



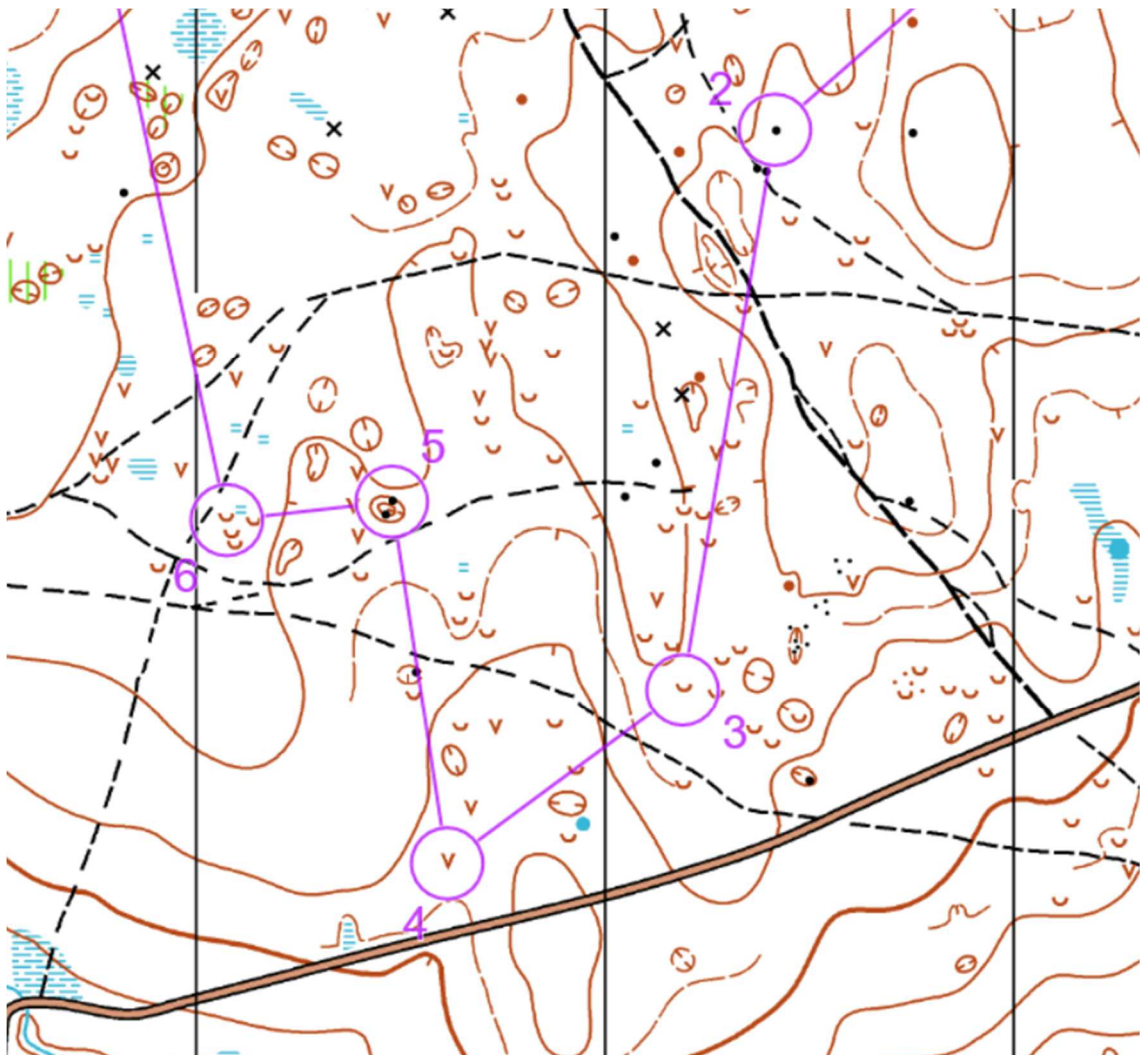
West Anglian
Orienteering Club



JABBERWAOC

Vol.46 No 3

August 2018



A section of Course 10 **Askham Fell, Lakes 5 Days 2018**

www.mdoc.routegadget.co.uk See page 6 for W35S winner Helen Bickle's Training Tips

Editorial: Hope you have all enjoyed good orienteering this summer whether 30°C or cooler and wet. This issue is packed with articles from members taking part in WAOC and National events. There are also messages from our new Chair, Club Captain and Development Officer. Do check out when you can take part in all the array of different WAOC events, especially new local Park-O, training and for Juniors 'the Peter Palmer Relays' as well as the surrounding forest events given in British Orienteering diary, quoted towards end of this issue.
Wishing you a good time, Hazel Bickle editor@waoc.org.uk

Please send an account of your summer events as soon as you like with December edition copy due: 28th Nov 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 juniorecaptain@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	Development Officer:	Andrew Henderson development@waoc.org.uk
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

Lily Alger via CUOC
Fiona Llewellyn-Beard from Impington
Jill Collins from Godmanchester
Peter and Sarah Helme and family from Meldreth

Joseph Masters from Cambridge
Chris Rampton from Royston
Gary Silk from Godmanchester
Clare Woods a former member from Sawston

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 WAOC Members have been awarded BOF Incentive Certificates for their performances at orienteering events. Well done to you all.

Navigation Challenge: Andrew De Koning
Rich Kerswell
Richard Beard

Bronze Racing Challenge: Jemima Borrill
Richard Beard

Silver Racing Challenge: Sophie Kerswell
Richard Beard

Gold Racing Challenge: Sue Hartley
Sophie Kerswell
Richard Beard

There have been no new Colour Coded badges since April.

Chair's Chat - Helen Hague

As you may know, I have become the most recent incarnation of the WAOC chair, taking over from Peter Woods after his five years as WAOC Chair. First thanks to Peter for all his hard work in the past, present and no doubt future for the benefit of the club. Under his guidance, the club has moved onwards with updated software for the download equipment, new logo, tops, website and GDPR policy to name but a few. With all this in place, my aim over my time of possessing the chairman's baton will be to try and expand membership and to increase the number of members turning up to events and training. We already do a fantastic job of putting on a wide variety of events and training but over time people get older, move away and so on and to ensure the future of the club we need to gain more new active members.

We thus now have a new development sub-committee that will be working towards ways of growing the club and in particular to increase the number of juniors and families coming along. Looking back through the Jabberwaoc archives, I see that we had one of these many years ago and its time has come again. We have already put in place a new initiative of Park-O that will be starting in September on Saturday afternoons with small events around Cambridge aimed at complete beginners, whether adult or junior, so they can try orienteering in a familiar environment, see Andrew Henderson's article below. We have modelled this on an initiative pioneered by SYO and adopted by BOF as a good way to expand junior membership.

We will also be looking at ways to expand the opportunities for training, and getting to know your fellow club members and make things a bit more sociable, so please keep your eye on the website and your email inbox for future initiatives. One of the best ways of recruiting new members is through word of mouth so please do bring along anybody you know that you think might enjoy orienteering.

Our new captain, Janet Cronk, is keen for us to become more visible at larger events and has already been successful in putting together relay teams for the JK and other events. Some of you are quite competitive (!) and Janet is keen to aim for podium places. Already Janet and the junior captain, Alex Wetherill, have fielded a team for the Yvette Baker heat

at Danbury earlier in the year and in September will be taking a WAOC team to the Peter Palmer relays for the first time in many years.

We are all volunteers and orienteering is a sport that wouldn't happen without volunteers at all levels, whether helping out on the day of an event, behind the scenes with selecting the areas and dates of events, mapping the areas, planning the event itself, first aiders, the treasurer to collect the money and the website to show the results. They say it takes a whole village to raise a child and with orienteering it takes many members of the club to keep the events coming along. As a frequent organiser of events, I am always delighted by the willingness of everybody at WAOC to help out. We all have a role to play in the club, whatever our level of experience, achievement or age. If there are any roles that you feel you would be interested in doing, then please do contact me - I have found it the best way to make friends in the club and see friendly faces in the forest.

I know many of you but for those that don't know me, please do stop for a chat – in colder weather I'm often to be found wearing a purple hat with two pompoms!

Park-O - Andrew Henderson WAOC Development Officer development@waoc.org.uk

Orienteering in England and Wales is missing a generation of participants. They are aged from 15 to 30. Recognising this, British Orienteering have recently adopted a strategy 'Every Junior Matters' and WAOC is rising to the challenges set out in that report and planning to do something about it!

A WAOC Development Sub-Committee was set up and met for the first time in April and the outcome is that during the next school year, we have scheduled 9 events in and around Cambridge. They will be called "**Park-O**", as they will all take place in parkland settings. These are specifically aimed at juniors and adult novices.

Each event will be similar in nature. They will run on Saturday afternoons between 1pm and 3pm. The courses will correspond approximately to White, Yellow and Orange standard, though the event areas may prevent them being exactly to these standards.

