



West Anglian
Orienteering
Club



JABBERWAOC

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PuntO Medal Winning Team 2016

Editorial:

Immense thanks to all our contributors for this issue of JabberWAOC. There are accounts from participants in major orienteering events this summer covering England and Wales, Austria, Estonia, France, Italy and Slovenia well as the usual notification of future events. Bruce's puzzle has a special theme following Sue Wood's description of the highly successful Saffron Walden Maze Weekend.

Wishing you and all your family happy orienteering, Hazel Bickle

next copy by 3rd December 2016, please

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Welcome to New Members:

Welcome to Sue and John Hartley from Oakington

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

Avenue Verte - Chair's Chat by Peter Woods

The first part of a two-part sprint race is sometimes called the prologue. At this year's British Sprint Championships, Sue and I also had an Epilogue, in that our route home from the Olympic Park involved taking a train to Paris and cycling back along the Avenue Verte (which is French for the Green course), a 250 mile cycle route between London and Paris, on a tandem.

Sue and I are quite happy with the idea that, when orienteering, we will generally start at the same time, but choose different routes, perhaps or perhaps not happening to catch sight of each other *en route* to a common destination, where we will arrive at widely separated times. However, we find this is not a satisfactory basis for cycling, even though this is what inevitably seems to happen if we are on separate bikes. The tandem has resolved this, and we

have completed several long distance routes in the UK starting and finishing together, and being able to chat to each other while we cycle. This was our first attempt of such a journey outside the UK.

After the Sprints event finished, and the downpour of intense rain had abated, we picked up the panniers we had brought with us, passed on a rucksack containing our sodden orienteering kit to the JabberWAOC editor, little knowing that in return for this favour we would be persuaded into writing this article, which frankly has not much to do with orienteering, and took the epic 6 minute rail journey back to St Pancras. There, we walked straight to the international departures hall, and waited for the next train to Paris. The idea we might have done so on a whim is belied somewhat by the fact that we had also been there the week before, to deliver the separated halves of our bicycle to the highly sceptical staff of the oversized luggage despatch office. At that time, flooding on the Seine had been in the news, so we were glad to meet a couple of cyclists who had just completed the route and who reassured us that the route was still navigable.

Our first priority once we were in Paris would be to reunite ourselves with the bike, which should by now be waiting for us round the derriere of the Gare du Nord. More immediately though, I needed to do something about my footwear. Whilst we waited to board the train, a jovial group of Irish Euro 2016 supporters provided a distraction and I was able to take off my shoes and socks and wring out most of the rainwater. The weather forecast indicated this might be something we would get quite good at through plenty of practice over the next few days.

The route of the Avenue Verte starts officially at Notre Dame cathedral and initially follows the Seine, eventually reaching Dieppe after about 150 miles along river banks and minor roads. After the ferry crossing to Newhaven there is then about 100 miles to go before reaching the official destination which is the London Eye. Our intention was to bale out somewhere before the not so scenic sections around Gatwick airport and the M25, and take the train home from one of several possible railway stations on this final section.

Navigation

The main navigational challenge facing us came from having a Sustrans guidebook which described the route from London to Paris whereas we were travelling in the opposite direction.

We are used to navigating using Sustrans maps in the UK and to spotting the sometimes tiny NCN markers (white arrow on a blue ground) wrapped around lampposts or carefully placed behind seasonal vegetation.

This is where having a second rider on the back (the stoker) pays dividends – the driver (captain) can be told that they should have turned left there, within seconds of having gone straight on there. Whether the captain takes any notice is another matter.

The French system of waymarking we found to be very different. The signage was much more visible but not always very useful. We encountered signs indicating two different destinations either side of the likely route, neither of which seem to be mentioned on any other signs, nor alluded to in the Avenue Verte guide, and which had no discernible relationship to either where we have just been or where we thought we should be going. Sometimes, although the sign indicated the recognized destination, the sign was placed so that it could only be seen if approaching from a road or track that is not on the route, but which we eventually ended up cycling back on, having realised we had missed the correct route.

Route Choice

Generally, the designers of the route have done their best to find quiet and scenic roads and tracks, which means that deviations from the waymarked route tend to involve roads with heavier traffic and less to see. So, unless there is a specific reason for a detour – to visit a landmark, for example, or to desperately try to find someone who knows what a teapot is, it is

best to keep to the waymarked route. This advice breaks down in towns, where the designated routes are planned so assiduously to avoid roads with traffic that they require manoeuvres beyond our capability: retired captains of supertankers are advised not to become tandemists, as they will doubtless be exasperated with the comparatively large turning circles of these bikes.

The routes in towns also tend to be revised for a variety of reasons. At one point we saw the route signs just as we expected, directing us onto a beautiful leafy lane, only to find a group of 4 heavily armed but friendly policemen who made it abundantly clear with bright and breezy smiles that we were not going to go that way after all. We never did understand what was off limits on that section of the route.

Timed-out crossing

The Dieppe-Newhaven ferry timetable is quite limited with one daily crossing at around mid-day. When we originally planned our trip we did not want to risk either missing the ferry or missing out on places of interest in order to meet it, so we had expected to spend more time than we might otherwise have chosen in Dieppe, staying overnight and taking the ferry the following day.

The BBC weather app does cover locations in France and so we were able to anticipate the rainclouds that greeted us each morning. On the evening before the final stretch to Dieppe we saw a new symbol, a cloud with grey dots, apparently meaning hail. We debated whether to skip breakfast and start out extra early to beat the worst weather and take the ferry a day ahead of schedule, but we decided we needed the breakfast as fuel, and resigned ourselves to 24 hours of maritime grimness. However, we discovered that this final section of the route is flat and fast, so even without an early start we decided to go for it. This turned out to be a good move, since that section, although pleasant enough, was not very interesting – having an urgent deadline gave the journey some zest.

As we approached Dieppe, we encountered a succession of roundabouts, only some of which showed the Avenue Verte waymarks. We started to follow the road signs to the ferry instead, which at first coincided with the intended route. It looked like we were going to make it to the terminal with a few minutes to spare. But the next roundabout took us onto what was effectively a motorway. We found ourselves climbing up onto an overpass where no bike should be, and we had added a couple of miles to our route. The sky was dark and threatening but at least it was not hailing! There was definitely no possibility of a U-turn on this road so we kept going, interpreting the hoots from the lorries streaming past us as kind encouragement. Finally, we did make it onto the ferry, with less than one minute to spare. Almost immediately after leaving the port, the ship was sailing in brilliant sunshine with cloudless blue skies. We went out on deck for several seconds to appreciate the gale force winds before deciding the view was better from inside.

The view of the Seven Sisters approaching Newhaven is spectacular – I think the white cliffs of Dover are a poor second in comparison.

Hydration

Our experience of cycling in France had been interesting, but disappointingly not nearly as challenging as many of the routes we had tackled in the UK. This is probably just as well, as we know just how many miles to the gallon of tea we can squeeze out of the tandem on these routes, but we discovered when filling up with “grandes cafés cremes” on the continent that the kilometres per litre we were achieving was very poor by comparison. (The octane rating of so called “thé” was generally found to be too low to even start the engine).

Consequently, once we landed at Newhaven, our urgent destination became the next café serving tea and cake. In fact, we had booked our overnight accommodation in a tea room, but we had agreed not to arrive until after close of business, as the only place to leave our bicycle was in the spaces between the tables. The contours of the South Downs restored some sense

of challenge – pedalling a tandem uphill is hard work, but the beauty of the landscapes seen from the top of the climbs matched any we had seen on the French side.

