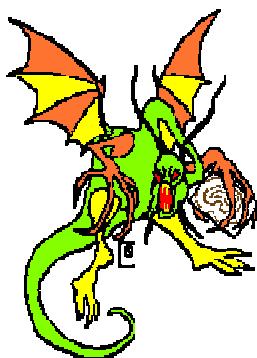


West Anglian  
Orienteering  
Club



# JABBERWAOC

Vol.44 No 1

April 2016

**AGM 16<sup>th</sup> April 2016**

**at Hinchingsbrooke Country Park**



WAOC Treasurer,

Chairman

and

Secretary



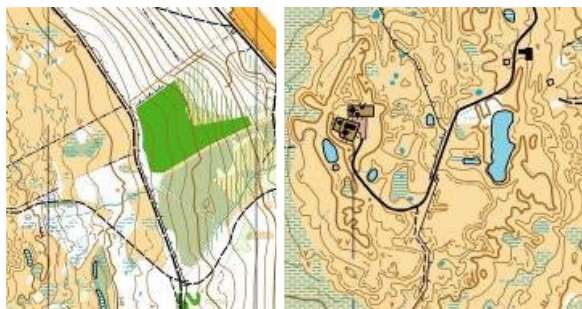
WAGAL 1<sup>st</sup> and 2<sup>nd</sup> Junior  
Women Champions

# British Championship Long Distance Race

was on Saturday 30th April at Brown Clee



## Congratulations to Guro Harstad 1<sup>st</sup> on W40L 7.157km 225m



A select band of WAOC Members took part in these long courses this Sunday and a quick scan of results shows outstanding performances from two of our Juniors:  
Alex Wetherill 13<sup>th</sup> in 50:01mins on M14A with  
Sam Hague 15<sup>th</sup> in 55:16 on same course 5.2km 205m climb.  
with  
Hally Hardie 3<sup>rd</sup> in 100:08 on M75S 3.55km with 95m climb,  
Dil Wetherill 14<sup>th</sup>/<sub>81</sub> in 77:53 on M50L 8.875km with 240m

An important Orienteering Weekend this week for all WAOC members with **Science City Sprints** on **7<sup>th</sup> May** <http://www.sciencecityraces.org.uk/> already reached its maximum **350 entries** and the **Compass Sport Cup Heat** for WAOC on **Sunday 8<sup>th</sup> May** at Hatfield Forest so with the Level A **British Sprint Championships** at **Olympic Park** and **Middle Distance Championships** at **Leith Hill** on **11<sup>th</sup>/12<sup>th</sup> June** you have ideal topics for your article for the next issue of JabberWAOC. (*Articles and photos welcomed - by 4<sup>th</sup> July please*). The Minutes of the AGM start on page 6 with photos of the WAOC champions present. Welcome to our newly elected Secretary **Jenny Hunt** and Treasurer **Noreen Ives**.

A huge vote of thanks goes to the outgoing Secretary **Rakesh Chandraker** and Treasurer **Cath Pennington** and Junior Captain **Tom Hemmingway** for their sterling service over their 3 year term of office. Many thanks also go to Membership Secretary Anne Duncumb for organising the array of newly engraved trophies.

See the details of how to buy **your new WAOC top** on page 3 as Introductory Offer ends on 30<sup>th</sup> June 2016. Wishing you and all your family happy orienteering over the summer, Hazel Bickle

**The 2016 Membership List** will be posted out to you with this issue of JabberWAOC.

## WAOC Committee

Chairman:	Peter Woods (01223 721433) <a href="mailto:peterWAOCwoods@gmail.com">peterWAOCwoods@gmail.com</a>	Secretary:	Jenny Hunt (07595602485) <a href="mailto:secretary@waoc.org.uk">secretary@waoc.org.uk</a>
Treasurer:	Noreen Ives <a href="mailto:treasurer@waoc.org.uk">treasurer@waoc.org.uk</a>	Captain:	Graham Louth (01223 246145) <a href="mailto:captain@waoc.org.uk">captain@waoc.org.uk</a>
Junior Captain:	<a href="mailto:juniorcaptain@waoc.org.uk">juniorcaptain@waoc.org.uk</a>	Fixtures Secretary:	Bob Hill (01487 834183) <a href="mailto:fixtures@waoc.org.uk">fixtures@waoc.org.uk</a>
Convenor:	Helen Hague (01223 249449) <a href="mailto:convenor@waoc.org.uk">convenor@waoc.org.uk</a>	Mapping Secretary:	Neil Humphries (01462 434859) <a href="mailto:n.humphries@ntlworld.com">n.humphries@ntlworld.com</a>
Membership Secretary:	Anne Duncumb (01223 843064) <a href="mailto:memsec@waoc.org.uk">memsec@waoc.org.uk</a>	Equipment Officer:	Caroline Louth (01223 246145) <a href="mailto:caroline@louths.org.uk">caroline@louths.org.uk</a>
Website Maintainer:	Rakesh Chandraker <a href="mailto:webmaster@waoc.org.uk">webmaster@waoc.org.uk</a>	Publicity:	vacant – would you like to fill this role?
Clubnight Coordinator:	Helen Bickle <a href="mailto:clubnights@waoc.org.uk">clubnights@waoc.org.uk</a>	Welfare Officer:	Peter Allen <a href="mailto:welfare@waoc.org.uk">welfare@waoc.org.uk</a>
Jabberwaoc Editor:	Hazel Bickle (01223 842416) <a href="mailto:editor@waoc.org.uk">editor@waoc.org.uk</a>	Colour-coded Awards:	Ian Smith (01920 822421) <a href="mailto:smithfamilypuckeridge@hotmail.com">smithfamilypuckeridge@hotmail.com</a>
<b>NOTE:</b>	<b>change of e-mail addresses</b>		

## Welcome to New Members:

Moises and Belen Carbonell in Cambridge for 6-7 months  
 Camilla Darwin and Andrew Henderson and family (Hebe W9 and Alex M6) from Dry Drayton  
 Philip Neale from Whaddon  
 Louise Sime and David Schroeder and family (Robert M5 and Alfred M3) from Girton  
 Tony Wadeson from Stevenage (welcome back!)

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

## **JUNIORS** are you **12 to 18** years old and would you like to take part in the **Peter Palmer Junior Relays 2016?**

This Team Relay takes place on Sunday 11<sup>th</sup> September at Ratby Woodlands near Leicester. The WAOC Team needs 6 runners, of which 2 must be girls or 2 must be boys.

You all have a 'sleep-over' in a sports hall or similar and then the first 2 legs are run in the dark at or just before dawn. The Team may have up to three Yellow standard runners with other courses orange to light green.

Previous WAOC members have really enjoyed going. If you are interested, let the Junior Captain know and ask about the Relay at WAOC events.



## Chair's Chat – Peter Woods

You might not be aware that Mike Hamilton sends out a regular monthly newsletter to club chairs, and these also appear on the British Orienteering website (Look under News – Mike's E-news).

