



West Anglian  
Orienteering Club



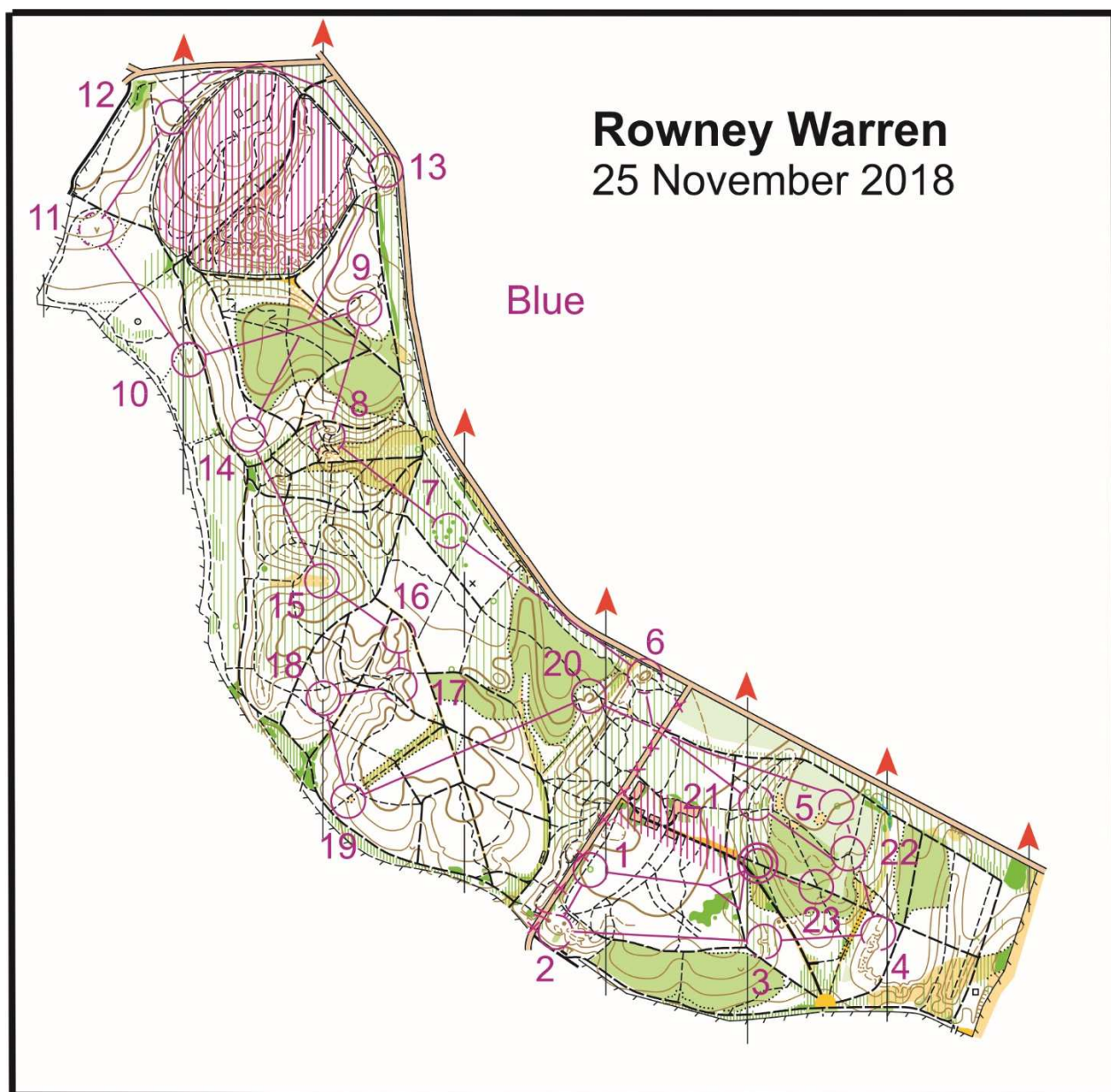
# JABBERWAOC

Vol.46 No 4

December 2018



157 entries ran in sunshine at our recent event



**Editorial:** This Christmas issue is packed with articles from members taking part in East Anglian, national and international events. There are messages from our Chair, Club Captain and Development Officer, who will all welcome your ideas and feedback. With vegetation low and no nesting birds at this time of year, there are O events nearly every week and the holidays give you time to plan where your orienteering will take you in 2019.



Wishing you all a very Happy Christmas, Hazel Bickle

[editor@waoc.org.uk](mailto:editor@waoc.org.uk)



## 2018 WAOC Committee

Chair:	Helen Hague <a href="mailto:chair@waoc.org.uk">chair@waoc.org.uk</a>	Secretary:	Jenny Hunt <a href="mailto:secretary@waoc.org.uk">secretary@waoc.org.uk</a>
Treasurer:	Noreen Ives <a href="mailto:treasurer@waoc.org.uk">treasurer@waoc.org.uk</a>	Captain:	Janet Cronk <a href="mailto:captain@waoc.org.uk">captain@waoc.org.uk</a>
Junior Captain:	Alex Wetherill <a href="mailto:juniorcaptain@waoc.org.uk">juniorcaptain@waoc.org.uk</a>	Fixtures Secretary:	Bob Hill <a href="mailto:fixtures@waoc.org.uk">fixtures@waoc.org.uk</a>
Convenor:	Helen Hague <a href="mailto:convenor@waoc.org.uk">convenor@waoc.org.uk</a>	Mapping Secretary:	Stephen Borrill <a href="mailto:mapping@waoc.org.uk">mapping@waoc.org.uk</a>
Membership Secretary:	Anne Duncumb <a href="mailto:memsec@waoc.org.uk">memsec@waoc.org.uk</a>	Equipment Officer:	Caroline Louth <a href="mailto:equipment@waoc.org.uk">equipment@waoc.org.uk</a>
Website Maintainer:	Rakesh Chandraker <a href="mailto:webmaster@waoc.org.uk">webmaster@waoc.org.uk</a>	Development Officer:	Andrew Henderson <a href="mailto:development@waoc.org.uk">development@waoc.org.uk</a>
Training Coordinator:	Helen Bickle <a href="mailto:training@waoc.org.uk">training@waoc.org.uk</a>	Welfare Officer:	Peter Allen <a href="mailto:welfare@waoc.org.uk">welfare@waoc.org.uk</a>
Jabberwaoc Editor:	Hazel Bickle <a href="mailto:editor@waoc.org.uk">editor@waoc.org.uk</a>	Awards Coordinator:	Ian Smith <a href="mailto:awards@waoc.org.uk">awards@waoc.org.uk</a>

If you would like to join the committee, please contact Jenny ([secretary@waoc.org.uk](mailto:secretary@waoc.org.uk)) or any committee member.

## Welcome to new members

### Welcome to new members

Tina Codling from Little Paxton  
Duncan Coombs and Chloe Haines from Cambridge  
Linus and Maja Forsberg and family from Cambridge  
Kingsley and Jenny Reavell and family from Harlton  
Tessa Strain from Cambridge

We hope you will all enjoy Orienteering with us. Anne Duncumb (membership secretary)

**Subs time again!** Thank you to those of you who have already renewed your WAOC/BOF sub - 28 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 2019 Anne Duncumb (membership secretary)

## Colour Coded Badges & BOF Incentive Awards - Ian Smith

Several **colour coded badges** have been issued in the last few months, congratulations to you all and good luck with qualifying for your next badge.

Sophie Kerswell	Yellow
Hebe Darwin	White, Yellow & Orange
Liam Fegarty	Orange & Light Green

If you think you have qualified for a colour coded badge just send an email to Ian Smith at [awards@waoc.org.uk](mailto:awards@waoc.org.uk) with the events you did your runs at and your address and your badge will be on its way.

It has also been a successful period for WAOC members achieving the BOF incentive awards, congratulations to everyone.

### Navigation Challenge

Eleanor Low	TD4
Fiona Llewellyn-Beard	TD5

### Racing Challenge

Judith Wetherill	Gold	TD5
Jemima Borrill	Gold	TD2
David Humphrey	Gold	TD5
Edward Low	Gold	TD5
Fiona Llewellyn-Beard	Bronze	TD5 and Silver TD5

If you are unsure how these awards are calculated, here is how it works.

The Navigation Challenge: Members are eligible for a Navigation Challenge certificate after successfully completing 3 colour coded courses at the same Technical Difficulty (TD) standard. The certificates are 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5.

Technical Difficulty (TD) of Colour Coded Courses:-

- 1 White
- 2 Yellow
- 3 Orange, Long Orange
- 4 Light Green
- 5 Very Short Green, Short Green, Green, Short Blue, Blue, Short Brown, Brown, Black

The Racing Challenge:- Members are eligible for a Racing Challenge certificate after successfully completing 3 colour coded courses (of the same TD) within the following times:

Gold Award. Participants time < Course Length (KM) x 12.5mins

Silver Award. Participants time < Course Length (KM) x 15mins

Bronze Award. Participants time < Course Length (KM) x 20mins

These certificates are also 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5 as above.