Now that we had gained a day, and the threat of rain had dissipated, we decided we could complete the route and cycle all the way into London. There were some unexpected highlights on this final section. One was cycling onto the Farthing Downs after a tortuous climb through wooded lanes and suddenly finding a view opening out with the London skyline in the distance. On the fast descent from here, we encountered a strange sort of oversized speed bump. We later learned from a local that this platform feature was not a traffic calming measure but part of the remains of an iron-age ring fortification.

It was only once we were in London that we lost contact with the map completely and we had to rely on a safety bearing (Head north till you hit the river Thames) – there were so many different cycle routes that the Avenue Verte lost prominence, and the map we were using was rather selective on the information it showed about roads and tracks that are not part of the intended route (yes, that’s right, I’m blaming the map).

Our route to Kings Cross to take the train home avoided the official end point, but this alternative included cycling up the Mall, which proved a great way to end the journey.

Would we recommend the Avenue Verte? – Yes, but we would recommend many UK bike routes much more strongly, notably the Outer Hebrides, which we completed whilst we were in Scotland for the 6 days last year, the C2C from Whitehaven to Sunderland, the W2W from Walney to Whitby, and the route from Oban to Edinburgh via Arran. We hope shortly be able to offer an opinion on the Lon Las Cymru, which we will be tackling this September.



Wednesday Autumn Term Training Nights



Date	Location
5 th Oct	Histon (meeting at Railway Vue PH) 
12 th Oct	West Cambridge Site
19 th Oct	Sidgwick Site & University Library
26 th Oct	Centre for Mathematical Studies 
2 nd Nov	Science Park 
9 th Nov	Newnham College
16 th Nov	Homerton College
23 rd Nov	Coe Fen Outdoor Micro O
30 th Nov	Lucy Cavendish, St Edmunds & Castle Hill
7 th Dec	Churchill Adventure Race

League competition

New six event league competition spread throughout the year. There will be short, medium and long courses (2, 4 & 6k) so a competitive option for everyone or just the chance to run a full length course on a Wednesday night for those that would just like a run or an interesting walk.



Junior training



Wednesday 26th October alongside senior training, there will be a special junior evening Halloween training session.

While older juniors are welcome to join in with adult training and run in urban areas if accompanied by an adult, a new junior training programme is being introduced this year. The main training sessions will be moved to weekends after events – when there is better light. Juniors and parents - please look out for further information on the weekend training.

Timings

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

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

New Costs

I'm pleased to announce that normal training costs have been reduced to £1.00 per adult, 50p per junior/student and £1.50 per family.

League courses will cost the same as training sessions last year at £2.00 per adult, £1.00 per junior/student and £3.00 per family.

You can pay for three terms (for October to the event before the PuntO) in advance to save the hassle of remembering money each week:

£25.00 for adult, £12.50 for junior/student and £37.50 for a couple/family and this includes league events. To pay online please email the Treasurer at treasurer@waoc.org.uk for details.

New to training

The start of the new training session is a great time to try orienteering so if you have any friends that you think would enjoy orienteering, invite them along to training so that they can have a go at orienteering without being plunged straight into the middle of a forest. The first session is also free for anyone who has not attended training before.

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)

Training tip:

Trigger words are used by many athletes to help them with concentration – do you have one? Have you even heard of a trigger word before?

The word is used every time the athlete feels their concentration slipping so that they focus back into the 'here and now'.

- Simple trigger word:
Use a word that can be either thought or even spoken out loud to refocus. An example of a word is 'map' that should remind you to immediately orientate the map and check your location.
- Complex trigger word:
A complex trigger word reminds you to do a series of actions so that you can refocus. An example is ACT which stands for:

A – Attack point

C – Compass

T – Traffic Lights.

Updated 'Course Planning Guidance' by Hilary Quick - July 2016

For many years, Graham Nilsen's "Course Planning" document has been considered a prime source of guidance on the practicalities of planning orienteering courses. Although many of the principles remain valid, much of the detail has become obsolete in the 20+ years since it was written. I have therefore re-written it (with Mr Nilsen's blessing), and the updated document is now available for download at:

<http://www.scottish-orienteering.org/soa/page/updated-course-planning-guidance>

The PDF version is of course suitable for online viewing and for printing; I am investigating options for a purely online format.

There is also a wide range of sources of 'Information for event officials' from British Orienteering, SOA, and elsewhere on the SOA website at:

<http://www.scottish-orienteering.org/soa/page/information-sources-for-event-officials>

Hilary Quick
Scottish Orienteering Association Education Officer
July 2016

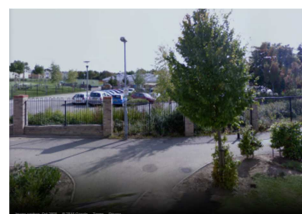
Saturday 8th October Ely Urban Event



Cathedral Precinct on map



Ship of the Fens



Lantern Community Primary
School Event centre
Parking available

Mens Open (M16+)	7.4 km	
Mens Vetaran (M40+)	Womens Open (W16+)	6.5 km
Mens Super Vet (M55+)	Womens Veteran (W40+)	4.3 km
Mens Ultra Vet (M65+)	Womens Super Vet (W55+)	3.5 km
Womens Ultra Vet (W65+)	2.6 km	
Junior men (M16-)	Junior women (16-)	1.9 km
Junior men (M12-)	Junior women (12-)	0.9 km

Adults

British Orienteering members £7/ non members £9

Juniors £2

Further details on website: www.waoc.org.uk

Organiser Peter Allen (WAOC) 01954 211446

Planner Iain Stemp (WAOC)

Controller Sarah Mansel (SUFFOC)

Following the success of the 2014 Urban Event in Ely we return to its historic centre and complex quiet road network.

- Event Centre: Lantern School, Nene Road, Ely CB6 2WJ (TL 5379 8129)
in school hall with parking and all facilities.[signposted from A10 Ely ring road]
- Junior courses this time, plus full adult courses
- Entry preferred through Fabian4 : www.fabian4.co.uk.
- Entry on the day registration will be 11:00 - 12:30, **subject to map availability**
- Starts 11.30 to 13.00 Start times for pre-entries allocated as shown on the Fabian 4 website: www.fabian4.co.uk. Those entering on the day will be given unallocated start times, which are available throughout the 11:30 - 13:00 period.
- Course closes 14.30

- Many helpers are needed on this occasion. If you have not yet been asked, or have become available at the last moment, please e-mail science@huccombe.org.uk or simple offer to help on the day.

All members are very welcome to take part even if cannot help.

A-mazing by Sue Woods

After previous attempts to boost local interest in orienteering by setting up Micro-O mazes at local events at Wimpole and Parklife at Milton Country Park, which have seemed to take much effort with little reward, we may finally have hit the jackpot.

The event was the Saffron Walden Maze Festival, celebrated in mid August. The offer to take part came via the running club, Saffron Striders who had second thoughts about staging their own maze and approached WAOC for help. As we had nothing planned for that weekend, we agreed to set up an orienteering maze on Saffron Walden Common.

As the day approached, our enthusiasm waned as strong winds and rain were forecast. But the weather was kind to us, and we had a warm and sunny if rather breezy morning to pitch the WAOC tent and set up the maze.

