



West Anglian
Orienteering Club



JABBERWAOC

Vol.47 No 4

December 2019



photo by Judith Wetherill

WAOC Junior Team (with Club Captain) won the Peter Palmer Daybreak Relay on 8th September 2019 in Ashdown Forest.

Editorial: Next issue articles by 23rd March 2020. **Maps and photos are in colour on website.**

This has been an exciting time with WAOC Juniors doing well at Peter Palmer Junior relays on 7th and 8th September in Ashdown Forest and 57 WAOC members in our strong CompassSport Trophy Team coming second in the Final at Pippingford Park.



Many photos of those taking part but well done to all who came to make this a memorable day. Seonaid persuaded the Cambridge News to publish this success (see pages 9 & 10).

This will be my last issue as Editor as next year I change roles to Membership Secretary. My appreciation to all who have sent such good articles and information over the 7 years, without which JabberWAOC would not be a club magazine. I also thank all those whom I have pressurised to write and responded cheerfully or still produce articles even if not so cheerfully. I wish Emma Jarrett well in her role starting at New Year - contact still editor@waoc.org.uk Anne is an extremely hard act to follow after her quarter of a century in the role of Membership Secretary.

Please **return** your **WAOC Trophies** by 16th February in plenty of time before the AGM on 7th March 2020 as I shall be arranging the engraving for the first time.

Wishing you and your family good times orienteering, and a very Happy Christmas and 2020,
Hazel Bickle

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	Deputy Chair:	Peter Woods publicity@waoc.org.uk
Membership Secretary:	Anne Duncumb memsec@waoc.org.uk	Fixtures Secretary:	Bob Hill fixtures@waoc.org.uk
Traning Coordinator:	Helen Bickle training@waoc.org.uk	Mapping Secretary:	Stephen Borrill mapping@waoc.org.uk
Convenor:	Helen Hague convenor@waoc.org.uk	Welfare Officer:	Peter Allen welfare@waoc.org.uk
Equipment Officer:	Caroline Louth equipment@waoc.org.uk	Awards Coordinator:	Ian Smith awards@waoc.org.uk
Editor 2020 onwards:	Emma Jarrett editor@waoc.org.uk	Publicity Officer:	Harriet Millward publicity@waoc.org.uk

Welcome to new members - Anne Duncumb (membership secretary)

Morgan Alexander from Cambridge
Graham Anderson from Cambridge
Ollie Batts from Cambridge
Two juniors from the Cheng family
Stuart Hatfield from Cambridge
A junior from the Jagger family
Sarah and Greg Knight and family from Cambridge
Alex Selby and Ingrid Jendrzewski and family from Cambridge
Endre and Krisztina Czirbesz and family from Peterborough

We hope you will all enjoy orienteering with us
Anne Duncumb (WAOC membership secretary)

Subs time again! Thank you to those of you who have already renewed your WAOC/BOF sub - 20 individuals/families so far. We hope you will all want to continue your membership of WAOC. BOF members will already have received their renewal notices and I will email **Club only** members with details about renewing their membership.

Thanks - and good O-ing in 2020,
Anne Duncumb (WAOC membership secretary)

British Orienteering Awards - Ian Smith

Emma Jarrett	Racing Challenge	Silver	TD5
	Navigation Challenge		TD5
Hebe Darwin	Racing Challenge	Bronze	TD4
	Racing Challenge	Silver	TD4
	Navigation Challenge		TD4
Sophie Kerswell	Racing Challenge	Silver	TD4
	Navigation Challenge		TD4
Conor O'Donovan	Racing Challenge	Gold	TD5
	Navigation Challenge		TD5
Richard Ingham	Racing Challenge	Silver	TD5
	Navigation Challenge		TD5
Mark Scaife	Racing Challenge	Bronze	TD5
	Navigation Challenge		TD5
Eleanor Low	Racing Challenge	Bronze	TD4
Catherine Curtis	Navigation Challenge		TD5

No-one has requested a colour coded badge since the September issue.
Do contact awards@waoc.org.uk if you have completed 3 courses of the same colour within the par time.

WAOC Equipment Amnesty

Please bring any WAOC equipment remaining after an event to our equipment officer Caroline Louth equipment@waoc.org.uk There are some items not in the Store and it would be great to be able to use these again. At the end of any WAOC Event, the team of helpers, organiser, planner are always keen to be off home to warm up, rest, eat/cook dinner and with the best will in the world, equipment generously packed into your car is often forgotten. Do remember those WAOC stakes, kites, cord, water bottles etc. that you keep seeing in your shed/entrance hall/boot box and carry through on returning them. This can be to Caroline or given to a committee member at an Event. Very Many Thanks.

Chair's Chat - Helen Hague

Well here we are again for another Chair's Chat. Firstly there are a few changes in personnel taking place on the committee. Anne Duncumb, our longstanding Membership Secretary is retiring after almost 25 years in the post with her role being taken over by Hazel Bickle, our stalwart Jabberwaoc editor, and Emma Jarrett has kindly agreed to take over Jabberwaoc from Hazel. Harriet Millward has assumed the role of Publicity Officer, so thank you to Harriet, and Peter Woods has become Deputy Chair.

We will be sorry to see Anne retire after so many years - I still have Anne's handwritten letter welcoming me to the club and I know that for many of you this personal touch made you feel very welcomed. Anne has done a sterling job over the years behind the scenes keeping the membership list up to date, sorting out Trophies for the AGM, wise words (and sometimes cake) at committee meetings and so on.

I would just like to say a heartfelt thank you to Hazel for all her work on Jabberwaoc over the years, encouraging contributors to put forward their articles and wrestling the content into shape. Jabberwaoc is a lovely way for the club to note the achievements of fellow club members and to communicate with each other about our orienteering experiences far and wide. I particularly enjoy reading about the further flung events such as those in Portugal and Venice when you can have all the fun of working out the route choice from your armchair with no airport check in.... oh and Bruce's puzzle of course. Jabberwaoc only exists if we ourselves write it so please do keep your articles coming in to editor@waoc.org.uk and help make Emma's job an easy one. If any of you are ever keen to take on roles in the club then please do let me know. Even if we don't have a vacancy yet, there is a natural rotation over the years so if you are keen on a particular role do say.

I hope you all have a very enjoyable time over the Christmas season with as many pieces of orienteering kit as your heart desires. If you need some orienteering light relief, try the worldfo.com advent calendar; some of you may remember me mentioning this last year. They put up a map with an interesting control leg each day throughout December and you can plot your route and then see how it compares with everyone else. Seeing the route chosen by the winner can be quite enlightening - generally the conclusion seems to be if there is a fast path use it.

Anyway Happy Christmas to you all and here's to great orienteering in 2020.

Want to get to know more people in the club.....???? One of the best ways in getting to know members of the club is by volunteering to be an organiser or planner. We are beginning to put together the list of planners and organisers for 2020 so if anybody feels like a go then email Helen at chair@waoc.org.uk There will be a meeting in the new year to discuss being an organiser and what this involves, with a similar meeting for potential planners. Even if you are not certain about being a planner or an organiser, but think it might be fun, then come along to the meeting before deciding. Full support will be given and if you want to team up in pairs, then all well and good.


Save the Date: WAOC AGM will be on **Saturday 7th March** 3.30pm – 6pm at the Wandlebury stable rooms.



Spring Training Nights



This terms training includes a few woodland areas as well as a number of central Cambridge ones. If you are looking for technical training, there's training on contours at Therfield Heath and forest orienteering at Brandon & Rowney Warren. There is also map memory training around the gardens at Girton College and watch out for the first league event of the year at Bar Hill.

Date	Location	Skill
22 nd Jan	Girton College	Map memory
29 th Jan	Trumpington East	Sprint
5 th Feb	Therfield Heath	Relay practice
12 th Feb	Coton	Score (informal)
19 th Feb	Brandon	Compass
26 th Feb	Bar Hill 	League Race
4 th Mar	Lucy Cavendish and St Edmund's	Route choice
11 th Mar	Rowney Warren	Contours

Notes:

All training session subject to permission so please check website.