Planned locations and dates are as follows (some are subject to confirmation):

Location	Month	Date
Milton Country Park	September	15.09.2018
Cherry Hinton Hall Park	October	20.10.2018
Wandlebury Country Park	November	10.11.2018
Impington Community College	January	12.01.2019
Cherry Hinton Hall Park	February	09.02.2019
Wandlebury Country Park	March	16.03.2019
Lamas Land and Coe Fen	April	27.04.2019
Milton Country Park	May	18.05.2019
Wimpole Estate	June	15.06.2019

These events are intended to be a fun introduction to orienteering. They will include briefing sessions at regular intervals, so that we can explain what to do. We would like to attract a regular group of participants who turn up to each event, so that they develop both orienteering skills and a group of friends.

In due course, we hope to encourage people to move beyond these events to our more challenging events on Sundays.

So, if you have children, please bring them along. Please get your children to invite their friends. Please tell anyone who might be interested to come along. We would like to get the message, that these events are taking place, into as many schools as possible so if you are able to let me have the relevant contact at your child's school that would be great. Let's make a success of it!

We will need extra WAOC helpers at each event and so I will be asking for help nearer the time but if anyone would like to help or be part of the Park-O team, please do contact me.



Wednesday Autumn Term Training Nights



Date	Location
3 rd Oct	Cherry Hinton
10 th Oct	West Cambridge Site
17 th Oct	Sidgwick Site, University Library and Harvey Court
24 th Oct	Trumpington Meadows
31 st Oct	Homerton
7 th Nov	Newnham College
14 th Nov	Science Park
21 st Nov	Lucy Cavendish, St Edmund's College and Castle Hill
28 th Nov	Churchill Adventure Race

Note: All training session subject to permission so please check website.

Junior training

- Wednesday 24th October alongside senior training, there will be a special junior evening training session.
- Wednesday 28th November Churchill Adventure Race: Juniors welcome.

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. so that you are ready to start at 6.45 p.m.

New to training


The three sessions from 10th to 24th October are designed to provide an introduction to orienteering so if you have any friends that you think would enjoy orienteering, invite them along so that they can have a go at orienteering without being plunged straight into the middle of a forest. The first session is also free for anyone who has not attended training before.

Further details are put on the website and emailed to the club night list before each session. If anyone would like to be added to (or dare I say it - taken off) the training email list, please email webmaster at cuoc.org.uk


Training tip: Helen Bickle **[see map on cover of JabberWAOC]**


The **brown** squiggles:


Everyone who ran at Askham Fell (Day 4 of the Lakes 5 Day) was given a mainly white map (open fell but atypical colour to save ink) with a selection of paths, a splatter of blue (ponds and marshes) and then plenty of brown squiggles (or contours and features if you want to be technical). Chatting post run, I found out that I wasn't the only person who wasn't entirely confident with reading these brown squiggles and in particular form lines. I was delighted – finally an idea for my next training tip.

So here with thanks to the Askham Fell map on [routegadget](#) is a  form line. This can be either higher or lower ground that is not quite the height of the next contour level, and you will only find out which when you reach it on the map:


Below are examples of other contour features that you could meet on an orienteering course:


 Pit (steep sided hole in the ground)

 Small depression (shallow sided hole in the ground)

 Large depression (the ticks shows the downwards direction and your control descriptions may include the size of the hole)

 Hill (up)

 Knoll (small hill)

 Broken ground (up and down – where the mapper did not know how to fit all the pits, depressions and knolls on the map)



Spur (bit of hill that sticks out)



Re-entrance (small valley in hill)

Not sure what is up or down?

Look at the blue – it is mostly likely to be at the bottom of the slope.

Even if I was not 100% confident of the form line feature, being able to generally picture the contoured terrain certainly helped my run, although I wish I had paid more attention to the main topography.

Between nos. 2 and 3, I followed a bearing and ticked off the features on the way (nearly accurate although I ended up to the west side of the control).

I was very glad of the paths through the area as I overshot no.4 but was able to use the path to the west as a catching feature to relocate. My bearing and distance judgement may have been a little out and I wish I had been paying attention to the large scale contours!

Legs 4 to 5 and then 5 to 6 felt short and quick, and I ran directly to the controls (4 to 5 adjacent to the line of obvious features and a short bearing towards 6).

The routegadget map of the whole of Askham Fell can be found at www.mdcc.routegadget.co.uk and I ran course 10.

Captain's Corner – Janet Cronk

Since the last issue of JabberWAOC, some club members (including me !) have been travelling up and down the UK from the sand dunes of Branton Burrows for the Tamar Triple, to the British Long Distance Championships at Balmoral in the Cairngorms.

The most recent event out of East Anglia, was the Lakes 5 Days competition (held every 4 years). Whilst the Lake District always provides challenging terrain, 2 of the days were also really quite wet, which was in stark contrast to the exceptionally hot and dry conditions that were being experienced at home. However, I understand that all WAOCs enjoyed the challenging courses which ranged from high open fell to mixed forest, all with much contour detail !

Two of the events were also UK Orienteering League (UKOL) events.

Something to be aware of is that when you are taking part in an orienteering event that is part of the year's designated events for the UKOL, you may be earning points for WAOC. In the 2018 UKOL Club Competition, WAOC are currently 37th out of 117 clubs with 2415 points out of a possible 9000; the club which is currently in the lead is BOK with 5626 points.

So, I would encourage all club members to consider taking part in the UKOL and if you are interested you can find the details on www.ukorienteeringleague.org.uk.

This year, your best 12 events count for your score out of a possible 24 events scheduled.

The last 6 UKOL events of 2018 are:

1-Sep	19	British Sprint Champs (SWOA, Bath University)
2-Sep	20	British Middle Champs (SWOA, Wells)
6-Oct	21	Liverpool Big Weekend (DEE, Formby)
7-Oct	22	Liverpool Big Weekend Urban (SELOC, Liverpool)
24-Nov	23	Southern Night Champs (GO, Midhurst)
25-Nov	24	Southern Champs (SEOA, Hindhead)

WAOC teams have taken part in the JK Relays, the British Relay Championships, and for the first time WAOC had a team at the British Mixed Relay Championships which took place in Morpeth, Northumberland in early June [page 17].

WAOC Juniors also had a relay team at the JK and 9 Juniors made up a team for the heat of the 2018 Yvette Baker competition in May. The team put in some good performances at the event at Danbury Park, but unfortunately we did not have enough juniors to enable the team to make the final. In 2019 the Yvette Baker final is going to be in Hatfield Forest so easy to get to, if the WAOC Juniors can win their heat and qualify.

Finally, I am delighted to report that there will be a WAOC Junior team at the Peter Palmer Relay Competition on 9th September. WAOC have not fielded a team at the Peter Palmer for a little while but this year we are taking a team of 4 juniors, led by our Junior Captain Alex Wetherill. The team will be competing in the new Daybreak Relay competition.

The Peter Palmer competition is being organised by SYO and is being held in Tankersley Wood, just north of Sheffield. The first leg start for the Daybreak Relay is 6.30am so it will be a new orienteering experience for the juniors taking part !

JUNIOR CORNER

Lakes 5 Day 2018 - Hebe

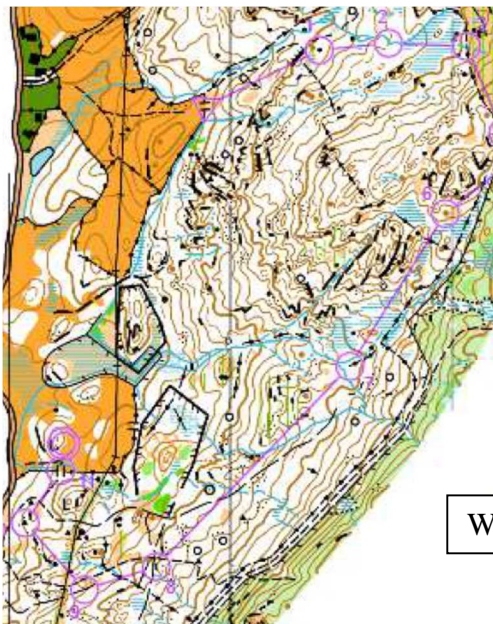
It all started in Silver How, Grasmere. It was a wild and windy day, raining cats and dogs and with a long walk to the start of about 2.3 km. Once through the walk the difficulty was navigating in such wild weather. One of my controls was over a mountain (one of the highest that I could see in the area) and around the lake. I think for everybody it was a relief to get to the finish no matter what time we got. There was a river we had to wade through to get back to Assembly. It was 1-2 metres wide and it went up to my knees!

On the second day the weather was a bit better apart from a torrential downpour at the end of my run. It was very strange for me to be running on soft, marshy ground compared with hard forest tracks. However, the distance to the start was 2.5 km - toooo long!!!!!!!!!!!!!!!!!!!!!!

The third day was in a forest. My family and I were lucky to have priority parking unlike the Bickles who had to have a coach to drop them off and pick them up. There was not a single spot of pluie.