We were intrigued by all the various interpretations of “maze” and found ourselves between a straw bale labyrinth complete with tunnels on one side and a giant snakes and ladders grid on the other. We had plenty of customers for our maze on Saturday, the bleeps and flashes of the controls with electronic timing attracting the interest of the festival crowd. As children tried again and again to beat their scores, records for the courses were smashed, including the fiendishly difficult mirror maze which provided the ultimate challenge. Bruce and Maria arrived at just the right time to help when the queues to take part were starting to build up, and it was non-stop until thankfully the rain arrived at 4pm.

We were delighted at Saturday's attendance and the keen interest shown in the sport, and the club, by a number of young families. But we were even more surprised when we reopened for business on Sunday morning and the previous day's converts were already there and ready to resume the challenge and beat their scores. As the day wore on, the festival became much busier, with lines of traders selling food, a live band, and many more families enjoying the large variety of mazes. Our thanks go to Helen Bickle who came along to help just as the crowds were beginning to swell.

By the end of the afternoon, we had had 176 runs on our maze, beating the 112 on the previous day, and it was going to be difficult to close down with the level of interest still high. Two sets of cousins had hit upon an ingenious way of completing the courses in record time by positioning their players at key points in the maze and throwing the dibber from one person to the next. It contravened all the rules of the game, but they had a wonderful time, and it was fun to watch them working together to come up with the winning strategy.

The maze festival appealed in particular to young families – there was plenty on offer for everyone to have a go, and we hope that we have inspired a few families to come along to our events this autumn to try the real thing.

Sue Woods

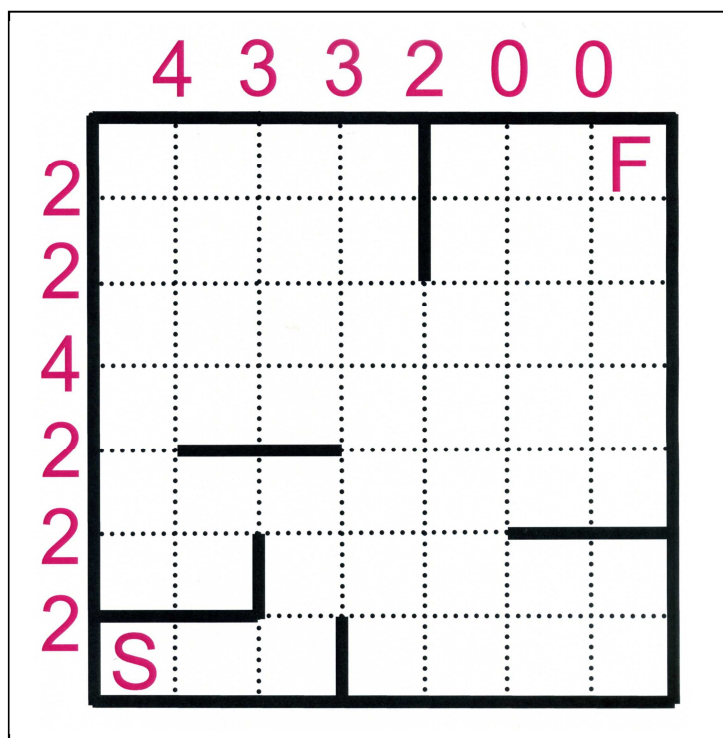
A Mazing Puzzle – Bruce Marshall

The Editor asked for another brain teaser from me, perhaps one inspired by the Saffron Walden Maze Festival.

So here goes. In this puzzle you have to build the maze. I have added some of the hedges already. All you have to do is add some more hedges. The length of these hedges is given by the numbers in the border. There is only one route from the Start to the Finish and it visits every cell once. No junctions, no crossings, no blind alleys.

Hint : try drawing the path through the maze

Solution on page 21



British Sprint and Middle Distance Championships – Ruth Vingerhagen

The chance to race at the Olympic park seemed too good an opportunity to miss and so we signed up. The day was divided into a first round of heats followed by the finals. The start of my heat race followed my normal pattern of running to where I was convinced the first control would be, only to find it not there and then panicking as to where I was on the map. Once I knew where I was on the map the rest went well until near the end when I saw lots of people running up to a control beneath the Olympic rings. Convinced I shouldn't just follow, I ran round the back to look for the control but after not finding anything I realized that, yes, I was to run where everyone else was.

The final was a more linear course but different levels and the main difficulty was therefore locating the correct steps quickly enough. This run went much smoother for me and I finished 13th in the W Open B final.



Figure: Excerpt from course 3B (finals) illustrating the different levels to be negotiated.

After a night in Horsham we parked in a wet field in the Surrey Hills and somehow managed to get the pram along a very muddy path to the start of the middle distance. I found the first couple of controls without problem and felt like it was going ok, but then I ended up in an area with lots of small paths and hollows and found several controls but not the one I needed. But then I realized there were lots of lost people.

Runner: "What post are you looking for?"

Me: "79"

Runner: "Ah, I've seen that, it's over there!"

Me: "What post are you looking for?"

Runner: "65"

Me: "That's along over there!"

It still took a while to find that control. The problem was there were lots of little paths but only a selection were shown on the map so I was never sure exactly where I was and the vegetation concealed a lot of the contour detail. Afterwards, studying RouteGadget, I found that there were no less than 10 controls in that small area. I think I found most of them. The rest of the race continued in a similar vein but I did find them all in the end and most importantly, in time for my husband to start his race. Luckily it wasn't raining too hard and the children were content to sit in the mud (we forgot waterproof trousers) and shake the banner poles.

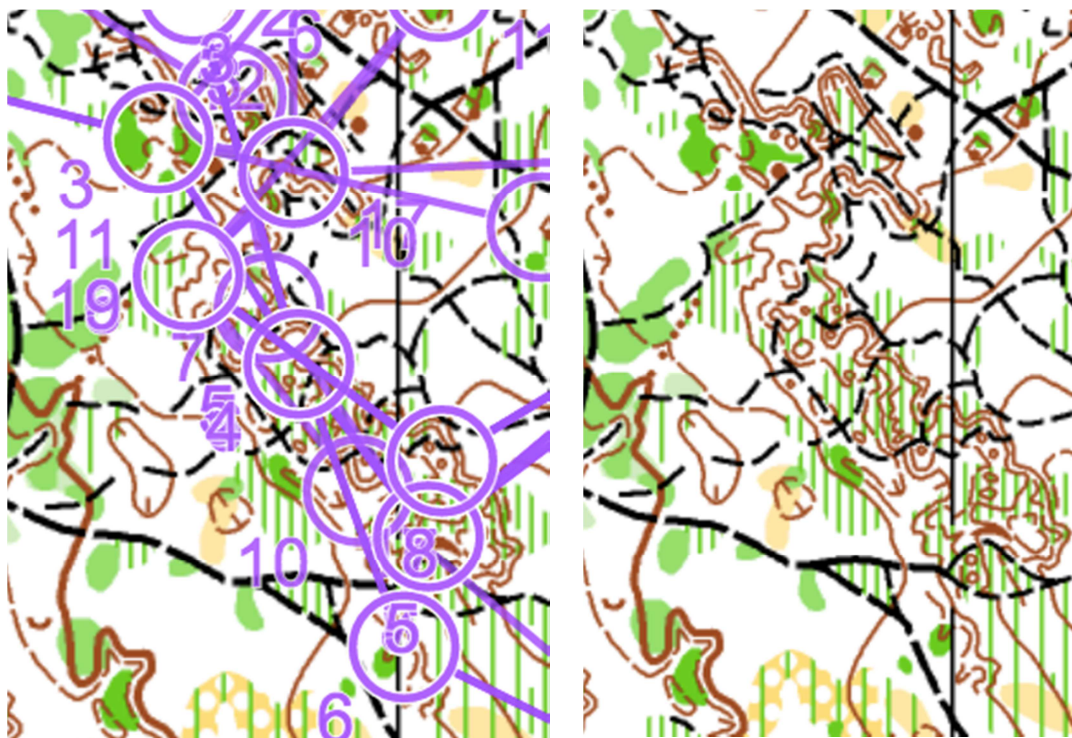


Figure: Where is my control? The tricky terrain of the middle distance championships. Map on left shows controls from all courses.



