



West Anglian
Orienteering
Club



**British
Orienteering
Federation**

JUNIOR JABBER

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*And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burred as it came!*

An 'editorial' from the ex-editor...

As you've probably already noticed, from this issue onwards, the Junior Jabber is being edited by Clare Woods, a W16 member of WAOC who I'm sure you all know. Somehow, looking down the results for East Anglian runners after the Junior Inter-regionals, I was almost horrified to find that many of the names I didn't even recognise. So I thought it was probably time to hand over to someone who was in the midst of all the junior happenings. Welcome to Clare as the new editor - I'm sure she'll do a brilliant job.

This doesn't mean I will no longer be involved with the junior part of WAOC - Ursula would still like me to keep going with junior training and development, something which would be available even to juniors who might not necessarily be old enough to be joining the EA junior squad yet. So I'm bound to see lots of you running/training in the forests...

Happy running.

Blanka Sengerova

Something from the editor (Clare Woods)...

Thankyou to Blanka for all her work on Junior Jabber, and good luck to her in the future.

Welcome back to the O season after the summer break, and good luck to all WAOC juniors this year.

After the scottish 6-days, which a lot of juniors did well in, and a series of Summer events, juniors of all classes have been improving their orienteering ready for the new season.

Jamie Taylor has attended the Lagganlia summer training camp, and congratulations to Helen Gardner who took part in the Junior World Championships in Estonia this summer.

Good luck to them for future competitions.

Lagganlia Summer Tour

A report on the 2003 Lagganlia Scottish tour and other news – by Jamie Taylor.

After moving from Bedford to Exmouth in Devon only 24 hours earlier, I was driven to stay near Bristol with a few people from the South West Junior O' squad who were going on the Glenmore tour. At 5 next morning we were woken up and taken to Bristol airport where we met up with more people going on the tours and flew to Glasgow. This was then followed by a long train journey to Aviemore where we were taken to Lagganlia by minibus. It was a complicated route to represent East Anglian M14s in Scotland and it wasn't until 3 weeks later did I finally move to Devon properly.

It took a day or so to get to know everyone at Lagganlia, but after that it seemed better than home in some ways; we had cake 2 or 3 times a day, having all been asked to take some. There were 2 2-hour training sessions each day, (one in the morning and one in the afternoon) and also an activity every evening; something like planning courses, or going over route choices. The terrain we were training on was very technical and a lot hillier than anywhere in East Anglia. Over the week I improved a lot on taking bearings and my map reading skills. I believe that it helped me with the Scottish 6 Days in which I came 10th over all, with two days in 7th place. I ran a lot better after a hard weeks training and I didn't get lost as much as I would have done, I'm sure. I was running against others who lived near the events and that must have really helped them. Going to the British Champs previously with the East Anglia Juniors had also helped on the sand dunes events in Scotland. So a big thanks to all who helped me in East Anglia.

A few weeks later I got a letter to say I hadn't made the top 6 to go into the British squad for next year which I sort of expected, but there will be other big events when I can hopefully move up a few places. The letter praised all our efforts and enthusiasm and encouraged us to keep working at the skills we worked on at Lagganlia.

So we have now been to a local event near Sidmouth in Devon and the Caddihoe Chase last weekend on Dartmoor. It is more like Scotland than East Anglia with lots of steep hills and more technical. I came 4th on Day 1 but was the South West M14 Champion. On Day 2 (chasing start) I caught the leader Dan Hartman, who was also at Lagganlia, after only 2 controls but he shadowed me for the rest of the course and his dibber went in at the other finish punch just 1 second ahead of me.

Jamie Taylor M14 (WAOC & Devon)

Moray 2003

A report on the Scottish 6-days by Katy Woods

I went to the 6-days. It was great fun. My favourite day was Roseisle. I liked the terrain. The forest was pretty and the ditches and knolls were really obvious. The beach was very nice so we stayed and had a picnic. When I was running I found if I focused on the Wilf's I would be getting when I finished I would run faster! The sand was easy to run on in most places because I didn't go right out to the sea and it was quite hard. I really enjoyed the event and will be looking forward to more 6-days!

Peter Palmer Relays

Unfortunately this year's Peter Palmer Relays have been postponed until next year. WAOC were hoping to enter a strong team containing some new juniors yet to experience the Peter Palmers.

Whilst the news of the postponement is disappointing, we hope that as a result the team has a year to become stronger.

Happy orienteering to all juniors and hope to see you all at future WAOC events.

Amusing Training Aid

For all the juniors (and seniors) looking in horror at the weather outside but still wishing to practise their technique, I recommend the game at www.catchingfeatures.com. The demo version of the game can be downloaded free from the site.

This surprisingly realistic simulation of a selection of O courses allows you to change the course, area, weather and even night or daytime.

The player must navigate around exactly as he or she would do on a normal course, using a virtual compass and map.

Sound easy?

There are a choice of courses on a simple training area, and also a choice of courses on a technical, Scandinavian-style forest.

The latter option is in fact considerably more difficult than it appears at first, but also great fun.