



West Anglian
Orienteering Club



JABBERWAOC

Vol.49 No 3

October 2021



Photo: Wendy Carlyle

Maps and photos are in colour on website.

Editorial:

It has been a busy summer with WAOC members competing all over the country as well as in the MapRun league at home. This edition contains reports from Scotland, Wales and the Lakes along with thoughts on events closer to home. Thank you as always to all the contributors and please keep the reports coming!

Emma Jarrett

2021 WAOC Committee

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Jabberwaoc Editor	Emma Jarrett editor@waoc.org.uk	Publicity Officer:	Harriet Millward publicity@waoc.org.uk

Junior training



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

Correction: Photographs in the article on Driffield by Stephen Borrill in the July edition should have been credited to Brian Ward (HALO). Apologies for the omission.

Welcome to new members

Alexander Moore, Martin Andersson and Jenny Carlsson - all from Cambridge

Welcome back to Ben and Emma Holland and family from Fornham St Martin now their children join them orienteering.

We hope you will all enjoy orienteering with WAOC.

British Orienteering Awards – Ian Smith

Colour coded badges

Elysia Cowe	White	
Alys Powell	Yellow	

BOF awards

Hanna Biernacka	Racing Challenge	Bronze	TD4
Maciej Jablonski	Racing Challenge	Silver	TD5
Alys Powell	Racing Challenge	Bronze	TD2
Johanna Powell	Navigation Challenge		TD5
Kingsley Reavell	Racing Challenge	Gold	TD5
Hebe Darwin	Navigation Challenge		TD5
Erik Biernacki-Jablonski	Navigation Challenge		TD3
Alys Powell	Racing Challenge	Gold	TD2
Alistair Fu	Navigation Challenge		TD4
Hanna Powell	Racing Challenge	Gold	TD1
Hanna Biernacka	Navigation Challenge		TD5
Jonathan Ward	Navigation Challenge		TD5

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

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

Chair's Chat - Helen Hague

Dear all

I hope you have an enjoyable and relaxing summer and are ready for a bumper packed orienteering season. Many of the deferred events from last year have been rescheduled so that we have events for this season and last season all at once so we'll be spoilt for choice!

WAOC is going to be rather busy this year, already having run the North Cambridge urban event and a Park-O at Milton, and the two day event Autumn in Anglia just this last weekend. Then Mildenhall South in November, Park-Os and MapRun events as well- phew, I feel tired just typing it! Still hopefully something there for everybody, whatever your age, level, or urban/forest preference.

After Christmas, we'll have our event at Mildenhall North and then the Middle Distance champs taking place on 6th March in SMOC land at Rushmere with WAOC running an event at Salcey the day before. We are certainly running rather more events than usual this year- the old saying you wait for a bus and then they all come along at once springs to mind. None of these events could take place without our trusty WAOC members helping out so thank you in advance to any of you who will be able to help when the time comes.

Look forward to seeing you in a forest somewhere!

Helen

Captain's Corner - Janet Cronk

With thanks to Wendy Carlyle for photos

The last three months have seen a number of events and its good to see WAOC members back out in both the streets and the forest. A brief summary of some of the achievements of WAOC members over the last 3 months is as follows:

1. Scottish 6 days - 1 - 7 August 2021

21 WAOC members travelled to Lochaber 2021 and top overall positions from 3 events were achieved by Alex Wetherill M18 (3rd), Dil Wetherill M55S (1st), Alys Powell W10A (7th), Elysia Cowe W10B (4th), Sue Woods W60L (12th), Noreen Ives W65S (5th), Hazel Bickle W70S (7th).



2. British Sprints Championships - 21 - 22 August 2021

This weekend of Sprint Orienteering was held in Skelmersdale, Lancashire. WAOC entered 3 Mixed Sprint Relay Teams; M/W40, Ad-Hoc and a Junior M/W12. No medals were won but it was excellent experience for all those who took part and for the juniors especially.

Alys Powell was delighted to achieve a Bronze Medal in W10 in the individual sprint champs the following day.

3. Welsh Championships - 9 September 2021

Alys Powell won both the Middle Race and the Long Race and being a paid up member of Welsh Orienteering she is actually the overall W10 Welsh Champion !

4. Lagganlia 2021

Congratulation to Hebe Darwin who has achieved selection for Laggalia 2021. The UK training camp for M/W14s is going to take place at Badaguish, over October 1/2 term (23 to 30 October).

6 EA Championships - 26 September 2021

This year's event was organised by HAVOC and took place in Epping Forest. Congratulations to the 12 WAOC members who went home as EA Champions. Aly Powell W10, Kate Jarrett W12, Emma Jarrett W45, Helen Hague W50, Sue Hartley W65, Hazel Bickle W70, Chun Yan Alistair Fu M14, Tom Beskeen M21, Brian Cowe M45, Mike Bickle W70, Chris Morley M80. Kate Jarrett was also awarded the Joan George Trophy for the best Junior Performance overall.

5. Junior Home Internationals - 9 & 10 October 2021

Congratulations to Alex Wetherill who was selected to run for England as M18. The races were held on the Devil's Punchbowl and Bramshott Common in Surrey with England winning the Individual races and but coming 2nd to Scotland in the relays.



Congratulations to the 2021 Summer MapRun League Winners



Anytime League

Male Champions:	Female Champions:	Male Champions:	Female Champions:
1. Dil Wetherill	1. Sue Hartley	1. Stephen Borrill	1. Harriet Millward
2. Stephen Borrill	2. Harriet Millward	2. Greg Foot	2. Kaz Latham
3. Greg Foot	3. Kaz Latham	3. Iain Stemp	3. Kate Donovan

On the Night League

It was wonderful to see over 50 taking part in the summer training and Summer MapRun League this year. Thank you to each and everyone of you that took part.