Figure: Approaching the finish of the middle distance. The only time in the race I knew exactly where I was and where I was going.

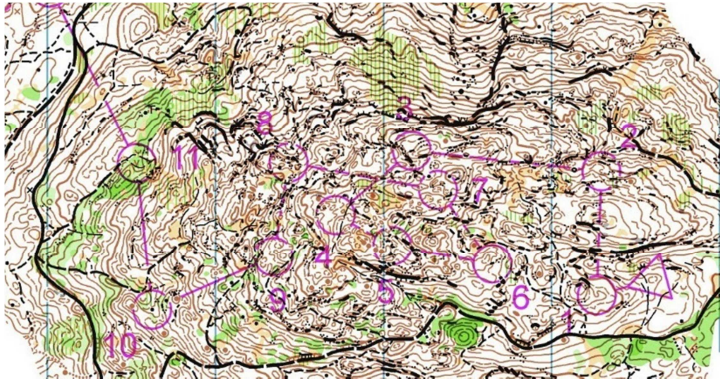
Summer in Slovenia (and Italy and Austria) – The OO Cup 2016

While a lot of WAOC-ers were enjoying the delights of Wales at Croeso 2016, I had made my way across the continent to the OO Cup. I have orienteered in Slovenia before and didn't really enjoy it, but this time the competition was hedging its bets by covering three countries in 5-days, Austria, Italy and finally finishing off in Slovenia. What was not to like!

It turned out to be a brilliant 5 days of racing. Each day very different and requiring different orienteering skills, but all super fun (helped by great weather most of the time and on-site beer!).

The training day set the tone for the week...complex orienteering where accuracy was just as important as speed. The most important thing that I failed to note during my training excursion was that the afternoon weather in Villach (the Austria day) was wet!

So Day 1 arrived and it was great. A well planned course with a 'gentle' start...rather than throwing us straight into the tough stuff we started in some fairly straightforward beech forest. After a pleasant run through the first half of the course, we arrived in the challenge (below).



Large cliffs, boulders and very few 'helpful' tracks. It was at this point that the thunderstorm started. Now there are thunderstorms and there are THUNDERSTORMS. This was the latter—apocalyptic in both its noise and lightning. As darkness fell, I struggled to see the map, let alone read it. Interpreting the terrain was all but impossible. I

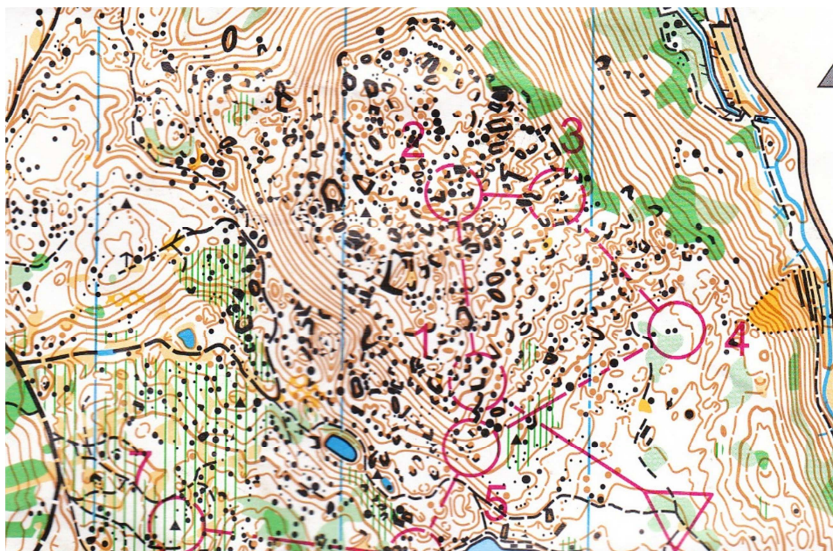
tried glasses on, glasses off, but nothing made it any better. I stumbled blindly across the ground, occasionally coming across a control, which sometimes even had the right number on. Tricky but I finished!

Of course, having been forewarned that it might rain, I had packed away my dry kit safely...well no, after all it was sunny when I set out! I return to the convenient wall where I had left my kit to find it has gone! Panic! No car keys. Wallet gone...all that was left was my soggy shoes and a water bottle (not needed in the circumstances). So what is Slovenian for 'Someone has stolen my bag?'

Well fortunately this was not needed... turns out some kind soul had moved my kit bag into the organisers tent! Phew...mind you, my kit was still soaking wet. A GOOD START!

Day 2 moved to Italy...a beautiful location near Lake Fusine. Car parking had been changed with very late notice because Vladimir Putin had decided to visit a local historical site (The Little Russian Chapel), so we were bussed into the arena from a Nordic Ski Centre – this all went very smoothly and there was plenty of opportunity to watch the practising ski-jumpers.

As soon as we had started on Day 2 we were thrown in to an amazingly complex area of crags and boulders.

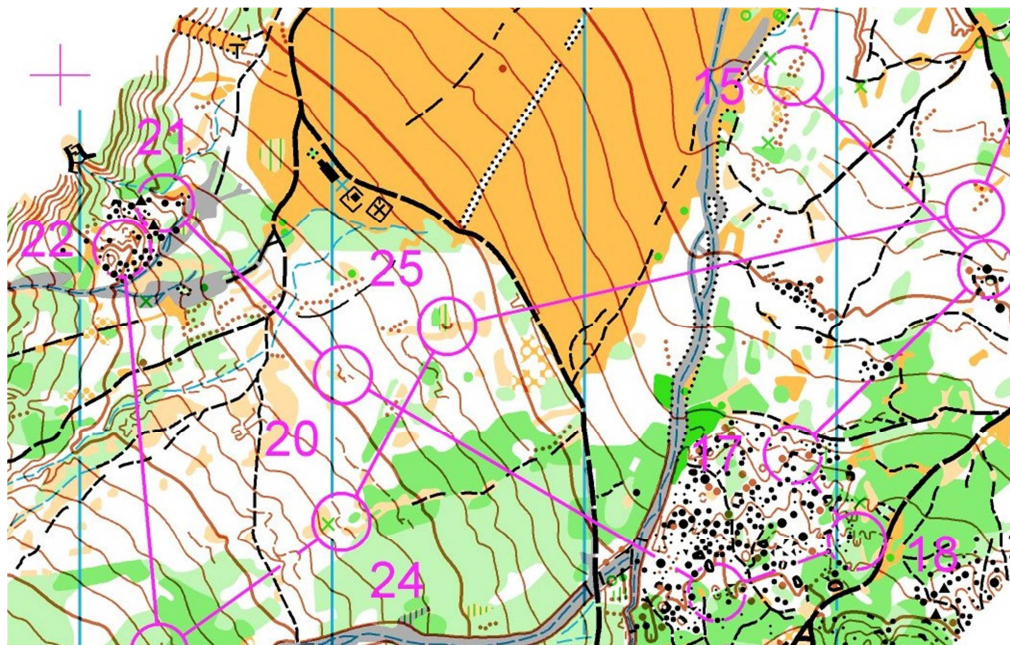


It probably looks easier on the map than it actually was...the rock features were amazingly hard to interpret. I fluked number one and buoyed with confidence I tried running on a rough (very rough) compass bearing to number 2. Bad idea! This was one of those days where people ran around shouting the

