



West Anglia
Orienteering Club



JABBERWAOC

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April 2018



**WAGAL
Champions
2017**



Editorial: Congratulations to all our WAGAL Champions for 2017, along with the winners of the EA League and EA Championship. More photographs on the website and do let me know if you would like your copy. Mike and Seonaid Dudley, Jemima and Stephen Borrill earn credit for taking the photos. Huge thanks to all who send in their articles and maps to make our JabberWAOC Magazine. This issue also has information of special events and the AGM Minutes with reports. After a particularly muddy JK, may all your summer orienteering events be warm and sunny, Hazel Bickle editor@waoc.org.uk

Please send an account of your summer events as soon as you like with next edition copy due 2nd July 2018.

2018 WAOC Committee

Chair:	Helen Hague chair@waoc.org.uk	Secretary:	Jenny Hunt secretary@waoc.org.uk
Treasurer:	Noreen Ives treasurer@waoc.org.uk	Captain:	Janet Cronk captain@waoc.org.uk
Junior Captain:	Alex Wetherill juniorcaptain@waoc.org.uk	Fixtures Secretary:	Bob Hill fixtures@waoc.org.uk
Convenor:	Helen Hague convenor@waoc.org.uk	Mapping Secretary:	Stephen Borrill mapping@waoc.org.uk
Membership Secretary:	Anne Duncumb memsec@waoc.org.uk	Equipment Officer:	Caroline Louth equipment@waoc.org.uk
Website Maintainer:	Rakesh Chandraker webmaster@waoc.org.uk	Publicity:	Vacant – would you like to fill this role?
Traning Coordinator:	Helen Bickle training@waoc.org.uk	Welfare Officer:	Peter Allen welfare@waoc.org.uk
Jabberwaoc Editor:	Hazel Bickle editor@waoc.org.uk	Awards Coordinator:	Ian Smith awards@waoc.org.uk

If you would like to join the committee, please contact Jenny (secretary@waoc.org.uk) or any committee member.

Welcome to new members

Emily Sampson from Ely
Gary Silk from Godmanchester

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

British Orienteering AWARDS - Ian Smith

<https://www.britishorienteering.org.uk/incentives>

The following people have been awarded BOF Incentive Awards. Well done to you all.

Navigation Challenge:

Sophie Kerswell, Hebe Darwin, John Hartley, Alex Darwin, Emily Pineda Sampson, Emile Zsak & Patrick Thouroude

Bronze Racing Challenge:

Sophie Kerswell, Hebe Darwin, John Hartley, Alex Darwin, Noreen Ives & Emile Zsak

Silver Racing Challenge:

Hebe Darwin & Emile Zsak

WAOC club tops



The new(ish) WAOC tops are continuing to take local forests by storm. Should anyone want to place an order for a club top, then please email Helen Hague using the chairman's email address on our website and stating size, male/unisex or female,

long or short sleeved and whether you want a pocket.

The sizes can be found at <https://www.bryzosport.com/size-chart> and tend to be snug so if in doubt it is usually a good idea to go up a size. Popular choices are women's medium and men's large. The prices are £25 for short sleeved, £30 for long sleeved, £20 for junior size tops and an extra £2 for a pocket. The top can be posted to you for £3 or collected from an event or training night. There are some tops to try on if you want to gain an idea about sizes. Orders are often grouped to save on shipping costs so there may sometimes be a delay in receiving your top.

Ambassador's Role for You? - Lyn West

The Orienteering Foundation is looking for **Ambassadors** to promote its work amongst orienteers aiming to attract donors and supporters.

The Orienteering Foundation is a registered charity, independent of British Orienteering. It was set up with money from a bequest from Bertie & Elsie Ward and is now raising further funds and awarding grants. The objectives are to promote the sport of orienteering in the UK through innovation and to support deserving people and projects in orienteering.

Recent grants have included:

- Supporting junior development by funding coaching at Lagganlia in 2015 & 2017
- Assisting English and Scottish schools participating at the World Schools Championships 2017 in Sicily
- Part funding the development of OpenOrienteeringMap version 3

The role of the Ambassador involves:

- Communicating effectively and enthusiastically about the Foundation whenever appropriate
- Identifying prospective donors
- Approaching prospective donors where there is no-one better placed to do so
- Securing donations, one-off, regular or as bequests in wills
- Serving as an Orienteering Foundation official spokesperson at e.g. Club or Association meetings
- Reporting on progress to the Trustees via the Administrator

Briefing and advice is available from the Foundation to support you in your role. Even if the role of Ambassador is not for you, you can support the Foundation with a donation. More information can be found on the Foundation website www.orienteeringfoundation.org.uk or contact me at SOS or Andrew Evans (DFOK) Trustee of the Orienteering Foundation at Thank You.

Minutes of WAOC Prizegiving and AGM – Jenny Hunt

Milton Country Park 5pm Saturday 17th March 2018

Club members participated in a score course at Milton Country Park prior to the AGM meeting.

WAOC AGM Score Winners - Daniel Hague (Junior); Stephen Borrill (Senior)

Awards & Presentations

Club chair presented the **Trophies and Awards for 2017:**

Owl Robert Campbell

Tortoise Bob Hill

Chairman's cup Alex Wetherill

Hally Hardie Mapping Trophy Peter Duthie

JabberWAOC award Mike Capper (*thank you to Hally Hardie for donating this new award*)



WAGAL Champions 2017

Junior men	1 Daniel Hague	2 Oliver Hague	3 Sam Hague
Junior women	1 Jemima Borrill	2 Caitlin Dunning	3 Hebe Darwin
Senior men	1 Sean Blanchflower.	2 James Haynes	3 Jason Dunning
Senior women	1 Helen Bickle	2	3
Veteran men	1 Robert Campbell	2 Robin Bourne	3 Stephen Borrill
Veteran women	1 Helen Hague	2 Rachel Pocock	3 Caroline Louth
SuperVet Men	1 Mike Bickle	2 Peter Woods	3 Mike Dudley
SuperVet Women	1 Janet Cronk	2 Sue Woods	3 Seonaid Dudley

East Anglian Champions 2017

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

East Anglian League Winners 2017

M18	Oliver Hague	M40	Sean Blanchflower
M60	Peter Woods	M80	Mike Dudley
W10	Hebe Darwin	W60	Janet Cronk
W65	Hazel Bickle	W75	Seonaid Dudley

Colour coded badges

Yellow	Thomas Woodward
Orange	Emil Zsak
	Caitlin Dunnung
	Jack Dunning
Light Green	Daniel Hague
	Emil Zsak
Green	Daniel Hague

All results, photos and winners on the website www.waoc.org.uk

Chair's report - Peter Woods

In September, we put on the British Sprints Championships: Graham Louth together with Dorien Gray of SMOC planned the courses which were very well received, and they were asked to prepare an article published in CompassSport about how they tackled the planning. About 35 WAOC members were involved helping on the day, around half of whom did so without expecting a run. I am really proud of what WAOC and EAOA put on for the Sprints, especially as very few of us have much experience in the organising of events of this scale.

