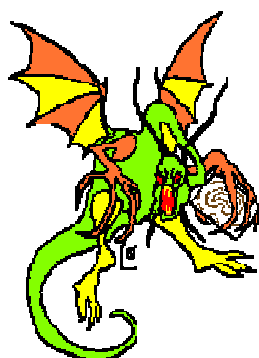


West Anglian
Orienteering
Club



JABBERWAOC

Vol.43 No 3

September 2015



The London City Race Weekend, 11-13 September 2015

WORLD ORIENTEERING CHAMPIONSHIPS

Inverness, Scotland, 31st July to 7th August 2015

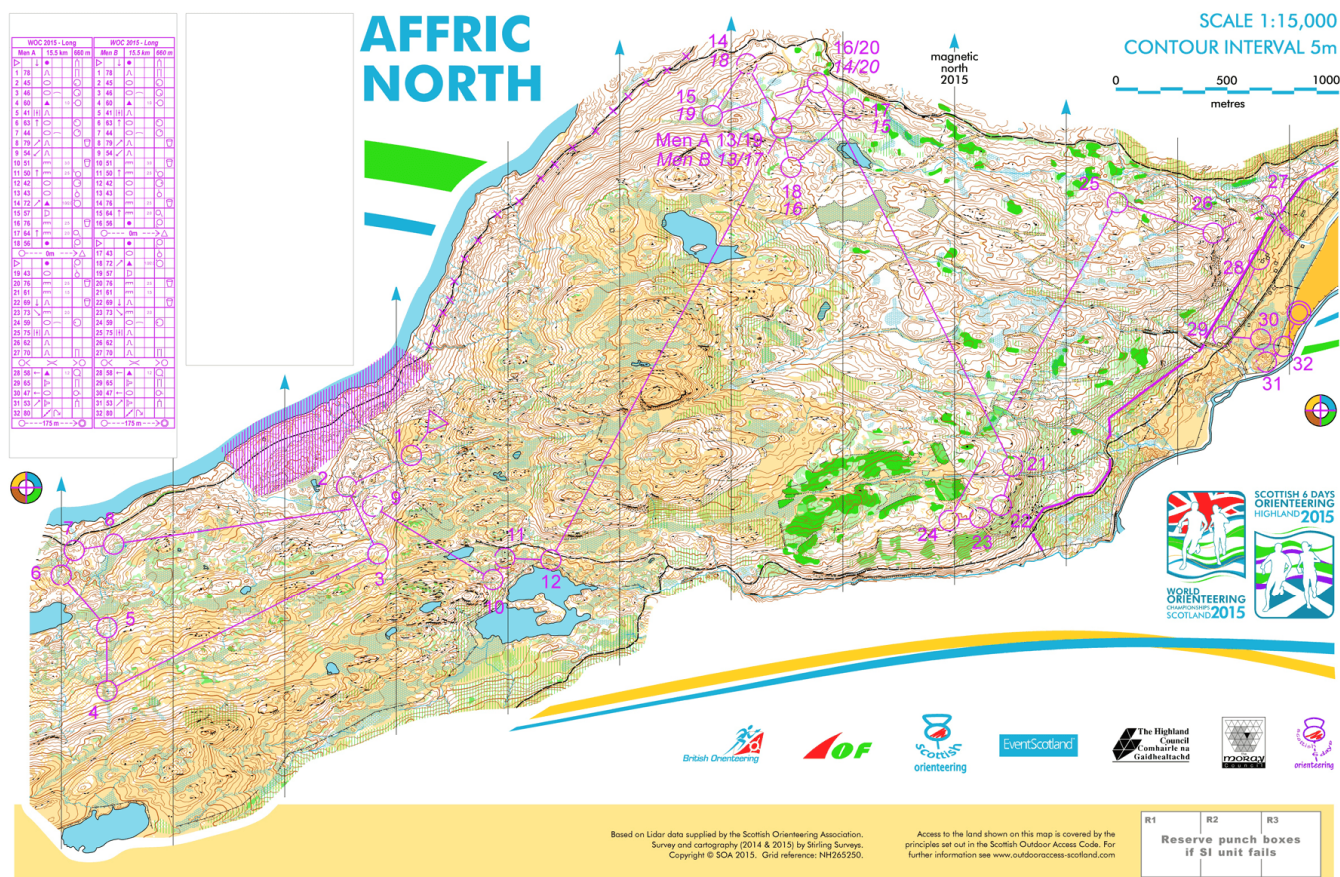


Men's Champion **1** Thierry Gueorgiou from France



Women's Champion is **1** Ida Bobach from Denmark

The World Orienteering Championships Long Race took place on Friday 7th August in the beautiful, remote Caledonian Forest of Glen Affric. The forest is a mix of pine, birch and oak, with steep slopes, complex contour detail, and few paths. Day 6 of the Scottish 6 Day had courses on same terrain the following day.



Men's Long Race

Editorial: This Issue starts with details of many WAOC family's holiday - a week of orienteering on technically difficult courses on tough terrain to take part in the Scottish 6 Days and spectate at the World Orienteering Championship. Many thanks to Dil and Emile for their articles, websites <http://www.woc2015.org/> and <http://www.scottish6days.com/2015> and especial thanks to **Wendy Carlye** for all her brilliant Flickr photos. Looking for distinctive WAOC tops, sorry if I missed anyone. *There are 3 photos of me – unheard of as I am usually behind the camera!* See articles of other summer events with Stephen's description of the White Rose Weekend of events, the London City Race (see photo on cover) and Bruce's logic puzzle to aid your map orientation of features in this issue as well as details of all the upcoming training and orienteering events. Wishing you and all your families happy orienteering, Hazel Bickle next copy by 1st December, please



WAOC Member Dil Wetherill won M50S



Photo Credit – ActivNorth

The cunning plan of competing in the European Triathlon Champs in Geneva and then heading down to the Italian 6 days didn't come off, as I had to cancel the whole trip - so my prep for the Scottish 6 days involved no orienteering at all. I arrived in Inverness feeling fit, but not feeling good about my navigating, having done no actual races since the British. I had done some running on a map in the New Forest, but that wasn't really going to help for complex Scottish terrain. I'd entered the 6 days when I'd been injured, so I'd chosen the short - I'd be able to run the distance, but my navigating was really rusty.

Day 1 - 4th overall. There are some fast foreigners as expected. I was happy with my run, but had luck on my side a couple of times. Didn't feel I really connected with the map - on two occasions I lost touch entirely and just ran on compass till I found something I recognised.

Day 2 - our very late start. 1st. The elephant tracks were huge, so it was a fantastic advantage to start very late. But felt very in touch with the map almost all the race and on the long leg across the open moor (where there were no elephant tracks) set the fastest split by some margin, so pleased with that.

Day 3 - middle distance. 1st. As I ran down the big field to the final token control I wasn't feeling very positive about my run. I'd made lots of mistakes. Nothing terrible, but not accurate all. It wasn't really a conscious decision, but I'd run fast. Running fast had pushed my navigating skills to the very limit - and beyond on quite a few controls. To my amazement, I came 1st. It turns out that my mistakes weren't so big. Numerous, but relative to others, not losing so much time.

Day 4 - 1st. Back to Darnaway again and finally a run I feel happy with. One mistake of note, but I feel the map was a little to blame for that, so I don't feel too bad. Really enjoyed the open forest - especially the last few controls, then jumping the wall at full pelt and sprinting in to the finish. They announce me as finishing in 1st and leading M50S. I'm described as the "big man from the Midlands". Hmm. The tall skinny bloke from Yorkshire would be more accurate. There's a WAOC email discussion of how well I'm doing and people say some very nice things. I don't feel I really deserve it - the people who are actually good M50S (Clive Hallett, Charlie Adams - in the middle on the podium) are winning M50L and they are the ones that deserve the plaudits, not me. That said, I'm delighted to be winning M50S and will be putting everything in to winning it if I can.

Day 5 - our late start. 8th. Wow! what a dense, impenetrable forest. Not a day to have an early start and expect to do well. Really tiring - everything is hard work. Even the rides are difficult to run down. I get stuck all the time. Can't get up the crag, can't get out of the fight, can't get out of the stream. The solution to not being able to get out of the stream is to run down it - about the only time I get to run at speed without a path under my feet.