control number they were looking for in the hope that someone could help them. It was reassuring to know that post-Brexit, English remains the universal language for such activity. I found several controls, but just couldn't work out where they were located on the map. I was about to head out to the nearest (not so near) track to relocate when, in one of those 'Eureka moments', it all made sense. It was a great feeling, sneaking into the control, without giving it away to any of the number callers!!

After that, I slowed down (not that I was ever running that fast), and the map began to make sense to me. I had a decent run after number 2, made all the better by the cold beer being served right by the bus stop, and actually really enjoyed the challenge!

Day 3 used the same assembly area but presented very different orienteering challenges.



Fairly fast navigation through beautiful woodland, a mini-boulder field and running across dry waterways (the grey on the map).

I made no major mistakes and finished reasonably

well up the field. It had been a very well planned course which left me wanting more!

And so we moved to Slovenia. I moved accommodation to Ribce Lav, on the shoreline of Lake Bohinj – a good move as it turned out. This was a stunning location and very handily placed for the final two days of competition. For runners who has not changed locations, this was where the visit of Vladimir Putin had the biggest impact – because he was in town (well, in Kranjska Gora where most orienteers were staying) at some unspecified time (the security weren't allowed to say exactly when as he is not the most popular person to Slovenians), all the most obvious routes to the Day 4 assembly area were closed and rather than a 50-minute drive around the motorway, anyone who had stayed in the same accommodation for the whole week, faced a nightmare three-hour drive through the Triglav Mountains! So all-in-all moving hotels proved to be a good decision!

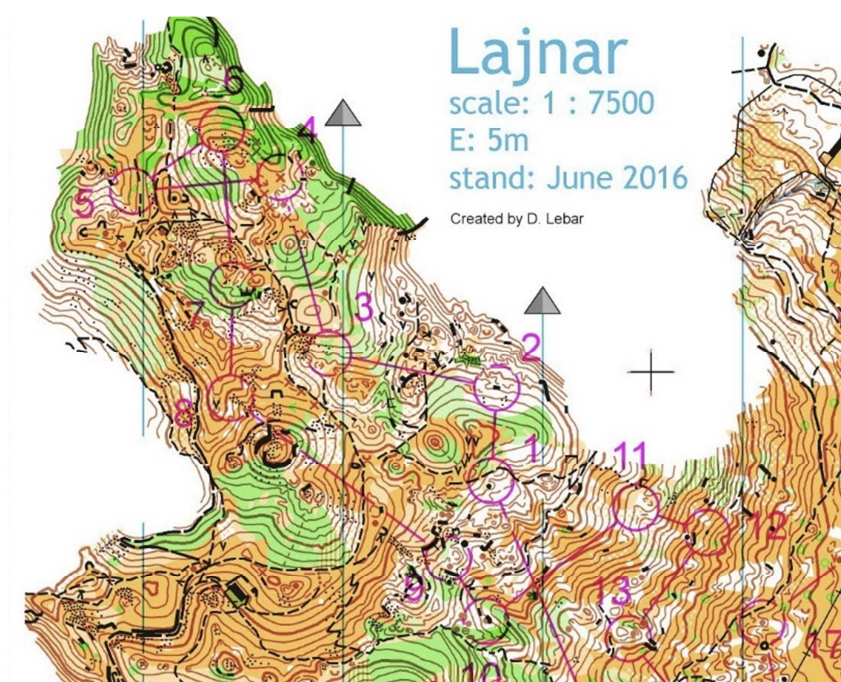
To get to the start for Day 4 at Soriska Planica, we used a chair lift! BRILLIANT!



Yes, we were in skiing country. It was great fun looking down from the chair lift at the runners crossing the ski slopes below. I even managed to check out one of my controls as we were riding up the hill.

This was a middle race so fast times were the order of the day, helped by

superfast woodland and very runnable grass land.



There was still scope for errors and small mistakes cost many places, but generally it was fairly easy to relocate if you went wrong, and joy of joys there seemed to be more downhill than uphill (logical I guess when you start at the top and finish at the bottom of a very large hill).

As per usual, I finished mid-table but this a great day of orienteering. As usual, I managed to make the most of the post event 'facilities'. I wonder if

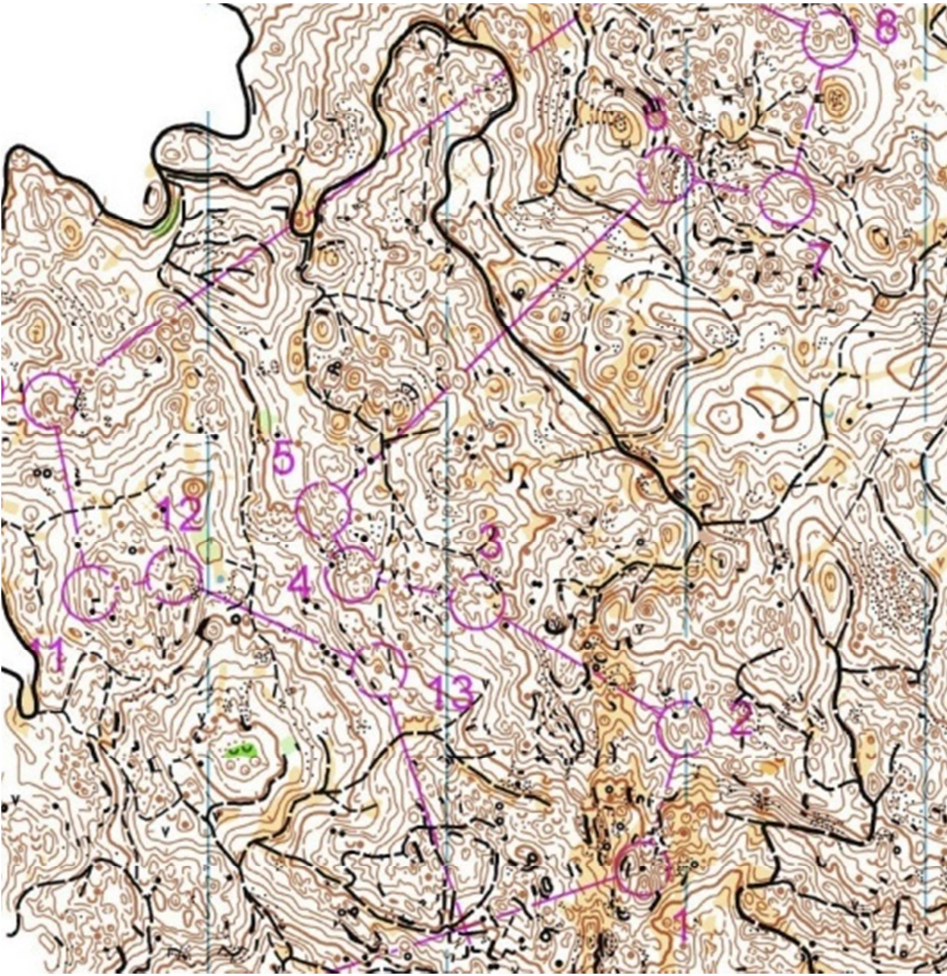
more people would hang around after their run at WAOC events if we provided a bar (and glorious non-stop sunshine)?