It will be a long time before we have the Sprints in our region again, but one question that is being asked at the moment is whether and how clubs like ours, which due to geography and paucity of suitable terrain, don't have the venues to stage high profile events in our own area, should get involved in the bigger events held elsewhere. For example, Should WAOC volunteer to operate the starts on one day of the JK?

British Orienteering has been seriously considering getting in professional "event management" companies to operate the big national events and I don't like the idea of that – I'd far rather stick with the sport being organised by orienteers for orienteers, and everywhere I see signs of increasing cooperation between clubs.

The Sprints was one example of that, with all the clubs in EAOA contributing equipment and manpower. Our next event – in Peterborough on 8th, involves a map created by Jeff Baker from LOG, and we have been invited to collaborate with SUFFOC on an urban event in Bury St Edmunds.

We have held our first event using non-contact punching – at Royston - and we'll be doing the same at St Neots in May. We are currently considering whether to invest in our own set of SIAC dibbers for training and for hiring out to supplement the standard dibbers we already have.

We now have a well-established relationship with the local Air Cadet groups via RAFO, and for the 3rd year in succession we have hosted their annual competition.

We have a new logo! And a new website! And the reaction to this from club members and non-members alike has been **Absolutely Undetectable**.

I like the new website because it is really easy to add news and other information and to keep it up to date compared to the old site. I have to apologise to Rakesh for giving him a hard time whilst the website was being designed, but I for one am pleased with the outcome.

This is the 5th time I've given an annual report at the AGM. The first time, I wondered what to say. The second time, I wondered if anyone would notice if I gave the same speech as I had the year before. This year, I'm wondering if I am actually giving the same old speech as last year and everyone but me has noticed.

So – stop me if you've heard this one before: Earlier this year we were forced to postpone our event at High Ash due to the possibility of a pair of ground nesting birds seen looking for a nesting site somewhere in the mapped area. In previous years we've had to downgrade or reschedule forest events due to failure to obtain permissions, or unannounced major felling activity. More often than not, there is unannounced felling activity and we are able to continue with the event, but with last minute amendments by the planner. The calendar window when we can use certain areas tends to shrink year on year, and this has led to us scheduling a smaller number of forest events in the early part of the year, which risks becoming a problem when a cancellation crops up, as we then have large gaps opening up between our events.

Urban events are not subject to the same uncertainties and we are tending to lay on more and more of these, and with some success in bringing orienteers from far and wide to participate. I'm hoping that the St Neots event in May will be as successful as the North Cambridge double sprint event held with Drongo in 2016, especially as we will be raising money for Headway Cambridge by donating the profits from this event.

However, urban and parkland events do not offer the same scope for technical progression (especially for juniors) as forest areas, do not offer the range of technical or physical challenges to experienced orienteers, and don't give the same feeling of being "close to nature": encountering a roebuck whilst running in the forest can be magical, being startled by a cyclist in a streetscape does not have the same memorability. So I'm sure we need to try to continue to use our forest areas as best we can.

The coming year will be one of transition:

Graham is stepping down as Club Captain after something between 9 and 10 years. As well as organising relay teams at the JK and British Champs, Graham has steered WAOC through to getting through to the final of the CompassSport Cup/trophy twice under his captainship and also redesigned our club kit (although it has been redesigned again since). Graham is now a qualified Grade A controller.

I'm pleased to say that Janet Cronk has agreed to take on the role of club captain.

Andrew Henderson is joining the committee as development officer.

And I am not putting myself up for re-election, so this may be the last chair-persons report that I inflict on you. I'm glad to reveal that Helen Hague has agreed to stand for election for this role. In a few minutes you will be invited to vote to sanction this, but I should explain that because Helen is doing a fantastic job as Convener, and is enjoying this role, that will continue for the time being at least. Although there is no reason why the chair of a club cannot also be the events convener, there needs to be some redistribution of responsibilities amongst the committee, and this will happen in the coming year. So, this is not going to be a case of me standing down gracefully and disappearing to a shed at the bottom of the garden to write my memoirs. Rather, the expectation is that by the time of the next AGM, Helen will have taken over as chair, and I will still be on the committee in some role.

Club Captain's report - Graham Louth

Standout performances at major events during the year include (with apologies to anyone whose standout performance I have missed):

Interland, Belgium, April 2017

Rob Campbell ran for England and was 3rd overall in M50

Midland Champs, Bentley Wood, March 2017

Rob Campbell – Midland Champ, M50

Janet Cronk – Midland Champ, W60

JK, South East, April 2017

Sprint

Hebe Darwin – 6th W10

Alex Wetherill – 10th M14

Helen Bickle – 9th W35

Janet Cronk – 4th W60

Individual (over 2 days)

Hebe Darwin – 7th W10A Overall

Rob Campbell – 5th M50L Overall

Guro Harstad – 3rd W45L Overall

Relays

WAOB had three teams in the relays. Standout performance:

Rob Campbell, Jonny Cronk, James Haynes – 3rd Mens Short

British Long Distance Champs, Lake District, May 2017

Alex Wetherill – 9th M14A

British Relay Champs, Lake District, May 2017

I seem to recall that we had one team in the Relay Champs, consisting entirely of Wetherills, but I can't find the results!

British Sprint Champs, Milton Keynes, Sept 2017

(My personal thanks to everyone that helped on the day)

David Lowe – 4th M10

James Haynes – 16th Mens Open

Andrew Stemp – 17th Mens Open

Rachel Pocock – 14th W50

Janet Cronk – 10th W60

Ursula Oxburgh – 4th W80

British Middle Champs, Wendover Woods, Sept 2017

Alex Wetherill – 5th M14

Andrew Stemp – 7th M20

James Haynes – 17th M21

Helen Bickle – 7th W35

Rachel Pocock – 11th W50

Janet Cronk – 15th W60

Chris Morley – 8th M75

Southern Champs, New Forest, Nov 2017

Alex Wetherill – 4th M14A

Janet Cronk – 9th W60L

Ursula Oxburgh – 3rd W80

British Night Champs, S Wales, Feb 2018

Janet Cronk – for perseverance (finishing in 105 min vs 55 mins for the winner)

UK Orienteering League 2017

Ursula Oxburgh – 2nd W80

Janet Cronk – 6th W60

Andrew Stemp – 11th M20

Compass Sport Trophy Qualifier, Shouldham Warren, March 2018

My thanks to everyone that competed for WAOC. Unfortunately, despite now being in the Compass Sport Trophy – the competition for smaller clubs – we still only managed to come third behind SUFFOC and SOS. Having more juniors competing would certainly help. Standout performances:

James Haynes – First on Mens Open

Rob Campbell – First on Mens Blue (M50+)

Mike Bickle – Second on Vets Short Green (closely followed by Janet Cronk and Sue Woods).

This year's Yvette Baker Trophy Regional Qualifier (inter-club competition for juniors) is on Sunday 13th May at Danbury Park (SOS). Best of luck to our juniors in this competition.

Annual night/day relay for juniors - it would be good to get a team together for the Peter Palmer relays.

Acceptance of Accounts - Noreen Ives

NI presented the club accounts: As you can see, our accounts are healthy at over £12,000. Last year both here and at committee level, we felt it would be good to spend money on mapping some new urban areas, on new equipment and the website. We have also bought some new trophies. These could all be regarded as investments for our members and event organisers as they will hopefully encourage and reward participation and achievement.

