



West Anglian
Orienteering Club



JABBERWAOC



Vol.47 No 3

September 2019



(photo by R and J Cleary (LOK)

Congratulations to Ursula, winner in her category at the 2019 British Sprint Championships, held on the Loughborough University campus on 14th September.

Sue Hartley was 5th in the W60 'A' Final.

*Run for WAOC at the
COMPASS SPORT TROPHY FINAL
Sunday 20th October*

at Pippingford Park, Crowborough

<http://www.mvoc.org/>

see Chair's Report page 3

Editorial:

Next issue articles by 2nd December 2019.

Maps and photos in colour on website.

After a wonderful summer of many varied Orienteering Events, this JabberWAOC includes descriptions of such events, especially from Mike Capper and Stephen Borrill, both saving Part II for the next issue. I thoroughly enjoyed more orienteering events in August than I have done in previous years. After the Scottish 6 Days [where my best success was winning a 'spot prize' due to my race number, drawn at random so no skill needed] to taking part in Race the Castles week of orienteering events in Yorkshire, leading up to the White Rose [coming 1st in W65S so will have to run long courses next year] Race the Castles only has one W65 class where I came second to last most days so no more mugs! Helen has given some maps (page 5) and Stephen has an article about White Rose on page 15.

Wishing you and your family good times orienteering, especially at the Compass Sport Trophy Final. Hazel Bickle editor@waoc.org.uk

2019 WAOC Committee

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

Welcome to new members - Anne Duncumb (membership secretary)

Emma Cross from Cambridge

Marketa Green and family from Duxford

Maciej Jablonski and Hanna Biernacka and family from Cambridge

Steven and Laura McBirnie and family from Cambridge

Adrian Steiner and family from Cambridge

We hope you will all enjoy Orienteering with us.

Anne Duncumb (membership secretary)

Colour Coded Badges & BOF Incentive Awards - Ian Smith

Colour badges: Kate Jarret : White

BOF awards: John Harris : Navigation Challenge : TD4

Alex Darwin : Racing Challenge : Gold : TD2

Chair's Report - Helen Hague

Well, here we are again after what I hope has been a relaxing and enjoyable summer for you all. I'm looking forward to the new season and running around some forests. WAOC's event season has already started with the first Park-O of the season with around 80 entries although probably more like 150 people taking part. Many had come through word of mouth and please do tell your friends and family about Park-O as it is a nice way to get very low key introduction to orienteering without much risk of getting lost, or in orienteering parlance having to relocate yourself/ find your position on the map because of course we don't get lost as such! The WAOC facebook page has some photographs of the last event which I would encourage you to 'like' and 'share' as apparently this is helpful - you can perhaps tell that I don't really do social media. We have certainly seen an upswing in membership coinciding with Park-O, with family groups up by about 20% on last year. There will be 10 Park-Os this year and they are always very busy: if ever you are at a loose end on a Saturday afternoon and would like to help out, please do let me know.

As always we had a junior training session before the Park-O on the theme of getting lost. I didn't know beforehand that when relocating ideally you should try and identify three points you know on the map, rather like triangulation, but I can see now that that makes perfect sense. I did (unfortunately) have need of this at the SOS Baddow Ridge event but thankfully didn't need to use the other skill we learnt about which was the emergency distress signal and which caused great merriment.

Turning now to the **Compass Sport Final on 20th October**, I'm sure this will be mentioned many more times in this edition of Jabberwaoc but just in case it passes you by, I'll mention it again- Compass Sport Final on 20th October. We don't often make it to a final, and even more rarely to one within a reachable distance so please do come along. Everyone running will improve the club's position in the standings, so whatever your level of ability, don't be shy. The club will pay for the entries so that's an added bonus and minibuses are being considered to make transport easier and more sociable.

Also don't forget **Autumn in Anglia** on the weekend of 5th/6th October. This is a joint event with suffoc, with planners, controllers and helpers shared between the clubs each day. Our very own Peter Duthie has planned the urban event round Bury St. Edmunds and I am looking forward to being bamboozled by the many alleyways of Bury. Oh, and by the way, did I mention the Compass Sport Final on 20th October.....

Enjoy your orienteering and see you in a forest soon!



Wednesday Autumn Term Training Nights



Date	Location	Skill
9 th Oct	Therfield Heath	Contours
16 th Oct	West Cambridge Site	Map symbols
Thurs 24 th Oct	Astronomy and Churchill	Orientation/compass
30 th Oct	Cambridge West	League Race
6 th Nov	Science Park	Simplification
13 th Nov	Central Cambridge	Sprintervals
20 th Nov	Cherry Hinton	Attack points/compass
27 th Nov	Churchill Adventure Race	Every skill

Note: All training session subject to permission so please check website.

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

Costs: Regular: £1 per adult, 50p per junior or student.
League race: £3 senior and £1 student/junior.

New to training

The second session on 16th 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. The first session is also free for anyone who has not attended training before.

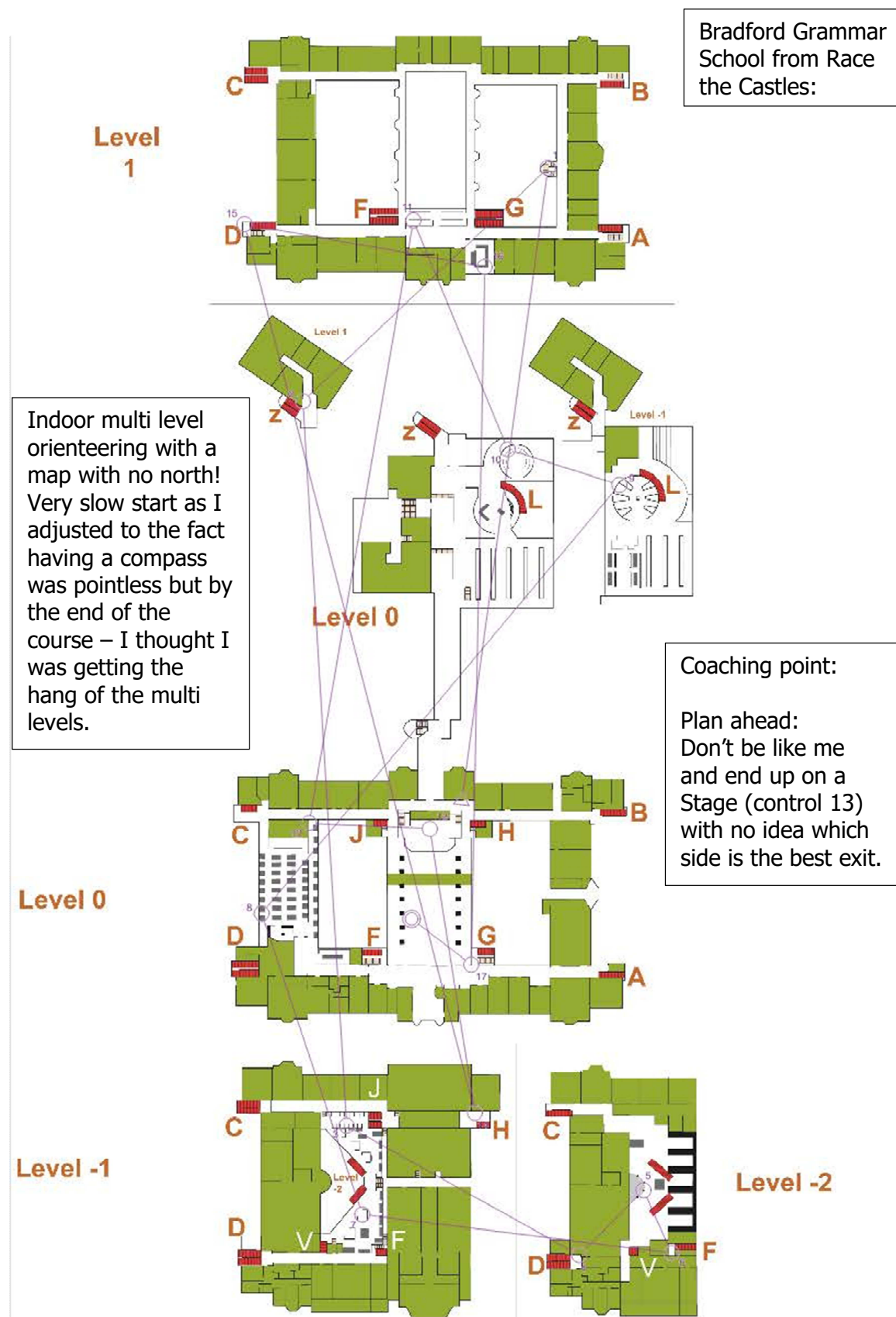
Further details are put on the website and emailed to the club night list before each session. If anyone would like to be added to (or dare I say it - taken off) the training email list, please email webmaster at cuoc.org.uk

Junior evening training

- Thursday 24th October, there will be a special junior evening training session. Please email [training @ waoc.org.uk](mailto:training@waoc.org.uk) by Sunday 13th October if you would like your child or children to attend, and include their ages and what colour each child currently runs.
- Wednesday 30th October 2km League course may be suitable for Juniors. Please check final details online.

