



West Anglian
Orienteering Club



JABBERWAOC

Vol.47 No 1



British Orienteering

April 2019



Alex Wetherill represented England at Interland this year.

Editorial: Celebration of all awards 2018-2019 in this issue!

The 2018 Winners of our club WAGAL, EAOA League and East Anglian Championships were celebrated at our WAOC AGM on Saturday 30th April. See photos of those present and more details in reports from Chair Helen Hague and Captain Janet Cronk on pages 4 to 11. Read of Mike Capper's international summer events Part II and Bruce and Maria's trip to run in Funchal, Madeira.

Do check the change in O rules at <https://www.britishorienteering.org.uk/rules> British Orienteering AGM will be held after the JK Sprint at 5pm on Friday 19th April 2019. You can vote electronically (computer or phone) so look out for e-mail from the Chief Executive or British orienteering website. 2019 is 'Year of the volunteer' so give helping at an event a try.....more helpers equals shorter stints.

Well Done to all WAOC runners at Sherwood Pines – WAOC is through to the Final of the Compass Sport Trophy - SAVE THE DATE **20th October 2019**

Wishing you and your family good times orienteering, Hazel Bickle editor@waoc.org.uk
Next copy date Monday 3rd June 2019

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	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)

Welcome to new members - Anne Duncumb (membership secretary)

Alex and Christiaan Bright from Cambridge
Samuel Crawford and Laura Senior from Cambridge
Matthew Goode from Milton
Charmain Hawkins and family from Clare, Suffolk
Russ Ladkin and Amelie Kirchgaessner from Cambridge
Alex Markham from Milton
Russell and Toni Peters and family from Henham, Essex

We have a number of new 'club only' members from CUOC and Drongo - four of them ran for WAOC at the recent CompassSport event at Sherwood Pines and made very useful contributions to the WAOC score.

Luke Fisher - CUOC

Rowan Lee - CUOC

Paul Pruzina - CUOC

Zuzka Strakova - Drongo

Ben Windsor – Drongo

We hope you will all enjoy Orienteering with us.

Subs - Last Chance! Thank you to those of you who have already renewed your WAOC/BOF sub. If you are one of the very few members who have not yet renewed, but still plan to do so, please would you renew soon?

Thanks, Anne Duncumb (membership secretary)

Colour Coded Badges & BOF Incentive Awards - Ian Smith

CC Badges

Sophie Kerswell	Orange
Jemima Borrill	White
	Yellow

BOF awards

As the list is getting quite long I have removed the entries which have been superceeded within this period

Chris Rampton	Racing Challenge	Gold	TD5
	Navigation Challenge		TD5
John Hartley	Racing Challenge	Silver	TD3
Hebe Darwin	Racing Challenge	Gold	TD3
Lorant Farkas	Racing Challenge	Gold	TD5
	Navigation Challenge		TD5
Rich Kerswell	Racing Challenge	Gold	TD5
Alex Darwin	Racing Challenge	Silver	TD2
Sophie Kerswell	Racing Challenge	Bronze	TD3
	Navigation Challenge		TD3
Harriet Millward	Racing Challenge	Silver	TD5
	Navigation Challenge		TD5
Patrick Thouroude	Navigation Challenge		TD5
Fiona Llewellyn-Beard	Racing Challenge	Gold	TD5
Chris Page	Racing Challenge	Bronze	TD4
	Navigation Challenge		TD4

Making the most of the WAOC Facebook – Mike Capper

Social media! Don't we all hate it?

Whatever your thoughts, Facebook is now part of the modern psyche and is becoming an increasingly powerful tool for getting a message across.

We are trying to make more use of the WAOC Facebook page. A couple of the recent Park-O events have been 'boosted' as well as the Urban race at Royston. 'Boosting' involves sharing the event page across a wider audience than usual, trying to reach beyond the WAOC membership by targeting specific locations, groups or areas. It is too soon to judge the impact of this on event entries. The cost of boosting is small and, as a club, I am sure we will get better at refining the target groups over time.

Beyond this, everyone who has a Facebook page of their own can help to spread the word. Have you liked the WAOC Facebook page? It's a great way to keep in touch and I promise you won't get inundated with inane WAOC posts!

Beyond that, it really helps if you interact with the WAOC FB page. 'Liking' a post helps to reach a wider audience. 'Sharing' is even better, especially if you are part of a group who might be interested in orienteering.

How often do you use the WAOC Facebook page to make post-event comments? It's a great way to say that you have enjoyed an event (and how often do we do that, these days?) and positive feedback is great for planners and helps others to see how great the sport is!

So Like, Share, Comment...interaction is good!

AGM for West Anglian Orienteering Club

was held on Saturday 30th March 2019 3:00 to 5:00 pm at The Fulbourn Centre.

Chair's Report - Helen Hague

Welcome all to the AGM at a different venue for a change. It's great to see so many of you and I hope you are now ready for the serious bit!

Turning now to the awards which are always popular, particularly when accompanied by chocolate treats, the Owl award this year has been awarded to Andrew Stemp who has made great strides in improving his orienteering and also with helping to reinvigorate Durham University orienteering club. It appears that Andrew has extrapolated his training program to become no. 1 in the UK in October so I wish him well with that!

The Tortoise to reward those who have put in the most hard graft over the year goes to Andrew Henderson who has worked very hard to achieve great success with the Park-O to date. Andrew has made huge efforts with running the events, the format and the advance publicity.

The Chairman's cup this year goes to Hebe Darwin. Hebe has helped out at a huge number of events over the last year, kept her orienteering improving and has excelled at doing registration, learning download and being the smiling recruiting face of orienteering.

The Hally Hardy mapping trophy often swaps backwards and forwards between Caroline Louth and Peter Duthie but this year I would like to award this to Ian Smith. Last summer Ian mapped his local area from scratch and ran a training night session and is now mapping bits of Ferry Meadows for later in the year. Congratulations to Ian for joining the mapping fraternity.

Lastly the Jabberwaoc trophy for contributions to Jabberwaoc goes to Stephen Borrill for all his regular and entertaining articles in Jabberwaoc over the last year.

Firstly I'd just like to thank all of you and all of the committee for making my first year as chair enjoyable. I've had a request to keep my speech short, so I will do my best. The last year has been busy for WAOC with not only our regular events but also the introduction of our Park-O sessions one Saturday a month which are aimed at beginners and juniors. Andrew Henderson, our development officer, has made these into a great success and following an initial pilot run, we are looking forward to developing the Park-O format over the next year or so following a grant of £10000 from sports England which we obtained following a lot of hard work from Janet our captain, Andrew and Tim Herod. The aim of Park-O is to provide a gentle introduction to orienteering in a familiar and safe environment and for beginners to be able to practice skills before they go out into the forest. People seem to be enjoying them and we have been getting up to 200 at the events. If you know anyone that might enjoy them, please do pass on the word and if anyone ever wants to come along and help, please just say- the more the merrier.