Day 4 Askam Park, long distance. My best day. ☐👁️🌐. I was in the zone by now so although the event was 'long' it felt shorter. The moorland was easier under foot, with a bit of marsh here and there, and while lots of people tripped up on the navigation, the running and junior courses were very easy. 😊

However, final day, hardest day!! 😊😊😊😊😊😊😊😊🚩🏁🏠. The best approach was to go slow and steady. It was technically difficult, navigationaly difficult and underfoot it was difficult **and** the weather was tricky to predict. At some times there was no rain at all, then at others it was torrential - each phase lasting about 10 minutes.



Round Up

A good week of orienteering with a lot of rain and quite a challenge for me. The courses were hard but overall well worth the effort! Thank you to the organisers and planners for making it a very nice week.

W12A Course 15 at Dale Park, Day 5

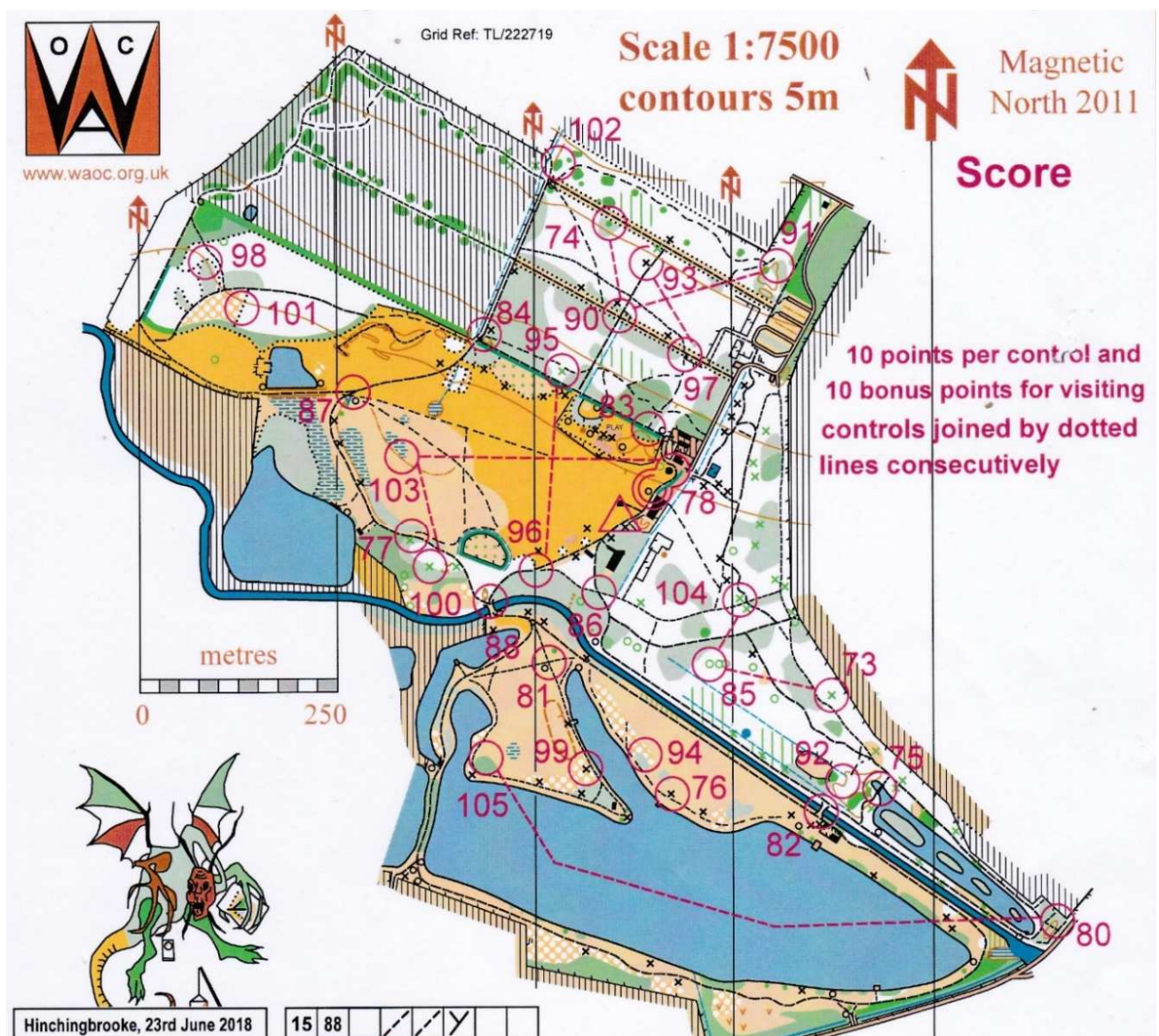
Score Event at Hinchbrook Country Park - Bruce Marshall

For the Summer Series event at Hinchbrook, Helen Bickle planned a score course with an interesting twist.

There were 31 controls worth 10 points each. But for half of these Helen offered a bonus. For each group of two or three controls marked as a chain on the map there was another 10 points for completing each chain of consecutive controls.

At the start I decided to ignore the bonus and just concentrate on getting as many controls as possible by optimising my route. That was the plan anyway. After 10 minutes I had collected eight controls and it was clear that I should be able to collect them all within 45 minutes. But if I could do that so could lots of others. So my strategy changed to devising a longer route which would try to visit five of the chains.

Have a look at the map and see how you would run the course,



St Neots – Planning to avoid disaster by Stephen Borrill

On 12th May 2018, WAOC held an inaugural event in St. Neots. It was a two-part sprint event which is a phrase that also neatly sums up the preparation and running of the event itself. Here's the story:

As early as May 2017, there was discussion about an urban or sprint event in either Huntingdon or Newmarket in either April or May 2018. I put my name forward (along with Jason) for co-planning one of these, but as this suggests, not much was definite when we signed up. The April date turned out to be inconveniently in the school holidays, so we decided on the May one. Newmarket was to be a brand-new map after having been put forward as a potential new area whereas Huntingdon was a known quantity but had not been used for a while. A number of committee meetings went by without any firm decisions as we weighed up the pros and cons of the various options; the decision was taken out of our indecisive hands by Bob Hill who volunteered for an urban event in Huntingdon in April (this ended up being in Peterborough on a new map – an excellent event attracting people from a bit further north than usual).

So a two-part sprint fell to us and I had a few must-haves I wanted to achieve:

- Two areas close to each other, possibly with some contrast
- Minimise distance to starts, but taking into account that the areas should not overlap, so a walk to one half may be unavoidable
- Junior courses should, as far as possible, have the same feel as senior courses. I'm always disappointed when a so-called urban race ends up being a run round a park for the juniors (cf. Oxford and Cambridge City Races) – Bristol City Race and London City Sprint race got it right
- Try to reduce the tedious waiting about between runs. So no heats/finals format, just a turn up and run arrangement. Even better if the two races can overlap time-wise or run back-to-back
- More specifically, start locations should be chosen to offer 'blind' starts – competitors waiting should not get any clue about direction to first control (or all competitors should go in same direction from the point of view of the start lanes). The British Sprints at the Olympic Park and at Campbell Park had canonical examples of this, all lanes were alongside a building or high hedge and all starters immediately turned a corner and went out of sight.

The event would be held in Newmarket but there was one big problem – no map. We pored over OpenStreetMap and OpenOrienteeringMap to try to find two areas in Newmarket suitable for sprints that would also support junior courses and with a convenient assembly area nearby. I gained tentative permission to use one of the schools on the courses (after a visit to them as one of our customers showed the school and playing fields nearby had already been mapped). However, try as we might, no good areas stood out and it was reasonably clear that the town was probably better suited to a conventional urban race. In early January, we introduced ourselves to Simon Errington who had been appointed as the controller and promised we would get to Newmarket to try to pick some locations. To be honest, we struggled to find the enthusiasm to do much without a good map, but the existing Internet maps failed to

inspire any enthusiasm.

25th January: During a quiet Thursday afternoon at work knowing that I would be quizzed on progress at that evening's committee meeting, I had a brainwave; do the event in St. Neots. Priory Park was already mapped and had been used for a couple of evening events. It would be suitable for juniors (and if Love's Farm turned out to not be suitable for juniors, both junior courses could be held there). The new estate on Love's Farm had also had a Wednesday night Street-O event courtesy of Peter Duthie. The two contrasting areas were very close to each other separated by St Neots train station on the East Coast Main Line (and a big car park) making transport arrangements easy. I phoned Jason immediately who was enthusiastic (not least because he lives in St. Neots). Unfortunately, when I got home, I checked the Love's Farm map and I'd misremembered it as being a real O map; it was just OpenOrienteeringMap. Notwithstanding, when asked about Newmarket progress at the committee meeting, I suggested we canned it and switched to St. Neots instead and listed the obvious benefits. To my surprise, the idea was quickly well-received; Newmarket can be used in future for an event more suited to its layout. Helen Hague (as organiser) and Jenny Hunt (as local person) quickly set about obtaining permissions for the areas in general and Longsands Academy sport pavilion specifically as park and assembly area.