Day 5 stayed in the same area but this was the karst day. Last time I went to Slovenia we had five days of this...rocky terrain, enormous rocks and cliffs and massive holes in the ground (on my last visit, I came to the conclusion that large depressions cause large depression in runners). So I knew what to expect and was determined to rectify the many errors from last time.

To be honest, when I picked up the map, my heart sank. This was going to be difficult! But one thing I had learnt was that taking it slowly was a better technique than my usual 'get close to the circle and hope' approach.

So I picked up the map and took a deep breath...'Work out your route...don't just run off' I told myself! And it worked. I navigated superbly...exited every control in the right direction

because I checked by using my compass...and just seamlessly ticked off features as I moved through the woods.



It is such a great feeling to be running slowly but in total control through the woods and on this day I achieved this feeling...job done!

This was a great event. Slovenia is a delightful country and the orienteering and organisation was spot on! I left wanting more. I had put my 'Slovenia demons' to bed and all being well I expect I will return in 2017 or 2018. Mike Capper

Croeso 2016 - Robert Campbell

2016 was meant to be the 'big' year. I had trained hard during the back end of 2015 and was looking forward to moving up to M50 (!). However it proved to be a pretty frustrating one. Five weeks lost in January and early February and then having to quit the British Champs on Brown Clee after six controls with a hamstring injury. In between these two, there was the Midlands title and 2nd in the JK Sprint, so I can't moan that much. My last event prior to getting to Wales was walking the Cambridge Sprints and jog/walking around Hatfield Forest in May. Hardly ideal prep! I did however manage to get to the training event on Merthyr Mawr on the Saturday to remind myself how to hold a map and compass.

Day 1 - Kenfig

Dave Peel, who mapped this area, had promised earlier in the year: '*I thoroughly recommend you take the chance to run on this remarkable area (you'll have two stabs at mastering it as its being used for days 1&2). It's was one of the most complex areas I have mapped and a rewarding challenge.*' It did not disappoint. The first leg gave a chance to stay on paths for much of the leg, which I readily accepted. After that though it was a case of keeping close contact and selecting good, strong attack points. In spite of the lack of O-training, I was

running cleanly. I even managed to hit 4 straight on, where others found it tricky in the vague vegetation. By the time the course got to 10, it was into the faster terrain and I found myself moving smoothly, relishing the 'middle distance' style loop around the high dunes (see below). I thought I had done okay but suspected my lack of all-out competition would affect me. In the end, I was pleasantly surprised. 3rd behind Charlie Adams and Clive Hallett.



Day 2 - Kenfig (Middle Distance)

I had a later start and was feeling positive after the first day. I realised we were going to be in the top half of the map and thought it might suit my 'faster' style of running/orienteering. From the outset, I felt in command of the map and terrain and was running quick and making no mistakes. The plan was simple - stay as close to the straight line as possible. I did lose about 30 seconds at 12 by hitting the hill wrong and searching in the wrong location for the reentrant. However I continued the fast pace and, according to splits, regained the lead at 19, finishing 19 seconds clear of Clive, my first victory over him since, I think, 2006. After the year of frustrations and other (personal and professional) challenges, it was a moment to savour.

Day 3 - Margam Forest North

If sand dunes rank highly on my list of preferred terrain, thick, steep and slow Forestry Commission areas rank low - and that's in spite of living and training for four years in one when we lived in Guisborough in the North East. With an absence of (much) white forest, it was going to be a slog. It didn't disappoint! The terrain and course didn't give much in the way of route choice and it seemed more a case of being prepared to grind out each leg against 'green' forest and steep hill (and this worked both ways as leg 16-17 demonstrated - see below). I made one 'howler' at 12 where I ran past it, assuming it was a 'junior' control as

it was so close to the path. It wasn't and I committed the elementary mistake of not checking a control code, 'just in case'. Again, it was another pleasing run - 2nd to Clive. Something was definitely 'clicking' this week.



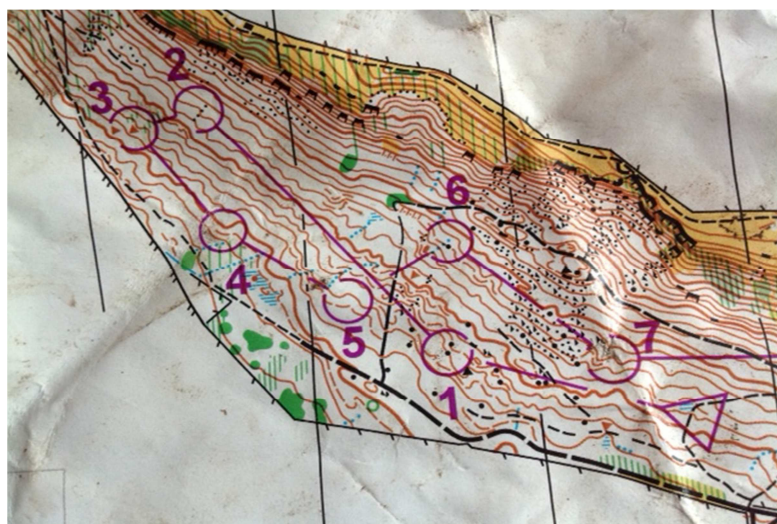
Day 4 - Mynydd Llangynidr

Unlike most others, I hadn't come to the JK when in South Wales so hadn't run here previously. Adding to this, I like open limestone moorland even less than FC forest and I wasn't hugely enthusiastic of a decent run. For extra interest, heavy rain and mist descended and cagoules were deemed compulsory. With only 12 controls for 7K, this would be a day for long legs and because of the mist, relocation would be even more challenging. There would be only one option - straight line and total map contact. Although there wasn't much terrain variation, the huge sink-holes did provide excellent points to check for bearings and I effectively used them to 'bunny-hop' along the legs (a good example was leg 3-4 below). In spite of my pre-race fears, I executed one of my very cleanest of runs, with no mistakes, finishing 2nd (to one of the Finns) and beating Clive by over 2 minutes.



Day 5 - Margam Country Park

A race of two halves - the first in steep and runnable, technical forest followed by semi-open and open running with little challenge (apart from climb!). Another late start and early finishing times suggested it was going to be tough. I started well but took a very cautious route to 2 (going via the path and 3!) which cost me over 1.5 mins. I should have been braver and used the contours. There were a couple of other losses and it was probably my least pleasing run of the week. However, I still managed to finish 3rd and claim 2nd overall behind Clive, having defeated him twice in a week.



And so...My strongest multi-day performance in years... How? Certainly not training or pre-event performances as these were not-existent. I've done some running since early June, but certainly not enough to warrant these improved runs. The only thing majorly different is that I've taken up meditation and have been able to approach all aspects of my life more positively and in a relaxed frame. Something to think about... (!).