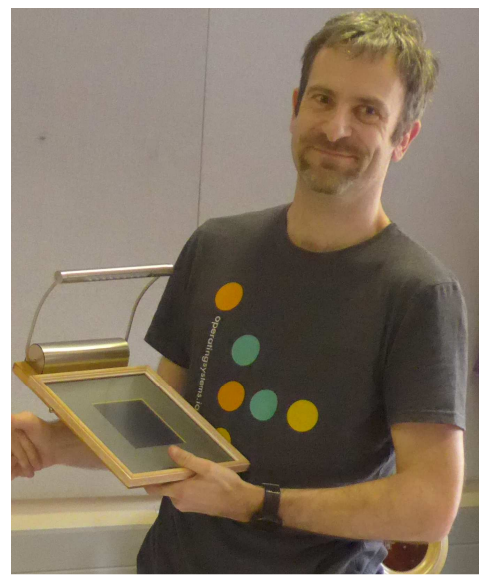
AGM 2019 - Awards and Presentations for 2018



Andrew Henderson – **Tortoise**
for contributions to orienteering



Ian Smith
Hally Hardie Mapping Trophy



Stephen Borrill
JabberWAOC Award



Hebe – **Chairman's Cup**



The chocolate rewards were brought back by popular demand – always the Juniors' worthwhile prize!



WAOC officers: Treasurer Noreen Ives, Secretary Jenny Hunt and Chairman Helen Hague

Photos taken by Stephen Borrill, Seonaid Dudley and Helen Hague.

Membership has increased over the last year and we are hoping to expand membership even more with the help of Park-O. As always the club members have been great over the last year at chipping in to help run our events. It takes a village to raise a child and a lot of volunteers to keep an orienteering club going, and I think we can be proud of how everybody mucks in to get things done, in whatever way they can. We do get given the opportunity to put forward people to help plan and organise the JK on occasions so if you have dreams of the big time do let us know and we can do our best to make it happen!

Before I end, I would urge you all to keep a frequent eye on the website which now acts as an active notice board and is updated very regularly with news and information, together with celebrating our successes such as getting through to the Compass Sport Trophy Final which I'm sure Janet will say more about and Alex Wetherill representing England at Interland this year.

Good luck to the juniors tomorrow at the YBT qualifier - should be a cracking day for it and whatever you do, have fun!

WAGAL 2018 Champions

Seniors: Lorant Farkas

Veterans: Camilla Darwin



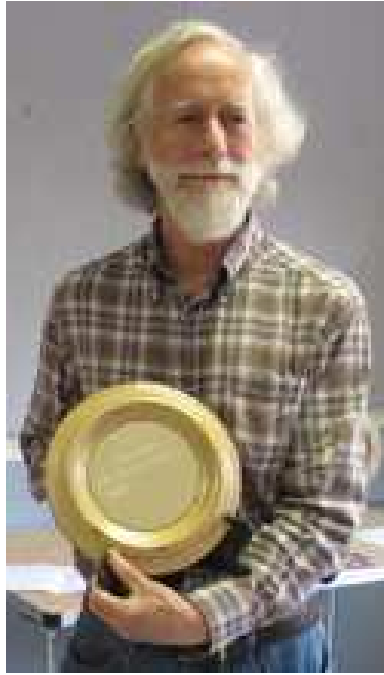
WAGAL Champions 2018

Junior men	1 Sam Hague
Junior women	1 Jemima Borrill
Senior men	1 Lorant Farkas
Senior women	1 Helen Bickle
Veteran men	1 Dil Wetherill
Veteran women	1 Camilla Darwin
SuperVet Men	1 Mike Bickle
SuperVet Women	1 Janet Cronk

2 Alex Wetherill
2 Hebe Darwin
2 James Haynes
2 Fiona Llewellyn-Beard
2 Stephen Borrill
2 Helen Hague
2 Bruce Marshall
2 Sue Hartley

3 Alex Darwin
3 Caitlin Dunning
3 Jason Dunning
3 Emily Pineda Sampson
3 Andrew Henderson
3 Catherine Curtis
3 Ian Smith
3 Sue Woods

Super Vets: Janet Cronk and Mike Bickle



Juniors: Jemima and Alex (Bronze)



The games included 3D representations of sections of maps with limited colours in playdough



WAOC Finance Report: Noreen Ives

The accounts for 2018 should be in the papers on your chair. I would like to thank Caroline Louth for finalising them and Chris Morley for signing them off. Their work and time in this is much appreciated by me.

Last year we planned to run a deficit as it was felt the amount of money we were holding was a bit high and we have managed this mainly by spending money on improving the website and this was a very successful move. We have also spent money on mapping some new areas, mostly urban but also smaller areas suitable for training or local events, and on updating some of our older maps. We spent more on training courses for members in First Aid and Health and Safety both of which help us to be covered properly at events. Following the St Neots event, we gave a donation of the surplus income to a local charity Headway.

We have made some money on events so far this year so we still have a healthy bank account total; if one of your children is selected for a special event or if there is a relevant course that you would like to go on, please do contact us as we may be able to help with costs.

WAOC Club Captain's Report - Janet Cronk April 2017 to March 2018

I am very pleased to be able to present my first Captains report to the Club's 2019 AGM. I almost managed to pass the task to someone else and spend the weekend in the Forest of Dean at the Southern Championship, being a UKOL weekend. However, the Southern Championships were cancelled at the beginning of this month as NGOC were unable to persuade the Forestry Commission that an orienteering event would not disturb the protected bird species. Echos of Bush Heath ! [However every cloud has a silver lining and the cancellation means that our Junior Captain Alex Wetherill is now able to lead the WAOC Junior team in the Yvette Baker qualifying heat tomorrow at Hockley Wood, near Southend-on-Sea]

As far as our own club is concerned various steps have been taken in the last year to try and reduce the average age of membership. We have done this by not only trying to attract more new families with young children by way of the Park-O series of events but also by trying to strengthen the club's links with CUOC and Drongo members (Drongo is Cambridge University's post graduate closed orienteering club).

We were delighted to welcome 5 new members through this initiative. Lilly Alger, Rowan Lee, Paul Pružina, Ben Windsor and Zuzka Strakova.

We were also delighted to welcome elite orienteers, Duncan Coombs, Chloe Haines and Tessa Strain who have come to work and live in Cambridge and who have joined WAOC.

Duncan Coombs (along with James Haynes and Andrew Stemp), and Chloe Haines and Tessa Strain (along with Fiona Llewellyn-Beard) are all going to run for WAOC in JK Trophy Teams this Easter.

Ben Windsor and Zuzka Strakova (Drongo) Paul Pružina and Rowan Lee (CUOC) all ran for WAOC in the Compass Sport Trophy heat held at Sherwood Pines two weeks ago and helped the Club qualify for the Final on 20 October 2019.