The next job was to pass it by the controller to see if he was OK with the decision. It turned out that he'd had the same misgivings about Newmarket as we'd had and so readily agreed to the move. Now we just needed a map. Caroline offered to map both areas once we'd identified the sections actually required. Doing both areas as a single joined master map is also a great idea as it means we can plan future events using both areas (in a similar way to the mixed parkland/urban maps that SMOC have in spades but which we are sorely missing in WAOC).

27th January: Jason and I cycle round Love's Farm and Priory Park just to get a feel of the places and identify a few control locations

17th February: Caroline turned round the initial revision of the map impressively quickly (bear in mind it was only the 25th January when I suggested St. Neots) and got Love's Farm spot on while we offered to sort the Priory Park section. The existing Priory Park map did contain quite a bit of detail including a lot of trees which she could copy over but the wooded areas were homogenous green with only vague paths. The buildings on the Longsands site were correctly located but the details needed updating – lots of fences missing, earth banks in the wrong place. The initial aim was that I would plan the courses at Love's Farm while Jason would do Priory Park and we had a cycle around the areas to find likely control sites. I worked out the number of courses and target lengths by looking at Prior Art (e.g. the 2017 London City Race Friday sprint and our own Science City Sprints from May 2016).

10th March: I start planning the seven Love's Farm courses and then, over a couple of mid-week evening visits on the way back from working in Luton, checked all the proposed control sites for suitability both from a navigational and security (ability to fix the control to something) point of view.

22nd March: The first versions of the Love's Farm courses were sent to Simon.

28th March: Jason was tied up with work and such things and has a notoriously gammy

leg, but he drew up a first set of Priory Park courses based on armchair planning. I felt that given it was around 1km to the Love's Farm start, a long walk to the start at Priory Park should be avoided if possible, so I refined his courses based on a closer start location and to extend the courses out into the urban areas nearby where appropriate.

29th March: Send first Priory Park courses to Simon, but without having visited the park with the new map.

7th April: The cold weather and JK weekend intervened, but on 7th April I visited with Jemima on our bikes to survey the woodland at Priory Park. She'd just come back from a sleepover (so was tired) and her bike had a slow puncture. I made a few notes, but she quickly got bogged down in mud with a flat tyre while I was off drawing paths in the woodland and so we gave it up as a bad job

9th April: Priory Park courses basically the final version, so send to Simon again

14th April: Simon and his son, James visited St. Neots and James ran the preliminary M21 courses

19th April: Plan for start was for -4, -3 and -2 boxes to be behind the hedge with -1 on the path at the other side (so that waiting competitors did not see direction of starters). However, the path was quite narrow and can be quite busy. I didn't want competitors rushing through the hedge and knocking over a pedestrian. So by 19th April start was moved less than 100m to the next path into the woods as the pavement widened considerably. This required a surprisingly large amount of replanning as all start legs needed altering



Original Start



Final Start

28th April: Simon, Jason and I all visit and concentrate mainly on Priory Park including some serious remapping of the crucial paths near the start. The ferns and other undergrowth had gone manic, so we removed some of the controls in the woods as they were no longer appropriate for a sprint event. Rush back for Meldreth Trail-O

2nd May: Courses signed off and sent for printing to BML Print

4th May: Approved proofs and final numbers (but too late to catch the post that day)

9th May: Maps arrive. Meet Jason to plan control hanging

Love's Farm Sprint 12-May-2018

Courses close 14:00

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3 57	↗			○
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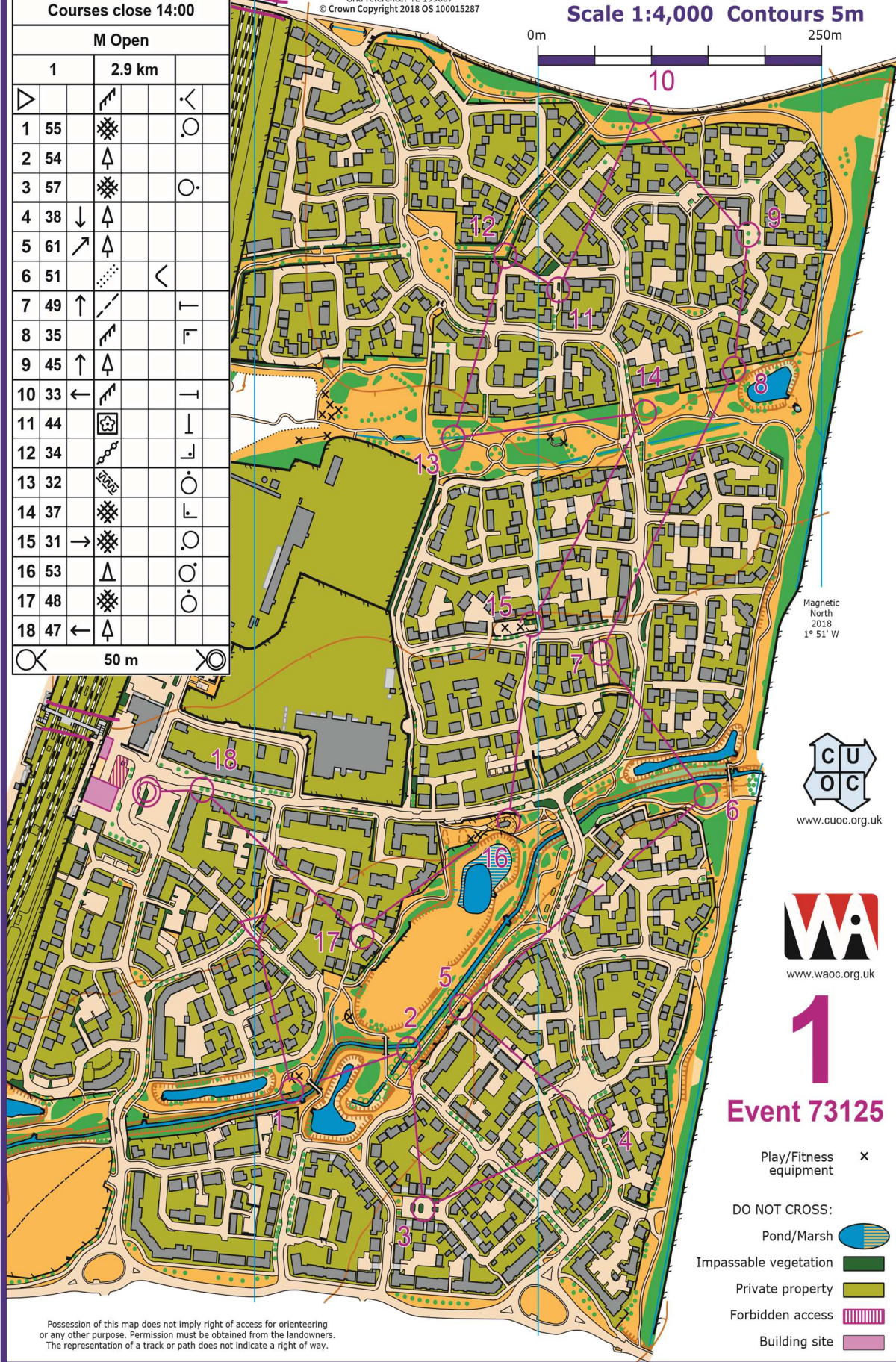
50 m

Survey and cartography by Caroline Louth Feb 2018
Updates to Apr 2018 by Stephen Borrill
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Grid reference: TL 199607
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Love's Farm, St Neots

Scale 1:4,000 Contours 5m

0m 250m



12th May: The EVENT Day

07:00: Breakfast at McDonalds (coffee machine not working, grrr)

07:28: Arrive at Priory Park car park and put out first control

07:30: Jason arrives on his bike and takes the 13 controls for him to hang in the centre of the park. I set off to drive around the park perimeter and urban areas with 17 controls including the first ones that requiring grippling (never assembled gripples before, but learnt quickly)

08:21: Finish Priory Park and phone Helen who is in Love's Farm (as Longsands site doesn't open up 09:00). Meet Helen in Love's Farm and set off to start hanging controls there

09:30: Start to get nagging doubt that we don't have quite enough stakes for the remaining controls and realise I must have left a couple of bundles in the garage

09:46: Phone Mandy in panic as nagging doubt now becoming dawn of realisation. Unfortunately, she's already set off (in McDonalds where the coffee machine is still broken, grrr) and has to go back

10:23: First start at Priory Park (but we don't know about this at the time as have not yet heard a single word from Simon)

10:45: Bump into Simon while putting out control 60 and hear that Priory Park start has opened without a hitch

11:00: Return to Longsands as Love's Farm finished

11:10: Take James and Peter Haynes over to Love's Farm start location for them to assemble it. Give Graham Louth a lift to as he is on road marshalling duty

11:20: Phone Helen to see if she's heard from Simon. She said that he'd set off 15 mins earlier to check final few controls (we'd sent him the order we planned to layout the controls, but he checked in a different order meaning that when we'd met him at 10:45 he'd visited sites that we'd not yet placed)

11:30: Phone Simon, get approval to open start.