Older juniors are welcome to join in with any adult training and run in urban areas, if accompanied by an adult.

Training tip: I thought I might just upload pictures from my hols as route choice practice. The maps are downloaded from route gadget.co.uk – where you can see better resolution versions. Happy orienteering, Helen





Auchingarrich
Day 1 from the
Scottish 6 Days

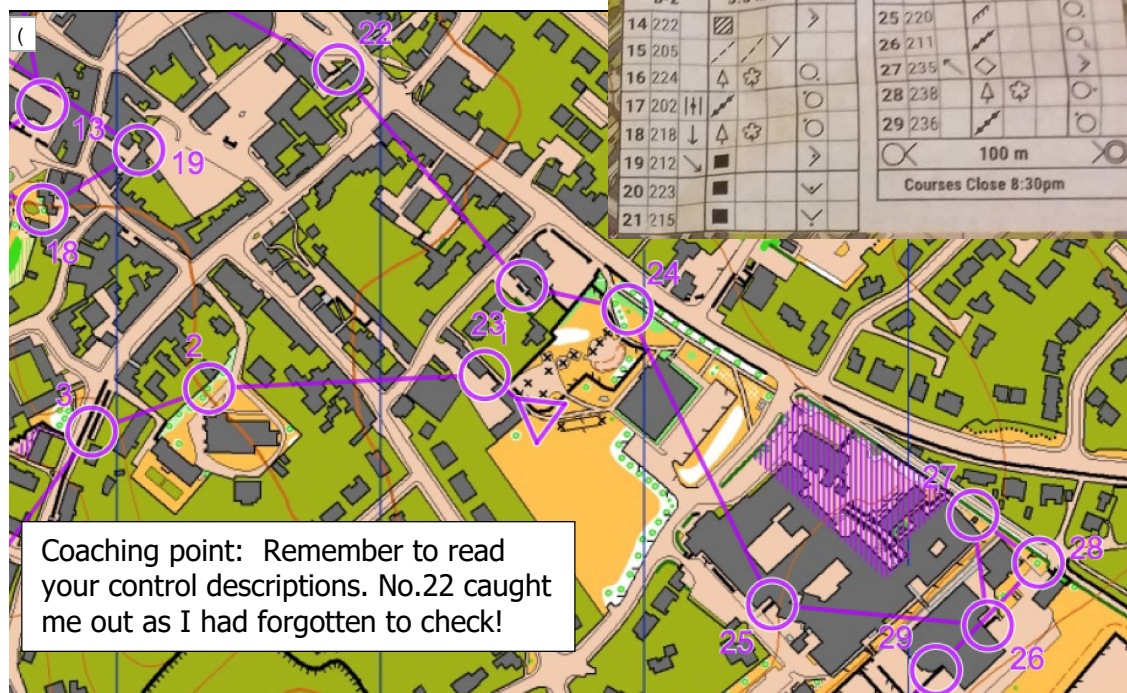
Coaching point:

Adjust your speed
to the terrain. The
start and end of my
course was fast
while controls 8 to
16 required some
fine orienteering.

That said, a few
people made errors
after leaving the
forest at the end of
their courses, so
remember not to be
over confident!



Knaresborough, a quick sprint event from
Race the Castles:



Coaching point: Remember to read
your control descriptions. No.22 caught
me out as I had forgotten to check!

Captain's Corner - Janet Cronk

I am delighted with the progress that the WAOC Juniors have made this year and it has been a real pleasure over the last few weeks to organise teams for both the Yvette Baker Trophy Final and the Peter Palmer Daybreak Relay.

1. The 2019 Yvette Baker Trophy Final

The Final took place at Sandringham on Sunday 7 July with many thanks due to our own Peter Woods who organised the competition. I know that it was not easy; particularly allocating the start times which took some time (no doubt late into the night) in the run up to the competition.

The Yvette Baker Trophy is named after Britain's first World Champion, Yvette Baker, who won Gold in the short distance in Scotland in 1999. The competition is aimed at juniors of all abilities from classes M/W18 and under. Points are awarded based on race placings, and the top 9 individual scores gives the team's overall score.

WAOC had 14 Juniors in the team for the Final and, as you can see from the results on our website, everybody gave it their very best on the day. The result was that WAOC came a very credible 11th out of the 18 teams running. This was a particularly good result as the WAOC Juniors were competing in the Trophy competition for larger clubs rather than the Shield competition for smaller clubs. Some of the clubs did have more than one team - hopefully that will be WAOC next year !

Alex, Annabelle, Sam, Sophie and Jemima were our top scorers.

I was very sorry not to be there in person on the day, unfortunately it clashed with the World Masters Orienteering Championships, that took place in Latvia this year and in which I was taking part.

2. The 2019 Peter Palmer Daybreak Relay

This annual relay competition was organised by SAXONS this year and it took place over the weekend of 7th and 8th September in the Ashdown Forest. It was fantastic to see the WAOC Junior team (aptly named 'The Jabberwaocs') clinch 1st place with an 8:06 lead over 2nd place BKO.

The Peter Palmer relay is named after one of orienteering's first Junior coaches (he organised the first British Schools Championship). But in this case Peter Palmer wanted to create an event that was similar to the night and early morning relays that take place in Scandinavia.

The Peter Palmer relay competition is particularly enjoyable as it involves going away as a team and staying overnight (usually in a School or Sports Hall). Alarms start going off at 4am as the first leg runners (of the 6 leg relay) get up for a start in the dark at 5am ! The 5th Yellow leg for the less experienced orienteers is run in daylight. Up to three Juniors can run that leg together thus giving them a fun and less pressured first experience in Orienteering relay running.

The Daybreak Relay was a welcome addition to the competition in 2018. In this relay, the first leg runner starts at 6:30 and the relay only has 4 legs.

Very many congratulations to the WAOC team:

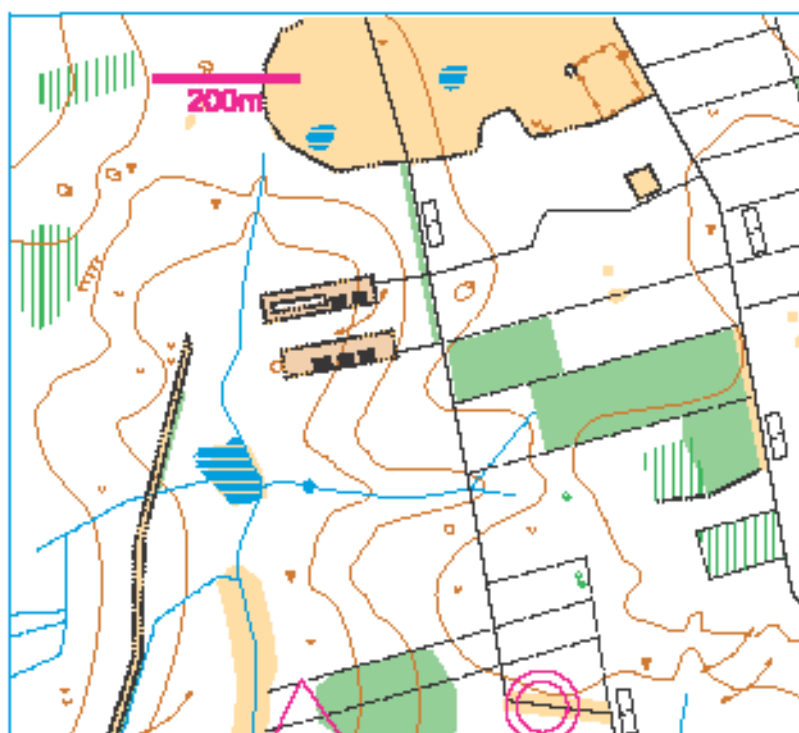


Coming up:

Thank you to everyone who has committed to run at the Compass Sport Trophy Final on 20 October. At the time of writing WAOC has 42 runners in the team so we will be giving it our best shot ! Hopefully it will be a very enjoyable (if long) day for everyone whatever the result.