There were some fantastic performances from many of the team, but particularly from the point scorers who were:

Brown	Ben Windsor	100
	Paul Pružina	99
Short Brown	Lorant Farkas	98
	Stephen Borrill	97
Blue	Dil Wetherill	99
	Zuzka Strakova	99
	Fiona Llewellyn-Beard	98
Green	Peter Woods	98
	Alex Wetherill	100
Short Green	Mike Bickle	100
	Sue Woods	97
Orange	Oskar Farkas	96
	Sophie Kerswell	98

Standout performances (using the top 15 places as a guide) at other UK major events during the year include (and with apologies to any performances that I may have missed) are as follows:

1. England selection

Both Alex Wetherill and Ben Windsor were selected to run for England in the Interland Cup on 10 March 2019. The competition took place in France in the foothills of the Ardennes in Saint-Michel Forest near the Belgian Border. (Tessa Strain was also selected but she declined her place) Results: Alex was a credible 9th in M17 and won the run-in on his course. Ben Windsor was 3rd in M21.

2. Midlands Champs - 18 March 2018 *Was cancelled due to bad weather*

3. JK 2018

Sprint: 30 March 2018

Tessa Strain 3rd W21 Elite
Ursula Oxburgh 2nd W80 - *Silver Medal*

Individual (over 2 days)

Tessa Strain 4th W21 Elite
Chloe Haines 14th W21 Elite

4. Northern Championships - 21 April 2018

Andrew Stemp 3rd M21L
Helen Bickle 1st W35S

5. British Championships (Long) - 19 May 2018

Alex Wetherill 14th M16A
Peter Haynes 13th M60L
Ursula Oxburgh 2nd W80 - *Silver Medal*

6. British Relay Championships - 20 May 2018

Ad-Hoc WAOC team - 3rd Bronze Medal
James Haynes, Janet Cronk, Peter Haynes

7. British Mixed Relays - 9 June 2018

Super Veterans WAOC team - 5th
Peter Woods, Sue Woods, Janet Cronk

8. British Sprint Championships - 1 September 2018 Ursula

Oxburgh 2nd W80 - Silver Medal

9. British Middle Championships - 2 September 2018 Ben

Windsor 6th M21

10. Peter Palmer Relays (Daybreak Team) - 9 September 2018

Alex Wetherill, Oskar Farkas, Hebe Darwin, Emile Zsak

11. Southern Championships - 25 November 2018

Ben Windsor 2nd M21E
Paul Pruzina 4th M21E
Duncan Coombs 5th M21

Chloe Haines 3rd W21E

12. UK Orienteering League

As I have written in Jabberwaoc, this is the competition that I have very much enjoyed taking part in over the last 4 years or so and encourage you all to consider when looking at events further afield to go to.

In 2018 sufficient numbers of WAOC members travelled to the various events over the year to make 2 club teams. WAOC A was 31st and WAOC B was 83rd.

In the individual league I was quite pleased to finish 48th nationally and 4th in my class W60 (but only because I attended more events than anyone else !)

So finally: Good luck to the Juniors tomorrow. They are running against NOR and HH.

Then it is Easter and the JK. It look like we are going to have 10 relay teams which is great and should provide some excitement on Easter Monday.

2 weeks later, on Sunday 5 May it is the British Long Championships in the Yorkshire Dales, Not many WAOC members have yet entered - the final deadline is 21 April 2019. Please consider and let me know if you would like to run in a Relay Team on either the Saturday or the Monday.

And don't forget to put **20 October 2019** in your diaries. As soon as I have any information from the CSC Organiser I will let everyone know !

East Anglian League Winners 2018

M21 Tom Beskeen



M45 Stephen Borrill



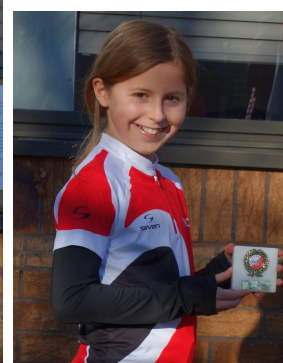
M60 Peter Woods



W65 Noreen Ives



W12 Hebe



East Anglian League Winners 2018

M21 Tom Beskeen
M45 Stephen Borrill
M50 Dil Wetherill
M60 Peter Woods

W12 Hebe Darwin
W60 Janet Cronk
W65 Noreen Ives

East Anglian Champions 2018

M10 Alex Darwin
M16. Sam Hague
M21 Andrew Stemp
M45 Stephen Borrill
M50 Dil Wetherill
M70 Mike Bickle
M75 Chris Morley

W45 Camilla Darwin
W60 Janet Cronk
W65 Noreen Ives

The 2019 East Anglian Championships have already been run but photos for WAOC members will be in next issue.

Yvette Baker Finals - Peter Woods (Organiser YBTS finals, EAOA@waoc.org.uk)

How often do you get to orienteer in proper orienteering terrain in East Anglia in July? Not often, I suspect. But this year you WILL have that chance: We (EAOA) are hosting the finals of the Yvette Baker Shield and Trophy competitions at Sandringham on **July 7th**, and there will be open courses from White up to Blue.

“But”, I hear you cry, “isn’t the Yvette Baker just for juniors?” That’s true – the competition is only for juniors (up to 18) competing for clubs that have got through the qualifier stage. However, the competition starts are quite late, giving a chance for non-competition runners of all ages to have a run in the morning as part of the same event.

“Yes but”, you persist, “I know about the Yvette Baker Trophy, but what’s all this about a Shield?” Well, it’s a bit like the CompassSport Cup and Trophy – there are now two parallel competitions, one for larger clubs and one for smaller clubs. The Shield competition was introduced a couple of years ago to allow smaller clubs, with a smaller contingent of junior runners, to compete against similar clubs. Larger clubs compete in the Trophy class.

“No, but, Yes, but”, you think to yourself, “Sandringham is in NOR territory – why am I reading about this in JabberWAOC?” That’s a good question (you might almost think the author had made it up). The answer to that is that WAOC is mainly involved in organising this event on behalf of EAOA, along with the other clubs in the region. We (WAOC) have agreed to operate the starts, so we will need plenty of you to come to Sandringham on 7th July, have a decent run, do a bit of helping, and see the best young orienteers in the country in action.

Please note the date and try to make it to Sandringham if you can.



Wednesday Summer Training Nights



Date	Location
1 st May	Cambourne (6k and 3no.x2k courses on simplification)
8 th May	Bar Hill
15 th May	St Neots, Priory Park (World Orienteering Day) 🏃
22 nd May	North Cambridge
29 th May	Epping Forest (Epping North/West with start at High Beach) 🏃
5 th Jun	Milton Country Park (regular and window courses)
12 th Jun	Rowney Warren *
19 th Jun	PuntO – River Cam, Trinity Punts, Town Bridge Punting & Orienteering with non-orienteers welcome.

