



West Anglian
Orienteering
Club



JABBERWAOC

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April 2017

WAOC 2017 East Anglian Champions
at Ranmere on 19th March



AGM was on **Saturday 1st April 2017**
University of Cambridge Wilberforce Road Sports Ground

Reports and the Photos of 2016 WAGAL and
EA League Winners are on pages 12-23.

**Congratulations to Robert Campbell on gaining BRONZE M50
for the 2017 Interland Team for England – his account is on page 8.**



Congratulations to all 2017 EA Champions in WAOC

W10	Hebe Darwin
W35	Helen Bickle
W50	Rachel Pocock
W60	Janet Cronk
M16	Sam Hague
M21/Open	Jonathan Cronk
M35	Gjermund Vingerhagen
M40	Sean Blanchflower
M50	Robert Campbell
M60	Mike Capper
M75	Chris Morley

Rob was also presented with his EA Champion M50 Trophy at Ranmere by EAOA Chair, Paul Beckett (HAVOC)

Editorial:

How many WAOC Members can you name in this edition's photographs of our 2016 WAOC WAGAL and EA League Winners receiving their trophies at our AGM plus those winning the 2017 EA Championships at SMOC's Ranmere Event on 19th March? If you were unable to come to the AGM on 1st April 2017, do read through the Reports given on pages 12 and 22. Thanks as always to all our contributors to this issue of JabberWAOC. These include Stephen Borrill at Edinburgh's Big Weekend, Rob Campbell on competing for England at Interland and Bruce's puzzle as well as the usual articles and information on future events. Remember ROYSTON URBAN RACE on Saturday 22nd April 2017. Do please write an account of your spring and summer events before next copy date 3rd July. Wishing you and all your family good orienteering over the spring and summer, Hazel Bickle

WAOC Committee

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NOTE:	change of e-mail addresses		

Membership renewals for 2017 - Anne Duncumb

Renewals have been flooding in, thank you! There are about a dozen still outstanding. If you do not intend to renew it would be really helpful if you would let me know. Otherwise, early action would be appreciated! BOF members via BOF (easily done on line), Club-only members WAOC sub to me, please.

Thank You, Anne memsec@waoc.org.uk

Chair's Chat - Peter Woods

The following is in addition to the Chairperson's Report as presented at the AGM (Page 12)

The Paperless Forest

The idea of the Paperless Office pre-dates the introduction of Orienteering into the UK, but the idea that digital technologies would eliminate the need for hard copies has never become a reality. This is exemplified by our routinely taking two printers into the countryside to produce split printouts and results at all our weekend events.

This will probably remain the way things are done for a while yet – but there are signs this could one day change. Ben Holland has successfully trialled the live posting of results on the internet – updated within seconds of each finisher downloading. This is something we intend to use at Royston and at the British Sprints in September. This made me wonder - could this herald the arrival of the Paperless Forest?

The usefulness of the Live Results depends on the participants having smartphones to hand that can use a phone signal to connect to the internet, a reasonable assumption these days, but also requires the presence of a decent phone signal – something we can rely on in an urban area like Royston or Milton Keynes but which is absent in many of our forest venues. At the moment it is easier to plug in a printer and print a hard copy than to try to set up a local Wi-Fi. And of course there is the social element of all gathering around one displayed set of results.

But what about splits? Do we really need paper splits printouts? I don't think we can just do away with showing and displaying runners' details and their splits – the current printouts have many uses. It's much easier for people to spot a mistake such as their name spelt wrong or the entry details relating to the owner of dibber, rather than the person who borrowed it or a problem with their run when they can pick up a set of splits and look at it. Similarly runners can discuss their routes and compare leg times with others while they are still at the event. People don't have smartphones to hand when they download, but it's easy to imagine a setup where the splits are texted to a phone number instead of being physically printed. But I don't think this has the immediate feedback that the paper printout does.

Is Mixed Punching with SIAC fair?

One piece of orienteering technology that does appear to be here to stay is non-contact dibbing, also called air punching, or SIAC (for the Sportident version we are familiar with). For a start, we need some new nomenclature. It's bizarre enough that "dibbers" (too informal?) are strictly called SI-cards (too obscure?). Now we have to reconsider the pugnacious vocabulary of "punching" to accommodate the alternative where your visit to a control is registered automatically – this might involve a gesture more like "waving", and I expect that out of habit that most of us will reach out to practically touch the SI control even though this should not be necessary. But how do we distinguish whether we are talking about actually dibbing the dibber in the SI box (still necessary on units that aren't set up as beacons,

such as Clear and Check), from air punching, which involves just being near enough for the dibber to pick up the signal?

There is the tale from long before the days of non-contact punching of an elite who, when training, literally waved at the control sites she visited and on one occasion did the same in a competitive event instead of actually punching, and was disqualified. So at the elite level, it is no doubt the technology is a must.

At the moment, though, most orienteers do not have SIAC dibbers and we have not catered for air punching at our events. Until the beginning of this year, BO's advice was that air punching should only be offered where everyone competing in a particular class has the opportunity to use or hire a non-contact dibber. This encapsulated a feeling that the time saving offered by air punching is so great (especially in urban and sprint events) that it renders non-users at a significant disadvantage, and this is on a different scale to the advantages conferred by, for example, a faster compass. I am not sure if there is objective evidence to support or quantify this but an observation from a midweek event, run by Helen Bickle a few weeks ago, confirmed that whilst newcomers to SIAC who tried it were sceptical of there being a substantive benefit, participants with standard dibbers who saw how quickly those with SIACs could air punch and run on, felt that the SIAC users were gaining a considerable time advantage. The change of heart by BO reflects the fact that it is now feasible to hire out SIAC dibbers to anyone who wants one, even at an event as big as the JK, at a price that is small compared to other costs involved in entering and participating in an event.

This is called mixed punching, since the participants will be a mixture of people using SIACs and people using conventional dibbers on the same course and running in the same class. This is what we will be offering at Royston, and matches what is on offer at the JK and at the British Sprints.

Once we have a bit of experience, which we will definitely have by the end of September, offering mixed punching should not involve extra manpower on the day and does not make much difference to the planner or organiser's jobs. We are considering investing in a set of SIACs that can be added to our set of hire dibbers (although not enough to furnish everyone who runs).

We will need to review what we offer for events this Autumn onwards, after we see what happens at the JK and these other events, and how many of us have SIACs by then, and whether the argument about fairness, or perceived fairness, may still be a factor.

Summer Term (mostly Wednesdays) Training Nights

Date	Location
26 th April	Trumpington (new area)
3 rd May	Milton Country Park
10 th May	Wandlebury 楽
Thurs 18 th May	Astronomy & Madingley Rise
24 th May	Wimpole Hall
31 st May	Epping East (Multi-club training event) 🏃
7 th Jun	Fen Ditton
14 th Jun	Therfield Heath
21 st Jun	PuntO

Note: Still a provisional programme so please check the website for confirmation and further details or sign up to the training email list.



League competition event: 2k, 4k & 6k courses



Junior training

Regular training: Please aim to arrive at 6.30 p.m. so that you are ready to start at 6.45 p.m. £1.00 per adult, £0.50 per junior and £1.50 per family.

League competitions: Starts between 6.30 and 7.00 p.m. £2.00 per adult, £1.00 per junior and £3.00 per family.

Training email list:

To add yourself to the new training list to receive weekly emails, please email waoctraining-subscribe@yahoogroups.com

Invitation to the Gooseberry Fool:

CHIG have invited WAOC members to invade their Gooseberry Fool training session and social (cost of food £5 a person approx.) on Wednesday 31st May at Sawbridgeworth. More details will be sent nearer the evening.