Older juniors with orange course skills or above are welcome to join in with Wednesday night training, but only if accompanied by an adult.



League event

Timings:

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

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

Further details are put on the website and emailed to the training 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 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, please email chair@waoc.org.uk



Training tips for the twelve days of Christmas:



One activity for each day but do tailor the activities to time, weather & you



Go for a fast short run (remember to start slowly to warm up before running at your fastest).



Go for a zigzagging run with an old map and compass, and practice keeping the map orientated.



Find an event on an area where you have never been on RouteGadget.co.uk and armchair plan routes around a course or two.



Go for a long run (when you get back remember to stretch!).



Find another event on [RouteGadget](http://RouteGadget.co.uk) and a blank piece of map (perhaps a bit of wrapping paper). Choose a course and study a leg for a short time and then draw the main details onto your blank piece of paper. Repeat for the other legs. Think about what you would actually use to find your way. It's simplification.



Go for a run with an old map and practice reading your map while running (think about simplification and which features you would actually orienteer by).



Go to <https://www.maprunner.co.uk/> and test your knowledge of the control description symbols.



Go for a run that involves a hill climb (remember to stretch afterwards!).



Find yet another event on [RouteGadget](http://RouteGadget.co.uk) and a course with a few longer legs. Give yourself at most 10 seconds to choose your route for each long leg. Then give yourself a little more time to study the map in more detail to see if your route was the best one (of course you can't run it but you can look at distance, climb, terrain and navigability).



Go for a long run and again take a map of an old course to read with you. While following the course as you run, visualise the terrain on the map (can you remember what it actually looked like).



Go for another long run and take another old map with you. This time think about which techniques you would use for which legs – follow line features, aim off or accurate bearings.



Add the orienteering events you want to go to into your diary for the year ahead (perhaps even plan an orienteering multi day holiday).

Captain's Corner - Janet Cronk

Firstly, many thanks to every WAOC member who made it to Pipingford Park, Sussex for the Compass Sport Trophy Final, and particular thanks to those who made and brought cakes which contributed to a great team atmosphere in and around the WAOC tents !

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).

Secondly, as 2019 draws to a close, it's now time to start putting dates into your orienteering diary for 2020.

The 2020 dates for the next events when WAOC needs you to run for the club are as follows:

1. Sunday 8 March is the date for all parents of WAOC Junior Orienteers to note. WAOC is organising the EAOA qualifying heat of The 2020 Yvette Baker Trophy Competition which this year will take place at Rowney Warren.
2. Sunday 15 March is the date of the 2020 CompassSport Cup Qualifying Heat. The event is being organised by SMOC at Aspley Heath, Milton Keynes.

2020 Jan Kjellström (JK) Orienteering Festival and British Orienteering Championships (BOC)

Everybody who is enjoying their orienteering with the club, whatever their age or experience, should consider taking part in these major orienteering events. They are very family friendly with age class courses from M/W10 to M/W90, colour coded courses for entry on the day and string courses for the youngest orienteers ! Traders selling all the latest orienteering kit always attend so you can try before you buy. Plus there are also good food vans so you don't need to worry about packed lunches !

Running for WAOC in the relays is also very much encouraged, whatever your age or experience. Part of my job as captain is to put together suitable relay teams from those WAOC members who would like to take part.

More details can be found on the British Orienteering website but the dates and locations for these competitions for 2020 are as follows:

1. BOC (Long) and British Relay Championships

Saturday 21 March and Sunday 22 March are the dates for this weekend and it is being organised by SEOA in Surrey. The event area for the individual championships is near Haselmere and the event area for the relays is near Dorking. So not too far for WAOC members to travel.

2. The JK - Sprint, Middle, Long & Relays

The JK always takes place over the Easter weekend which this year is Friday 10 April through to Monday 13 April. The Festival is in Yorkshire next year, being organised by NEOA.

The Sprint event on Friday is in Stockton and the Middle, Long and Relays (Saturday, Sunday and Monday respectively) are near Whitby. If you are interested in going I do suggest that you book your accommodation very soon. Holiday cottages and suitable places to stay will get booked up fast, as 3000+ orienteers and their families usually take part in the JK.

3. BOC (Middle) (along with the Northern Championships)

Saturday 9 May and Sunday 10 May are the dates for this weekend of orienteering which is taking place near Newby Bridge in the Lake District. The BOC (Middle) is on Saturday and the Northern Championships are on Sunday. Two last chances for UK Juniors to try and achieve championship times in their classes for selection for the annual UK Orienteering training camps.

4. BOC (Sprint) and British Mixed Relay Championships

Saturday 21 June and Sunday 22 June are the dates for this weekend and the events are being organised by NWOA in Skelmersdale, Lancashire.

If you have arranged or have a potential relay-team (adult or junior) in mind for any of the above 2020 relay competitions, or are interested in making up a relay team, please do let me know (captain@waoc.org.uk). All relay team entries have to be made by the club captain.

Best wishes for Christmas and for some great orienteering in the New Year



Time to try a multi-day event?

These 4 days of orienteering over **Easter** will be held in NE England.

First closing date for Entries is 26th January. After this date the cost per race increases by £2.00

Do check out the details at www.thejk.org.uk

Contact captain@waoc.org.uk to be part of a relay team of 3 on Easter Monday.

JK call for helpers on Saturday 11th April 2020

WAOC Members, David Coton and Andrew Stemp will be organising the 'PreO' on Day 2 of the JK at Sneaton East Forest. It would be marvellous if any WAOC members could volunteer as helpers. Helping for a short while would be greatly appreciated and times arranged to allow you to take part in the JK Middle Race first and also try this TrailO course. This complex map reading would be great training before the Long on Sunday. TrailO is described at www.britishorienteering.org.uk/site/trailo and details of the JK courses on www.thejk.org.uk The PreO registration is 1km from the Middle race car-park and Starts are 12:30 - 16:30.

Please contact Anne Braggins anne@trailo.org if you are able to help.

Sport

WAOC at CompassSport Trophy

Many of them were also in action at the Compass-Sport Trophy in Pippingford Park, Ashdown Forest, the club having qualified for the final by winning its regional heat back in the spring.

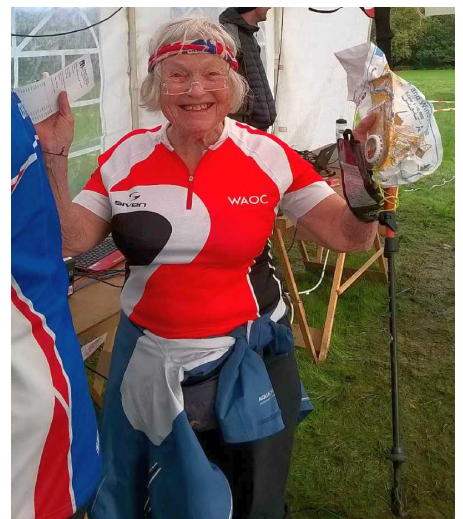
Competing against 11 other regions from across the country, at one point WAOC were in the lead but in end had to settle for the runner-up prize behind West Midlands side Harlequins.

Weatherill and Darwin were among the 13 WAOC scorers, the others being Andrew Stemp (who won his course), Paul Pruzina, Chloe Haines, Fiona Llewellyn-Beard, Lorant Farkas, Dill Wetherill, Mike Bickle, Janet Cronk, Peter Haines, Peter Woods and Sophie Kerswell, who amassed a total of 1247 points for the club.

WAOC awarded second place in CompassSport Trophy at Pippingford Park on 29th October 2019



Helen and Janet at Award Ceremony





Goodbye and a big Thank you - Seonaid and Michael Dudley

Reading Rob's excellent article in the current Jabberwaoc, I was prompted to put pen to paper and give our farewell notice to WAOC, as we sadly shall not be renewing our membership for 2020.