Day 6. Now the pressure is on. The overall competition is based on your best 4 results, so I can still be beaten by a Swiss or a Swede. If I'm 1st or 2nd I win overall. If I'm 3rd I might not. If someone other than the Swiss or Swede wins the day, then I can't be beaten. I see the Swiss and Swede times before I start and they aren't fast. I just need to run competently and it should be enough. It's a long way to the start, but I get there nice and early and I'm feeling good. The first one is a boulder on a spur, I play conservative and run along a ridge - it's higher than I need to be, but there's a good attack point off a clearing. I pass a big boulder and run round to where the spur should be and it's not there. AAAAGH! I run around like a headless chicken and eventually find it. Not the start I needed. Deep breath. Focus. Feline (my key word). The next controls click in to place and for the first time all week, I feel like a competent orienteer. And then it all falls apart. The long leg, the one I knew was coming and which I'd planned carefully goes all wrong. I'm very, very lost and can't find how to relocate. I see Peter Woods running carefully, thumb on the map, all under control. I ask him to tell me where I am - I'm so embarrassed, I find I don't really listen to what he tells me and I still don't really know where I am. 20 minutes later, after a lot of running around and a lot of standing still puzzling too, I suddenly click where I am and then it's back to being quite good at this game. I tick off control after control. Bang, bang, bang. But it's too little, far too late and I run in to the finish knowing I've probably lost the overall competition. They don't announce me over the tannoy, which is a bad sign. I download, the lady says "well done" so at least I didn't mis-punch, but I'm 20 minutes down on the winning time. I then realise that the winning time is from someone other than the Swiss and Swede because it's faster than the times they set. Brilliant. I've won after all. I just don't feel I deserve it after making such a mess of things.

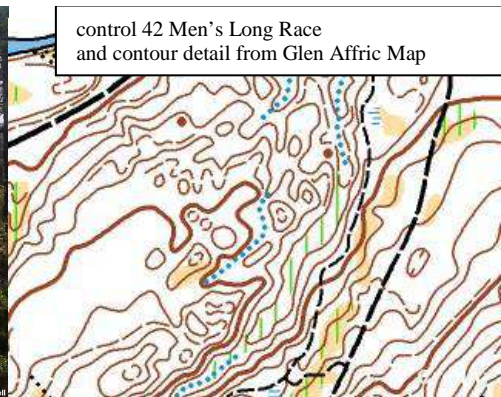
The prize giving is quite funny - my trophy is a mug that looks like it's been shrunk in the wash. It feels a suitable reward for winning the short ... something smaller than it should be.



The folk in the WAOC tent are so kind - they all seem very excited and pleased for me. But I can't shake the feeling that I'm a bit of a fraud. There are so many people who have done so well (in my own family Judith has done so well every time she's run, Ben has got better and better through the week and Alex held his own in M14A despite being an M12. Like everyone else, they deserve recognition too).

But the main point is we all really enjoyed our week. Roll on 2017 - we plan to be in Braemar for that.

Dil Wetherill



control 42 Men's Long Race
and contour detail from Glen Affric Map

The Scottish 6 Day 2015 – Emile Zsak M12



Photo Credit – ActivNorth

The Scottish 6 Day was by far my favourite orienteering competition to date. With each day it provided a completely new type of terrain and you could look forward to watching the world championships afterwards. All of the WAOCs who were on the harder courses had difficulty

scrambling steep ravines and rockfalls, and even on the junior courses there many cliffs to cross and streams to wade through—this was a massive difference from the fens of East Anglia. While we were there the weather was perfect; it never rained and was never too hot to run, which was lucky because it had been raining almost every day the week before. The event was very well organised compared to other events I've been to; they had refreshments, plenty of port-a-loos and the royal engineers even built a bridge over the River Beaully on Day 2 to help us get to the start. If you're thinking of going to the next Scottish 6 Day I suggest you book your hotel a long time in advance because everything near the courses will get booked up, but I definitely recommend going because it's great fun and it takes you places you wouldn't go otherwise.



Very determined runners !





The 2017 Scottish 6 Days will be held in Royal Deeside 30th July to 5th August 2017

The Event Centre for Deeside 2017 will be the Victoria and Albert Halls in Ballater, with event campsite adjacent to Ballater (subject to confirmation). The areas will be from Braemar to Aboyne, all within 28km of the Event Centre. www.scottish6days.com/2017

Chairperson's Chat – Peter Woods September 2015

Wacky Races and Business Challenge

In July, WAOC provided orienteering activities for two different groups, both outside what we normally do.

The first of these was part of an event called “Wacky Races” which was held at Milton Country Park on the afternoon of Saturday 11th July. This is advertised as raising money for the Arthur Rank Hospice charity, and involved eight teams of 6 people, each from a local company ranging from solicitors to Tesco's. The afternoon involved a water based challenge followed by a land based challenge, which in this case was orienteering, devised and operated by WAOC.

Initially, we thought that the water and land activities would be spread throughout the afternoon with only a couple of teams needing to be catered for at a time. It was only a week before the event that I was told that all 8 teams would be arriving for the orienteering activity at the same time, which meant that 48 participants needed to be actively involved from the start, for an activity of total duration about 40 minutes.

In addition, there were restrictions on the areas of the country park we could use, which confined us mostly to the (less interesting) southern part of the park away from the lakes. And we were told that the participants also had to negotiate a giant inflatable water slide as part of the activity.

So- how can 48 novices compete in a light-hearted event with minimal briefing which still embodies an orienteering challenge, and with all contributing? We decided to do as much as possible with team members working in pairs. Then we split the 8 teams into two lots of 4. We laid on two identical micro-orienteering mazes operating in parallel with 2 teams in each maze at once. That kept 4 teams busy. In parallel with that we had a 10 minute score course, starting pairs off at one minute intervals for the remaining 4 teams. And then they swapped over so the teams that had run the Score course tackled the maze, and vice versa. All courses used dibbers and SI boxes.

In retrospect, we would have organised the logistics and the detail of the exercises a bit differently, but it's only by actually seeing how it worked in practice that one can appreciate what worked and what didn't. Logistics aside, the orienteering exercises worked as intended, with teams managing to visit between 50% and (in the case of one outstanding pair) 100% of the score controls and most remembering they needed to be back within 10 minutes.

The maze design also worked well, partly due to the foresight of the managers of the country park who had thoughtfully planted trees exactly corresponding to where we could use them in place of stakes to set up the maze barriers - the club does not normally need enough white fencing stakes to set up two mazes at the same time and we were running short!

The trickiest aspect was managing the event timing. I had intended to use dibbers like batons, with team members handing the dibber on to their colleagues for the next leg. Then I remembered that there is a limit of 30 punches that can be recorded on each dibber. We ended up needing about 90 dibber usages to cater for the multiple maze activities as well as the score courses, so we used all the club hire dibbers and half of them twice. If we ever do anything like this again, that part needs simplifying a lot!

I think we can say the competitors enjoyed themselves, and a few commented that the activity was very different from their preconception about what orienteering is, but it is very difficult to know if we raised the profile of the sport. There was some coverage in the local press, which included lots of pictures of participants in life jackets rowing on the water, but none of anyone orienteering.

The second activity was an event called the business games held at Wimpole Hall on the evening of Thursday 16th July. This was a much more relaxed affair by comparison! This also involved teams from local companies, but was focussed much more on encouraging

uptake of exercise and physical activity by introducing the individuals to have a go at sports they would not normally consider or have a chance to experience. Bob Hill organised this event, including designing the orienteering courses, setting out and collecting the controls and the briefings. In this case there was far more time to explain what was involved and talk about the club and the sport, especially since the teams did arrive one by one after having tried other activities on offer.

Farpais Sligheadaireachd Na Cruinne

If you search the BBC iPlayer website for “World Orienteering Championships” you will find that BBC ALBA covered the 2015 Championships, which this year were held in Scotland and were co-ordinated with the Scottish 6 days. BBC ALBA caters for Gallic speakers in Scotland, so the event commentary is predominantly in rapidly spoken gallic, including only a few foreign words and phrases which can be recognised, such as “Graham Gristwood”. I am intrigued that there must be a gallic word for orienteering, since the title of the programme in gallic, as in the above heading, is seemingly a translation of “World Orienteering Championships”.

After having taken part in the 6-days, we watched the BBC coverage after we returned home, and I have the following comparisons between how the elites are shown to perform and my own experiences on the same terrain:

Map memory:

The footage from the controls in the forest show clearly that elite orienteers never look at their map. I can only deduce that when they start their run they are able to commit the essential details to memory so they can focus on navigating. By comparison, fairly obviously, stopping to look at a map would lose time, and trying to look at the map while running would lead to falling on obstacles or missing detail in the terrain.

Checking control codes:

Elite runners to a man, and woman, run full pelt into the control and out from it, far too fast to be able to take in the control code. They do not cautiously approach control kites whilst squinting to try to read the control code with the one eye that has a contact lens in to give distance vision (the other being without, so as to be able to squint at the map). Nor are their doubts confirmed, when they are close enough, that the number indeed does not match the control they are intending to visit. Equally, it is rare to see an expression of genuine surprise or delight as they realise it is actually the control they are looking for.

Clearly stopping to check the control code is a losing strategy, just like consulting the map.

Punching technique:

Competitors of international standing are generally using dibbers that react fast enough to the control so that their visit is registered correctly during a “fly past” with the hand holding the dibber swiped over the control as the competitor runs past and on to the next control.