I do not forward these to the membership at large, and maybe I should, since these sometimes cover topics that are relevant to all of us. One example of this is the edition dated 5<sup>th</sup> February this year which includes a discussion on Insurance and Event Officials.

British Orienteering has decided that in order for our event insurance to be valid in future, event officials (Controller, planner, and organiser) must all have attended an Event Safety Workshop. The intention is that during 2016, clubs will ensure that their existing phalanx of officials attend such a session if they have not already done so, and that from the start of 2017, this rule will become mandatory to ensure validity of event insurance.

What is not good about making this compulsory is that it immediately creates a barrier. I know I felt resentment to discover I was expected to be trained to do what I'd been happily doing for many years. BO, in claiming that the insurer is insisting on these changes, risks reinforcing the idea that this is just something to create paperwork to satisfy bureaucrats who think a re-entrant is someone who gets stuck in a revolving door.

I have to say, though, that I was pleasantly surprised by the way the workshops are run. Attendees are not sat down in rows and forced to listen to the blindingly obvious, it is much more of a sharing of experience between all the attendees – recognising that those of us who have already been doing this stuff will have encountered and surmounted all sorts of situations which we can all learn from.

WAOC has already run workshops of this type and we will aim to lay on at least one more before this Autumn. These are for everyone – they are free to attend, and are not limited just to those who know they might or will be involved in planning or organising in the near future.

If you have already attended a session, this should be recognised by BO and you should be able to see, if you log onto the BO website, that you have been credited with attending the workshop. This is important, because this is where BO will look to check the credentials of officials when these rules come into force. If you have attended a workshop but BO doesn't seem to know about it, please contact [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk) and tell them where and when you attended your workshop. They should be able to correct any omissions. And if you are not sure whether you have attended or not, contact Caroline Louth, who will be able to check on your behalf.

If you have not attended a session and you know you should have, please do respond when the next WAOC workshop is announced. We will be encouraging you to attend, and that could mean..... biscuits.

And if you are simply interested in what is involved in putting on an event then I am sure you will find the workshop interesting and enlightening.

If you have other concerns about what BO has been proposing then please do let me know.

**New Club Top:** New long and short sleeved WAOC tops from Siven Sports are now available to order. The tops are made of a micro polyester functional fabric (wicking, etc), which is fast drying and lighter weight than conventional O-Tops.

website <http://www.sivensport.com/> Many tried these on for size at the AGM and suggest Men may need Men's XL. Women's medium was also popular.



**Order your new WAOC top now:**

**INTRODUCTORY OFFER:** includes significant discount until 30<sup>th</sup> June 2016

Junior	short sleeve		£20.00
Junior	long sleeve		£20.00
Adult	short sleeve		£25.00
Adult	short sleeve	with zip pocket	£27.00
Adult	long sleeve		£30.00
Adult	long sleeve	with zip pocket	£32.00

Send all orders to Helen Hague stating size (XS, S, M, L, XL), <http://www.sivensport.com/#!o-tops/u1vov>, sleeve length (long or short), +/- pocket and including cheque.

If not collected at an event, add £3.00 each for UK postage.

Tops can be viewed at our future events or watch them pass in the forest!

## Summer Term Training Nights - Helen Bickle

Wednesday night training sessions are already underway for the summer term and with warmer & sunlit evenings there is the opportunity to head to a few more exciting areas.

Date	Location
4 <sup>th</sup> May	Wandlebury
11 <sup>th</sup> May	Coton
18 <sup>th</sup> May	Wimpole Hall
25 <sup>th</sup> May	St John's Playing Field/Trinity Old Field
1 <sup>st</sup> Jun	Epping North (Multi-club training event)
8 <sup>th</sup> Jun	West Cambridge
15 <sup>th</sup> Jun	Hinchingbrooke
22 <sup>nd</sup> Jun	Rowney Warren
29 <sup>th</sup> Jun	PuntO



Costs and timings remain as last term. Further details are put on the website and emailed to the club night list before each session. 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](mailto:clubnights@waoc.org.uk))

### Training tip:

With the weather warming up it is definitely time to start planning summer holidays and many members of the club will be looking forward to orienteering long weekends or multiday holidays this summer in varying terrain.

East Anglia might not offer such challenging terrain but that doesn't mean you should neglect practicing skills you will need for these events. One way to practice is to choose to run a Sunday event as a practice event. Running around paths might be the fastest option and could mean you can be high up the results list but your orienteering will not improve.

Try using bearings between attack points or even controls. Remember that it is training and it doesn't matter if you can see your control - you can still check the bearing.

p.s. Please remember that Hatfield is the Compass Sport Cup first round so don't get me in trouble by choosing it as an area to practice skills on!

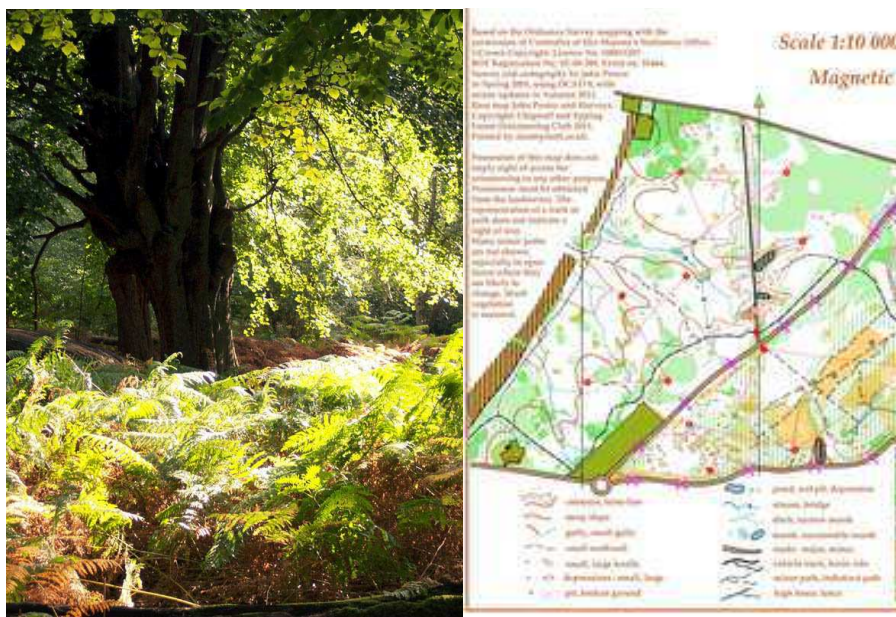
### Summer informal Wednesday (and maybe the odd Tuesday) evening events between July and September:

While the Training Night Coaches take a break from July to September, this is your chance to have a go at Planning. If you would like to plan an informal Wednesday evening event, please let me know.