We joined the club back in 2010 when we had just removed from Stafford and Walton Chasers. Back then we found the terrain here rather easier to cope with, in fact I won the Midland Champs at Belvoir that spring!

Both our offspring had cut their teeth with WCH since 1979, when a very enthusiastic school teacher friend started a club in the 'new' middle school. Since then they have both enjoyed local and in Angus's case International success. When Alison moved to the area in 1990, she joined WAOC, introducing both our Fox grandchildren into the wonderful sport. Now, both are busy otherwise and Alison has moved into Duathlons & Triathlons, partly due to poor eyesight. Other interests took Angus away from the sport until we moved here, when he introduced his girls, with some success to orienteering, albeit with DRONGO. Now they are all involved with other sports.

We have all benefitted from improved fitness levels, appreciation of our wonderful and varied forests (urban courses are not inspiring) and the skill of map-reading, orienteering has so much to offer. As for us, age and infirmity have taken their toll, and I think it unfair to ask Mike to drive me to events, now that he no longer competes, though he never complains. Ursula, I take my hat off to you – you are magnificent!

I have enjoyed my stint at publicity, latterly only writing snippets for the Cambridge News. I've not sent anything in since the spring, when I had my knuckles gently rapped but have just sent in the splendid 2nd spot in the CST and the excellent win in the 'Daybreak' Relays.

So, with other interests to keep us occupied, we bid our farewell and wish the club many more enjoyable competitions.

Peter Palmer 2019 Ashdown forest - Alex Wetherill

We had a very successful Peter Palmer weekend (7-8 September) picking up the Daybreak trophy in dominant fashion (ha ha). The weekend was a great experience in many ways. It was a nice social event which culminated in a friendly but perhaps overly aggressive game of football (maybe not the best pre-race activity). The setting for the event was incredible in the grounds of a beautiful school situated right on the edge of the forest.

The race itself was enjoyable as well, if a bit cold first thing. I ran opening leg (Alex Wetherill) and had quite a few mistakes on a fairly easy course so was underwhelmed with my performance even though I came back second. I handed on to Hebe who had an outstanding run putting us firmly into first place. She handed on to Oskar who then handed on to Tiago both of them having competent runs and keeping us in the lead and





firmly securing myself as the weakest link! We won by 10mins or so in the end and I would like to thank Hebe, Tiago and Oskar for being deserving winners in a great team effort.

Special thanks go to Janet our WAOC Captain who has been indispensable in securing WAOC's first.....in years. Without Janet I doubt we would've organised a team or

had the chance to compete ... which is something we are all grateful for as well as for the stripey socks of course!

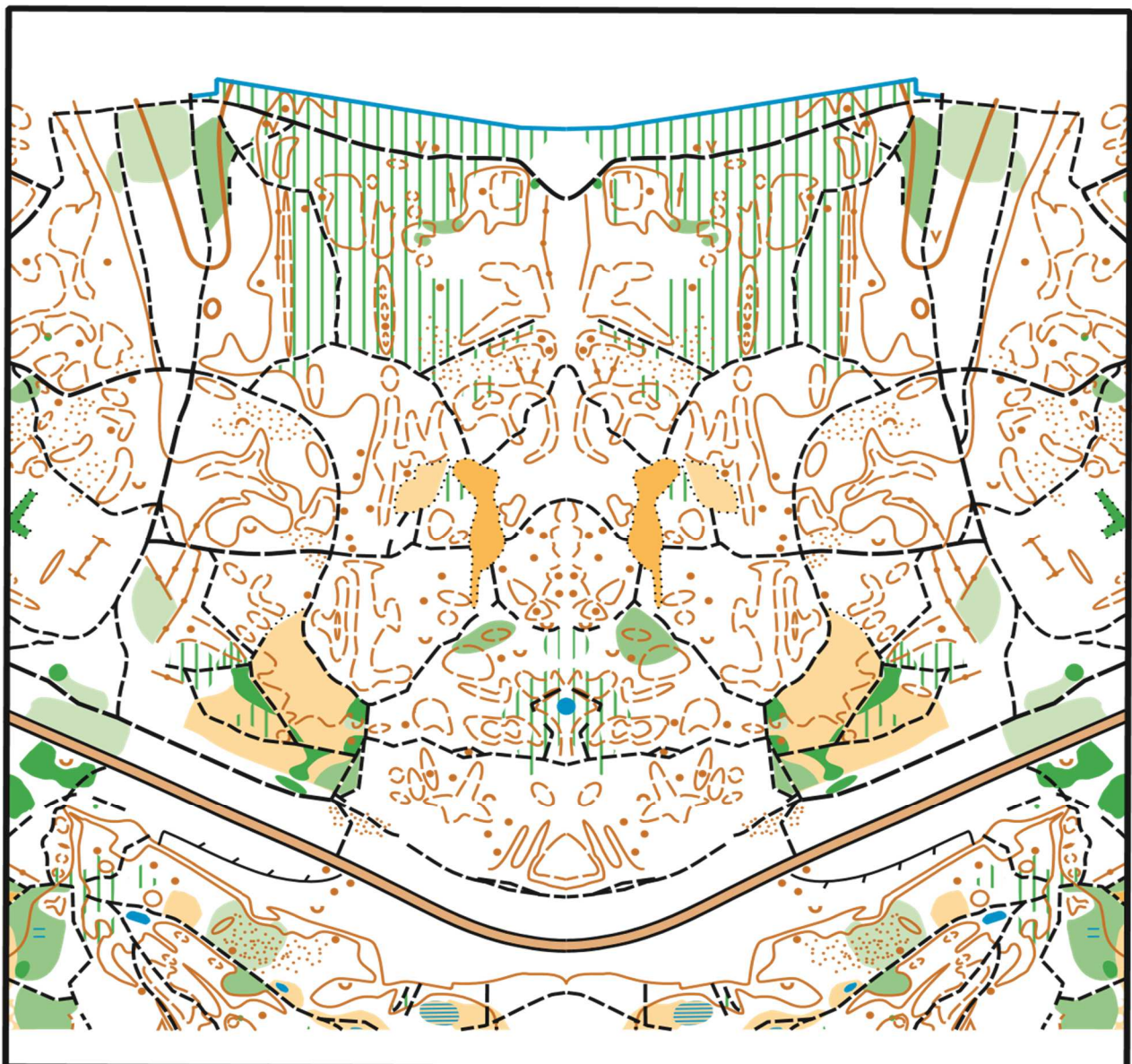
See photo on Front Cover of this issue of JabberWAOC

Spot the Difference with another twist added - Bruce Marshall

Find **ten** differences between the two halves of the map.

Map based on Mardley Heath, a heathland area formerly used for gravel extraction up to 1960.

Solutions on page 25



Interland 2019 - Alex Wetherill

The first event was a training run through terrain similar to that of the actual race. It was incredibly brambly but altogether an enjoyable relaxed run. I, as did everyone else, jogged it to save myself for the next day. I had an OK run apart from a small mistake on 10 which I felt a bit stupid about as it was quite an easy control.

The second event was a night sprint around cabins near the hostel we were staying at. It was a really entertaining course with a good mix of short punchy stuff and longer route choice orientated legs. Unfortunately, I mis-punched on 5 as a result of my overzealousness to run UNDER a building, cool I know. Despite this I felt I had a good run. I think I did a time of 15:23 for 2.3K.



Running for England

The third event, the actual competition, was in an area similar to the first event but not quite as similar as we might have liked. It was slightly more runnable with many more paths which, while undramatic, changed the feel of the area and made it feel a lot faster. I was the first start on my course. Right from the start I was fairly sloppy and didn't feel comfortable in my navigation. I didn't make any notable mistakes, but I could tell even then that I was losing time due to imprecision. As I could tell I wasn't navigating well, I slowed my running speed down and while this made my navigation better it had the obvious effect of slowing me down. Then, despite this, I made a mistake on number 8. I didn't get my bearing right coming from my attack point and ended up too far left, it took me longer than it should've to relocate and it ruined any chance of a half competitive run

Joseph (my team-mate in the same category) caught up to me on nine, even though he started about 10 minutes after me. From here I had a pretty good run and came in first of the pack that had caught me at control nine and I had the fastest run-in time. I haven't made reference to the rivers in my account of my race because while they were dramatic they didn't affect me greatly however I feel I need to reference them because they were such a post-race talking point. The rivers were about 5 metres wide and probably a metre to a metre and a half deep and moving fast. While this wasn't impassable for the bigger competitors, for smaller kids it was seriously dangerous.