## Chair's Chat - Helen Hague

Since the last edition of Jabberwaoc I'm delighted to report that our new Park-O series has started as a pilot program and has been well attended. See the report from Andrew Henderson on page 5. One aim of the Park-O pilots is to let newcomers to orienteering to practice their skills in a familiar environment before heading off into the forest proper. Thus if you don't have much experience of orienteering, I would encourage you to come along and work on techniques such as thumbing the map, pacing, orientating the map, attack points and catching features. If you don't know what all of these are and how they can help you, then helpers are around to explain.

Since September the club has put on three standard orienteering events: Ampthill, High Ash and Rowney Warren. These all turned out to be great events and well attended, so thanks to all of you that helped out in whatever capacity. Next year, the Park-O pilots will continue and our next forest event will be at Bush Heath on 3<sup>rd</sup> February 2019.

Our captain, Janet, is keen for us to make an impression next year at the **CompassSport Cup qualifier on 17th March 2019** and **the Yvette Baker Trophy qualifier for juniors on 31<sup>st</sup> March 2019**. Please note these dates and if you can come along to run and gain points for WAOC, then please do so - points make prizes, or at least a place in the final. Should you wish to display your allegiance to WAOC and want to buy a WAOC top, then please contact me using the chair email address as I will be aiming to place an order for more tops at the end of this year to ensure the tops arrive in time for these events.

In orienteering terms, I am still rather inexperienced being a little way off notching up ten years but I thought it might be vaguely interesting to reflect on ten of the things I have learnt so far, some slightly serious, most not:-

1) Slow down, you move too fast... This is about not running too fast for your map reading, which apparently was one of the so many reasons I kept getting lost when I was running. Now I am injured and walking round, it turns out they were correct. My navigation has dramatically improved now I know where I am most of the time and don't run past important features without noticing them.

2) Helpful mantras... They suggest this to make you more focussed and positive. I'm not so sure about that but I have found out that saying 'how hard can it be' is quite useful. Realistically the planner had to find it in a fairly easy way jolly early in the morning so as I say, how hard can it be...by the way, this failed to work at Rowney.

3) The importance of (being) Thermos flasks... When I first started out I didn't see why people had thermos flasks and it rather reminded me of sad picnics in the car park when I was younger. However as soon as it got a bit cold (-5C was one particularly chilly day) I realised the eminent sense in having a thermos flask. Also hot chocolate in a flask is a very good incentive for juniors!

4) Alls well that ends well...If you think they won't find your body, then you probably have a problem. Have been there, but managed to turn it around.

Surprising how good your map reading can be when needed and when knee deep in a bog in the depths of a forest where the light barely reached (not being over dramatic at all).

6) No bridge over troubled water...If a very mature lady with two walking sticks is hurtling 100m down a cliff and fording a reasonably deep river, then laugh and go with it.

6) Twinkle twinkle little star... night orienteering, a whole different ball game. Crisp starlit training nights in the winter always seem like a little holiday mid-week. I have had some lovely nights out orienteering, one on Therfield Heath in the frost with the stars bright overhead being a particular favourite and it's always nice when training night coincides with a fireworks display.

7) 10000 hours...They say that it takes 10000 hours of something to become an expert which can be a bit tricky for orienteering. However you can practice at home on the website World of O (not dodgy, I promise) [www.worldofo.com](http://www.worldofo.com) In the run up to Christmas this website puts up courses from exciting areas (i.e. foreign and often Scandinavian) each day and you can draw the route you would have chosen and then compare it with what the runners actually did.

8) The early bird catches the worm...or more importantly gets the parking space, doesn't need to queue for the loo, gets a map, the track isn't too muddy and so driving doesn't risk mud slides everywhere.

9) Silly hats are very useful identifiers and allow you to be noticed in online photos whilst incognito and without any need for that tagging nonsense. Also keep you warm, but that is just an incidental benefit.

10) Help, I need somebody...Orienteers are generally really practical people and can always be relied upon in a crisis. I've had people carry back my temporarily unconscious child to the start, had someone find jump leads and start the car when stuck in a field with the battery having run down, form tents with their own clothing to protect the computers (Stephen B), there is nothing they can't turn their hand to!

As always, feel free to chat to me when you see me. Otherwise over and out to the next edition of JabberWAOC.

**Park-O - Andrew Henderson** *WAOC Development Officer*  
([development@waoc.org.uk](mailto:development@waoc.org.uk))

We are now 3 events in and Park-O is going well. Numbers have risen at each event. We had 86 different entries at our latest event at Wandlebury Country Park and given that many entries consisted of multiple people, that probably meant over 150 people had a go at orienteering, many of them for the first time.

Caroline has planned 3 different courses for each event, to appeal to different ages / levels of ambition and they have been enjoyed and appreciated by those taking part.

We are taking a break over Christmas but our next Park-O is early in the New Year at Impington Village College on 12<sup>th</sup> January. We then have an event each month until June. I'm hoping that at our final event (Wimpole Estate –

15<sup>th</sup> June) we can incorporate a score event, so that everyone will have a good reason to attend.

As the number of participants rises, so does the need for helpers.

Experienced orienteers are used to filling in registration slips and require very little help by way of explanations. It's very different with novices; much more time needs to be given to helping and advising them. So, if you'd like to come along to help in one way or another, please do get in touch.

Planned locations and dates are as follows (some are subject to confirmation):

Location	Month	Date
Impington Community College	January	12.01.2019
Cherry Hinton Hall Park	February	09.02.2019
Wandlebury Country Park	March	16.03.2019
Lamas Land and Coe Fen	April	27.04.2019
Milton Country Park	May	18.05.2019
Wimpole Estate	June	15.06.2019





## Spring Training Nights - Helen Bickle



Wednesday night training sessions restart, with one session on a Thursday - 17<sup>th</sup> January at Astronomy and Madingley Rise.

Back on Wednesdays, the other spring training sessions include many urban areas, such as West Cambridge and intricate North Cambridge. There is also training around the college gardens at Girton and Burrells, contour training at Therfield Heath and in half term week, when the road should be a little quieter, there will be training in the forest at Rowney Warren.

Date	Location
Thurs 17 <sup>th</sup> Jan	Astronomy & Madingley Rise
23 <sup>rd</sup> Jan	Cambridge West 
30 <sup>th</sup> Jan	Therfield Heath
6 <sup>th</sup> Feb	Girton
13 <sup>th</sup> Feb	Harlton Clunch Pits or Centre for Mathematical Sciences*
20 <sup>nd</sup> Feb	Rowney Warren
27 <sup>th</sup> Feb	Impington and IVC 
6 <sup>th</sup> Mar	North Cambridge
13 <sup>th</sup> Mar	Burrells Field

\* Weather dependant. If dry will be at the contoured Harlton but if wet will be on the solid ground at the Centre for Mathematical Sciences.



League competition event: 2k, 4k & 6k courses

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

League competitions: Starts between 6.30 and 7.00 p.m.

Older juniors are welcome to join in with any adult training, if accompanied by an adult, except for Rowney Warren. This is because Rowney Warren is an embargoed area for juniors in advance of the Yvette Baker competition.

Further details are put on the website and emailed to the clubnight 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](mailto:cuoc.org.uk)



### **Training at Maulden Wood, Saturday 23rd February 2018**

More details to follow in the Spring, but please save the day. Training suitable for all ages and abilities. Junior training in the morning and senior training in the afternoon.

### **Training tip:**

1) Continuous contact strategy:

When:

- Learning to orienteering or moving up a technical level
- Complex terrain
- Finding the first control
- Nervous or lacking confidence

Keep your thumb on the map exactly where you are and slowly move it as you pass features along your route. Novices should continually match the map to the terrain and as you build confidence learn to focus on just the important features (attack points, catching features and check points).

[Thumb and fold: Remember that folding your map and moving your finger along the map as you move allows you to read the map faster so that you can move faster.]

## 2) Armchair orienteering:

The Maprunner Control Description Quiz has been updated for the 2018 IOF Control Descriptions. You can find it at: <https://www.maprunner.co.uk/iof-control-descriptions/>

## **Captain's Corner – Janet Cronk**

### ***Dates for your diaries:***

As 2018 fast draws to a close it's time to start putting dates into your orienteering diary for 2019. Sunday 17 March is the date for **all** WAOC members and Sunday 31 March is the date for the parents of **all** WAOC Junior Orienteers.

### **1. Sunday 17 March 2019 is the date of The Compass Support Cup Qualifying Heat at Sherwood Pines ( being organised by NOC ).**

This is the annual UK Orienteering inter-club competition. It is a full club competition and it is really important that all WAOC members (including all Juniors who are running at least Orange courses) take part in order to maximise our chances of winning through to the National Final. The Final will be held at Pippingford Park in East Sussex on Sunday 20 October 2019.

The entry for club participation in this competition closes on 31 January 2019; so we will not know which clubs we are running against until after then. As soon as I have any more details I will pass them on. Individual entry will be via Fabian4, as this year.

