://news.worldofo.com/>

Swedish Champs: <http://www.tulospalvelu.fi/gps/20130922LangSMH21/>

Norsk O-Festival: <http://www.tulospalvelu.fi/gps/20193006D21jakt/>

[For the Routegadget maps it is probably easiest to take a screen print of the map and then print the screen shot.]

2) Choose your area; hill (aka flight of stairs), living room, garden or kitchen table. To do this as an active activity, you just need a distance between your start and where you will lay out the pieces of the jigsaw that is safe to run. If using stairs, please be careful!

3) Cut the map into sections (if feeling energetic make the pieces small). A typical stair case is about 2.6M high so climbing it 10 times is only 26M of climb but it will feel like far more.

4) Warm up. If like me you are moving less than normal, then suddenly running up and down stairs 10 or more times may not be the best idea for your knees! You could run first or here are a couple of warm up ideas found via the https://www.sportengland.org/stayinworkout#get_active_at_home:

Try the first warm up part of a Joe's PE class:

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBusdjPRpso2Fq9rf0V0FV98>

7 min pre run yoga with Adriene:

<https://www.youtube.com/watch?v=MKuZOwYukho>

5) Lay the pieces of your jigsaw out, at the top of the stairs, far end of garden or neatly on your kitchen table.

6) Race (taking it in turns if more than one) to collect the pieces of your jigsaw and put your jigsaw(s) together.

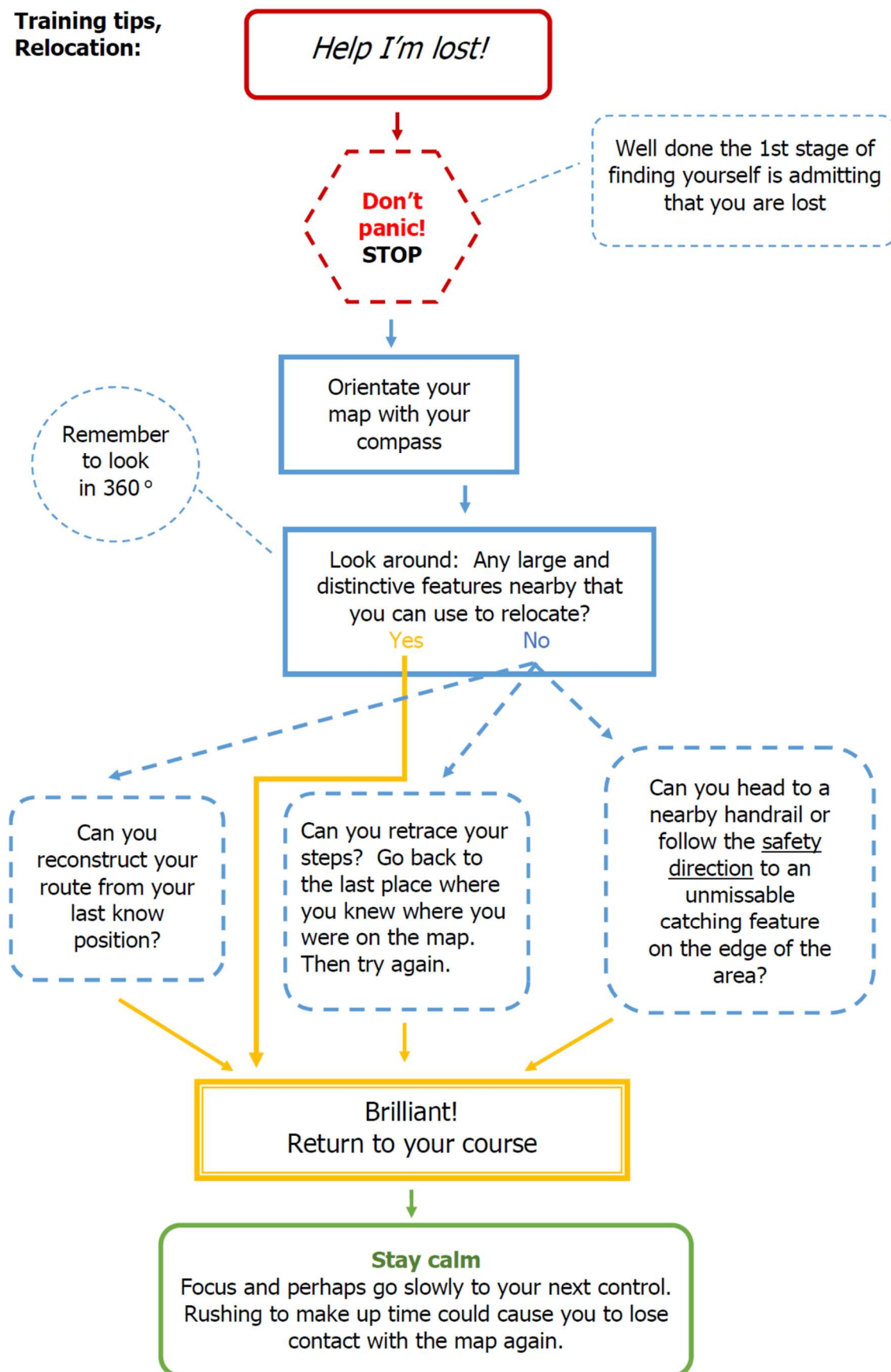
7) Cool down. You could try the end of Joe's PE class or another post-run yoga video.