Plan the Course - Bruce Marshall

The puzzle is to find 8 controls on a course between Start and Finish. All the controls are on "point" features. They might be on streams or roads, but only at bends or junctions etc. All the legs are exactly 200 metres.
[Colour version on web edition – solution on page 22]



Au Revoir to the Flatlands - Rob Campbell

I've been a member of WAOC for a total of 15 years and it's been a wonderful part of my life. Since taking up the sport in the late 90s, I've been to some enchanting forests (as well as a few nameless woods that should be barred forever from the sport!). With my road and track background, I've enjoyed some success and a couple of decent performances in urban or sprint events (which is just as well given where our club is based!), but there isn't anything that quite beats running at speed through a forest, sadly something us Cambridgeshire folk don't have enough of. As an aside here, I once played a mental game of naming the best map in all the counties of England (you should try it sometime - it's an interesting challenge!). Even our flattish neighbours of Norfolk, Suffolk and Essex have something of note (Sheringham & Weybourne, Knettishall and Epping Forest, in my view) but when it came to Cambridgeshire, what can we offer? Exactly! My mind drew a rather large blank and the best I could muster was North Cambridge (an urban/sprint map!).

So when my partner was looking to change jobs to her native Cumbria, I was more than encouraging (to say the least). It means that we have now relocated and are living just 6 miles south of Kendal. I have the best terrain in England literally on our doorstep and any run or cycle that I do usually ends up with a minimum of 100 metres of climb (and that's often in just the first km!). I will hopefully improve navigationally and I'm bound to get fitter, just by being out and about up here. I am probably going to join LOC at the end of the year so it will be a (sort of) goodbye (and thank you) to all at WAOC for support, organisation, encouragement and everything else over the years. My three children benefitted hugely from being part of the sport too and although the three of them have chosen other sports and activities as adults, their years of Oing have blessed them with memories that will abide a lifetime.

As I write above, it's only a sort of goodbye (initially anyway) as I will continue to work in Cambs in my role heading the Morris Education Trust, so I may well be able to pop along to some Wednesday training sessions for the next couple of years. I will also ensure WAOC continues to gain access to Impington Village College - not least of which because it will become a more interesting map with the addition of the new school we are constructing on the site. I reckon if we map the inside corridors too, we could produce a rather novel indoor/outdoor experience for an event. Just a suggestion!

Many thanks and see you out in the forest soon

WAOC at the Scottish 6 Days:

A contingent of around 25 WAOC members travelled up to Crief in Scotland for Strathearn 2019. To match the superb Perthshire views, they were lucky to have wonderful sunny weather throughout the week - except for the amazing downpour if you were running or helping late at the Sprint. Thanks to Bruce Marshall for arranging the WAOC Club Dinner in the splendid setting of Crief Golf Club.

Congratulations to Andrew Stemp, who gained a podium place as 3rd overall in M21S. Other notable achievements include Dil Wetherill 4th M55S and Noreen Ives 4th W65S.

The Grand O-Tour 2019 – Part 1 (Ostend) Mike Capper

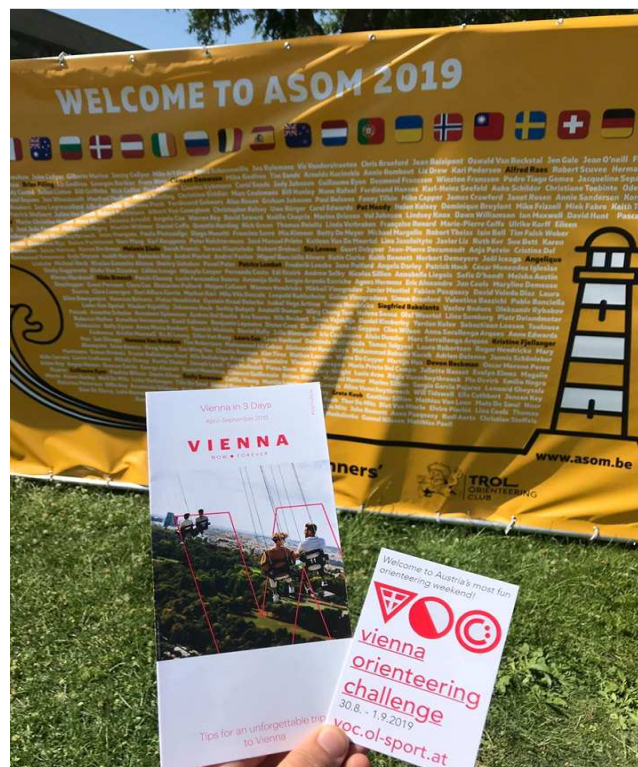
My quest for a different orienteering experience has taken me far and wide this summer. From an initial foray into Belgium at the end of June, to a last fling in Germany near the end of August, I have completed 32 races:

- 1 Trail-O
- 1 Photo-O
- 1 Indoor race
- 9 Sprint races
- 3 City-Tour Urban-O
- 1 Sprint Relay
- 18 Forest races

...a brilliant summer, and my search for the perfect run goes on.....

I started this year's excursions with low expectations. I been nurturing a niggling injury since the start of the year. It has made training difficult and unenjoyable, so I headed to ASOM (Awesome Sprint Orienteering Meeting) in Ostend with the intention of just having a good time.

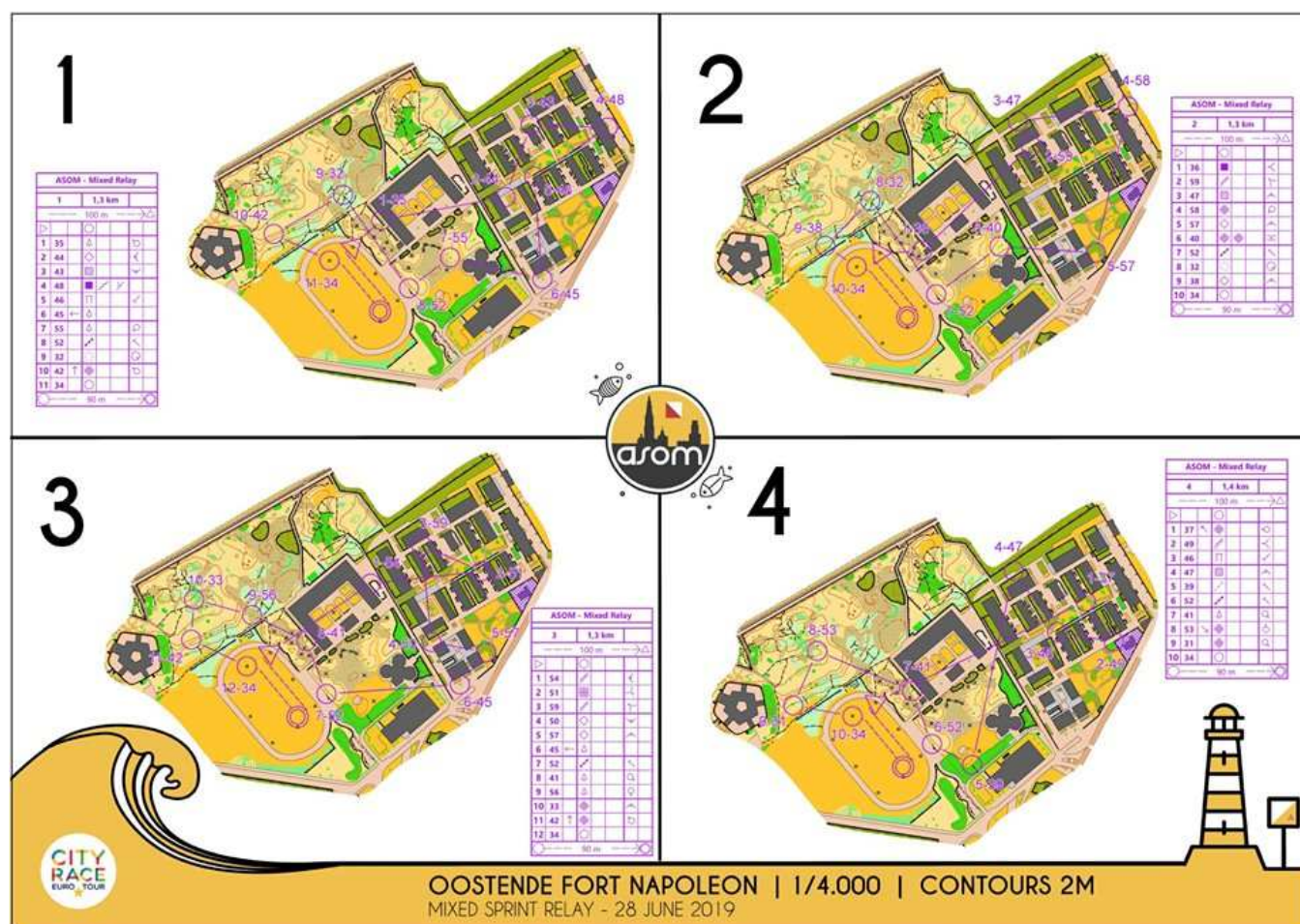
ASOM is definitely one of the best overseas urban weekends of the year- and the race tee-shirts are great! Belgium beer, well planned course with good maps! What's not to like?