Helen Bickle ([clubnights@waoc.org.uk](mailto:clubnights@waoc.org.uk))

## Epping Forest 1<sup>st</sup> June 2016 Clubnight Training Evening – Peter Allen

this Inter-club competition with CHIG, HAVOC and possibly CUOC with 2k, 4k, 6k courses.



Typical June scene (mapped as white) in Epping Forest beech wood.

Planner: Ben Windsor Organisers (CHIG). Time of course starts 1830 to 1930 (tbc).

Skills : compass and map interpretation. Details will be on website [www.waoc.org.uk](http://www.waoc.org.uk).

Parking is at a forest car park under the trees: small numbers taking part.

Enjoy a Wednesday evening in June (1st June) without the “big event” atmosphere one gets at a Sunday event. 50 minutes motoring but well worth it to get better at navigating.

## Puzzle 22 – Bruce Marshall

Here are control descriptions from an imaginary event. The descriptions range from impossible, sensible, unusual to nonsense. There are 4 valid descriptions - can you spot them?

Course 1		0.8 km		
▶				
1	31	■		➤
2	32	◀		
3	33	⋈	×	
4	34	⊗		⋈
5	35	Π	Π	×
6	36	▨	⋈	
7	37	✱		⊙
8	38	✿		
9	39	☺	☺	70/80
10	40	♂		↗
⊗		60 m		⊗

Solution on page 21

# **Minutes of the WAOC Annual General Meeting**

**16<sup>th</sup> April 2016**

## **Countryside Centre, Hinchingsbrooke Country Park**

### **Present:**

Rakesh Chandraker, Peter Woods, Cath Pennington, Jenny Hunt, Caitlin Dunning, Jemima Borrill, Stephen Borrill, Sue Woods, Helen Bickle, Bob Hill, Bruce Marshall, Maria Marshall, Jason Dunning, Mike Dudley, Helen Hague, Mike Bickle, Hazel Bickle, Seonaid Dudley, Peter Allen, Ursula Oxburgh, Iain Stemp.



### **1) Welcome and Apologies for absence**

Apologies for absence were heard on behalf of Caroline Louth, Graham Louth, Anne Duncumb, Guro Harstad.

Peter Woods declared the meeting open at 3:45pm and welcomed attendees to the AGM. A short score event preceded the meeting at 3pm and Peter thanked Bob Hill for organizing the courses.

### **2) Awards and Prizes**

The winners of the score event were announced as Caitlin Dunning (Juniors), Helen Bickle (Womens), Stephen Borrill (Mens).

Prizes for the year's competition were awarded as detailed below with details collated by Anne Duncumb.

## **Chairman's Award 2016**

### **Owl Trophy – for senior performance: Guro Harstad**

Peter spoke about how two names had dominated his thinking for deciding this award but in the end the choice was Guro. Not only has she competed strongly for the club, she has also been instrumental in coaching and putting on events. Guro was unable to receive the award in person as she was away running in the Northern Championships at Whitby.

### **Tortoise Cup – for efforts and service to club: Helen Hague**

Taking on the role of Club events convener, Helen has brought energy and enthusiasm to the job and organized events with gusto. A worthy winner for her outstanding work.

### **Chairman's Cup – for junior performance: Alex Wetherill**

Alex was also at Whitby and unable to receive his award in person. Alex has come on in leaps and bounds and is a deserved winner of the award for junior performance.

### **Hally Hardie Mapping Trophy – for excellence in mapping: Not awarded this year**



The winners of the WAGAL and East Anglian leagues were:

### **WAGAL Champions 2015** (based the best 4 scores)

Junior men	1 Sam Hague	2 Alex Wetherill	3 Oliver Hague
Junior women	1 Caitlin Dunning	2 Jemima Borrill	3 Eleanor Low
Senior men	1 Stephen Borrill	2 Jason Dunning	3 Brian Cowe
Senior women	1 Guro Harstad	2 Helen Bickle	3 Ruth Vingerhagen
Veteran men	1 Graham Louth	2 Dil Wetherill	3 Ian Stemp
Veteran women	1 Helen Hague	2 Rachel Pocock	3 Judith Wetherill
SuperVet Men	1 Neil Humphries	2 Mike Bickle	3 Alun Roberts
SuperVet Women	1 Janet Cronk	2 Seonaid Dudley	3 Sue Woods



**All photos by Mike Dudley**

#### **East Anglian Champions 2015**

M12	Alex Wetherill	M50	Dil Wetherill
M80	Mike Dudley		
W40	Guro Harstad	W45	Rachel Pocock
W75	Seonaid Dudley	W80	Ursula Oxburgh

#### **East Anglian League Winners 2015**

M12	Alex Wetherill	M14	Sam Hague
M35	Brian Cowe	M40	Sean Blanchflower
M50	Dil Wetherill	M55	David Cronk
M80	Mike Dudley		
W10	Jemima Borrill	W40	Guro Harstad
W45	Helen Hague	W55	Janet Cronk
W75	Seonaid Dudley		

#### **National UK League 2015**

W80 U Oxburgh

#### **British Night Championships 2015**

W80 U Oxburgh

#### **Colour coded badges**

Yellow	Thomas Woodward
Orange	Emil Zsak
Light Green	Emil Zsak

### **3) Minutes of the 2015 AGM**

The minutes of the last AGM were approved as an accurate record of the proceedings on a show of hands.

#### 4) Chairman's Report – Peter Woods

The year 2015 began and more or less ended at Wimpole Hall. This reflects the fact that a lot of effort this year went in to working with the National Trust at Wimpole on orienteering and orienteering-like events; for example contributing an activity at the NT hosted Business Games. Another similar contribution was made to the Whacky Races event at Milton Country park. The January event at Wimpole was an attempt to encourage more runners to participate. These activities take significant effort and the outcome of these leads to one conclusion that the club should focus on putting on genuine orienteering events.

A new club top has been an objective since last year and a new design is being unveiled at the meeting.

There will be a change in the composition of the executive committee with Rakesh Chandraker stepping down as Secretary and Cath Pennington too stepping down as Treasurer. Rakesh will take on the role of Webmaster to modernize and update the WAOC website. Peter closed his remarks by observing that 2/3 of the winning team this year on the television quiz show 'Only Connect', have represented WAOC in orienteering.

#### 5) Captain's Report – Graham Louth

Graham's written report was read out by Peter Woods and is included below.