8) Sit down and plan your route around the course and go back to the online maps & compare your choices with the online routes.

Second training tip, Relocation:

With the break from orienteering and the starting of anytime courses - I thought it might be helpful to consider relocation.

**Training tips,
Relocation:**



Permanent Orienteering Courses – Stephen Borrill

I've been threatening to write a JabberWAOC article about Permanent Orienteering Courses (POCs) for some time and, now that POCs have been officially blessed by British Orienteering as the one of the first steps on the way to restarting our sport, it seems like a good time to do so.

For those who do not know, Permanent Orienteering Courses usually consist of a number of posts which have a flat plate marker representing an orienteering flag on. Each marker usually has the control number on and a letter (or two). Maps are obtained from various sources (e.g. park cafés, rangers' offices, tourist information, clubs themselves or British Orienteering). The maps have the controls on as usual (with text, not pictorial descriptions), but generally have no specific courses (they are like a score maps). Frequently there are boxes, one per control, for you to write down the letters when you find the control. There are often a number of course suggestions (e.g. short, medium and long courses). It is rare to have traditional courses instead of an 'All Controls' map (e.g. SLOW's Esher Common has 2x Yellow and one each of Orange, Light Green and Blue).



Example POC post (WAOC website)

I've been the POC coordinator for WAOC for a couple of years. This role entails liaising with the landowners for permissions and maintenance, people who may want to sell maps (e.g. cafés) and British Orienteering to ensure the lists are up to date. It's not clear to me how frequently permanent courses are used, nor what type of person (or group) uses them. Are they aimed at visitors to a park as a treasure hunt activity? Are they an alternative to a guided walk? Are they for out-of-town orienteers? Are they a promotional tool for orienteering clubs? I think the answer is that it varies from club to club and depends on how the landowner wishes to publicise them. I would be very interested to hear your views.

POCs in our local area are as follows:

- Milton Country Park (WAOC). Map online soon. Some maintenance and map updates ongoing
- Hinchbrook Country Park (WAOC). Map online now. Map and posts updated 2017
- Ferry Meadows (WAOC). Map not currently available as updated by Nene Park themselves, discussing ongoing to bring it up-to-date with our 2019 map
- Brandon Country Park (WAOC/SUFFOC/EAOA). Ask me for map. Some maintenance and map updates ongoing
- High Lodge (EAOA). Believed to be in poor condition

I am pushing for making all of our POC maps available for download (and preferably for free) from the POC section of the BO website: <https://www.britishorienteering.org.uk/poc/>

To download a map from the BO website, you need to provide your address and email details, so it is useful to allow WAOC to track how widely used the POCs are, how far people travel to use them and also to follow up to see if all was OK. The downloaded PDF has your name embedded in it to encourage you not to share it with others, plus you are told that "This map [...] grants you a licence for single use of this map for personal purposes only".