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

* BAOC sapper championship during the afternoon and starts will stay open for us until 7.00 p.m. (courses close at 8.00 p.m.)

All training session subject to permission so please check website.

Junior evening training

➤ Wed 15th May: St Neots (World Orienteering Day)

Older juniors are welcome to join in with any adult training, if accompanied by an adult, except for Rowney Warren (an embargoed area for juniors in advance of the Yvette Baker competition).

Further details are put on the website and emailed to the clubnight 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 and training@waoc.org.uk.

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

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

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

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

New to training The first session is free!

World Orienteering Days

St Neots in the evening, Wed 15th May

Milton Country Park Park-O, Sat 18th May

World Orienteering Day is actually an entire week this year so we are putting on two sessions.

Can we get as many as people, and especially young people, orienteering as possible? Please do try to make either or both these orienteering sessions to show your support for orienteering. These are the ideal activities to invite along anyone (of any age) you know that you think would enjoy orienteering so please think of who you can invite to try orienteering.



Junior training

**before Park-O on Saturday 27th April 2019
at Lammas Land and Coe Fen**

Training is for Juniors working towards White, Yellow and Orange standards.

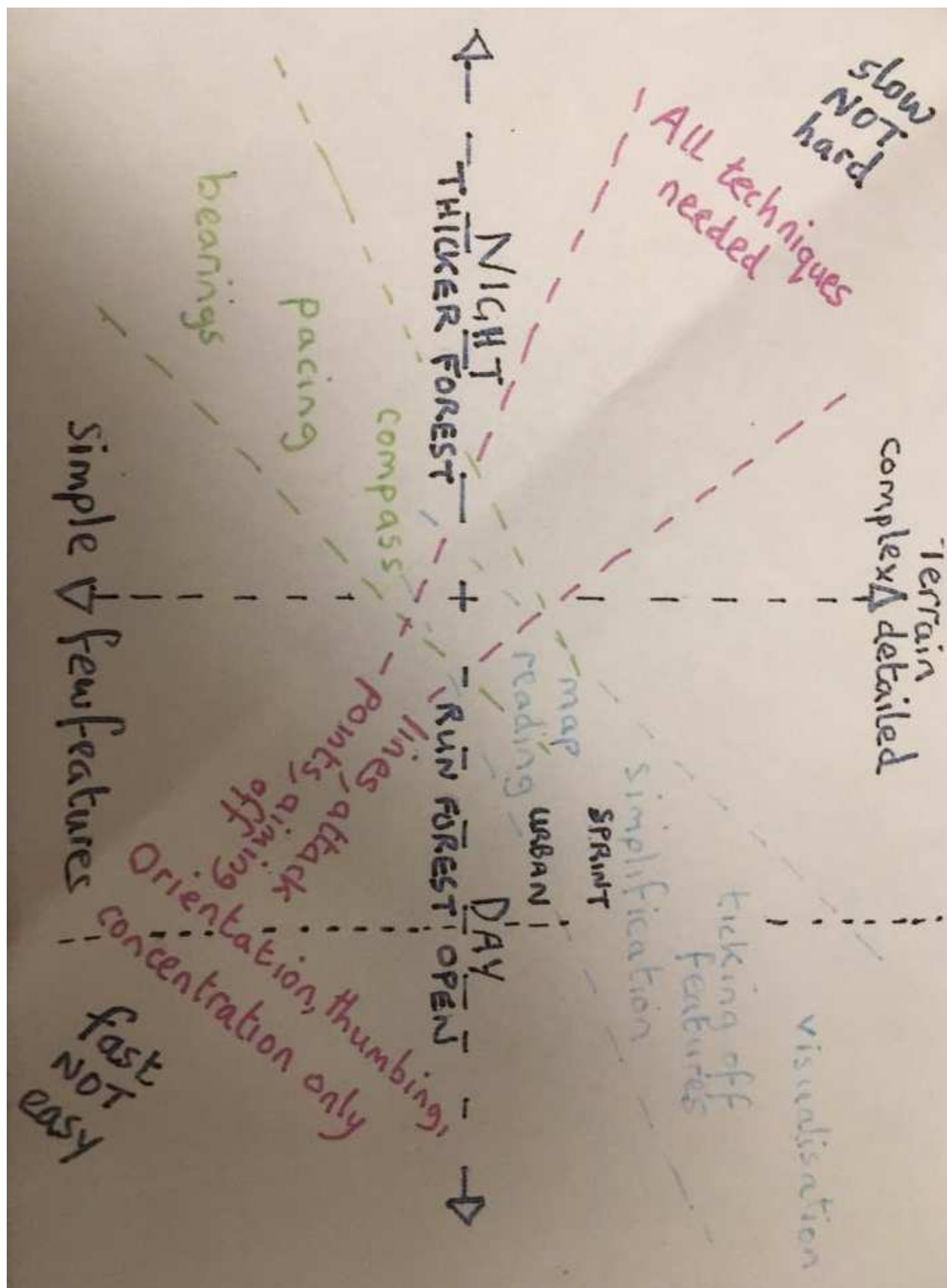
Action required: Please email chair@waoc.org.uk by Sunday 21st April 2019 if you would like your child or children to attend, and include their ages and what colour each child currently runs.

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](mailto:training@waoc.org.uk)

Please check the website (or the next edition of JabberWAOC) for details nearer the holidays but one evening will be on at the new area of Puckeridge.

Training tip: I hope that everyone is becoming familiar/experts in the different orienteering skills but do you know which skills to use when? Courtesy of Steve Whitehead from EBOR, the following mind map sets out the key skills for the differing types of events.



Do you recognise all the types of skills? Any that you feel need work? If so, please watch the website for training opportunities, for seniors and juniors, in advance of the Compass Sport Trophy Final on Sunday 20th October 2019!