They do not, it seems, wonder if they really heard the beep and attempt to re-punch to make sure, then become confused and worried because this definitely does not register, before remembering that a re-punch is only acknowledged after a few seconds wait.

Since they do not consult the map, there is no need to refold it for the next leg, and no excuse to stop running.

Download:

On crossing the finishing line, the professionalism of the top athletes evaporates instantly. None are seen to bend down and kiss the terrain that has given them such a result, as Mo Farrah does in the running track. Nor do they turn and thank the crowd that has encouraged them through the run-in. Almost universally they collapse in agony and exhaustion, despite the proximity of the camera, as a trio of officials approach: the first is a first aider attempting to diagnose if their collapse is a symptom of an injury or if medical attention is otherwise required, the second takes off the dibber and rushes off to download with it so that the

competitor is not marked as still out on the course so that unnecessary searches are avoided, and also, no doubt, in case it was a hire dibber – it wouldn't do for the winner to fly back to Denmark with it! The third official attempts to persuade the competitor to crawl, shuffle or roll far enough beyond the finish line so that there is room for the next finisher to collapse unimpeded.

It is in this area that I clearly have most potential for greatness. However, my own technique generally involves falling over in agony several times during the execution of the run, rather than once immediately after its completion.

If I can learn not to look at the map, not to bother checking control codes, not to check if I've punched, and crucially not to fall over until the end, maybe I could have a radically different result. Statistically, given my position in the results most days, there is a good chance the change could be for the better.

The same cannot be said for some others in the club who fared much better. In particular, Dil Wetherill ("the big man" as the commentator named him) dominated the M50S class and deservedly took home an (undeservedly small) trophy.

May you always park on sun-drenched meadow

Perhaps this should be the new greeting amongst orienteers. Everywhere we went in Scotland, we heard from locals that the level of rain this Summer had been unprecedented.

Although the weather for the 6-days itself was pretty good, the organisers were very concerned about the viability of the fields allocated for car parking which had the potential to become too muddy for traffic. In response to pleas from the organisers, we volunteered to help, and so found ourselves in hi-vis vests at 8am on the morning of Day 6, in a field which was a 5k walk from the event arena, awaiting instructions. At first we were told that due to limited space nearer the arena, only vehicles which were full were being allowed through, and so we diverted half empty cars into the field so that occupants in one car could park and take a lift in a second car that would then drive out again. Then word came that there was more space than expected and we did not need to divert and condense any more. A little while later the message was that there was not enough room in the arena car parks and that almost all vehicles need to be parked in our field. As we did so, it was evident that most were extremely unhappy about an extra 5k walk to and from assembly in addition to a long walk to the start. One runner set off so as not to miss his start time (even though arrangements had been publicised for punching starts in the event of parking delays), leaving his family with the car but without the car keys. A few minutes later we heard that the problems ahead had been resolved, all cars could carry on, and we could stand down. A shuttle bus from the event centre picked up those who had already parked and started to walk.

We gave a lift to some fellow marshalls, one of whom turned out to be the controller for Day 3, who was able to explain some of the problems the organisers had faced in planning for 2,000 more attendees than usual for the 6-days – the World Champs attracted this many extra to travel to take part in the 6-Days and support their national teams. This served as a further reminder of how much effort has been put into the event by the Scottish clubs in particular and the volunteer efforts of their members.

Looking Ahead

With the summer rapidly receding, it's time to look forward to events closer to home. In a couple of weeks we have our first autumn event, at Wimpole on Sunday 13th September, the day following the London City Race. Then in October there is another weekend of orienteering: CUOC's Cambridge City race on Saturday 24th October is followed by our own EA League event at Bush Heath on Sunday 25th. Pre-entry is available for both these events. In between, we have a night event scheduled for the evening of Saturday 3rd October on Therfield Heath.

WAOC Committee

Chairman:	Peter Woods (01223 721433) peter_woods@ntlworld.com	Secretary:	Rakesh Chandraker (01223-440319) rakesh.chandraker@ntlworld.com
Treasurer:	Cath Pennington (01223 2333931) cath_pennington@hotmail.com	Captain:	Graham Louth (01223 246145) graham@louths.org.uk
Junior Captain:	Thomas Hemingway	Fixtures Secretary:	Bob Hill (01487 834183) bobhill76@yahoo.co.uk
Convenor:	Helen Hague (012230249449) helen.hague@ntlworld.com	Mapping Secretary:	Neil Humphries (01462 434859) n.humphries@ntlworld.com
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Website Maintainer:	Ben Holland 07787 508093 ben.holland@thirdlight.com	Publicity:	vacant – would you like to fill this role?
Jabberwaoc Editor:	Hazel Bickle 01223 842416 hjc1000@cam.ac.uk	Colour-coded Awards:	Ian Smith (01920 822421) smithfamilypuckeridge@hotmail.com
Junior Coordinator:	vacant – would you like to fill this role?	Development Chairman	Chris Morley (01223 316400) ctm1@cam.ac.uk

Welcome to **New members:**

Colin and Sally Gilbert and Ellen (W12) from Barrington
 Ruth Hindshaw and Gjermund Vingerhagen from Impington
 Catherine Solley from Shefford

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

Autumn Club Nights

Wednesday night training sessions will restart in October with a score course (for the seniors there is a different map from the summer event). Then each session focuses on a different skill before the term ends with the unmissable 'two dibber' Adventure Race.

Date	Location	Training
7 th Oct	Histon and Impington Village College	Score Course
14 th Oct	West Cambridge Site	Orientation and map symbols
21 st Oct	Sidgwick Site & University Library	Relocation
28 th Oct	Centre for Mathematical Studies	Control descriptions
4 th Nov*	Newnham College	Attack points
11 th Nov*	Homerton College	Bearing - rough and fine compass
18 th Nov	Science Park [∞]	Route choice
25 th Nov	Lucy Cavendish and Castle Hill	Distance judgement
2 nd Dec	Churchill College	Adventure Race

* Awaiting confirmation of permission.

[∞] Location may change.

Please arrive at 6.30 p.m. for starting at 6.45 p.m. (or as close as you can). We usually finish between 8.00 and 8.30 p.m.

Cost per session: £2 per Adult, £1 per Junior or Student, £3 per Family
Cost per year: £40 per Adult, £20 per Junior or Student, £60 per Family (This is for all training nights throughout the year and now includes the summer training nights as well but excludes the PuntO).

Head torches, dibbers and compasses are available to be borrowed.

If anyone would like to be added to (or dare I say it - taken off) the club night's email list, please contact me.

Helen Bickle (clubnights@waoc.org.uk)

Training tip:

Focus

Think back to the last few mistakes you have had orienteering and I sure that at least one will be due to losing concentration. It a skill that is not easily practiced but here are a few tips that may help:

- * Try ticking off features as you run along. If your mind is busy there is less chance of day dreaming or being distracted.
- * If you realise your mind is not focusing - don't just refocus but check your map is still orientated and that your thumb is in the right spot on the map.
- * Helping someone should give you a warm glow of having done a good deed but can also mean you lose focus. Before running off, check your map and North.
- * Don't follow others. It is easy to be distracted and led off your route or bearing by seeing another orienteerer. Try thinking everyone else is heading to a different control.
- * Don't run to any control just because you see it. It is easy to see a flag and although you think it is not quite in the right place change course. Pause - make sure you are certain it is yours before changing route. (Note: seeing a control which is not yours can be helpful as it signposts a feature that is definitely on the map.)

p.s. There may be practical distraction training at Newnham – if we have timed it right to see the Backs fireworks.