### **2. Sunday 31 March 2019 is the date of The Yvette Baker Qualifying Heat at Hockley Woods ( being organised by SOS ).**

This is the annual inter-club competition for Junior Orienteers. It is really important that all Junior members of WAOC take part to give themselves the best chance of winning through to the National Final. The Final will be held at Sandringham on Saturday 7 July.

This event is a great opportunity for WAOC Juniors to compete and socialise together. Those taking part always appreciate a good selection of cakes which are usually available to team members after their runs !

## **2019 JK and BOC Relays**

If you have arranged or have a potential relay-team (adult or junior) in mind for any of the 2019 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.

## **UKOL - Results for 2018**

I am delighted to welcome Tessa Strain, Chloe Haines and Duncan Coombs to WAOC and they have also kindly brought their 2018 UKOL points with them !

The UKOL results for 2018 are now finalised and I am pleased to report that out of 120 teams, WAOC finished in 31st position (and are the top performing EAOA team) and WAOC 'B' finished in 83rd position. Only 19 clubs had enough scoring members to have 'B' teams and WAOC were the only such club from EAOA.

The team competition is based on the 15 best individual club members' total scores as follows:

3 from classes M/W 16 to M/W 21  
3 from classes M/W 35 to M/W 45  
3 from classes M/W 50 to M/W 55  
3 from classes M/W 60+  
plus 3 additional scores

The scoring members for WAOC were:

31	WAOC	3203	Sue Woods (W60), Dil Wetherill (M50), Alex Wetherill (M16), Andrew Stemp (M21), Ursula Oxburgh (W80), Andrew Henderson (M50), Peter Haynes (M60), Guro Harstad (W45), Chloe Haines (W21), Camilla Darwin (W45), Janet Cronk (W60), Duncan Coombs (M21), Robert Campbell (M50), Michael Bickle (M70), Helen Bickle (W35)
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83	WAOC (B)	1199	Emile Zsak (M16), Peter Woods (M60), Judith Wetherill (W50), Tessa Strain (W21), Iain Stemp (M50), Maria Marshall (W65), Bruce Marshall (M65), Peter Lund (M55), Fiona Llewellyn-Beard (W21), Noreen Ives (W65), Helen Hague (W45), Jonathan Cronk (M21), Brian Cowe (M40), Stephen Borrill (M45), Hazel Bickle (W65)
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See [ukorienteeringleague.org.uk](http://ukorienteeringleague.org.uk) for full details and to see where you were placed in the 2018 UKOL individual competition.

It's great for the club to have had so many members in 2018 who have travelled to take part in the JK, the British Championship events, the Lakes 5 Days and other events out of East Anglia. I would encourage any new members to consider taking part in such events in 2019. Please do contact me, or any member of the WAOC Committee if you have any questions.

## **Richard Gibbens**

WAOCs of a certain vintage will be very sad to hear of the sudden death of Richard Gibbens. Richard is best known as a distinguished Cambridge mathematician – a Reader due to become a Professor this Autumn - but we remember him as a longstanding member of WAOC.

Let's go back around 25 years to a time when Tim Mulcahy was our Events Convener and running with the University Press runners. There he met Dave Wotton who was a strong runner and also ran with the University Press runners but had never tried orienteering. So Tim introduced Dave to orienteering and Dave joined WAOC. At this time Richard was living next door to Dave in Chesterton so he also was recruited to WAOC. Richard could drive and Dave couldn't so occasionally they would hire a car to get to events and I remember four of us (Tim, Richard, Dave and me) driving across to Shropshire in our car to compete in the British Champs on Brown Clee and driving back in the day - Tim and Richard did most of the driving.

Then Julia Carpenter joined WAOC and she had a car so the three of them could travel together. Richard was not a great runner and found the M21S courses pretty tough going but he was always up for an orienteer. In the late 1990s I have found him competing in multiday events, now in M35S and still with mixed results. One year he trained for and ran with Julia in a Lake District mountain marathon on the Howgill fells while Dave ran solo. (I can't track this event down though I was also there on my sole mountain marathon with my friend Gill Milner of SYO.)

As Julia and Dave became an item (when they hold hands in the loo queue you know it is serious) Richard largely dropped out of orienteering. Julia married Dave in 2001 but only for about 6 months as Dave collapsed and died while representing WAOC at a SYO event. I know that Richard was a huge support to Julia at this time. Among other things he came back into orienteering in order to bring her to events as she bravely tackled life alone. Richard married and moved to Gough Way: he continued as a WAOC member for the rest of his life but I do not think he orienteered again.

Ursula Oxburgh

## **British Orienteering Club and Association Conference 2018 – Peter Woods**

There were about 40 attendees in total, mostly club or association chairs. The main speaker was Peter Hart, who is about 9 months into his tenancy as Chief Exec.

Overshadowing all the discussions was the transition to a much lower level of external funding for Orienteering, ramping down significantly over the next 3 years. The “core” of BO admin is already independent of external funding and the plan is that it will remain so.

However, to maintain anything like the same level of funding for the senior national squad, there will need to be significant additional levy from events and/or members.

Breakout sessions considered the dilemma of whether to focus funding and effort on high profile achievements (for example, Edinburgh is hosting WOC in 2022, where UK has a realistic chance of a medal in the sprint format) or to try to increase participation at all levels of the development staircase. Medal success might attract media attention and hence bring an increase in participation as well as providing role models, but to achieve this would imply a relatively narrow funnelling of talent. There was certainly a feeling in my breakout group that the broader involvement is what we should be aiming for.

There was a lot of discussion on the major event timetable. Peter Hart proposed that 22 major events in a year is too many, and a drastic simplification is called for. That view is not universally shared, but there seemed to be agreement that the current major event timetable does not fit with the needs of aspiring and established elite orienteers. As the junior squad coach put it, if your prospective champions don't enter the championships then perhaps you have a problem.

In summary, we may see some changes proposed to the structure and timetabling of major events, and on the funding side, it is likely that proposals may be put forward for increases in event levies and membership levies to help support the national squad.

### **Orienteering Foundation**

This organisation deserves to be better known. It is providing much of the funding for junior development, including JROS, and much else besides. The foundation aims to continue to support the sport into the future and this will depend on donations from whatever sources they can muster, but principally this is from within the O community. The foundation is encouraging everyone involved in orienteering (including you and me) to bequeath 1% of our estate to the foundation, in our wills.

If you want to find out more about what the foundation does, and how you may be able to help, take a look at their website: [www.orienteeringfoundation.org.uk](http://www.orienteeringfoundation.org.uk)

### **On the Red Line**

If you want a picture of what's happening at the top level of O in the UK you may want to take a look at this website ([www.ontheredline.org.uk](http://www.ontheredline.org.uk)). It is a (sort of) blog from the British Orienteering squad and carries up to date info on the squad members and the competitions they are involved in.

## The Controller's Craft - Bruce Marshall

One of the key officials in any event is the Controller, an enthusiastic orienteer who beginners to the sport will be unaware of. The Controller is there at every Regional event, but works away in the background unseen. I am one of those hidden experts.

For all events above the very local event there is an experienced and qualified person appointed as Controller. Normally this person is from a different club to the one hosting the event. There is a very good reason for this. Independence. I think of my role as being a quality controller acting in the interests of the competitors. So if I see something which is dangerous or not right I seek to correct it. A lot of times it's attending to oversights.

I check technical difficulty of every course and leg. There are rules and guidelines for planning and I check that no rules are broken and that courses are as fair and interesting as possible. Is the course of appropriate length and physical difficulty for the intended participants? Allow for vegetation coming up quickly in the spring time. Has the planner made allowance for the amount of climb on the course?

I set out a timetable in advance so that the Planner and Organiser know what is expected to be delivered to the Controller and when it is expected. This makes allowance for holidays, work commitments and possible bad weather.

I find out who is the Mapper. This could be the Planner, which is probably the best arrangement, but if not, the Mapper needs to know when the survey must be complete and if he/she is happy for the Planner to make last minute changes.

The first deadline I set for the Planner is to produce draft courses for the white, yellow and orange courses.

Most planners would like to get on and plan the technical courses, but the path network and feasible parking locations will severely restrict where the white course goes and hence the position of the start and finish. These courses can be planned early even if the Planner is using an old map so there's no excuse for not getting these approved early.

And it gives me some confidence that the Planner has some experience in using the computer tools.



When the Planner has presented, and I have approved draft courses, it's then time for us both to be active in the forest. The Planner places conspicuous tapes at each of the control sites. If I'm controlling, I'll expect the planner to make notes of where he/she places the tapes. If you think it's hard finding a flag in the forest, have some sympathy for the controller who has to go into the forest and find 4 inches of plastic tape. The map could be wrong in the area of the control, the Planner could have hung the tape in the wrong place, or made it hard to spot, or forgotten to hang it, or the tag could be destroyed by animals before the controller gets round to checking.

