



West Anglian
Orienteering
Club



JABBERWAOC

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*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

Thanks to all the contributors to this edition – it makes life so much easier!

Well done to Ursula Oxburgh for her success in the Masters' Cup, where she took first place in the W75 category – more on this in the next edition. The last race in this cup was the Cambridge City Race and this was, yet again, a great success. It is brilliant to see the current strength of CUOC and their contribution to WAOC, especially clubnights, is certainly adding variety to the 'O-Experience' through activities such as the Indoor-O and the Adventure Race. Much more on the former below!

The clubnights seem to have been a great success and as you will see later, plans are afoot to start a similar project in Peterborough. Hopefully this will get off the ground.

Don't forget to let Graham Louth know if you are going to the JK in Scotland and want to run in a relay. Similarly, the Compass Sport Cup heat is being held at Thetford Warren on Sunday February 19th. With a good turnout and home advantage, I think there is a great chance of qualifying for the 2nd time in 3 years. You need to pre-enter – check with Graham if you are not sure which course to run.

I hope everyone has a Happy New Year with lots of enjoyable orienteering.

Mike Capper

Next Copy Date – February 28th for publication before the JK.

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Chairman's Chat

As I stood in Mildenhall Wood (south) on the Saturday evening of 10th December I couldn't help wondering why all these people around me had left the warm comfort of their living rooms to run around a dark forest in freezing conditions with a torch strapped to their foreheads, risking all sorts of calamity to their ankles. At first I thought they were mad, but then I realised "oh, of course, they're orienteers!" There was a united feeling that the bright moonshine was beautiful and the eerie stillness all around calmed the mood of our frantic modern lives. Our sport indeed provides an 'aesthetic experience' that goes beyond merely running and navigating. Nevertheless, I appreciated the warmth of my living room when I arrived home after 9 pm satisfied that everyone had had a rewarding evening, thanks in small part by my organising but in large part by Peter Woods' excellent and well-received courses. If you've never experienced night orienteering give it a go and be pleasantly surprised.

Apart from the 'aesthetic experience' of course, most of us are motivated by achieving that elusive "good" run - or even better - the "perfect" run. It's elusive because for many of us it all goes horribly wrong on the way to the *first* control! So I was especially attracted to the Cambridge Club Night on Wednesday 23rd November when I read Peter Allen's intriguing advertisement "Have you ever noticed that whilst you're standing in the start box chatting, the elites are silently looking ahead and concentrating"? Ever heard somebody say "I can have a great run when I don't mess up the first control"? What if you could always spike the first control? Come to club night for tips and tricks on getting focussed at the start and running to the first control so that you can do it perfectly every time.

So I went along and learned some valuable tips – eat a bowl of jelly in the start box to psych-out your competitors (apparently one elite runner's habit!). A more apt tip was to focus – literally - on a distant object and without turning your head or moving your eyes use your untapped peripheral vision only to take in the detail. With practice peripheral vision can increase the information to be processed for make good decisions quickly. Also, while you're waiting at the start repeat a well-practiced 'mantra' to "get into the zone" – if you can't think of a suitable one ask one of Peter's coaches on a Wednesday evening. It's all about "positive mental images" and confidence. So, next time you're at the start, blank out the distractions, repeat your mantra and focus on that smooth run into the first control. It's often said that if you find the first control *first time*, then you're "half way round the course" already. So if you want to improve your orienteering come along to a Club Night.

The Main and Development committees continue to work hard to manage the club and seek new initiatives to develop orienteers from absolute beginner to aspiring champions. The main committee occupies itself with diverse activities such as supporting the POCs - permanent orienteering courses such as the one currently being developed at Milton Country Park – to making grants for producing maps that are the lifeblood of our sport. The development committee concerns itself with promoting the Club Nights, putting on the highly successful Summer Saturday Series and developing coaches. With the imminent end of National Funding the Club Nights now faces the challenges of self-funding.

I often mention that the club exists to put on events and this is as true as ever. No events, no orienteering. So the vital work that Peter Woods carries out as Events Convenor needs all our support. Please step forward and surprise yourself at your hidden abilities. Give Peter a ring and ask how you can help. And when you plan to go to your next event ring the organiser and offer your help as many hands do indeed make light work.

Finally, I wish you all a happy and peaceful Christmas and a successful orienteering new year in 2012.

Tim Mulcahy

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New members - welcome to:

Paul Beecher from Cambridge
Simon and Louise Chandler and family (Isobel W19 and Naomi W10) from West
Wratting, Cambridge
Tim and Joanne Cheeseright and family (Jon M8, Katie W8 and Alex M 4) from
Steeple Morden, Royston
Brian Cowe and Alison Zsak and Emile M8 from Cambridge
Neil Eaton from Thrapston, Northants

We hope you enjoy your orienteering with WAOC

Membership notes

It is encouraging that there has been an overall increase in member numbers in 2011, for the first time for several years. Every year we lose a few members at renewal time - people move away; try O-ing for year or two and then decide to do something else; or simply retire from the sport - so we have gained more than we have lost this year.

Here are the membership numbers for December 2010 and 2011

	2010	2011
Seniors	43	49
Families	52	54
Juniors	4	4
TOTALS	99	107

Subscriptions for 2012

Unless you are a new member (having joined after September 1st 2011) it is time to renew your subscription. We hope you will all want to stay with us for another year. Please note that, because WAOC membership is recorded on the BOF membership card, the WAOC card is just sent to 'club-only' members.

British Orienteering members (both National and Local) will already have had a subscription renewal request, which includes the WAOC sub. Please pay it soon, so that you get your new card by the end of the year and continue to qualify for the £2

discount on adult entry fees. I have already had notification from BOF of 30 renewals - thank you. Subs paid by direct debit are reported to the Club in the New Year.