*Thank you to all club members that turned out for the Compass Sport Cup Qualifier at Sherwood Pines on 15th March last year. Unfortunately, we were up against very strong opposition from a number of Midland clubs and consequently did not qualify for the national final.*

*This year we stand a much better chance however, as we are up against only three other clubs: Happy Herts, Norfolk and Saxons. The event is at Hatfield Forest near Stansted Airport on Sunday 8th May. Please make sure that you enter online through Fabian4 as soon as possible – the deadline for entries is Monday 25th April, which is less than 10 days away!*

*Unfortunately, we were unable to field a full team of juniors for the Yvette Trophy Qualifier at Hockham in March and consequently did not make it through to the national final. Hopefully we can do better next year.*

*WAOC had three teams competing in the JK Relays 2015, one at the British Relay Champs 2015, and three in the JK Relays 2016. No podium performances, but I believe everyone enjoyed themselves. At the moment we don't have any teams entered for the British Relay Champs 2016 (let me know asap if you would like a run as the deadline for entries is Tuesday 19th April).*

*At an individual level, standout performances over the year have included (with apologies to anyone whose standout performance I have missed):*

- Guro Harstad: British Sprint Champion and 2nd at British Middle Champs (also 4th overall in her class at both JK 2015 and JK 2016)*
- Ursula Oxburgh: British Middle Champion, winner of JK Sprint 2015, and class winner UK O League 2015*
- Rob Campbell: Midland Champion and 2nd at JK Sprint 2016*
- Alex Wetherill: 5th at both the British Sprint Champs and British Middle Champs, and 3rd at Midland Champs*
- Janet Cronk: 2nd at Midland Champs, 8th in her class UK O League 2015*
- Dil Wetherill: overall winner M50S at Scottish 6 days*

*I am happy to continue as Club Captain for next year, but if anyone else would like to take on the role then I would be equally happy to relinquish it.*

## **6) Treasurer's Report & Acceptance of Accounts**

Club Treasurer Cath Pennington presented the annual accounts which were again signed off by Chris Morley. Cath thanked Chris for this and also Caroline Louth who helped with checking some details.

Last year it was planned to run a deficit, and finally this was managed with a small deficit. In response to a question about whether a breakdown by event could be made available, Cath replied that this could be included for the next Jabberwaoc.

There was also a query about printing costs and Peter Woods explained that these costs vary across events due to the different methods used for printing maps depending on volume and quality required. An issue about producing maps for training nights would be considered at the next committee meeting.

The meeting approved the accounts with Helen Bickle proposing acceptance and Sue Woods seconding.

## **7) Election of Officers**

This year Rakesh Chandraker and Cath Pennington are standing down as Secretary and Treasurer respectively.

Peter Woods proposed Jenny Hunt to take on the position of Secretary, Bob Hill seconded and the meeting voted in approval.

Cath Pennington proposed Noreen Ives to take on position of Treasurer, Hazel Bickle seconded and the meeting voted in approval.

Peter Woods is remaining in place as Chairman, Peter Allen proposed the motion to approve this, Mike Dudley seconded and the meeting approved.

Cath and Rakesh received thanks from the whole meeting.

## **8) Any Other Business**

There were a few items of additional business that were briefly discussed:

- Peter Allen expressed his admiration for Guro's dedication and how he was "always struck by her dedication and enthusiasm showing even at club nights when only a handful of people may have turned up"
- Seonaid noted her sadness that WAOC was unable this year even to field an Yvette Baker team. In general, there was concern about the number of juniors participating at club nights. Peter Woods pointed out that other clubs too are experiencing problems recruiting juniors
- Hazel noted that the deadline for the next edition of Jabberwaoc is April 25
- The new O-tops were displayed and there was much praise for the new distinctive design, which is on a lightweight fabric. Pricing to be determined.

Meeting closed at 4:45pm.

## **Jan Kjellström International Festival of Orienteering 2016**

**Yorkshire 25th March - 28th March Hazel Bickle**

The 50<sup>th</sup> JK event was held over Easter 25<sup>th</sup> - 28<sup>th</sup> March 2016 in the Yorkshire Dales and North York Moors. Higher ranking for WAOC Women taking part this year with congratulations to Guro on 4<sup>th</sup> in W40L and Noreen 7<sup>th</sup> in W65S with Ursula 2<sup>nd</sup> in W80 and Tom 6<sup>th</sup> in M12B. If you think orienteering is only for fast runners on long courses, read no further about my W65S courses and JK 2016 experience. In fact, you could write your own article for the next issue of JabberWAOC.

**The Sprint on Good Friday** was held on Leeds University campus. This has a superb number of flights of steps and multi-layer areas. There was a complex underpass that you could run over as well as under and other underpasses where that wasn't possible. This caused delays for some competitors as well as a few expletives! I was particularly pleased when I negotiated this correctly as my course went under here twice for control 7-8 and then back from 10 to 11. See section of my map.



There were the usual thick black lines to mark uncrossable walls, fences and olive coloured flowerbeds on the map, where you would be disqualified if you did cross. Fast and fun, route choice making it extremely interesting with doubling back on yourself the best choice for several controls. (see section of map above).

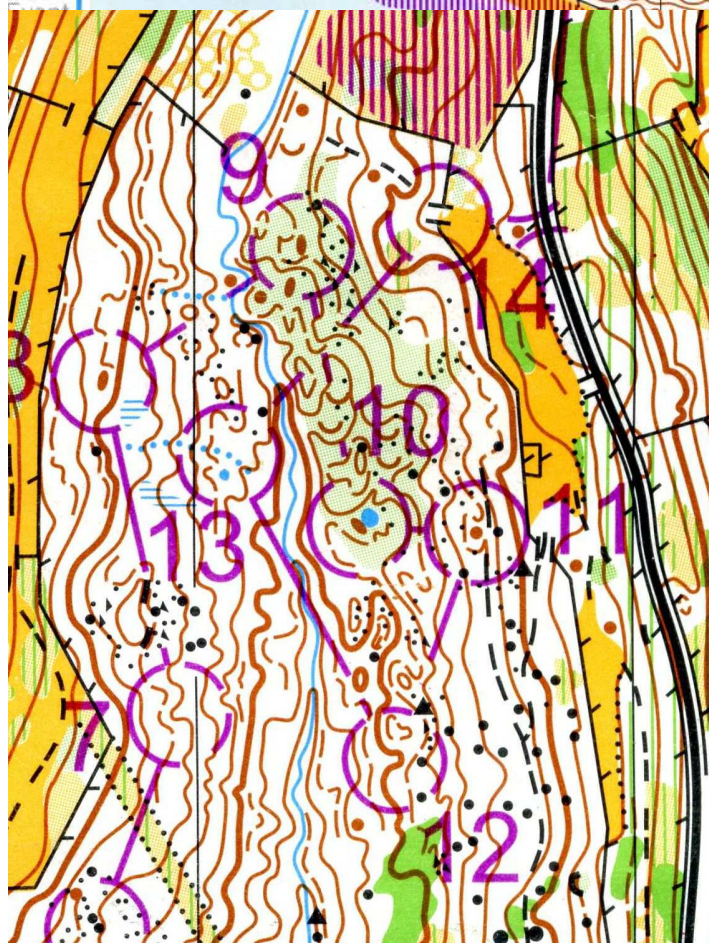
Club banners not tents here due to space but many WAOC members finished at about the same time so great comparing of courses ensued. Not being a fast runner – well not being a runner at all - I do run on Sprints where I can, as the controls are so close together but care was needed on the steps for me although I saw many flying down adjacent flights. I hear there was one collision. I never expect to do well but did enjoy the atmosphere and taking part. Robert Campbell was 2<sup>nd</sup> in M50 with the best WAOC position in the classes with large numbers running and many WAOC members were in the top half of their class. Ursula came 2<sup>nd</sup> and Kajsa ran in the Novice Class along with adults being 1<sup>st</sup> W10 and second Women Junior. All results on [www.thejk.org.uk](http://www.thejk.org.uk)

## **Day 2 : Wass in North York Moors.**

The courses had seemed a little short e.g. 5.3km 290m for M65L but once out in the woods, it became obvious why! Course times for average orienteers were extended (e.g. M65L average 85mins), terrain was physical, climbing over and under branches and tree trunks (although not the head height brambles of the previous week in East Anglia). I found it tough going in places and the contours certainly showed me I was not fit. East Anglia is no preparation for this level of climb.