Lots of people felt that it was wrong to run the courses across the rivers. I'm undecided. Truth be told I quite enjoyed crossing the rivers; it made it feel like the course was more like a challenging ordeal than an orienteering race.

We won the overall competition as Team England but lost the junior part by 1.5 points.

All-in-all I really enjoyed the trip. I got to meet lots of new people, represent England and while I was disappointed with my performance, I got to be part of a winning team.

Orienteering England: Selection races for the 2020 Interland Cup have already taken place. For 2021 selection races watch <http://orienteeringengland.org.uk/interland> and for Juniors also discuss entry with Caroline Louth.

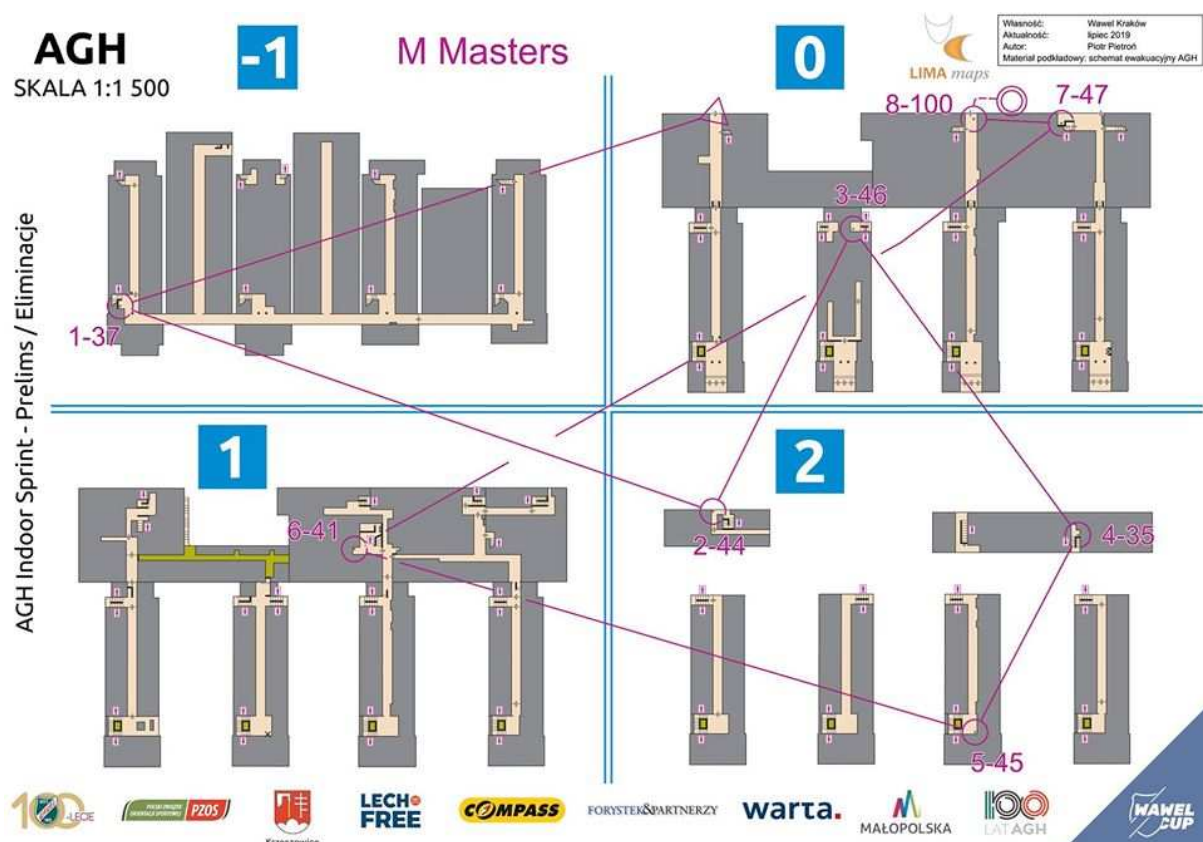
Summer Travails – Part 2 Mike Capper

So, I departed ASOM 2019 in Ostend, triumphant. Well, okay, reasonably satisfied with my performances at a good weekend of urban orienteering and, most importantly, with no further injuries.

My next port of call was the Wawel Cup in Poland, my fourth visit to this 5-days of orienteering! This is always a good event, and this year, the East Anglian representation was tripled with WAOC's Andrew Stemp and SUFFOC's Bronwen Mansell also in attendance. They were part of Durham University tour and both did much better than me!

As always, the organisation was excellent and Poland its usual welcoming-self. The event areas were diverse and, in some cases, very steep. Sadly, the event was overshadowed by a tragedy on Day 3, when an M70 fell and died in the woods. The race had to be abandoned halfway through and I was one of many who didn't get into the woods on that day.

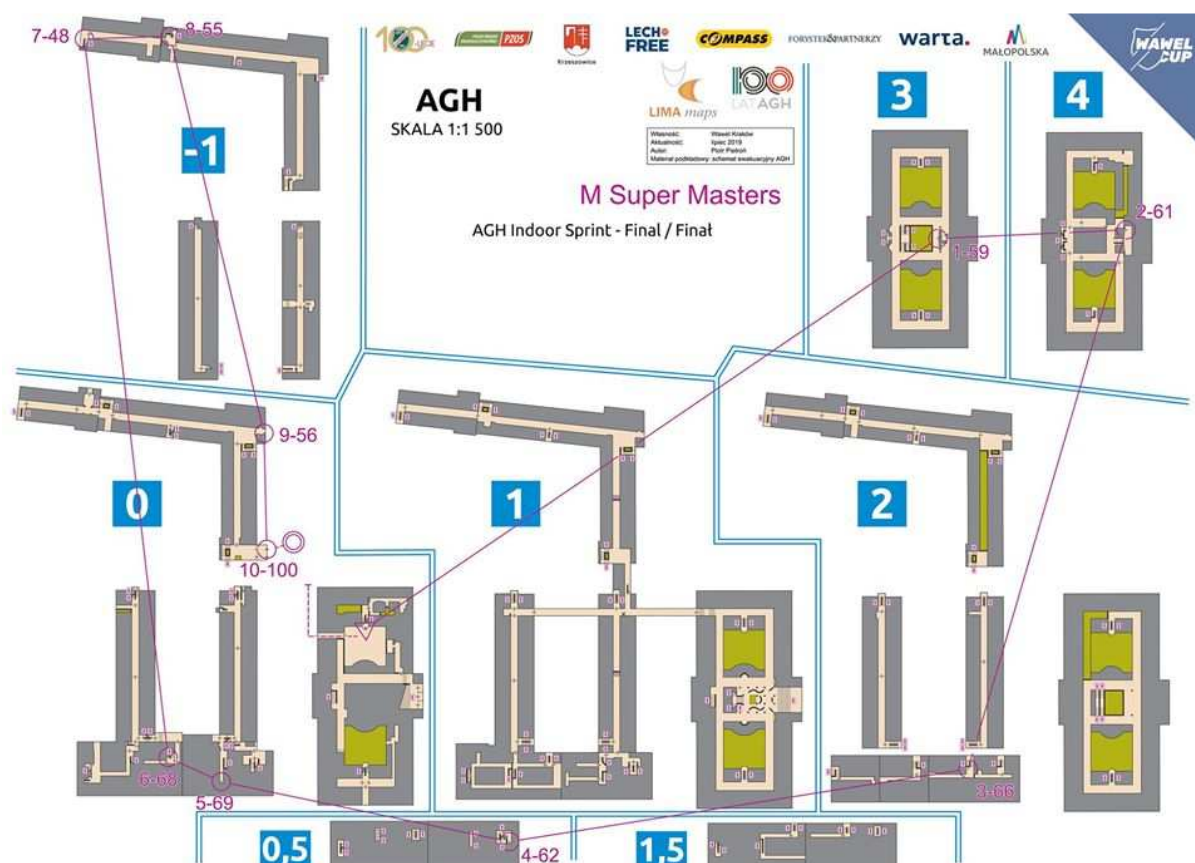
Day 3 was also the day of the...arghhhh.....indoor orienteering races. Now, I have never done any indoor orienteering before and to be honest, a bit like Trail-O, it is not something I am going to travel miles to. However, this was in the middle of Krakow, at the university, so I really had no excuse. After all, how difficult can indoor orienteering be????