IMPORTANT: data protection section on your BOF membership renewal form

Please remember that if you 'tick the box', British Orienteering will not send your contact details on to me - no address, no email, no phone number, just your name and BOF number. I shan't know if you have moved house, changed your email etc. The Club is very careful with the information you provide, but does need contact details for its members so, please consider very carefully before you tick that box!

Club only members WAOC subs for 2012 are: Seniors and Families £12, juniors £2.50, Groups £15. A renewal form for you is enclosed with Jabberwaoc, or emailed to you if you read Jabberwaoc on line. Please complete it and send it to me with your payment. If you are an adult who is orienteering more than 3 times a year, you would benefit from becoming at least a Local (East Anglian) member of British Orienteering and so qualifying for the £2 discount on Senior entry fees to East Anglian events. Contact me if you want to know more (memsec@waoc.org.uk or tel: 01223 843064). It is Club policy that all new members join British Orienteering.

Anne Duncumb (membership secretary)
5A Woollards Lane
Great Shelford
Cambridge CB22 5LZ

In addition to the discounts for BO members on such things as AA membership and Cotswold Outdoor, members of WAOC can now receive 10% off non-sale goods at Open Air, Cambridge upon production of a BO card. The two shops in Green Street offer a wide range of outdoor clothing, footwear and equipment.

CompassSport – the orienteers' magazine

If you enjoy orienteering then CompassSport is the magazine for you. You will probably have received subscription details with your renewal forms from BOF. If you do not subscribe, you are missing a great read – a magazine that is suitable for all levels of competitors, contains many maps (from home and abroad) and lots of helpful information about how to improve. For any committed orienteer, a year's subscription to Compass Sport would make a GREAT Christmas present. ☺

Subscriptions cost £30.00 a year for BOF members and £29.00 for non-BOF members. Cheques payable to 'CompassSport' and sent to 85 Deacon Road, Kingston upon Thames, Surrey, KT2 6LS or subscribe online at www.CompassSport.co.uk

Interested in Bike-O?

Was it George Orwell who coined the phrase four legs good, two legs bad? Having

spent much of the Cambridge City Race dodging bikes, and given the steady takeover of established O-areas by the cycling fraternity (and sorority), the orienteering version might be two legs good, two wheels bad. But Animal Farm saw the pigs becoming indistinguishable from humans, and as my legs object to longer runs, I find myself in the saddle more often. Compared to the Cambridge cycle commuters in WAOC, my road mileage is low, but I try to get off road when I can (following the example of the Thursday Night Runners). I have written in Jabberwooc before about my occasional forays into Trailquest - becoming more occasional as the centre of gravity of Midland TQ activity seems to be moving further west. Russ can tell stories about the cycle element of adventure racing, usually centring on the consequences of mechanical failure. Judging by Compassport, cycle-O seems to be becoming more popular in the north, the south and internationally, but apparently not yet here in the east, despite the popularity of Thetford's High Lodge as a cycling centre. For some, the sport diversifying into sprint and urban is perhaps already a move too far, but is there an opportunity to offer an occasional cycle-friendly course at some of our traditional forest events, and to try to attract a new group of competitors? This might act as a stepping stone towards events with bike-specific maps as elsewhere in the country. Or has it already been tried, and the extra hassle involved in getting permission not been justified by the numbers coming?

This note is by way of asking whether there is any appetite in the club for providing an occasional cycle-friendly course at a WAOC event, whether colour code, galoppen or Wednesday night training. If you might be interested, then perhaps you could drop me an email at peter (dot)j(dot)duthie(at)btinternet(dot)com.

Meanwhile, I need to hone my bike-handling skills - 90 minutes this morning trying the red course at High Lodge for the first time suggests that there is considerable scope for improvement - like my smart phone skills I probably need a youngster to show me how.

Peter Duthie

THE WAGAL IS BACK – *not that it ever actually went away.*

What is the WAGAL? It's a **WA**oc **GAL**oppen (galoppen is Swedish for League) so it's the WAOC League and all WAOC runners at all WAOC events (apart from Night Events) are automatically entered for it.

Do I have to run any special course? No, and this is what makes it different from any other orienteering league. You can run the course of your choice from Yellow to Black and your age class-adjusted, course-adjusted speed will be calculated.

So what's so special about that? It's the subtle way in which the age class bit is calculated so the winner at any event is the one who orienteered best considering their age and gender. There are very few of us who can win courses but we can all win at the WAGAL.

If it is so fantastic why did we nearly lose it? As is so often the case in WAOC one person was filling far too many roles (and of course, earning a living on the side)

and when something had to go it was the WAGAL calculations. The committee, all of whom are doing as much as they feel they can, decided that the only thing to do was to abandon the WAGAL.

As someone whose Excel skills are nearly non-existent I was not the obvious choice to take on the job. Even worse than that, I was not even chosen but sort of volunteered! I was personally anxious not to let it lapse and I was also aware that the club has a stock of pewter permanent mementos with **WAGAL** clearly engraved on them.

So I read the rules, as devised by Neil Humphries, a number of times and decided that with my very limited skills it was completely beyond me to transfer his formula to Excel and I would have to settle for something less ambitious. I set to and managed to get a list of runners in the correct run speed order but then what do you do about points?

At this point Peter Woods sent me his last year's Excel file and also said that if I wanted further explanation he reckoned it would be far less work for him to do it than to have to explain it! So that was the challenge I brought out to Australia (where I am writing this) along with a copy of Excel for Dummies (which I found absolutely useless and left there). I had lots of time to battle with Excel and in the end I prevailed and was able to send the results of this year's WAGAL back to Peter and onto the website.

So what's in the WAGAL for me? As I explained at the beginning, anyone can win the WAGAL. Each year a number of people miss out because they have done one too few events as a careful examination of this year's results shows very clearly. Next year make sure that you give yourself the best chance of winning. Here are the 7 designated WAGAL events to put in your diary (with your 5 best scores to count):

19 February, CompassSport Cup Regional Round at Thetford Warren
10 March, Wimpole Hall
21 April, Huntingdon Urban Event
16 September, Mildenhall South
30 September, Ampthill Park
21 October, Mildenhall North
25 November, Maulden Woods

See you there?