Special thanks go to all the people that made the League possible: planners Iain S, Stephen B, Caroline L, Bruce M, Ian S, Helen B, Jenny H and Jason D; Bob H for registering the events; Stephen B for uploading all the courses to MapRun; Harriet M for collecting the money and Dil W for calculating the results.

Helen Bickle



2021-2022 MapRun League:

The League returns with a new format of linear courses.

Choose between either a 6km or a 3km linear course (note the distances are measured on a direct line between controls and so you can expect to run a third more than advertised).

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

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

Costs:

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

Non-members: £4 senior; £2 students

Cost of Any time: £2 (details on how to register to be confirmed)

Prizes: Fastest man and women on each of the 6k and 3 courses. Yours best 4 runs count.

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

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

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



Wednesday Autumn Term Training Nights

Helen Bickle



Wonderful to be able to say that we are returning to the old format for training nights and you can just turn up on the night.

13th October	Central Cambridge starting at Parker's Piece
20th October	Sidgwick Site & University Library
27th October	Centre of Mathematical Sciences
10th November	Newnham College
17th November	Homerton College
24th November	Lucy Cavendish College, St Edmund's College & Castle Hill
1st December	Churchill Adventure Race

Further details are put on the website and emailed to the training list before each session. If anyone would like to be added to (or dare I say it - taken off) the training email list, please email training@waoc.org.uk

Timings: Please aim to arrive at 6.30 p.m. so that you are ready to start at 6.45 p.m. Usually finishes by 8.00 p.m.

Costs: Regular: £1 per adult, 50p per junior or student.

Juniors: To take part U16's must be at least Orange standard and shadowed.

New to training

The first session on 13th October is designed to provide an introduction to orienteering so if you have any friends that you think would enjoy orienteering, invite them along so that they can have a go at orienteering without being plunged straight into the middle of a forest.

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

Training Tip: Focus

With forest and large events restarting, can you remaining focused in a crowded forest? Here are a few tips that might help.

- Never run to a control just because you can see it! Easy to see a flag and although you think it is not quite in the right place change course. Pause – check as easier to remain on a set route than relocating.
- Run your own race (aka don't follow others): Again easy to be led off your route or bearing by seeing another competitor. Try thinking everyone else is heading to a different control.
- Helping someone should give you good karma, but can also mean you lose focus. Before running off, check your map and North.
- Use a trigger word that is either thought or even spoken out loud to refocus. Simple example - map to remind you to immediately orientate the map + check location. Complex example - ACT (Attack Point | Compass | Traffic Lights) to remind you to think of your next destination, orientation and your speed.

British Middles Weekend 2022, and the CompassSport Cup

Peter Woods

Nobody, as far as I know, ever compared WAOC Level B events to proverbial buses. And yet, early next year, two of them will come along at once (Level B events, not buses). Our event at Mildenhall North on February 13th will be a CompassSport Qualifier event, and as such has been re-graded as Level B. (British Orienteering is experimenting this year with having the regional qualifiers across the UK happening on one of two dates, rather than all the heats supposedly happening on the same day; this year they are split so that one set are on Feb 13th and the remainder on March 13th).

Mildenhall Wood is familiar territory for us and close to home, so I hope we will be able to capitalise on this by having a really high turnout. The CompassSport competition is designed so that every participant can make a difference, either by running well and achieving points for the club, or, simply by finishing without mispunching, pushing runners from competing clubs down the results list.



So this is one date to put in next year's diary. And I daresay your club captain might remind you of this as the time approaches. Two weeks later, the British Middle Distance Championships will be coming to East Anglia. The last time this happened, in 2006, the level of entries was low enough that WAOC was able to host the event at Rowney Warren. We had bottles of beer (with customised labels) as spot prizes.

This time, the Middles Champs will be an EAOA event, hosted in SMOC's Rushmere Forest. We hope that many from WAOC will take advantage of the event being so near, and take part in one of the sport's major competitions even if this is not normally on your radar. The level of attendance at the Middles Champs has grown massively since 2006 and will justify having traders, caterers, live commentary and an area for club tents and spectators alongside the run-in to the Finish.

The Champs will be on Sunday 6th March, and as part of the same weekend, to help justify the trip for those travelling from further afield to the event, WAOC will be laying on an event on Saturday 5th. This is the second of our two Level B events. And please do not write in to point out that buses are supposed to come in threes – two Level B events in a fortnight is quite enough thank you, and in any case if you count the Middles Champs (a level A event) that does make three.

Unusually, this WAOC event will not be on WAOC territory. We will be using Salcey Forest, a SMOC area. This means the two events that weekend will be relatively close to each other, and reflects the difficulty nowadays in finding orienteering areas that are available on the date required. We do hope you will come and run at Salcey too. We will need plenty of helpers on the day, and there will also be the chance to help at the Middles, where a WAOC team will be helping to run the starts.

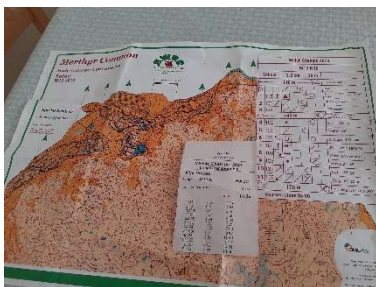
Whilst you have your diaries to hand, as well as highlighting the dates of the events themselves, make a note of the date that entries go live for the Middles weekend: 1st November. Entry fees will go up after mid-January, so better to enter early, before that happens.

WAOC at the Welsh Championships 2021- Alys Powell



Hello,
I'm Alys Powell and I was asked to write in here about the Welsh Middle Championships and the Welsh Championships. I was eligible because my mother is Welsh, and we are ex-pat members of the Welsh Orienteering Association.