Well, I soon found out that the answer to that question was very, very difficult. Indeed, in my case, virtually impossible to comprehend. Turns out that my ability to visualise and plan ahead in three-dimensions is sadly lacking.

As you can see, it all looks fairly straightforward. This was the first of two races and I never got to grips with the map or the concept. My first mistake was picking up the wrong map – Masters rather than Super (lol) Masters! Not that it would have made any difference, even with the right map. Put simply, I just could not do it. It was too hard. On the way to 1, I failed to recognise that there was a -0 floor and I had to go down first of all. Not helpful so I was out of place right from the start. #2 was similarly difficult...my head just could get used to these 'detached' features! Nonetheless, with a lot of faffing around and by taking a VERY circuitous route, I somehow found #2.

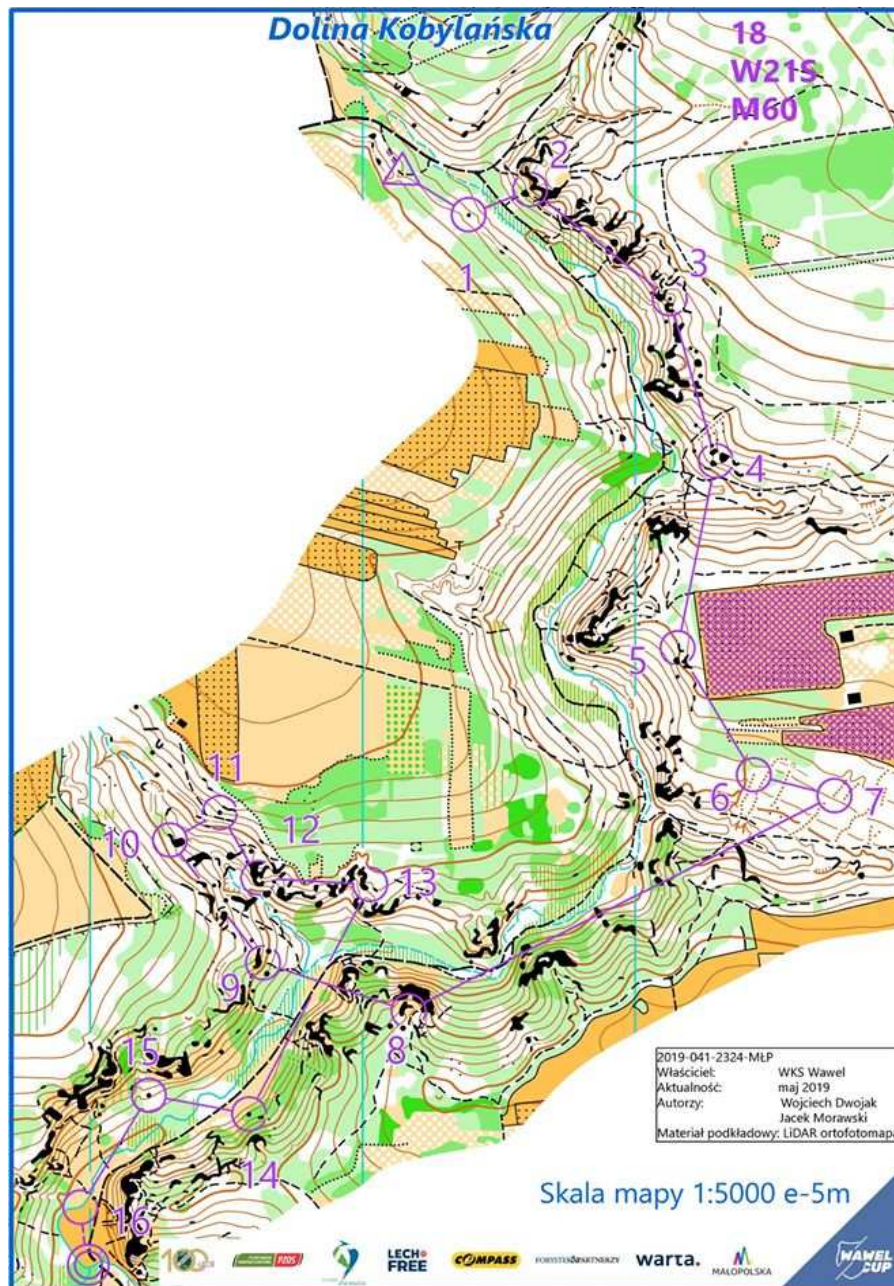
We then come to #3 – when I say, 'come to', not strictly accurate, as I never got there. I just could not find a route that worked – and I tried plenty. It wasn't that I didn't know where I was, it was just that I didn't know why I had arrived at this place. Even now, sitting at home, I can sort of work out a route, but frankly I'm not sure. So.... a retreat – once I had worked out how to get out of the building! This took some time and involved a long chat in broken English with a cleaner. It's events like this that make orienteering so memorable and, in hindsight such fun!



I decided to skip the second race (above). The idea of beer and food was way too enticing. Looking at the course later, I realised I had definitely made the right decision. Apparently, the organisers were still sweeping runners from the second building, hours after the scheduled finish time of the race.

It turns out that fellow WAOC-er, Andrew, is pretty good at indoor orienteering and in the final he finished a splendid second in M21E!

The last two days of the event were memorable for wet weather and slippery slopes. Day 4 was on the other side of the spur where Day 3 accident had happened. Basically, on the slopes of a very steep valley. All well and good in sunny weather, but in this case the weather was dreadful, and the slopes turned into mud slides.



As you can see, most features were enormous with the majority of my cliffs ranging from 8-20m in height. Although you usually think of orienteering as being a fairly quiet sport, all through the race people were calling out control numbers that they'd just visited/were searching for because in quite a number of cases it was a painful process to crawl up a hill to a control only to find out it was the wrong one. I had

several people ask me what control I'd just been to and I was happy to help with an answer. It was all very 'communal'!

My big mistake was #8. In hindsight, the route south and along the path was the best route. I, rather unwisely, went north and up along the valley. On paper, not disastrous, but there were two significant problems with this route. I hit the valley fine and was studiously reading the map to decide when to turn up the hill/crag when BAM...head straight into low lying tree trunk. Glasses flying...me lying on the ground...blood flowing copiously from a head wound! Oh dear. In those situations what does one do but get up and carry on? A few metres later, I passed a prostrate competitor being tended to by a medic team...clearly it wasn't just me that got caught out by the aforementioned tree trunk.

Slowly regaining my senses, I then turned left up the hill. I was confronted by a frighteningly big crag and an appallingly steep slope by the side of it. The slope was a mud slide...virtually impossible to get up. So, it was map down pants, all hands to the fore, and a slow clamber up the slope – generally, it was two steps up, slide down and then go again...I got there, eventually, covered in mud but fortunately with map 'still in place'. All good fun!!!

My overall Wawel performances were unremarkable to say the least. In general, a lack of fitness meant that I took too many circuitous routes. I made too many mistakes and on the last day, again in a torrential downpour, around Kosciusko Mound, I wimped out of several dangerous slopes, deciding that I needed to find a better balance between bravery and stupidity.