Training tip:

Eat and drink your way to running faster at multi-day events:

- * Eat plenty of complex carbohydrates (produces energy that can be released quickly while running) e.g. baked potatoes, pasta, wholemeal bread, fresh fruit, veg and nuts. A normal diet should contain 50% carbs while an athlete's diet should contain 60%.
- * Eat to fit the demands of the races:
 - Large meals should be consumed at least 3 hours before you start as eating too soon to running can lead to light-headedness and sweating.
 - For a long race it is recommended to eat small amounts of food at regular intervals. Not really practical on an orienteering course but if you have a late start (or long walk to the assembly area before your race) try eating a small amount of food before you start e.g. raisins, banana or less nutritious but can supply a quick source of energy - chocolate.
- * Avoid alcohol and coffee that are diuretic and promote the formation of urine by the kidneys and can lead to dehydration. Dehydration will lead quickly to deterioration in performance (2% drop in body weight leads to a 5% drop in performance).

- * Maintain a high fluid intake, especially important for children (they may need 2-3 litres on a hot day). Make sure your fluid levels are high before you start and drink up to 10-15 minutes before you start.
- * Ideally you should have small amounts of fluid at regular intervals so it may be sensible to head to the drink points on your run.
- * Refuel as soon as possible after racing! Replace the water that you have lost and eat glucose-rich carbohydrates (e.g. baked potatoes, bread, sports drinks and fruits). This will help you recover from your run faster and prepare you for the next day.

Summer informal Wednesday (and maybe the odd alternative) 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.

Please check the website for details but one evening is already planned:

Date	Location
Wed 13 th Sep	Meldreth (Pre-O, Street-O and Social)

Helen Bickle (clubnights@waoc.org.uk)

SMILE summer series Helen Hague - Convenor



Hi everybody,

Don't forget the **SMILE summer series** events will be taking place over the summer. These events are aimed at newcomers so please do encourage friends and family to have a go and experience the delights of orienteering! There are courses suitable for juniors, families and adults. For those of you with more experience, they are a good way to stay fit and entertained during the quiet season.

Events will be shown on the website but at present include:

Saturday 13th May	Impington Village College
Saturday 24th June	Hinchingbrooke Country Park
Saturday 19th August	Coe Fen, Cambridge

New Tops and Waterproof jackets for WAOC

If you should fancy a **new WAOC top**, as seen in many forests in these here parts, then please contact Helen Hague at helen.hague@ntlworld.com.

Made by Bryzos (previously Siven) of a wicking fabric and washing well, they seem to be working wonders for the winning streaks of some WAOC orienteers. Short sleeved tops are £25, long sleeved £30 and Junior tops £20. A back pocket is an optional extra for £3. Helen has some to try on which will be available at the Royston urban event on 22nd April 2017. Sizing information is given at www.bryzosport.com/customise



WAOC is also considering ordering a **lightweight waterproof jacket**, price at around £35. The possibilities are shown below, with the final version yet to be selected- whichever version is selected will have a hood. If you think you might be interested in the concept of a jacket, please let Helen know and by all means cast a first and second preference for the designs shown.



1)



2)



3)



4)

Moving with the times, or not - Mike Dudley

Over the years I have edited club, regional and the national coaching magazines, these were seen as the principle way of communicating local and regional news and material BOF requested be shared with members. These publications were seen as invaluable especially for the less active members and those who didn't attend club nights or training sessions. As compiler, acquiring material was either difficult or one was overwhelmed and had lots of editing to do. Today, acquiring copy seems to be difficult because 'times have changed'; in this electronic age, if one wants to find out what is happening one is told 'it's on the web'. Does that mean things like club magazines are no longer required? As one who does not consult this 'marvellous phenomena', and orienteering web sites in particular, I'm led to believe I'm missing a lot. As an oldie I'm very much on the edge of things but that's by choice, however, if our club's web site is being revitalised, and I can master my new computer, I may visit it more often. Will it contain comments on events, news of regional achievements and the regional junior squad, and our club's views on British Orienteering's latest plans / proposals? Our magazine's editors have done a good job and should be thanked for their dedication - back-room bods are often neglected - but should WAOC decide to move to electron communications only (it could save money) I would be willing to 'move with the times'.

Interland 2017 – Rob Campbell

It was an unexpected pleasure to get a call-up to represent England for this spring's Interland competition, held on 2 April in the Ardennes of southern Belgium. I had competed for England in the same event once before in 2008; it's been an disappointing decade since with some good performances, but more often than not, failure to deliver on the 'bigger' stage. Since last summer, I've changed my life/lifestyle considerably and I've enjoyed a good Autumn/Winter with greater consistency in competitions, consolidating a top 100 ranking for the first time in ages.

There was quite a contingent from East Anglia - three juniors from SUFFOC and former WAOCer, Helen Gardner. Not bad for such a flat, relatively under-resourced region (in terms of orienteering terrain!). We travelled over to Belgium on Friday and stayed in a hostel near the coast - the sand dunes close to the location looked mightily tempting and it was a shame we didn't have an O map of them. Saturday we journeyed south to Lille (collecting Helen from Eurostar) and then to Namur for some sightseeing. We all agreed that the citadel in that city would make a spectacular sprint area.



The author relaxes on the citadel walls in Namur... mentally mapping the varied and tricky site!

Later that afternoon we reached a village nestled in undulating hills (reminding me of the lowish hilly area south of the Lakes) and a training event, to stretch legs and get the O-brain in gear. 4K was enough for me and the terrain was reminiscent of 'White Rose' forests, albeit a little more runnable (thank goodness!). Climb was more than manageable (a mere 110m) and no real indicator of the competition area; however, it did give us chance to explore how vegetation might be mapped and to play spot the ubiquitous platform (mapped as a brown circle), both key technical notes for the following day. Overnight stop was in another well-appointed Belgian hostel; the only gripe, the (initial) lack of vegetarian option. A few choice words from John Rye, inimitable England team manager, and a more than generous (and tasty) omelette materialised.

Competition day dawned chilly, with morning mist threatening to add a further challenge. My course looked daunting - a mere 6.3K but with 310m of climb. The map was scored with steep valleys and lots of varying shades of green. It would be a physically and technically challenging day.

We departed the hostel before 8am and due to laws governing coach drivers, a temporary driver was appointed, none other than M50 legend, Clive Hallett who had a coach licence from 30 years ago! Top marks too for his driving skills. We got there in one piece. The village of Heubeumont was enchanting and the event centre was the local hall/sports facility. One disappointment was a remote start/finish, 4K above the settlement; however it meant access to the best terrain and we climbed above the morning mist to be greeted by clear, blue skies - idyllic orienteering conditions.

I was penultimate starter for the England team and knew I had to get round cleanly to stand a chance of finishing in the top scoring pair for England - one of the challenges in Interland is to ensure you don't get beaten by the 5-year runner in your class (i.e. the M55); of course if you're the '5', you want to beat the youngsters!

The first leg was tricky: a platform in vague forest. Going direct might be quicker but did not offer a clear attack point. Better to play it cautiously (using paths) and it worked. The next two legs offered no such alternative and it was a case of going straight and steadily.



[<http://www.helga-o.com/routegadget/rg2/#9&course=4>]

Runability was generally promising (though 'mind the saplings'). The first of the two long legs appeared next (see map). I went fairly straight (south of the OOB field and down the spur) but found the climb up to 4 a real drag (but it did enable me to plan the other long-leg - an advantage of walking slowly). Not many gradients like that in our neck of

the woods and I lost 1.5 mins alone to Clive (who went further right and tackled the climb diagonally).