11:32: Start opens



Love's Farm first starters

11:45: Return to assembly

11:49: Call from Graham Louth to Helen reporting missing and vandalised controls, but not yet clear exactly which ones

12:05: Get a couple of the controls at registration (SIAC battery check, SIAC off) reprogrammed

ready to replace missing controls – by then we know that controls 60 and 61 are missing. Set off to Love's Farm (with Ursula in the van for a lift to the start)

12:10: Replace controls and first people successfully punch replacement control while we are still there

12:25: Phone Helen to check about competitors still out at Priory Park, still a couple out. Wait at finish for our kids to finish

12:33: Final download at Priory Park

12:40: Jemima finishes, so we all go back in van to Longsands



Jemima finishing at Love's Farm assisted by David Coton

12:45: Jason and I start Priory Park control collection. After collection, wait at Longsands for final Love's Farm finishers

13:53: Final download at Love's Farm. Turns out they punched finish at 12:43, but went straight to help marshalling, so we were waiting for nothing.

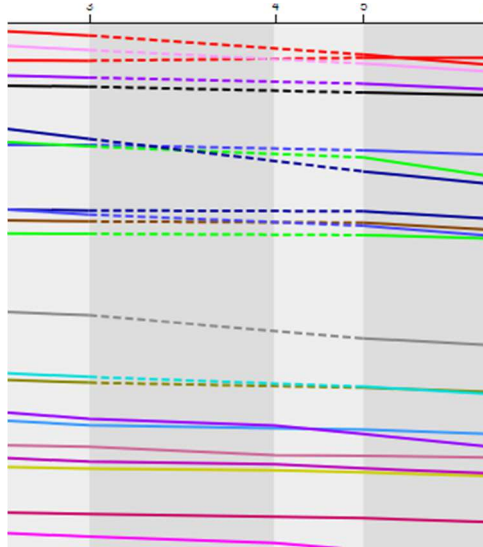
13:55: Start control collection at Love's Farm

14:45: Starts to rain – no competitors got wet!

15:10: Finish collecting

15:30: Finish sorting controls, gripples, stakes, etc. and we all leave

We needed to decide what to do about the missing controls with respect to the results. Feedback from competitors was that the SI units were missing, but the flags had been left, so it was clear that they were in the right location for the control and so did not incur a time loss. Along with the controller, we decided to make the legs optional rather than void them. As part of writing this article, I analysed Splitsbrowser. There were 40 people affected and 61 not affected. On course 2 the first control was missing for early runners. Course 4 was not affected at all; if that course is removed from the totals about 50% of competitors were affected. On Splitsbrowser, the slopes of the splits before and after the replaced controls are indicative of speed/time loss. It can be seen that that slopes are the same so I believe that making the splits optional rather than void was the correct decision.



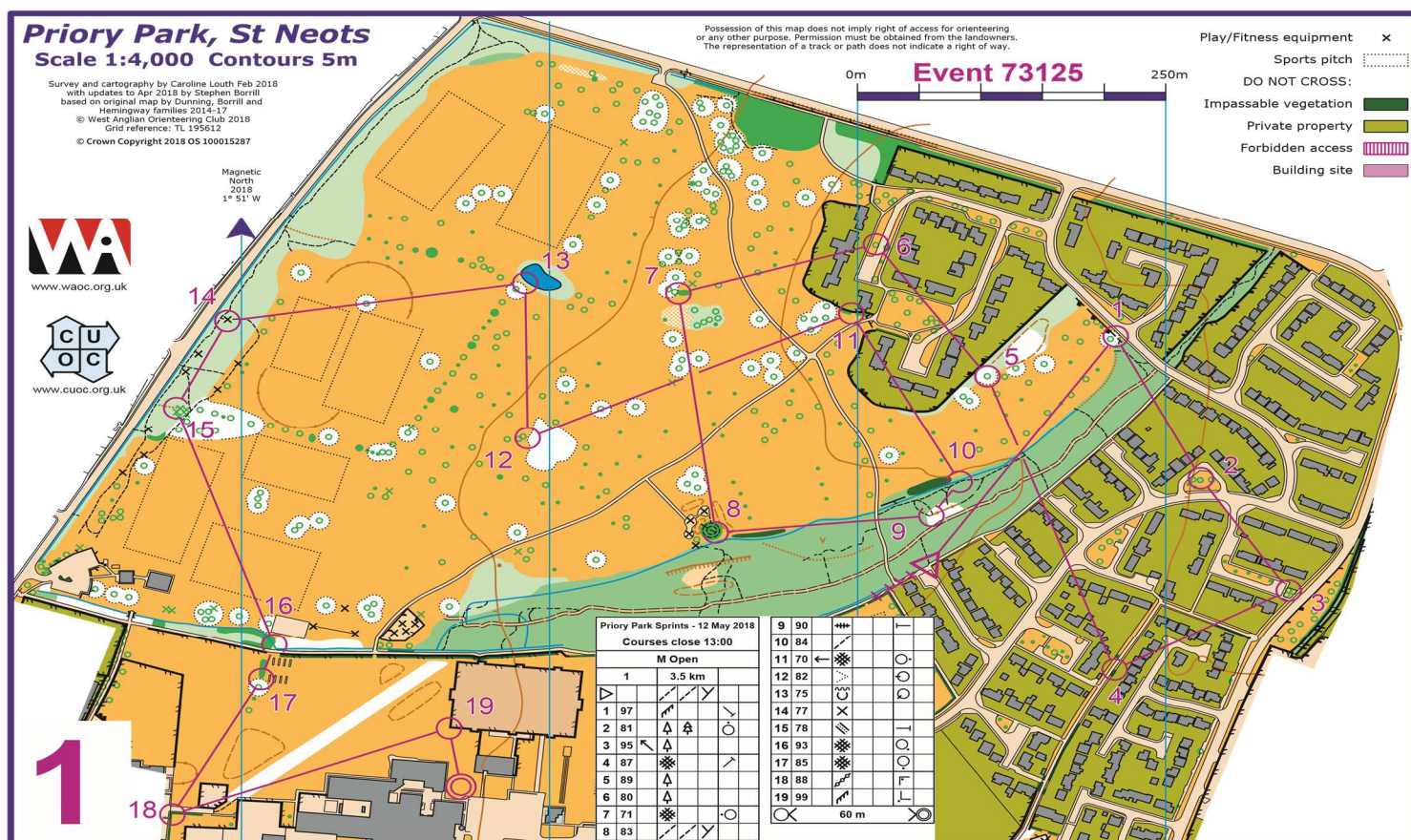
Dashed lines have a control missing

After the event, it was time to look back and take stock. I was disappointed at the number of people who took part, given the weather was good and it was easy to get to. However, the number wasn't terribly low and I think that St. Neots isn't necessarily a highly sought after destination. More to the point, I think the two-part sprint format isn't that popular as it's often associated with a lot of sitting about. We tried to minimise the waiting by having the two races overlapping so you could go straight from one event to the other if you wanted. Even so, sprint races are short and I wouldn't personally travel too far to take part in one (except perhaps the British Champs) – I have the rule of thumb "don't go to events where you take longer to get there than you spend running".

In terms of the event itself, on the day it was non-stop from start to finish. 14 courses, 70 controls and lots of gripples was a lot of work. It also required a lot of helpers with two starts and finishes, plus a marshalled road crossing and a control (the pirate ship) that needed watching. As the Love's Farm was 1km from the event centre, we needed a first aider and also a safety punch so that we knew that competitors had finished if they forget to download. With SIAC contactless punching, the SI stations do not keep a record of who has visited, so interrogating the finish control would not be sufficient. In both these respects, I would like thank David Coton for his outstanding service. He was out marshalling the pirate ship before we'd even put the control out and then worked at the finish (you can see he was still there at 12:40 when Jemima finished). I would also like to thank the other marshals and all the other helpers.

Addendum: I wrote to the Huntingdon Post (who cover St. Neots) to alert them to the story of the vandalised controls and how it affected a charity event (as all proceeds over the event were to go to Headway Cambridgeshire). They published a story on the front page of their website and we quickly got generous offers from the St. Neots public to pay for replacing the missing controls as they were embarrassed by actions of few individuals. We were blown away by their generosity, but asked them to make a donation direct to Headway Cambridgeshire instead. The print edition of the Huntingdon Post then covered this story as the front page article.

I hope that the vandalism does not affect future use of this area (we avoid Milton Country Park and Coldham's Common after having lost controls) as it's a great urban/park mix and will lend itself to a variety of different event types (perhaps even a MicrO in Priory Park as each tree in the open park is perfectly mapped).



NATO Exercise 09.10.06.18 - Sue Woods

Rendez-vous instructions:

09.06.18 12.00 hours Assemble PEGSWOOD NE Community Club
10.06.18 10.00 hours Assemble NE61 1PR

Military precision was paramount to ensure that the WAOC Wanderers assembled punctually on Saturday lunchtime for the **British Mixed Sprint Relays**. The whole weekend had been meticulously planned to ensure that all teams gained maximum enjoyment of Morpeth's terrain. Bikes and O Kit were loaded on to the 6.57 Cambridge to Peterborough train, off-loaded and reloaded on to the Newcastle train, off-loaded and reloaded on to the Morpeth train. And so we arrived at Pegswood Community Club in glorious sunshine to find our team captain, Janet Cronk, relaxing in the community garden with cup of tea in hand.