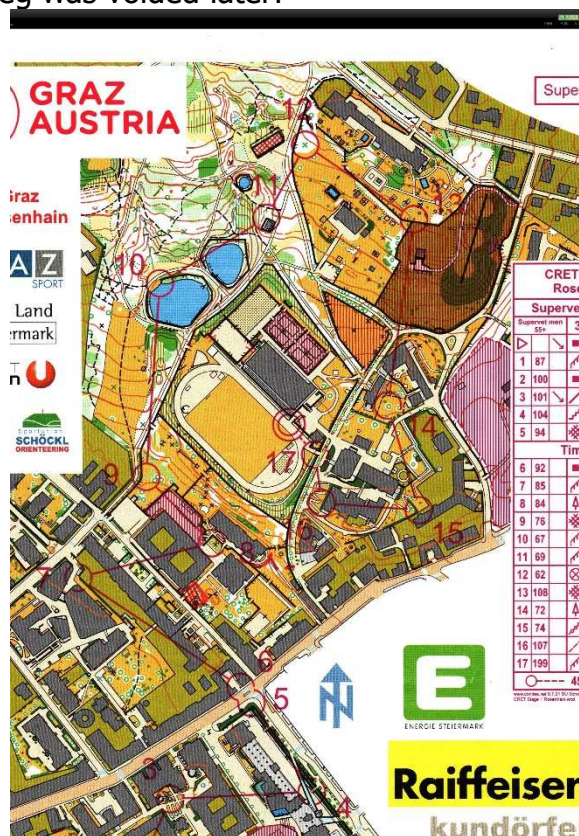


In the overall results, I finished closer to the bottom of the field than the top but was, at least, consistent in my mediocrity. Andrew did much better and was 15th on M21E. But all in all, it was a good trip and I have already booked my flight for next year!

Following this, it felt like time for some urban orienteering. Yay. No mud. No steep slopes – wrong, as it turned out, with the Graz City race ending up being, in part, an epic hill-slog!

I went to Graz via Slovenia, mainly so that I could visit the beer fountain at Žalec. A fountain that serves beer. What's not to like? Then it was onwards to three days of orienteering in Graz, a town dominated by a massive hill with a schloss on top. The first sight of this should have been a forewarning!

The first two races were fairly straightforward around the university and nearby parks and estates. I had an early start for Race 1, so I was the lucky person to encounter the grumpy old Austrian woman who (on leg 13-14) initially blocked my way through an underpass and then, once I had gone the long way around, showed great determination in moving the control out of her 'patch'. First time I have touched a moving control (and I could only do it because it was touch-free SI). Needless to say, this leg was voided later!

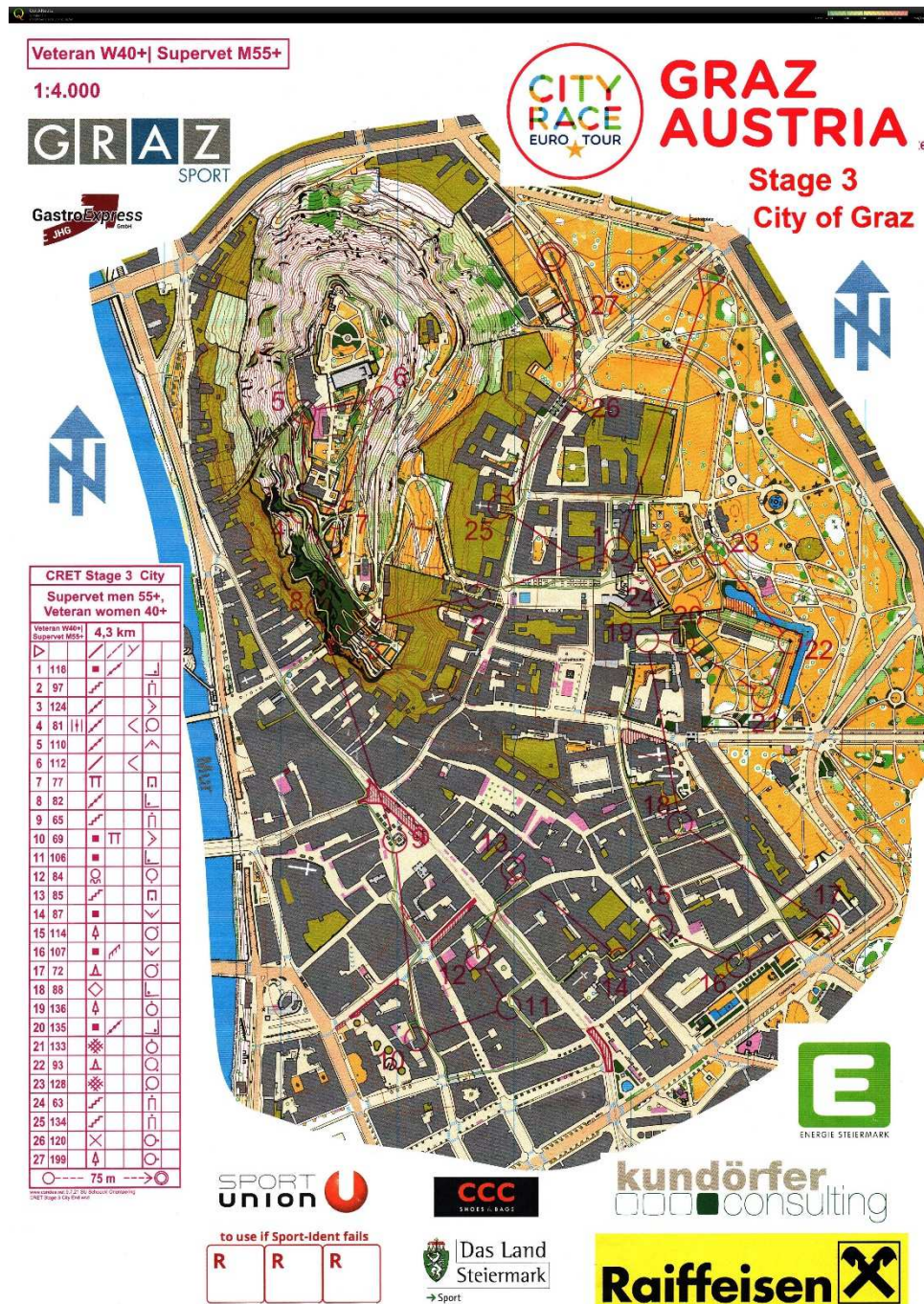


There was no major controversy in Race 2, save for a couple of 'trick' control descriptions. Fortunately, I chose the right 'side of the fence' option each time.

The major race was, of course, part of the City Race tour. This has already taken me to places I wouldn't, otherwise, have visited so has been a great addition to the urban schedule.

By Sunday, the temperature had risen to record heights. So hot, indeed, that people were being advised to stay indoors. Just the right day for an urban orienteering race!

I mentioned earlier that I was looking forward to some 'flat' running after Poland. Some chance! In Graz, the schloss is sitting atop a massive hill and, oh yes, we were going to head straight up!



This really was torturous. By general consensus, one of the hardest city races of recent times. The slog up the hill felt like it went on forever, with some tricky route choices on top, made more difficult by oxygen deprivation, not all of which I executed perfectly – for example, I missed the very small cut-through to #4 and had to go around and then double back. After that a rapid descent down the hill led to some interesting orienteering around the old town. It was about now that a beer fountain would have really come in handy. They're never where you want them to be, are they?

Still, at the finish we had the same feast we'd had on the previous two days. Generally overseas post-race refreshments put the British efforts to shame. Here we there was a wide selection of fruit (watermelons especially popular), biscuits and various drinks. I partook greatly of these before heading off to the bar! A good end to an excellent event, with a 15/43 position from all three races combined reasonably satisfying bearing in mind my fitness levels or lack of....