The Navigation Challenge and National Badge Scheme

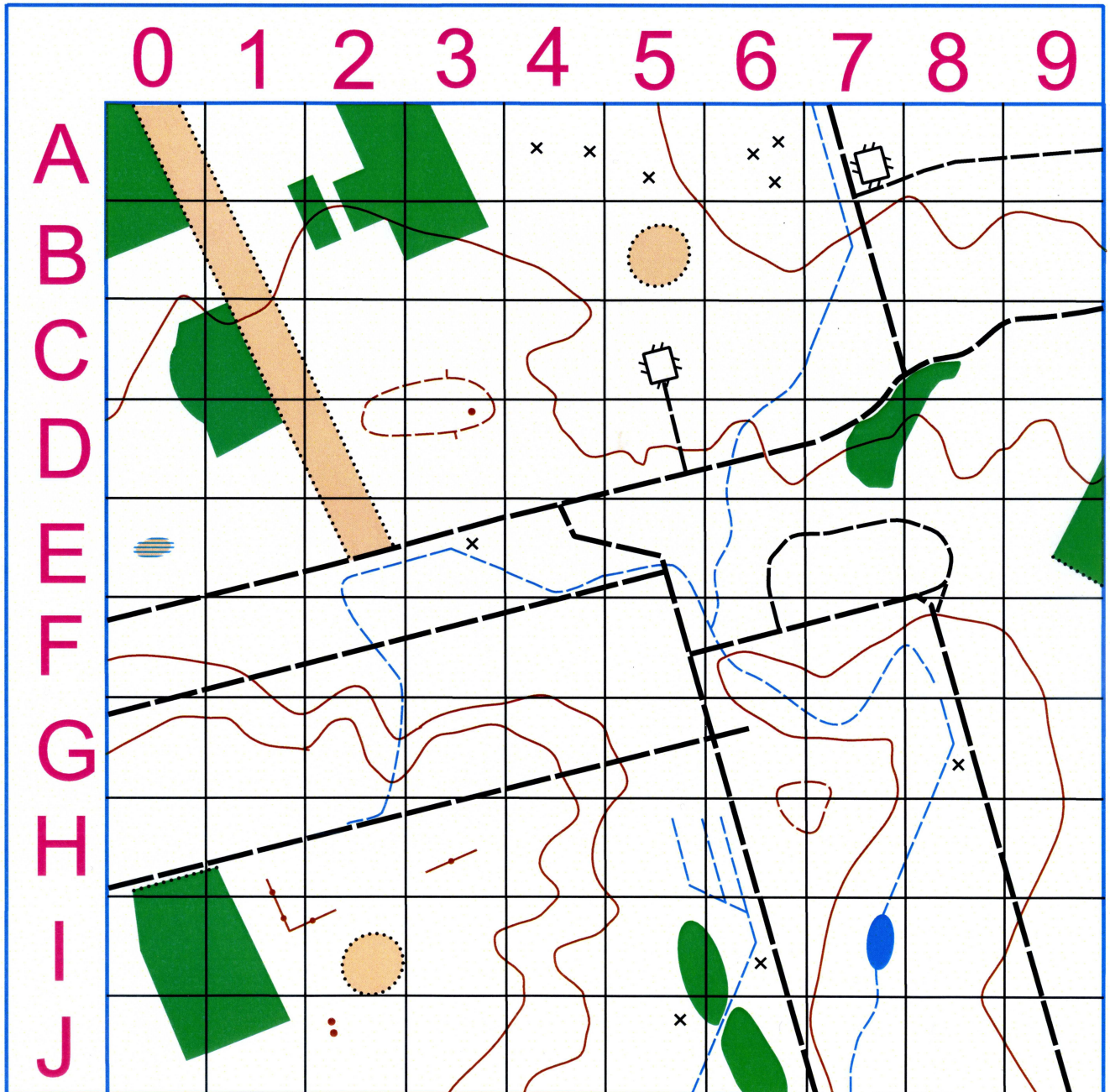
Check out <https://www.britishorienteering.org.uk/incentives> to see if you qualify for a

certificate or badge.



Logic Puzzle 10 – Bruce Marshall

On the map find a pair of squares which are identical except that one has been rotated by 90 degrees. There's another pair of squares - identical again but one has been rotated by 180 degrees.



(Solution on page 26)

Colour version on WAOC website www.waoc.org.uk if preferred but not essential!

White Rose Weekend 2015 – Deja vu or Back to Basics?

Stephen Borrill

After last year's part-urban event in Scarborough, the White Rose returned to tradition in Pickering Forest for 2015. Back in 2007, when I had younger, but less experienced, M35 legs, this was the location for my first White Rose, so I was keen to revisit to see how I compared. The assembly area and campsite were around 1.5km north-east of the 2007 event and offered lovely views over the valleys to the South and East:



In the bottom of the Eastern valley (and only about 400m away) was the North York Moors railway and trains were frequently seen and heard. The railway and the adjacent stream were a handy catching feature!

The weekend schedule had a shake up this year with the Sprint and Night events swapping places and the TrailO moving to Saturday. Starting with the 30-minute Night score on Friday at 9pm made travelling easier. It meant it was possible to take the day to travel, get settled at the campsite and have a bite to eat before setting off for the Night event which was around 5km from the assembly area along forest drives. As usual, the event was a mass start with 30 controls all worth 10 points. With 15 seconds to go, we were allowed to look at our maps to pick a starting direction. The start was on the approach road and 4 controls were easily visible on the drive in, so like many people I chose to save those for the end and headed off in the opposite direction. The first control, just 100m from the start, was like a feeding frenzy with a flurry of hands jabbing at the SI box. After that it calmed down and it was surprising how quickly you could end up alone. Around 20 of the controls were on paths/rides, but we had been warned before the start (and in the final details) that some paths would not be obvious and that areas that should be runnable may not be. In the woods, the ground

underfoot was slow with constant wet shallow ditches beneath knee-high woody plants. Unlike some of the previous years, the controls weren't generally hard to find, but the slow going meant I gave up on one control which I was only a matter of metres away from (a rootstock close to my penultimate control) in order to get back in time. In hindsight, I overestimated how long it would take to get back as I took 28:18 having got 20 controls. I came 6th in the Veteran Man class, but had I got the control I missed, 3rd would have likely.

TrailO – eyesight test

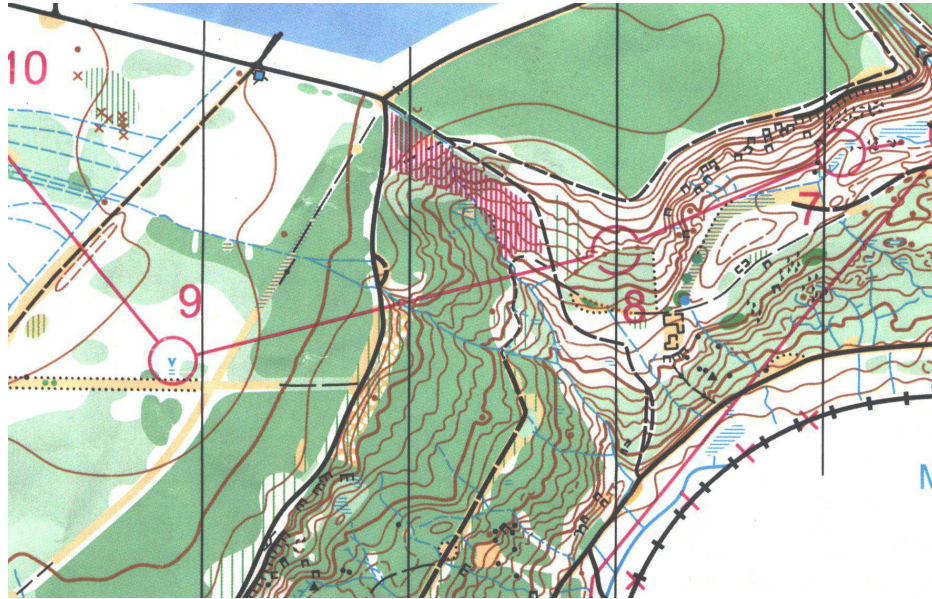


across the valley

In the week before, I'd had lots of knee pain and even considered cancelling, but the Yorkshireman in me refused to cancel something I'd paid for, so I viewed the Night event as a test with a view to switching courses for the main races from M40L to M40S (or shorter) if necessary. However, with a lot of Voltarol gel and a knee brace, the night event had gone well and if anything, I felt better at the end of it than before. Therefore I stuck with the 8.5km (365m climb) M40L Brown course for the Saturday Classic race. The organisers insist on balanced starts between the two days, so I had a late start of 12:50 on Saturday to counter the early 11:05 on Sunday. With some time to kill, I chose to do the TrailO beforehand which was a 500m downhill walk away. There were 12 controls/decisions preceded by 2 timed controls which would be used as a tie-breaker. The course was planned by the couple who will be planning the TrailO at the JK next year and was challenging. One of the controls was a single kite 200m away on a vegetation boundary at the other side of the valley. It was as much a test of eyesight as map-reading. I got 9 of the 12, putting me in joint 3rd meaning that the time controls would be taken into account. Unfortunately I got one of the timed controls wrong meaning a 60-second penalty was applied and I was left in 6th place in the Senior class.

From the TrailO I returned to the assembly area rather than going straight to the Classic start. It was then I realised just how steep the route back up was, rising 200m in around 500m of distance. After more Voltarol, I set off to the Classic start which was some 2.5km distant. A long hike to the start on one day seems to be a standard White Rose feature. The course was straight into intricate contours with a lot of early controls on ditches and I got off to a good start. However, by control 6 things started to go wrong. My route northwards up the ditch from the track junction until I found the ditch junction seemed sensible, but it was slow-going and somehow I wasted 5 minutes searching for the control.

Tight contours and lots of ditches



Controls 7, 8, 9 and particularly 10 (another 5minute loss) continued to be slow by which stage I was out of contention. Then came the deva vu; control 10 was close to the rootstock I'd given up on the night before and control 11 was exactly the same control as one of the night ones. The rough brashings were no easier in daylight. After the flatter, allegedly more open land, we returned to the contours and a welcome drink between controls 14 and 15. A rather meandering route from 15 to 16 where I turned off too early instead of going into the 2nd rough open area and somehow missed that I'd not crossed the road meant another 6 minutes lost, but I did get a second drink on the way. I decided not to get another on my third time past the drinks from 17 to 18.