Ursula Oxburgh

WAGAL 2011 Winners

Junior Men Todd Cooper

Junior Women Jaya Chand

Veteran Men Steve Hinshelwood

Senior Men Ben Holland

Senior Women Helen Bickle

Veteran Women Rachel Pocock

Mapping and Course Planning

Even if not familiar with John Wyndham's Day of the Triffids, most of you will be aware of how vegetation on the ground can change dramatically from what has been mapped, even over a couple of years. As a result, we constantly need to make changes to keep our maps up to date. For example, this month we are using Mildenhall South for our Night Event, an area last used in 2006, and where new plantations mapped as "fight" a few years ago, and "open ground" a few years before that, are beginning to be runnable forest. For 2013 we are hoping to revive a couple more areas that have not been used for a while: Chicksands Wood and Bush Heath Woods (officially a CUOC area once well used by WAOC).

In addition to updating existing maps, previously unmapped areas become available for orienteering and need to be mapped from scratch. This year Peter Duthie has created maps of Cambourne and Aversley Woods, whilst Caroline Louth has been mapping various jigsaw pieces of the Western Cambridge University sites, which one day might be assembled into an interconnected whole.

Although the club has been able to afford to pay external mappers to produce maps and undertake map updates in some instances, we are keen to encourage members within the club who have an interest to take on mapping work.

A big part of mapping is of course visiting the area and finding out what is actually on the ground. The end result, though, is a map that is created in an electronic form using some form of mapping software. In orienteering, OCAD is the software that is almost universally used for this purpose. One notable exception I am aware of is the London City Race map which was produced using Adobe Illustrator with a mapping extension. There is a free open source program called O-Scape, but I do not know of anyone using it.

So, mapping software still more or less equates to OCAD, and what appears below is an update on what WAOC can provide in the way of access to this software and help in using it for both mapping and course planning. We are considering laying on a training session for anyone interested in having a go at creating a map in OCAD. If you are interested, please contact me (details below).

For quite a long time, the club has tended to use OCAD 8 for mapping and course planning. As with many other software tools, new versions are continually being released, and external mappers as well as some in the club are already using newer versions. Unfortunately maps created in OCAD 9 or OCAD 10 cannot be opened in OCAD 8. This in itself is one reason why we need to keep up to date, but a more compelling reason is that there are useful features in the newer versions, which can be a real boon to planners. For example, being able to split a course into two parts is very easy to do in OCAD 9 and OCAD 10, and OCAD 10 supports features like butterfly loops which allow planners to make best use of smaller areas.

This year, WAOC has invested in a full licence for OCAD 10 and installed this on one of the club laptops, which is available for use by anyone in the club who needs to use it for creating or updating a map.

In addition, for planning courses when it isn't necessary to change the base map, we have purchased a good number of licences for OCAD 10 CS. (CS stands for Course Setting). It is quite possible to use OCAD 10 CS with an OCAD 8 base map. Each of these licences will allow a user to install a copy of OCAD 10 CS on their own computer.

Unlike mapping itself, there are alternatives to OCAD for course planning which deserve a mention. One alternative we have used successfully in several of our events from level D to level B, is Purple Pen, which is free, and can be downloaded from the Purple Pen website: purplepen.golde.org

Purple Pen is very easy to use, even if you have never tried course planning before, and produces excellent results very quickly. It only really runs out of steam if more complicated features are called for such as splitting courses into 2 parts. Although Purple Pen will work with a map created in any version of OCAD, it does not provide a way to make changes to the map itself.

There is also a product called Condes, which is not free (although there is a free version with limited capability) which was used for course planning at the Scottish 6 Days this year. I don't believe Condes has been used for any WAOC events, and I'm not aware of any advantage in using it, given that we already have OCAD.

OCAD is more powerful than Purple Pen, but less intuitive to use. There are some useful guides to using it for course planning, made by orienteers for orienteers, available on the internet if you know where to look, or contact me for details.

Incidentally, there is a Free OCAD 10 viewer which can be downloaded from the OCAD website which lets you open any OCAD map (any version) and convert it into a PDF or picture format.

An electronic map of any sort is no use when running round a course, at least not until we all have O-Kindles, so printing is still of crucial importance. The same map can look very different printed on different printers, and readability of features can be drastically affected. Colours printed on waterproof paper can look different from the same map printed by the same printer on ordinary paper. This tends not to matter too much for low key events, where we usually print maps on one of the club ink-jet printers, but for more serious events our mapping officer, Neil Humphries, can produce maps to a high standard on a laser printer by tuning the colour rendering to give the correct contrast and colour tones. For level B events we tend to use Print5, a commercial printing company run by an orienteer, to produce our maps.

Neil is the custodian of our maps, and so if you want to obtain the most up to date version of a map, he is the person to ask. Likewise, if any of one of us make an update to a map, even a minor tweak for a low-key event, we should always remember to send the updated map file to Neil.

If you have been affected by any of the issues mentioned in this article, and want to know more, or get hold of an OCAD CS licence, or would like to help in mapping or remapping activity, please contact Peter Woods.

By the way, if you have a copy of OCAD 10 (either CS or the full version) you might want to download a recent software fix from the OCAD website (www.OCAD.com).