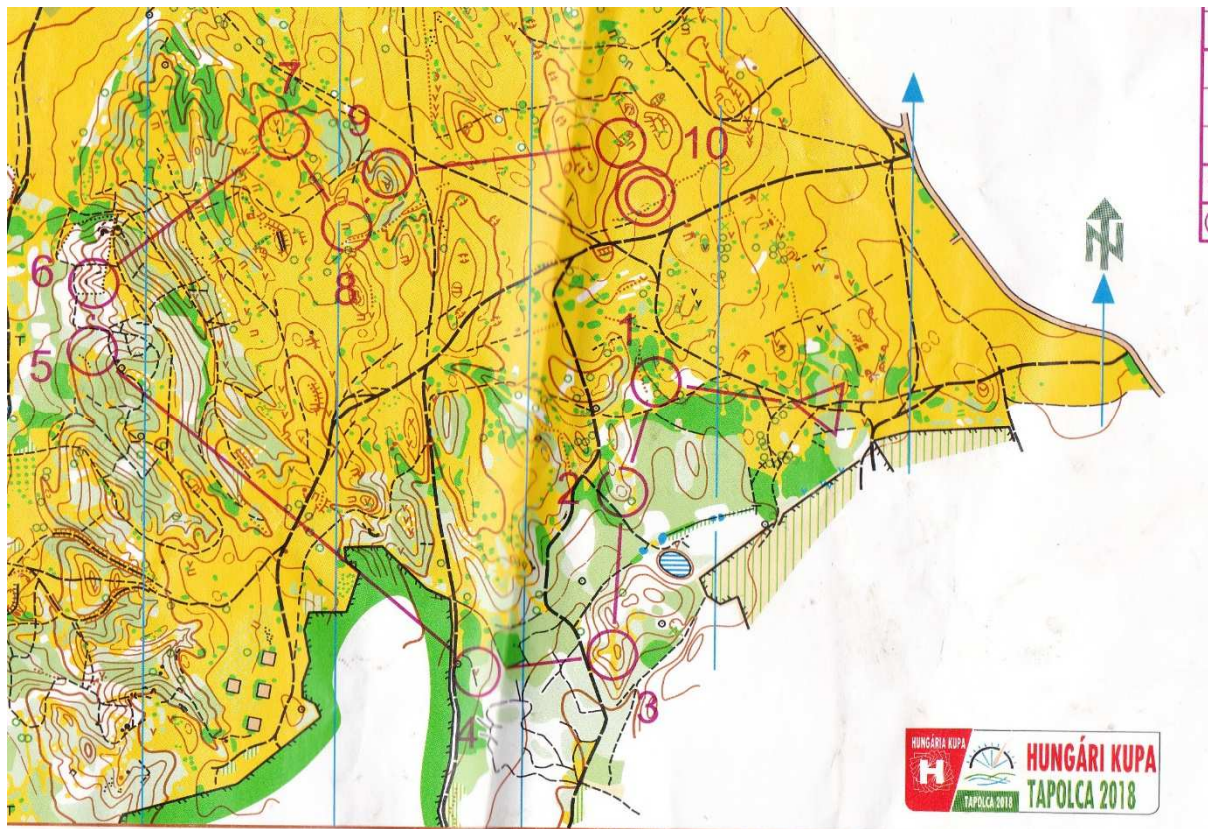
Summer Travails 2018 – part 2 – Mike Capper

Demoralised by the brutal terrain of the French OO Cup, I headed home. Time for a bit of quiet reflection about what I was doing wrong (Clue: Your compass is your friend), before I headed off again, this time to the delights of Lake Balaton in Hungary.

The Hungaria Cup was a new one for me (I'm trying to do at least one new country each year) and I really wasn't sure what to expect. I was in a great hotel with thermal caves and pools in the little town of Tapolca. All 5 races were within 10k of where I was staying so all very convenient.

Everything was very well organised and the weather was brilliant. The Hungarians were very welcoming and there was a reasonable smattering of Brits, including a large RAFO contingent and some Trail-O aficionados. Most of those did better than me!!

I'd like to say it started well but, truth be told, I never really got my head around the mapping style and I was quickly into headless chicken mode on Day 1.

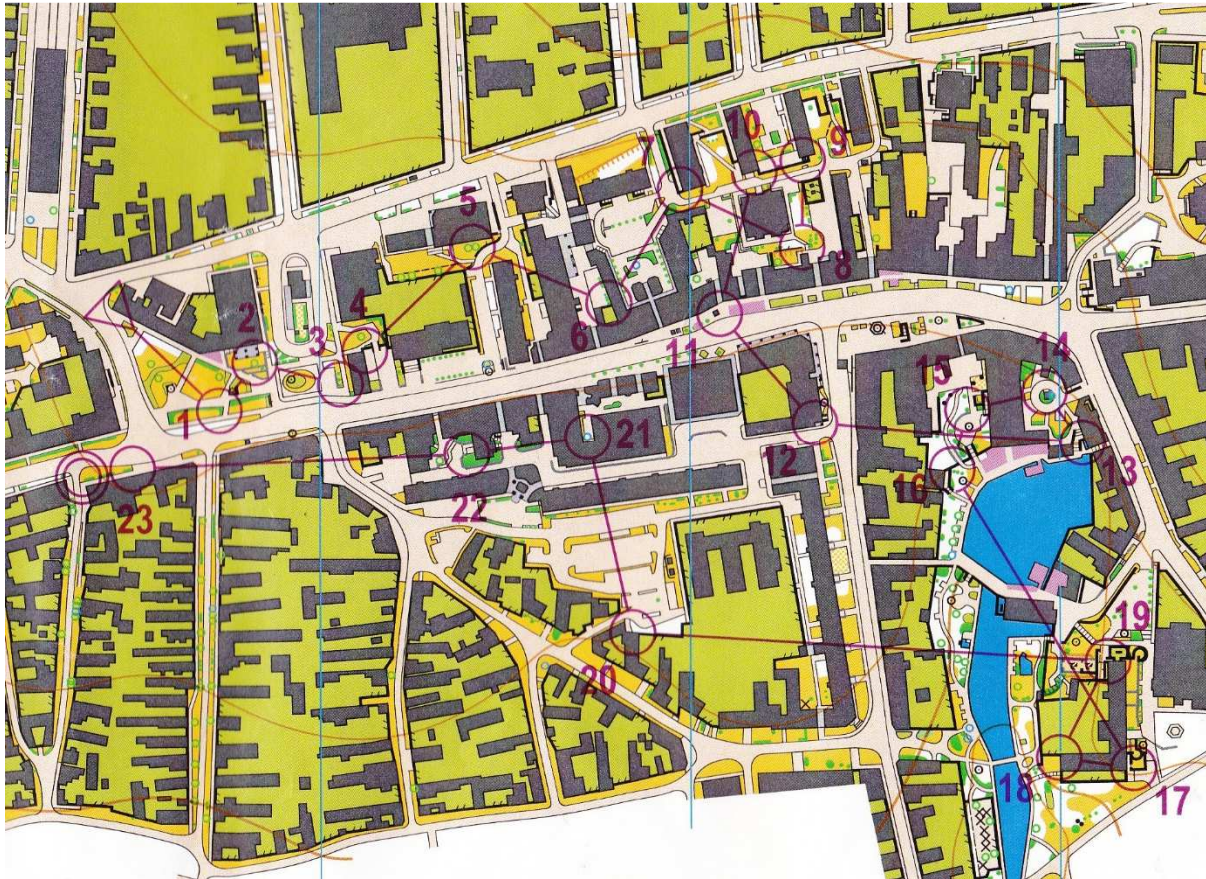


The terrain was interesting. Open heath land, excellent visibility, with lots of holes in the open areas that were the relics of Hungarian army firing range practice. No live ammunition (I think) but lots of spikey grass that penetrated whatever you were wearing and cut your leg to pieces. Picking those out of your clothing was a half-hour job at the end of each day!