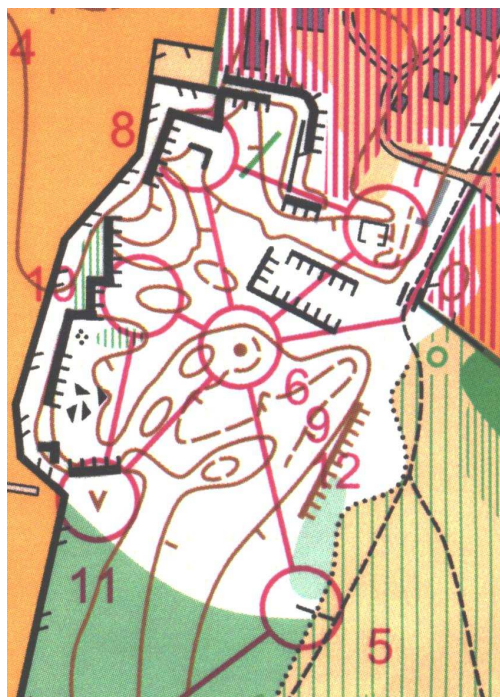
Circuitous route from 15 to 16 (highlighted)



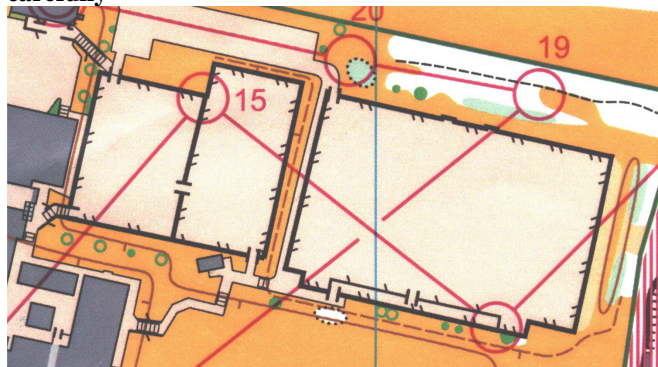
After 136 minutes (12.27km from a 8.5km course) and 24 controls, I reached the finish and hiked back up the hill to download. I was just over 30 minutes down on the lead which I was happy with, given I was considering cancelling just a few days earlier. Everyone I spoke to said they'd found it physically challenging, so I wasn't alone.

After downloading, I had just 90 minutes before setting off for the Sprint in nearby Pickering. Located in the grounds of a school, there were 4 different courses rather one-size-fits-all as

previously. Lots of signs reminded us that full leg cover and orienteering shoes (not trainers or studs) were required for the longer two courses as this took us into a small, but steep, quarry. A central control was visited three times, but at sprint pace I struggled to read the loops correctly (especially the number 7 very close to the OOB area) and ended up making a couple of errors including punching some controls twice (but ensuring I got all the correct controls in the right order). After the quarry we returned to the tennis courts in the school grounds and had to read the control descriptions closely to see which side to approach from. Pretty standard stuff for WAOC clubnights (e.g, Churchill or IVC).

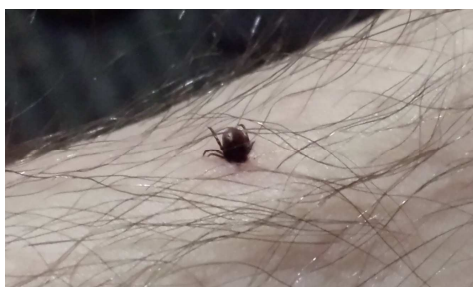


Check the control description carefully



I was well down in the results for the 2.2km Sprint (Veteran Men class) being 6 minutes off the leader (nearly 50% slower). Comparing splits was not very practical as the SI boxes had not been synced so there were negative splits for some legs. The WAOCers did better; James Haynes and Jonathan Cronk came 3rd and 6th respectively in the Senior Men class and Janet Cronk came 3rd in the Super-Veteran Women class. I was only too happy to have the 3rd event of the day over with by 6pm and head off for beer and food at the nearby Cropton Inn, home of the Cropton Brewery.

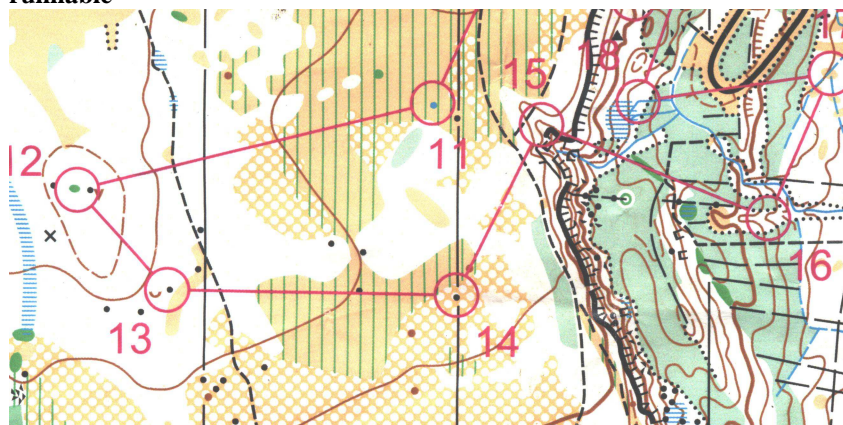
After getting back to the campsite around 9pm, I spotted an unwelcome visitor. There was a tick on my shin which must have been there for at least 6 hours and its head was well-buried. I had a bit of a panic as I couldn't remember the correct procedure for removing it completely, there was no phone signal for me to check on the Internet and the organisers had packed up for the evening. Luckily, the people in the campervan next to me had a tick remover for their dog which did the trick. I've now bought a tool myself to keep with my kit.



On Sunday there was a Middle distance event with my Brown course being 4.1km. The start for the longer course was also just 200m from the campsite. All talk on the way to the start was about the very steep slopes immediately to the right of the path. All courses dived off downhill immediately before heading along the slopes back past the campsite. The drinks at control 7 were too early for me to bother with less than 12 minutes elapsed, but unfortunately Janet Cronk got distracted by them and forgot to punch.

After control 7, we headed into more contours at the other side of the valley where the TrailO had been held (the shorter courses were all in that part). Black and Brown courses headed up onto the aptly-named Stony Moor which I remembered well (but not fondly) from 2007. Controls 10 to 15 were in tedious heather-covered moorland which was very slow to walk through. I found running impossible because of the holes and ditches hidden by the heather and other plants. Many boulders were not mapped. The journey from control 15 to 16 was interesting as the planners decided at the last minute that the route was too dangerous (the gossip was that it had only been armchair-planned!). A marshalled mandatory route was taped from 15 down the least lethal crags. I personally found this a bit distracting and spent some time reorientating myself on the way to 16. However, after the moorland trudge, it was nice to be back into runnable woods for some boulder-hunting on the way to the finish

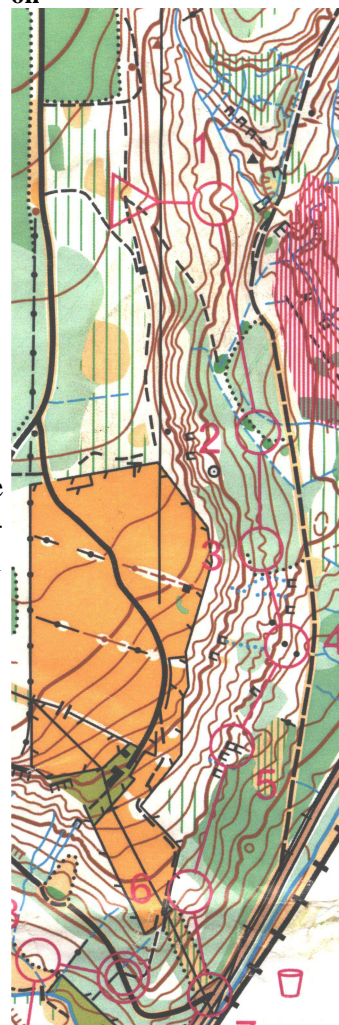
Not even slightly runnable



(and then back up the now-familiar steep slope to download). With no major mistakes, I was pleased with my 64-minute time even though I'd only covered just over 5k. I ended up 3rd just 10 minutes down on the winner.

Assuming I would not be troubling the podium, I packed up the camper van and left for my parents' for the rest of the weekend. I did not stay for the Monday Team or mountain bike events and I think that was the right thing to do given how the weather changed. However, looking at the aggregate results of day 1 and 2, I actually came 3rd in M40L. Other WAOC results include 1st place for Jonathan Cronk in M21S and 2nd for James Haynes in M21S (for some reason, his day 2 Short Brown was not counted as M21S even though it was the same

Some serious slopes early on



course, so he was not listed as 2nd in the aggregate). Noreen Ives came 4th in the W60S class, while Janet Cronk's day 2 mispunch meant only her 9th on day 1 counted.