The next few controls saw a decline in the runability with ground reminiscent of the steep and stony parts of the Forest of Dean. Not my cup of tea at all.

Leg 11-12 was a beast and I opted for the left 'path', interestingly chosen by all three of us on M50/5. Talking to the M40s on the ferry home, they would have gone to the right. An age thing? What would you do?

The last three controls were in flatter, less visible forest and I kept it safe, coming back in 55 minutes. In the end it was a mere 4'32 down on Clive and with only one other athlete in between us, good enough for a bronze - pretty pleasing for a late reserve call-up! Overall England produced commanding performances, medalling in almost all categories and regaining the Interland trophy to a delighted team manager.



The top 3 in the M50/5 class, with me proudly wearing my England top and medal.

We set off for the return to the coast and the closest thing the team got to a major mishap all weekend was arriving late for the ferry. We must have looked a funny sight in border control as we collectively ran through the roped section, all resplendent in England tops/gear. Fortunately we made it. The Anglian contingent left the coach at the end of the M20 - one advantage is we only had an hour or so to get home. Spare a thought for the athlete from Borderliners who lives near Carlisle!

So, Interland was a pleasing addition to my racing schedule and one I shall not forget in a long while. With Clive Hallett and Charlie Adams in my age class, representing the country is a tall order, but I shall keep bashing away at the training and competition and hope I get another chance in the not too distant future.

WAOC AGM 1st April 2017



Chairpersons Report – Peter Woods

Firstly I should say that there is no momentous news to announce – our accounts remain stable, and our membership levels are similar to previous years. At the moment we have a total of 96 membership units, 51 families, the rest individuals and a couple of institutions. Anne tells me this corresponds in theory to 138 adults and over 50 juniors, but clearly not all family members are necessarily active orienteers. Nevertheless, I would love to see an event where we had a turnout of 50 juniors!

At the last AGM, I was able to report on quite a few activities which the club had laid on for the benefit of non-orienteers, and I commented that what evidence we had, was that these significant efforts had not increased the profile of the club or the sport, and where we may have gained new members or new participation this was in those events which were closer to Come-And-Try it which usually cater for existing orienteers anyway. So, I expressed the opinion that we would be better off spending our time and energy providing a high standard of orienteering events for orienteers. And although I think we can claim we did that already, there are some notable events from last year's calendar that reinforce this.

Firstly, I would like to mention the joint effort last May with DRONGO, masterminded on the WAOC side by Helen Bickle, to lay on the Science City Races – with two separate urban sprint races on the same day. This was very popular: normally we expect 100 to attend an urban event but this one attracted over 300 entries, and the feedback was overwhelmingly positive in regard to the courses, the nature of the event and attention to detail such as no dangling SI boxes.

Secondly, our events at Mildenhall and Maulden both attracted very high turnouts. Contributory factors include fine weather, for which the organisers always take the credit, and in the case of Mildenhall, the presence of a region wide cohort of ATC cadets, who chose a WAOC event for the second year in succession for their championship. Likewise, Happy Herts used Maulden for their club champs, once again opting to use a WAOC event for this purpose.

And more recently, we have once again co-operated with CUOC to lay on the 2-day Icenian Weekend. Turnout here was up on 2015.

This is in addition to some fine level D events at Wimpole, Cambourne, the recently groomed and shaven Ampthill and elsewhere.

We have been happy for our main events to be classified as level C, even though they are generally of a higher standard now than when they used to be classified as Level B (or Regional events), and despite their being at least as high quality in terms of organisation, facilities, courses and terrain as plenty of events not too far away that are categorized as level B. We made the choice not to try to obtain level B status for several reasons, not least because we pay more in levies and land access for an event that is called level B than one that is called level C, it is more administration in fixture setting, and more work for the planner (to provide back-up pin punches), whilst there is no discernible benefit for the entrants and no perceived increase in entry numbers.

However, we are being unfair to ourselves. I am proud of the high standards of our events, and our key officials: Organisers, Planners and Controllers should be being recognised as being qualified to lay on events of level B standard. So in future we will endeavour to lay on a level B event every year or two. (In fact, we cannot determine the level B status, this has to be approved at a higher level within BO, but in general if we apply in good time, that status would be granted). During the year British Orienteering added a section to its website to give better coverage of Permanent Orienteering Courses. I'm pleased to say that Steve Borrill has taken on the role of managing the WAOC POCs on this website.

I would like to thank Jenny, who has put together our submission to renew our Clubmark status, something which has to be done every 4 years.

Another development since last year is the new club kit. At last year's AGM we had a handful of sample tops for you to take a look at and try on. This has a very different look than former designs (and I like it a lot). Thanks to Helen Hague, this led to a large order and lots of us being seen in the new kit.

We would like to hear your opinion on a further item of club kit – waterproof jackets. Helen is arranging to obtain a sample and we will circulate information as soon as we have this – we would welcome your comments between now and our next committee meeting. (*see page 7*)

This year, we will be launching a new web site and this has prompted us to reconsider the WAOC logo. We decided the existing logo looks out of place on the new club kit. Somehow the simple geometric pattern of the logo does not match the flowing outlines on the club tops. Similarly, on the mock ups of the new web site, the logo does not fit with modern designs, and looks “clunky”. I think there is a good level of agreement that the logo does not fit in well but it is quite another to suggest a new logo. I am therefore throwing this open to the membership – we will welcome your suggestions for a new logo. Please submit your designs to Rakesh or myself before our next committee meeting (18 May).

Another aspect of the new website will be that it will feature images more strongly than the existing site – it will be much easier to post up photos and the like. We have lots of photos of orienteers queuing at registration, standing at the start line – we desperately need good action shots of orienteers of all ages actually moving through terrain, urban or country. If you have any recent decent pictures you would be happy to be posted on the site – please pass on to Rakesh. And if you have any time to spare at an event, please consider taking some photos of WAOC runners at any event or any runner at a WAOC event (just let the organiser know what you are doing).

Finally returning once more to the subject of high standard events – my own efforts as Chair of the club have been influenced, strongly, by the forthcoming British Sprints Championships, to be held: where? (Milton Keynes) on when? (30th September 2017).

To that end, thanks to Ben Holland, a recent mid-week league event featured live results display over the internet, updated automatically each time a finisher downloads. We plan to use this at Royston on 22nd April and then at the Sprints.

Likewise, Helen Bickle's mini-chasing sprint event at Burrells Field last month featured mixed SIAC and conventional punching, and used the same automated start time allocation system that will be used at the Sprints. This was achieved with a little help from Rod Marsden of SUFFOC, who took part in the event with his family. There is already a great level of co-operation between the clubs in the region in getting the Sprints organised, which gives me a good level of confidence for our ability to lay on a brilliant event.

I am very grateful to everyone from WAOC who has volunteered so far, but I am expecting this list of club helpers to grow substantially, and it needs to! We are a much bigger club, and closer to the event than other clubs (except for SMOC), so I am sure we will need to provide the lion's share of helpers. But I'm not really concerned about the breakdown by club, I just need a great many helpers on the day.

It should I hope be possible for most who want to run in both Heats and Finals to do so, as long as we can get enough helpers in total. The advantages of volunteering are significant: free priority parking on the plateau, and reduced price entry, further reduced for anyone willing to forego one of the two races. We can't offer these discounts retrospectively, so you need to get on the helper list before you enter!