I went cleanly to Control 1, a little too high and dropped back down once I saw Control 2, then better as got used to the terrain, choosing to go along the path north towards the field corner so less scrambling through brush from 5 to 6. All well 7, 8 and 9 until I dropped my map taking my gloves off between Control 9 (where I saw Penny) and 10. Once I realised and turned round, I couldn't remember exactly which tree filled part I had scrambled through so went back to 9 and set off again, picking the easiest route and luckily found the map folded into a small square. Not quite needles in haystacks but I felt very lucky. Through green to fairly visible pond at 10 and then plenty of features to follow for the rest of controls, going back through this patch of green to 14, a couple of crossing points to 15 and in to Finish.

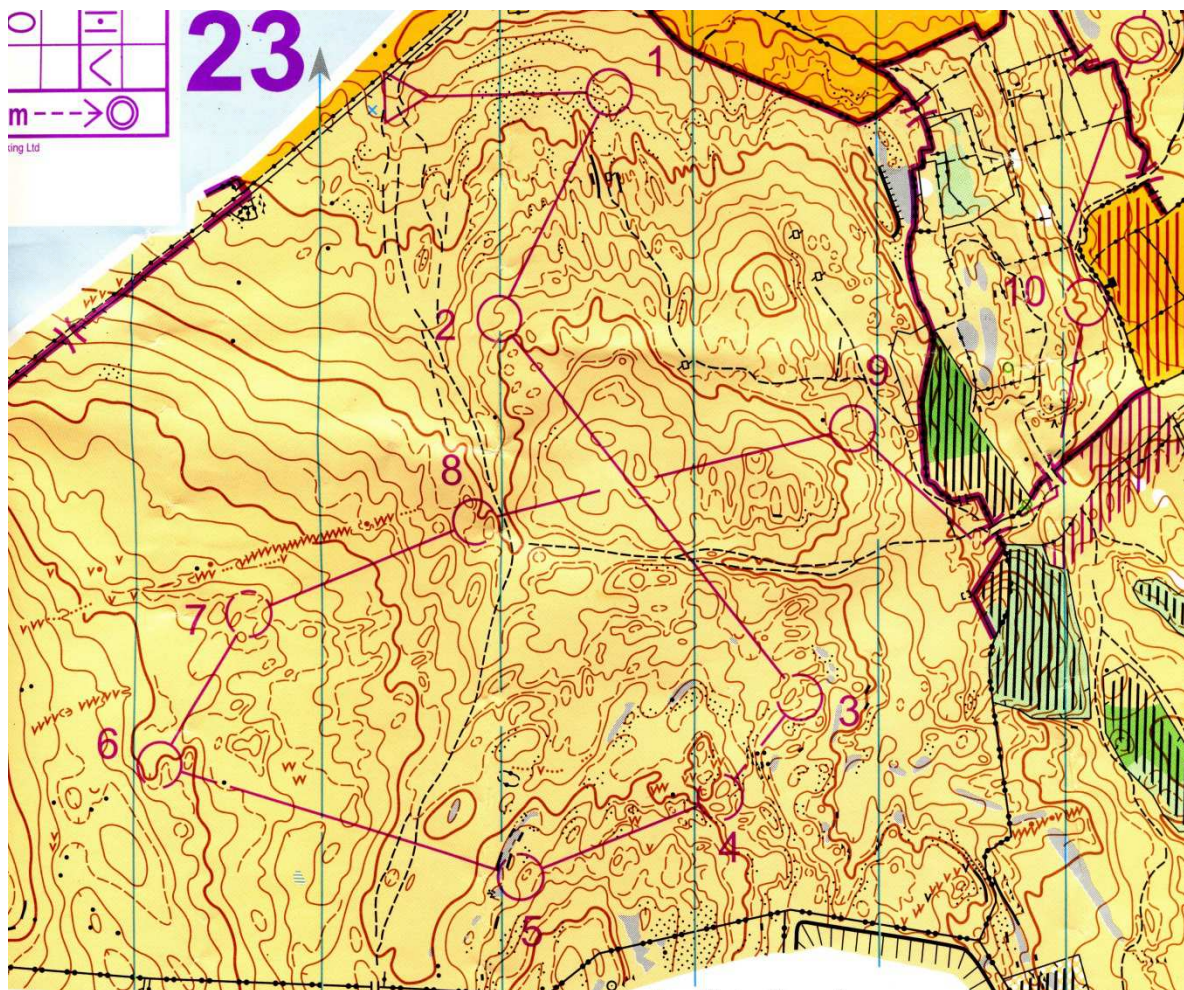


WAOC positions include:-  
**Guro 3<sup>rd</sup> W40L** with  
 Kajsa 8<sup>th</sup>/35 on White,  
 Janet Cronk 12<sup>th</sup>/59 W55L,  
 Noreen Ives 9<sup>th</sup>/24on W60S  
 Robert Campbell 19<sup>th</sup> /108 on  
 M50L and Graham Louth  
 11<sup>th</sup>/60 M50S.

I came in 11<sup>th</sup> out of 18 starters.  
 As usual in the lower half.

### Day 3: Kilsney in Yorkshire Dales

This is a fantastic moorland. Sheep cropped grass so easy to move over. Both days had extremely accurate maps with all major contour features accurately mapped but not surprisingly I didn't always read these correctly. I did not go cleanly to the controls with major detours for 2 and 3, never far out but often lacked the confidence in my ability so checking made me slower, before I worked out which crags and boulders were sufficiently large to be mapped. Following the contour detail worked much better. Getting tired towards the finish, I was over cautious through a number of walls, fringed with out of bounds areas but all went smoothly. A spectator control allowed finishers to be identified from their number so amazingly there was an announcement that I 'was finishing W65S and that meant all 4 Bickles had completed their courses'. Not so tired today even if I took longer (Course 23: 3km 120m in 85:20 on Day 2 and 4.6km 140m in 95:52 on Day 3).