Funding may be available for Juniors on request for orienteering training camp etc.

Thank you to Caroline & Chris Morley for their assistance.

Election of officers

Treasurer and Club Secretary will continue for a further year, having been in post for 2 years.

Chair - PW is not putting himself forward. Helen Hague nominated as Club Chair, Seonaid seconded

Andrew Henderson - Club Development Officer

Janet Cronk - Club Captain

Officer Vacancies

Vacancy - publicity officer. Anyone interested in this role to contact the Club Chair

AOB

The club thanked PW for his support & years as Club Chairman

A couple of relevant points from last week's EAOA meeting:

1. Handling personal medical information at events.

The recommendation is that all clubs in the region should adopt a consistent policy, as follows:

If individuals wish to supply medical info to be used only in the event of emergency, we should make provision for them to do so. (But we should not require anyone to do so). We should provide a standard form for people to use to provide such info, and envelopes so that the completed forms can be made private. On the outside of sealed envelopes should be written (as minimum) the individuals name and dibber number.

In practice, people who provide such info bring the pre-prepared envelope with them to the event, hand it over, collect it when they download, and re-use the same envelope indefinitely. We need to provide a place where these envelopes can be left and collected (similar to car keys). The event officials should know where this is so that an envelope can be easily recovered in the event of a medical emergency. Any envelopes not collected at the end of the event must be shredded unopened.

EAOA will draft a standard form based on the version SOS have adapted from the BOF version.

2. WAOC have offered our 23 June Summer Series event as the venue for the EAOA AGM.
3. EAOA have been approached by BOF to see if the region would be willing to host a JK (possibly in collaboration with EMOA) or else organise a JK in another region such as Wales. The view is that neither of these is practicable and the region will decline. However, we (the region) are willing to host events where we can provide the venue, as in British Sprints and British Schools Champs etc.)
4. There is a need to find more controllers in the region (Sally Wilkinson of SUFFOC has recently been added to the list).

Maurice Capper 1921 – 2018



Maurice, or my Dad as I know him, joined WAOC with me right at its inception back in the early 1970's. Together, we formed a love for a sport that gave us both so much over the years. He was my constant companion at East Anglian events until very recently, although he had not competed since 2010 as an M88 at Belvoir (I decided to retire him from competition after watching him struggle down a particularly steep and muddy slope on the way to the finish!). After that, he often went for a walk with an old map whilst I ran.

I'm sure my Dad would admit that he was never the world's greatest navigator but he took great pleasure in completing, sometimes very slowly, his courses. The occasional triumph (such as a collection of EAGAL mugs and a plaque from the M60B competition in the 1985 JK) was always greeted with quiet pleasure.

I have always felt that my Dad embodied what orienteering is all about. It's not about winning or losing. It's about getting out into the wild and having fun. I will continue to embrace the sport in that way because it is, as he once said, '*The best way to spend a Sunday morning!*'

Mike Capper

Ex Chair's Exhalations - by Peter Woods

Whilst acting as the chair of the club, the articles I've provided to Hazel for inclusion in this magazine have tended to be whimsical and were notably lacking in the gravitas and authority that the position of club chair should command. So, now that I am the process of handing over the Chairpersonship to Helen Hague, it seems only right that I should finally try to set a proper example.



WAOC's Privacy Policy

We have recently reviewed our data protection policy to make sure we meet the requirements of the GDPR which comes into force in May this year. In general, not much is changing – we were already complying with the existing Data Protection Act, and for an organisation such as ours the only significant additional requirements brought in under the GDPR are to make sure we obtain informed consent for obtaining and using personal information, make sure you know what we do with it, and have a clear policy for deleting data for which we no longer have a purpose. You can see our revised policy on the new club website – you will find it in the "Information" section.

As a result of our review, there are a couple of practical changes that will be happening in relation to personal information. Firstly, in line with the other clubs in the region, we will provide a way for participants in events to lodge medical information, sealed in an envelope with name and SI card on the outside, with the organising team. Some people already do this - collecting their envelope when they finish for use again at the next event. The envelope would only ever be opened in the event of a medical emergency. We will start to provide standard forms for supplying such details, and a supply of envelopes, at registration. Any completed forms not collected at the end of the event would be destroyed unopened.

Secondly, we will limit the amount of detail in the membership list that we circulate to our members on an annual basis. From now on this list will include names of individuals (one contact name for a family), the town and first part of postcode (e.g. Cambridge CB22), and a contact email. More complete information will be made available only to those who would need it, such as event organisers and committee members.

The key message is that being a member does imply consent for use to store and use personal information as outlined in the policy, and the policy is accessible on the website. If you have any questions about this please get in touch with the membership secretary Anne at memsec@waoc.org.uk, in the first instance or else chair@waoc.org.uk.

Our new website


I hope you appreciate our new website – this has taken much effort on the part of Rakesh, working with Paul Frost who has implemented many other O-club websites. I am very pleased with the visual style of the new site, and it is now very easy to add photos and information, as I hope you have noticed. I hope we can take full advantage of this by showing photos from events – shots of WAOC members in action are especially welcome. We welcome your comments on the new website, but even more welcome would be nuggets of news, preferably with photos. These should be directed to webmaster@waoc.org.uk.



Wednesday Summer Training Nights



Date	Location
26 th Apr	Astronomy and Madingley Rise
2 nd May	Royston League Event 
9 th May	Bar Hill
16 th May	Coton
23rd May	World Orienteering Day - Science Park
6 th June	St Johns Playing Field
13 th Jun	IVC and Impington League Event 
20 th Jun	PuntO – River Cam, Trinity Punts, Town Bridge Punting & Orienteering with non-orienteurs welcome.

 League competition event: 2k, 4k & 6k courses
All training session subject to permission so please check website

Junior evening training

➤ Wed 23rd May: World Orienteering Day ➤ Wed 6th Jun: St Johns Playing Field

Older juniors are welcome to join in with any adult training and run in urban areas, if accompanied by an adult.

Timings: Please aim to arrive at 6.30 p.m. & be ready to start at 6.45 p.m.

Costs

Regular: £1 per adult, 50p per junior or student.

League: £3 per adult, £1 per junior or student.

Yearly subs: £30 per adult, £15 per junior (email Noreen at treasurer @ waoc.org.uk for payment information).

New to training: The first session is free!

If anyone would like to be added to (or dare I say it - taken off) the training night's weekly email list, please email training @ waoc.org.uk.

Training tips:

1) Second hand overheard comment from the JK sprints: "If you found it easy, you weren't running fast enough!" Easy leg: plan ahead or your chance to run faster.

2) If you didn't find the JK easy: Use your mistakes to make you stronger! Review where you went wrong and at your next run be positive - focus and ... make new mistakes instead. Remember to stay focused, be positive and you will have a brilliant run!



World Orienteering Day

Wednesday 23rd May 2018
Lunchtime and evening orienteering
at the Cambridge Science Park

Do you work in or near the Science Park? Or do you know anyone that does and would enjoy orienteering?