The small patches of woodland were also rough...that was my excuse for running off the map going from #3-4...I'll let you work out how I managed this, but suffice to say, it was hard to run on a straight line once you had crossed the road. It went from bad to worse, as I then stumbled for ages around the ridge near #5, failing totally to make sense of anything I could see. I really did not understand the mapping and lost even more time. A brilliant start which I failed to build on....

So more about Tapolca...it's about the size of Haverhill (but no other similarities), and is famous for its cave system which you can explore on a boat. All good fun. It is also renowned for its Wine Festival, conveniently rearranged to coincide with the orienteering and even more conveniently being held within 2 minutes of my hotel. It would have been rude not to...it was BRILLIANT. A different Hungarian band each night and multiple vineyards selling their wares at ridiculously low prices. Suffice to say I am now an expert on Hungarian punk, ska, reggae and heavy metal, as well as Hungarian wine of various hues. Yum...

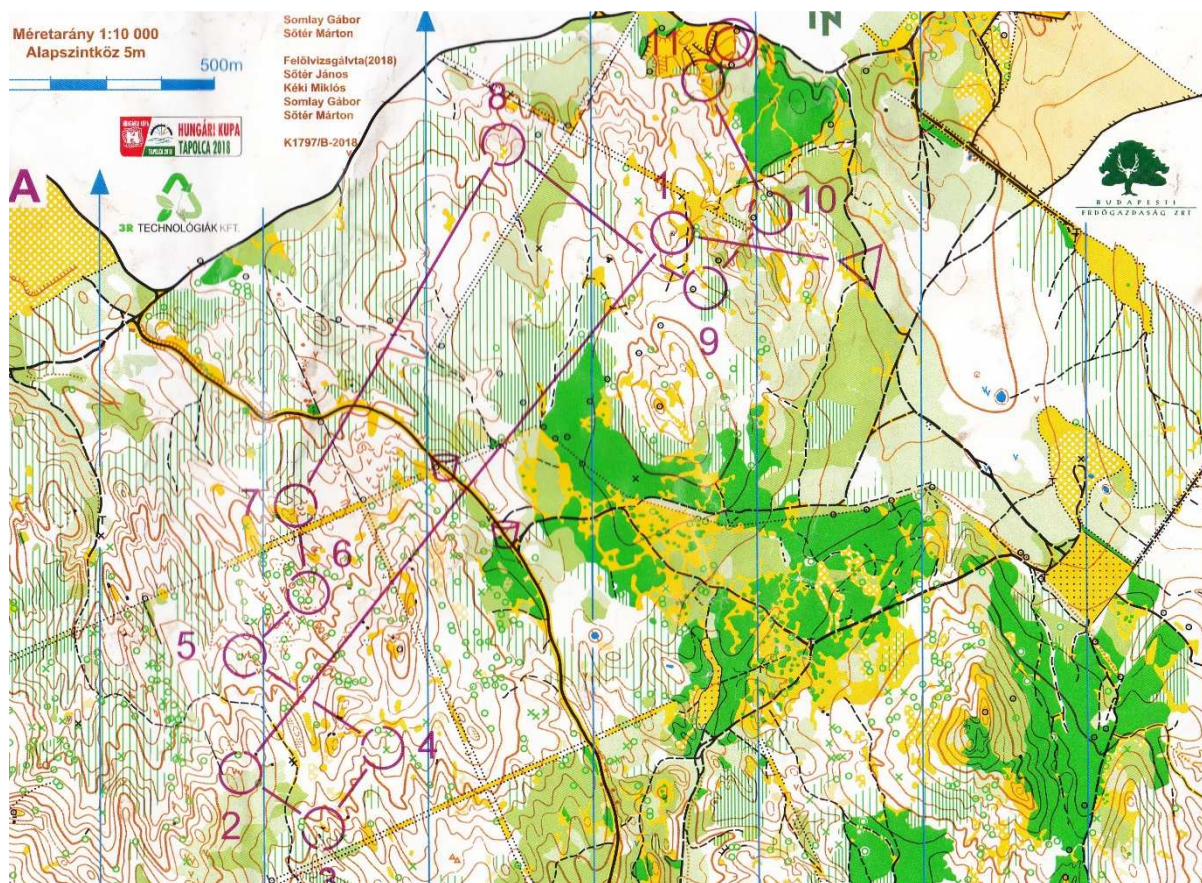
The 3rd day was a sprint race around Tapolca. I was getting to know the town well, so what could go wrong....



It was a tricky start.... we started in the indoor market, the long thin building to the north of the start kite. All well and good and a nice shelter from the heat. Unfortunately, there was no tape from the start line to the start kite, so I emerged from the building uncertain where I was and unable to see to start kite (because it was out of sight, not because I was being dense). Seconds binned already.

After that, I ran well. I was indeed trying quite hard. If only I hadn't run north out of #10 instead of the intended south. Two minutes wasted and a potential win thrown away...less speed more haste being the lesson here.

The rest of the week passed uneventfully (well apart from mispunching on Day 4 and therefore failing to make the chasing start). The mapping for Days 4 and 5 raised the interesting philosophical question about distinctive trees...if nearly all the trees are distinctive, are they distinctive trees?



As you can see, there were plenty of green circles on the map and after a while they stopped being useful navigational aids. The mispunch was at #9...still don't know what I did there...the map didn't make sense (even when I went out later to check again) and my head blew up.

So lots of errors (I did some bits well but it's less fun writing about those) but a really good week of orienteering. I'm definitely tempted to go back this year, especially as one day will be in Serbia. So many choices...

I finished my year off with a couple of city races in the City Euro Tour. This tour has been a great incentive this year to go to new places and see new thing. In December I headed off to Funchal for the finale of the tour. I won't say too much about this as I know Bruce M will be writing something. Suffice to say, it was brilliant fun, Really well planned courses and in the Saturday Sprint race one of the courses of the year.

However, the 'Sprint of the Year' accolade has to go the night race in Girona in the penultimate Euro Tour weekend in November. This was epic.

The race was held around the Castell de Montjuic, a fortification on the hill above the bar filled city centre, that has been witness to many historic events since it was built in 1653 by King Phillip IV. None more historic than this race, I'll wager!