My interest in POCs comes from working away from home and wanting something to do in the evenings. This means I have visited a lot of courses managed by different clubs and so I have quite a wide view of the subject, but in turn my views are probably skewed by being a keen orienteer already and also what time of day (and time of year) I tend to take part. To date

I've done over 30 POCs mainly in the south of the country. These vary from tiny urban parks (Oakley Park in Fleet, Hants which took just over 7 minutes to complete) to well-known competition locations (e.g. Sherwood Pines where I did 16km before giving up as it was getting dark). Courses also vary widely difficulty-wise. Of the 574 courses listed on British Orienteering, 166 have green standard controls available, but for all courses it is likely the majority will be yellow/orange standard. When I do POCs, I either do them as a scatter/score (get all the controls in any order) or, for smaller courses, I will visit all the controls in ascending order.



POCs I've done

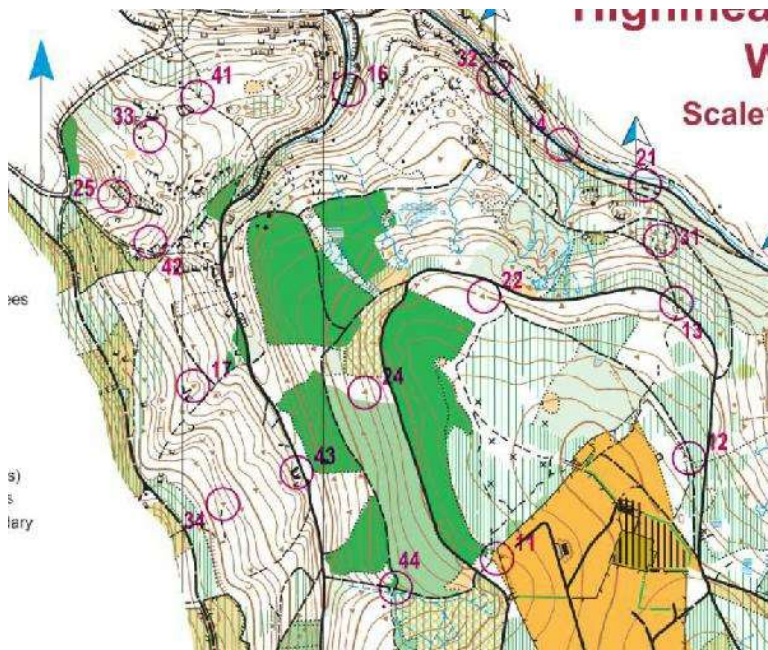
While there are POCs all over the country, some areas (and clubs) have many more than others. In Cambridgeshire we are in one of the most sparse areas along with neighbouring Norfolk and Lincolnshire. By comparison, near Bracknell I once did 5 courses in one evening. To be fair all 5 only totalled 10.7km and took less than 2 hours including driving between each.



All POCs according to British Orienteering

There's a few problems when doing permanent courses. The first hurdle is getting hold of the map, but this is much improved in recent years. Some clubs make them freely available on their website. DFOK is probably the best example. Their clear POC page lists details on each, along with a link to download the map and accompanying leaflet:

<http://www.dfoke.co.uk/permanent/>. I highly recommend Shorne Woods which is just a few miles from the Dartford Crossing (Kent side); the map has been freshly updated and all posts checked in the last month or two. Others are much harder to get hold of, requiring a visit to a café or visitor centre with limited opening times (especially at the moment). As I'm working during the day and looking for something to do in the evenings, these are problematic. Examples include Alice Holt Woods near Farnham and Normanby Park near Scunthorpe as well as many I've wanted to do, but not been able to get the map for. British Orienteering lists 574 POCs in total. Of these, 240 have downloadable maps (of which 56 must be paid for), the rest do not. It is usual to have to pay for a map if it is not available online (usually around £2, but I think Normanby Park holds the record at £7). The situation is improving though. To get the Shotover Park (near Oxford) map, I had to drive into Oxford city centre and park on double-yellows to rush into the Tourist Information office; it is now available for free from the BO website. As the WAOC POC coordinator, I have contacted my counterparts at other clubs and pulled a few strings to get maps on the understanding that I would give feedback on the state of the posts. This is how I gained NGOC's Christchurch map (11km with 400m of climb) which is probably the most complex POC I have done, but which is not widely available. A map extract is below:



Gloucestershire hills (NGOC map)

are newer maps available if the park owners do not ask for more. Our Hinchingsbrooke map has now been updated and Milton CP and Brandon are in progress. Sometimes the maps are just very poor. At Queen Elizabeth Country Park near Southampton, I was given a black and white photocopy with the controls on.