Typically, it will take me a whole day to check the tags as I walk around the forest and check the mapping is up to scratch. Usually, I feedback map issues to the mapper, but if it's something simple I will survey it myself. One planner I dealt with took photographs of each control site and pasted these photos into a spreadsheet with all the other details. Wonderful service!

The tags are useful later on when the controls are set out for the event. It's vital that the Planner or helper place the control in the right place. I will be checking for the tag again when I run round on the event day.

On the day of the event I get up early (usually in the dark) and drive to the forest at dawn. Almost the last Controller's task is to run round the forest checking every control is in the right place and all the pieces are there. I punch every control which wakes up the SI unit and gives me a record to check that the unit is programmed correctly. This is all a challenge as the Controller has to get back to the start for 10:30 to give the OK for the runners to start.

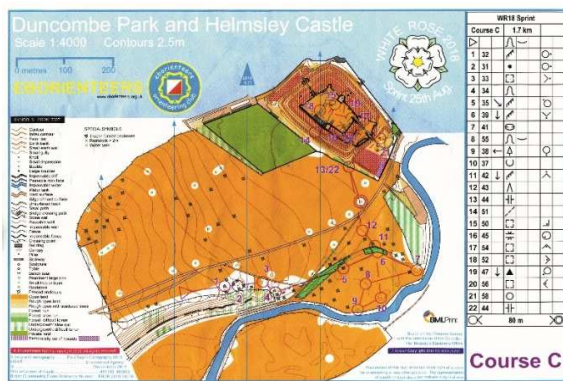
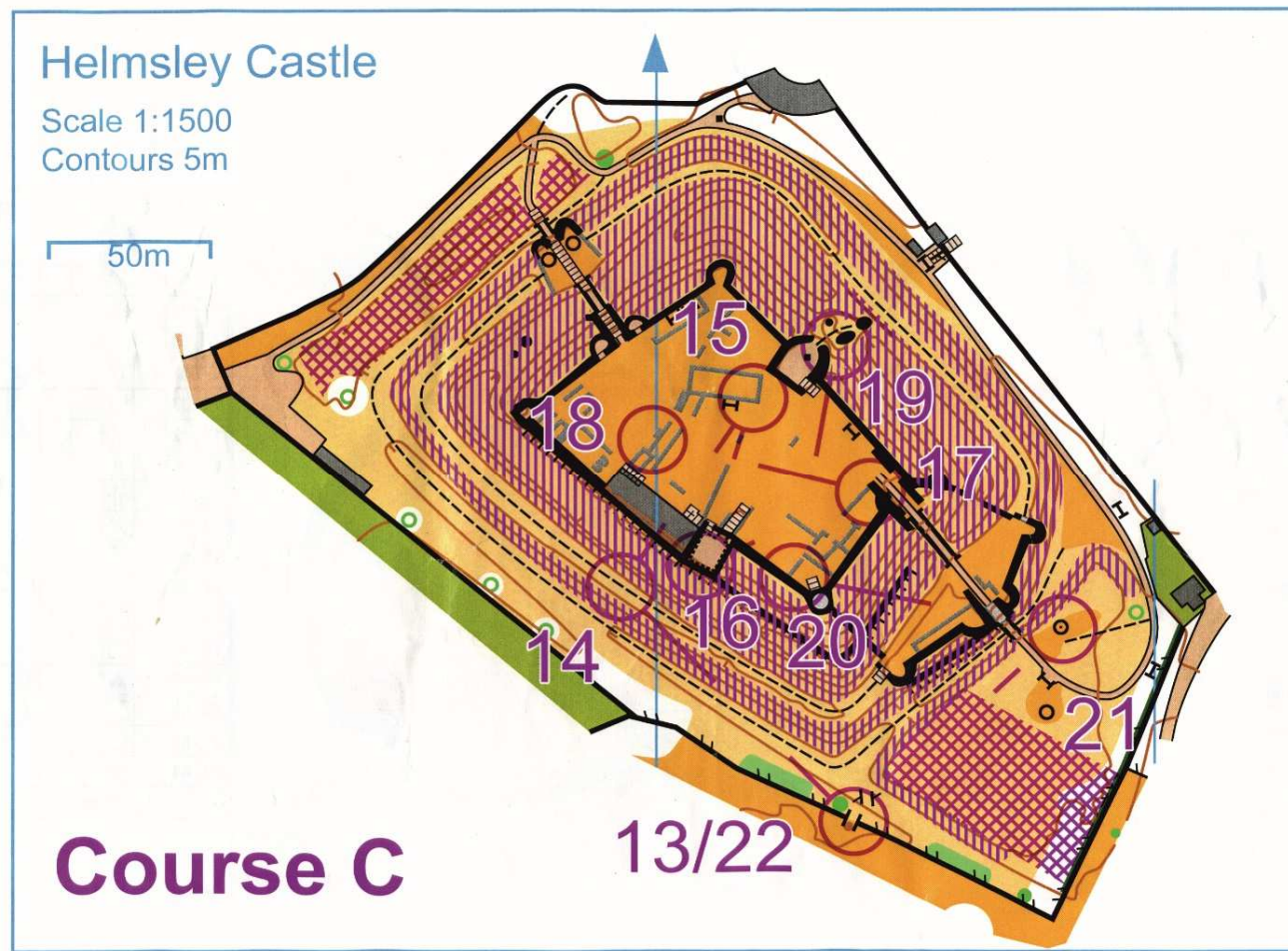
As Controller I also deal with the Organiser. For major events there is a lot more contact. The Organiser is the official responsible for safety and sometimes I have to remind the Organiser of that important role. Central to that is the dreaded Risk Assessment which must be produced by the Organiser. This will produce a number of actions to ensure that dangers are eliminated or at least mitigated. The Controller approves and signs-off the Risk Assessment.

So there you have it - The Controller's Craft. You can't learn it from a book. There is no online course that will set you up. It comes from years of experience of being an organiser and planner and being out in the forest. And it will probably improve your orienteering.

## **EBOR White Rose Weekend 2018 – Hazel Bickle**

An orienteering feast with 7 events in one weekend with a Night Event on Friday, Middle Distance and Sprint on Saturday, longer race and Trail-O on Sunday and a team event and Mountain Bike O on Bank Holiday Monday; all within walking distance of the campsite close to Assembly and Helmsley village.

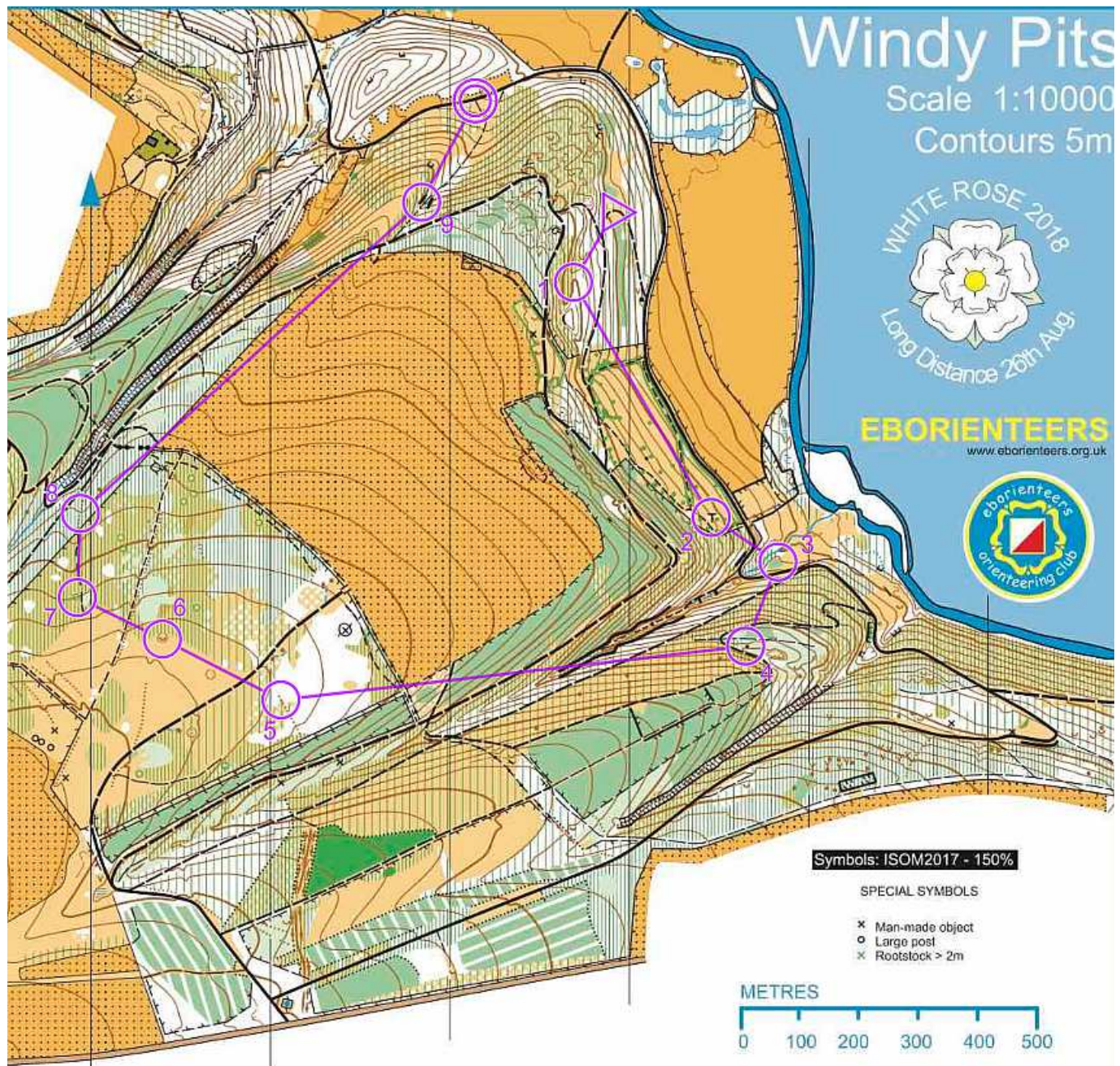
EBOR organise the White Rose Weekend and 24<sup>th</sup> – 27<sup>th</sup> August 2018 was at Duncombe Park this year so with Penny now a member of EBOR, we had a good family orienteering weekend. Photos, maps, results at <http://www.whiteroseweekend.org.uk/> Michael and Helen enjoyed the Night Score Event. Stephen Borrill came 15/99 [7<sup>th</sup> VM]. The Middle Event on Saturday morning was in "feature-packed broad-leafed woodland with some brambles" where I soon found using paths was preferable to going direct meeting bramble patches. I made the usual small detours to a couple of controls but enjoyed myself. Many courses had few entries so great chance to win. I was an unheard of 14.28 mins ahead of the next W65S. Saturday afternoon was a Sprint across one corner of the Park and round Helmsley Castle. This is an English Heritage site so an even more appreciated pleasure. The 1:1500 scale map of the castle was fantastic for the level of detail. The Castle has only two entrances at NW and SE with a double moat so we ran around ramparts and had to choose routes with care. The most difficult part was deciding which of the 3 levels to use at Control 16. Many people were running upstairs, around and finally downstairs – reading control descriptions was vital. I was not quick but so enjoyed this part.