Peter Woods



Clubnights

Looking back at the Autumn Sessions

Congratulations to our newly qualified coaches, Cath Pennington, Helen Bickle and Thomas Louth. As new activities this autumn we have had adventure races at Churchill College, an indoor orienteering championship inside the Wilberforce Road meeting rooms, and an evening devoted to what to do prior to the start, at the start, and during the first leg of the run with a start lines set up and short courses to practice ideas. The usual favourites of multi level urban O at the Centre for Mathematical Sciences, and Burrell's field woodland in the centre of Cambridge were repeated and all those who came gave positive feedback. We regularly have 20+ now but more would welcome more so, please, support the work of all those new coaches, producers of new maps and innovative activities by coming to clubnights be you Juniors, Seniors or novices. You don't have to come every week

Details of the Jan to April 2012 Sessions

Date + meeting place	Coach	Location of Orienteering and Activity
Weds 11th Jan 6.30 for 6.45-8.30 Univ Sports centre, Wilberforce Road Here's your Pin In The Map link: http://www.pininthemap.com/ppc5cf069262998c782	Experienced mapper	Inside Sports Centre Making a map basics, intrinsic limitations of the representation of land on paper. Aimed at the novice mapper and more experienced planner
Weds 18 th Jan <i>Coe Fen</i> <i>Including controls on University Downing Site</i>	Caroline Louth tbc. Juniors: tba	5k,3k,1.5k course Use CUOC city centre map for first time at Clubnights. Intricate detail on the Downing Site will be used for control placement.
Weds 25 ^h January 6.30 for 6.45-8.30 Univ Sports centre, Wilberforce Road Here's your Pin In The Map link: http://www.pininthemap.com/ppc5cf069262998c782	Seniors: Ben Juniors: tba	West Site Seniors: tba Juniors; use your map sensibly, fold thumb and orientate
Weds 1 st Feb 6.30 for 6.45-8.30 Univ Sports centre, Wilberforce Road	Seniors WAOC coach: tbc	Burrell's Field Juniors at Old Field or Sports Centre:

<p>Here's your Pin In The Map link: http://www.pininthemap.com/ppc5cf069262998c782</p>	<p>Juniors: Ben tbc</p>	
<p>Weds 8th Feb 6.30 for 6.45-8.30 Univ Sports centre, Wilberforce Road Here's your Pin In The Map link: http://www.pininthemap.com/ppc5cf069262998c782</p>	<p>Seniors Tom Dobra (CUOC) Juniors Ben</p>	<p>Centre for Mathematical Sciences (tbc) Possibly loops of 5 controls each. Multi level Urban O</p>
<p>Weds 15th Feb Impington Village College, or Milton Country Park Meet in café at Impington Village College Sports Centre. Out to Histon on Histon road, cross A14, take right turn just after Histon FC turning, then 300m on right. Parking on site Here's your Pin In The Map link: http://www.pininthemap.com/pp9623e028e6fa57f04</p>	<p>Senior WAOC tbc 5k,3k within school grounds or at Milton Country Park Juniors: Map use exercises: the unfamiliar map</p>	<p>5k,3k, 1.5k courses</p>
<p>Weds 22 Feb 6.30 for 6.45-8.30 Girton College Here's your Pin In The Map link: http://www.pininthemap.com/ppbab7e4ea5e8da7510</p>	<p>Seniors and juniors together: tba</p>	<p>Score Event techniques: new area!</p>
<p>Weds 29th Feb Churchill College Here's your Pin In The Map link: http://www.pininthemap.com/ppdfca2a4e538b87f8f</p>	<p>Seniors Thomas Louth and Juniors Andy Strakova</p>	<p>Activity To be arranged</p>
<p>Weds 7th March 6.30 for 6.45-8.30 Univ Sports centre, Wilberforce Road Here's your Pin In The Map link: http://www.pininthemap.com/ppc5cf069262998c782</p>	<p>Seniors and Juniors: Matt Vokes and new coaches</p>	<p>5k, 3k courses on Street O map.</p>
<p>Weds 14th march 6.30 for 6.45-8.30 Univ Sports centre, Wilberforce Road Here's your Pin In The Map link: http://www.pininthemap.com/ppc5cf069262998c782</p>	<p>Helen Bickle : Juniors: Integrate with Senior activities rota</p>	<p>Variety session</p>
<p>Weds 21st March Jesus Green leading onto Cambridge W street O map Here's your Pin In The Map link: http://www.pininthemap.com/pp235e0685a3d5a26bb</p>	<p>Seniors and Juniors: tba WAOC organising</p>	<p>5k, 3k (street O), 1.5k(within Jesus Green)</p>

Weds 28 th March BST sunset 7.30ish St John's Playing Field, Grange Rd but assemble at Univ Sports centre, Wilberforce Road Here's your Pin In The Map link: http://www.pininthemap.com/ppc5cf069262998c782	Seniors and Juniors: tba	St John's Playing Field : new area Activity tba
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An uncertain financial future: it's up to us!

The fee goes up from £1seniors/50p juniors to £2/£1juniors from the first session of the summer on 18th April. The summer sessions will be as they were last year with both innovation and full advantage taken of the new mappings we have done, and our expanded team of coaches.

Basically we are now almost 2 years old but in current national public sector austerity finances our community orienteering grant used to finance the clubnights is likely to stop in October 2012 (post Olympics). The club wishes to set aside a pot of money, whilst we have funding, to enable us to carry on with the weekly members meeting (aka clubnights) after the funding ceases. This is the future, although exact dates are not clear.

The summer clubnights will be for members and new groups and there will be publicity and groups targeted to get more "community orienteering" in Cambridge and West Anglia. Expect new groups of orienteers in the warm summer months and make them welcome.

Those of us who have led and coached the clubnights believe they should have a future in some form. The exact form will be decided by the development committee, informed by you the members, and by friends from Cambridge University Orienteering Club, who may be able to support. However room rent and mapping costs realistically mean a weekly cost of £30 so that £2/£1 juniors will be what we have to charge in future times to balance our books. All coaching payments and payments for new club equipment and maps for community orienteering will cease.

Keep calm and carry on.