WAOC 2017 AGM Awards and presentations for 2016

Owl Dil Wetherill

Tortoise Helen Bickle

Chairman's cup Alex Wetherill

Hally Hardie Mapping Trophy Caroline Louth

WAGAL Champions 2016

Junior men	1 Emil Zsak	2 Edward Low	3 Jack Dunning
Junior women	1 Caitlin Dunning	2 Hebe Darwin	3 Jemima Borrill
Senior men	1 Brian Cowe	2 Jason Dunning	3 Gjermund
Vingerhagen			
Senior women	1 Ruth Vingerhagen	2 Helen Bickle	3 Alison Cowe
Veteran men	1 Stephen Borrill	2 Robert Campbell	3 Phillip Hague
Veteran women	1 Alice Hodgkinson	2 Camilla Darwin	3 Rachel Pocock
SuperVet Men	1 Mike Bickle	2 Peter Duthie	3 Chris Morley
SuperVet Women	1 Janet Cronk	2 Seonaid Dudley	3 Sue Woods

East Anglian Champions 2016

M14	Sam Hague	W10	Hebe Darwin
M50	Andrew Henderson	W40	Guro Harstad
M60	Alun Roberts	W45	Camilla Darwin
M75	Chris Mortley	W55	Janet Cronk
		W75	Seonaid Dudley

East Anglian League Winners 2016

M14	Emil Zsak	W10	Hebe Darwin
M40	Sean Blanchflower	W21	Ruth Vingerhagen
M50	Robert Campbell	W45	Camilla Darwin
M55	David Cronk	W55	Janet Cronk
M75	Chris Morley	W75	Seonaid Dudley
M80	Mike Dudley		

no colour coded badges in 2016









East Anglian League Winners 2016









Club Captain's Report for 2016/17 - Graham Louth

Members of WAOC participated in all of the major events over the year – with Janet Cronk probably having the highest hit rate. The WAOC turn-out is still significantly down on what we have achieved in the past however. It would be good to get back to the situation we used to have where the tunnel tent would be full of WAOC competitors at major events like the JK and British Championships.

Talking of which, look out for the new green pop-up club tent at future events, next to the WAOC banner.

27 WAOC members competed at the JK in 2016. Congratulations to Rob Campbell and Ursula Oxburgh on being second in their classes in the Sprints on Good Friday, to Ursula for being 2nd overall in the W80 class, and Guro Harstad for coming 4th overall in the W40L class, with a 3rd and 4th on the two forest days.

We had 3 teams competing in the relays on Easter Monday with the team of Andrew Henderson, Mike Bickle and Peter Haynes best placed, achieving a creditable 19th in the Mens Vet class (M165+).

Guro ran even better at the British Long Champs in the West Midlands, coming first in W40L and hence becoming British Champion.

Unfortunately we didn't manage to raise any relay teams for the British Relay Champs the following day :-)

Guro also had an outstanding run at the 2016 Northern Champs to finish 1st overall, over 10 minutes ahead of the eventual Northern Champion.

A number of us enjoyed the British Sprint Champs in the Olympic Park in June, at least until it started to rain. Guro again managed an outstanding performance to be 2nd in W40, and Ursula was second in W80.

At the Southern Champs in the New Forest in November the Wetherill family put in a strong performance with Alex finishing 5th in M14A and Dil finishing 3rd in M50L

And last weekend at the Midland Champs, two members of WAOC were crowned Midland Champions: Rob Campbell in M50 and Janet Cronk in W60. Dil Wetherill and David Cronk also had good runs to each be the 3rd Midlander in their respective class.

Unfortunately we had a very depleted junior team at the regional Yvette Baker Trophy Qualifier at Knettishall in February.

We also had a somewhat depleted team at the Compass Sport Cup Qualifier at Ashridge last month – in part due to the early closing date. Thank you to everyone that competed for WAOC. Hopefully we will be able to field a stronger team next year. Best performance on the day was from Rob Campbell who was first on the Blue course.

A reminder that the final closing date for the British Long Champs in the Lake District in May is next Sunday 9 April, and if you would like to run in a WAOC relay team at the same event then please let me know immediately thereafter. Apparently there is also still time to enter the JK at Easter if you haven't already done so, but you will need to be quick!

And finally, best of luck to Janet, Ursula and Ron for the World Masters Orienteering Championships in Auckland New Zealand, immediately after the JK.

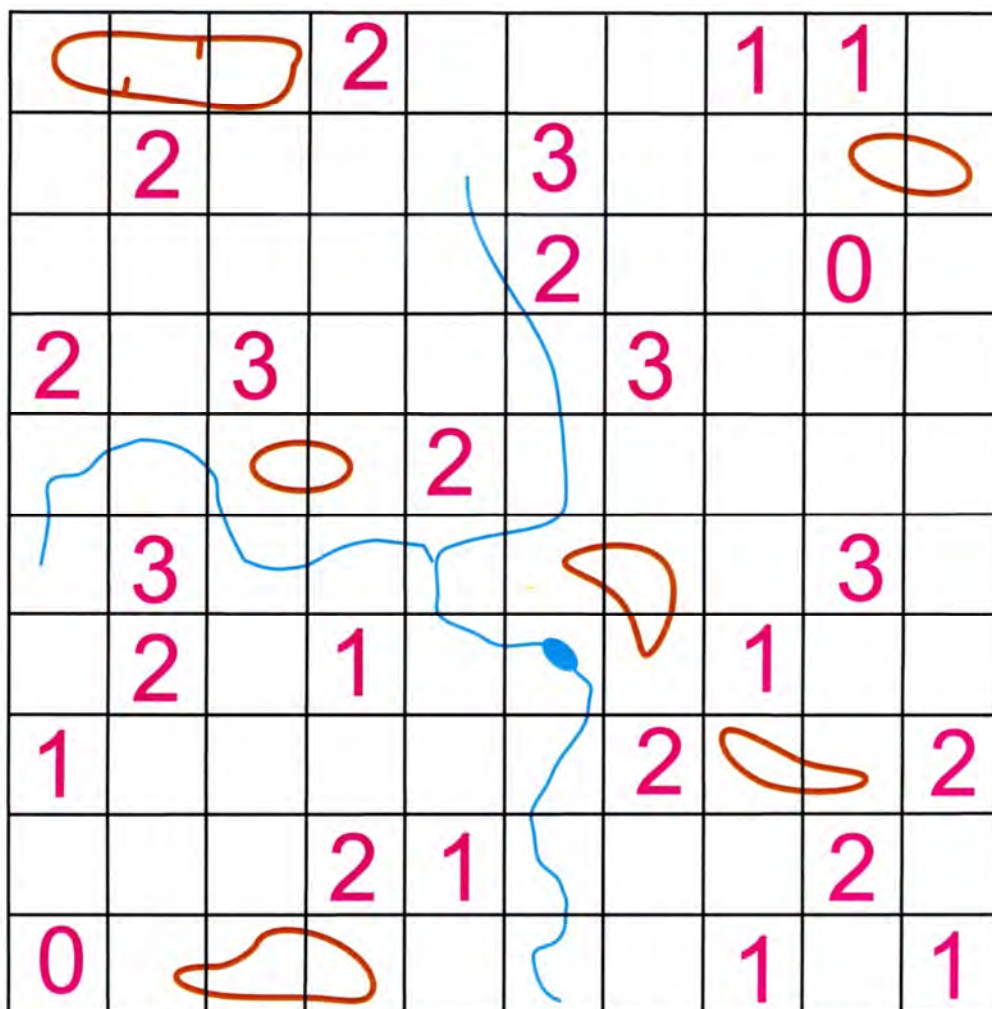
Pondland – Bruce Marshall

Find the positions of 19 ponds on the map.

The digits indicate the number of adjacent squares which contain a pond. There are no ponds in the squares with digits.

Ponds can not be in adjacent squares, not even diagonally.

The contours on the map may help you to find the ponds too.