With the support of British Orienteering and the Science Park, we are offering a mini orienteering session in your lunchbreak. See the WAOC website for further details.

Junior training **Saturday 23rd June 2018 training** **at Hinchingbrooke Country Park**

The training will be after the Juniors have had a chance to complete a course.

Action required: Please email training @ waoc.org.uk by Sunday 27th May if you would like your child or children to attend, and include their ages and what colour each child currently runs.



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.

Helen Bickle
training@waoc.org.uk

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

Date	Location
Wed 11 th Jul	Standon Meadows (New Area!) + 8k & 5K Cross Country Run (or picture guided run) for non-orienteers

A thank you to Ben Windsor, Level 2 Coach - Peter Allen



We are sorry to have to tell you all that Ben Windsor and Zuzka are moving on to London for work reasons on 21st March and will no longer be with the club at our training nights. A presentation of a mug with Ben's maps on it and proclamation of his excellence was made at the clubnight on 7th March by Chris Morley, WAOC Chairman when we first met Ben, about 8 years ago.

Ben did many things for many years for our club although absolutely a member of CUOC from coming up to Cambridge as a Maths undergraduate. As he

leaves in 2018 to join a London club I am equally absolutely assured that DRONGO will be his number one club.

In the early days of clubnights (organised and overseen by Caroline, Ursula, and Chris), Ben was the regular (every week) coach to the juniors and to them was the image of our club. Whilst Peter Allen and Helen Bickle coordinated later, Ben enabled us to expand our clubnight orienteering by mapping many sites in and around Cambridge.

Time passes and now Ben joins another part of the orienteering community and he will no longer be seen with us helping at WAOC events or at the PUNTO as a member of the usually winning team. However, memories remain and we will always have the many moments learning skills at training evenings from maps usually made by Ben himself of Cambridge colleges or University sites.

I hope that when members of the Club meet Ben at JK, Lakes 5 days, or Scottish six days or even perhaps at events in Europe we will be able to join with him perhaps at a club dinner. We certainly wish Ben and Zuzka every orienteering success and happiness in the future.

What is happening in Meldreth on 28th April? - David Coton

We are planning four courses for the afternoon of 28th April:

1. TempO, where each task has to be solved in the shortest time possible.
2. PreO, a walking course for club members around Meldreth. About 1.1 km.
3. IntrO, a walking course for the public. About 0.8 km.
4. A run for club members of about 3.5 km.

Cost will be £6 Adult, £3 Junior, which includes all courses. Under 12s must be accompanied. Registration will open at 14:30, at the Village Hall, High Street, Meldreth, SG8 6LB. NGR TL376458. There is a car park at the rear of the hall. However, if you are staying to the

barbecue in the evening, please park opposite the British Queen pub NGR TL375461. Both car parks will be flagged.
Registration closes at 16:00.

First start on TempO will be at 15:00. You must do the TempO course first. Maps for the PreO will be available at registration on completion of the TempO, and maps for the run on completion of the PreO.

From 18:00 we will have a social and barbecue. Bring your own food and drink, cutlery, crockery, glasses and chairs. Hot coals provided.

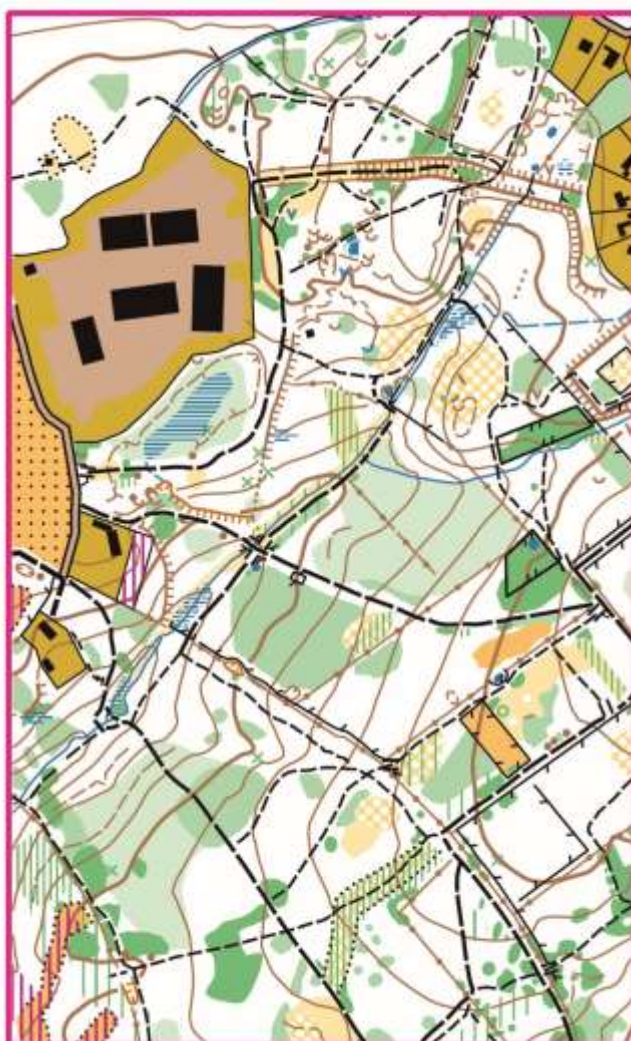
If you are planning to come, it would help us if you could let David know so we can plan numbers of maps – also how many will be staying for the social and barbecue, and anyone prepared to help with activities. Please email editor@waoc.org.uk

Details of TrailO given in previous February issue of JabberWAOC.

Spot the Difference - Bruce Marshall

The eagle-eyed will be able to find 8 differences between the two maps. For the map addicts there are another two differences!

Colour version on website; solutions on page 25



Trials, Trails and Tribulations – Portugal O Meet (POM) 2018

Mike Capper

Planning for my annual visit to POM took an inauspicious turn back in October when Ryanair in their winter service cull decided to cancel my flight to Lisbon. Another flight was easily booked but it meant that my plan for some pre-race training was thwarted. Not helpful, as I know it takes me a bit of time to get accustomed to the different orienteering skills needed for the re-entrant rich terrain around Evora - think Rowney Warren but with a grass covering and widely interspersed cork trees as well as loads and loads of massive boulders...lovely stuff!

I had a great hotel, close to Evora, which meant that I could have a leisurely start to Day 1 – an urban race around Evora. This sounds, in principle, ideal. Unfortunately said hotel laid on a rather magnificent breakfast buffet, and therein lay my downfall. Now I just can't resist a good old buffet...I assuaged my guilt by adding a token bit of fruit to my laden plate(s) but, let's face it, I pigged out. All fine and dandy if you are going to spend the day lazing by the pool, but unfortunately I wasn't...

I arrived at the start line feeling queasy. By the top of the first hill, I felt sick and by around number 5, I was sick. A lengthy walk ensued, followed by a brief sprint into



the covered bullring that was serving as the finish area. In truth, the course was fairly dull, although it served as good guide to the town, and en-route I had spotted the best place for a post-race drink and that turned out to be the highlight of the day (yes, you're right...I should know better).