Peter Allen
Clubnights Coordinator

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POTENTIAL CLUB NIGHT BASED IN PETERBOROUGH

This is a new project that is in the early stages of planning, but the copied email to Hally Hardy from Natalie Shaw at BOF gives a flavour of what is planned. If anyone is interested in getting involved as a coach or participant, I suggest contacting myself, Hally or Natalie. There are opportunities for paid employment for any potential coaches out there.

Dear Hally,

I hope you don't mind me getting in touch with you – as founder member of WAOC and now residing in the Peterborough area I wanted to outline some of the progress in the potential of an Orienteering club night project in Peterborough and get your thoughts.

With support from the Cambridge County Sport Partnership and with the successful WAOC club night we have a really good model on which to try and develop and introduce a new hub for the sport in Peterborough – so the intention is to introduce a similar club night (one evening a week) sessions largely to attract newcomers to the sport (potentially local members who live nearby that might be interested).

Following September's meeting with chair, development officer and others from WAOC but essentially it was agreed that Cambridge was not in position to support phase 1 of any Peterborough initiative, but that I would move things forward with the County Sport Partnership to try and solidify elements such as identifying appropriate location and facilities, as well as a potential lead coach in order to create the opportunity for a club night within Peterborough (to begin hopefully around March-April 2012).

So far Ferry Meadows as a very good central location, with an existing permanent course has been approached as first choice for the venue - there is a classroom and cafe on site.

I would welcome any thoughts you have on the project and if you would like to know more, make any suggestions or have dealt with any potential individuals that may be possible attendees to this new club night then please do let me know.

Kind Regards,

Natalie NShaw@britishorienteering.org.uk

Hawkshead Training

Hawkshead is a training weekend for first year M/W16s based in the Lake District, which I had the opportunity to attend at the end of November and very much enjoyed. I arrived fairly late in the evening with Caroline Louth (this being the entire East Anglian squad), met my roommates from the North West Squad and then went to bed.

The next two days were full of focused training with a fair share of shadowing by some very experienced orienteers. Most of the exercises were based on understanding contour detail - something I lack greatly - so I found it very helpful. Rather more surprising, one piece of advice we were given was to hold the map so that it can be seen all of the time whilst running rather than having to lift it to view it from time to time. This slowed me down in the sprints but enabled smoother flow. Similar simple advice throughout the weekend will help me no end, so I am very grateful to the Orienteering Associations for putting the session on and to Caroline for getting me there for the weekend.

Over the entire weekend there were three separate training sessions and a 1km night event where I had to visit 37 of the 52 controls which proved to be pretty chaotic to say the least.

It was great fun and was an excuse to meet up with my orienteering friends and meet new ones. I can recommend attending if you get the chance.

Tom Hemingway

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Indoor Micro orienteering

Those of you slumped in front of the TV on 9th November missed one of the most unusual WAOC events of all time. The venue was the University Sports Centre in Cambridge. Indeed it was **inside** the Centre on a specially prepared map at 1:430 scale. I know the University takes a long time to adapt to the modern world but 4 yards to 1 mile still seems rather archaic.

Matthew Vokes' specially prepared map showed the upstairs social area with every table, chair, stool and sofa mapped in detail. We were instructed to move NOTHING. Some of the downstairs and outside areas were mapped, so it was important to interpret the map to be on the correct level. I never got the hang of one ground floor area next to the lift shaft. The lift was in-bounds for those who thought it might offer a fast route!

Matthew had carefully laid out over 70 SI units around the area. Just to confuse, some had mini-flags attached, some none, and some flags had no SI-units.

There were 2 qualifying heats and a final head-to-head race. Each had its own map showing about 27 controls. Descriptions were on the map and it was important to read these carefully. Here are some examples: "chair beneath", "radiator, north end", "balcony beneath", "middle step" and "eastern beer pump".

Any mispunching was penalized by a 20 second penalty (30s in the final). There was nothing to be gained by punching everything in sight as every punch out of sequence was penalized. Even more severe was the prospect of exhausting the space on the dibber. So make sure you dib the unit under the stool rather than the identical looking one on top. In the first heat I was penalized for 1 wrong punch, and in the second 3 wrong punches – most people had a similar record. No one had a clear run in both heats.

For the final we were paired up with someone else with a similar adjusted time and started at 30 second intervals. Only this was a reverse chasing start with the quickest pair starting last. Each half of the pair ran the butterfly loops in a different sequence. So it got very hectic towards the end with all 21 of us dashing hither and thither. Fortunately, there were no injuries, but with more competitors it might have been different.

After the final was a prize giving with sweets for everyone.

Oliver Hague (WAOC Junior)
Helen Bickle (WAOC Senior Woman)
Tom Louth (WAOC Senior Men)
Caroline Louth (WAOC Vet Woman)
Peter Allen (WAOC Vet Men)

With time running out we then had to collect in all the equipment and put the furniture back in its proper places. Many thanks to Matthew Vokes for devising the courses and organizing us on the evening.

The detailed results are at

<http://www.cuoc.org.uk/EventResults/2011/MicrOChamps/index.html>

Bruce Marshall

MicrO Championships – A Mapper’s/Organiser’s/Planner’s View

I hope those that came enjoyed their run around the athletics centre. Indoor orienteering is always exciting because of the new challenges it presents and the new features you can have controls on.

The mapping process was relatively straight forward, once I’d managed to source a base map. There is plenty of Ordnance Survey data that is available, (if you know how...), so getting the outline of the building was not a problem. However, the OS doesn’t map inside... I finally managed to get a picture of the fire zone plan which is on the wall, which, although the photo I took was pretty poor quality, enabled me to get the locations of all the internal walls sorted. It was then just a case of adding in chairs, tables, steps, windowsills, radiators, fire extinguishers etc. I had fun trying to work out what symbols I could use as obviously ISSOM doesn’t cater for indoor orienteering. I propose that the symbol set developed be designated MISIOM 2011 (Matthew’s International Specification for Indoor Orienteering Maps). I also enjoyed trying to think of inventive ways to arrange the furniture on the map, whilst still trying to keep the room looking relatively “normal”! There was a slight complication with upstairs/downstairs overlapping, so there were two little areas on the map where the downstairs was mapped separately.