Solution on page 31

Edinburgh Big Weekend – Stephen Borrill

Edinburgh has long been one of my favourite cities (I proposed to my wife there) and so my eye was drawn to the Edinburgh Big Weekend running from Friday 20th January to Sunday 22nd January, especially when I saw that Sunday's race was at Arthur's Seat and Holyrood Park (where I proposed to said wife). Saturday's City race promised to allow competitors to take in the sights of Edinburgh itself including the Royal Mile and Calton Hill and, to kick it off, there was a Friday night sprint-ish race around Edinburgh University's King's Buildings campus. To seal the deal, I managed to arrange work in the local area the week afterwards and find cheap, well-placed accommodation.

For some reason, I decided I wouldn't need to take a coat to Scotland in early-January, so my first job on arriving was a buy a new coat to keep out the cold. It was also important to work out the local public transport as the King's Buildings campus was not within walking distance (£1.60 for any bus journey and they have a fantastic real-time phone app which puts Cambridge's efforts to shame). On Friday evening, I made my way to the King's Buildings, suitably becoated and found the assembly area. When I arrived, I got two surprises. Firstly, the event T-Shirt was fluorescent orange enough to be seen from space and secondly, the evening event was SIAC-enabled (not mentioned in the Final Details). There were two courses called "The course for the people that want to do the Long" (real world length 5.5k) and "The course for the people that want to do the

Short” (real world length 3.6k), of which I did the Long. The campus itself was a familiar environment to Cambridge orienteers who’ve ran round West Cambridge, the Sidgwick Site or the Downing Site. It was complex enough that concentration was required to maintain map contact and I struggled to get to terms with it for a couple of early controls. It was described as “a little cluttered in places” and the courses were “deviously gaffled”. Given its small area, it involved quite a lot of running where you’d already gone before.



A time of 34:30 (with mess-ups on early controls losing me around 4 mins, perhaps offset a little by using SIAC) meant a final position of 51st of 91. Also from WAOC, James Haynes was 12th.
<http://www.euoc.routegadget.co.uk/rg2/#22>

I caught the bus back to the city, but when I got back to my hotel I realised I’d left my new coat at the King’s Buildings, so had to endure another two 30-minute bus rides there and back to retrieve it (as there were no contact mobile numbers in the final details). Luckily I’d had an early start and the last runners weren’t yet back, so assembly was still open. Even more luckily, the bus terminated at the King’s Buildings and so I knew I had 8 minutes to run from the stop to assembly and back again before it set off back (and the bus driver let me off the fare going back!).

On Saturday morning, the weather was bright and it wasn’t far to walk from the hotel to George Heriot’s School (the inspiration for Hogwarts in Harry Potter). The school was at the top of large flight of stairs and I suspected it wouldn’t be the last time I’d be climbing them that morning.



My Men's Vet course was 8.0k on a double-sided A3 map. Edinburgh has large height variations. The Royal Mile itself rises from the flat at Holyrood up to the Castle itself. To the north of the Royal Mile is Calton Hill which is around 60m higher than Holyrood and to the south of the Castle there's a large drop and a climb to a high plateau with university buildings (and George Heriot's School). The first 5 controls were all on this plateau, so there was no climb, but the leg from 5 to 6 (immediately after turning the map over) went down the steps I'd used to approach, up

and over the Royal Mile, back down and then climbed up to the top of Calton Hill (avoiding a road closure for an anti-Trump rally which had just been called through to the start team when I was in the start lanes). In a straight line, this was a 1.95km leg, but in reality it was around 2.7km. It took me 15:17 just for that leg alone. After that the course zigzagged backwards and forwards over the Royal Mile and its multitude of small alleyways before climbing back up that long flight of stairs to the finish. In the end I came 34th of 56 in the veteran class (65 of 130 on that course which was shared with Women's Open) and didn't feel I could have done much better (but a fall down uneven stone stairs called Jacob's Ladder descending from Calton Hill led to a ripped map and quite a bit of blood). By comparison, the younger-legged WAOC members James Haynes and Andrew Stemp came 5th and 33rd respectively on the Men's Open (10k).