**WAOC positions** include: Ursula 3<sup>rd</sup> on W80, Guro 4<sup>th</sup> on W40L, Noreen Ives 4<sup>th</sup> on W60S, Tom 6<sup>th</sup> in M12B, Helen Bickle 16<sup>th</sup>/29 on W21S, Graham Louth 22<sup>nd</sup>/60 M50S, Alex 25<sup>th</sup>/45 in M14A, Janet Cronk 29<sup>th</sup>/55 on W55L, Mike Bickle 29<sup>th</sup>/82 in M65L, Chris Morley 13<sup>th</sup>/30 in M75L, (apologies to those missed).

Even though I often joke that the others cheat as they run the entire course, I certainly do get better value for money on my style of orienteering! I have enjoyed the JKs – must do or I wouldn't keep going – but these events do reinforce the fact that I am unfit and not keen on cold, wet weather but it is a real treat to be back in hills with such great views. Enroute to Day 4 Relays at Strothes Hall the distant hills

were covered in snow which had fallen overnight but the rain stopped and sun come out as I went to the Arena to cheer on WAOC runners in their Relays.

The JK and the UK multiday event in the summer have become Bickle family holidays. Penny now lives in York so is a member of EBOR. When they asked for helpers we all volunteered and were given jobs on the Late START ON Days 2 and 3.

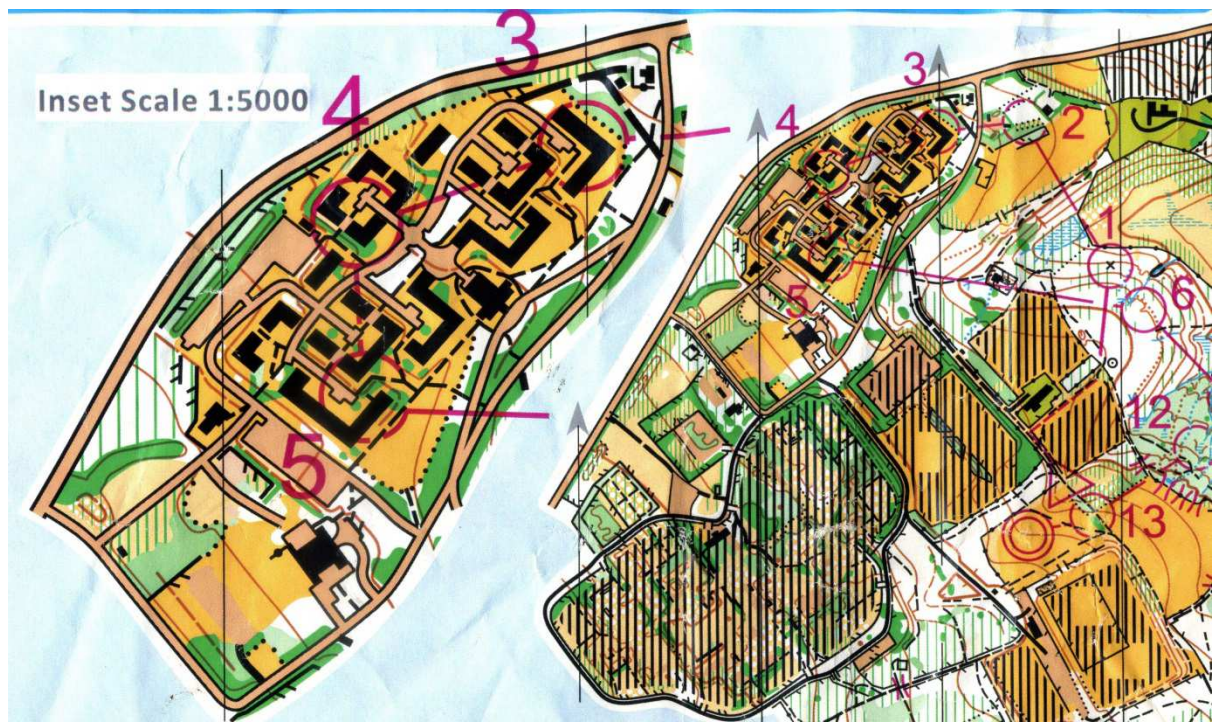


### Day 3 Start

just after first short hail storm had passed overhead

This turned out to be a distinct unexpected advantage and we would recommend it to everyone as we certainly felt more involved. Given Priority parking, a 'giraffe' (similar to a Buff) and extremely generous £6 vouchers for food from on-site traders, we started early (before 9.30am), had time to change and eat before going back to the Start for 12 noon, helping until last start around 2pm. Packing up the Starts was achieved in record time, especially on Day 3 although we did catch the huge hail storm as we walked back down to the car at 3pm. The hail briefly froze on the windscreen and our rucksacks but heartfelt concern for anyone who was still out on their course. Many people retired including Graham Gristwood, who decided to stop due to the risk of long-term injury. Cagoules and whistles had been compulsory and you could see why.

Three WAOC Teams in the **Relays on Day 4** gaining an extra run on good terrain with a small section of Urban at Storthes Hall.



A few were caught on camera:- Nicola, Janet, Chris and Helen





There was also fun had running the String Course and collecting all the wrist bands.

### JK2016 String Course Results

First Name	Surname	Age	Club	Day 1	Day 2	Day 3	Day 4	Total
Kajsa	Armtsen	8	WAOC	00:05:30	00:04:14	00:07:17		00:17:01
Kasper	Armtsen	5	WAOC	00:07:40	00:05:43	00:09:01		00:22:24
Alex	Darwin	5	WAOC	00:04:58	00:07:24	00:09:02	00:04:03	00:25:27
Hebe	Darwin	8	WAOC	00:04:37	00:06:03	00:08:40	00:05:28	00:24:48

**TRAILO** courses were also held at JK.

**Day 1: Tempo** on Leeds University campus saw Ian Ditchfield win with Tom Dobra coming second and Nick Barrable third. This not only involves recognising the correct control but time penalties also apply. Our WAOC members: Brian Cowe had 19/20 correct, Anne Braggins 14/20 and Alison Cowe 11/20 so well done on this fast and difficult decision making.

**PreO on Day 2 at Ampleforth Abbey** saw Anne compete in the elite class.

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

Ursula's (M)utterings.

Looking back on my orienteering since the last JabberWAOC I reckon that the most momentous occasion was the JK.

Ron and I visited Leeds University a number of years ago and I remember thinking that the campus should make a very good sprint area: the JK Sprint was very well planned and the area lived up to my expectations. My performance left a lot to be desired with 5 mins of errors – too bad on such a great area.

I have followed the JK post mortem on Nopesport, the online orienteering discussion forum. I'll share some of the comments with you.

JK Day 2 was in Wass, an area which quite a lot of us may remember from the White Rose (held over the August Bank Holiday) as very steep and utterly overgrown. The courses apparently used the best part of quite a large area and people really enjoyed their courses.