The organisers greet you at each race with a banner with all the competitors' names on. A lovely touch!

This year, we started with a mixed sprint relay on the Friday evening. My first sprint relay, on a small sand dune/urban area on the edge of Ostend. Fast (well, quite fast) and furious (well, quite furious). With the main aim for myself and my teammate, Melinda, to try not to get lapped by the elite teams who were taking this very seriously as there was money at stake.

My first-leg 'headless chicken' mode quickly kicked in. The first skills required was to work out which course you were running as they were all on the same map! This was harder than it looked.



The map layout caused quite a bit of confusion and several teams were disqualified for running courses in the wrong order or, even worse, the same course twice. Oops. This wasn't a problem for us as I was a real gentleman (or ultra-competitive - take your pick) and kindly folded the map on the run-in, ready for handover so that Melinda knew exactly which course to run.

This race was really fun in an 'out-of-control' sort of way. I bounced off controls, rarely taking the best route and oh too frequently running a bit too fast for my navigational skills. Typical of this was 9-10 on Course 1 – I headed hopefully along the side of the hill, kind of figuring that I would eventually see the control flag, and all would be good. I saw two or three controls, but not mine, finally I used Fort Napoleon as the catching feature and headed back in off that.

It was a BIG catching feature....



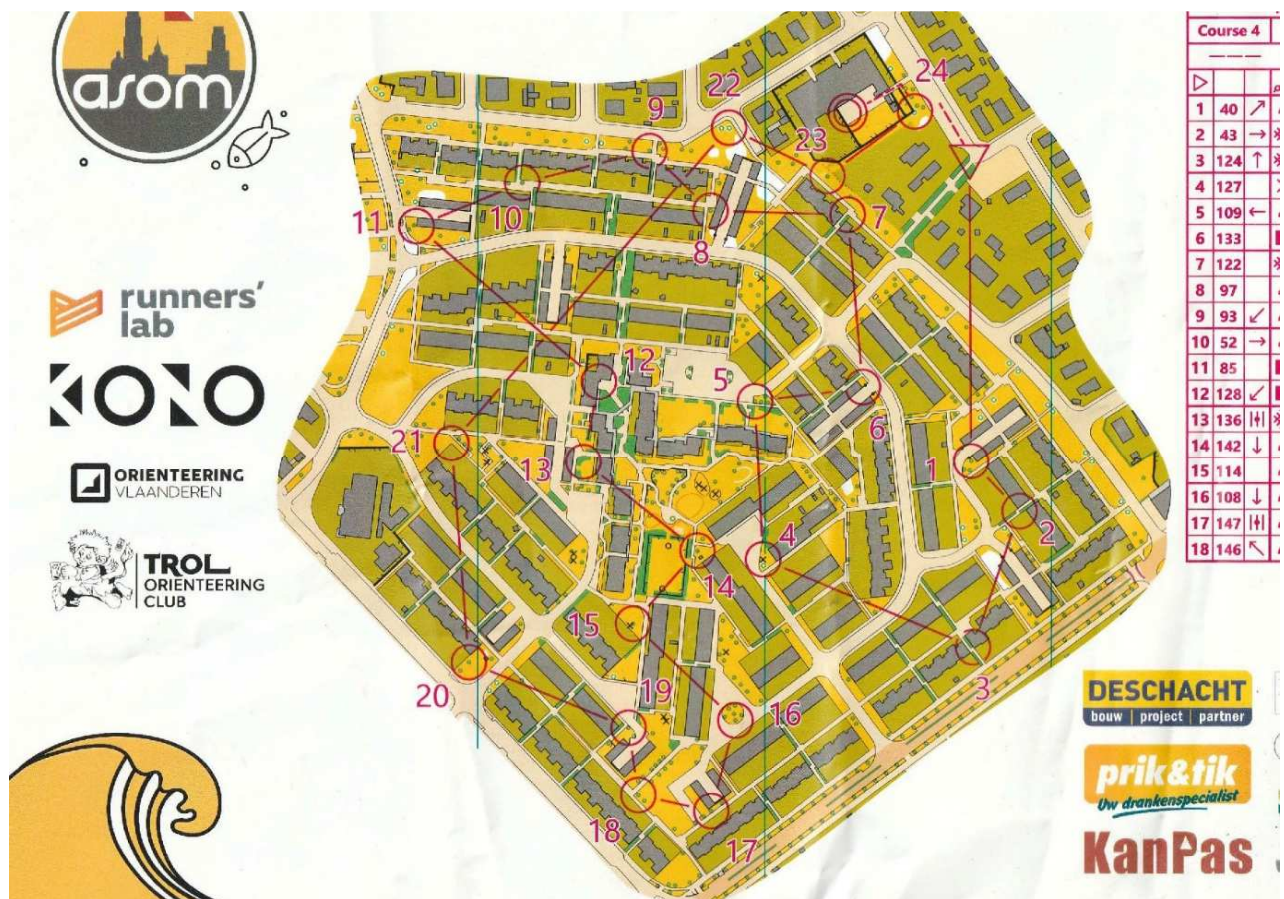
So – Team Limestone Cowboys (don't ask) finished a fine 91/120 – helped considerably to reach this lofty (!!) position by the 19 teams who failed to execute leg order correctly!! (Oh, and we were lapped...by quite a lot)

One thing we discovered after the race was that Ostend closes down at nine o'clock in the evening. Not great when you don't finish running until 8.45. We were saved by Koekock, an 'interesting' establishment that served only whole (or half) spit-roasted chickens with just bread. A 'healthy diet' and actually quite moreish after a hard run and the beer...oh the beer...golden (or dark) nectar!!

Saturday afternoon was taken up by a double sprint in a nearby housing estate, very similar to the Cambridge North map. I had spent the morning hunting for the place where Marvin Gaye had briefly lived and had written his extremely good LP, 'Midnight Love'. In hindsight I should have booked on 'The Midnight Love Tour' as I wasted a lot of energy hunting for the memorial plaque and his apartment at 77 King Albert Avenue – the latter was easy to find but the plaque was nowhere near where I thought it should be (I blame Google maps).

The afternoon races were scheduled around the elites' knockout sprint. This provided good entertainment between our two races. It was a really hot day (38+C) and refuelling after race one was crucial but, of course, with a second race to come it was water only.