<http://www.euoc.routegadget.co.uk/rg2/#23>

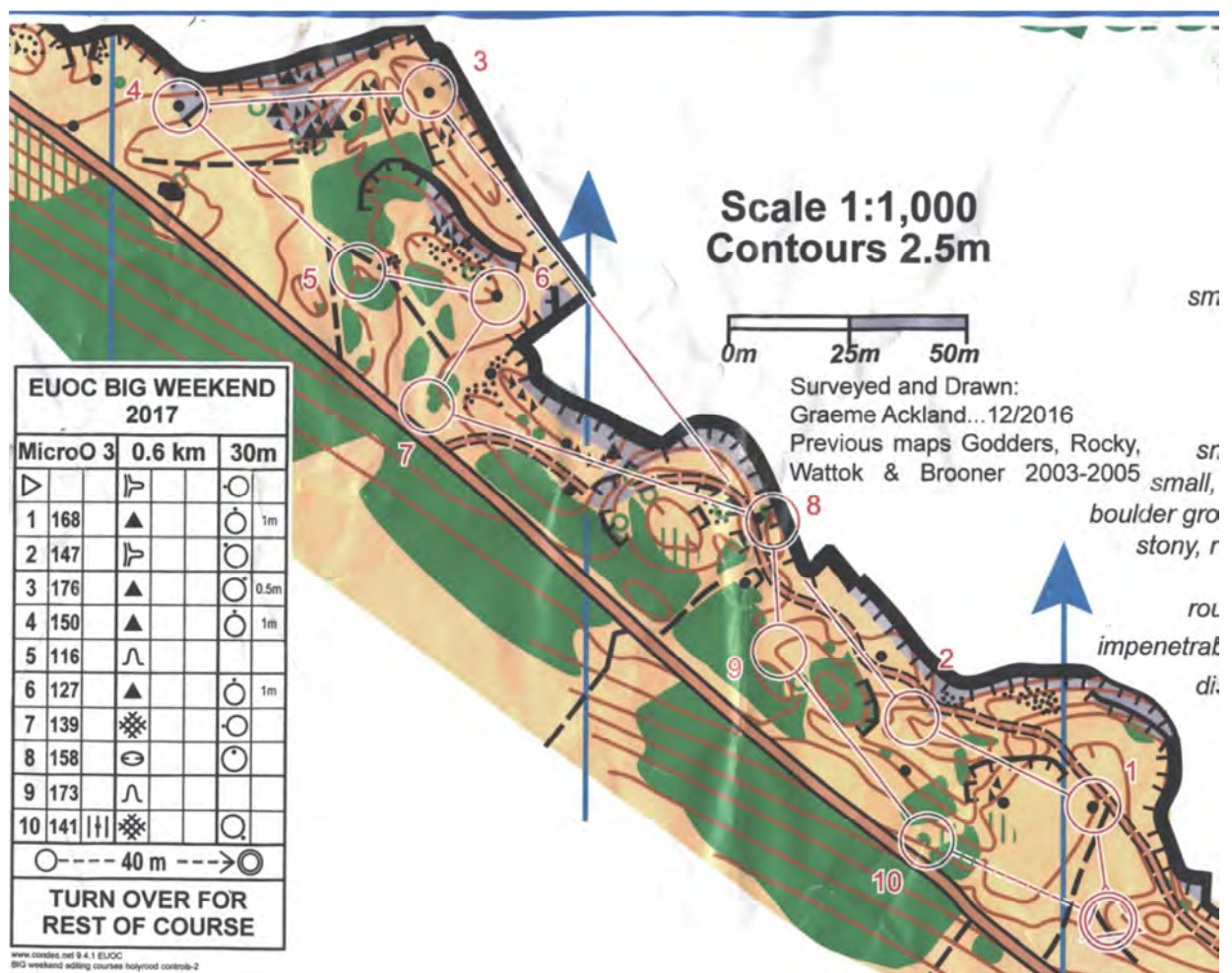
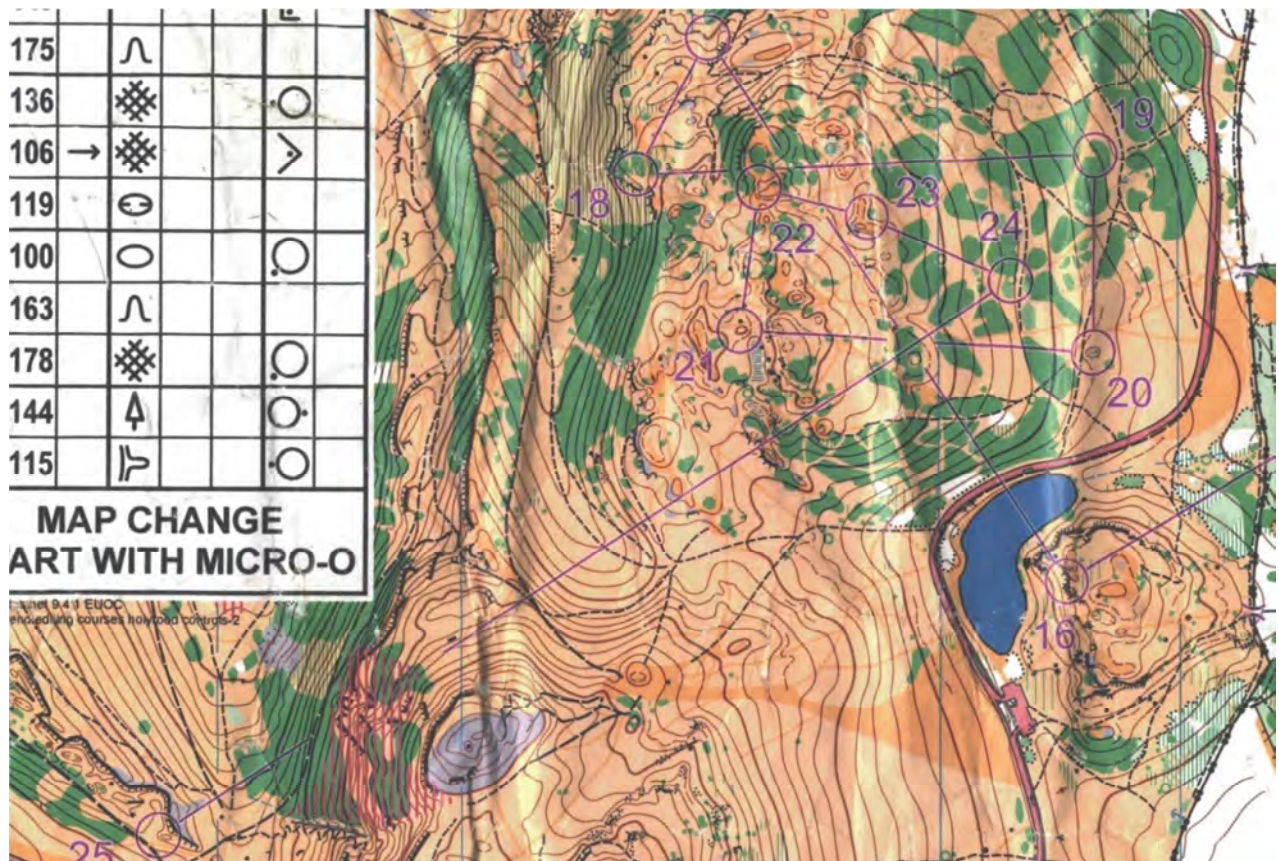
After the excellent facilities at the prior events, on Sunday assembly was basically a couple of small tents in middle of an open muddy field. There were no toilets (and none nearby) and only the muddy floor of one tent to store your bags and coats. Given it was a sizeable event (around 450 entries), this wasn't good enough. By Sunday morning, the weather was grey and cold.



I'd entered the Brown (9.6k, 355m climb) and I was intrigued by two aspects of the final details. Firstly, there were 45 controls taking in 4 sides of maps covering 3 different scales (1:5000, then turn over for the same area at 1:7500, exchange for Micro-O map at 1:1000, turn that over for separate part of the previous 1:7500 area). Secondly, the details said *"On this course and on this course alone, there is one special feature control which has never been used before. It will be obvious to anyone who arrives at the control what is involved, and the competitors who are running brown should have the physical capability of doing this little challenge. Nothing to worry about but be prepared for something a little out of the ordinary as a control site..."*. I could definitely feel that I'd run hard on the two previous days and after a 1k walk to the start, which ended in a steep 85m climb, I was very pleased that the starts were running 5 minutes late to get my breath back. From the start, we were straight into crags, rocks, intricate contours and gorse. Picking the wrong path led me to control 5 from where I could just about see control 1 at the top of an impassible crag meaning a big detour and being in last place. The area involved a lot of up and down and towards the end dropped back to the road from which we'd ascended to the start. After 40 mins, I got to the mystery control (14) which turned out to be at the top of climbing frame. The hills had taken their toll by then and I was getting pretty tired but I duly put my map in my mouth and climbed to the top and punched it. Someone who arrived at the same time as me only climbed a couple of metres before declaring he didn't like heights. There was a young marshal who climbed up instead of him and, worse still, when the marshal had climbed up, he dropped the dibber for the competitor to catch meaning they didn't even have to wait for him to descend thus gaining even more advantage. Speaking to people at the finish, this seemed to be quite common.



After the mystery control, the map was turned over and we were back into the same hills but mapped at 1:7500, meaning the contours were even more intricate. This particular section ended in 1k leg which involved mountain-climbing, a long detour via the road or scrabbling along a slippery but level path running along a steep slope. I took the latter but to spice it up decided to approach via a 40m descent through gorse. At the end of that leg, it was time for a map exchange and straight into a 600m 10-control Micro-O course on a 1:1000 map. This started and finished at the same control and was a nice break after the mountain hiking. Then there was the final map turn back onto the western part of the previous 1:7500 map which again involved running along contours, but with slightly less gorse. I finally got to the finish after 129 minutes with a feeling that it was one of most physically challenging courses I'd done, but that I could have done a lot better. According to my GPS, I'd covered 13.2km with an elevation gain of 458m (and a loss of 529m). Overall, this put me down in 68th place out of 71 who'd completed the course, but as 12 people mis-punched or retired (including some people high in the national rankings), I still felt a small sense of achievement. The Micro-O timing were also split out separately on which I came 44th. Again, the younger WAOC members showed me how it should have been done with James and Andrew coming 15th and 29th respectively overall (with James taking nearly half my time at 69 minutes). My poor performance on Sunday in particular does give me a sense of unfinished business and it would be good to go back next year, but it's an expensive job by the time travel and accommodation are taken into account. <http://www.euoc.routegadget.co.uk/rg2/#24>



Ursula's (M)utterings

The Compass Sport Cup Regional Round in Ashridge marked my return to O after nearly 3 months off. Just as I was thinking that my repaired L arm was good to go I managed to find myself surfing down the cellar steps head (well actually R hand) first and unfortunately the impact when the R hand met the tiled floor was not good news.

There were immediate pluses about breaking my wrist just 2 days before Christmas. First, my daughter and family were already with us so Rachel took me up to Addenbrooke's, waited there with me (the first time I have had anyone with me in A&E) and then drove me back home (and, of course, cooked the entire Christmas dinner, poor love). The other plus was that A&E was nearly empty – so different from the 2 days after Christmas – so we sailed through the multiple X-rays etc.