Nopesport comment: 'Actually the thought of running on Wass contributed to me not coming along, so in future if there is a much better part of an area being used than previously, it's worth emphasising that more in the pre race information' Poor planner! He uses the best parts at a time when anyone knows that undergrowth is much less than in August but that's not enough for that particular picky orienteer.

JK Day 3 was on Kilnsey, an area on which I ran years ago (previous JK?) when my course was punctuated with stiles that also provided excellent attack points for the next control. This time there were fewer stiles and also the planner had said that 55+ would not need to cross any stiles. Kilnsey is an upland, sheep grazed limestone area, so very fast but naturally also very exposed and the weather forecast was not good. The Final Details said that cags might be compulsory and indeed they were: I saw 2 young marines who had set off from Assembly at the same time as me being shipped back from the Start because they didn't have cags. Starts were from 10 to 2 and the weather held up until just after 12, when I was in the Start boxes when it came on to rain hard and blow. Since I was wearing 2 pairs of O trousers, 2 thermals, 1 long sleeved WAOC top and a thin Goretex cag with a hood I was fine. My hands were very cold but I decided not to put my gloves on as they would just have got saturated. I felt for the Bickle family who were on my start with Helen and Penny (now EBOR) sticking the maps under the boxes between start minutes.

I managed fine (my hands warmed up eventually) until I managed a rather spectacular head (well, hands) first slide down a steep bit of grass below a miniscule crag where I had just punched. I managed to come to a halt, somewhat winded, before hitting a substantial stone wall. I finished at a slowish walk and managed to get back up a very steep hill to the priority parking (over 80's!) before a blizzard covered the car in soft hail. Others were not so fortunate: in particular the M21 Elites who set off in reverse order of their finishing time on Day 2 so all the fastest ones retired, leaving a Scandinavian who obviously battled through the blizzard as the winner over the 2 days. On the plus side, people made their own decisions

about their personal safety and everyone got to the Finish safely. Comments on Nopesport include 'I must admit I didn't notice the warning about cagoules and whistles in the final details' to which the planner replied, 'There were plenty of signs at the event, and surely nobody, however inexperienced, would travel to an event in March without a waterproof (and hat and gloves)?!'. I heard that the traders ran out of cags, so maybe some people were not able to start?

Ron who started in the middle of the wind and rain, managed to slide Day 3's control descriptions UNDER Day 2's so having spent ages struggling to find no 1 he then moved on to no. 2 where again the code did not correspond with his descriptions, at which time he came back in. Our grandsons are only occasional orienteers so I had entered Tom (11) for M12B and, carelessly, Daniel (9) for M10A instead of B so they were both doing the yellow course, which was extremely tough, even in good conditions. Tom, who set off in the dry, described it as by far the hardest course he had ever done. After a return to the start flag to regroup he managed to complete it but Daniel, setting off in the strong rain, could not find no 1, his map got absolutely saturated and then tore in two in the wind, with one piece being carried away. He eventually returned to the start and was advised to make his way back to assembly and download. Orienteering builds character!

This is being written some 10 days before the joint WAOC and DRONGO (former CUOC members) Science City Sprint event, which has attracted more people than we had expected and from all over the country (48 different clubs to date) with lots of WAOCs, DRONGOs and CUOCs entered. I am really looking forward to it: see you there?

### Quiz Solution:

Start: No description given ✕

1: "Building inside" is not an allowed control position ✕

2: Forest Corner. This is an allowed description ✓

3: Incorrect description for path crossing. Should be path path crossing ✕

4: Pylon : top of. Not a safe control position ✕

5: Crossing of building passthroughs, SW corner. A valid control site ✓

6: Paved area / Ride. A nonsense description ✕

7: Anthill, S Edge. A valid control site ✓

8: No such symbol for flower bed ✕

9: Pond and water tank 70m x 80m A nonsense description ✕

10: Symbol used in East Anglia for rootstock bank NE End ✓

See <http://orienteering.org/wp-content/uploads/2010/12/IOF-Control-Descriptions-2004.pdf> for a fact sheet on all control symbols.

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

	Name	Points	Contributing scores
1	Robert Campbell	7749	1284, 1289, 1304, 1290, 1299, 1283
2	Dil Wetherill	7502	1227, 1236, 1284, 1273, 1239, 1243
3	Graeme Ambler	7262	1173, 1235, 1219, 1228, 1234, 1173
4	Sean Blanchflower	7153	1183, 1188, 1174, 1211, 1217, 1180
5	Brian Cowe	7129	1194, 1188, 1189, 1184, 1185, 1189
6	Guro Harstad	7066	1174, 1171, 1186, 1169, 1184, 1182
7	Andrew Henderson	7030	1171, 1165, 1179, 1174, 1169, 1172
8	Alun Roberts	6985	1132, 1204, 1174, 1153, 1161, 1161

9	Iain Stemp	6965	1184, 1143, 1146, 1201, 1181, 1110
10	Stephen Borrill	6896	1142, 1152, 1164, 1140, 1138, 1160
11	Mike Capper	6853	1155, 1135, 1127, 1141, 1128, 1167
12	Andrew Stemp	6809	1122, 1139, 1155, 1122, 1131, 1140
13	Graham Louth	6755	1124, 1147, 1114, 1101, 1153, 1116
14	Michael Bickle	6741	1124, 1159, 1107, 1129, 1103, 1119
15	David Cronk	6715	1116, 1112, 1122, 1113, 1119, 1133
16	Peter Woods	6574	1099, 1083, 1094, 1103, 1081, 1114
17	Chris Brown	6440	1060, 1083, 1080, 1073, 1103, 1041
18	Peter Duthie	6373	1086, 1070, 1079, 1031, 1054, 1053
19	Helen Bickle	6307	1040, 1078, 1014, 1064, 1067, 1044
20	Philip Hague	6232	1026, 1093, 1066, 1049, 1002, 996
21	Robin Bourne	6231	1073, 1032, 1055, 1036, 986, 1049
22	Janet Cronk	6229	1056, 1014, 1043, 1016, 1038, 1062
23	David Cooper	6180	997, 999, 1074, 1006, 1089, 1015
24	Ian Smith	5975	994, 987, 1022, 999, 993, 980
25	Jason Dunning	5958	1084, 951, 973, 981, 946, 1023

## WAOC FIXTURES 2016 - Bob Hill

7 May	Science City Double Urban Sprints	Level C
18 June	Wimpole Hall Family Day	activity
9 July	Summer Series Wimpole Hall	Level D
30 July	Summer Series Cambourne	Level D
20/21 August	Saffron Walden Maze	activity
18 September	Ampthill	Level D
8 October	Ely City Urban	Level C
6 November	Mildenhall	Level C
4 December	Maulden	Level C