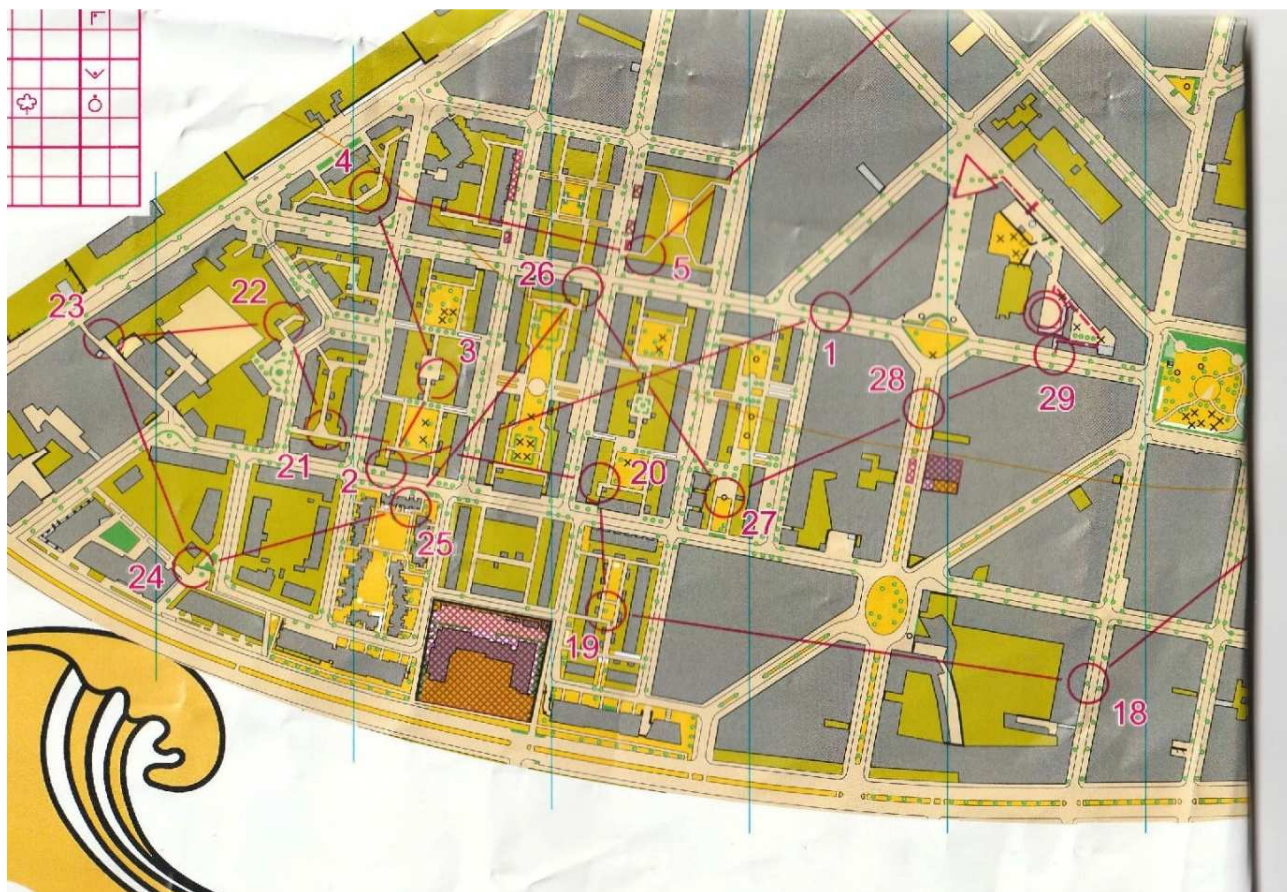
The speed of the elites was amazing – I did my best to emulate them but failed (miserably). No big mistakes, but some small errors, especially on Sprint 2 when I lost track of where I was on the way #22 and slipped alarmingly down the rankings. As with most sprint races, choosing a route quickly and sticking to it was crucial and this is where I went wrong on this leg.



It is always a bad sign when you relocate on the control after the one you are looking for (in a sprint, even when they are quite close to each other)!!

The 'big' race was, of course, the City Euro Tour around Ostend which I was hoping was going to take in some more of the town's sights including, maybe, more Marvin Gaye references. In truth, the race was slightly disappointing insofar as the mapped area could have been any place, anywhere (no sea on a map of Ostend – what?!?). There were good reasons for this. The event had been scheduled for Ghent and had been moved late on due to a national cycle race around the original venue. So, the organisers had done a great job at putting together 4 races in a new venue at very short notice.

The elites were doing a World Ranking Sprint around a complex estate that was very similar to the previous day's racing. We visited the same area twice and this was the most enjoyable part of the day. Lots of small alleys, the need for rapid decision making and the need to be decisive at all times. It was really good fun, and I executed it pretty well. My sort of urban orienteering.



After that we had some fairly dull long legs to get to some more interesting terrain, but this did not really suit my level of fitness.

Nonetheless, I did okay. Beat most of my 'rivals' (even some of those who don't know they're my rival!) and was generally pleased with a largely error free and (for me) speedy run. Yay!

I think it would be fair to say that ASOM is one of my favourite meets of the year! It is in Brussels in 2020 and I will probably be there.

I headed home from Ostend with just a couple of days to prepare for a trip to Poland and then Graz, in Austria. Lots to report on in Part 2! The fun of the Graz 'mountain' and Crag Climbing (sliding) and Indoor Orienteering in Kraków (in the words of Colonel Kurtz, 'The horror, the horror'). More to come!

Mike Capper

White Rose Weekend in Scarborough (or how to make grave mistakes) - Stephen Borrill

The White Rose Weekend takes place in North Yorkshire every August bank-holiday weekend. It combines multiple orienteering disciplines with camping and a family atmosphere. The events are accompanied by a variety of quizzes (general knowledge or orienteering-related, sometimes with photos) and barbecues as well as an enormous maze. The events consist of:

- Night score event (Friday evening)
- Medium distance cross-country event (Saturday morning)
- Sprint, usually urban (Saturday afternoon)
- Long-distance classic (Sunday morning)
- Trail-O (Monday)
- Team event (Monday)
- Mountain bike score (Monday)

I started going to the White Rose most years since 2007 when my daughter Jemima was just 2 years old. My two main reasons for going are a) it's in my home county of Yorkshire and b) there is a night event (which are far too infrequent nowadays). As my parents live up there, I used to take the family. However, the night score always presented a challenge. Initially we stayed in B&Bs, but they were expensive and were mostly booked on the bank holiday weekend. It also involved quite a lot of driving, often down narrow one-way lanes. In 2013, we all went up in our VW camper van for the first and last time. The weather was rainy and the night event was inconvenient to say the least. We all had to travel to the night event and the lane to park on was very narrow, so we were told to park right over in the ditch in case an emergency vehicle needed to get through. This meant the camper van was steeply banked and it must have been very uncomfortable for Jemima and Mandy to have to sit in there holding on for 45 minutes especially as it was well after Jemima's bed time. After that year, they refused to come again unless I paid for a hotel.

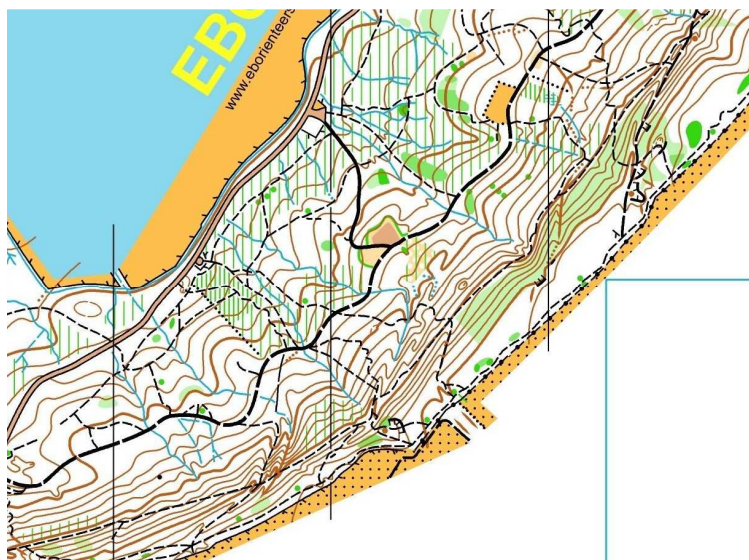
In 2014, it was held in the Scarborough area with the Saturday classic event being an urban event around Scarborough itself (see my write up in JabberWAOC from that time). I travelled and camped by myself for the first time and the whole weekend was a great success, especially the urban race. In the years since then (particularly 2017 and 2018), the events have been located so that little or no driving was involved all weekend. You could park up on Friday and all the events were within walking distance of assembly, except perhaps the night score. Also in that time, Jemima has done more orienteering and states her preference is for urban events. When I saw that this year's White Rose was returning to Scarborough, I asked her if she would like to join me. For the last few years, the camper van has really only been used by me to go to the White Rose as it's rather cosy for 3 people. For 2 of us, it would be fine, so it was also an opportunity for a bit of an adventure and some father/daughter bonding. Somewhat surprisingly she agreed to come and I acquiesced to her various demands such as buying a car charger for the Nintendo Switch, getting a new head-torch and first dibs on which bed to have.