A related problem is that the course itself may be in poor condition. Perhaps the posts have been vandalised or moved due to forestry work. Perhaps the posts are there, but the orienteering markers have faded as to be unreadable. Sometimes I've been warned by the club which posts were missing so as not to waste too much time. In my experience it is rare for all posts to be there and readable (though you sometimes find a post-shaped hole in the ground where it should be). In some places the course has just not been maintained (Coate Water in Swindon and Southampton Common spring to mind). For some courses, it has become so bad that they are no longer used (for Bestwood Park, Nottingham, I was given a blank map and told I may or may not find some posts as I went round. Southampton Common is no longer listed on the SOC website). The problem is exacerbated in my case as I tend to mainly work away in the summer. It is common for posts to be hidden in undergrowth especially when very short posts (around 30cm) have been used to avoid vandalism (Shotover Park is an example). I waded through chest-high bracken in Sherwood Pines before giving up. Coate Water was full of nettles. At Irchester Park, they specifically offer 'Summer Green' that avoids the worst of the nettles. Some problems are temporary for other reasons. Part of Langley Park, which is near Pinewood Studios, were fenced off due to being used for filming last time I visited.

A modern take on POCs is offered by smartphone apps such as MapRun (which uses GPS) or Sporteering (in which you scan a QR code on each post). Of these MapRun has the most momentum and I will cover this more in the next issue. NGOC were very early adopters and they have 43 permanent MapRun courses (and 1 mountain bike course). At the time of writing we have two MapRun courses (Fen Ditton and Bar Hill) and we're working on more – all help is appreciated. I'm the club MapRun administrator and I can offer guidance of planning courses with it.

If you have any ideas of locations in our club area that might be suitable for a permanent courses or any feedback on our current courses, I would like to hear from you. I'd also like to hear from you if you have recommendations for courses I should visit.

Stephen Borrill, mapping@waoc.org.uk

The second obvious problem is that published maps may be out of date. Shorne Woods is a good example here. Until last year, the downloadable map was from 2008 and what was shown as runnable wood was impenetrable forest fight. Controls that I never found during my two visits have now been removed from the new map. In WAOC we are as guilty of this as other clubs. When the base maps gets updated (e.g. Milton Country Park), it is easy for the POC map to get forgotten about. If there are printed copies for sale, they may remain for years even if there

Find the route – Bruce Marshall

Find the shortest route between the two marked controls avoiding all the obstacles and OOB areas.



Missing vowels round – Orienteering areas – Andrew Henderson

(if you don't know how to do this – watch Only Connect)

LVR SMNT NDTH MR
PKF BLSC
QNLZ BTHL YMPC PRKN DSTVL LG
RTB YWDL NDS
RDD NGSNC LSR
SH RWDP NSFRS TPRK
SL VRHW NDBL RGG
SH GBRG HPRK
RCH STRCN TRYP RK
RN SWLL
LT HHLL
LNCS TRNVR STY
LFH WNDR MSDN MR

Ursula's M'Utterings

Those among you who attended that AGM will have heard the Captain's account of last year's WAOC orienteering successes but she kept quiet about the best performance of the year. These days I scarcely ever see her when I am out on my course but for many years Janet used to overtake me comprehensively when her Short course was the same as my Long. As I arrived breathless at the Finish I used to urge her to run the Long course but she always insisted she was happier on the Short. Then as she travelled round the country competing, she naturally started talking to the people she was running against. She heard about the UK Orienteering League; 24 events, usually 2 per weekend, with 12 to count based solely on results on the Long course and she decided to have a go at it. As you may realise, Janet is not one to do things by halves so she started to train to improve her running, went to lots of events in addition to UKOL ones and saw her orienteering skills improve pretty rapidly. I was aware that she was moving up her age class but I had no idea that last year she finished THIRD in W60 – one of the largest W age classes – and with so many well-known W60s who seem to have been orienteering since the year dot and go like the wind ending up below her in the table. Congratulations, Janet: that is a fabulous result and you are truly amazing.