The White Rose Weekend 2015 was an enjoyable event and I preferred it to its 2007 incarnation. The weather was the best I've seen for a White Rose, the campsite was good and the format changes worked well. Some downsides were that Eborienteers always take too long to post the results (it took nearly a week for Routegadget) and the control boxes weren't synchronised on the sprint and night events (meaning negative splits). The long walks to the start and back from the finish would put me off getting the family involved (2.5km to the start and 500m back from the finish for a 1.7km White?), but there were plenty of families there enjoying the labyrinth and the campsite area. There's no news yet about where next year's White Rose will be held, but the JK 2016 will be held further west towards the Dales, so Yorkshire may well feature in my life over two bank holiday weekends next year.

TempO at WTOC 2015 – Anne Braggins

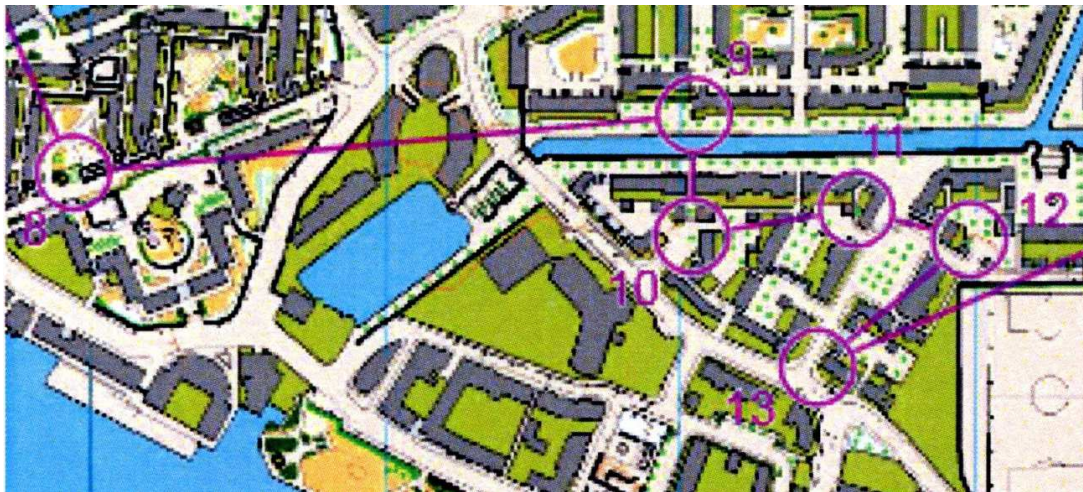
I thought as many WAOC members knew Tom Dobra from his CUOC days you might like to see this photo. Tom was selected to compete in the TempO at WTOC 2015 in Croatia, while there he entered the public PreO competition and collected the **Gold** medal with a score of 24 out of the total of 26, this beat all the official team on the same course!

He collected another **Gold** for M21 in the FootO European Cup competition the weekend before the WTOC.



London City Race 8 – Helen Bickle

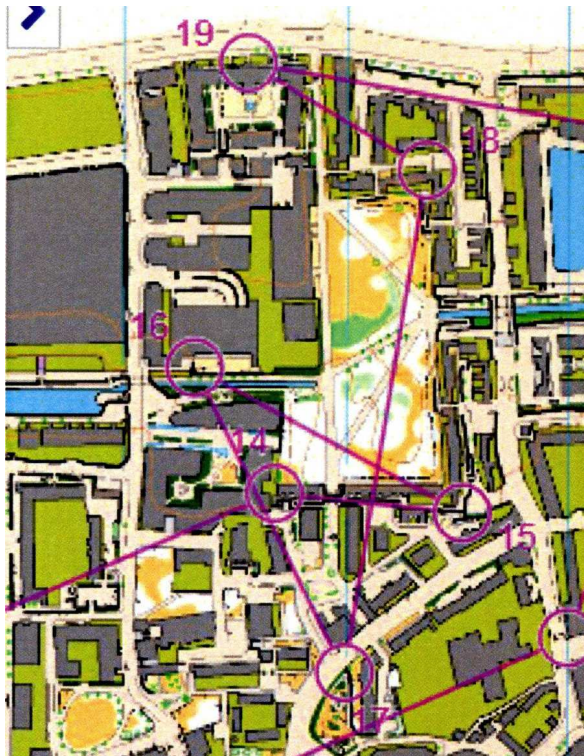
The London City Race 8 lived up to the hype again this year and although as the cver photo shows it might have threatened to rain in the morning - it turned into a gloriously sunny day, if on the warm side for running. On the Women's Open course there were wonderful sections of extremely close challenging controls and luckily plenty of route choice to make up for longer legs. I couldn't resist making one long leg slightly longer by choosing a route which went passed the Tower of London and then nearly regretted my choice as it was surrounded by crowds nearly blocking the pavements. I was pleased with my route choice between 8 and 9 that went north-west from 8 and then south to run down the steps to the underpass rather than taking the route north of 9 until reviewing the map, I can now see that I could have run south from 8 and then I would not have had to run back on myself along the wall of the steps and it would have been a prettier route!



8	215		△			○
9	252	↗				⌋
10	232	↓	△			
11	230		△			♀
12	228	✓	△			⊙
13	240	↘				<

The area did not include the Barbican this year, but there were still multi levels challenges on the course, such as between legs 14 to 15. I'm immodestly proud of myself for checking control description and seeing that the control would be on the lower level and that the second of the three staircases would be the best option.





14	220		↗			↖
15	163	↓	↘			↙
16	219		↗			↖
17	234		↘			↙
18	236		■			↖
19	223		Π			

I then made up for my success on control 15 by not checking the control description for 19 and solely from reading the map it looks like steps up to the building. When I got to spot on the map there was no control and then I realised my foolishness and the control was under the underpass.

The next day the Ultra Sprints were really refreshing with no control descriptions to worry about!

Ursula's (M)utterings



**British Orienteering
NIGHT CHAMPION
W80**

In July I went to Gothenburg for the WMOC Sprint so prior to that I was trying to get my speed up on the treadmill and managed, by increasing my interval speed by only 0.2 K to injure myself again, same leg as JK, by acquiring a shin splint – I had not imagined that it

was possible to do that on a treadmill. So I went out post-physio and strapped with fantastic pink strapping, which unfortunately could not cope with soaked socks and shoes. My injury held up – I only felt it once in the final while running down a grass slope, so all was OK though a couple of months later I am still feeling the after effects – and still running.

I had thought that we were to be 20 W80s in Sweden (in contrast to 6 last year in Brazil), which would have meant an A and a B Final, but in the end only 19 started so we all ran the A Final. Both the Qualifier and the Final used the same assembly area which was reached by either bus or river ferry. My hotel was pretty central so I could walk down to the ferry, which was very convenient so I was lucky.

The Assembly area was not quite as grim as the Qualifier area in Brazil and also afforded some cover for the early arrivals, which included me (W80s had very early starts). It did rain but not as unrelentingly as in Brazil and once I had run and met up with the W80s I knew at the Finish there was nothing else to stay for and I was free to take a ferry back – inside and warm.

The area was former ship building docks which had been completely rebuilt following the collapse of the Gothenburg ship building industry. It had fairly blocky buildings with minimal sprint interest. There was a couple of rocky outcrops, pretty well vegetated as W Sweden gets lots of rain – as I can testify as it rained every day I was there. We oldies didn't go into the rocky stuff but all the younger ones (75 -) did for the Final: my M75 pal said it was very slippery (the man in front of him fell) so in his book not a suitable sprint area at all.

Our Sprint Qualifier was distinctly straightforward with a couple of harder controls so really did not favour rapid route choice over speedy running and my running was not up to full speed. I did not go into or out of no 1 by the best route, which was careless of me, but after that it was fine: I ran as fast as I could and I ended up 6th with Eileen Bedwell 3rd and Nesta Leduc, an old protagonist from the Yukon, 5th so Nesta would be starting 1 minute after me in the Final. In addition to Ebba-Lisa and Bernice, who were in Brazil last year, there were lots of fast Swedish women, including Maja-Lisa, presumably a mere W80 stripling who goes even faster than the other 2.

So what of the Final? The kindest thing to say about it is that it made the Qualifier look tricky and included a metal bridge up over a road. I ran my best and ended up 9th. Nesta caught me up and followed me into the middle controls then overtook me on the way to the last control. She finished 8th, I was 9th and Eileen was 6th and that was apparently that.