I'll start with the Welsh Middles on Saturday 11th September. Me and my family parked in the car park of a school in a place called Pant. We walked from there to Merthyr Common where both championships were held. My W10A course had 8 controls and I looked at my map carefully as I went off to do my course. The easiest control for me was probably number 5. I knew where that control was before I'd even started because I spotted it from the start. My time was 18:51. When I downloaded, I was 1st out of 2 which meant that I was Welsh Middle Champion!



For the Welsh Championships, we went to Merthyr Common again, but it was a different side of it. It was very beautiful there, but insects kept biting me. My course had 11 controls and the longest I took on finding one of them was 2:23 in getting to number 9. I found the course quite easy, and I took 14:36. When I got back, I was the first finisher out of every orienteer competing at the championships and I was very proud of that.

While waiting for my parents to finish, I enjoyed snacking on a piece of shortbread and chatting with other WAOC teammates. I also realised that there was only one portable toilet and on it was a sign that read: "Sorry, the other one was stolen!" Me and my Daddy had a laugh about that later, that they had only stolen one toilet and not both.

I waited for ages worrying that I had taken too long that so many people would get a faster time than me. Until, I saw that the results were up for the W10A course and I came first in my class, so that meant I was Welsh Champion!

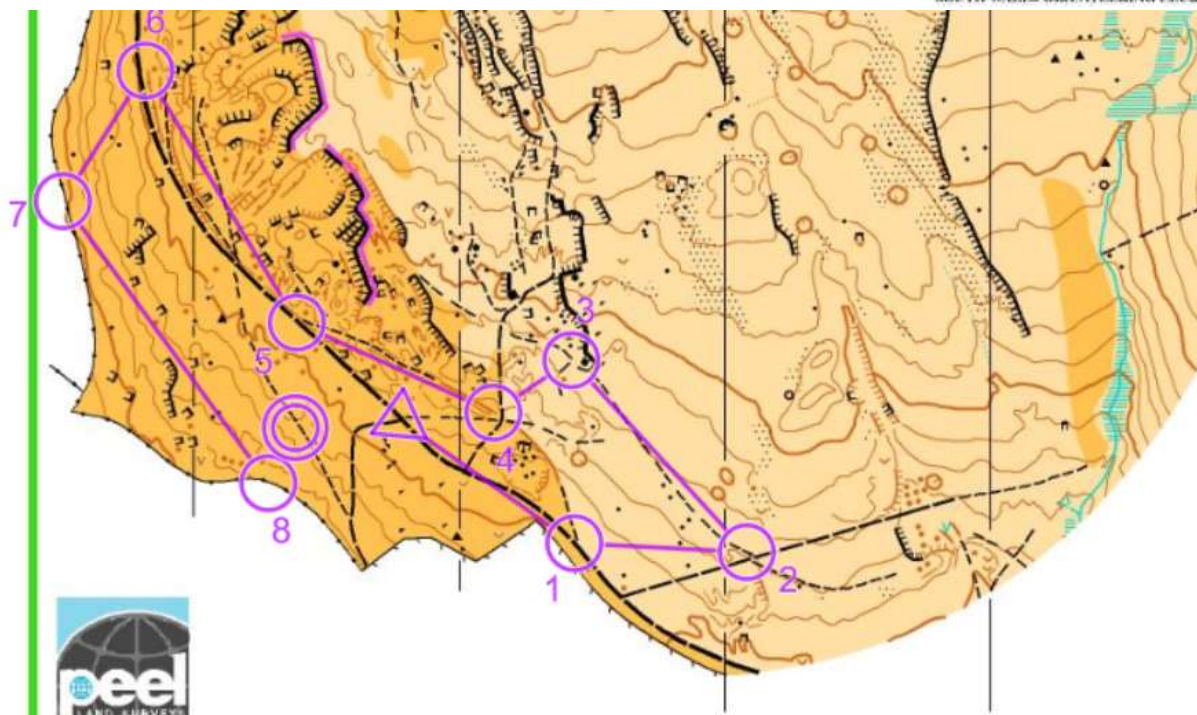
I was the first person to get my medal and trophy awarded in front of the Welsh flag in the award ceremony. I am so proud of myself. I really enjoyed both of the championships, but I think I preferred the Middles because it wasn't as marshy.