Correct on 28<sup>th</sup> April 2016

## Events

EAOA Events have been taken from the EAOA fixture lists as of 25<sup>th</sup> April 2016. 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](http://www.britishorienteering.org.uk))

### May

7th	WAOC	<b>Science City Double Urban Sprint Races</b> , Cambridge
	EAOA	Science Park and North Cambridge, Cambridge, <a href="https://www.britishorienteering.org.uk/competitions/2016/05/07-science-city-double-urban-sprint-races">TL458618</a>
	Level C	Organiser: Helen Bickle <a href="http://www.sciencecityraces.org.uk/">www.sciencecityraces.org.uk/</a>
8th		<b>CompassSport Cup Heat</b> , Hatfield Forest, Bishop's Stortford,
	EAOA	<a href="https://www.britishorienteering.org.uk/competitions/2016/05/08-compass-sport-cup-heat">TL527197</a> Entry times: 10:00 to 11:30 EOD for non-CompassSport
	Level B	entrants. CompassSport competitors must enter by 25/4/16.
		Dogs allowed on leads in assembly area and on route to start only.
		Organiser: Edwin Banks <a href="http://www.stragglers.info/event/20160508.php">www.stragglers.info/event/20160508.php</a>
15th	HAVOC	<b>HAVOC Thorndon North - SWELL &amp; 2016 EA Schools</b>
	EAOA	

	Level C	<b>Championships</b> , Thorndon Country Park North and Harts Wood, Brentwood, <a href="#">TQ594915</a> Entry times: 10.00 to 12noon. Dogs to be kept under close control. Organiser: Colin Jackson, <a href="mailto:organiser@orienteeing-havoc.co.uk">organiser@orienteeing-havoc.co.uk</a>
22nd	NOR EAOA Level D	<b>NOR Colour Coed</b> , Bacton Wood, North Walsham, <a href="#">TG317312</a> Entry times: 10.15 to 12.15. Dogs on Lead PLEASE. Organiser: Nicky Nicholls <a href="http://www.norfolkoc.co.uk">www.norfolkoc.co.uk</a>
22nd	SMOC EAOA Level D	<b>SMOC Keyne-O</b> , Loughton Valley Park, Milton Keynes, <a href="#">SP827394</a> <a href="http://www.smoc.info">www.smoc.info</a>
<b>June</b>		
5th	NOR EAOA Level D	<b>NOR Summer Series</b> , Norfolk
5th	TVOC SCOA Level C	<b>TVOC Regional Event and SCOA League</b> , Kings Wood, High Wycombe <a href="http://www.tvoc.org.uk">www.tvoc.org.uk</a>
11th	SEOA Level A	<b>British Sprint Championships (UKOL)</b> , Olympic Park, London <a href="http://www.britishsprintchamps.org.uk">www.britishsprintchamps.org.uk</a>
12th	SEOA Level A	<b>British Middle Championship (UKOL)</b> , Leith Hill, Dorking <a href="http://www.britishmiddlechamps.org.uk">www.britishmiddlechamps.org.uk</a>
12th	NOR EAOA Level D	<b>NOR Summer Series</b> , Norfolk
18th	WAOC EAOA Level D	<b>Wimpole Hall Family Day</b> , Wimpole Hall, Royston
19th	NOR EAOA Level D	<b>NOR Summer Series</b> , Taverham Hall School, Norwich, <a href="#">TG151138</a> Dogs on Lead. Organiser: Nicky Nicholls , 01603 781411 <a href="http://www.norfolkoc.co.uk">www.norfolkoc.co.uk</a>
19th	SOS EAOA Level C	<b>SOS Colour Coded &amp; ESSOL</b> , Danbury Park & Lakes, Chelmsford. Organiser: Eleanor Evans
25th	SMOC EAOA Level C	<b>SMOC Milton Keynes Urban and Keyne-O</b> , Westcroft/Howe Park Wood, Milton Keynes, <a href="#">SP830345</a> Organiser: Ros James
26th	NOR EAOA Level D	<b>NOR Summer Series</b> , Norfolk
<b>July</b>		
3rd	SUFFOC EAOA Level D	<b>SUFFOC CATI</b> , Nowton Park, Bury St Edmunds, <a href="#">TL864623</a> Entry times: 10:00-12:00. Dogs under control at all times. Organiser: John Clarke, <a href="mailto:claire.m.clarke@btinternet.com">claire.m.clarke@btinternet.com</a> , 01787 278111 <a href="http://www.suffoc.co.uk">www.suffoc.co.uk</a>
9th	WAOC EAOA Level D	<b>WAOC Summer series</b> , Wimpole Hall, Royston

10th	SMOC EAOA Level D	<b>SMOC Keyne-O</b> , Great Linford, Milton Keynes, <a href="#">SP852420</a> <a href="http://www.smoc.info">www.smoc.info</a>
10th	SOS EAOA Level D	<b>SOS Two-round sprints</b> , The Naze, Walton Organiser: John Collyer
24-29 <sup>th</sup>	WOA Level B	<b>Croeso 2016 – 5 days in South Wales</b> <a href="http://www.croesomultiday.org.uk">www.croesomultiday.org.uk</a>
30th	WAOA EAOA Level D	<b>WAOA Summer series</b> , Cambourne Organiser: Lesley Roberts
<b>August</b>		
14th	SMOC EAOA Level D	<b>SMOC Keyne-O</b> , Caldecotte Lake, Milton Keynes, <a href="#">SP887355</a> <a href="http://www.smoc.info">www.smoc.info</a>
27-28 <sup>th</sup>	EBOR YHOA Level B	<b>White Rose Weekend</b> , Dalby Forest, Pickering
29th	Level C	<b>White Rose Weekend Relays</b> , Dalby Forest, Pickering
<b>September</b>		
10th	SLOW SEOA Level B	<b>London City Race</b> , City of London, London
11th	SMOC EAOA Level D	<b>SMOC Keyne-O</b> , Willen, Milton Keynes, <a href="#">SP872405</a> <a href="http://www.smoc.info">www.smoc.info</a>
11th	LEI EMOA Level B	<b>Peter Palmer Junior Team Relay</b> , Ratby Woodlands, Leicester
18th	WAOA EAOA Level D	<b>WAOA Ampthill Park Colour Coded</b> , Ampthill Park, Ampthill, <a href="#">TL023382</a> Organiser: Jenny Hunt
18th	NOR EAOA Level D	<b>NOR Colour Coded</b> , UEA & Earlham Park, Norwich, <a href="#">TG190076</a> Entry times: 10.15 to 12.15. Dogs on leads. <a href="http://www.norfolkoc.co.uk">www.norfolkoc.co.uk</a>
25th	SUFFOC EAOA Level C	<b>SUFFOC Colour Coded</b> , Ickworth North, Bury St Edmunds, <a href="#">TL816614</a>
<b>October</b>		
8th	WAOA EAOA Level C	<b>WAOA Ely City Urban Race</b> , Ely, Organiser: Peter Allen