I went back to the hotel by ferry and checked the results on-line and suddenly 5 W80s, including Ebba-Lisa and Maja-Lisa were disqualified so Bernice won and Eileen ended up 3rd, Nesta 5th and I 6th as in the Qualifier! Unfortunately Eileen had already left the assembly area and so missed the medal ceremony. I was able to e-mail someone in the know to ask what had happened and he replied:

"I gather it was the building just over the bridge which had a rectangular shape surrounding a rectangular inner courtyard, mapped as olive-green. The building had two canopied entrances, one on either side, which offered a short cut through ... which they took. I've no idea why W80s were particularly prone to this error, as it would have saved time on my course too; but we all obeyed the OOB symbol and went round, I guess."

As of course I did. I wonder whether it was a little gaggle of W80s running together. Ebba-Lisa went out last and maybe had scooped up some of them on the way. I had noticed a lot of marshals standing round: they must have been writing down the numbers of those who went through the OOB. After that little excitement I flew home the next day feeling that it had been a lot of effort for a very disappointing couple of races. I'm not sure that a medal was ever on the cards this year even before my JK injury but I would like to have beaten Nesta!

This WMOC was advertised as an environmentally friendly set of races, with all the race areas within the city boundaries of Gothenburg and accessible by public transport – they did bus from the Event Centre for the Long Final. The Long Qualifiers were extremely physical with the Long Final on the Saturday on a somewhat more runnable area. The non-Scandinavian W80s really had problems, with Eileen the first of them in 12th. The result of the Long was 1 Maya-Lisa, 2 Ebba-Lisa, 3 Bernice so a SWE whitewash.

Both Nesta and Eileen flew to Scotland on Saturday evening ready for Day 1 of the Scottish 6 Days while Ron and I drove up from Cambridge in leisurely fashion, spending a night in Cockermouth on the way. The weather was amazingly good for the S6Days: we had no rain at all during any of our runs but on the other hand it was not too hot. Since the World Champs were being run in parallel with the 6Days events the organising team was obviously hugely stretched and some of the parking was very problematical – blamed on the wet weather (in Scotland – fancy that) and greater numbers for S6Days than they had anticipated (but they could have taken fewer entries)!

On Days 1 – 2 the areas were fine, not the greatest but not the worst either. The Darnaway Days 3 Middle, on the area used for the WOC Middle the day before, and 4 Long, on the WOC Relay area were superb – Darnaway is a glorious area. I have just seen that the Middle day had 5,300 runners, which is by far the most ever competing at an event in Britain. It is interesting how popular Middle races are these days, particularly in multiday competitions. Between Days 2 and 3 was the Rest day when we had an excellent sprint in Forres, on the map that had been used for the WOC Sprint. Forres is a good area and the planning, certainly on the W65+ course, was superb: I gather that the younger ones were not all that happy with having to toil up the wooded hill at the back of the park and of course down again but we didn't get to do that. I ran clear past no 5, failed to go out and back to 9 and had my map all scrunched up at the end so punched 20 – Finish – 21 – Finish so it could not be described as a stellar run but I enjoyed it, and so did Ron on M65+ where he had a much cleaner performance.

Now we come to Glen Affric and Days 5 and 6. We were seeing requests for 50 MORE volunteers to help with car parking and being warned that on Day 5 we might have to walk in long distances to Assembly, together with a 3.5K walk from Assembly to Start and a 1.5 K walk back from the Finish! WAOC had v early starts that day and we were staying a long way from Glen Affric, so Ron and I chickened out of Day 5. I suggest that the S6D entrants were cannon fodder for the WOC Long Race on this day. In addition to having to share the access road and parking with WOC we got that part of Glen Affric not used for WOC, with huge amounts of unmapped windblow so unpredictably physical and with planning that was casual to say the least. No one I talked to had a good word to say about it, our indefatigable M65 said he had not climbed over and under so many trees since he was a boy and a previous JabberWAOC editor criticized the physicality, the map and the planning! There has been some discussion about this on Nopesport (the orienteering blog) with those who complained being labelled 'flatlanders' who could not take the physicality of true Scottish terrain. This provoked this comment: "I think there was an issue with Day 5 which has not been raised.... looking at my map and my course you might judge it to be entirely reasonable but the truth on the ground was that large tracts of the map had no resemblance to the terrain in terms of runnability (not features). There were large areas of very difficult to cross terrain mapped as white, rough open which was virtually impassable (that large area near the finish) and at one point I looked at a plantation of small conifers trying to decide if it was rough open or light green (it was rough open). There was more discussion and then JennyJ (Jenny Peel, W45, formerly Jenny James who represented GB at the same time as Yvette Hague) wrote this: "In regarding Day 5 it was impossible to choose the best route. Particularly annoying was the warning the male elites were given about one specific area of windblown which one of our legs went straight through on the optimum route. I got completely stuck (and that wasn't the only time). I almost retired a few times but have never done so not due to injury though in retrospect I wish I did retire as I am still recovering from a horrible cough. **It is not orienteering when you can't use your map to plan your route** (my bold and my new mantra – so succinct). It felt like the planners hadn't been out in the forest very recently at least." This provoked, 'I still want to run in rough areas (I loved S6D day5) but inevitably many of our aging population don't. Really sad if we stop using them' from an M55 to which her reply was: "Rough areas are fine if mapped accurately" and that seemed to be that. Well said Jenny!

On Day 4 I had injured myself on the Finish run-in by not negotiating a ha-ha sufficiently carefully so I did not go on Day 6 but Ron did. Quite a lot of people, for a variety of reasons, did not go and there was no WOC event so the parking was absolutely fine and the courses, on the previous day's WOC Long map, were also fine as far as I heard.

Last weekend I travelled to Antwerp by €47 Eurostar (you have to book really early – I was doing it in a Leclerc café in Brittany) to take part in the ‘Antwerp Sprint Weekend’ which involved a trip north on public transport for a sprint on Sat afternoon and another in the evening, punctuated by a very good barbecued mega-bratwurst and a cup of coffee, lukewarm and weak but nevertheless very welcome. Neither the areas nor the courses were exceptional but that was fine and the trip back by public transport was a good deal more straightforward than the trip out (I missed my allotted start time on the first sprint which seemed to be a massive problem – what is the matter with punching starts?). I thought I had seen the worst of EMIT but I now have to report new EMIT horror! First of all, fancy having to use regular EMIT cards for a sprint (do you remember JK sprints with EMIT – the last one only a couple of years ago?). On top of that these EMIT controls were NON-FLASHING ones – and the planner had set nearly all of them the wrong way round so I was forever running round to be able to stick my card right into the awkward shaped space and even then I had no reassurance that it had been recognised. A SN runner with her old flashing EMIT (no longer available) was at a huge advantage. The upside was that the whole weekend cost only €30 and included a very nice technical top, a drink and a free EMIT loan card – and in fact all the controls worked fine.

On Sunday I ate my breakfast watching orienteers running to and fro across the square in front of our B&B and indeed found one control on my way to hand in my key round the corner. My walk south to Registration went through the very complex centre of Antwerp with lots of orienteers rushing to and fro and standing still in confusion – incidentally no help to me when I found myself back in the area. I was concerned that the shortest course would not get as far N as my B&B but I need not have bothered. Once at Registration I set off W for the river, then N for a good stretch and then in E to the Start, which was itself very close to the centre and a restaurant where I had already eaten. My course was good: my B & B control was the most northerly one, I did indeed visit all the intricate bits where there were confusing changes of direction with complex route choice decisions and in between these bits there was a certain amount of route choice. At 3.7K with 5K of running it was pretty long for me but no complaining, as I was a lot older than anyone else on it and afterwards I was revived by another bratwurst from the same barbecue with the same guy operating it and another couple of cups of lukewarm weak coffee.

Fortunately I had allowed a couple of extra hours to get back to my Eurostar train as the Belgian railways seemed to be in Sunday afternoon mode with no through trains from Antwerp to Brussels. After attempting to interpret the departure boards I eventually found a railway guy with a smart flat cap down on the platform who was able to tell me, in v good English, where to change to get to Bruxelles-Central. My second train set off very purposely for Brussels, stuck at Bruxelles-Nord for an eternity, finally got going again and deposited me at Bruxelles-Central but where was the Eurostar? I wandered around for some time and eventually found a person, this time selling tickets, who was able to tell me that the Eurostar went from Bruxelles-Midi, otherwise known as Brussel Suid and I was able to take a further train there. I got through security with around 35 minutes to spare before my Eurostar left and arrived back in London on time, pretty tired and somewhat sore.

Off to London next weekend for 3 races, including one round Imperial College which makes the Barbican seem simple and my first UltraSprint on the Sunday.

The Seconds Savers – PART 4 - Hally Hardie M75S

This is an article that was produced in Compass Sport several years ago and is well worth a revisit with a few updates.

'Take care of the seconds and the minutes take care of themselves,' April 2003.

Part 4. Saving Seconds in the Forest.

After punching leave each control fast, knowing in which direction to run.