There is now nothing standing between me and the sorry tale of my ultimate British Night Champs gold medal (and trophy). I turned 85 last year but the British Night Champs were in Scotland and I decided that it would be just too rough for me. This is a crucial year for me as a W85 as next year Alison Sloman, a truly strong and pretty speedy W80, becomes 85. The Night Champs were to be held on Hambleden, a TVOC area I had previously run on for 3 days of the JK and remember as remarkably smooth and undergrowth-free. There was accommodation in an institution on the other side of the road immediately to the S of the area, along which a bus ran, even on Sundays. With everything in place I invested in a lovely new head torch, picked up a spare torch from Argos on my way to the train and I was all set. I asked for a v early start and got one at about 10 to 7. I set off and found that the course was indeed as I had expected: I realised that a gold medal was a possibility! After I had been going a bit I thought to check the course closing time – 10 pm so I had loads of time. I had my walking pole and made steady though slow progress. Still on my way up (from 4 to 5) I met the head torches of loads of fit youngsters running down from the far north towards the finish area.

I saw someone going in to 5 but after that I was mostly on my own. I made my way across to a large track off which a good footpath left to the R and was pootling happily down it until I realised that the footpath I had found off to the R was much too far down! I retraced my steps and found my path was in an open area so the junction did not show at all in the dark – a very basic mistake. After that 6 was easy: the main problem was avoiding the toads that were on the move, but they showed up well in my head torch light. The up to a road and a long way along that to 7 that was on an earth bank down to the L: the problem was deciding when to leave the road and venture down. After one false excursion I realised that there was an attack point - a knoll on the R - and at that point a fairly speedy guy rushed down the slope and appeared back on the road very shortly afterwards. I had carelessly worn shoes that did not have sufficient profile so had great difficulty in getting down to the control but I made it in the end and was able to continue through the wood rather than attempt the climb up the slope back to the road.

After that things were OK, though certainly not speedy, until the antepenultimate control that was between 2 thickets. I spent a lot of time working out where to go down for that one but the end was in sight, figuratively speaking, so I just kept on trying and in the end there it was. I set off for home, east down a gentle slope and after I had been going some time I met a man coming up the slope so we said hello and I asked him where he was going and he

said he was the planner and was looking for me as courses had closed! What an embarrassment not to make course closing time when you are the oldest person out and will obviously be a concern to the organising team. Plus I was gutted to have missed my gold medal but he told me that they had kept download open and if I visited all the controls I would get my medal. He was able to phone down to say that I was found and then pointed out that the hills were alive with head torches, all obviously looking for me. After a time Roger Thetford, a TVOC guy I have known for a very long time, came up to take over the sheepdog role from the planner. I apologised to him but he said that he had been assigned to that job so was happy to be of use. The penultimate control was down a very deep depression and I have to confess that the planner took my dibber down as he did not think I would be able to get up out of it: he probably had no idea how weedy W85s, even former rock climbers, can get. I arrived back in the amazing assembly marquee, downloaded – 227 minutes. The people who were standing around told me that I was only 5 minutes behind another woman. I was very apologetic and have since written a grovelling e-mail to the organiser, who is the nicest guy, but future organisers note that this is positively my last night event! Then the organiser presented me with my medal and even a trophy. Everyone was so nice, despite having to get up the next morning for the day event on the same area. I of course had missed my bacon and egg butty so I trudged back to my room, boiled a kettle, made a cup of tea, consumed the statutory 2 biscuits and a very good Starbucks brownie thing that was fortunately in the top of my rucksack and retired to bed!

It is not always possible to run in sunlit forests. Ursula Oxburgh

Farley Heath 45 Years Apart

I recently ran at a Guildford Orienteers event on Farley Heath and as I was driving home (the M25 was very boring) I had a thought that Farley Heath was one of the very first maps I ever ran on as a 'headless chicken' convert from cross country running at university many years ago. That got me wondering how much the map had changed, due to changes in mapping standards and natural changes to the land. I've always been a bit OCD about storing my maps so finding the original Farley Heath map from 1975 wasn't difficult. One difference of note is that the original map was at 1:15000 whereas the modern map is 1:10000.