There is no merit in dwelling on the many minuses: just let's say that they are nothing that a lot of hard work and determination (sadly in rather short supply at the moment) can't overcome.

Wednesday club training evenings have recently been breaking new ground as the club comes to terms with contactless punching. This involves a new, slightly fatter 'dibber', called a SIAC card. It works fine as a regular dibber but will also register, by beeping and flashing, if it comes within 50 cm of a specially programmed SI box. 5 members of WAOC own these SIAC cards and all 5 cards were in evidence at Burrell's Field, although some of their owners were not there. We are very grateful to those who lent their SIAC for someone else to try. It was a first for the SI custodian (me) to program our SI boxes to work in beacon mode, which turned out to be OK. We had a few teething troubles with the 'event' on the night so we won't be making those mistakes at Royston, where we are going to be using mixed punching for real.

The Wednesday after that we were training in Cambourne, with the SI boxes returned to normal but trying out a system of publishing the results immediately on the internet, so the fact that I had taken 44 mins for a 2K course (well, it was in the dark and I had fielded a Face Time call from Sydney in the course of it) was immediately beamed far and wide. Those with better speeds would undoubtedly have been happier than I with the publicity! This is also going to be available at Royston, so get your entry in, hire a SIAC to try it out and bring your mobile phone to access the instant results.

I have marked my return from injury with 5 events in 4 weekends.

Weekend 1. CSCup Regional Round at Ashridge. Not much of note: fairly muddy tracks and paths.

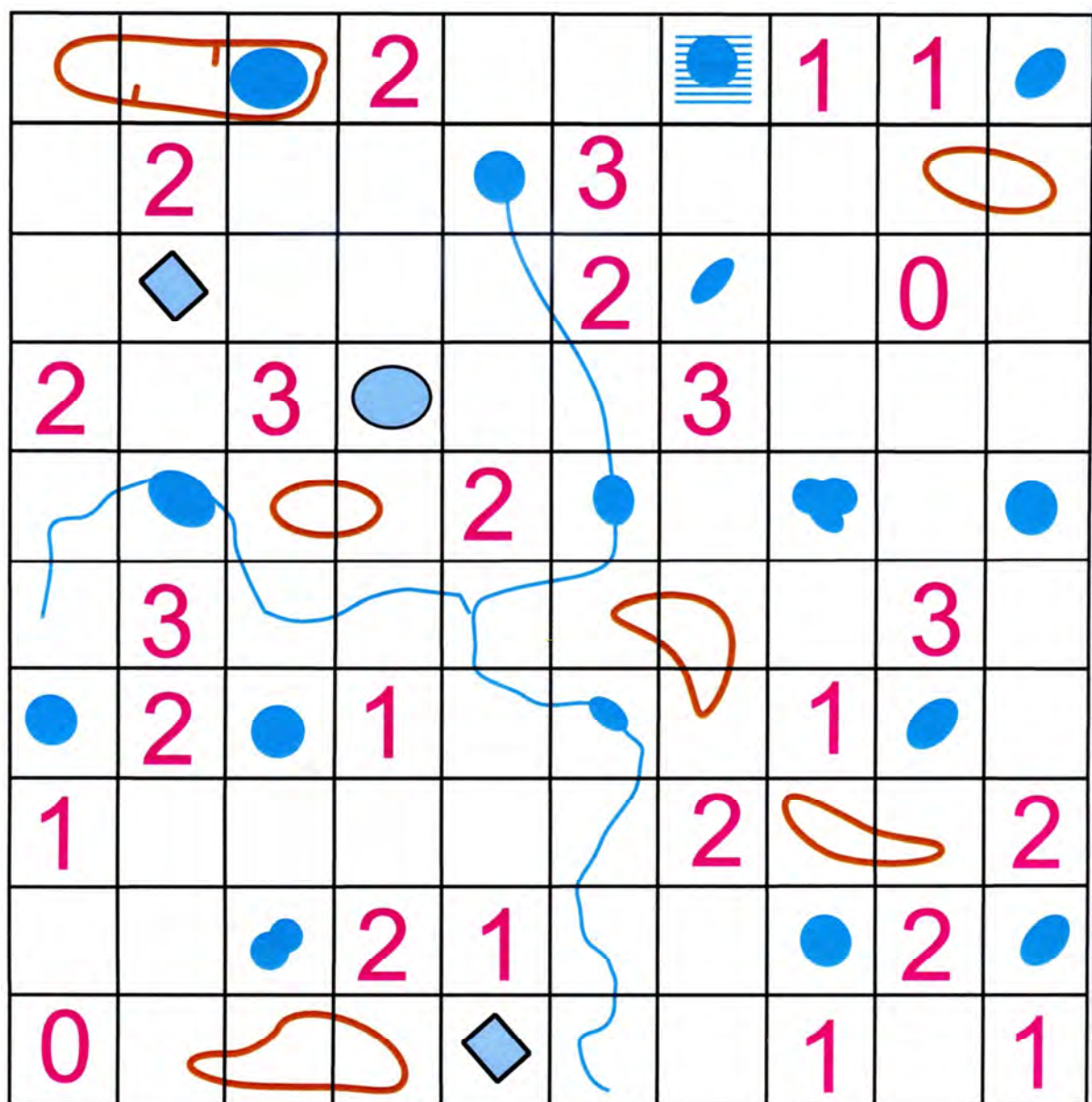
Weekend 2. East Anglian Champs at Rushmere. Nice area, nice course and I came 2nd out of two W80s. Imagine my surprise when my statutory e-mail from BOF informed me that I had my 3rd best result in the last year.

Weekend 3. The Warwickshire O Weekend by train and with EMIT contactless – my particular peeve. Rugby urban race on the Saturday – most courses were in the complex town but W65+/M75+ were diddling around on the outskirts with no interest and minimal route choice. It was a relief to leave Rugby and take the bus to the Golden Lion Hotel in Easenhall. On the Sunday morning it was a taxi back to Rugby and then the train to Atherstone where I had a shorter walk in than those who had come by car! My course in Bentley Woods was pretty tough with three different lots of up: the last and steepest was nearly the end of me but in the end I made it to the top. Then it was down to 2 controls in a messy strip of wood with lots of brambles but pretty distinctive, mapped trees. I found the first of these on the nearer of a pair of trees, punched it, checked that my EMIT contactless was flashing and then went on to find the second. Then it was just a control on a group of trees and in to the Finish. At download I had a mp for the first control and assumed that I had found the wrong pair of trees but when I checked on RouteGadget I saw that I had been correct as the W65s I had recognised had also had that control and there was no other pair of trees on any course. So once again I have been let down by EMIT contactless – the last time being in the 2015 British Sprints where I was deprived of my gold medal!

Weekend 4 was the SOS event in Writtle Forest. Again not much of note: this is not an easy area as there are very few line features so the planner has no difficulty in avoiding them and presenting us with quite tough legs with few intermediate features plus a sting in the tail with lines of multiple pits and depressions requiring very careful map reading. I was pleased to survive – and no mp with reliable SI!

My next O will be in New Zealand as Ron and I fly out next Saturday 8 April for lots of O, first the Oceania Championships, then the Middle Earth events and then WMOC 2017. Blow by blow account in the next JabberWAOC!