Fortunately, I had an early start on Day 2, so no buffet temptations! The races for the next 3 days were all centred around a little village around 40 km south of Evora. The finish site was on top of a hill and each day used different parts of the surrounding areas. The terrain was very fast but you had to navigate accurately to avoid mistakes – I was more successful at the latter than the former.

As you can see, the Day 2 long race was planned as a genuine long race. Contrast with a lot of British planning where a long race is just an extended middle and a middle race is just a shortened long. The Portuguese get it right – a good number of controls for a middle race but not just control picking, and far fewer controls in a long race with at least one of two really long legs. Rant over.



This was a good fun race. I love the terrain and the woods are a delight to run through. I quickly recognised the need to run slightly slower around #2 – 8, and did this section without error. A re-entrant miscount to #12 cost me a bit of time but nothing too significant and I happily settled for mid-table mediocrity when the results were finalised later that evening.

By that time, I was well into the night race. A mad sprint around some random Portuguese town at night is always good fun, and although the course was comparatively straightforward, the dodging around oncoming runners' headlights and avoiding wandering locals adds frisson to the race!

Days 3 and 4, took us back to São Bartolomeu do Outeiro and more cork tree heaven. Decent but not spectacular runs left me pleased that I wasn't as unfit as I thought I was but frustrated that I hadn't done better.

The Day 3 middle race was great fun... As you can see the orienteering was pretty straightforward but accuracy was at a premium. You would be surprised at how easy it is to miss, at let us say #6, just by heading into the wrong re-entrant.



By day 4, I was tired and lacking concentration. I had given in to the buffet dinner the night before, but I knew I had to be reasonably quick to make sure that I got to the airport in time. As it happens, I cut it fine! (A little tip – if you're flying Ryanair from Lisbon allow lots of extra time to be ferried to an old terminal that nobody else seems to use – I'll be back to TAP next year!)

Day 4 was excellent long planning – a few short legs, but some longer legs where choosing the right route and staying accurate was premium. I managed both reasonably well, with my only significant mistake coming when I got too overconfident at #15 and had to relocate off #16 – oops!



I can't recommend POM enough. It is a really well organised four days of racing. The weather is usually half-decent and the Portuguese have got the 'sense of occasion' spot-on – good assembly areas, engaging commentary and food and beer. What's not too like!

Next year's POM is on the coast, revisiting *Figueira da Foz*. Expect runnable but detailed sand dunes/pine trees and fun courses – March 1st – 5th 2019.

<http://pom.pt/2019/en/bulletin/>

Maybe I'll see you there?

M50 is VERY competitive - Andrew Henderson

As I have moved through the orienteering age classes, I have long believed that whichever class I have been in was the most competitive. To some degree, that's just human nature, though in my case, having to compete with Clive Hallett and Charlie Adams has made me feel somewhat justified in my belief.

Now, however, I have proof that M50 really is a VERY competitive class. Analysis of the BOF rankings reveals the following data: see table on next page.

The M21 category covers an age range which is three times the size of the other categories, so making comparisons with this group isn't entirely fair. The fact that there are so few people in the M35 category may help to explain how I managed to win NEOA titles in this class many years ago.

	M21	M35	M40	M45	M50	M55	M60
Total No of ranked runners	366	164	228	325	446	439	410
Mean ranking of top 100 runners	7951	6671	7325	7350	7451	7339	7185
Points of runner ranking 100 in category	7501	3854	6377	6950	7123	6990	6838

Looking at the M50 category, there are more ranked runners within the class than in any other class; the mean ranking within the class is higher than in any class except for M21; the 100th person in the ranking list has more points than in any class other than M21. No wonder I find it hard to finish high up in the results!

Unfortunately, I didn't undertake an equivalent analysis 5, 10 or 15 years ago, so I can't tell whether there is a bulge of highly competitive runners who were born in the mid 1960s, moving through the age classes, or if it reflects the uptake of the sport by different age groups. It has been suggested to me that the increased participation and improved performance of the M50 class may be connected with their offspring growing up; instead of watching their children play hockey or football at the weekend, parents are able to get out and do some sport of their own, in this case, orienteering.

Encouragingly, the data shows that the decrease in ranking points in the M55 and M60 categories is quite modest, so hopefully I can look forward to running around the woods for many years to come.

Brighouse and Rastrick – wi' n'er a brass band in sight

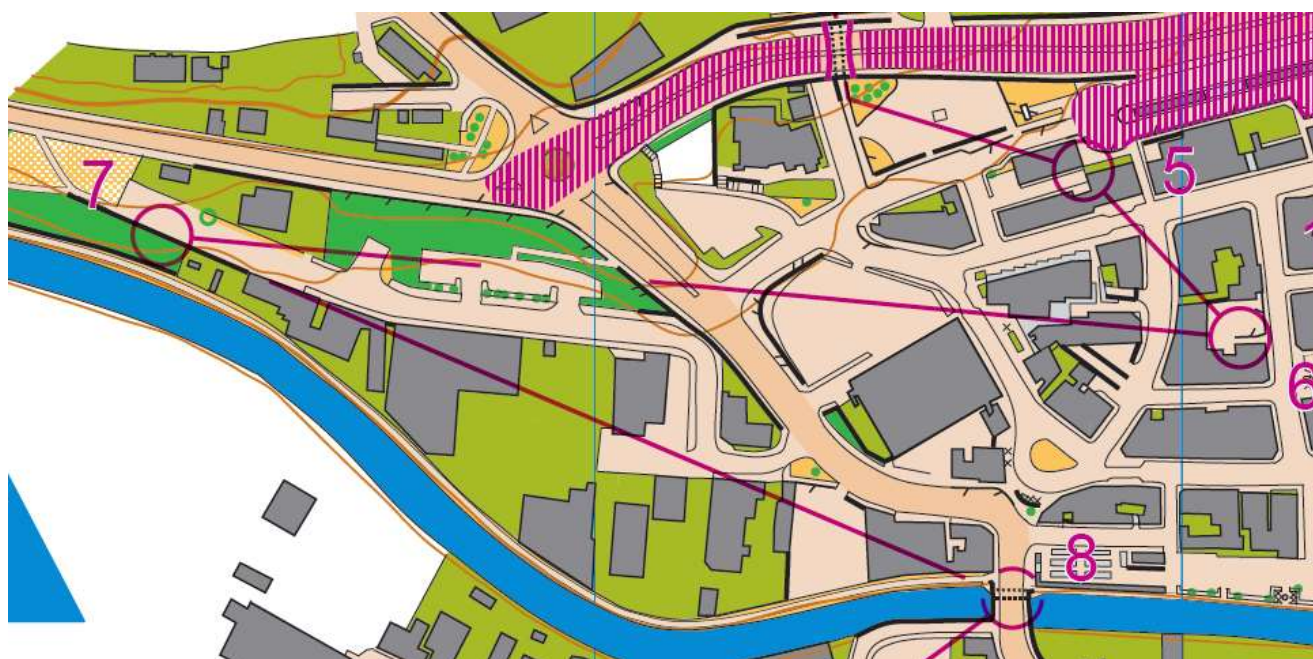
Stephen Borrill

On the weekend of 14/15th of April, while many WAOCers were heading to the flatlands of Norwich, we headed north for a wedding just past Leeds. Thanks to Oliver O'Brien's fixtures list, I found an urban event was taking place on Sunday in Brighouse courtesy of our friends in EPOC. It was only half an hour from where we were staying (and sort of on the way home – at least that's what I told the family). Better still, it was entry on the day only which worked for me as I had no idea how late the wedding party would be going on until or the extent of the free bar.