The weekend's events were part of Race the Castles; a series of 12 events related to castles in Yorkshire and Lincolnshire (somewhat tenuously on occasion!). Therefore, before stopping at Scarborough, we made our way to a CLOK event at Standing Stones Rigg just north of Scarborough. Jemima stayed in the van as that event wasn't part of the deal, while I (plus a few other WAOCers) ran or, more accurately, waded through knee-high moorland heather in

the baking afternoon heat. A nice early start meant we got to the White Rose assembly in plenty of time to grab a good camping spot. This year's assembly was on a school field, so nice and flat. After literally staking our claim to our preferred location, we headed off to get provisions. Because of the night event on Friday and having multiple events in a day on Saturday, I find that choosing what to eat and when always requires some thought at the White Rose. When we got back to the site, we set up home. The field was right next to the hospital and an annoying alarm kept going off. Jemima worked out it was the car park barrier, so we didn't need to worry about it sounding all night. The alarm itself was soon drowned out by the Yorkshire Air Ambulance which landed just the other side of the fence. This was all very exciting, but we did hear later on that some people's tents had been blown away.

At around 8.15pm we set off to drive to Oliver's Mount, the location of the night score. This was the location of the campsite and middle distance race for White Rose 2014 so I was familiar with it. It consists of a long flat area on top with steep wooded slopes on all sides (with its steep roads and hairpin bends, it is also used for a famous motorbike race). The views from the top over Scarborough's south bay and castle were fantastic while waiting for the start. The start itself was delayed by 15 minutes because of the flat area being so open and so it being too light. Jemima and I were still debating how to approach the event in terms of doing it together or separately. While waiting for the start, we were told that some low numbered controls were suggested for juniors and that these were mainly in the flat campsite area, so we agreed to start together, take stock of the map and then perhaps go our separate ways for her to get the junior-friendly ones. At the sound of the air-horn, we set off with one pack of runners after failing to find the path I wished to take to my first control at first glance. We ended up immediately in the campsite and picked up a couple of controls not particularly close to each other before I looked at heading into the woods. Jemima came with me, but it quickly became clear that the steep slopes and undergrowth was rather hardcore, so she headed back to the main field. Meanwhile, it dawned on me that because of going via the field, I was not well placed to start a route collecting a good number of controls. I also managed to find my way blocked by various unexpected walls and hedges, so I seemed to spend more time travelling than finding controls. With 20 seconds to go, I got to the finish. Jemima had got back a few minutes earlier having got all the junior-friendly controls but one. Unfortunately, some caravaners had told her there was no control in the area she was looking; but they were wrong. If she'd found that one, she would have come first. Andrew Stemp and Mike Bickle came 4th in their respective age classes. Usually, at the night events there is a good mix of control placements meaning you could approach it as a TD1 white course all the way up to TD5. This year, I thought they were all at one extreme or the other, but as ever, looking back on the map in the light of day showed much better routes than the ones actually chosen.

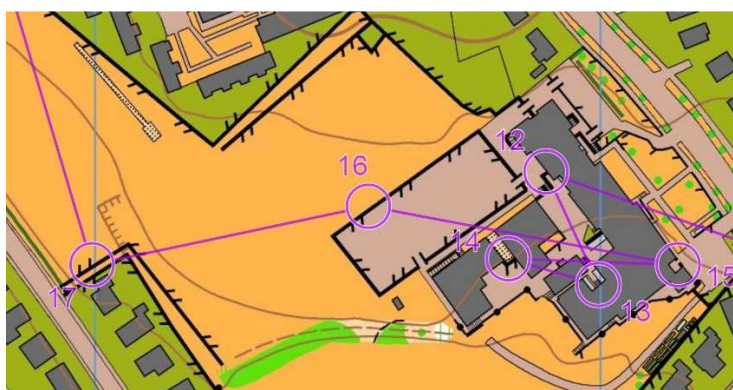
Saturday morning brought the middle distance event in Raincliffe Woods which was on the brow of a hill visible from the campsite. The 50m climb to the start turned out to be all in the last few hundred metres, meaning tired legs by the time we got there, but with the hope that it would be downhill all the way from there. The woods had a central path with rather steep slopes on each side with lots of contour detail, plentiful ditches and tight re-entrants combined with runnable woodland. The standout results from WAOC came from the younger and older ends of the age range with Jemima coming 1st on W14B, Hebe coming 4th on W12A, Mike Bickle coming 3rd on M70L and Hazel Bickle coming 2nd on W65S.



Contours in Raincliffe Woods

After lunch, we lazed around mainly playing board games as we didn't want to travel anywhere before the sprint. When people started to head off to the sprint at the Sixth Form College which was around 1km away, we noticed they weren't heading out the corner of the school field as we were expecting them to based on the final details. In fact, there seemed to be quite a lot of milling around up and down the fence. It turned out that the caretaker had got his times mixed up and had ensured the pedestrian gate was closed and locked when he should have been making sure it was open. Jemima and I soon found the new route from the front of the school along the other side of the fence was unsuitable for bicycles, being only a foot wide with a fence on one side and nettles on the other. This meant we had to go on the main road which was quite a long way further. We rushed to get to the start as we'd planned to be one of the later starters, but hadn't allowed for the detour. As it happened, the starts had been delayed. All under 16s had the same course around the college and the school next door, whereas the 4 adult courses also used the housing estate and a park nearby. The adult courses also managed to find some slopes.

Most of the sprint courses used virtually exactly the same layout of controls through the school buildings which should have tested reading control descriptions. Unfortunately, early on some gates were left open and so the legs corresponding to those in and out of control 12 (on the below extract) were voided on all courses. To make up for that, control no. 50 (17 on the below and used on all courses), caught out many people who ignored the North-west side of fence description and so crammed in down the dead end. After a shaky start (failing to find the first control where I expected it), I got my best result of the weekend getting up to 12th. Andrew Stemp came 4th on the senior course.



After the sprint, we cycled to the sea front through various parks. We recognised some bridges and the graveyard referred to in the final details before going downhill very quickly towards Peasholm Park and the sea front. As we careered our way down the steep road I said to Jemima, “I hope I don’t have to run up this tomorrow”. After fish and chips overlooking the beach and a visit to a brewpub, we headed back to campsite avoiding the steepest climbs and feeling like we’d had quite a busy day.

On Sunday morning it was the main event; the classic distance urban race. The White Rose has a rule that to be eligible for a prize you should have what they called ‘balanced’ starts. This means that if you have an early start one day, you should have a late start the next. I always go for an early start on the Saturday so that I have the maximum gap until the sprint. This means that the Sunday start should be late. I usually look at my Saturday results and invariably find I’m not in contention for a podium place, so try to get an early start. However, as Jemima was currently in 1st place on W14B, we decided to stick to her start time (and I moved mine forward correspondingly). As we approach the finish area (on the way to the start), we realised that the run in to the finish was the exact same park we’d cycled through the night before and when we got to the start it was right next to the graveyard.

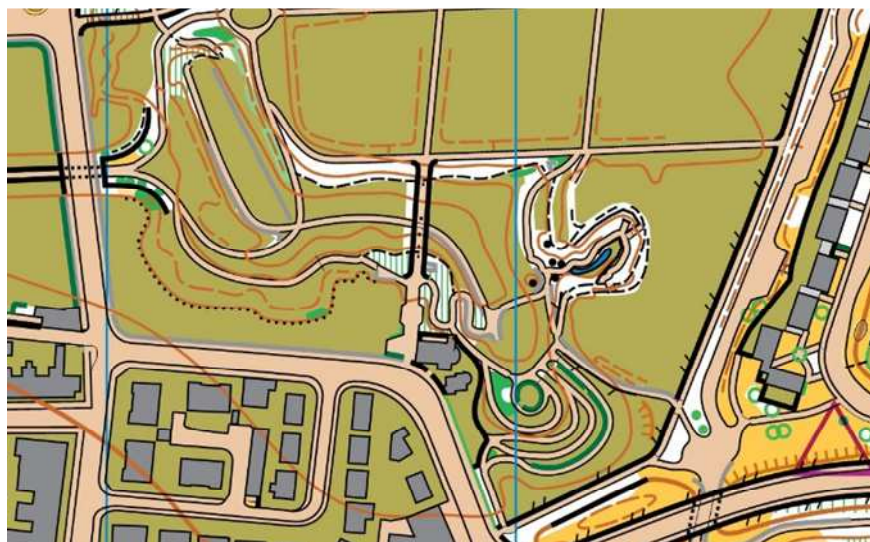
The map extract below shows the complex part of the graveyard that all courses visited extensively (except for white – perhaps they thought it was too scary for young children!). The older part was very complex and required very close map reading. It was also quite atmospheric. I think we were all pleased it was not used as the location for the night event. See if you can find the location of the two photos.