Merthyr Common

Scale 1:10,000 Contours 5m

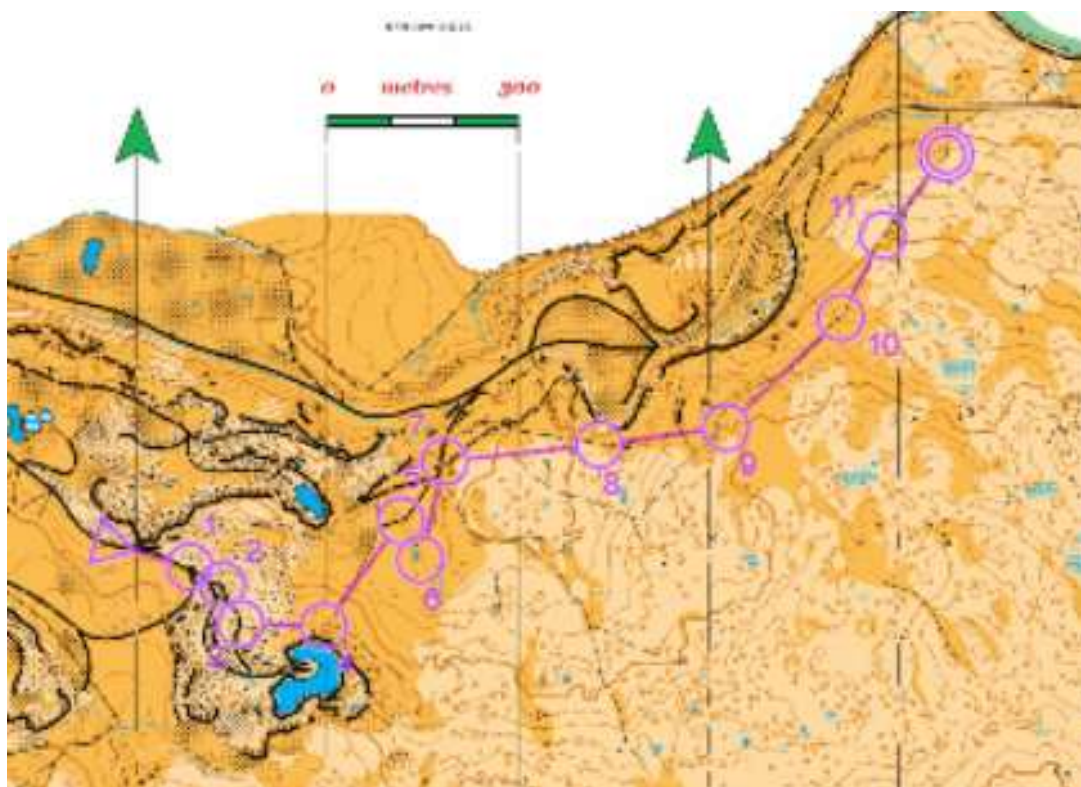
Event number 71356



Map produced in 2008 by Dudley Budden. Minor updates by Peel Land Surveys for JK 2014.

Converted to ISOM 2017-2 and realigned to MN in 2020

0 metres 500



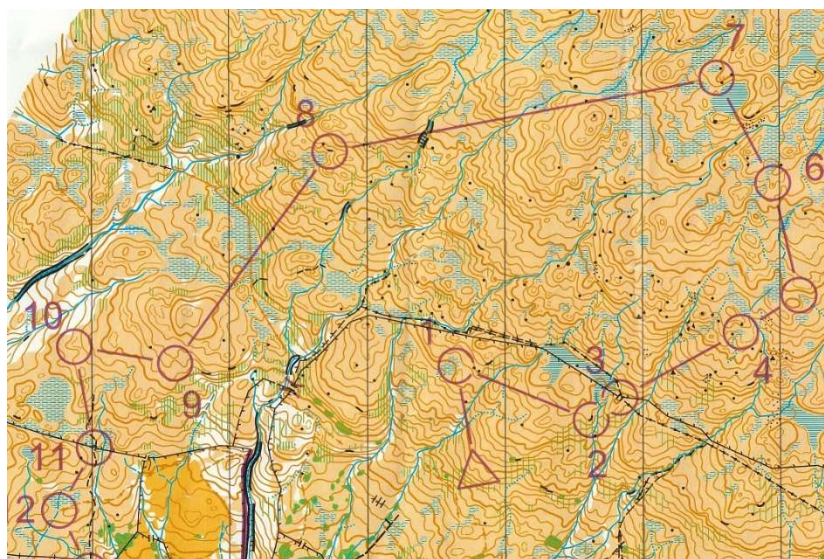
Scottish 6 Days 2021 – Sue Woods

With thanks to Wendy Carlyle for photos



With six days now reduced to 3 days of orienteering, I thought I could cope. That was before the walk to the start on Day 1, when I was re-introduced to contours. It was all very laid back when I finally stepped up into the start grid on the open moorland, with just a few keen orienteers staring up at the hillside, the reassuring bleep of the start clock, and we were off. “Don’t run unless you

know where you are going” I remembered Ursula advising me after countless failures in the fens. No choice, it was so steep, I could only walk anyway, and using the only features I could see, followed a rough bearing and counted off the stream crossings with the aim of reaching the marsh at the first control. There was a lot of blue on the map showing the marshy areas but my feet were dry and the only clue seemed to be the change in colour of the vegetation. Perhaps it was because I was walking, and so taking things at a slower pace than usual, that I kept contact with the map and to my own amazement came straight to the kite. Perhaps also it was because there were fewer distractions, there were certainly fewer orienteers around than at a traditional 6-Day event. So I persevered using the shape of the hill to guide me round towards my next control. It was only when I saw the stream and looked down to my right that I saw the control under the rock. Number 3 was a crossing point common to other courses, and number 4 felt a long way up, so still no chance of running and overshooting.



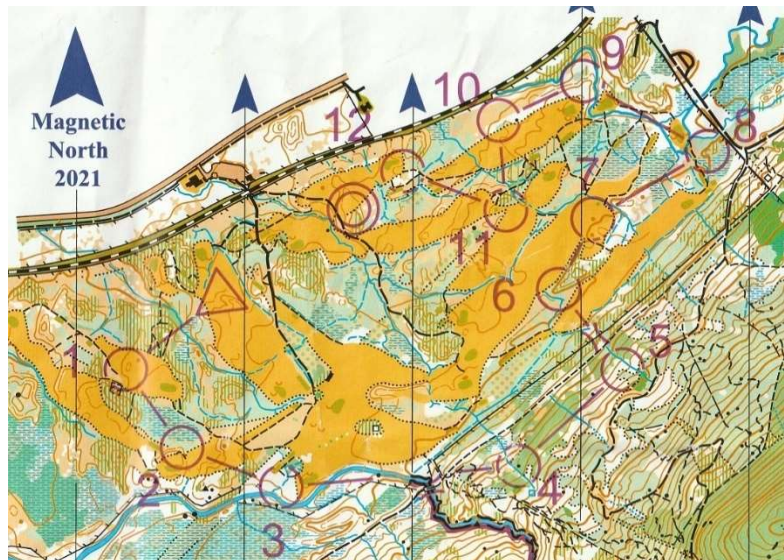
7 – 8 looked a very long way and with the temptation to just run downhill. I started counting streams and marshes. Almost dropped too low at 10, but I just caught sight of the control kite in time.