I went for a two heats and a head-to-head final format, which I think worked quite well. The idea of the heats was to get you into the map, utilising all the areas available and trying to add in some interesting route choices, whilst the final was basically one big butterfly loop with a common control visited 3 times. This enabled people to race head to head – one person did loop A, returned to the common control, then did loop B, whilst the other person did loop B, before loop A. The training aspect of the event was to try and get people to a) improve fine map reading detail and b) reading of the control descriptions. There were therefore lots of controls in similar locations and each control had at least 1 other control close by to it so that one of these skills had to be used to decide the correct one. Most of the control clusters could be classified into one of these two “categories”. Some controls could only be distinguished by careful map reading e.g. 4 chairs in a line, with

controls on the 2 middle chairs. Both control descriptions would read "Middle chair", but you would have to read the map carefully to decide which one. Those controls where you had to read the control descriptions would be where there might be a table, with one control on the top and one control underneath. Obviously, the two control circles would be in the same place on the map and so these two controls could only be distinguished by reading the descriptions.

On the day, putting 75 SI boxes out didn't take as long as I thought it might, which was good! Since everything was in a very small area, it was actually quite simple to go round and put the controls out – I had spent the afternoon sorting out the controls and putting them into groups where the controls were all in a small area. I made it more complicated by putting kites out everywhere, most kites didn't have a control with them, they were there purely to confuse you...! I had also made sure that on the map I had marked an area OOB where I could let people stand whilst they weren't running and also store all the excess chairs & tables that happened to be in the room but not on the map...

I think everything ran pretty smoothly, bar the results, which I'm sorry took longer than anticipated. Because I knew there would be lots of mis-punching, I didn't want to disqualify people (otherwise everybody would have been disqualified at least once!), rather give them a time penalty (20 seconds per wrong control in the heat, 30 seconds in the final), which had to be applied manually. I need to think of a way to speed this up for next time!

Well done to everyone who came, especially the winners. Detailed results can be found here: <http://www.cuoc.org.uk/EventResults/2011/MicrOChamps/index.html>

Matthew Vokes (CUOC)

Another competitor's View

Imagine orienteering around the rooms of your house and the immediate street and add to it counting the bike stands to find the right box and you have what we all did at one of the clubnights this autumn.

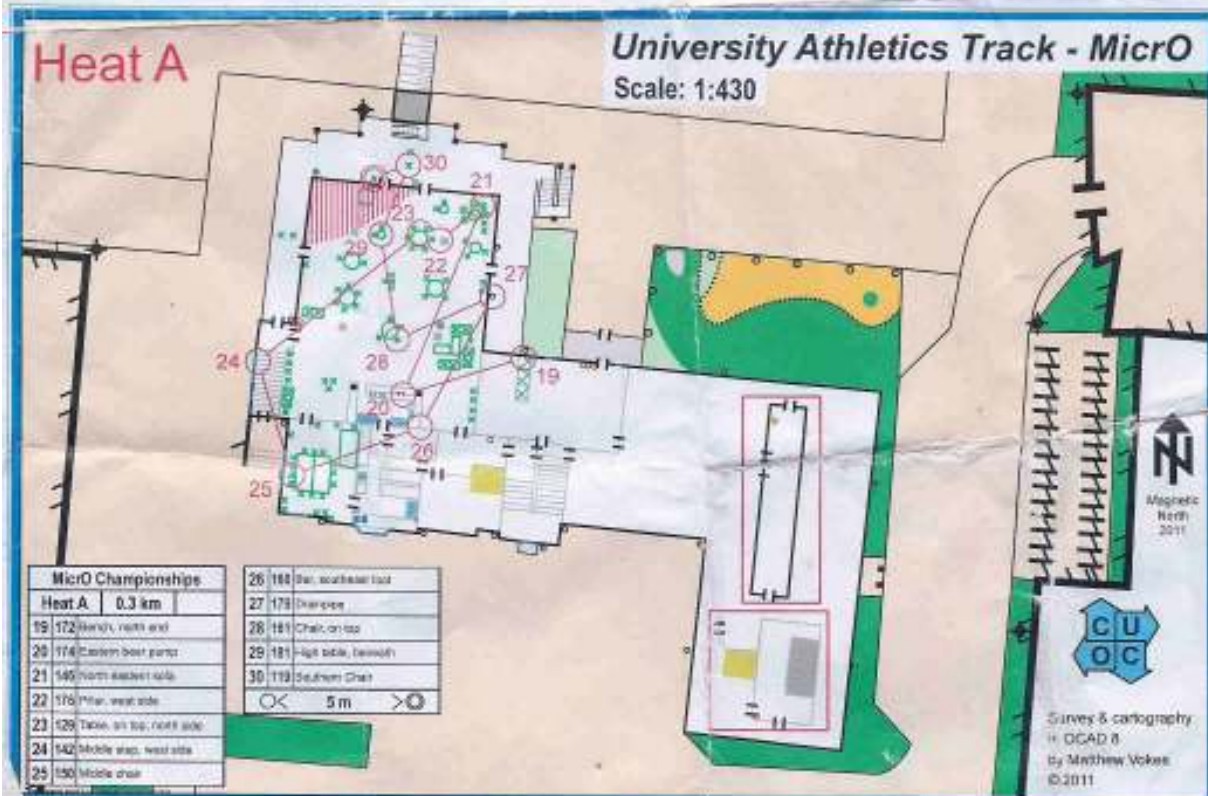
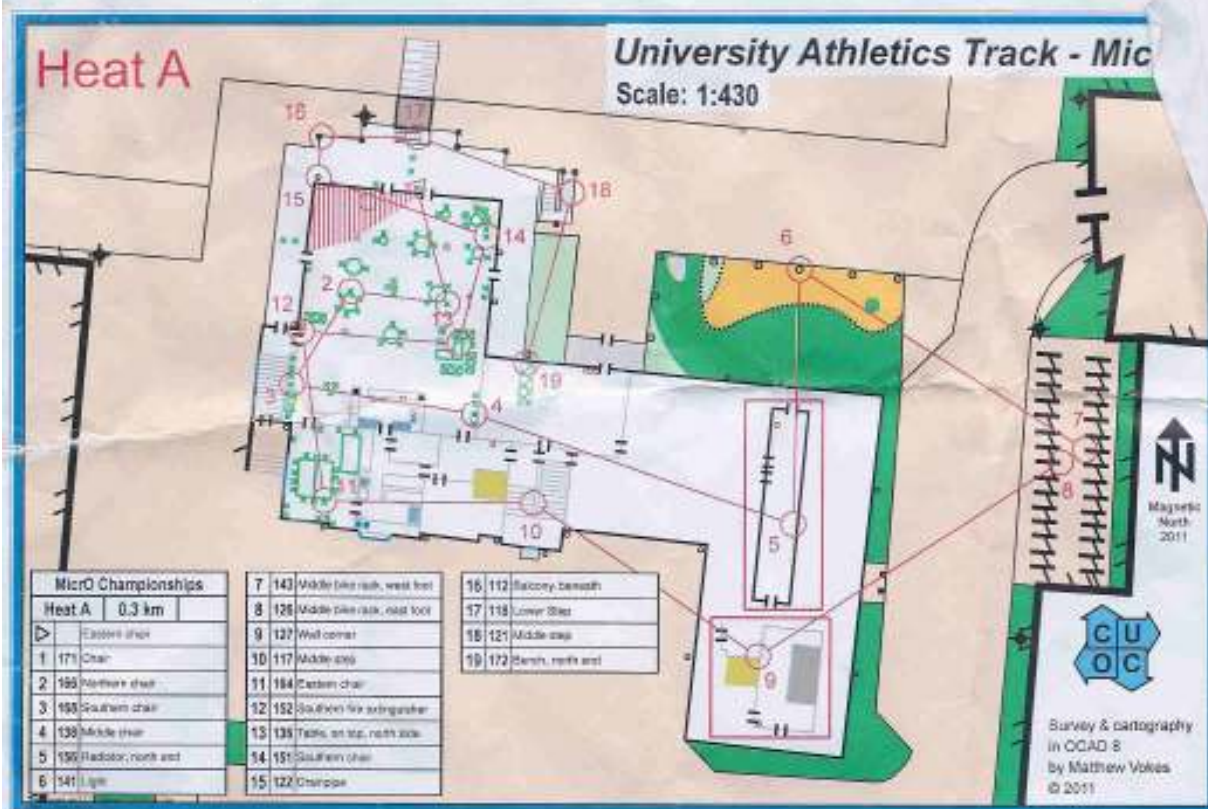
It is physically undemanding but you have to read every control description so you punch the box on the table rather than the one under the table, or the pillar N side rather than pillar S side.