The British Mixed Sprint Relay Championships was Day 1 of a weekend of urban orienteering organised by Newcastle and Tyneside Orienteers. The elite runners started first, sprinting through a compact maze of housing before emerging on the semi-open hillside of a former spoil heap which is now a very pleasant country park. This was ex-coal mining country, and the parkland with a patchwork of open ground and small areas of deciduous woodland offered a contrast to the streets and alleyways of Pegswood. As the runners in the open category finished their courses, the remaining teams took their place on the start line. Distances between controls were short, with the excursions into the hilly parkland breaking the rhythm of the street controls. WAOC Wanderers completed all 3 legs of the relay without mishap and took 5th position overall.

British Mixed Sprint 90-06-2018

<http://www.nato.routegadget.co.uk/rg2/>



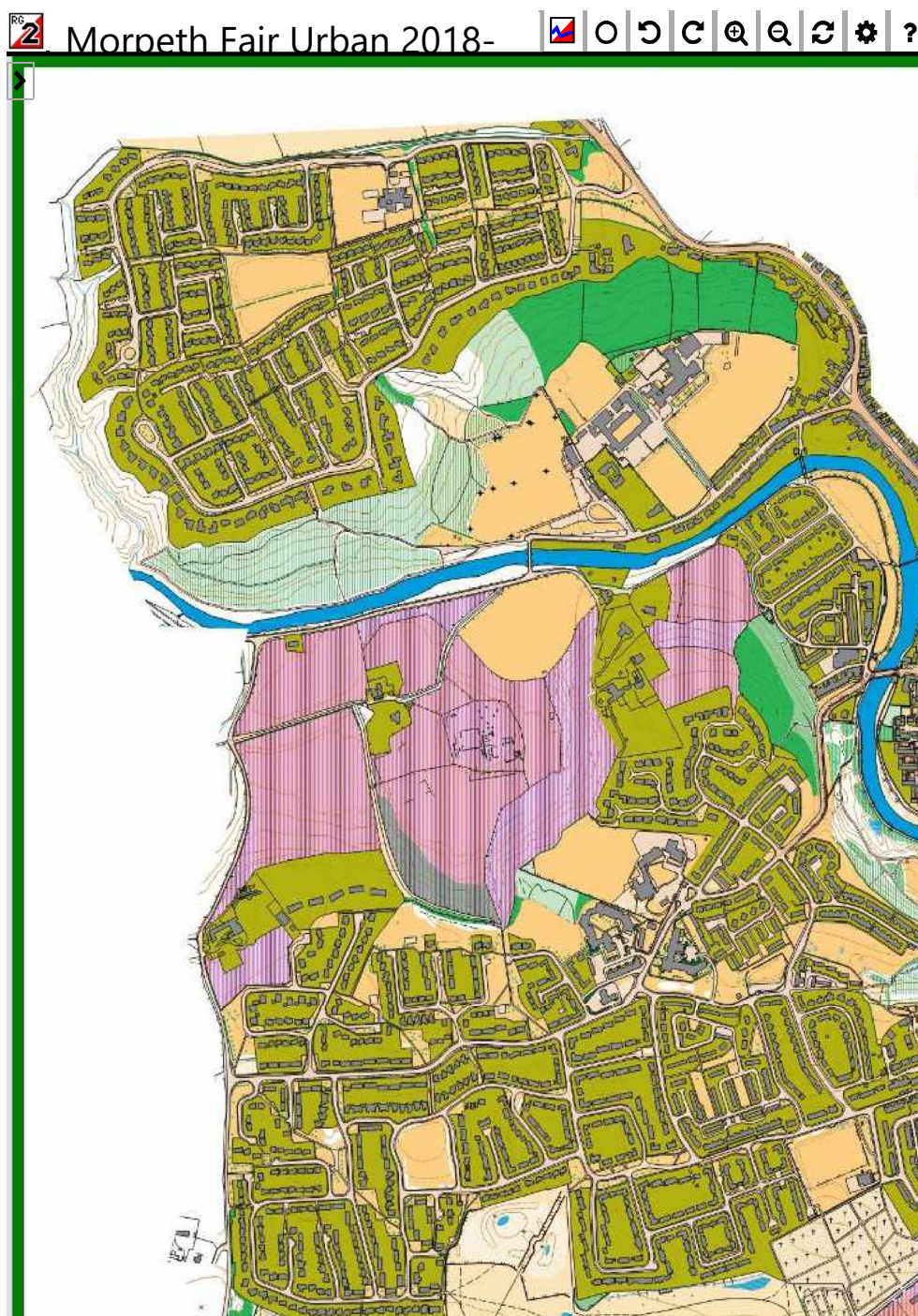
It was a compact event, carefully planned and organised, and so friendly, we were made to feel especially welcome. Trish, lynchpin of NATO, invited us to join them after the event for a meal at one of the local pubs. As the evening progressed, we soon realised that we had hit gold, as our hosts knew every orienteering inch of the UK and beyond.

Morpeth urban race next day was planned to coincide with Morpeth Fair, which meant that the town centre was closed to traffic and open to traders, marching

bands and a fun fair. The assembly area was on the banks of the River Wansbeck in Carlisle Park. This was an individual event and runners had to wait their turn to start. With grey wagtails, herons, ducks, and swans to entertain us, time passed quickly and we were soon scaling the heights of the riverside park and heading for the streets of residential Morpeth.

Morpeth Fair Urban 2018-06-10

<http://www.nato.routegadget.co.uk/rg2/#110>



It wasn't so much the shock of climbing so many contours on the way to the first control, but the dawning awareness of the distance between controls. With a

double-sided A3 map, with the mapped area extending on side 2 beyond what appeared on side 1, the planner had devised excellent courses, mixing up the distances between controls and making sure that everyone had the thrill of navigating a single leg from one corner of the map to the diagonal opposite corner. There was plenty of route choice, including several river crossings, with stepping stones as one possibility. The event coincided with the annual town fair, which meant all the roads into the town centre were closed to traffic – a feature most other urban races can only dream of. However, the hazards of traffic were replaced by the challenge of dodging the crowds at the fair. This is the only event we have come across which has a timed-out crossing of the town parade, including marching bands. Despite this being the most crowded day of the year in Morpeth, not a single control went missing and everyone wore a smile – or was that because the sun was shining after weeks of rain.

As the event finished, all the runners returned to the leisure centre on the banks of the river for the presentation of trophies. Newcastle and Tyneside Orienteers thanked everyone for coming and they were genuinely appreciative of all who had taken part. We just managed to make it back to Morpeth station before a sudden rain shower displaced the sunshine we had been enjoying. I recommend the event to you all, a challenge both for the brain and the legs.

World Masters Orienteering Championships (WMOC) 2018 - Janet Cronk

On 6 July 2018, the alarm went off early enough for me to collect my thoughts, my orienteering kit and get to Stansted in time to catch our 9am flight to Copenhagen for the week long WMOC 2018.

My first taste of WMOC was last year in Auckland and I enjoyed the experience so much that I thought I would enter again. Particularly as this year WMOC was in Denmark, a country I had never visited but was on my 'to do' list. Kathy Haynes (another W60 and member of SLOW) was up for the experience as well so we travelled together, staying at an Airbnb near the Event Centre in Farum and using the WMOC buses to get to each event.

WMOC usually has a Sprint and a Long competition, and a qualifying event for each, but this year they slipped in a Middle Competition, the final of which was the qualifier for the Long Final. With 240 entrants in the W60 class, there were 3 heats and 3 finals (A, B & C) all of 80 participants. So if you finished in the top 3rd of your heat, you qualified for the A final and so on.