Endnote - having done so well in Wales I went up to Lincoln for the City Race with urban running being typically strong for me. I ran my worst in years and made, for me, three fairly significant errors. Just goes to show, ours is a funny old sport and as soon as you think you may have it cracked, it comes and reminds you otherwise!

Ursula's (M)utterings

So much has happened since April so lets get going.

Last summer we had a Wednesday evening event on a line map in North Cambridge and Helen Bickle realised what a fantastic area it would be for a sprint which is how she came to find herself this May organising the magnificent Science City Sprints, one in the Science Park and the other in the City. This was a joint WAOC / DRONGO event with Peter Duthie planning in the Science Park on a Caroline Louth map and Ben Windsor planning on his own map in North Cambridge. The assistant organiser, Ben Stevens of DRONGO, designed our Science City website and he and Helen negotiated the use of the sports hall in Cambridge Regional College.

Sprints are popular! We reached our limit of 350 entries and the team competition, which had been introduced as a bit of fun, attracted some interesting entries with the winning team being composed of 3 of our very successful GB Sprint Relay runners plus the father of one of them.

The British Sprint Champs were somewhat hilarious, though not I am sure for those deeply involved in them. The bad news was the venue, the Olympic Park with its lack of technical difficulty, its ill-defined wild flower meadows that might not be crossed, the delay to the start in the morning, the longer delay to the start in the afternoon and the downpour in the afternoon. The good news was an amazing café which went on serving coffee and simple food through thick and thin and the glorious Queen's Birthday fly-past of Buckingham Palace, still intact as it came over the Olympic Park, of a variety of planes, starting with the iconic Spitfire, Lancaster, Hurricane trio from Duxford and finishing with the Red Arrows! EAOA is putting on the Sprint Champs next year in Campbell Park, with Peter Woods organising and Graham Louth planning – go WAOC (no fly-past though).

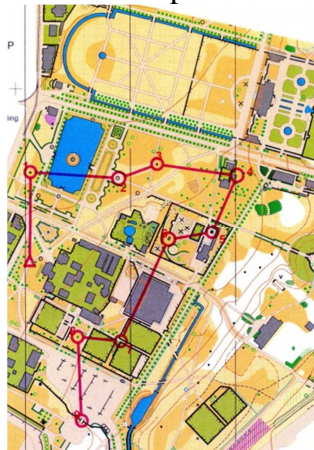
I can't find anything positive to say about the British Middle Champs the next day so I'll say nothing.

After much wavering I decided in the end to go to SprintScotland, a 4 day workshop of sprint techniques and events based on Stirling and run by Graham Gristwood ably helped by Fanny Gyurko, his Hungarian partner. Everything was accessible (just) by public transport. A strike by ScotRail caused me considerable problems on Day 1 but after that I got lifts from generous orienteers instead of relying on train and bus.

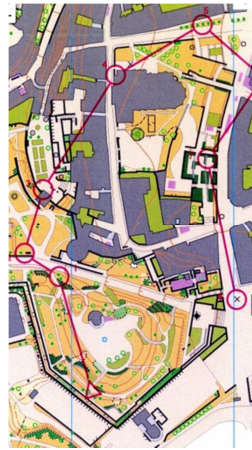
It was a very well planned 4 days. Day 1 had an interesting warm-up in Dunblane (which I missed but I have the map), a very good forest sprint in Bridge of Allan on a newly updated map, so the features on the map actually came to hand on the ground – amazing – and a sprint relay exercise on an open area which I skipped – well, I think my sprint relay days are far behind me! Day 2 it poured. There was a course in Stirling with long route choice legs to be run with a partner of similar speed (!), which I did as a paper exercise, then a 3.5K sprint that I ran as an urban course. I then retired to a café to drink coffee and eat crêpes and finished off the day with a lift up to Bannockburn from Andy Patterson to run 1 sprint loop while he ran 2 and the other lift ran 3. By now it had stopped raining. All of these training exercises had excellent maps and no SI: I got really good at using my splits watch. Day 3 was 2 sprints planned by Kris Jones, GB's most successful sprinter, on Hallglen a truly bleak and exposed housing estate on a hillside up above Falkirk. The morning sprint, the World Ranking Event (only WRE for elites) was mind-blowing and I duly ran out of mind. The afternoon was something of a letdown with a nasty bit over some rough open up to a tree then diagonally down to a bush – maybe elites need this sort of thing but I don't think I do. Day 4 was a single sprint in a Grangemouth estate – really good course so that I was able to go too fast for

my O brain. Overall it was a really good experience. Next time I'd go for more luxurious options in the matter of travel and accommodation and get there the day before.

I wasn't at Croeso so on to WMOC. Ron and I really liked Tallin and the World Masters Orienteering Champs there, with the Sprint Final in Tallin Old Town. The bussing out to the long events had a somewhat rocky start, with some of us waiting at the bus stop in Tallin thinking that if we missed our start times we would claim it was the organiser's fault. Not surprisingly, the transport guy had not realised that everyone wants to get out there early, even if they have a late start and then no one wants to hang around waiting for a bus after they have run! I did make my very first start on Long Qualifier 1 and after that everything ran extremely smoothly with adequate cover from the rain, local people cooking and serving food and most responsive buses.



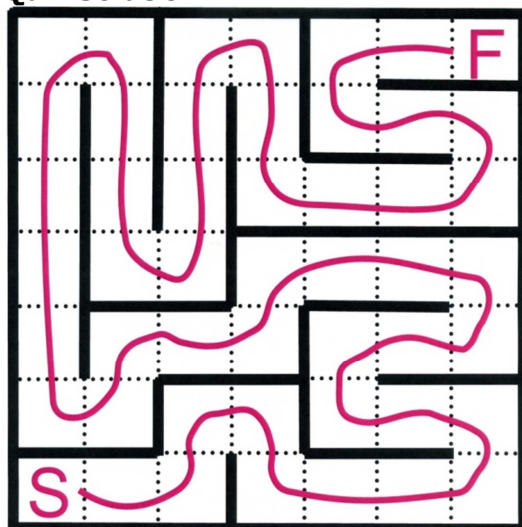
WMOC Sprint
Qualification
held in Kadriorg
Estonia
1: 4,000
h=2.0m



Sprint Final in Tallinn Old Town.
a world heritage site

Last weekend there was a soaked-to-the-skin day on Ainsdale Dunes followed by a dry day in Liverpool. Ainsdale Dunes looked tricky so I captured the previous (2012) Very Short Green course from RouteGadget and spent some time working out how to run it. That must have paid off as I found that the contours on the ground agreed with those on the map: it was just still tricky when both were indefinite. I loved it and really appreciated being able to change under cover afterwards in a primary school and then a lift to my Southport B&B. Let's quit on a high.