By the time I had finished, I was convinced I had not done a good time as I had walked so much in the first half, so thought there must be some mistake when Pete claimed that I had scored championship points. It was unusual for me to be accurate, so many thanks to the mapper who incorporated a wealth of fine detail over a huge area of terrain.

And then it was Day 2, and I tried to run from the start kite through tussocky thickets on the edge of the golf course to take a direct route to the first control. I got hopelessly entangled in rough terrain and took an age to finally emerge on to the smooth flat grass where my control had been

sited. It was only after my run that I saw the easy but less direct route going in the opposite direction from the start kite, which avoided the rough stuff. So from then on, it was about finding the easiest route, sticking to paths and fairways rather than the direct option. Unlike the previous day, blue on the map definitely meant wet feet, so was best avoided.

So that was two days of Scottish orienteering without getting completely lost, and naturally things went downhill after that. After 3 “rest” days cycling in the Great Glen, Day 5 was a shock to the system. Torrential rain, no brain, no strength in legs, and back to finishing way down the list. So from now on, it’s OK to walk if you know where you are going. Lesson learned the hard way!



Mildenhall 1982 – Chris Brown

Seeing in the fixtures list an event coming up at Mildenhall South, reminded me of an unusual event held there nearly 40 years ago. Older readers may remember in February 1982 running on a Mildenhall Woods map that linked the current North and South areas. Others may doubt that this was possible. It was indeed achieved by the construction of a pontoon floating in the Cut-off channel under the A11. We had been asked by the Army if we would combine our Badge standard event with their East Region championship; we were happy to agree if they constructed the pontoon 'underpass'. This meant that we could have 'proper' long courses, (this was the era before electronic punching) and as I recall we had an entry of over 500. Suitably placed controls channeled runners onto the pontoon and underneath the constant traffic, and then back by the same route later in their courses.

I doubt this would be possible today following the dualling of the A11; either the technicalities or the labyrinthine permissions would probably rule out this ingenious solution; so perhaps the whole thing was a fortuitous 'one-off'! The competition area has also changed dramatically since then, with the felling of trees in the south east corner of the 'South' map and reversion of that area to grass heath. Today rare birds such as Woodlarks and Tree Pipits nest here and possibly Stone Curlew, one of Britain's rarest breeding birds. It is not surprising then that access is not allowed from March to the end of October. As a bird watcher as well as an orienteer I can't say I am too disappointed.

Back in February 1982 we used the fields between the A1101 and the River Lark for parking, courtesy of Elveden Estates. I was the organizer and Peter Haynes and Richard McMahon (both then of CUOC) were the planner and controller respectively. It was cold but dry on the day and I recall my main worry being the relief of our two manned control marshalls, friends of mine press-ganged into sitting in a depression for 2 hours at a time, checking that the controls had been taken in the right order. Such joys are no longer part of our sport!

My other memory is that the day after the event I visited the area just to check that nothing had been left or damaged. I was struck by what little impact the event had on the ground – even the start, where all those hundreds of feet had gathered, appeared only lightly trampled.

Sadly, I no longer have a copy of the map; if any of our senior members have more than one, or could scan theirs and send me a copy, I would be both grateful and even more nostalgic!

Chris Brown
chris.brown@cb4.org.uk

MILDENHALL WOODS - North

© West Anglian Orienteering Club Grid Ref TL 728 750

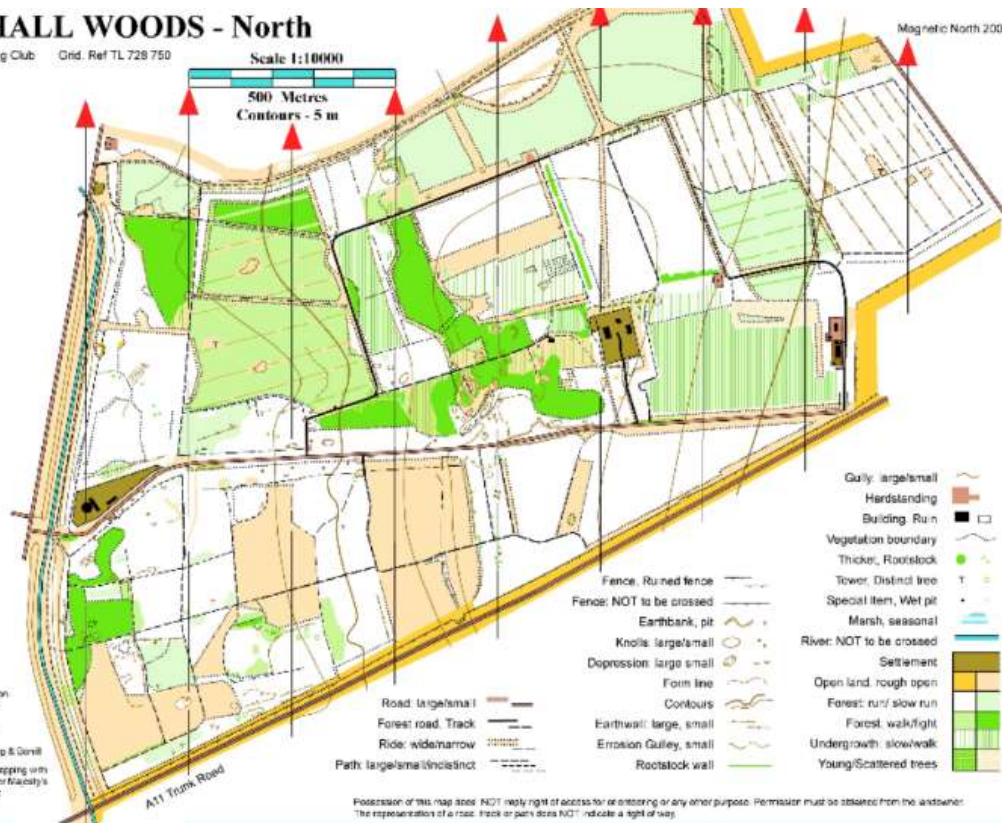


Scale 1:10000

500 Metres
Contours - 5 m

Magnetic North 2003

1996 Survey: Peter Lovellington
2004 revision by Rose Cooke
2007 update by John Ward
2010 update by Mark Scott
2014 update
2018 minor revisions - Dunning & Goff
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 OGC Registration No. 64-31-195



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The representation of a road, track or path does NOT indicate a right of way.