Main Sprint map at 1:400 with detailed 1:1500 map of castle printed on the back. Now who forgot to turn over their map at the crucial point?  
 Photo: Stephen Borrill

The weather changed overnight to torrential rain and there was a km walk to the remote Start and Finish for the longer distance classic race at Windy Pits on Sunday. My 'Short Green' course consisted of collecting controls around the central Out of

Bounds plateau. Leaving Control 8 there was a steep bank down to a major track. Thinking I could just run down it, the studs of my O shoes caught in the mud/compost and I did a spectacular slide face downwards. Luckily I found my glasses unbroken and there were plenty of puddles to wash the mud off glasses, compass, map. I didn't realise how muddy my face was until I returned to the car and then put the campsite water bowser to good use.



The first 3 positions in combined score for Middle and Classic Distance Races for both Long and Short age groups received mugs. This included Alex Darwin for M10B, Andrew Stemp (received several for Middle/Classic and Sprint) and all Bickles. My very first podium position! Hebe came 4<sup>th</sup>, Camilla 8<sup>th</sup> and Stephen Borrill was the WAOC member who ran the most races being 5<sup>th</sup> M/C (M45) and 9<sup>th</sup> in Trail-O.



Photo by Peter Duncumb (distantly related to original owners of historic Duncombe Park)

View from campsite.  
Photo taken by Stephen Borrill

## Summer Tours 2018 – part 1 – Mike Capper

Well, that was another fine summer in search of an event that I have a chance of doing well in.... OO Cup in France (no chance....), Wawel Cup in Poland (maybe...), Hungaria Cup in (obviously) Hungary (who knows...).

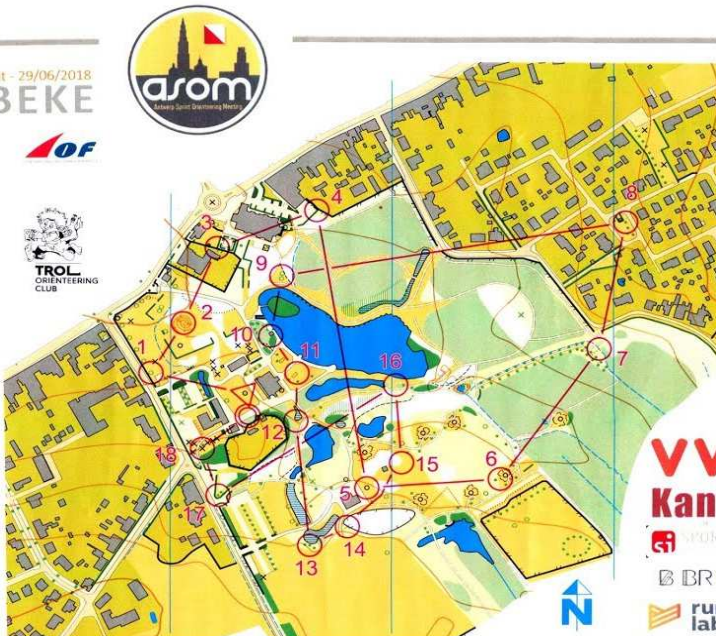
Intertwined there have been urban races in Ypres and Girona, so I thought I'd share some of the best courses or biggest mistakes with the JabberWAOC readership!

I started in **Ypres**. A 3-day urban extravaganza. A Euro City Race Tour event so almost guaranteed to be well-planned and fun.

Model Event - 29/06/2018  
**ZONNEBEKE**  
Scale: 1/4,000  
Contours: 2,5m  
Map: Spring 2018  
Mapper: J. Genat

ASOM Model Event	
Course	2,6 km
1 31	Δ
2 51	Δ
3 33	Δ
4 47	Δ
5 48	Δ
6 34	Δ
7 37	Δ
8 54	Δ
9 55	Δ
10 45	Δ
11 44	Δ
12 49	Δ
13 42	Δ
14 32	Δ
15 58	Δ
16 56	Δ
17 43	Δ
18 50	Δ

60 m



The Sprint Prologue was fascinating,

Location: The Passchendaele Memorial Museum

A very fast run around a map covered with memorial gardens in the shape of poppies.

Salutary and memorable!

After the evening race, there was a fun double-sprint around Kortrijk, followed on the Sunday by the main event, a full-length urban race around Ypres.

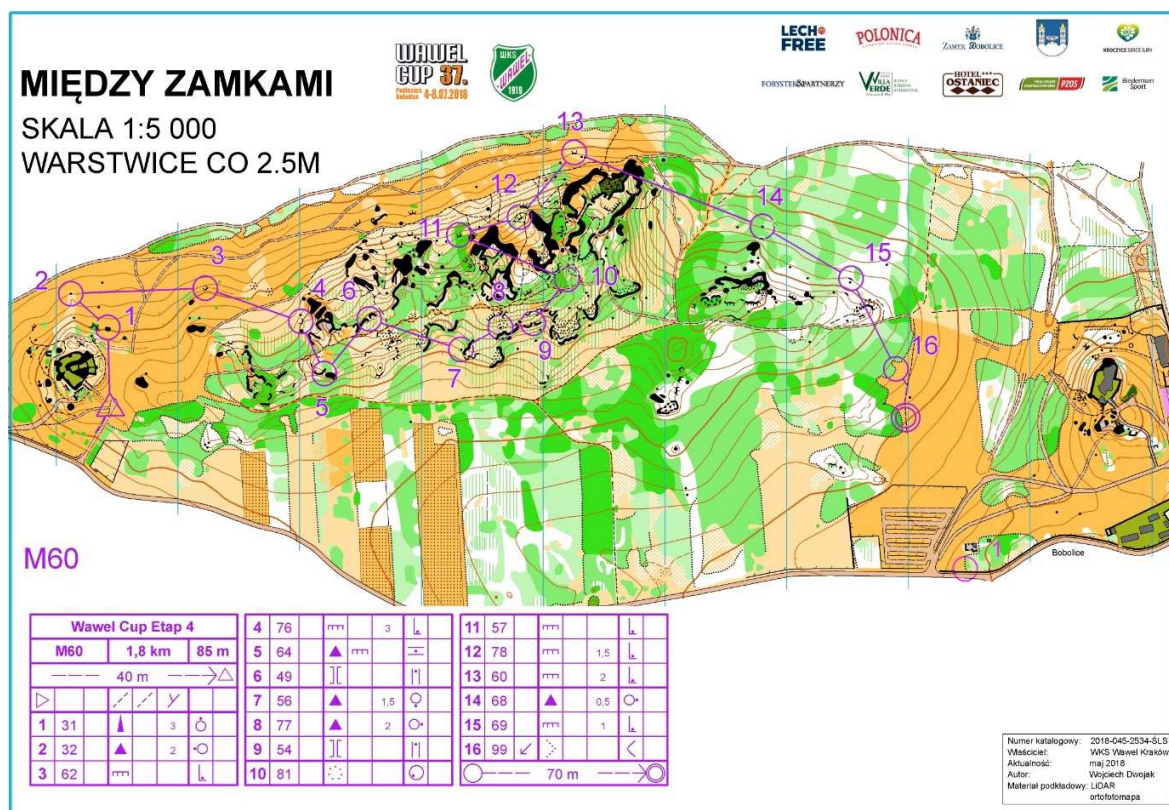
No big mistakes here and, for me, pretty rapid. The course included lots of good route choices with good use being made of the riverside and its tunnels and fort-tops to catch out the unwary.