It requires map constantly set to the ground and fast thinking: the rate determining step is the speed of thinking the route rather than how fast you actually run it.

Matthew made a brilliant map which we can re use and the format of two heats then a chasing starts final gave a fun evening's activity.

See you all at next year's championship.

Peter Allen



Key dates for your diary over the coming season

Here is a list of some of the major events coming up over the next few months that you should put into your 2012 diary now, if you haven't done so already:

Sunday 15 Jan – EA Champs, Lynford, Norfolk – An ordinary Sunday morning event run by NOR, but if you run the right course for your age, and win, then you are East Anglian Champion!

Sunday 19 Feb – Compass Sport Cup Qualifier, Thetford Warren – We need as many members of WAOC as possible to run at this event to give us the best possible chance of winning through to the national final of this annual inter-club competition. We have been to the final twice in recent years; it would be really good to do so again. This event is pre-entry only via www.fabian4.co.uk. Further details available from the EAOA website: www.eaoa.org.uk. (Please note that you need to run the right course for your age, or run up, if you are to score for WAOC. If you are unsure as to which course you should enter then please do ask).

Saturday 25 Jan – British Night Champs, Salisbury – Should be great fun; the British Night Champs can also be one of the easier British Champs to do well at as (a) there are fewer competitors and (b) there is more chance that others will make mistakes! (Pre-entry usually required, and you need to be a National member of British Orienteering to take part).

Sunday 11 Feb – Midland Champs, Hereford – This year's Midland Champs are unfortunately about as far away from East Anglia as it is possible to get and still be in the Midlands. The Midlands region includes East Anglia so members of WAOC are eligible to be Midland Champions, but Hereford certainly is a long way to go for the chance of this honour. (Pre-entry likely to be required).

Saturday 10 March – WAOC Local Event, Wimpole

Saturday 24 and Sunday 25 March – British Sprint and Middle Distance Champs, York – Like all British Orienteering Championships, these are open to all National members of British Orienteering – you don't have to qualify or be selected; and the Sprint and Middle champs are always great fun without being too exhausting! (Pre-entry almost certainly required).

Good Friday 6 April to Easter Monday 9 April – JK International Festival of Orienteering, Scotland – If there is one event outside East Anglia that you go to this year it should be this one (although I appreciate that Scotland is a long way to go). The JK is the biggest orienteering event in the UK each year with over 2000 competitors (and this is likely to be one of the bigger ones given that it is in Scotland which has some of the best terrain in the country). There is a sprint race on Good Friday, two days of normal individual races on the Saturday and Sunday, and then a relay event on Easter Monday. Pre-entry is required – and note that the deadline for cheap entries is 31st January. If you are going, please do consider staying for the relays on Easter Monday – these are always great fun, with a mixture of both competitive and less competitive teams running for WAOC, so why not give it a go? If you would like to have a relay run please let me know (contact details below) so that I can decide what teams to enter.