From WAOC event 06/11/16

From WAOC event 19/11/17

Mildenhall South

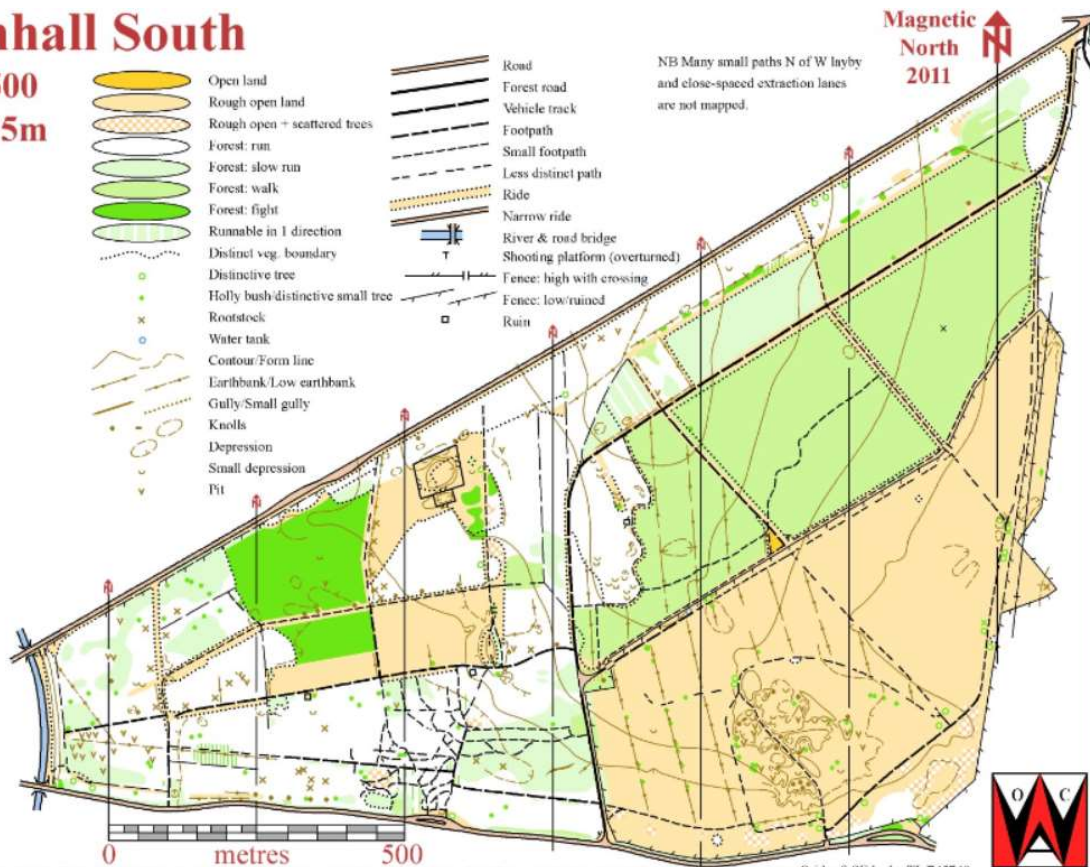
Scale 1:7500
Contours 5m

Magnetic North 2011

- Open land
- Rough open land
- Rough open + scattered trees
- Forest: run
- Forest: slow run
- Forest: walk
- Forest: fight
- Runnable in 1 direction
- Distinct veg. boundary
- Distinctive tree
- Holly bush/distinctive small tree
- Rootstock
- Water tank
- Contour/Form line
- Earthbank/Low earthbank
- Gully/Small gully
- Knolls
- Depression
- Small depression
- Pit

- Road
- Forest road
- Vehicle track
- Footpath
- Small footpath
- Less distinct path
- Ride
- Narrow ride
- River & road bridge
- Shooting platform (overturned)
- Fence: high with crossing
- Fence: low/ruined
- Ruin

NB Many small paths N of W layby
and close-spaced extraction lanes
are not mapped.



OGC Registration No:

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Lake District Mountain Trial - 12 September 2021 – Iain Stemp

With thanks to Andy Bradley, Pete Trainor and Dave Fenwick for the photos

Perhaps you have never heard of the Lake District Mountain Trial (LDMT) and that's maybe because you live no-where near the Lake District, but it has been going since 1952 and it became the first event in England to be run regularly on orienteering principles, a decade before the sport became firmly established in this country. The trial is organised by the Lake District Mountain Trial Association (LDMTA) and takes place in September every year.



Iain on the course

Three distances are now planned; the classic (around 29 km and 2300m ascent), medium (around 21km / 1500m) and short (around 15km/1100m), but as in most orienteering the distances are as the crow flies. Being a test of fellrunners' mountaineering and navigational ability and stamina applicants are vetted to make sure they are competent enough in long mountain races and mountain navigation to be able to compete safely.

Andrew and I completed the LDMT in 2015 and 2018 and I failed to finish in 2019 due to injury. So this year we were aiming to complete our 3rd mountain trial, Andrew competing in the Classic distance and myself the short (due to a disruptive year of training).