The ASSOM meet is an annual race and is highly recommended. The courses are really well planned and always provide a good challenge. Next year's weekend is in Ghent is on June 28-30 and includes a mixed sprint relay. All good fun (and excellent beer)!



I was fortuitously staying right next to Zamek Bobolice, the setting for two out of the five days. This was my fourth visit to Poland because the orienteering is really fun. Always just the right side of difficult. Lots of crags and boulders but all set in delightfully runnable forest (most of the time – see below).

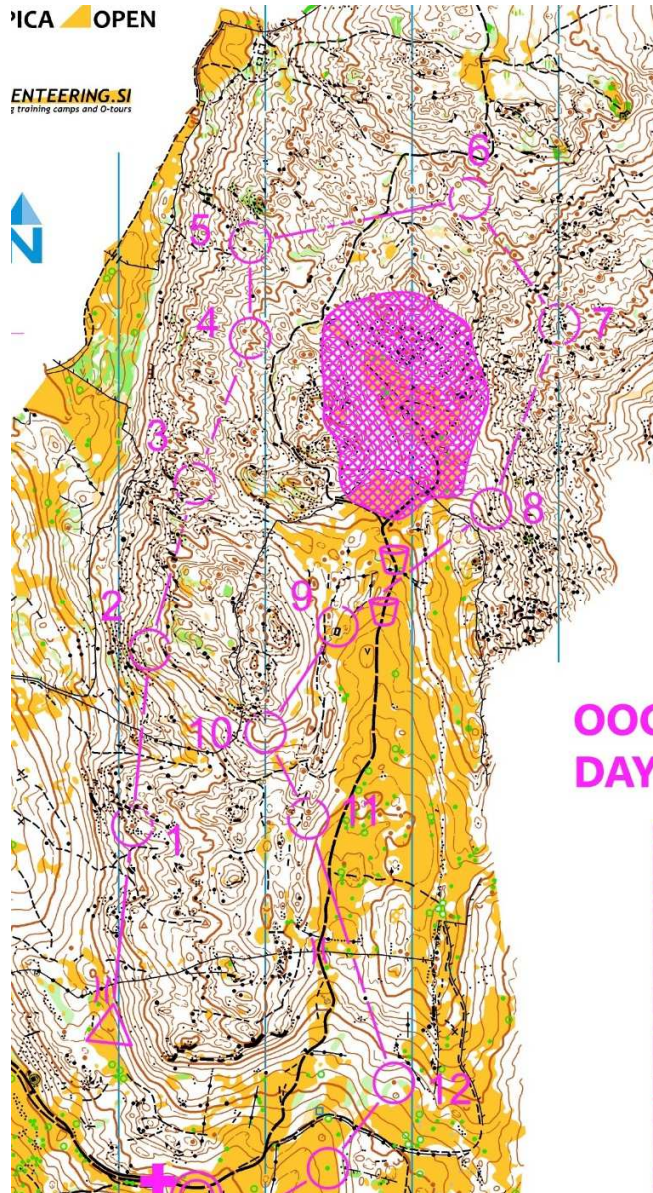
This year's highlight, was the castle to castle sprint on Day 5 – my accommodation is in the bottom right corner of the map, so pretty convenient.



The course was short but you needed to think quickly. This was the day I was targeting, especially as I had spent the previous 3 days walking around the area with an old map (but sticking to the paths, of course!). The crags were large, very large, and finding yourself at the top when you should be at the top, inconvenient. This never happened to me so no rock climbing, but I missed #5 by quite a considerable margin, heading too far to the east and having to contour back in to the control through some pretty unpleasant grot. Still a good run overall and a decent (for me) 4<sup>th</sup> place which would have been 1<sup>st</sup> without the mistake. Just a shame I couldn't keep this up for the rest of the week.

So onwards and upwards...I headed with the Pickles family from Shropshire, for the OO Cup in France. The OO Cup is typically held in Slovenia, but for one year only, they had done long distance planning and organising for a brilliant set of races near Hautevilles-Lompnes in the Ain region of France.

Even before the races started, the brief snippet of maps in the programme scared me. This was going to be difficult....and so it proved.



By the end of Day 1, I had realised that taking your time, and bailing out to some recognisable feature when you were lost were good tactics. I tried so hard to carry out this plan, but inevitably reverted to 'headless chicken' mode on most days. The nadir was Day 4. As you can see, it was tricky. To make matters worse, I was the last person off (literally...a very lonely feeling..) and it was the one wet day of the week (when I say wet, think the wettest you can imagine, then double it). So nothing augured well.

To be fair, I started off well. Smashed #1 and #2 by being really careful and managed to get ahead of Adrian, my house rival (who is usually much much better than me..). Confidence before a fall and all that...

**OOC  
DAY**

On paper, #3 doesn't look the most difficult control on the course (I have already earmarked #7 for this title) and this, maybe, was my problem.

I did nearly everything right. I went so carefully, picking up the small patch of green and then (I thought) the line of small crags just south of the control. But then CATASTROPHE...I cannot find the control. I run up and down this wretched re-entrant many many times.

I ask for help (the shame) but to no avail. I kept relocating on the same shallow depression at the top of the re-entrant and then 'navigated' carefully in...but no I still cannot find. And so it went on...

I finally realised that the depression I am relocating on is not the one I think it is...uh oh...it is actually the small depression right on the edge of the circle. No wonder I can't find the blooming control...(To be fair, at the time, it all made total sense). I found the control quite quickly after that.

Anyway...at the finish Adrian Pickles tells me he totally mucked up this control. He took 8 minutes....me, shamefully, 28 minutes. Not my finest hour (and in case you were wondering, #7 was easy..the one advantage of starting last was the elephant track down to this control...happy days!!

So my summer tour has started off unspectacularly...but there is more to come and I will tell you about Hungary, Girona and Funchal next time!

## **Sea, Sand & Spires Weekend - Stephen Borrill**

On the weekend of 23rd June, HALO and LOG organised three races over two days:

\* Saturday morning - Mass start sprint in Cleethorpes

\* Saturday afternoon – Middle-distance urban in Louth

\* Sunday morning – Classic urban in Skegness

As much of my family past and present hail from the lowlands of Lincolnshire, it seemed like too good an opportunity to miss especially as cheap (free) accommodation with family was likely to be forthcoming. Jemima had a mandatory school play rehearsal to attend on the Sunday, so I travelled alone. Staying in Horncastle on the Friday night meant no worries about making the mass start at 11:30. I've never done a mass start before and it was a little intense standing on the raised bank looking down at the housing estate we would soon be hareing around waiting for the clock to count down.



The estate wasn't that large. I did the longest course at 2.7km along with 32 other people – as usual I came somewhere around the middle in 19th. Mike Capper came 24th, but the times were all very tight in the middle. HALO is home to Charlotte Ward, one of our world standard sprinters and others such as Alice Leake are from nearby clubs, so the competition was always going to be tough. The gaffles were somewhat devious and you needed to keep a cool head which I failed to do at the start making a few errors. The colour reproduction on the map was not good; like 10% of men I'm

colour-blind and the yellow/orange of the grassed areas was very similar to the olive green of the ISSOM out-of-bounds. Usually this isn't a problem, but they were very hard to distinguish on this particular map (I noticed it in the start area and asked whether the maps were representative).