Next stops, Scotland, Slovakia and Germany!

ParkRun - Peter Duthie

This morning three of my interests came together. Outside the gates of the industrial museum in Irchester country park I could see an orienteering permanent course marker, but I was here for a new parkrun. Event four at Irchester, with some familiar faces from the Cambs / Northants running scene on the start line, despite competition from another new parkrun at Salcey (and yet another O-venue) which started the same day as Irchester, and an inaugural at Soham (though that course seems to offer rather less to the orienteer). Further into Northants there are relatively new courses at Sixfields and at Towcester which I have yet to try. All these come as parkrun celebrates its fifteenth birthday, with more than four million people having completed a barcoded 5km on a Saturday morning. So parkrun is still a youngster compared to UK orienteering (nearly 60 years now?) but apparently maturing well.

The number of WAOC members appearing on the parkrun results every Saturday continues to increase, with Wimpole's fine Capability Brown parkland still being the most popular (both senior and junior) but with Coldhams Common and Milton more convenient for those based in Cambridge. Having listed many statistics in previous articles, I'll limit this time to observing that as I write at least 38 WAOCers have completed 2174 parkruns (1403 at Wimpole), with two having completed 250 (both now approaching 300), three 100 and eleven 50, with seven juniors having completed 10 runs (with cake and shirts to match the achievements). Parkrun results can be ordered by an age and gender adjusted percentage, and on this basis Sue Woods and Mike Bickle regularly finish in the top ten at Wimpole. Volunteering statistics are also impressive. My own emphasis this year has been on so-called 'tourist runs', looking to close in on my first 100 different venues (my Cowell run), though trying to avoid obsessively driving too many extra miles and help spare the planet. As well as my run at Irchester, last weekend saw WAOC parkrunners at Hadleigh, Cambridge, Wimpole, Salisbury and Coldham's Common. With other events at Huntingdon, Littleport, March, Whittlesey, Ferry Meadows and St Neots, not to mention those around Bedford there is no shortage of choice. WAOC runners also fit in visits to parkruns while travelling beyond our shores, with Peter Haynes recently finishing in second place in the parkrun de la Ramée in Toulouse.

While the week-in week-out routine of running and volunteering at parkruns is very different from orienteering, where we tend to visit our woodland venues on an annual basis, if that, I am conscious that after a certain point (47 years orienteering and counting in my case) there is an appeal in both codes in trying something new.

Numbers of parkrun participants and events still manage to grow, by contrast to the sport of orienteering. Urban orienteering is perhaps our own growth area, though it does not appeal to everybody, and I recently had the privilege of planning at Bury St Edmunds in our joint venture with SUFFOC. Back in the woods, it can be difficult to raise the same enthusiasm for yet another run at Maulden (much as I enjoyed Bob's courses once I started). WAOC is not blessed with many suitable woods, but the success of the regular Park-O events suggests that even simple areas can be popular. Should we look to getting more potential 'second and third tier' local areas mapped and used - indeed remapped and reused - whether as Sunday / Wednesday events or as permanent courses?

New tools such as Open Orienteering Mapper can help open up both initial mapping and those crucial updates when areas change. Smartphone technology such as that trialled at Bar Hill can make recording course completion rewarding for the younger generation (provided there is an alternative for smartphone-resistant dinosaurs like me). As a low lying and wet county, Cambridgeshire has many managed riverside parks in urban areas and expanding nature reserves in the countryside (e.g. Great Fen and Wicken Fen).

While nature conservation necessarily trumps full access at times, broadening participation demographics is a key objective in many countryside partnerships, and low key orienteering might just have a place to complement the traditional waymarked 'woodpecker trail'. So just as parkrun succeeds by offering a safe and inclusive way into organised running and a wide choice of local venues, is there a place for a wider choice of local orienteering opportunities for both newcomer and jaded veteran, without overloading our precious volunteer resource?

Brimham Rocks – Stephen Borrill

On the 24th November, Jemima and I went to Brimham Rocks in North Yorkshire for a middle distance event which was also the YHOA Middle Champs. Brimham Rocks is an amazing geological area full of rock formations; it's been a Site of Special Scientific Interest (SSSI) since 1958. It's a place I remember from school trips to Nidderdale and so when I saw it was hosting an event, I definitely wanted to go. After only a medium amount of nagging and bribery, Jemima acquiesced, but to be honest photos of the area was enough to pique her interest.



Yes, it really is balancing

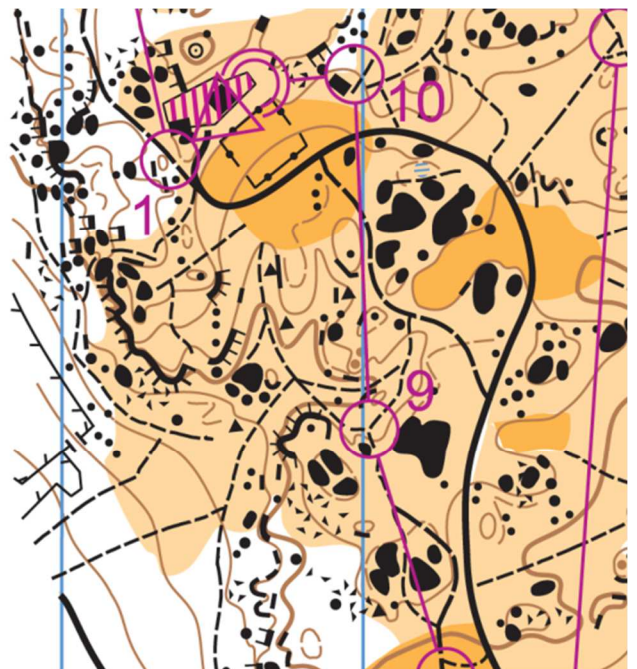


As we're not YHOA members, it didn't matter which courses we entered and, for me at least, it seemed silly to travel all that way and not take full advantage. I chose to do Black (4.4km with 205m climb) which had 35 controls, so I also got value for money out of my SIAC. Jemima chose Orange at just 1.6km. Unsurprisingly, there were no other WAOC members entered, but on closer inspection Andrew Stemp was also entered for Black having just changed his allegiance to AIRE (thus ensuring he was eligible for the YHOA Champs).



Brimham Rocks is around 90 minutes from my parents where we stayed the night before. We didn't set off early to get there, but as we had pre-entered it meant we didn't need to worry about registration closing before we arrived. This was just as well as the start was some distance from the overflow car park (plus we found a frog which needed rescuing from a drain on the way). The walk to the start gave us a great overview of the complexity of the area.

The map was very recently re-surveyed and re-drawn to 1:4000. This was very welcome as the old map (still available for their permanent orienteering course) is very different and much harder to read (just lots of black blobs).



New 1:4000 (left), Old (right)

Having said all that, it took me a long time to get to grips with the map and the control descriptions. The large scale meant I kept having to be careful not to overshoot. In an area that can only be described as very 3D, no map can really do it justice especially when you are

stood staring at a 10m high rock wall. Another point of confusion is that the map has surprising few contours lines on it. I think this because the bulk of the change in height happens on the edges of rocks (as shown by the thick black crag lines) rather than on the ground itself. This means that I found it hard to reconcile the map with the land forms around me if I needed to relocate (and I did need to). I was quick to the first control, but got caught out by the] control description for number 2 which I took to mean a crossing point. It's actually a narrow passage ("A gap between two cliffs or rock faces that face each other") and I spent 11 minutes looking for it at various dry stone wall crossings before spotting the flag 3m below me in a 2ft gap between slabs of rock.