Ahead of the race the only information about area it takes place in is the venue and since the routes could be anywhere in the Lake District it is then a guessing game to work out what area will be covered on the specially prepared Harvey maps, which at 1:40K A3 size can cover a large area. Unless mentioned specifically in the race info (e.g. in 2018 there was a timed out crossing of the road at Dunmail Raise) the routes would not cross any major roads and would take place on high ground. So with this in mind and considering the venue is usually at the edge of the map it is not too hard to work out where the routes will be.

This year the venue was in the North West at Loweswater Village Hall and the weather was perfect for a day out on the fells (dry, no low cloud and about 16 degrees) – Andrew would have preferred low clouds as that would have made precise navigation more important.

As in regular orienteering races runners are start at set times after a kit check (full waterproofs, gloves, hat, whistle, adequate and emergency food, and additional clothing (if necessary) are to be carried) and then there is a marked route which can be up to 3km to where the maps are given out.

The classic course had 7 controls to visit (all si controls) over such long distances there are some long legs with usually a fair amount of choice about which route to take, whether to climb up onto

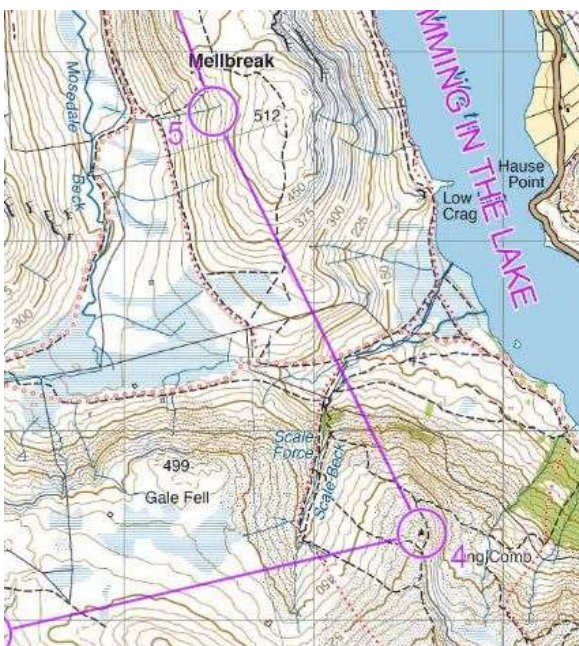


Short course control 3

a ridge and along and then down, or to traverse round or to go straight up and down. The classic route this year took runners into the fells to the north and west of Crummock Water and Buttermere and also the other side of those lakes.



Classic course legs 3-4 and 4-5, the fastest times on the legs were 50 minutes and 70 minutes respectively.



The short course, on the other hand, had some obvious routes and none of the legs were particularly long and as such was a good introduction to the mountain trial for newcomers, but lacked the technical route finding that a runner who couldn't manage the longer distance might have liked.

The only real choice on the short course was the leg from 4 to 5. The choices being (a) to take the route up towards Mellbreak and to traverse to the control point without having gained too much height, (b) to start on the path to the west of Mellbreak and to approach by going across the slope in a due north direction which avoids losing height on the path round the base of Mellbreak and avoid climbing too high, or (c) to use the path to the west of

Mellbreak and use the path up by the stream which leads virtually to the control and then back down the same way. You could see from a long way off that the slopes of Mellbreak were covered in waist high bracken and ferns and any traversing would be difficult going and so wanting to keep on easier paths I chose option (c), but the climb up was particularly nasty and there was at least one competitor who missed out this control altogether.

It was whilst climbing up this steep section to my 5th control on the short course that legendary fell runner and Lakeland Shepherd Joss Naylor MBE was on his way down on the way back to Loweswater. His partner (as he was competing as a pair) said to me not far, meaning to the 5th control site and I said they hadn't got far to go to get to the finish. Joss is a name that transcends the sport of fell running being a former record holder for the Welsh 3000s traverse, the Wainwrights, the Pennine Way and many other challenges not to mention having completed 52 Lake District Mountain Trials (a record), winning 10 of them and at 85 years old is still competing.



Joss Naylor (left) competing

Having descended from the 5th control I was then faced with a fairly level and descending track along the foot of Melbreak and back into Loweswater. At one point the track was like a road track with a ridge in the middle and the side bits where wheels roll were wet and muddy. It was at this section that I caught up with Joss and the legend was walking on the central part of the track which was dry. I needed to get past, but I couldn't run through the wet part of the track and risk splashing the great man, so instead I jumped over and ran on the verge until I was ahead and then got back to the business of running back to Loweswater Village Hall.

The LDMT usually attracts some top orienteers and this year was no different with Hector Haines and Jonny Crickmore finishing just behind fell runner Philip Rutter in the classic and Zoe Harding second lady in the classic. Also competing in the LDMT this year were Chloe Haines and Duncan Coombs from WAOC.