There was a surprisingly long leg to the finish (given the length of the course) and the finish itself was in the middle of a field close by the Cleethorpes Rugby Club which hosted the event:

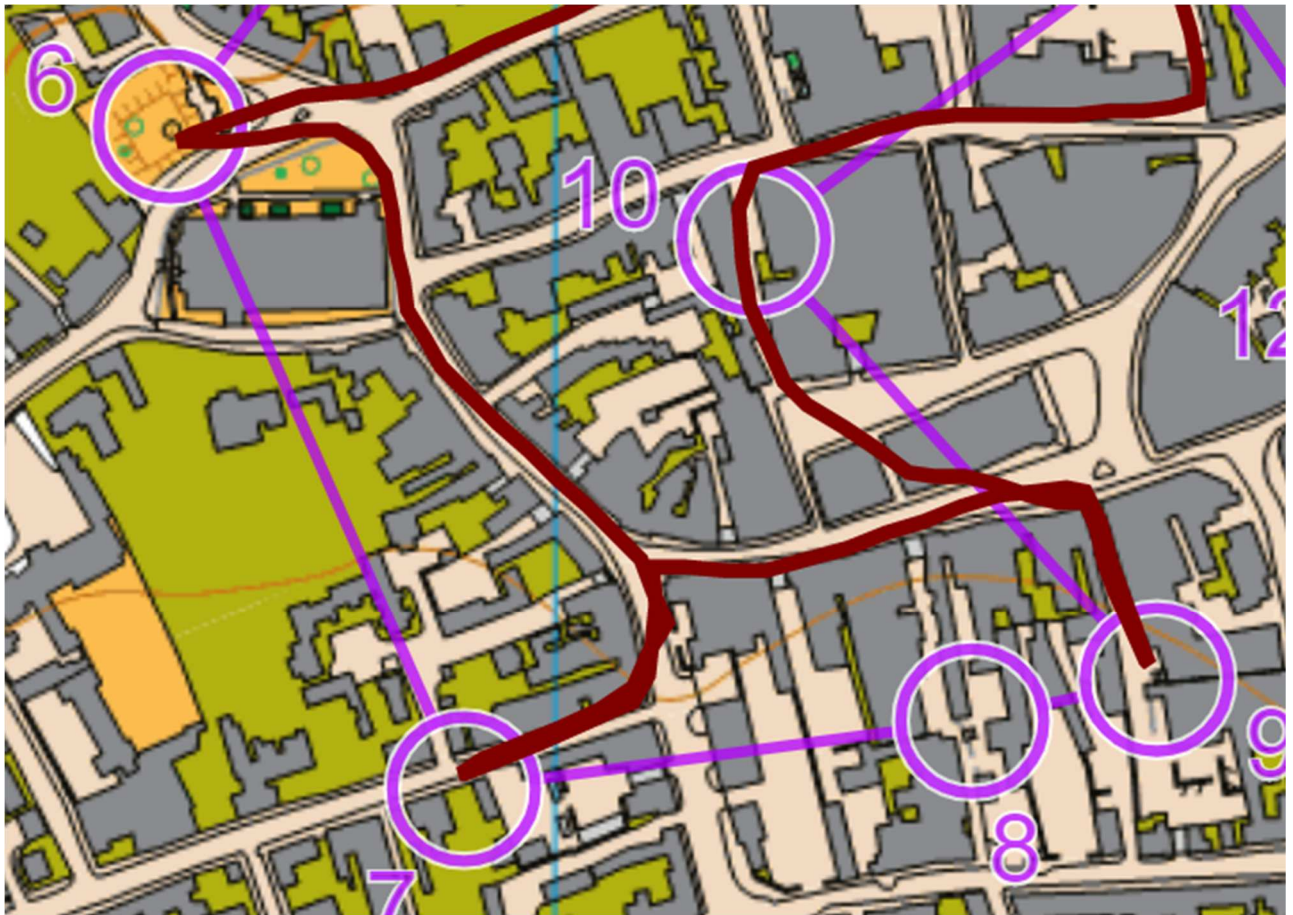


Afterwards, I went to visit my aunt back in Horncastle who was interested in what I was up to. I told her I was running in Louth later on and she should come along. Originally she only intended to watch, but she was quickly persuaded to give it a go herself. At the event centre at Louth Cattle Market, we signed her up as a W70 for the Women's Ultravet Course (3.0km). She received a crash course in basic navigation and map reading and we soon headed to the start. Her major worry was that she would run into some friends and end up chatting for ages mid-course.

Louth is a lovely market town with a tight twisty centre, punctuated by lots of statues and a lot of route choice. The longer courses visited the less technical outer estates. Unfortunately, I got distracted by some of the uncrossable barriers on the way to control 9 and missing control 8 entirely. It's not the first time I've become a cropper by missing the middle one when 3 controls are in a straight line (at urban events the numbers themselves are often hard to read if overlaid on a grey building). I was very disappointed at download as I felt I'd had a good run on my 5.2k course (actual 7.85km) in around 40 minutes. Mike Capper came 11th on his 4.6k supervet course.



Control number 6]



After download, I headed back to the least-attractive finish ever seen (on a lamppost next to a pile of rubble and skip) to see where by aunt had got to.

smile on her face at her final control. It turns out she skipped around half the controls as she didn't want a search party to be sent out, but she'd enjoyed it enormously nonetheless.



After waiting a considerable time (half an hour after I'd finished), I spotted her (and her bright yellow trainers) with a



Sunday morning was the main event, the classic urban around the town, dunes and parks of Skegness. Terrain was described as "Coastal seaside resort, with a mix of

amusement arcades, promenade parkland areas, sandy coastline and various typical urban sections". The weather was beautiful and I was keen to get an early start before the crowds and heat got too much. The start was close to the sea front near the amusements and rides. The first 11 controls were in the sea-front area around the boating lakes, bowling greens and beach. After that the course switched to long urban legs (11 to 12 was 1.4km, 18 to 19 was 1.2km) interspersed with tough running across powdery sand, long wild grass or intricate paths in woodland-topped dunes.



The final legs criss-crossed the boating lake before running in past the big wheel and ice cream shops to the finish.



The final control

My 7.8km course ended up being over 11km of actual distance, which I did in just over 60 minutes. This was still only good enough to come 7th of 12 (by age class) or 8th of 19 by course. Mike Capper came 11th of 23 on his 6.4km course, while Janet Cronk came an excellent 3rd of 17 on her 4.9km course.

The weekend was a lot of fun with 3 very different areas and races all reasonably close to each other. I don't know if it will be repeated next year, but I'm going to keep an eye out for it and I recommend you do too.

## **Ursula's (M)utterings**

Looking back since the last JabberWAOC, I realise that although the quantity of my orienteering may have been less than in previous years the quality has been remarkably high. I'll concentrate on 2 events.

The British Sprint Champs at the beginning of September were in Bath University. We knew ahead of time that we should be coping with 2 levels and keenies apparently went onto Google Maps to work it all out (there was a snippet of the map in the Final Details) but I just relied on the map on the day. We knew that there were no controls on the lower level which was a service area defined by a purple dotted line and with access to either side indicated by breaks in the line. It all sounded fine but going into this unlit area from the sunny outside meant that one could no longer see the map let alone where to go: a head torch would have helped! I gather that there were 40 courses, so why were M/W65+ all running the same shortest final course? A number completed both heat and final in 12 minutes: the fastest W80 (Alison Sloman as usual) took 25 to 26 minutes for each and a very much slower W80 won a bronze medal with a run in the low 40 minutes. Will the British Sprint Champs ever deliver a course that is the correct length for a W80?

The next weekend was the Liverpool Big Weekend. On Saturday we were on Formby Dunes and on Sunday there were 2 sprints at Liverpool University. 2 years ago we had had a Saturday event on Ainsdale Dunes, just a bit north of Formby and I knew that both the dunes areas were served by the Merseyrail metro service from Liverpool to Southport so I looked for accommodation near one of the stations on the line and landed on Waterloo where I had a view across to the end of the Wirral peninsula and could watch the ships coming in to the docks with the tide. It turned out that my B&B was a Georgian villa and I walked there past a whole row of Georgian villas, including one with particularly ornate ironwork that had belonged to the captain of the Titanic so obviously he was quite a swell.

We expected a massive storm to hit Formby but in the end the weather was good, which was an unexpected bonus. I found it very tough early on with a plethora of unmapped and split paths and the contour detail obscured by shrubby ground cover (which one was the thicket?) so my Ainsdale techniques of 2 years ago did not work at all and my run was undistinguished to say the least. Alex Wetherill had a really good run on the Blue (it was a junior selection race) coming 8<sup>th</sup> overall and 3<sup>rd</sup> M16.

Liverpool University had a couple of detailed and short sprints with half the field doing the North Sprint first and the other half the South Sprint. W80s were fortunate as we had the easier North course first and the more complex South course second. Courses were short with a good number of controls so one had to keep on running. It was all great fun but was marred by some people going through a gate mapped as closed and that the planner had been assured would be closed but then on the day was open. The organiser removed 2 legs from the results but then there was a verbal request to reinstate them for one course. When the controller supported the organiser the request became a written one so a jury was

convened and they considered the reasons for the request (we do not know what these were) and reinstated the legs! I gather that careful scrutiny of the splits would show who had taken the illegal short cut. A number of people self-disqualified and seem to have been entirely removed from the results. It is a pity that a minority of sprint and urban orienteers are so willing to cheat: this is a great discipline and one well suited to England, with very restricted access to our limited forests and a huge number of towns that are suitable for urban events.

**Editor:** I shall no longer give the British Orienteering **Rankings** here but these can be seen at <http://www.britishorienteering.org.uk/page/rankings>.

The **calculation** of ranking points is according to relative performance at an event, normalised according to the strength of the **field** at that event and the spread of times." [[https://www.britishorienteering.org.uk/images/uploaded/downloads/majortopics\\_finalrecommendationsReport.pdf](https://www.britishorienteering.org.uk/images/uploaded/downloads/majortopics_finalrecommendationsReport.pdf)] with updates e.g.