4.1. Try to remember as many control codes and descriptions as you can but don't waste time forever checking if you haven't that good a memory. Fatigue can change your abilities in this respect during the course of the competition.

4.2. Try to plan your route as far ahead as you can, if possible finding easy running at some point where you can study the map on the move. Be prepared to change your plan if the terrain proves different from what you expected but beware of indecision - one of the orienteer's worst enemies.

4.3. Fold your map as small as is feasible so that you don't have to search all over it for information.

4.4. Keep your thumb on your place and shift it along as you pass major features.

4.5. Listen out for the beep, and reinsert your dibber if there is ANY doubt. The system will cope with any double entry.

4.6. Know what your control description and code is well before you reach it. DON'T try to save seconds by not checking the code!

4.7. Dibber control needs to be practised. It can be surprisingly difficult to hit that hole when you're tired and sweat is in your eyes or your glasses are all misted up and covered with rain.

4.8. After punching, don't stand there like a Belisha beacon. Get out fast! It may prevent someone else saving seconds from your presence. But know where you're going. Either pre-set your compass for a rough exit, or use the sun or shadows. Indeed, it's better to know what your exit direction will be well before you actually punch at the control. You should be assessing the route out as you finalise your route in.

4.9. Observe fellow orienteers. If they're quiet and moving positively, have they found the control or a good track through the forest - where are they coming from? or they know where the control is and where are they going? If they're standing still scratching their heads, don't join them, they're no use to you. But just because they haven't found it doesn't mean it isn't there. And their "it", of course, might not be the same "it" as you want.

4.10. Stopping is very good for your opponents so don't do it. Remember the old saying A Walk Is As Good As A Rest. And if all your bits are safely attached, you can put your map in your mouth and use your hands for steep hills. Deep breathing helps too, don't be embarrassed about the noise, but it could give your location away if you're trying to be discrete. And if you need some competition to make you move faster, then pick on someone to race - but don't forget to orienteer as well. Even the best of orienteers sometimes go the wrong way, or could even be running up, or down a course.

4.11. Following others on your course is discouraged. However, all too many mistakes are made and time lost by trying to avoid others on your course. Trying to find a different route from what you'd planned just because someone else is using it could lead you astray. Try to avoid this. And, of course, the person you're following might be making an almighty great booboo. Keep concentrating.

4.12. Coming into the Finish keep up your speed until you plug your dibber into that final hole. Then relax.

Quiz Solution: 90° rotation: E3 and G8; 180° rotation D8 and D9.

Club WAGAL Positions at http://www.waoc.org.uk/n.humphries/waoc/wagal_index.htm

BO Ranking list: at <http://www.britishorienteering.org.uk/page/rankings>



British Schools Orienteering Championship

Sunday 15th November 2015 at Sandringham Country Park, Norfolk

Championships are open to individuals and school teams from **Years 5 to 13** (Year 4 if they qualify).

To qualify, each competitor must have completed at least 3 events at the relevant colour. The optional Training Event on Saturday 14th November can count as one of the 3.

Closing date for entries is 28th October and entry forms must be countersigned by the school's headteacher.

Further details and Entry Form at

<http://www.bsoa.org/default.aspx?plain=YY&PID=BSOC15>

and

<http://www.bsoa.org/Documents/events/BSOC%202015%20entry%20form.doc>

Please note that the Sunday competition is a closed event for the Schools Championships only but the **Saturday 14th November 2015** training event on a separate area of the Sandringham Estate is open to local Club members, in particular BSOC helpers and adults accompanying Schools competitors.

This competition is being hosted by EAOA, and all offers to help from the Region's Clubs will be gratefully received!

WAOC FIXTURES

2015

13th September - Wimpole Hall, Royston
3rd October (Sat) - Night Event Therfield Heath, Royston
25th October Bush Heath, Brandon
6th December Rowney Warren, Shefford

2016

3rd January – Wimpole Winter Event
21st February – Thetford Warren
Date to be confirmed - Science City Race
(a double Sprint event in Science Park and North Cambridge)

Events

EAOA Events have been taken from the EAOA fixture lists as of 1st September 2015. 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)

2015

September

- 26th CHIG **CATI** , Roding Valley, Loughton, TQ429952 Entry times: 10:30 - 11:30.
 SEOA Dogs: Keep under control. www.chig.org
 Level D Organiser: Tony Maycraft , tony.maycraft@talktalk.net
- 27th HAVOC **HAVOC Colour Coded**, Thorndon South, Brentwood, TQ607915
 EAOA Entry times: 10.00 to 12noon. Dogs: To be kept under strict control..
 Level C Organiser: Graham Batty , membership@orienteering-havoc.co.uk

October

- 3rd WAOC **Therfield Heath Night Event**, Heath Sports Club, Baldock
 EAOA Road, Royston, Royston, TL347405
 Level D Organiser: Rachel Pocock
www.waoc.org.uk
- 4th SUFFOC **SUFFOC Colour Coded**, Rendlesham, Woodbridge, TM354480
 EAOA Entry times: 1000-1200. Dogs allowed.
 Level C Organiser: Sally Wilkinson , clive.sally@btinternet.com
www.suffoc.co.uk
- 11th SMOC **Keyne-O, Great Linford**, Great Linford, Milton Keynes, SP854421
 EAOA Organiser: Freya Askham
 Level D www.smoc.info/
- 11th SOS **SOS Colour Coded & ESSOL**, Baddow Ridge, Danbury
 EAOA Organiser: John Collyer
 Level C
- 18th NOR **Holt Colour Coded Event**, Holt Country Park & Holt Lowes,
 Holt, TG083372
 EAOA Entry times: 10.15 to 12.15. Dogs: DOGS on LEAD.
 Level C Organiser: Pat Bedder , 01603 424589
www.norfolkoc.co.uk
- 18th CHIG **CHIG SWELL Event**, Claybury, Woodford, TQ421917
 SEOA Entry times: 10:30 - 12:00. Dogs: Keep under control. www.chig.org
 Level D Organiser: Helen Hampton, helen.hampton@btinternet.com, 020 8502 1629
- 24th CUOC **Cambridge City Race 2015 (UKUL)**, Cambridge, Cambridge,
 EAOA TL450577
 Level B No dogs allowed.
 Organiser: John Ockenden , cityrace2015 AT cuocDOTorg.uk
cuoc.org.uk/events/4380/Cambridge-City-Race-2015/
- 25th WAOC **WAOC Colour Coded and EAL**, Bush Heath, Mildenhall
 EAOA Organiser: Peter Woods
 Level C

November

- 1st HAVOC
EAOA **HAVOC Colour Coded**, Bedfords Park, Brentwood
Level D
- 1st NOR **Norwich City Urban Event**, Norwich City, Norwich, [TG237090](https://www.norfolkoc.co.uk)
EAOA Organiser: Mick Liston , 01603893330
Level C www.norfolkoc.co.uk
- 1st LEI **EMOA League Event - Burbage Common**, Burbage Common,
EMOA Leicester Entry times: 10.00am to 12.00noon. Dogs On Lead.
Level C Organiser: Alison Hardy , alisonhardy@hotmail.co.uk
- 8th SMOC **SMOC Park Event, Priory Park**, Priory Park, Bedford,
EAOA [TL070493](https://www.smoc.info)
Level C Organiser: Helen Nisbet , h.nisbet@outlook.com
www.smoc.info
- 14th EAOA **British Schools Training Event**, King's Lynn
Level D
- 15th EAOA **British Schools Orienteering Championships**,
Level B Sandringham, King's Lynn
- 15th DVO **Matlock Urban Event**, Matlock ??
EMOA dvo.org.uk
Level C
- 22nd SUFFOC
EAOA **SUFFOC Colour Coded**, King's Forest East, Thetford, [TL825748](https://www.suffoc.co.uk)
Level C
- 22nd LEI **Level B event Bradgate and Swithland**, Bradgate &
EMOA Swithland, Leicester, [SK522116](https://www.leioc.org.uk) Entry times: 10.30am to 12.30pm.
Level B Dogs On Lead. Organiser: Wendy West , wenandal@talktalk.net
www.leioc.org.uk
- 29th SOS **SOS Colour Coded & ESSOL**, Chalkney Wood, Earls Colne
EAOA Organiser: Peter Warland
Level C

December

- 5th LEI **LEI Christmas Novelty Event**, In a very dark forest with lots of
EMOA Reindeer, Lapland
Level D
- 6th WAOC **WAOC Colour Coded**, Rowney Warren, Shefford
EAOA Organiser: Rakesh Chandraker
Level C
- 13th NOR **NOR Colour Coded**, Lynford Forest, Thetford Norfolk, [TL817930](https://www.norfolkoc.co.uk)
EAOA Entry times: 10.15 to 12.15. Dogs: On Lead.
Level C Organiser: Stephen Searle , 01760 337189
www.norfolkoc.co.uk