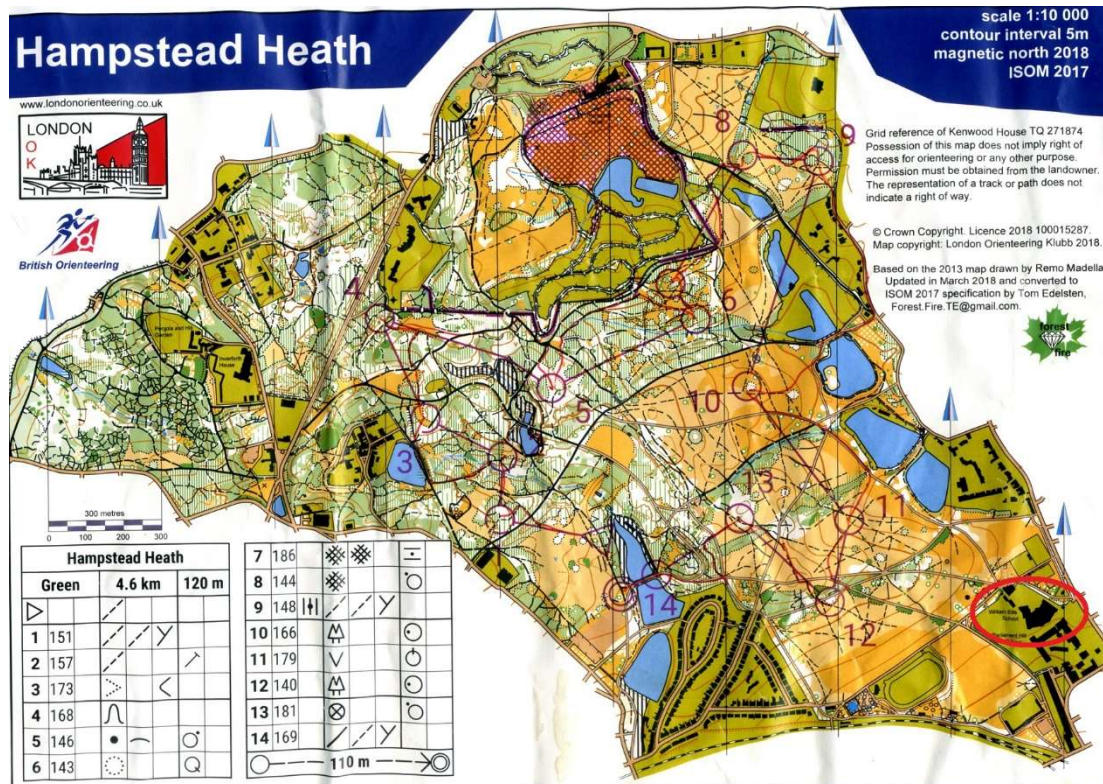
In the classic race Andrew came in 13th in just over 5.5 hours which he was very pleased about as it was his longest run that he has done to date and has given him confidence to go for longer distances in that sort of terrain. In the short race I finished about half way down the field in just over 4 hours which I was OK about considering the state of my fitness and not having run much on hills for months.

A hot meal is included in the entry fee and great day out on the fells can be had for just £17. So put it in your diary, the next LDMT is on 11 September 2022 and entries open in April next year. The venue is yet to be decided.

I've run 3,000 km on the same map....is this a record ?

I recently attended a LOK event on Hampstead Heath in north London and doing some mental arithmetic on the way home realised that I had run about 3,000 km on this map and wondered if anyone else had a similar tale to tell.

This version of the map shows my old secondary school in the SE corner. Fifty years ago there was an open gateway from the school grounds onto the heath, which I doubt would be allowed under today's safeguarding regulations.



Despite having this area adjacent to the school we only did cross country running when the school's rugby pitches, a coach ride away in Edgware, were unfit to play on. This all changed at the start of my third year (year 9) when a new young maths teacher arrived who was a keen runner and persuaded the P.E. staff to give pupils the option of doing a cross country run on games day instead of playing rugby. I was one of the timid kids who got cold trying hard to avoid the ball in rugby games and jumped at the chance of the new option.

I was often the first one back from these runs and the penny began to drop with me and the school that there was a grain of talent and by the fifth year (year 11) I was running the school's designated 3 ½ mile (~5 km) 'senior' course every lunchtime and winning local schools races. In the sixth form with the advent of free periods that sometimes occurred just before or after the lunch break and with special exemption from afternoon registration I was running a 5 mile (8 km) loop around the perimeter of the heath and a connected open area to the NW of the O map most lunchtimes. I had joined the local running club and enjoying being part of a successful youth team with several of the major regional races in this period run on the heath due to the nature of the terrain and its accessibility.

Here is how the mental arithmetic goes ... let's make the maths easy and assume the school year covered 40 weeks, i.e. 200 days, and I was doing this for 3 years, i.e. 600 days. Allowing for days I didn't run due to geography field trips, a nasty dose of adolescent chickenpox, rest days before big

races and various injury related days off, I guesstimate I ran round the heath about 500 times. If I assume the average distance I ran over the 3 years was 6 km that gives a grand total of 3,000 km that I ran on this area albeit long before a map of this quality existed. That's also roughly the distance from Land's End to John O'Groats and back to Land's End.

The heath has changed somewhat in the intervening years and orienteering courses go into areas that I had never explored. I did recognise some bits but my teenage exploits certainly didn't help with finding any controls....if only I could run like I did nearly 50 years ago!

Ian Smith

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

Sat 16/10/21	Park-O Lammas Land and Coe Fen	Local	WAOC	EAOA	Cambridge	CB3 9PA
Sat 30/10/21	Cambridge City Race	Regional	CUOC	EAOA	Cambridge	
Sun 31/10/21	Norwich City Urban	Regional	NOR	EAOA	Norwich	NR1 4AA
Sun 07/11/21	SOS Chalkney	Regional	SOS	EAOA	Earls Colne	
Sat 13/11/21	Park-O Trumpington Meadows	Local	WAOC	EAOA	Cambridge	CB2 9LH
Sun 14/11/21	Priory Park (EAL)	Regional	SMOC	EAOA	Bedford	MK41 9DJ
Sun 21/11/21	Mildenhall South	Regional	WAOC	EAOA	Mildenhall	IP28 6AE
Sun 21/11/21	British Schools Orienteering Champs	National	HH	SEOA	Stowe Park, Buckingham	
Sat 27/11/21	British Night Champs	Major	NGOC	SWOA	Cleeve Hill, Cheltenham	
Sun 28/11/21	Weald Park (EAL)	Regional	HAVOC	EAOA	Brentwood	
Sun 05/12/21	Tunstall (EAL)	Regional	SUFFOC	EAOA	Woodbridge	IP12 2RX
Sun 12/12/21	Thetford Forest (EAL)	Regional	NOR	EAOA	Thetford	
01/01/22	SOS New Year Novelty	Local	SOS	EAOA	Great Notley, Braintree	CM77 7US