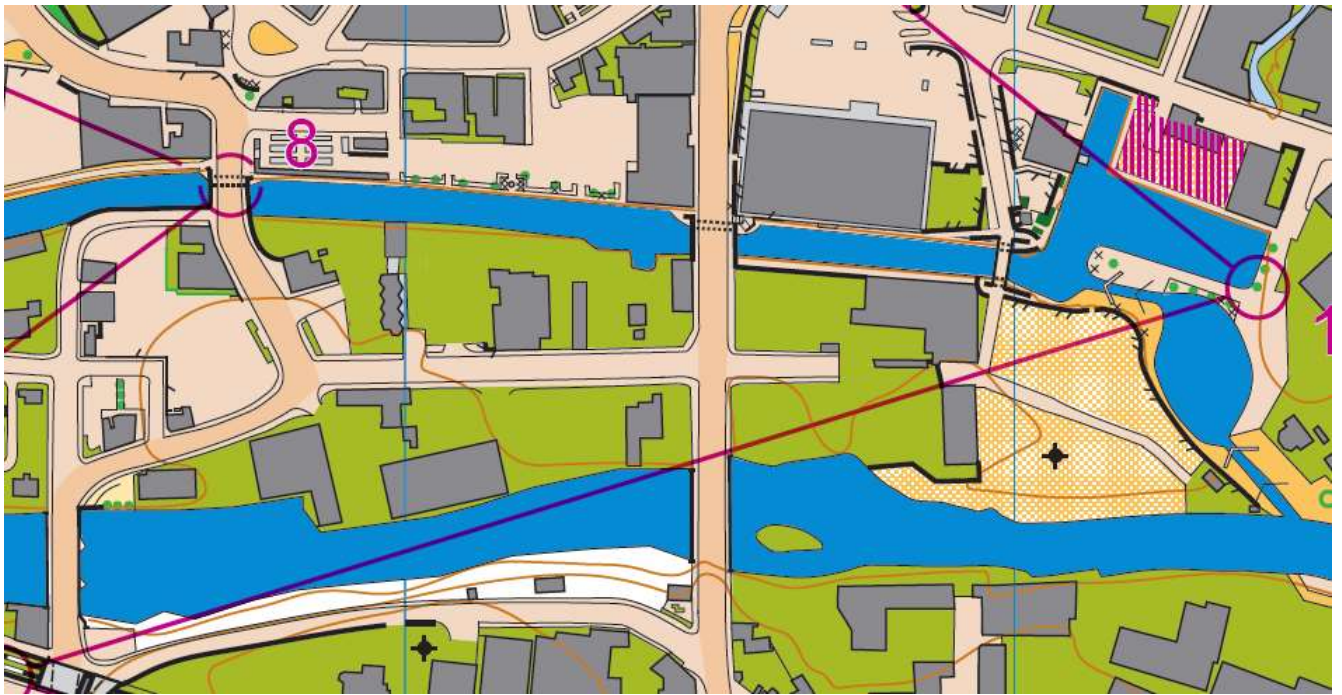
Somewhat bleary-eyed, we got to the car park in Brighouse by 11am and were greeted by a chap who seemed very pleased to see us as he said they were thinking of packing up. I tried to talk Jemima into doing either of the junior courses, but she'd had a very late night. I think she was also a little put off by the following unusual text in the final details: "Courses 6 and 7 are unsuitable for unaccompanied beginners under 16. Beginners under 16 must be accompanied

by a parent/experienced orienteer”. So I left them in the car and walked uphill to that most Northern of assembly locations, the local Working Mans’ Club. As I’m unlikely to be taking part in any other YHOA Urban League events, I opted for Men’s Open course 1 (Black) at 7.2km with 140m climb. From registration it was another 700m through a warren of (somewhat inconsistently taped) steep terraced streets to the start at the very North-West of the map. Looking back at the map, I can see that this route was chosen to avoid controls, not for convenience.

Brighouse and Rastrick rise from either side of the River Calder which splits into two through the centre with the northern arm being very canal-like. This means that much of the central navigation was dictated by bridges across the water (and also bridges under/over the railway line). To further restrict navigation, the main town centre road was out-of-bounds so could only be crossed at two underpasses. The first 4 controls ran through some of the northern streets with no real route choice before dropping down to the first underpass crossing of the main road. After a couple of controls in the industrial estate, there was a largely pointless dog-leg out to control 7 which probably accounted for all of the 900m difference between courses 1 and 2. The next 5 controls were the other side of the river in Rastrick in a more intricate and steep residential area. Good use was made of uncrossable fences, so it was important to read the control descriptions. I think this was EPOC’s first SIAC-enabled event and the controls were placed out of range if you had approached from the wrong side of the fence.



After a couple of controls alongside the railway, there was my favourite leg which involved running alongside the canalised part of the river into a marina area and running across a lock-gate. This route was not that easy to find on the map and the other route on RouteGadget suggests others didn’t spot it.



Now I was back across the river and there were another 5 controls in the same area as the ones at the start of the course (in fact, I'd run past a couple of them earlier on). A pair of controls for a timed-out road crossing on all courses was a convenient photo-opportunity. Unfortunately, the photographer took a photo just after I'd punched the first of the timed-out controls, so it wasn't much of an action shot. After the road crossing, there were a final 4 trivial controls in an open park.



Caption: Taking a time out. Credit: Gerry Symes]

After the finish, I ignored the walking directions to the Working Man's Club for download and instead returned to the car park. I then, rather lazily, got driven to download while getting changed. Having the parking, assembly, start and finish all in very separate locations was a little odd, but I can see why the parking needed to be on the business park where it was. The 7.2km course ended up being 10.2km of actual distance. Coming 6th out of 8 wasn't great on the Men's Open, but they are a hardy lot up there and I wasn't likely to be on par with youngsters in the top 50 of the national rankings. My pace per km was only slightly slower than at Peterborough the week before which wasn't too bad given the climb involved.

In case this has whetted your appetite for northern urban orienteering, EPOC have a two-day event in Halifax on 30th June/1st July. For more details see <http://www.eastpennineoc.org.uk>

Ursula's (M)utterings

What should have been a fairly serious operation on Ron's back turned at the beginning of March into a massive infection of his spinal fluid from which he is still recovering in hospital so my O has naturally been very restricted since then.

Of course we had booked as usual for the first 3 days of the JK (my relay days are long gone because I keep the 3rd runner waiting for far too long) and as Easter approached I decided to travel to Stafford and just do the JK Sprint. Having visited Ron in the afternoon I took a train to Stafford, stayed there overnight and took a taxi out to MOD Stafford the next morning. Assembly (when I eventually got to it having walked one of the longer 800m within the complex) turned out to be a massive sports hall without a single thing to sit on. Of course most people had their cars to sit in or were happy on the floor but those of us of advanced years who had come without a car found it very tough going. I saw that for the AGM they

had brought in gym benches for people to sit on: would it not have been possible to have them there for the Sprint as well?