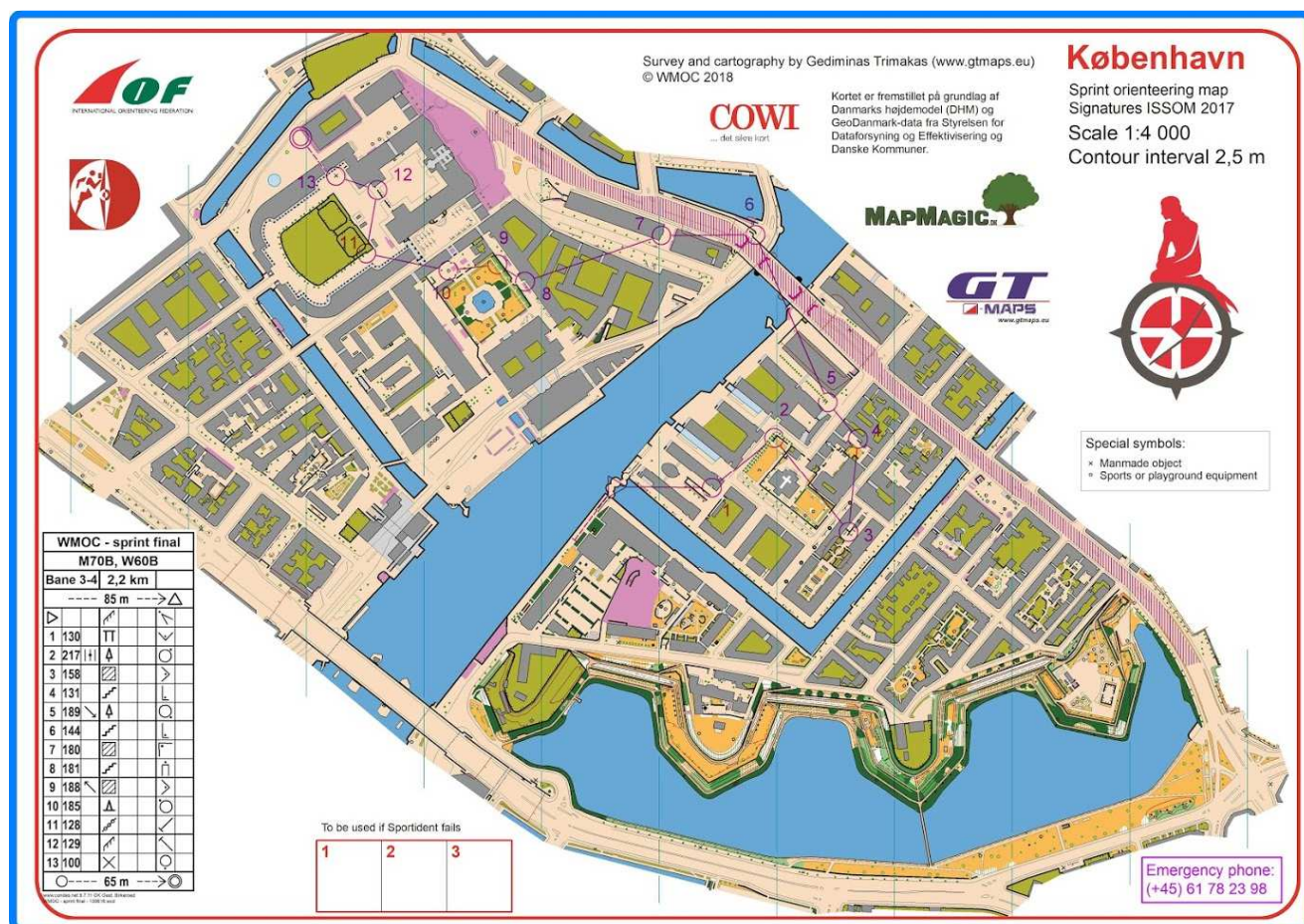
1. The Sprint

The Qualifying Event was 25 km north of Copenhagen in a Science Park (with similar composition of interesting buildings, lakes, grassy areas and greenery as our own Cambridge Science Park). I must have been too tentative as I just missed qualifying for the A Final having made no major mistakes.

The Finals took place in the heart of Copenhagen around the former royal castle of Christiansborg, which now houses the Danish Parliament. The courses were not particularly difficult so there was no margin for any error.

I came out of Control 3 in 2nd place but, expecting to see open archways I raced past the open doors that provided the access into the archways and had to make an abrupt about turn when I realised I had gone too far ! That dropped me down to 46th place coming out of Control 4 but I managed to make up a bit of time over the rest of the course coming in 7th in 14:18 compared to the winning time of 14:02. According to Winsplits I lost 1:04 on Control 4 so that was very annoying !

It was really nice to catch up with Guro Harstad at both events. Guro had managed to get a last minute flight from Oslo and a late entry to have a weekend city break in Copenhagen taking part in the Sprint.



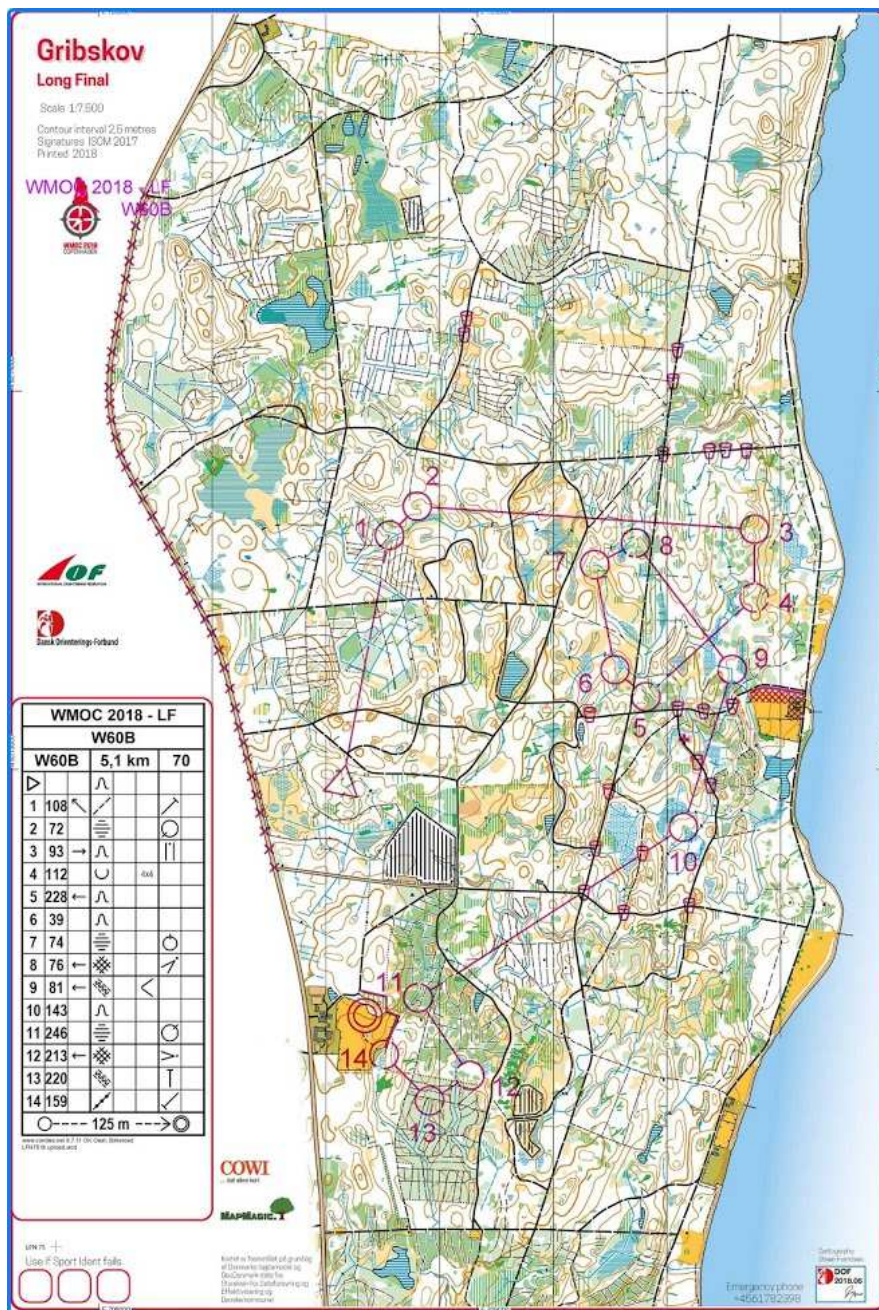
2. The Middle

The Middle Event was held in Tisvilde Hegn, a lovely forest right on the north coast, adjacent to a nice sandy beach. Although the weather was good - the strong northerly on-shore wind did not make swimming a tempting option.

In using the Middle Final as the qualifier for the Long Final we were told that the bottom 25% of the finishers of the A & the B Finals would be relegated to the respective B & the C Finals with corresponding 25% promotions the other way ! Having only just managed to qualify for the B Middle Final, I was pleased to have a better run in the actual race, and came 44th. This meant that I avoided relegation and achieved a place in the B Long Final on the final day of the competition.

3. The Long

The Long Final was held in Gribskov, the 2nd largest forest in Denmark. It was the hottest day of the week but that was no excuse for my inability to find control 4. The main problem was that I did not notice that there was a light green area in the centre of the control circle. In fact, when I eventually found control 4 (20 minutes later !), in a 4 x 4 pit in a bit of a bush. I reckon that the 'green' could have been a bit darker !! But my major mistake was not to properly visualise the control circle when I initially came into it.



However, overall it was a very enjoyable week, and definitely good experience.

Next year WMO 2019 is in Riga in Latvia. Will anyone join me?

Borrowdale Fell Race - Andrew Henderson

Taking part in the Lakes 5 days isn't ideal preparation for a category AL Fell Race (A = lots of climb, L = Long), but having never previously taken part in one of the "Lakeland Classics" and knowing that we would already be in the right place at the right time, I decided 2018 was my year for the Borrowdale Fell Race. Saturday's weather was much better than it had been at Dale Park the previous day. No rain and some sun, though there was cloud on the summits. Off we went!