Quiz Solution:



WAOC FIXTURES 2017 - Bob Hill and Helen Hague

Urban league	C	Saturday 22nd April	Therfield, Royston - new map
summer series	D	Saturday 13th May	IVC
summer series	D	24th June	Hinchingbrooke
summer series	D	19th August	Coe Fen
local event	D	17th September 2017	Wimpole
EA league	C	29th October 2017 (Note CUOC City Race on 28 Oct)	Brandon
Regional event	C	19th November 2017	Mildenhall South
Night event	D	Saturday 9th December 2017	Wimpole night
Regional event	C	11th February 2018	High Ash

Re-labelling of Events: Bob Hill

Mike Hamilton commented that, following the information contained in his 27th January 2017 'eNews', the changes from 'Level A' to 'Major', 'Level B' to 'National', 'Level C' to 'Regional' and 'Level D' to 'Local' are to be made from March 2017 onwards and then used on the National web site and in publications and news items. This does not make any changes except to the Rules etc. and is only a presentational matter to make the web site Fixture Lists more 'public' friendly.

Mappers note that the latest version of ISOM is now available on the IOF website. The sprint specification (ISSOM) is unchanged. <http://orienteering.org/international-specification-for-orienteering-maps-isom-2017-has-been-published/>

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

EAOA Events have been taken from the fixture lists as of 3rd April 2017. 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)

2017

April

Jan Kjellström International Festival in South East

<http://www.thejk.org.uk/jk2017/>



Friday 14th

JK Sprint, Brunel University, London Starts 1200-1600

Saturday 15th

Level A

Individual Middle Distance Race, Ambersham

Sunday 16th

Level A

Individual Long Distance Race, St Leonards & Holmbush

Monday 17th

Relay Race, Pippingford Park [teams entered by WAOC captain@waoc.org.uk]

22nd WAOC
EAOA
Level C

WAOC Royston Urban, Royston, Royston

Organiser: Rachel Pocock

23rd SMOC
EAOA
Level D

SMOC Keyne-O, Ouzel Valley Park, Ouzel Valley Park, Milton

Keynes, [SP886370](http://www.smoc.info) Organiser: Ros James <http://www.smoc.info>

May

7th NOR
EAOA
Level D

NOR summer series, Norfolk

13th WAOC
EAOA
Level D

Summer series, Impington Village College, Impington, [TL445630](http://www.impington.villagecollege.norfolk.sch.uk)

Organiser: Helen Hague

14th HAVOC
EAOA
Level C

HAVOC East Anglia Schools Champs & SWELL - Hornchurch, Hornchurch Country Park, Romford, [TQ536849](http://www.hornchurchcountrypark.co.uk)

Entry times: 10.00 to 12 noon. Dogs to be kept under control.

Organiser: Barbara Beckett

14th SMOC
EAOA
Level D

SMOC Keyne-O, Loughton Valley Park, Loughton Valley Park,

Milton Keynes, [SP827394](http://www.smoc.info) Organiser: Ros James <http://www.smoc.info>

20th SOS
EAOA
Level C

Maldon Ultra Sprints, Maldon, Maldon

Organiser: Lyn West

21st SOS
EAOA
Level B

SOS Urban Colchester, Colchester, Colchester, [TL988256](http://www.colchester.sos.uk)

Organiser: Andrew Cordle

June

- 4th SMOC
EAOA
Level D **SMOC Keyne-O, Howe Park Wood**, Howe Park Wood, Milton Keynes, [SP830345](http://www.smoc.info) Organiser: Ros James <http://www.smoc.info>
- 4th NOR
EAOA
Level D **NOR summer series**, Ling Common, Kings Lynn, [TF655240](http://Norfolkoc.co.uk)
Entry times: 10.00 - 12.00. Dogs on lead please. <http://Norfolkoc.co.uk>
- 11th SUFFOC
EAOA
Level D **CATI with Coaching**, Gunton Denes, Lowestoft, TM547957
Organiser: Colin Butler
- 11th NOR
EAOA
Level D **NOR summer series**, Norfolk
Entry times: 10.15 - 12.15. No dogs allowed. <http://Norfolkoc.co.uk>
- 18th SOS
EAOA
Level C **SOS Colour Coded & ESSOL, Wivenhoe**, Wivenhoe Park and Woods, Wivenhoe, TM032237 Organiser: Peter Warland
- 18th NOR
EAOA
Level D **NOR summer series**, Holt Hall, Holt, TG079398
Entry times: 10.15 - 12.15. No dogs allowed. <http://Norfolkoc.co.uk>
- 24th WAOC
EAOA
Level D **Summer series, Hinchingsbrooke Country Park , Brampton**, TL222719 Organiser: Helen Hague
- 25th DRONGO
EAOA
Level B **Harvester Relays**, Blakeholme, Newby Bridge
Organiser: Ben Windsor <http://http://www.drongo.org.uk/harvester>
- 25th SUFFOC
EAOA
Level D **CATI with Coaching**, Nowton Park, Bury St Edmunds, TL864622
Organiser: John Clarke
- 25th NOR
EAOA
Level D **NOR summer series**, Norfolk

July

- 2nd SMOC
EAOA
Level D **SMOC Keyne-O, Linford Wood**, Linford Wood, Milton Keynes, SP845406 Organiser: Ros James <http://www.smoc.info>
- 9th SUFFOC
EAOA
Level D **CATI with Coaching**, Ipswich High School, Ipswich, TM195386
Organiser: Sally Wilkinson

Scottish 6 Day 2017

30th July – 5th August



Royal Deeside

<http://www.scottish6days.com/2017>
Enter on line: avoid next price increase on 30th April 2017

August

- 13th SMOC
EAOA
Level D **SMOC Keyne-O, Great Linford**, Great Linford, Milton Keynes, SP854423 Organiser: Ros James <http://www.smoc.info>

19th	WAOC EAOA Level D	Summer series , Coe Fen, Cambridge, TL445576
September		
3rd	SMOC EAOA Level D	SMOC Keyne-O, Furzton , Furzton, Milton Keynes, SP852359 Organiser: Ros James http://www.smoc.info
16th	SUFFOC EAOA Level D	CATI with Coaching , Haughley Park, Stowmarket, TM002623 Organiser: Rod Mansel
17th	WAOC EAOA Level D	WAOC colour coded event , Wimpole Estate, Orwell
17th	SOS EAOA Level C	SOS Colour Coded, Hylands , Hylands Park, Chelmsford Organiser: Julie Laver
24th	HAVOC EAOA Level C	HAVOC Weald Park EAL , Weald Park, Brentwood
30th	EAOA Level A	British Sprint Championships (UKOL) , Campbell Park, Milton Keynes Organiser: Peter Woods
October		
8th	SUFFOC EAOA Level C	SUFFOC King's Forest Colour Coded , King's Forest, Thetford, TL826735 Entry times: 10:00-12:00. Dogs under control. http://www.suffoc.co.uk Organiser: Andrew Elliott, Andrew1yyy@uwclub.net 01359 230221
15th	SMOC EAOA Level D	SMOC Keyne-O, Campbell Park , Campbell Park, Milton Keynes, SP867398 Organiser: Ros James http://www.smoc.info
15th	NOR EAOA Level C	NOR colour coded , West Norfolk
28th	CUOC EAOA Level B	Cambridge City Race 2017 , Cambridge http://http://cuoc.org.uk/events/4454/Cambridge-City-Race-2017/
29th	WAOC EAOA Level C	WAOC East Anglian League event , Brandon Country Park, Brandon Organiser: Peter Allen
November		
5th	HAVOC EAOA Level C	HAVOC Langdon Hills Colour Coded event , Langdon Hills Country Park, Basildon
12th	NOR EAOA Level C	NOR colour coded , North Norfolk
19th	WAOC EAOA Level C	WAOC colour coded event , Mildenhall South, Mildenhall Organiser: Helen Hague