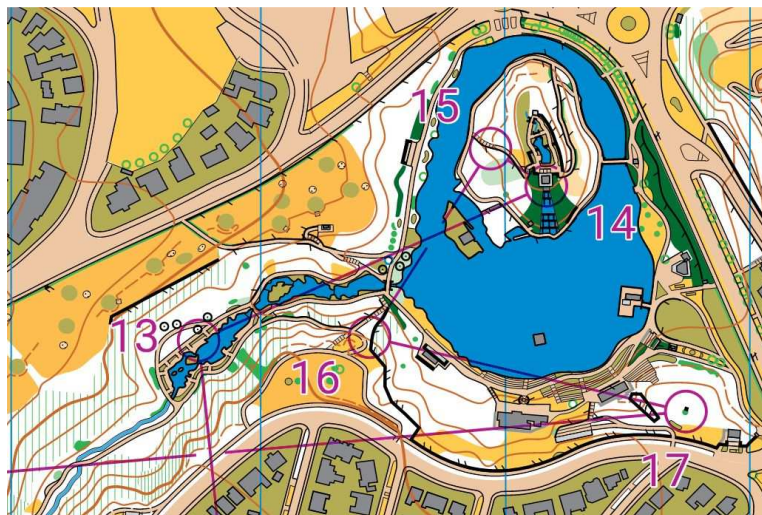
Part of Graveyard



Spooky Bridge



Half of Jemima's Orange course was in the graveyard with all the other controls very close by. My Short Brown course used the most complex part early on before heading into urban and parkland. After another couple of graveyard controls, a long leg took me into Peasholm Park and onto its island with a Japanese-style pagoda. With only one bridge on and off the island, there was quite a lot of running round the lake.



After Peasholm Park, I headed back up the exact road I'd said I didn't want to have to run up the night before as part of a massive 1.2km leg (as the crow flies) which culminated in climbing to the top of a hill before dropping back down for an easy few controls on the run into the finish. The Brown and Black used a double-sided map covering a much larger area. The courses extended towards the cliffs on the sea front and up towards the castle. As well as being longer, these courses were also able to offer a higher level of technical challenge because of the complexity of the extra area.

After finishing we headed straight off to my parents rather than waiting for any potential prize-giving. The prize-giving was scheduled for 16:30 which would not give us time to get to theirs, have a shower and go out for a meal early evening. As it turned out, they'd had to book a late table and so we could have waited. It was even more annoying when we saw that Jemima had come 1st overall on W14B so she missed standing on the top step. Thanks to Hazel for bringing Jemima's two prizes (the other was for the night score). Other WAOCers also did well in the overall standings. Hazel Bickle 1st on W65S, Hebe 3rd on W12A and Andrew Henderson 6th on M55L. A mispunch on the Peasholm Park island stopped Mike Bickle getting a solid 3rd on M70L. On the Monday, Andrew Stemp came 9th in the British Trail-O Championships, beating such people as Nick Barrable.

Thank you to Steve Whitehead (EBOR) for photos and providing full maps and courses.

Ursula's (M)utterings.

The highlight of summer orienteering is always the multiday event, but this year I didn't go to Scotland so I have been enjoying a wide variety of sprint and urban events instead.

Early in June there was a Coventry weekend, with pretty wet sprints in Warwick University on the Saturday and an urban event in Coventry on the Sunday. A Saturday 8:23 train from Euston (just 5 stops on the Victoria line from our Pimlico flat) got me to Coventry an hour later and after a bus to the Warwick campus and an initial foray in the wrong direction I set off on foot in the rain up the hill for the brand new sports complex. That was when I discovered that walking is not encouraged at Warwick and that the traffic rushing through the campus really throws up puddles over stupid walkers!

The morning sprint was pretty boring, with decisions about how to get from one side of a lake to the other and then back again but I had punched the wrong no 1. The afternoon sprint was a lot better and I arrived at download full of hope BUT I had missed out 9 -11 (also the best bit) – my brain was certainly not in gear that day but the result explains why I felt so fresh at the finish.

There was still the Coventry race the next day, planned by Bruce Bryant. After a very comfortable night on the Warwick campus I set out the next day for Coventry University and the dedicated WHyperVet course. It was really, really good – not too long, with intricate legs requiring careful navigation and through extremely varied terrain. I arrived at Download (still the same SI guy as at Warwick) and offered to eat my dibber if I had mp. – I had not exactly done that: I had visited all the controls but not punched no 7, presumably because there was someone else punching at the same time! The last time I did that was in Rowney Warren some 30 years ago and way back in the pin punching days. Needless to say, I ate my words rather than my SIAC. A pity, but still a fantastic course, a lovely day, most of the route to the station was on the map and there was a fantastic coffee shop near it to fill my time as I waited for a train back to London.

Then a trip to Thornbury (Bristol Parkway + buses), not worth it and torrential rain, followed by my highlight of the summer, a WHV course at Tamworth, short, intricate and utterly delightful and I ran in to the finish faster than I have in ages. 44 minutes is a really good time for me to complete any course these days – again the wrong no 1 but of course I didn't realise that until I came to download! Memo to self: ALWAYS check the control code (so far since then I have managed to remember this basic skill). The planner was not there on the day but I enthused to the controller. I later discovered that I was the sole runner on that course. Thank you, Walton Chasers.

Since then my sprints and urbans have been hugely facilitated by WAOC's John and Sue Hartley who meet me at a station and take me to the event, wait for me to complete my course and then take me back to the station, which makes my travel so much less stressful and laboured. I am hugely grateful to them

As most of my courses also cater for the WUV (W65+) and MHV and are consequently too long for this very slow WHV, I have taken to cutting out the boring bits of them to make my personal WHV course. I have done (part of) Lincoln from Newark Northgate station (very heavy rain and too much grinding uphill), (part of) Knaresborough Middle leaving London at 2pm and being patiently met at download by Hazel and Helen Bickle, who offered me flapjacks (yes please) and then drove me back to the station and waited a long time with me for my train.

The White Rose had both the Sprint and the Classic in Scarborough this year but it was probably a mistake to attempt the train journeys there and back on a weekend when both Kings Cross Station and the East Coast Main Line were closed! On a pretty hot Saturday afternoon, I was hauling my suitcase from the bus stop up the hill to the Sprint Assembly

when the woman directing the cars offered to take it up for me when she had finished her car duties so I could go straight to the Start. When she removed her sunglasses she was revealed as Julia Paul of NOR. The start was being managed by Leanne Bailey, also NOR, and when I arrived back at the Finish on my special WHV course (omitting the 2 boring controls on boring roads and a leg up a steep bank into rather dark green!) they were waiting for me and Julia offered to drive me to my accommodation. That was so nice of them. The Sunday Classic, on an even hotter day, was a typical Scarborough very tricky course, with the interesting part this time in a most extensive Victorian cemetery with winding, hilly paths. Again I fashioned a WHV course then caught a bus back to the station for the long journey back to Euston.

TVOC put on yet another event in Thame and I did it with a lift from Haddenham Parkway – thank you John and Sue – my course was very long and boring but I decided it was time to complete a course and I did, though not speedily: I really appreciated my lift back to the station. The big thing about this event was that TVOC have switched from EMIT and the discredited EMITags (see my June rant) to SI and SIAC – oh joy, oh rapture!

The Leeds City Race, starting in the University (site of an excellent JK Sprint a few years ago) was one not to be missed, I felt. Trains up the East Coast Main Line just don't start early enough on a Sunday so I went up late on Saturday and walked in on the Sunday – not without incident as I and the man I was following, initially at some distance, seem to have missed a R fork in the road and had great difficulty in finding Assembly! The weather was good – not too hot, my course was fantastic, starting off round the university and then gently descending to the bottom of the map (also the S!) with the legs back up to the finish remaining interesting. I loved it and seem to have got the best of the courses that time. John used to live in Leeds but he had quite a job getting to Leeds station by car but in the end we managed it and I got my train back.