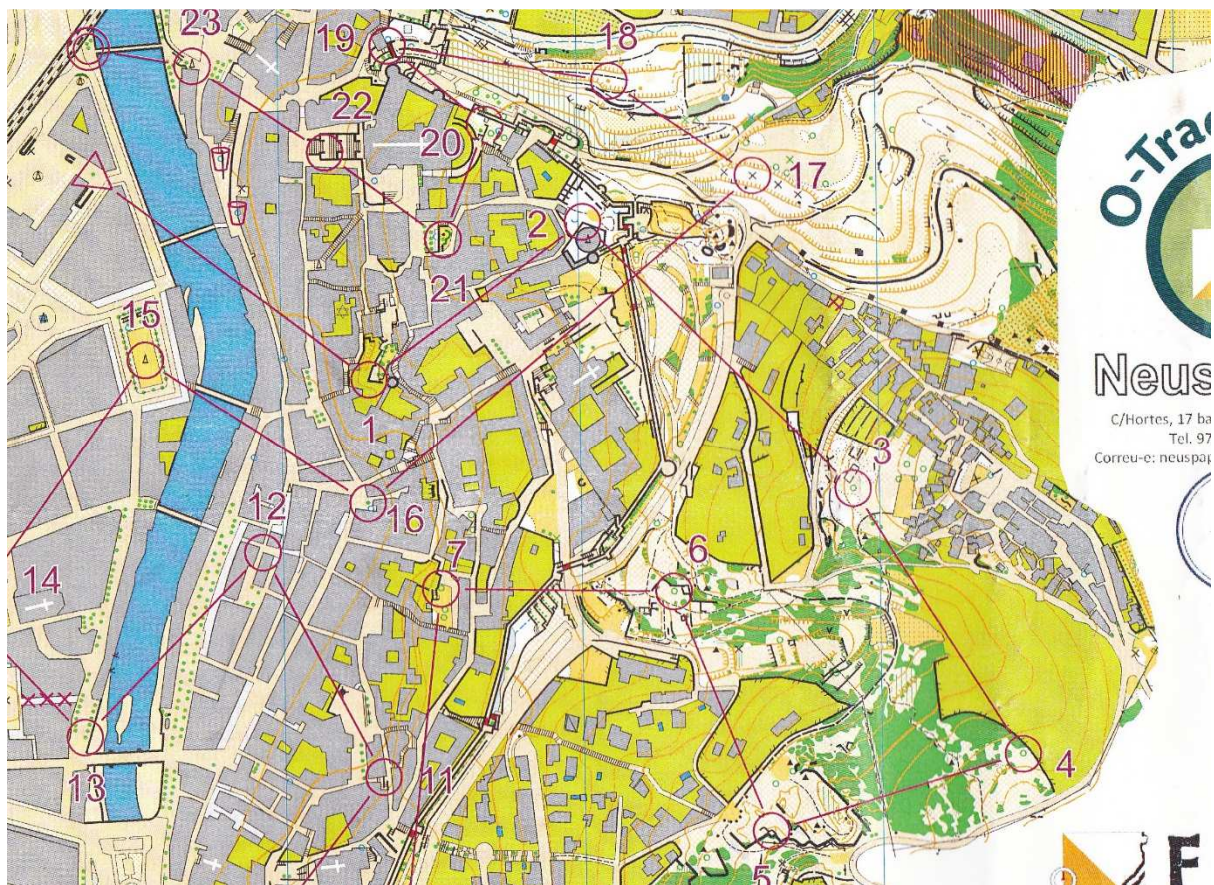


Now what you need to realise is that the 'uncrossable walls' are 50 feet high castle walls, with high embankments that made for interesting route choices. What the map doesn't show, is which way the wall is facing, which is the top and which is the bottom. I realised the implication of this as I ran on a compass bearing (I had to, it was very dark) from #4-5. It looks straightforward...compass...hit the wall...then navigate in between the two walls to the control. What I failed to realise that the wall I was heading for was a wall top, with a very big drop...a definitely fatal drop...

I stopped myself about a foot from the TOP of the wall. Wow. Dangerous. It would have never got through a risk assessment in the UK!! But what fun. Once I realised that slow was good (and safe), I really enjoyed this race. You had to think carefully, look ahead (both mentally and physically) and be aware of your surroundings.

Of course I messed up...going from 5 to 6 via 9 (a massive diversion due to the walls!) was not helpful (in my defence, 6 looks like 9 when upside down) and meant that I finished well down the field.

Fortunately, I rectified that in the main race the next day, having a really good run, reading the map well and running smoothly.



It was good to know that I can do that sometimes....

How to get from A to C without passing B - Peter Woods

How can East Anglian clubs like WAOC “pull their weight” and contribute to the bigger national events? Regions which have much better terrain to offer are obliged to lay on these larger events, but they rely on the efforts and goodwill of their club members to take on the organisation and planning, and these are not limitless! British Orienteering has less resource now to assist with major events, and the question naturally arises as to how clubs in areas like our own, which do not offer stunning terrain, can contribute.

There is rarely much justification for us promoting our events as level B. When we do so, the event tends to cost more to run in terms of levies and land use fees than it would do at level C, but there is usual little scope and hardly a justification for providing traders and caterers, since we don’t see a significant increase in numbers entering. So what opportunities are there for getting involved in events which really do justify being level B, or even A?

There was a time when the JK could be held in East Anglia, but that was when the JK was a much smaller affair: the level of facilities expected was more modest, and the number of competitors was manageable at some of our mapped areas. Nowadays, BO is not expecting our region to be able to host a JK weekend.

However, the region is willing in principle to be able to host events such as the British Sprints Champs and British Mixed Sprint Relay Championships – there are definitely venues in our area that we can offer that can suit this type of event, and at Milton Keynes in 2017 we showed that we can lay on a Level A championship event, and I hope we will get the chance to do so again in a few years’ time. This will give a chance for planners and organisers to be involved in a significant

national event, which is not only a great learning experience for the individuals involved but boosts the pool of know-how in the region and allows us to get to know our counterparts in other clubs outside the EA region.

In addition to this, the JK will return to the Midlands in 2024, when there will be an opportunity for members of WAOC and other EA clubs to get involved with course planning and/or organisation. On the course planning side, this is a chance for someone with the right level of planning experience, and ambition, to be involved in planning a level A event on Cannock Chase. If you may be prepared to consider this, please let Helen H or myself know. (In case it's not obvious it's no use waiting till 2023 to think about whether this might be a good idea – JK events are planned and organised over a period of years in advance). Similarly on the organising side, an individual who fancies the challenge of being one of the organising team would doubtless be welcomed by the host club(s). In either case WAOC would aim to provide support and helpers, but I think this is a case where there needs to be someone willing to step forward and show an interest rather than the club making an offer on our collective behalf.

Peter Woods (Chair, EAOA. EAOA@waoc.org.uk)

Funchal City Races - Bruce Marshall

At the 2018 London City Race there were fliers all over the place advertising two orienteering races in Funchal in December. Now as Maria and I already had ideas about a holiday in Madeira it made sense to plan our holiday to be in Funchal for that special weekend.

We spent the first week of our holiday walking and geocaching in the Paul da Serra region of the island which is 4000ft above sea level but flatter than the rest of this mountainous island. We then moved to a downtown hotel in Funchal which would be handy for the orienteering and the buses to get us out for levada walks.

The October issue of CompassSport highlighted how much more social were orienteering events abroad. This was brought home to us straightaway at Registration where we discovered that the organisers were giving a complimentary tee-shirt to all foreign competitors. Excellent value when the entry was only 10 euros!.