Saturday 21 April – WAOC Huntingdon Town Race, Huntingdon – This was an excellent event two years ago, with lots of competitors coming from outside East

Anglia to compete, and very positive feedback. No doubt the organiser will also be looking for helpers, not only to do the usual jobs, but also potentially to man road crossings and patrol the controls.

Saturday 5 and Sunday 6 May – British Orienteering Champs, Lake District

– As above, if you are National members of British Orienteering then you are eligible to enter the British Champs, you don't need to qualify or be selected. The Lake District has some of the best orienteering terrain in the country so this should be an excellent weekend. Individual competition on the Saturday and relays on the Sunday. Pre-entry required, and as for the JK, please let me know, as soon as you enter, if you would like a relay run, so that I can decide what teams to enter.

Saturday 19 and Sunday 20 May – Northern Champs, Lake District –

Members of WAOC are not eligible to be Northern Champions, but this should be another excellent weekend of orienteering on top class terrain. (Pre-entry almost certainly required).

Sunday 22 to Saturday 28 July – Welsh 6 Day, Aberystwyth –

If you decide you like orienteering a lot then how about spending a whole week doing it in Wales in the summer? The Welsh 6 Days is held every other year, alternating with the Scottish 6 Days. These holiday events are usually great fun, although can also be rather exhausting! (Pre-entry required).

Saturday 25 to Monday 27 Aug – White Rose, Yorkshire – Another holiday weekend, held every year in Yorkshire. (Pre-entry required).

And finally one to put into your diary for the autumn:

Saturday 22 Sept – City of London Race – One of the best urban orienteering events in the world! (Pre-entry required).

Any questions about any of these, or any other event that has piqued your interest, please don't hesitate to ask.

Have a great season

Graham Louth

WAOC Club Captain

captain@waoc.org.uk

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Fixtures

Fixtures have been taken from the BOF and EAOA fixture lists as of September 25 2011. A full list of events is available on the BOF web site where you can find more information on the events listed below. Always check before travelling.

(www.britishorienteering.org.uk)

January 2012

2nd	NOR	Informal Score Event , Horsford Heath, Norwich, TG184176
	EAOA	Entry times: 10.15 to 11.00 for orange course. Dogs: Dogs preferred on lead.
	Level D	Organiser: Pat Bedder , 01603 424589
8th	HAVOC	Langdon Hills SWELL Event , Langdon Hills Country Park, Basildon, TQ681865
	EAOA	Dogs: To be kept under control.
	Level C	Organiser: Colin Jackson , treasurer@orienteering-havoc.co.uk

orienteering-havoc.co.uk

15th NOR
EAOA
Level C **NOR Colour Coded and EA Championships**, Lynford, Thetford
Entry times: 10.00 to 12.00 hours. Dogs: Dogs on lead.

February

5th SOS
EAOA
Level C **SOS Colour Coded Event incorporating EA League**, Baddow Ridge, Danbury
stragglers.info

12th NOR
EAOA
Level C **NOR Colour coded**, Kelling, Sheringham

19th EAOA
Level B **EAOA CompassSport Cup & Trophy Heat**, Thetford Warren, Thetford, TL833853
Entry times: 10:00 to 11:30 for White, Yellow and Long Orange only. Dogs: No dogs on the courses .Well controlled dogs on leads permitted in the Assembly area and on the route to the start and return from the finish.
Organiser: Barbara Fothergill , publicity@orienteering-havoc.co.uk
www.eaoa.org.uk/CSC19Feb2012Flyer.pdf

26th SUFFOC
EAOA
Level C **West Harling Colour Code Event, inc.ESSOL**, West Harling, Thetford, TL968836
Entry times: Starts: 10:30 to 12:30 - Registration from 10:00. Dogs: Dogs welcome but must be kept under control.
Organiser: Philip Halford , phil.halford2@btinternet.com , 01638 717715
www.suffoc.co.uk

March

4th SMOC
EAOA
Level C **SMOC Regional Event**, Holcote and Reynolds Wood, Brogborough, SP969393
Organiser: Ros James , ros.james@btinternet.com
www.smoc.info

10th WAOC
EAOA
Level D **WAOC Wimpole Hall Colour Coded**, Wimpole Hall, Cambridge, TL343511
Entry times: Registration 10.00 to 12.00. Starts 10.30 to 12.30. Dogs: Dogs are allowed but they must be kept on a lead at all times as there are cattle and sheep in Wimpole Park.
www.waoc.org.uk

11th NOR
EAOA
Level C **NOR Colour Coded**, Bilney, King's Lynn
www.norfolkoc.co.uk

11th SMOC
EAOA
Level D **Keyne-O**, Shenley Wood, Milton Keynes
www.smoc.info/

18th SOS
EAOA
Level D **Hockley Woods Colour Coded inc. ESSOL**, Hockley Woods, Hockley
stragglers.info

April

1st SMOC
EAOA
Level D **Keyne-O** , Linford Wood, Milton Keynes
www.smoc.info/

21st WAOC
EAOA
Level C **Huntingdon Town Race**, Huntingdon, Huntingdon
No dogs allowed.
Organiser: Ian Lawson , ianh.lawson@ntlworld.com
www.waoc.org.uk

2012 WAOC Fixtures

March 10, 2012	Wimpole Hall	Local	TL343511
April 21 2012	Huntingdon Urban Event	District	TL236728
September 16, 2012	Mildenhall South	Local	TL745740
September 30, 2012	Ampthill Park	Local	TL024382
October 21, 2012	Mildenhall North	District	TL735752
November 25, 2012	Maulden Woods	District	TL074393