Even when I'd come to terms with the very non-East Anglian control descriptions, it was easy to end up on the top of a rock ledge only to realise your control was 10m below you somewhere which could mean a fair walk to get down safely. Some controls could be seen, but working out to get there was a challenge. For number 16, I saw people climbing many metres up trying to go over the rocks; I felt the best way was to go all the way round on a ledge:



I felt time was ticking on as I trudged around and when I got to the finish, I was greeted by name – never a good sign. I was the second to last person back and was given a packet of Yorkshire Tea Bags as a consolation (though as I was one of the last starters, it wasn't quite so bad). All in all, I took 95 minutes (for a mere 4.4km course). My GPS reports I was stationary for 13 minutes of that which isn't very flattering. The winning time was an insane 35 mins, but the top two were a long way clear of everyone else. Andrew came 6th, a full 17 minutes off the lead. There were quite a lot of retirements across the courses and a fair number took around 2 hours (one person took nearly 3 hours).

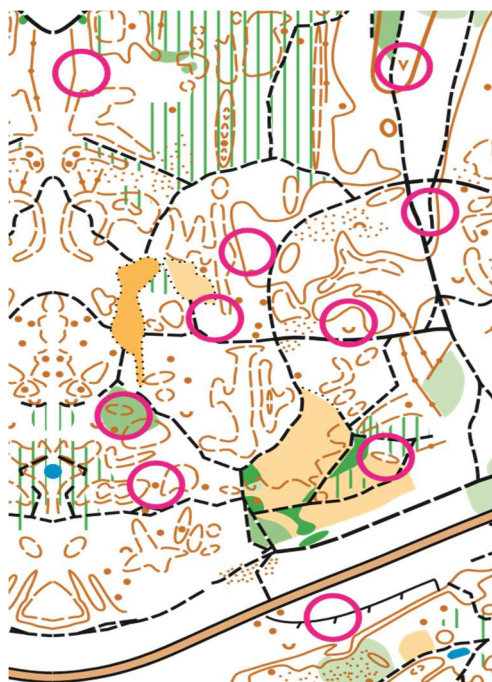
Jemima was quite a lot quicker than me and would have been in the top half of the pack had it not been for a 13-minute jitter towards the end.



Jemima's map in relation to the ground

All in all, it was a great event on a fantastic area. I wish I could have just done another course once I'd come to terms with the map, descriptions and how they related to the area. If you are ever in the area, I recommend going to Brimham Rocks (you have to pay to park, but it's free for National Trust members) even if you don't go orienteering.

Spot the Difference Solutions:



WAGAL Winners 2019 - Peter Woods

All 6 qualifying events for 2019 have now taken place and the results have been used to compute the final version of scores for WAGAL, our club league.

The first question most people have is "Why is it called WAGAL?". WAGAL was originally a contraction of "WAOC Galoppen". Galoppen is the Norwegian word for gallop, and was popular at one time in the UK to denote a linked series of orienteering events. If you look at the British Orienteering fixtures list you will find several such galoppens.

However, the events we use for our club league nowadays are simply the half dozen or so highest profile events which we organise each year, and competition fixtures in which we

compete as a club. The word galoppen doesn't really apply any more, but no-one has thought of a better name and so WAGAL it is. *[Editor – West Anglian Great Annual League]*

Points are awarded automatically to all WAOC members who participate in each of the nominated events. These points are calculated in a similar way to the calculation used by British Orienteering to assign ranking points.

In 2019, there were 6 WAGAL scoring events: Bush Heath, Royston Urban, the CompassSport Qualifier at Sherwood Pines, the Bury St Edmunds Urban race, the CompassSport Final at Pippingford Park, and the Maulden Woods event on 17th November. For each individual, their highest 4 scores count to the total. Organisers and planners who did not get a run at the event they organised/planned receive points in lieu equal to their highest score elsewhere.

You can see the results on the WAGAL scoreboard on the club website:

https://www.waoc.org.uk/documents/wagal_index.htm

The easiest way to find this is to select Results from the Home page. There is always a panel about WAGAL on the Results page, and this has a link to the scoreboard.

The 2019 category winners are:

2019 Winners	Male	Female
Junior (Under 21)	Alex Wetherill	Sophie Kerswell
Senior (21-44)	Tom Beskeen	Fiona Llewellyn-Beard
Veteran (45-59)	Dil Wetherill	Camilla Darwin
Supervet (60+)	Mike Bickle	Sue Hartley

Trophies will be awarded at our annual prizegiving and AGM next Spring. Congratulations to all winners!

WAGAL 2020

The schedule of WAGAL scoring events for 2020 is as follows:

1. EA League venue tbc, 16 February
2. Rowney Warren, 8 March
3. CompassSport Cup Qualifier (EAOA event), Apsley Heath, 15 March
4. North Cambridge Urban, 17 May
5. Urban event, venue tbc, 4 October
6. Mildenhall North, 13 December

Best 4 scores out of a maximum 6 to count. If we are successful in getting through to the final of the CompassSport Cup competition, we may add this as a 7th WAGAL event, in which case best 5 of 7 scores will count.

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 23/11/19. 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.
Sun 15/12/19	Shouldham Warren EAL	Regional	NOR	EAOA	Shouldham Warren	Kings Lynn	TF680104
Sat 21/12/19	SO Brighton City Race	Regional	SO	SEOA	Brighton & Hove	Brighton	TQ308041
Wed 01/01/20	SOS New Year Novelty	Local	SOS	EAOA		Tiptree	
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	Houghen & Dole Plantations	Norwich	
Sat 25/01/20	GO Middle Distance Event (UKOL)	National	GO	SEOA	Farley Heath	Guildford	
Sun 26/01/20	Southern Championships (UKOL)	Major	BKO	SCOA	Long Valley North	Aldershot	SU851520
Sun 02/02/20	Middle Distance Bickerton	National	DEE	NWO A	Bickerton Hill	Tarporley	SJ509587
Sun 02/02/20	SOS Writtle Forest EA League and ESSOL	Regional	SOS	EAOA	Writtle Forest	Chelmsford	
Sun 16/02/20	East Anglian League	Regional	WAOC	EAOA	tbc		
Sat 22/02/20	Park-O Wimpole Estate	Local	WAOC	EAOA	Wimpole Country Estate	Arrington	
Sat 22/02/20	British Night Orienteering Championships (UKOL)	Major	TVOC	SCOA	Hambleden	Henley-on-Thames	Janet(Captain) recommends trying a night event
Sun 23/02/20	TVOC Chiltern Challenge (UKOL)	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	TL816614
Sat 07/03/20	AGM	3.30-6.00pm	WAOC	EAOA	Wandlebury	Cambridge	

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	
Sun 22/03/20	British Relay Championships	Major		SEOA	Iron Hill and Parkgate Rough	South East	
Sun 05/04/20	NOR Regional event	Regional	NOR	EAOA		Norfolk	
Sun 05/04/20	Keyne-O 1, Howe Park Wood	Local	SMOC	EAOA	Howe Park Wood	Milton Keynes	
Fri 10/04/20 to Mon 13/04/20	J.K. www.thejk.org.uk	National		NE	England	See page 8	
Sat 18/04/20	Park-O Coe Fen	Local	WAOC	EAOA		Cambridge	
Sun 19/04/20	East Anglian Championships	National	HAVOC	EAOA	Epping SW	Epping	
Sun 26/04/20	SOS Danbury Park Colour Coded and ESSOL	Regional	SOS	EAOA	Danbury	Danbury	
Sat 02/05/20	Keyne-O 2 - afternoon event	Local	SMOC	EAOA	Ouzel Valley Park	Milton Keynes	
Sun 03/05/20	NOR Regional event	Regional	NOR	EAOA		Norfolk	
Sat 09/05/20	Park-O Milton	Local	WAOC	EAOA	Milton Country Park	Milton	
Sun 10/05/20	Simon Peck Summer Series 1 - Haughley Park	Local	SUFFOC	EAOA	Haughley Park	Stowmarket	
Sat 16/05/20	Harwich Urban	Regional	SOS	EAOA	Harwich	Harwich	TM259315
Sun 17/05/20	North Cambridge Urban	National	WAOC	EAOA		Cambridge	
Sat 13/06/20	Park-O Cherry Hinton Hall Park	Local	WAOC	EAOA	Cherry Hinton Hall Park	Cambridge	