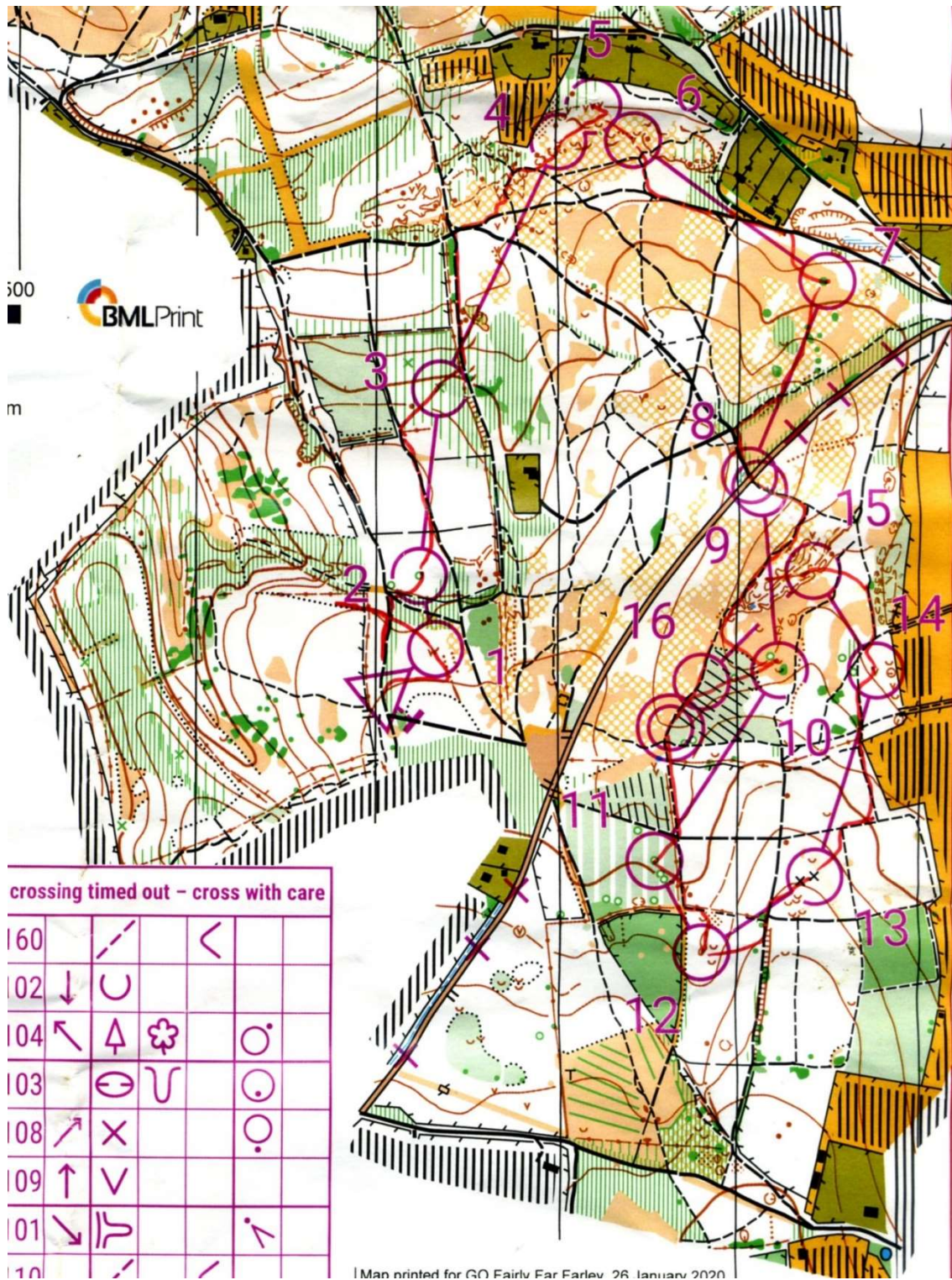
Below are sections of the two maps at roughly the same scale, cut down so that they fit side by side. Enjoy spending a few minutes comparing them and think about which you'd rather navigate on.