There were 400 entries for the races. About a quarter of these were from the UK so there were many familiar faces about. And not just WAOC's own Mike Capper!

Saturday 8th December was the date for the Portugal City sprint race staged near the harbour and a convenient 1km walk from our hotel. Parque de Santa Caterina is a small park so the map included the adjacent casino park and the grounds of a private institution. The start was in the warm sunshine beside a sculpture of Christopher Columbus and overlooking the harbour.

My Ultravet course was just 2.0km and 24 controls. Map scale 1:2500. I lost a bit of time on my first leg as I failed to identify the narrow passage which would have led to the control. There seemed to be some ongoing works which confused me, and after sorting out what had gone wrong I failed to take the shortest route to the control. My choice that. The map showed a crossable(!) wall but it was too high for me to get up.

There was another "wall problem" close to #14 where the map appeared to show that the control was inaccessible from every direction. Fortunately, another runner indicated the way in for me.

PARQUE DE SANTA CATARINA

ESCALA: 1/2.500



FUNCHAL
CITY RACE

8 e 9 dezembro de 2018



ASSOCIAÇÃO DA MAD
DE DESPORTO PARA TI



Região Autónoma
da Madeira
Governo Regional

Sec
de
Dir

REGISTO FPO
035/2018

MAPA BASE
C. M. FUNCHAL

The principal square in the heart of Funchal was the event centre, start and finish for Sunday's City Race. Maria and I had checked it out the day we arrived and it was snowing. The council had laid a green carpet over the square and there were some Christmas themed seats and huts. Hundreds of local children were gathered and singing while artificial snow was blown around.

I had a clean run in the City Race finishing 17th out of 40 finishing in 38 minutes. The centre was awash with people out doing their Christmas shopping so there was a lot of weaving about through pedestrians. In addition to the humans, there were extra Christmassy obstructions in the pedestrian areas. We all had some controls in a tiny park where there were miniature wooden houses and trains for the kids to play in for Christmas. In consolation for these obstacles, where I crossed busy main roads I was waved across by policemen who even tolerated me running on the road. That wouldn't happen in London! At one junction a bus even gave way to me!



One thing we had not expected was the extent and quality of the Christmas decorations in Funchal. Each street had a distinct theme for impressive overhead decorations, and carols playing from roadside speakers. From the hills above Funchal displaying the figures “2018” down to the harbour, a fantastic display of light was everywhere.

It was a delight to stroll about the city in the evenings.



The **British Orienteering Rankings** can be seen at <http://www.britishorienteering.org.uk/page/rankings>.

WAGAL – The following six events will give WAGAL points for 2019 League:

Bush Heath Woods - 3rd February 2019

Royston Urban – 10th March 2019

CompassSport Cup and Trophy Qualifier, Sherwood Pines -17th March 2019

Bury St Edmunds Urban – 6th October 2019

Ferry Meadows – 27th October 2019

Malden Woods – 17th November 2019 Best 4 scores to count.

East Anglian Urban League - NEW

EAOA have agreed to pilot an East Anglian Urban League this year as there are a number of urban events in the calendar. The proposed events are as follows:

WAOC	Royston	10/3/19
SOS	Maldon	12/5/19
NOR	Kings Lynn	19/5/19
SMOC	Buckingham	11/8/19
SUFFOC/WAOC	Bury St Edmunds	6/10/19
CUOC	Cambridge	26/10/19

Events mainly WAOC and EAOA events with a few nearby as given on 1/04/19.

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 07/04/19	SMOC EAL event	Regional	SMOC	EAOA	Salcey Forest	Milton Keynes	SP794516
Sun 14/04/19	Thorndon North - EAL & SWELL	Regional	HAVOC	EAOA	Thorndon Country Park (North)	Brentwood	TQ594915
Fri 19/04/19 to Mon 22/04/19	JK2019	Major	South Central		thejk.org.uk		
Sat 27/04/19	ParkO- Lammas Land and Coe Fen	Local	WAOC	EAOA	Lammas Land and Coe Fen	Newnham, Cambridge	
Sun 12/05/19	Keyne-O, Caldecotte Lake	Local	SMOC	EAOA	Caldecotte Lake	Milton Keynes	
Sat 18/05/19	ParkO- Milton Country Park	Local	WAOC	EAOA	Milton Country Park	Milton	
Sun 19/05/19	Hornchurch local GLOSS- style	Local	HAVOC	EAOA	Hornchurch Country Park	Hornchurch	TQ536849
Sun 02/06/19	Keyne-O, Furzton	Local	SMOC	EAOA	Furzton	Milton Keynes	

Sun 09/06/19	Simon Peck Summer Series event 1	Local	SUFFOC	EAOA	Haverhill	Haverhill	
Sun 09/06/19	Priory Park Local event	Local	WAOC	EAOA	Priory Park	St Neots	
Sat 15/06/19	ParkO- Wimpole Estate	Local	WAOC	EAOA	Wimpole Estate	Arrington	
Sat 15/06/19	SnookerO- Wimpole Estate	Local	WAOC	EAOA	Wimpole Estate	Arrington	
Sun 16/06/19	Allestree Urban Event, EMUL 2019	Regional	DVO	EMOA	Allestree	Derby	SK352408
Sun 23/06/19	CHIG GLOSS event	Local	CHIG	SEOA	Gunpowder Park		
Sun 07/07/19	Yvette Baker Trophy Final	National		EAOA	Sandringham	Kings Lynn	
Sun 14/07/19	Simon Peck Summer Series event 3	Local	SUFFOC	EAOA	Christchurch Park	Ipswich	
Sun 21/07/19	Keyne-O, Willen	Local	SMOC	EAOA	Peace Pagoda Car Park, Willen	Milton Keynes	
Sun 11/08/19	Buckingham Urban	Regional	SMOC	EAOA	Buckingham	Buckingham	SP698340
Sun 01/09/19	TVOC UKUL Urban Even	Regional	TVOC	SCOA	Thame	Thame	
Sun 08/09/19	Keyne-O, Campbell Park	Local	SMOC	EAOA	Campbell Park	Milton Keynes	
Sun 15/09/19	British Middle Distance Championships (UKOL)	Major	DVO	EMOA	Chinley Churn	Chapel-en-le- Frith	SK035836
Sun 27/10/19	Ferry Meadows Local Event	Local	WAOC	EAOA	Ferry Meadows	Peterborough	
Sun 17/11/19	Maulden Woods event	Regional	WAOC	EAOA	Maulden Woods	Bedford	
Sun 16/02/20	Croxton Heath East Anglian League	Regional	WAOC	EAOA	Croxtan Heath	Thetford	
Sun 08/03/20	Rowney Warren YBT heat	Regional	WAOC	EAOA	Rowney Warren	Bedford	