



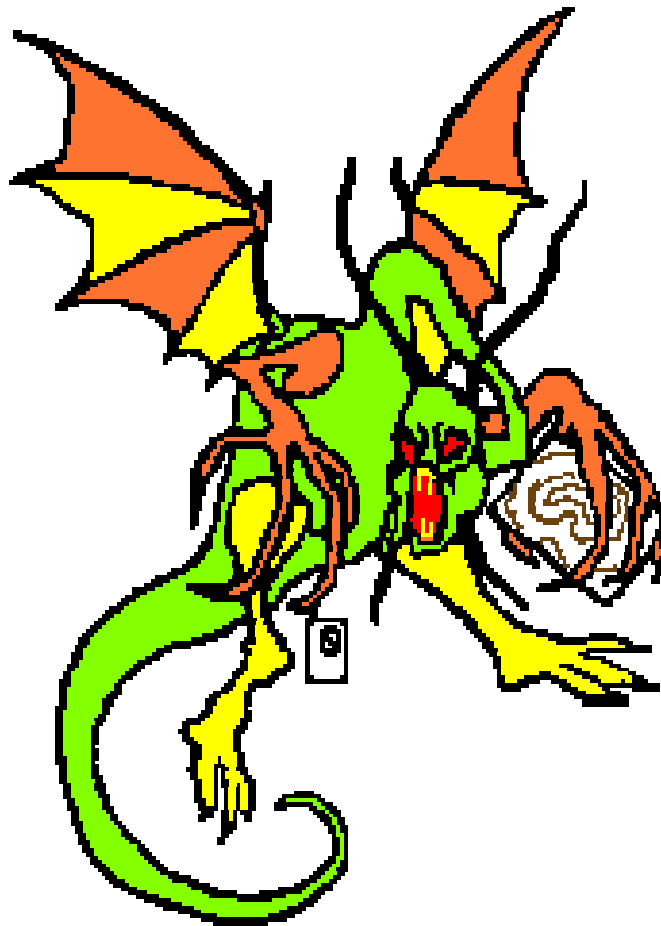
West Anglian
Orienteering
Club



JABBERWAOC

Vol.35 No. 4

September 2007



*And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burred as it came!*

Editorial

Welcome to the first Jabberwaoc of the new orienteering season. Many thanks to Julia for editing the newsletter so ably over the last few years and good luck to her and Rolf in their move to Leeds. I am sure we will see them at some local events in the future!

Jabberwaoc can only ever be as good as its contributors and I hope that some of you will put your thinking hats on and get down to writing something for future editions. Any contributions are most welcome, especially those which report on events both close and near and which help non-orienteers to understand what a great sport this is!

I've just got back from the City race in Lincoln and would thoroughly recommend this style of racing to you all. Running around a city may not sound like fun, but believe me it uses all of your orienteering skills to the full and is really enjoyable. Wouldn't it be great to see an event like this using the centre of Cambridge? But in the shorter term, there are races in Warwick on October 7th and Oxford on November 10th which will cater for most abilities. I am sure that both will be great experiences and I hope to see some of you there.

Mike Capper

Next Copy Date – November 09th

WAOC Membership Information

New Members

Welcome to:

John and Nessie Graham and family from Baldock
(James M14 and Ross M11)

Ronny and Anna Falk and family from Sweden and now
(Tuva W5 and Maja W1) living in Cambridge

We hope that you will enjoy orienteering with us.

Anne Duncumb (membership secretary)

Chairman's Chat

It was very good to see so many WAOC members competing in the Scottish 6-Day event - I counted 53 at the very successful evening gathering organised by Hally Hardie - and hope that you all enjoyed your runs, in terrain very different from East Anglia's. The summer season of remote-O is now over, as is the Club's own Galoppen, a series of fun evening events culminating last week near Peterborough, where your Chairman took so long that his night vision was severely tested!

Now begins the autumn season of Sunday forest-O, with plenty of events in our region, starting

with our CATI in Hinchbrooke Park. WAOC faces a number of problems just now, not least the felling or thinning of some of our best forests, and the Committee meeting next week promises much anxious discussion. As always, we rely very much on those who volunteer - to plan or organise events or assist the Club and contribute to our great sport in other ways - and further offers to help would be most welcome.