I was there in very good time and not affected by the timed start that was imposed this year (for a number of years JK Sprint start times have been allocated but it has actually been a punching start) but there were the usual tales of people caught up in the Good Friday traffic and missing their start slot.

So here we are: that's the preamble but what of the race? Initially W80s were promised Course 13 along with Old Uncle Tom Cobley and all or specifically M12&75-90, W12&65-90 but in the end we got Course 15, just the Ws and 2.2K best route, so quite long for W80 (it was won by a W12). I reckon that I am never quick at finding the start triangle on a map so I was the last one away from the map boxes. Our first control was really near to the Start flag so it was necessary to fit the ground to the map as rapidly as possible and then make a beeline for the control (this was my best control, 1st of the W80s). I have been doing no training at all so soon found that my apparently slow speed from the start was too fast and I was forced to a walk on the way to 2! I did get somewhat of a second wind but certainly was not able to run the whole course. My big mistake was going from 3 to 4. The optimal route was to the L of a block but there was a crossable fence very near to the control so I took the route round to the R, which was a good deal longer, and completely missed a v slightly longer route to the L which allowed a view of the crossable fence (which turned out to be crossable even by W84s with short legs) and the possibility of a slight diversion if one didn't like the look of it. Winsplits reckoned that this was my worst control with 28 seconds lost. I had a couple of other wobbles, so could not have done a lot better. It was a pretty easy area with a very easy course with a few simple L or R route choices and no complex legs so as I was running it I felt that it would favour the faster W80s but on this occasion the tortoise seems to have done OK.

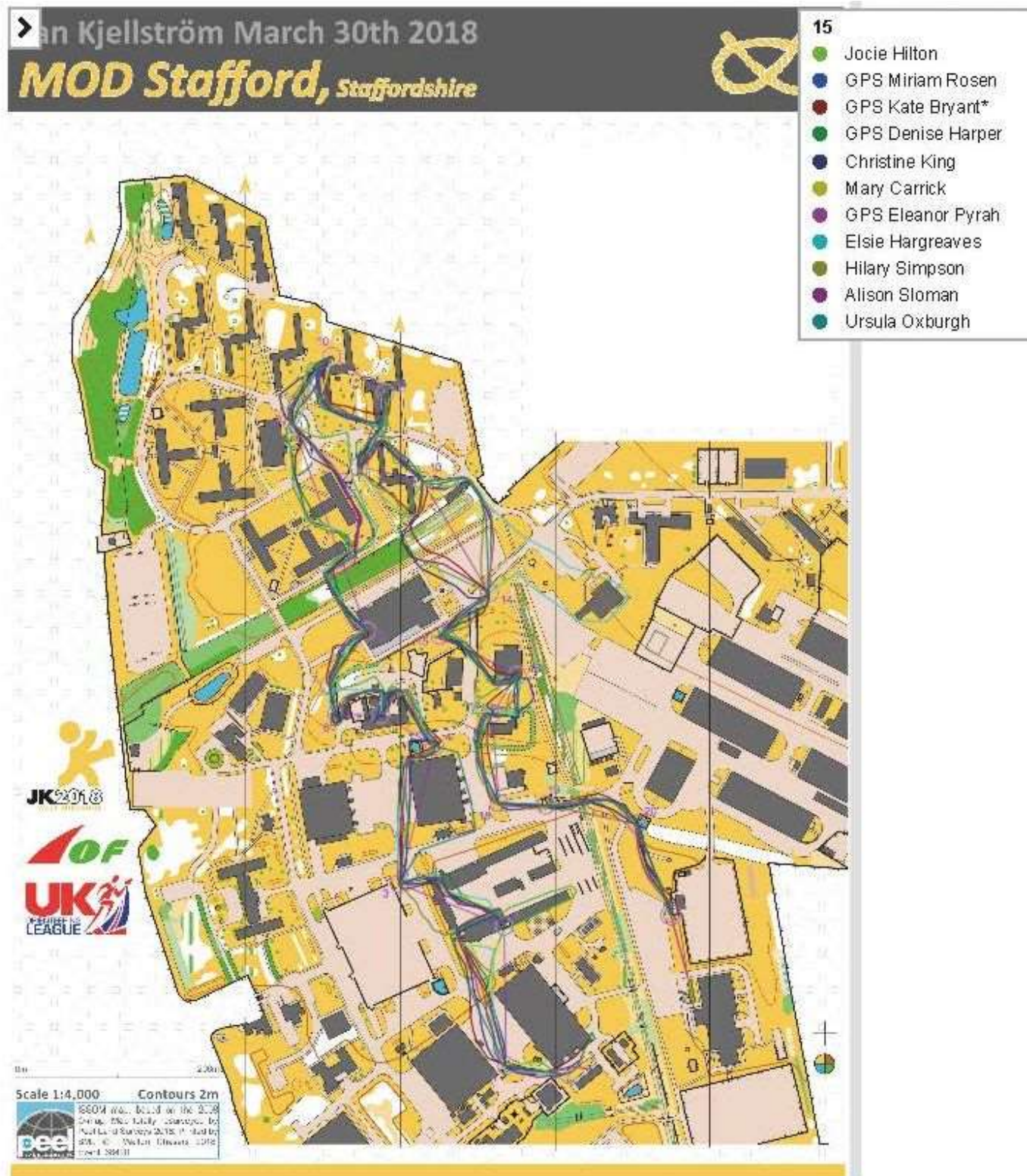
The 2.1K +10m took me 27:57 minutes and when I downloaded I was surprised to read on the bottom of my slip that I was 2nd out of 3 finishers – Alison Sloman had started early and did 23:24. As time went on no later starter beat me so I ended up 2nd out of 5, which quite a shock as I had been 4th out of 4 at the British Sprints in Milton Keynes. I was unfortunately not able to mount the podium (I like podiums even though I find the actual mounting quite challenging these days!) and collect my medal as I did not go to day 2.

I ran into Guro Harstad with her family. She is now running for a Norwegian club and they are at their 5th JK in a row. Guro ended up winning the W45 Sprint which she put down to its being an easy area plus the huge amount of snow on the ground in Oslo meaning she has not been able to do any running at all and consequently could not run too fast! I put it down to assiduous attendance at Wednesday training evenings when she was living in Cambridge, but then I would, wouldn't I?

Not much else to report. I had decided to run only 1 of the 2 days in Norwich as I am based in London at the moment because that's where Ron is in hospital. Norwich is not easy from London, particularly at the weekend with ongoing work on the line: it's actually much easier and quicker to get to and from Stafford! There was no information ahead of time about who was planning or controlling either event so I chose the urban race on Sunday which was very good but I gather that the Sprint in UEA on the Saturday, planned by Paul Garton, was extremely technical (I was told it was harder than the Barbican) because of the walkways, both aerial and within the buildings, so I missed a real treat there.

Next up is the Northern Championships weekend. Thirsk urban race is predicted by the organisers to be v muddy with profile shoes recommended and Sunday is in Wass (S side of the N York Moors), so no more messing around on nicely paved areas but into the mud (and brambles?) of North Yorkshire with a vengeance.