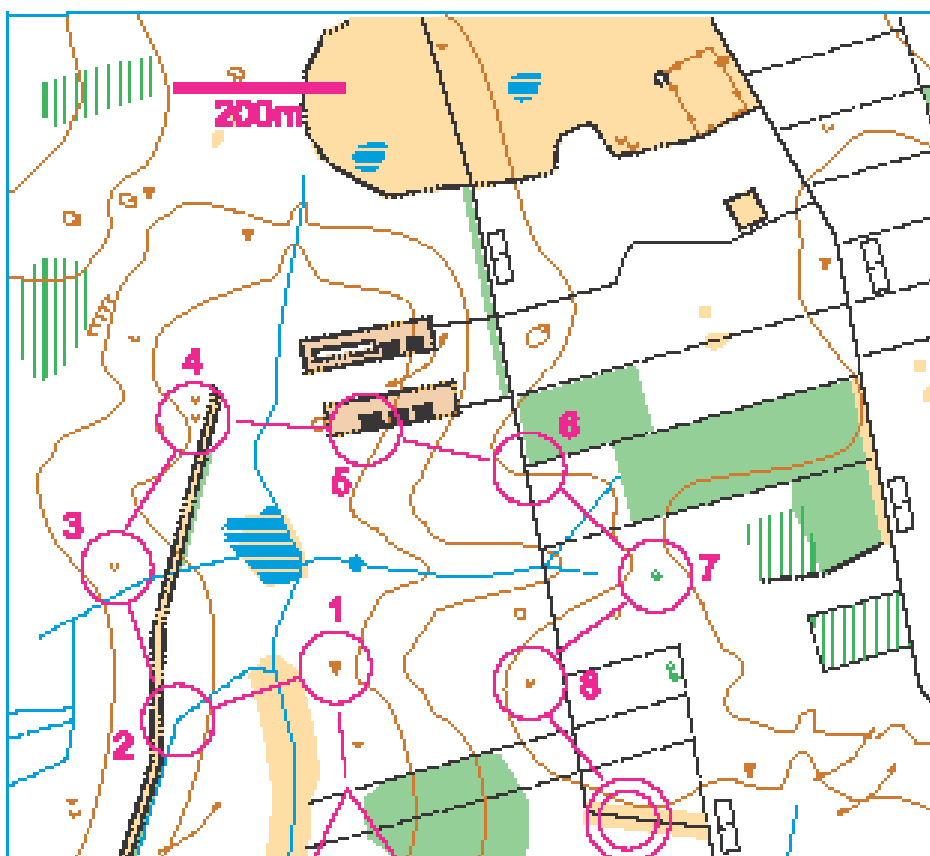
So this brings us to the British Sprint Champs in Loughborough University. I travelled up the evening before and stayed on the edge of the campus at the Elite Athlete Centre and Hotel – a truly amazing facility funded by Sport England and the National Lottery with an English Rugby Range Rover parked near the main entrance. I spent the night in an Altitude Room with a display on the wall showing that with 20.9% oxygen I was sleeping at 0m. When I woke up I was at 80m without any effort on my part. After a very good breakfast with every item labelled with its nutritional benefit I set off for Assembly and very fortunately I was able to walk there without encountering any controls. This was a class event, on a very good area and with good planning, particularly in the Final. As I was the only W85 entered all I needed to do was to punch the correct controls and in the correct order, which I managed both in the morning Qualifier and in the afternoon Final. My personal triumph was to step onto the podium without assistance (albeit from the bronze medal side!). I was delighted to get my gold medal and even got a hug for it.

The big WAOC performances were in W60. With only 3 people from each Qualifier going into the A Final, both Janet Cronk and Sue Hartley qualified in 3rd place in their heat. In the Final Sue finished 5th and Janet 8th – truly impressive performances in a seriously competitive age class.

I went to the British Middle Champs the next day but only managed 3 controls so we'll draw a veil over that.

So there it is: a mixed bag of events and performances with some very considerable highs and a somewhat dubious but much prized gold medal. What will the rest of the year bring?

Solution to 'Plan the Course':



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

Events mainly WAOC and EAOA events with a few nearby as given on 20/09/19.
 A full list of events is available on the British Orienteering web site where you can find more information on the events listed below, including any pre-entry on fabian4.
Always check www.britishorienteering.org.uk **before travelling.**

Date	Event Name	Level	Club	Ass.	Venue	Nearest Town	Grid Ref.
Sat 05/10/19	Autumn in Anglia Day 1: West Harling	Regional	SUFFOC	EAOA	West Harling	Thetford	TL967836
Sun 06/10/19	Autumn in Anglia Day 2: Bury St Edmunds Urban	Regional	WAOC + SUFFOC	EAOA	Bury St Edmunds	Bury St Edmunds	TL856642
Sun 13/10/19	Keyne-O, Shenley Wood	Local	SMOC	EAOA	Shenley Wood	Milton Keynes	

Sun 13/10/19	NOR Regional Event	Regional	NOR	EAOA		Norwich	
Sun 13/10/19	HH Regional	Regional	HH	SEOA	Ashridge North	tbc	SP979127
Sat 19/10/19	Park-O Trumpington	Local	WAOC	EAOA	Trumpington Meadows Country Park	Cambridge	
Sun 20/10/19	CompassSport Trophy Final	Major	MV	SEOA	Pippingford Park	Crowborough	
Sat 26/10/19	Cambridge City Race 2019	National	CUOC	EAOA	Cambridge	Cambridge	TL450590
Sun 27/10/19	Ferry Meadows Local Event	Local	WAOC	EAOA	Ferry Meadows	Peterborough	
Sat 02/11/19	Chichester City Race (UKOL) /	National	SO	SEOA	Chichester	Chichester	SU851047
Sun 03/11/19	November Classic (UKOL)	National	SOC	SCOA	Bramshaw	Southampton	
Sun 03/11/19	Langdon Hills	Regional	HAVOC	EAOA	Langdon Hills	Langdon	TQ680865
Sat 09/11/19	Park-O Wandlebury	Local	WAOC	EAOA	Wandlebury Country park	Cambridge	
Sun 10/11/19	East Anglian Schools Championships	Regional	NOR	EAOA	Hockham	Thetford	TL937920
Sun 10/11/19	SCOL4 and TVOC Regional Event	Regional	TVOC	SCOA	Wendover Woods	Wendover	SP891099
Sun 17/11/19	Maulden Woods event	Regional	WAOC	EAOA	Maulden Woods	Bedford	
Sun 24/11/19	SOS Hylands Park	Regional	SOS	EAOA	Hylands Park	Chelmsford	TL679048
Sun 01/12/19	Daisy's Wood event	Regional	SUFFOC	EAOA	Daisy's Wood	Woodbridge	TM345503
Sat 07/12/19	Park-O Impington Village College	Local	WAOC	EAOA	Impington sports centre	Impington	
Sun 08/12/19	Shouldham Warren EAL	Regional	NOR	EAOA	Shouldham Warren	Kings Lynn	TF680104
Sun 08/12/19	CHIG Mitre SE League Event - Middle Distance	National	CHIG	SEOA	Epping East	Theydon Bois	
Wed 01/01/20	SOS New Year Novelty	Local	SOS	EAOA		Colchester	
Sun 05/01/20	Hadleigh event	Regional	HAVOC	EAOA	Hadleigh Park	Hadleigh, Essex	TQ802869

Sat 11/01/20	Park-O Coldhams Common	Local	WAOC	EAOA	Abbey Leisure centre	Cambridge	
Sun 12/01/20	Knettishall Heath	Regional	SUFFOC	EAOA	Knettishall Heath	Thetford	TL956806
Sun 19/01/20	NOR Regional event	Regional	NOR	EAOA		Norfolk	
Sun 02/02/20	SOS Writtle Forest EA League and ESSOL	Regional	SOS	EAOA	Writtle Forest	Chelmsford	
Sun 16/02/20	Croxton Heath East Anglian League	Regional	WAOC	EAOA	Croxtton Heath	Thetford	
Sat 22/02/20	Park-O Wimpole Estate	Local	WAOC	EAOA	Wimpole Country Estate	Arrington	
Sat 22/02/20	British Night Orienteering Championships (TVOC)	Major	TVOC	SCOA	Hambleden	Henley-on- Thames	
Sun 23/02/20	TVOC Chiltern Challenge National Event	National	TVOC	SCOA	Hambleden	Henley-on- Thames	
Sun 23/02/20	NOR Regional event	Regional	NOR	EAOA		Norfolk	
Sun 01/03/20	Ickworth Park	Regional	SUFFOC	EAOA	Ickworth Park	Bury St Edmunds	
Sun 08/03/20	Rowney Warren YBT heat	Regional	WAOC	EAOA	Rowney Warren	Bedford	
Sat 14/03/20	Park-O Wandlebury	Local	WAOC	EAOA	Wandlebury Country park	Cambridge	
Sun 15/03/20	CompassSport Cup Heat	National		EAOA	Aspley Heath	Milton Keynes	