One matter that greatly exercised the Committee at its last meeting was setting the subscription for 2008. Eventually an above-inflation increase, to £10 for seniors, was agreed upon. The Club's finances are not as healthy as they were, for various reasons, and the cost of printing Jabberwaoc - which we feel should be covered by the subscription - have risen substantially. To save money, and perhaps allow the sub to remain unchanged for some years, it would be possible to switch to having Jabberwaoc available only on-line and not in paper form, or to reduce the number of issues from six to say four per year*. The Committee would be glad to hear the views of members on these points.

I wish you all good autumn runs.

Chris Morley

* *Editors' note.* This seems like a good idea to me! Four issues a year would give good coverage of fixtures and would give members more time to write contributions. Editions in September (summer reports), December (preparing for JK, Compass Sport Cup and British Championships), March (SMILE, summer galoppen news) and June (JK, BOC reports) would give a better balance to the year with a variety of activities to report on.

What do you think?

Club News

WAOC Committee

The current committee list is available at www.waoc.org.uk

Summer Galoppen 2007

Another successful season of Summer Galoppens finished with a first opportunity to run on the new map of Crown Lakes Country Park in Peterborough. Once again the galoppen offered a wide format of events with attendances ranging from ten at Therfield to twenty-four at Cherry Hinton Hall.

A very big thank you to all of the organisers and well done to the class winners.

Senior Women – 1st Helen Bickle, 2nd Hazel Bickle, 3rd Frances Cooper;

Junior Women – 1st Catherine Hemingway;

Senior Men – 1st Ben Holland, 2nd Roger Horton, 3rd Ian Lawson;

Junior Men – 1st Thomas Hemingway.

COLOUR BADGES AND NEW COLOUR CERTIFICATES.

Just a reminder that everyone is eligible to claim a badge when they have achieved a standard time at 3 Local or District events (not SMILE events). Remember that to qualify your run must be your first run of the day (2nd runs are non-competitive) and you must complete it entirely on your own. Seniors, remember that everyone is eligible for colour badges, not just juniors.

So that you have something to aim for when you have got a colour badge we are introducing Bronze, Silver and Gold colour certificates for juniors. To qualify for these you need to complete additional standard runs on the same colour course as the one for which you got your badge.

For a **BRONZE CERTIFICATE** you need 4 more colour standard runs
For a **SILVER CERTIFICATE** you need another 4 colour standard runs
and for a **GOLD CERTIFICATE** you need a final 4 more colour standard runs, so a total of 12 more runs for all 3 certificates.

We shall not be keeping a count for these certificates – you need to phone, write or e-mail Ian Smith, the colour awards officer, to claim one. Blanka has designed a very smart certificate so now get collecting.



It's time for SportIdent training! It's 6 months since WAOC last used the Sportident equipment and we need some more practice. Since then we have lost Julia and Rolf who were experts in all aspects of using the computer equipment. Anyone with a little computer experience can learn how to handle entries and process the dibbers as competitors finish.

So on Monday evening 24th September I am putting on some training at my home in Cambridge. The idea is that anyone from WAOC can drop in, enter competitors for courses round the house, 'run' the course, and process the 'runners' as they finish.

After training you will be able to put your new skills to good use at the event at Mildenhall North on 21st October.

Please phone me the week before if you intend coming so that I can order the free tea and home-made biscuits. If you can't make that evening let me know and I'll try to put on training at a later date.

Bruce Marshall
01223 246280

You know you're an orienteer when - Part 1

1. You show off your scratches, bruises and cuts with pride.
2. You optimise your route choices when going around the supermarket.
3. You always have at least one orienteering map next to the toilet.
4. You can recite your Sportident number from memory but often have trouble remembering your telephone number.
5. When driving you never get lost, but just make 'x minutes of mistakes'.
6. You think there's nothing wrong with wearing nylon clothes made of 7 different colours.
7. Your 'ultimate embarrassment' is getting lost on the way to an event.
8. You can't drive past nice woods without wondering whether they have been mapped.
9. When someone tries to give you directions to their house, you totally ignore them and say 'just tell me the address, I have a map and can find my own way there'.

With acknowledgements to the *attackpoint* website. Further contributions welcome.

O in OZ and the saga of the southern hemisphere compass. Part 1

Some of you may realise that I now spend quite a lot of time and effort trying to reduce my carbon footprint and then squander it all on flights to Australia, where my daughter and Aussie husband now live, along with their 2 children.