Quiz Solution:



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

Pos. ?	Name	Points	Contributing scores ?
1 (89 -4)	Robert Campbell	7812	1302, 1310, 1293, 1313, 1299, 1295
2 (288 +4)	Dil Wetherill	7465	1251, 1235, 1238, 1252, 1246, 1243
3 (570 +7)	Guro Harstad	7132	1197, 1176, 1194, 1192, 1195, 1178
4 (571 +7)	Sean Blanchflower	7130	1229, 1180, 1179, 1179, 1189, 1174
5 (571 +7)	Brian Cowe	7130	1200, 1174, 1179, 1210, 1186, 1181
6 (614 +5)	Alun Roberts	7088	1215, 1182, 1163, 1172, 1171, 1185
7 (638 +4)	Andrew Henderson	7073	1182, 1174, 1170, 1187, 1183, 1177
8 (748 +5)	Andrew Stemp	6991	1151, 1165, 1142, 1151, 1204, 1178
9 (776 +2)	Stephen Borrill	6967	1154, 1164, 1174, 1171, 1148, 1156
10 (835 +2)	Iain Stemp	6924	1213, 1191, 1122, 1148, 1130, 1120
11 (940 +9)	Mike Capper	6848	1153, 1128, 1141, 1178, 1122, 1126
12 (950 +5)	Graham Louth	6843	1136, 1158, 1164, 1127, 1127, 1131
13 (1027 +8)	David Cronk	6782	1126, 1123, 1131, 1123, 1129, 1150
14 (1029 +7)	Michael Bickle	6780	1142, 1132, 1121, 1120, 1126, 1139
15 (1238 +2)	Peter Woods	6612	1107, 1114, 1090, 1123, 1088, 1090
16 (1243 +5)	Gjermund Vingerhagen	6607	1100, 1084, 1097, 1147, 1087, 1092
17 (1391 +6)	Chris Brown	6483	1116, 1054, 1059, 1084, 1077, 1093
18 (1457)	Ruth Vingerhagen	6431	1038, 1106, 1039, 1170, 1016, 1062
19 (1607 +5)	Robin Bourne	6327	1084, 1046, 1067, 1050, 1059, 1021
20 (1609 +6)	Peter Duthie	6324	1041, 1089, 1044, 1065, 1038, 1047
21 (1670 +6)	Janet Cronk	6284	1029, 1051, 1074, 1035, 1048, 1047
22 (1692 +5)	Alice Hodgkinson	6272	1107, 1093, 1055, 1003, 1045, 969
23 (1694 +5)	Helen Bickle	6271	1027, 1073, 1078, 1056, 1021, 1016
24 (1741 +11)	Philip Hague	6229	1103, 1077, 1011, 1013, 1012, 1013
25 (1789 +13)	Camilla Darwin	6191	1040, 1000, 1008, 1017, 1108, 1018

WAOC FIXTURES 2016 - Bob Hill

17 September	Amphill	Level D
8 October	Ely City Urban	Level C
6 November	Mildenhall	Level C
4 December	Maulden	Level C
2017		
5 February	Thetford Warren	Level C

SAVE THE DATE: 30 September 2017 next year

The East Anglia Region will host the Level A **British Sprint Championships** with both WAOC Planner and Organiser for this national event at a SMOC area **Campbell Park in Milton Keynes**. This close you can't miss it! Helpers needed!

Events

EAOA Events have been taken from the EAOA fixture lists as of 5th September 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)

2016

September

17 th Saturday	WAOE EAOA Level D	WAOE Ampthill Park Colour Coded, Ampthill Park, Ampthill, TL023382 Organiser: Jenny Hunt
18 th	NOR EAOA Level D	NOR Colour Coded , UEA & Earlham Park, Norwich, TG190076 Entry times: 10.15 to 12.15. DOGS ON LEAD. Organiser: Paul Price www.norfolkoc.co.uk
24 th	TVOC SCOA Level D	TVOC Saturday Series Bradenham , Bradenham, High Wycombe, SU822973 Entry times: 10.00-12.00. No dogs allowed. Organiser: Brian Palmer www.tvoc.org.uk
25 th	SUFFOC EAOA Level C	SUFFOC Colour Coded , Ickworth North, Bury St Edmunds, TL816614 Dogs: Under Controll. Organiser: Will Harrison www.suffoc.co.uk

October

2 nd	SMOC EAOA Level D	SMOC Keyne-O , Linford Wood, Milton Keynes, SP845406 www.smoc.info
2 nd	HAVOC EAOA Level C	HAVOC Epping Forest SW and EAL , Chingford
8 th	WAOE EAOA Level C	WAOE Ely City Urban Race, Ely Organiser: Peter Allen (see page 8)
9 th	SOS EAOA Level C	SOS Colour Coded & ESSOL , Wivenhoe Park & Woods, Colchester
23 rd	NOR EAOA Level C	NOR Colour Coded , Shouldham Warren & The Sincks, Downham Market, TF654093 Entry times: 10.15 to 12.15. Dogs on Lead please. Organiser: John Ward www.norfolkoc.co.uk
22 nd	TVOC SCOA Level D	TVOC Saturday Series Kings Wood , Kings Wood, High Wycombe, SU898937 Entry times: 10.00-12.00. No dogs allowed. Organiser: Alun Jones www.tvoc.org.uk
23 rd	LOG EMOA Level C	EMUL League , Bourne Town, Bourne No dogs allowed. Organiser: Sean Harrington
29 th	LOG EMOA Level D	Race the Parks , Belmont Woods, Grantham, SK939376 Entry times: 10 am to 12 noon starts 1pm course closes. Dogs on Lead.

November

5th	LOG EMOA Level D	Race the Parks , Londonthorpe Woods, Grantham, SK944379 Entry times: 10am to 12noon starts 1pm course closes . Dogs: On Leads.
6th	WAOC EAOA Level C	WAOC Colour Coded, Mildenhall, Mildenhall Organiser: Peter Woods
12th	LOG EMOA Level D	Race the Parks , Grantham Town, Grantham Entry times: 10am to 12noon starts 1pm course closes. Dogs: On Lead.
13th	SUFFOC EAOA Level C	SUFFOC Colour Coded , King's Forest West, Bury St Edmunds, TL826735 Organiser: Louise Walker www.suffoc.co.uk
19th	LOG EMOA Level D	Race the Parks , Harlaxton Uni, Grantham, SK895322 Entry times: 10am to 12noon starts 1pm course closes. No dogs allowed. www.logonline.org.uk
19th	NOR EAOA Level C	Double Dumpling County Event , NT Blickling Estate, Aylsham, TG173285 Dogs on lead. Organiser: Alan Bedder , alanb.noroc@btinternet.com , 01603 424589 www.norfolkoc.co.uk
20th	NOR EAOA Level C	Double Dumpling City Event , Norwich City Urban, Norwich No dogs allowed. Organiser: Mick Liston www.norfolkoc.co.uk
27th	SOS EAOA Level C	SOS Colour Coded & EA League , Brandon, Thetford

December

4th	WAOC EAOA Level C	WAOC Colour Coded, Maulden Woods, Maulden Organiser: Helen Hague
11th	NOR EAOA Level C	NOR Colour Coded , Sandringham Estate, Kings Lynn, TL690290 Entry times: 10.15 to 12.15. Dogs on Lead. Organiser: Leanne Bailey www.norfolkoc.co.uk

2017

January

15th	SUFFOC EAOA Level C	SUFFOC Daisy's Wood Colour Coded, EAL & ESSOL , Daisy's Wood, Woodbridge, TM344502 Entry times: 10:00 - 12:00. Dogs: Under Control. Organiser: Clive Wilkinson, clive.sally@btinternet.com www.suffoc.co.uk
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February

4th	CUOC EAOA Level B	Icenian 2017 , Thetford cuoc.org.uk/events/4453/Icenian-2017/
5th	WAOC EAOA Level C	WAOC Thetford Warren, Thetford Warren, Thetford