Ursula's route on Course 15 from RouteGadget www.jk.route gadget.co.uk/



Solutions to Spot the Differences:



The **McCain's Free 'Dare To Do It'** ticket promotion went live on **1st April 2018**

Please see the <https://www.mccainfreeticket.co.uk/choose-your-challenge> with some key information to share with event organisers and volunteers for registration at events to ensure they are up to speed with the promotion and are on the lookout for 'Dare To Do It' tickets!

It's sometimes difficult to monitor, but we do ask that you also be wary of any duplicates or fraudulent redemptions, that would be great too.

Craig Anthony, Head of Development, British Orienteering www.britishorienteering.org.uk

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

Pos.	Name	Club	YOB	M/F	Points	Contributing scores
1 (124)	James Haynes	WAOC	1993	M	7879	1311 , 1315 , 1312 , 1323 , 1315 , 1303
2 (168)	Andrew Stemp	WAOC	1997	M	7789	1286 , 1297 , 1323 , 1293 , 1278 , 1312
3 (280)	Robert Campbell	WAOC	1966	M	7611	1265 , 1288 , 1253 , 1276 , 1252 , 1277
4 (472)	Dil Wetherill	WAOC	1964	M	7401	1263 , 1223 , 1231 , 1225 , 1240 , 1219
5 (654)	Andrew Henderson	WAOC	1964	M	7254	1204 , 1215 , 1206 , 1203 , 1204 , 1222
6 (667)	Iain Stemp	WAOC	1965	M	7239	1196 , 1193 , 1216 , 1192 , 1233 , 1209
7 (700)	Tom Beskeen	WAOC	1984	M	7210	1219 , 1193 , 1166 , 1207 , 1210 , 1215
8 (706)	Stephen Borrill	WAOC	1971	M	7202	1197 , 1220 , 1195 , 1197 , 1194 , 1199
9 (798)	Sean Blanchflower	WAOC	1973	M	7123	1199 , 1211 , 1177 , 1179 , 1174 , 1183
10 (803)	Brian Cowe	WAOC	1976	M	7118	1200 , 1181 , 1184 , 1203 , 1176 , 1174

Events within 100mile radius of Cambridge which don't clash with **WAOC and EAOA events**

A full list of events is available on the British Orienteering web site where you can find more information on the events listed below, including any pre-entry on fabian4.

Always check www.britishorienteering.org.uk **before travelling**

Date	Event Name	Level	Club	Ass.	Venue	Nearest Town	Grid Ref.
Sun 22/04/18	Culford Sprints	Local	SUFFOC	EAOA	Culford School	Bury St Edmunds	TL837703
Sun 22/04/18	East Midlands League 2018	Regional	LEI	EMOA	Castle Hill Park	Leicester	SK550086
Sat 28/04/18	Meldreth Trail O	Trail O	WAOC	+ bbq	See page 13 for details	Meldreth,	TL376458
Sun 29/04/18	HAVOC SWELL & ESSOL event	Regional	HAVOC	EAOA	Hadleigh Park	Hadleigh, Essex	TQ802869
Wed 02/05/18	Training night- orienteering league	Local	WAOC	EAOA	Royston	Royston	

Sun 06/05/18	SMOC Keyne-O, Loughton Valley Park	Local	SMOC	EAOA	Loughton Valley Park	Milton Keynes	
Sat 12/05/18	WAOC Urban Sprint	Regional	WAOC	EAOA	St Neots	St Neots	supporting Headway
Sun 13/05/18	Danbury Park YBT heat	Regional	SOS	EAOA	Danbury Park	Danbury	TL773052
Sun 20/05/18	NOR event	Regional	NOR	EAOA	Ken Hill, Snettisham.	Hunstanton	TF675349
Wed 23/05/18	SOS Summer Series 1	Local	SOS	EAOA	Hilly Fields	Colchester	TL986257
Sun 03/06/18	SMOC Keyne-O, Howe Park Wood	Local	SMOC	EAOA	Howe Park Wood	Milton Keynes	
Sun 10/06/18	Simon Peck Summer Series event 1	Local	SUFFOC	EAOA	Orwell Country Park	Suffolk	TM186405
Sun 17/06/18	Highwoods, SOS Colour coded and ESSOL	Regional	SOS	EAOA	Highwoods	Colchester	TM001274
Sun 08/07/18	Simon Peck Summer Series Event 2	Local	SUFFOC	EAOA	Moreton Hall Estate	Bury St Edmunds	TL873642
Sun 08/07/18	Hornchurch Country Park	Regional	HAVOC	EAOA	Hornchurch Country Park and Ingrebourne Hill	Hornchurch	TQ536849
Sun 15/07/18	Simon Peck Summer Series Event 3	Local	SUFFOC	EAOA	Needham Lakes	Needham Market	TM096548
Sun 15/07/18	SMOC Keyne-O, Great Linford	Local	SMOC	EAOA	Great Linford	Milton Keynes	
27/07/18 to 03/08/18	LAKES 5 DAYS	National			Central Lake District	www.lakes5	

Sun 12/08/18	Stowe Park Middle Distance	Regional	SMOC	EAOA	Stowe Park	Buckingham	SP681364
Sun 09/09/18	SMOC Keyne-O, Linford Wood	Local	SMOC	EAOA	Linford Wood	Milton Keynes	
Sun 16/09/18	Ampthill Park Local event	Local	WAOC	EAOA	Ampthill Park	Ampthill	TL024382
Sun 23/09/18	SUFFOC colour coded	Regional	SUFFOC	EAOA	Ickworth Park	Bury St Edmunds	TL825619
Sun 30/09/18	HAVOC SWELL 2018/19	Regional	HAVOC	EAOA	Thorndon Country Park South	Herongate	TQ634898
Sun 07/10/18	SMOC Keyne-O, Campbell Park	Local	SMOC	EAOA	Campbell Park	Milton Keynes	
Sun 14/10/18	Chalkney, SOS Colour coded and ESSOL	Regional	SOS	EAOA	Chalkney	Earls Colne	TL875275
Sun 28/10/18	High Ash	Regional	WAOC	EAOA	High Ash	Mundford	TL735752
Sun 04/11/18	SUFFOC colour coded	Regional	SUFFOC	EAOA	Kings Forest	Bury St Edmunds	TL825747
Sun 18/11/18	HAVOC colour coded and EAL	Regional	HAVOC	EAOA	Epping SW	Chingford	
Sun 25/11/18	The Broaks, SOS Colour coded and ESSOL	Regional	SOS	EAOA	The Broaks	Braintree	TL789311
Sun 25/11/18	Rowney Warren event	Regional	WAOC	EAOA	Rowney Warren	Shefford	TL123403
Sun 03/02/19	Bush Heath event	National	WAOC	EAOA	Bush Heath	Mildenhall	TL726754
Sun 10/02/19	Knettishall Heath event	Regional	SUFFOC	EAOA	Knettishall Heath	Thetford	
Sun 10/03/19	WAOC urban event	Regional	WAOC	EAOA	Royston	Royston	