When I go to Sydney it tends to be for around 4 weeks and my visits normally coincide with the O season so early on I found the OA New South Wales website and looked for a club and events. The first thing that emerged was that although there is a number of O clubs in Sydney, all their badge events are held in the Central West – an area to the W of the Blue Mountains, and a number of hours' drive from the centre of Sydney.

2004 and my first venture into Oz O. A short race on the Saturday and a classic distance on the Sunday; already past the closing date and the EOD courses on offer are too long for me, but very accommodating entries secretaries accept my late entries with Pay OD as my daughter and husband can't get a cheque book. Then after some 20 phone calls find a motel room. Paul and Ria have offered their car for the weekend and the O club assures me that the event is a mere 5 hours from central Sydney so I set out very early on the Saturday and come to grips with the New South Wales road system. Suffice it to say that roads are not great and speed limits are low, so it takes me over 6 hours (and 3 litres of water on a scorching hot day) to get out there.

I had not done anything about a compass so stood by the car with my trusty thumb compass, twisted it round and the needle stayed put (more or less) so reckoned it was OK and set off to the start. It was not a hard area and the going through the eucalypts was easy, so I set off as fast as I could and did fine for the first 5 or so controls but it was so hot and dry that I got hugely dehydrated and I quickly discovered that the trusty thumb compass could not rotate freely and so was quite useless. I had great difficulty in finding 6 and then was only able to walk the last few controls. It was a lovely area, with good contour features so it was most irritating not to be able to do it justice. I was not able to rehydrate overnight so it is best to draw a veil over Day 2, a standard badge event on a straightforward area and with a borrowed compass. Having identified my first termite mound, a 2m high bright orange pillar, I did not expect any particular problems with a ruined termite mound and

set off looking for the characteristic orange colour only to discover after re-locating that it was a slightly orange brown patch of ground behind a lot of vegetation!

I retreated to Sydney with my tail between my legs but 2 years later I was back again, out in the Central West but having flown to Orange and then hired a car (I was less concerned about my CO2 footprint in those days). The car hire was a bit of an adventure. Our plane was very small and so was the terminal building. Luggage is dumped on the ground at the side of the terminal building which contains seating, a check-in desk (closed) and 3 standalone desks labelled Avis, Hertz and Budget but only the Avis desk was manned and my car was booked with Hertz: I might say that Orange airport is about 20K from Orange, there is no transport at all from it except private car, ours was the last plane of the day and the terminal was by now nearly empty. I approached the Avis woman who said 'no worries – he probably forgot. I'll call my husband and he'll call him to call me' which is what happened. She put me on to him and I reckon he felt somewhat sheepish as he overlooked the fact that I had left my driving license in Sydney and said I should just phone him when I got back and give him the number! She got some keys out of the side of his desk and found me a car and I set off for my B&B in Orange.

I still had no southern hemisphere compass but through one of the entries secretaries I discovered that there was a guy who came to events in a blue station wagon and sold O gear: I contacted him and arranged to buy a compass from him on Saturday before the Middle race but when I got there he had been held up, like most of the competitors approaching from Sydney, by a massive pile-up on the highway. No worries: Russell, who had been out there early digging the bush toilets (definitely a big – at Oz O events) and had also run already, lent me his.

It was a lovely day for O: there was mini-drops of rain on the windscreen (what the Irish call a fine soft day) and the guy directing the parking was in full waterproofs and umbrella, so the wood was cool and slightly damp and the course straightforward apart from the first control on a linear thicket which turned out to be a few tree trunks laid on top of one another, so those of us looking for a bit of dark green on the ground as well as on the map were somewhat buffaloed. A smart bit of relocation found that and after all was plain sailing until I came to cross the creek and the blackberries got in the way – big time. Those blackberries were worse than Sandringham brambles and even worse than Salcey Forest brambles. The event was put on by Goldseekers, the O club based on Orange, and I had already met Jean Baldwin at the Start and was using Russell's compass: then at download there was Buyd Wymer in a Karrimor sweatshirt so I talked to him and discovered that he had run it with Roger Smith (YHOA JK co-ordinator). People have travelled long distances to these 2 day events, many of them camping overnight, so they're not in any rush to go: they bring their sandwiches out, sit around in the sun, collect their maps (maps are always collected, just as start times are rigorously enforced, even though with a punching start) and socialise. When I returned his compass Russell asked whether I had anywhere to stay, as since his kids had left home there was only him and his wife and would be very welcome. I found the trader who had only brought a second hand protractor compass (on the grounds that I didn't need anything good as I was not going to use it much) and found a bit of string when I said I needed to be able to attach it to my wrist. I took it away and never set eyes on it again – I have no idea where it went but I know that it was left in the hire car when I returned it. So I had to face Eugowra the next day and once again with only my trusty thumb compass.