(Please ignore the rookie mistake from 1-2 on the recent map!)

May all your runs be in sunlit forests.

Ian Smith

2020



1975



Lockdown Orienteering – Hebe Darwin

Lockdown Orienteering is a virtual orienteering competition. Whilst we can't go into the forest, it may be the best way to avoid forgetting how to retain our orienteering skills. The main events were the catching features courses. This involved downloading an app, called catching features. The app has lots of different courses to do, and you are able to make, play and compete on different maps. Other events focused on different orienteering skills, such as being able to choose the fastest route between controls and map memory.

I did the Lockdown Orienteering Sprint Weekend, and this is an overview of the weekend.

The first event was the Course Choice. This is where you had to choose the shortest route, not the fastest route out of three different routes. I found it hard to see the difference between some of the routes, the differences were very small! I think that with more practise it might be easy, but we were just trying this for the first time.

The second event was Catching Features. This event was live, meaning that you could compete against people at the same time, not just see their results afterwards. This Course took place in Africa, and, though the course was hard at first, for my mum, by the time I ran it I had halved her time. Again, like the first event, having practised it, it would be easier to run, also having got used to the controls (how to move around).

On Saturday, we started the third event, this was the Streetview Orienteering. For this, they gave us a map of Bristol, a survey and google maps. You had to navigate round the course on the map in google streetview, and then, when you got to where you thought the control was, you would look at the question on the survey, find the answer, and enter it on the survey. The survey would also time how long it took you to enter all of the answers and press finish. I found this quite easy, because you just had to keep in contact with the map and read the questions through, and you would finish it fine. People might have thought that knowing Bristol would give you an advantage, but as my mum found, it doesn't.

The fourth event was the Rapid Route Game. For this, you had to draw the fastest legal route, while taking in mind the length and amount of climb it had. To make it even more difficult, you had to avoid the Out of Bounds areas, which were inconveniently situated in places where the fastest route would have gone through. I found this very tough, because you lost points for more than 30 seconds, so there was a time limit as well. The practise routes did not show any resemblance to the real thing, so I just did it without a care.

Next we had to do map memory. This is basically a flashcards game, where you turn over two cards and if they match, take them, if not turn them back down again. This is a good game, but did take quite a bit of time, since you had to match 20 pairs. There was no time limit, it recorded it on the amount of clicks you required to match all the cards.

Now we had to do our second Catching Features round. This was in the same place as last time, but we had a different course. Even though this course was longer, I went quicker than the day before because I had a different tactic. I would stay on the paths for as long as I could, because you could run quicker on the paths than on the grass.

Sunday morning, and we had four more events to do, the first of which was the maze. You had to change between a birds eye view of the maze, and a straight view of the maze which you would navigate around to get to the different controls. I found this very easy and completed it in 300 seconds (roughly), but my dad found it extremely hard.

Event 8 was the jigsaw. In which, we had to piece together straight edged jigsaw pieces of a map whilst being timed. These last two events, Alex and I did well at, partly because we are more used to doing these things than the parents.

Event 9 was the Route Choice Game. This is where there were two choices to go round an obstacle, left or right. You had to choose the shortest route. In this, the time you took was more important than how many you got correct.

The last event was another Catching Features, but this time in a forest in Wales.

This was unlike any of the earlier Catching Features courses we had, because the terrain was so different. This course was still very easy, but it was a good thing to finish off a manic weekend.

Overall, I would recommend doing the Lockdown Orienteering Events, but if you really want to do well, then I suggest that you practise a lot. It is fun, but we found that we weren't doing much else that weekend. That may have been because we did Friday's events on Saturday, so we had more things to do, but it was still busy and tiring.

Hebe Darwin

Find the route - Solution



Missing vowels round – Solution

Oliver's Mount and The Mere
Pike of Blisco
Queen Elizabeth Olympic Park and East Village
Ratby Woodlands
Reddings Inclosure
Sherwood Pines Forest Park
Silver Howe and Blea Rigg
Shugborough Park
Irchester Country Park
Irons Well

Leith Hill
Lancaster University
Leaf Howe and Ramsden Moor