<https://www.britishorienteering.org.uk/images/uploaded/downloads/Competition%20Rule%20S%202014rankingscheme.pdf> and <https://www.britishorienteering.org.uk/index.php?pg=16&item=3587>

This goes some way to explaining why the top ranking **woman** is **57<sup>th</sup>** this week (20/11/18 the anniversary of women gaining the right to stand for parliament.

## **WAGAL – Peter Woods**

At the time of writing, the final WAGAL event of 2018 is still to take place, and so we do not yet know who will be the champions. Once our Rowney Warren event has taken place, the 2018 scoresheet will be finalised and the winners will be posted on-line. You can take a look at the current standings and find out more about the WAGAL league on our website: <https://www.waoc.org.uk/info/wagal-league> Champions will receive trophies at our annual prize giving in the spring.

We can now announce the arrangements for the 2019 league.

The following six events will give WAGAL points:

Bush Heath Woods - 3rd February 2019

Royston Urban – 10<sup>th</sup> March 2019

CompassSport Cup and Trophy Qualifier, Sherwood Pines -17<sup>th</sup> March 2019

Bury St Edmunds Urban – 6th October 2019

Ferry Meadows – 27th October 2019

Maulden Woods – 17<sup>th</sup> November 2019

Best 4 scores to count.

**Events** mainly **WAOC** and **EAOA** events with a few interesting nearby events when most are not on the same dates. 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](http://www.britishorienteering.org.uk) before travelling**

Sun 09/12/18	Colour coded and ESSOL	Regional	<a href="#">SOS</a>	EAOA	<a href="#">The Broaks</a>	Braintree	<a href="#">TL789311</a>
Sun 09/12/18	CHIG Mitre SE League Event	National	<a href="#">CHIG</a>	SEOA	<a href="#">Epping NW</a>	Epping	<a href="#">TL452018</a>
Sun 16/12/18	East Midlands Championships & Robin Hood Trophy	National	<a href="#">NOC</a>	EMOA	<a href="#">The Dukeries</a>	Ollerton	<a href="#">SK628728</a>
Sun 23/12/18	NOC Christmas Chase	Local	<a href="#">NOC</a>	EMOA	<a href="#">Walesby Forest</a>	Ollerton	<a href="#">SK668703</a>
Sun 30/12/18	East Midlands League 2018	Regional	<a href="#">LEI</a>	EMOA	<a href="#">Ratby Woods</a>	Leicester	<a href="#">SK497061</a>
Sat 05/01/19	HH Regional	Regional	<a href="#">HH</a>	SEOA	<a href="#">Mardley</a>	Stevenage	<a href="#">TL242179</a>
Sat 05/01/19	TVOC Saturday Series Kings Wood	Local	<a href="#">TVOC</a>	SCOA	<a href="#">Kings Wood</a>	High Wycombe	<a href="#">SU898937</a>
Sat 05/01/19	LEI Winter League 5	Local	<a href="#">LEI</a>	EMOA	<a href="#">Melton Country Park</a>	Melton Mowbray	<a href="#">SK756208</a>
Sat 12/01/19	<b>ParkO- Impington Village College</b>	Local	<a href="#">WAOC</a>	EAOA	<a href="#">Impington Sports centre</a>	<b>Impington</b>	
Sun 27/01/19	BKO Concorde Chase	National	<a href="#">BKO</a>	SCOA	<a href="#">Long Valley North</a>	Aldershot	<a href="#">SU847526</a>
Sun 27/01/19	Kelling Heath Regional CC Event	Regional	<a href="#">NOR</a>	EAOA	<a href="#">Kelling Heath Holiday Park</a>	Sheringham	<a href="#">TG118415</a>
Sun 03/02/19	<b>Bush Heath event</b>	National	<a href="#">WAOC</a>	EAOA	<a href="#">Bush Heath</a>	<b>Mildenhall</b>	<a href="#">TL726754</a>
Sat 09/02/19	<b>ParkO- Cherry Hinton Hall Park</b>	Local	<a href="#">WAOC</a>	EAOA	<a href="#">Cherry Hinton Hall Park</a>	<b>Cherry Hinton</b>	
Sun 10/02/19	Knettishall Heath event	Regional	<a href="#">SUFFOC</a>	EAOA	<a href="#">Knettishall Heath</a>	Thetford	
Sun 17/02/19	TVOC Chiltern Challenge	National	<a href="#">TVOC</a>	SCOA	<a href="#">Penn and Common Woods</a>	High Wycombe	

Sun 17/02/19	SOS Danbury Common	Regional	<a href="#">SOS</a>	EAOA	<a href="#">Danbury Common</a>	Danbury	<a href="#">TL781043</a>
<b>Sat 23/02/19</b>	<b>WAOC Training</b>	<b>Local</b>	<b>WAOC</b>	EAOA	<b>Maulden Wood</b>	<b>Maulden Wood</b>	<b>TL074392</b>
Sat 02/03/19	HH Saturday League & Youth League	Local	<a href="#">HH</a>	SEOA	<a href="#">Sherrards Park Wood</a>	Welwyn Garden City	<a href="#">TL235138</a>
Sun 03/03/19	Keyne-O, Loughton Valley Park	Local	<a href="#">SMOC</a>	EAOA	<a href="#">Loughton Valley Park</a>	Milton Keynes	
Sat 09/03/19	TVOC Saturday Series Bradenham	Local	<a href="#">TVOC</a>	SCOA	<a href="#">Bradenham</a>	High Wycombe	<a href="#">SU822973</a>
<b>Sun 10/03/19</b>	<b>WAOC urban event</b>	<b>Regional</b>	<b><a href="#">WAOC</a></b>	EAOA	<b><a href="#">Royston</a></b>	<b>Royston</b>	
<b>Sat 16/03/19</b>	<b>ParkO- Wandlebury Country Park</b>	<b>Local</b>	<b><a href="#">WAOC</a></b>	EAOA	<b><a href="#">Wandlebury Country Park</a></b>	<b>Stapleford, Cambridge</b>	
<b>Sun 17/03/19</b>	<b>CompassSport Cup Heat</b>	<b>National</b>	<b><a href="#">NOC</a></b>	EMOA	<b>Sherwood Pines</b>	<b>Ollerton</b>	
Sun 24/03/19	East Midlands League 2019	Regional	<a href="#">DVO</a>	EMOA	<a href="#">Crich Chase</a>	Belper	<a href="#">SK350530</a>
Sat 30/03/19	TVOC Saturday Series	Local	<a href="#">TVOC</a>	SCOA	<a href="#">Christmas Common</a>	Christmas Common	<a href="#">SU711918</a>
<b>Sun 31/03/19</b>	<b>SOS Hockley Wood</b>	<b>Regional Yvette Baker</b>	<b><a href="#">SOS</a></b>	EAOA	<b><a href="#">Hockley Woods</a></b>	<b>Rayleigh</b>	<b><a href="#">TQ822911</a></b>
Sat 06/04/19	HH Saturday League	Local	<a href="#">HH</a>	SEOA	<a href="#">Panshanger</a>	Welwyn Garden City	<a href="#">TL307124</a>
Sun 07/04/19	SMOC EAL event	Regional	<a href="#">SMOC</a>	EAOA	<a href="#">Salcey Forest</a>	Milton Keynes	
Sun 14/04/19	Thorndon North	Regional	<a href="#">HAVOC</a>	EAOA	<a href="#">Thorndon Country Park (North)</a>	Brentwood	<a href="#">TQ594915</a>
Fri 19/04/19	<b>Jan Kjellstrom Orienteering Festival - Sprint (UKOL)</b>	Major		SCOA	<a href="#">Aldershot Garrison</a>	Aldershot	<a href="#">SU862521</a>
Sat 20/04/19	J.K. Individual 1 (UKOL)	Major		SCOA	<a href="#">Windmill Hill</a>	Frimley	<a href="#">SU907581</a>
Sun 21/04/19	J.K. Individual 2 (UKOL)	Major	<a href="#">BKO</a>	SCOA	<a href="#">Cold Ash</a>	Newbury	<a href="#">SU521723</a>
Mon 22/04/19	J.K. - Relays	Major		SCOA	<a href="#">Minley</a>	Fleet	<a href="#">SU827577</a>

Entries by	Sprint	Sprint	Days 2 and 3 (per day)	
	Championship	Novice	Championship	Colour coded
Sunday 13th Jan	£17 (£9)	£16 (£8)	£26 (£13)	£16 (£8)
Sunday 24th Feb	£19 (£10)	£17 (£8)	£28 (£14)	£17 (£8)
Sunday 24th Mar	£21 (£11)	£18 (£9)	£30 (£15)	£18 (£9)

Temp-O and Pre-O: Elite courses £13(£7),  
Standard Courses £10(£5)



Scottish 6-day event is being held in Strathearn, Perthshire 28th July to 3rd August 2019

<https://www.scottish6days.com/2019>