(to be concluded....)

Ursula Oxburgh

Speyside 2007 - 'So how was it for you?'

The Scottish 6 days is always one of the highlights of my orienteering year, and although the weather wasn't as good as it has been in the past, Speyside 2007 was still a brilliant event. A couple of days training in Scottish woods left me feeling confident that I could remember how to use a compass and despite a lack of basic speed (what's new?) I was hopeful that I would do okay!

Day 1 – 'The thank heavens I'm not camping day'. Drove past the camp site on the way to today's race – didn't look much fun. Lots of rain has made the entrance a mud bath and big vehicles are already being turned away. Looked forward to my post race hot shower or bath. The orienteering was great. Alvie is a super area - detailed runnable woodland and nice clear features. I was pretty accurate in the circle, played safe too much with route choices and lost loads of time on a long leg near the end which went through a thick green area – chose to ignore the elephant tracks and unnecessarily added a lot of climb through head high bracken.

Lesson for the day – If there's an elephant track, it's there for a reason

Day 2: 'The car park day'. It was a miracle that this day went ahead as planned. I can't have been the only one whose heart sank as their car slid down the steep muddy hill into the car park. Fortunately, there was a 'Plan B' which seemed to work really well, and I managed to get out of the car park with little delay. I could at least console myself after a steady run around Balavil that I had picked up the right map – unlike at least one esteemed member of WAOC.

Lesson for the day: Pick up the right map

Day 3 – 'The long walk to the start day'. Blimey it was cold today. To be honest, I was a bit disappointed by the area. Parts of Inshriach include some of the finest orienteering terrain in Britain, but the mapped area didn't really go into the best bits (always be wary of areas that 'change names'). My course had a tricky start but then got a lot easier – my strategy of starting slow and getting slower worked really well. I didn't make many mistakes but lost time following the wrong person into Control 12. Too many controls in the second half of the course had large catching features just before or just after then, making them pretty easy.

Lesson for the day – Only follow someone who is doing your course

Rest Day – waterfalls and stone circles, followed by a blast around Kingussie for the City (?) Race. Brilliant fun.

Day 4: 'The sand dune day'. Culbin Forest is one of the great Scottish areas - forested sand dunes, with enough tracks to make route choice a real challenge. I first encountered the area when I manned a control there in the 1976 World Championships – prior knowledge was of no advantage as the only thing I could remember from then was the high number of ticks (I won't recount the part I played in helping to ensure that the Hungarian women's team won a relay bronze medal). My usual policy in sand dune areas is to get close to the control site then hunt (hopefully in a pack to make it easier). Surprisingly, today, I orienteered well near the control. I was just terribly indecisive in making my route choice and then following it accurately. This cost me a lot of time...

Lesson for the day – Once you've chosen a route, execute it carefully

Day 5: ‘The control in the wrong place day’. Didn’t really enjoy this day as much as the others – my first control was in the wrong place, and although it didn’t really cost me much time, it just set the tone for the day. Made completely the wrong decision on the long route choice leg (I should have paid more attention to all the M50s I saw running up the track when I was walking to the start) and this was followed by a fairly boring slog up and down some tussocky moorland – my least favourite type of terrain.

Meanwhile back at the campsite, those who hadn’t already got trench foot were seeking alternative accommodation.

Lesson for the day – Avoid event campsites

Day 6: ‘The blow-up in the easy bit day’. Anagach is great – moraine terrain, really complicated contour detail, and enough paths to give some route choice options. I wimped out on far too many legs by going around the path when straight was clearly going to be quicker. The only consolation was that good attack points meant I lost little time actually finding the controls. The last few controls crossed a road and went into a deceptively easy piece of woodland called Heathfield. I say deceptively, because I fell apart. It started to rain, I couldn’t see what I was doing and a complete lack of concentration meant I fuffed around far too much and missed nearly every control. Still, at least I finished before the heaviest rain started.