The route is approximately 17 miles long with 6,500 feet of climb and descent and includes the summits of Bessyboot, Scafell Pike, Great Gable and Dale Head. Only the start and finish are flagged; the rest of the time it's up to each runner to find the best route, but you must visit each checkpoint (using super-fast SI dibbers, though that doesn't matter for most of the field).

We arrived in the parking field in good time. By chance, Tessa Strain (top orienteer, recently moved to Cambridge) parked next to us. We chatted a bit about the event but, as we were both novices, it was more about sharing our concerns than learning anything useful.

The start was all very cheerful. Lots of good humour, amongst the nerves and the queue for the toilets. I was a bit surprised by the brisk pace at which everyone set off. I was thinking "It's a marathon, not a sprint". Perhaps they all knew about the narrow gateway down the road at which many of us newbies got held up.

As we climbed Bessyboot, the amount of talking dropped sharply, to be replaced by gasps for air. I was a little further back than I had expected at this stage, but the climb gave me the opportunity to overtake a few people, including my fellow "Durham Fell Runner" Jim Clapp.

From Bessyboot it's a long way to Scafell Pike. The route profile doesn't look especially challenging, but on the ground it was quite tough; lots of undulations, bogs, long grass etc. I was totally unfamiliar with the route as far as Esk Hause, but thankfully there was a long line of runners to follow. The top of Scafell Pike was cool and cloudy, but there were lots of walkers on the summit who gave us all a big cheer as we got there.

The descent from Scafell Pike onto the corridor route is steeper than anything I've done without a rope. I was very nervous at the top of the scree slope. Lots of people came past me as I descended gingerly. Lack of experience in this terrain was costing me time and places. I speeded up a bit as I got used to the scree moving about under my feet. By the bottom I was almost enjoying it – yes, almost! The corridor route is crossed by quite a few streams, so I took the opportunity to refill one of my water bottles. A runner ahead of me fell and landed on a big boulder. A couple of other runners got to him before me. He had blood on his face, but was conscious. There didn't appear to be anything seriously wrong and others were taking care of him, so I carried on, but I was mindful of the need to concentrate all the time. Long races are about what goes on in your head, as much as in your legs. I lost a few more places on my way to Styhead pass. There are shortcuts away from the path that others are familiar with but I don't think their gain was huge. I did well up Great Gable, passing people as I climbed quite comfortably. I was eating as

much as I could manage to swallow; there was still a long way to go. I passed Jim again – and wondered where had he overtaken me?!

Great Gable was also cloudy and cool, but I was happy that I was now on familiar terrain. From Great Gable to Dale Head it's nearly the same route as the Bob Graham round, which I did a few years ago. (Mercifully, you don't have to visit the summits of Green Gable, Brandreth or Grey Knotts.) The field was getting strung out now. I followed people around the side of Green Gable and towards Brandreth, but then cramp hit me. The inside of my right thigh was tight with pain. I stretched it and tried to carry on, intentionally going a bit slower. I also made myself drink more often. The pain eased, but I knew I would have to be careful from now on. In going slower I had lost touch with the group I had been following. Thankfully I knew roughly where I was going, crossing over to the west of Grey Knotts, before descending to Honister. Honister is the only support point on the route, as it's the only road crossing. I took advantage of the water on offer and refilled a bottle, before commencing the seemingly endless climb to Dale Head.

There is a stile to cross after only a short amount of climbing. Normally this wouldn't be a problem but with tired legs it is more of a challenge and it induced another spasm of cramp in my leg. Undeterred (well, that's my version afterwards) I carried on towards the summit. I could see runners coming back almost towards me before I got to the top. As I approached the summit, and for the first time in the day, I got my map and compass out, as I was now in an unfamiliar place with few people to follow. It's quite a steep drop off Dale Head, but nothing compared to what I had faced earlier. I could see runners in the distance, so I knew roughly where to aim for and fairly quickly put my map and compass away. There is a flat marshy section, before the final steep descent through an old quarry and then onto nicer grassy slopes. Unusually, I seemed to be catching a couple of runners whilst going downhill. As the ground became flatter and easier, I went faster, passing the two runners I had been chasing and eyeing more in the distance. I really wanted the finish to come soon, but not so soon that I couldn't catch the runners ahead. I realised that Jim was ahead of me once more, (how?!) but also that I was closing the gap quickly. I overtook him about 100m before the finish.

My finish time of 4h53m was about an hour slower than I had hoped for but I was still satisfied – as well as exhausted. Jim was one place behind me. Tessa had finished almost an hour ahead of me and was 2nd woman home. I saw the injured runner finish, his face now with dried blood on it; fell runners are a tough bunch. I wasn't convinced I would have finished if the same thing had happened to me.

If this has whetted your appetite for a fell race, you'll be pleased to know that on the rest day of the Scottish 6 days next summer, there is a hill race at the Killin Highland Games. It's only 3.5km with 400m of climb, so should be accessible to many of us.

See you there!

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

Congratulations to Tom Beskeen up 19 places and Janet Cronk up 15 places 18/8/18

Pos.	Name	Club	YOB	M/F	Points	Contributing scores
1 (95)	James Haynes	WAOC	1993	M	7879	1311 , 1315 , 1312 , 1323 , 1315 , 1303
2 (118)	Andrew Stemp	WAOC	1997	M	7831	1297 , 1323 , 1312 , 1312 , 1294 , 1293
3 (316)	Robert Campbell	WAOC	1966	M	7491	1233 , 1277 , 1243 , 1245 , 1246 , 1247
4 (474)	Dil Wetherill	WAOC	1964	M	7322	1214 , 1225 , 1240 , 1219 , 1208 , 1216
5 (543 +19)	Tom Beskeen	WAOC	1984	M	7261	1219 , 1193 , 1207 , 1210 , 1215 , 1193
6 (553)	Andrew Henderson	WAOC	1964	M	7250	1206 , 1203 , 1204 , 1222 , 1202 , 1213
7 (565)	Iain Stemp	WAOC	1965	M	7235	1193 , 1216 , 1192 , 1233 , 1209 , 1192
8 (606)	Stephen Borrill	WAOC	1971	M	7202	1197 , 1220 , 1195 , 1197 , 1194 , 1199
9 (740)	Peter Haynes	WAOC	1958	M	7080	1172 , 1202 , 1176 , 1171 , 1184 , 1175
10 (765)	Sean Blanchflower	WAOC	1973	M	7063	1171 , 1177 , 1179 , 1174 , 1183 , 1179

Events mainly **WAOC** and **EAOA** events with a few interesting nearby events when most are not on the same dates. 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**

Sun 09/09/18	TVOC Thame Urban Event	Regional	TVOC	SCOA	Thame Town Hall	Thame	
Sun 09/09/18	SMOC Keyne-O, Linford Wood	Local	SMOC	EAOA	Linford Wood	Milton Keynes	
Sun 09/09/18	Nottinghamshire Peaks Mini Marathon	Local	NOC	EMOA	Brierley Forest Park Visitor Centre	Sutton-in-Ashfield	SK472595
Fri 14/09/18	London Weekend Friday Sprint Race	Regional	SLOW	SEOA	Rotherhithe	Rotherhithe	
Sat 15/09/18	SLOW City of London Race	National	SLOW	SEOA		London	
Sat 15/09/18	ParkO-Milton Country Park	Local	WAOC	EAOA	Milton Country Park	Milton	
Sun 16/09/18	Amphill Park Local event	Local	WAOC	EAOA	Amphill Park	Amphill	TL024382
Sun 23/09/18	SUFFOC colour coded	Regional	SUFFOC	EAOA	Ickworth Park	Bury St Edmunds	TL825619
Sun 30/09/18	EM Score Championship 2018	Regional	DVO	EMOA	Carsington Pastures	Matlock	
Sun 30/09/18	HAVOC SWELL 2018/19	Regional	HAVOC	EAOA	Thorndon Country Park South	Herongate	TQ634898

Sat 06/10/18	HH Saturday League & Youth League	Local	HH	SEOA	Fairlands	Stevenage	TL254236
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
Sat 20/10/18	ParkO- Cherry Hinton Hall Park	Local	WAOC	EAOA	Cherry Hinton Hall Park	Cherry Hinton	
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
Sat 10/11/18	ParkO- Wandlebury Country Park	Local	WAOC	EAOA	Wandlebury Country Park	Stapleford, Cambridge	
Sun 11/11/18	NOR colour coded	Regional	NOR	EAOA	Lynford Forest	Thetford	TL813942
Sat 17/11/18	SE Night Champs	Local	MV	SEOA	St Leonards Forest	Horsham	
Sun 18/11/18	HAVOC colour coded and EAL	Regional	HAVOC	EAOA	Epping SW	Chingford	
Sun 25/11/18	Rowney Warren event	Regional	WAOC	EAOA	Rowney Warren	Shefford	TL123403
Sun 02/12/18	NOR colour coded and EAL	Regional	NOR	EAOA	Sandringham Country Park	Kings Lynn	TF690290
Sun 09/12/18	The Broaks, SOS Colour coded and ESSOL	Regional	SOS	EAOA	The Broaks	Braintree	TL789311
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	