Lesson for the day – Look out for the sting in the tale

So ‘steady’ rather than ‘spectacular’ would sum up my week – how was it for you? I headed off to Belgium for another 5 Day competition, but the dates of the next 6 Days were already marked in my diary...

Tay 2009 - August 2nd to 8th www.scottish6days.com/2009/

Don’t miss it.

Mike Capper

Swedish Training with the GB START Squad

When I first arrived in Uppsala, Sweden I was hit by the heat. I was worried that my two weeks of training with the GB squad was going to be characterised by dehydration. However for most of the training the temperature was some what less tropical and on a few days it rained. I had met most of the coaches before as they coached on the Halden tour last year, and they outlined their plans for the weeks ahead. After a day’s training near the hut it was interesting to make comparisons between Uppsala, mostly flat with few features, and Halden, lots of rocks and large open marshes. The first week was mostly technical training with several exercises planned for each day, we were doing up to twelve kilometres a day, and culminated in the classic race. This was in Norra Lunsen, an enormous area with few features and virtually no paths, and was a real test because of the difficulty in relocating. After this we had the opportunity to rerun some of the legs we had made mistakes on and try and improve our times.

For the second week there were a number of other races intermixed with training. For this tour we concentrated on race technique, for example “trains” exercises when we are started at random

intervals on a short course and have to try and catch those ahead. These force you to compete under pressure which is both fun but also pushes you to run faster than you can navigate. On one day we had four sprint races, one was around Uppsala castle which was a superb area with a good variety of techniques and speed required. Two of the races were microsprints, one around the club hut and another in a tiny area which involved visiting 29 controls, some more than once.

Over the two weeks I learnt a lot in some of the very best terrain in the world, note JWOC is in Gothenburg next year. As always the tour was great fun spending lots of time with other orienteers of my age, most of whom I have know for a very long time.

Edward Louth

WAOCjuniors September 2007 update...



Since the last edition of Jabberwaoc, we've had a bit of break from the regular weekly orienteering, these being replaced by the multi-day events instead. Nevertheless, just before the end of the school year, there was a fairly major event for some of the club's juniors who attended the Junior Inter Regional Championships to represent East Anglia at the 23rd/24th June event hosted by the Yorkshire & Humberside region. Whilst East Anglia as a whole struggled to do well in the team competition due to having to run with an incomplete team, I am pleased to note there were some very good results from WAOC's own juniors, including:

- **Jonathan Cronk, Edward Louth** and **Thomas Louth** taking the EAOA Boys relay to finish 13th of 28, with Edward pulling up 11 places during his race, and Thomas finishing 11th of 38 on his course
- **Thomas Louth** 3rd on M14
- **Edward Louth** 2nd on M18

Going back another week from the JIRCs, we also saw some personal and team successes in the East Anglian Schools' Championships, which was hosted by our neighbours Essex Stragglers in High Woods Country Park in Colchester (17th June 2007). The great news is that WAOC-based King's College School Cambridge has, after years of coming 2nd placed, beaten their arch-rivals Barnardiston Hall to win the school trophy (the team that won was made up of William Louth, Sam Woods, Tim Brown, and Felix Barker). Apart from the school trophy, KCS also took the honours as year team winners for Primary Boys (William Louth, Sam Woods, and Jeremy Corcoran) as well as the Year 7&8 Boys (Tim Brown, Felix Barker, and Philip Sansom). Well done! Apart from the team results, WAOC's juniors had some impressive individual performances, too, so congratulations to:

- Primary Boys: **William Louth** 1st and **Sam Woods** 2nd (both of Kings College School Cambridge), **Robert Armitage** (Bourn Primary) 3rd
- Primary Girls: **Anna Dutka** (Perse) 2nd and **Grace Vaudin/Ellie Farrow** (Bourn Primary) 3rd
- Year 7&8 Boys: **Tim Brown** 1st and **Felix Barker** 2nd (both of KCS Cambridge)
- Year 9&10 Boys: **Jonathan Cronk** (Comberton Village College) 1st
- Year 9&10 Girls: **Jacqueline Heybrock** (Perse) 1st

This summer was another **Scottish 6 Days** year, with the multi-day event taking place in the Spey area from 5th-11th August. A number of WAOC's juniors travelled to the event, and whilst it was great to see the good results from some of our established juniors, I was also very pleased to see the less experienced club members attending the event. So well done to everyone who competed, and in particular, congratulations to:

- William Louth who finished 3rd in the overall scoring on M10A, with consistently high placings over the week (three 2nd places, 2 4th places and 1 5th place)
- Mihir Chandraker who was 11th on M10A on days 1 and 4
- Thomas Hemingway and Todd Cooper who were 19th (Day 4) and 18th (Day 6) on M12A respectively
- Thomas Louth who was 12th in the overall scoring on M14A, with a particularly good run on Day 6 when he finished 2nd
- James Haynes who was 18th and 12th on Days 1 and 2 of M14A, respectively
- Edward Louth who finished 11th overall on M18A, with consistent placings between 10th and 13th on Days 1-5, and a particularly strong run to finish 5th on Day 6
- Simon Gardner who was 13th overall on M20L
- Jacqueline Heybrock who was 24th overall on W16A, including a 17th place on Day 2

On the competitions front, some of WAOC's juniors have just (9th September) taken part in the Peter Palmer relays, the annual junior team relay equivalent to the senior Harvester competition. The event was hosted by BAOC and took place at Yardley Chase, an air-base near Northampton, with the area specifically mapped for this event. You can read a first-hand report about the event in the next JabberWAOC*. The Peter Palmer relays have signalled the beginning of the autumn, which brings with it also the Yvette Baker Trophy inter-club event. WAOC's juniors will be competing at the regional round on 21st October in Mildenhall, and if they succeed there they will go through to the final due to be held on 2nd December at Normanby Hall in Yorkshire and Humberside. So good luck to the juniors and watch this space for everyone else.

Blanka Sengerová (WAOC junior newsletter editor)

Stop press results - Peter Palmer relays – WAOC 1 – 9th, WAOC 2 – disqualified

Well done to all the juniors who took part – Edward, Sophie and Thomas Louth, Jonathan Cronk, Jacqueline Heybrock, Felix and Beth Barker, Thomas Hemingway, Katy Woods, Matt and James Haynes and Ben Armitage.

Fixtures Section

Eventpreview *Seventpreviews eventpreviewseventpreviewseventpreviewseventpreviewseventpreviewseventpreviewsevenpre*

As well as the traditional Jabberwaoc fixtures list below which mainly covers local events, there are other events further afield that are well worth thinking about. If you like orienteering on a Saturday then Happy Herts run a monthly series of low key events. These are usually reasonably accessible for those of you who live in the south of the region, with the next event being on Saturday October 13th at Stanborough Park, Welwyn Garden City. These races are usually great for trying out new techniques or just for practising running really fast. Further details are available on www.happyherts.org.uk. The week before that (Sunday October 7th) Warwick is the venue for the

first of two city races (www.octavian-droobers.org). This sounds as if it should be great fun and is well worth a try for those of you who fancy something a bit different. There are courses for a range of abilities with most going through Warwick Castle, as well as around parks and into the centre of the town. City races generally use maps at a scale of 1:5000, so everything comes up very quickly and it is really important to read the map very carefully as it is easy to find yourself running down a dead end or missing the most obvious route. On November 10th the Oxford City race (www.cityrace.org.uk) offers runners opportunities to orienteer into college grounds that are not normally open to the public. Last year's race was attended by a few WAOC members and I know that they all enjoyed it immensely. Again, highly recommended and suitable for all ranges of ability.

There are two national events in the autumn, one in Scotland and the other far more accessible at the Longshaw Estate, near Sheffield (Sunday December 9th, www.dvo.org.uk). National events usually offer a few more frills (and thrills) than district and regional events, and are supposed to be held on the best areas (although this isn't always the case!). The closing date for the Longshaw event isn't until November 25th so there is plenty of time to enter. Longshaw is a mix of open moorland and forest – steep and rough but technical and challenging.

And finally, don't forget the two WAOC events at Mildenhall North (Sunday October 21st) and Maulden Woods (Sunday November 18th). The Mildenhall event is also a qualifying event for the Yvette Baker Trophy so the more juniors that come, the better. Hopefully there will be a new map of Maulden Woods, which despite restrictions caused by plants and birds remains a fine area for orienteering!

Wherever you choose to go, good orienteering!

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Fixtures List

For up-to-date fixtures refer to www.britishorienteering.org.uk or www.waoc.org.uk