



West Anglian
Orienteering
Club



JABBERWAOC

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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!*

Editorial

Since the last edition we have had many midweek summer galoppen events, the SMILE league has finished, the Harvester Night Relay happened as did the Scottish 6 Days at which over 40 WAOC members took part. There have also been some Mountain Marathon / Rogaine events. You can find out more about these in the articles in this edition, and the final results of the SMILE league are in Junior Jabber. Also in this edition, Hally continues his history of WAOC.

Happy reading.

Julia Wotton

Next Copy Date

27th September 2003

WAOC Membership Information

NEW CLUB MEMBERS

We extend a warm welcome to:

Chloe Parker-Freeman W6 from Doddington, Cambs

We hope that you will enjoy orienteering with us, Chloe.

Anne Duncumb

SAYING GOODBYE TO CLUB MEMBERS

This month we say goodbye to Ali Robertson and Kate Penny who are moving to Aberdeen in search of beautiful sand dune forests. It was great having you in the club. All the best in Scotland and keep in touch.

New Committee Members

On behalf of the committee I would like to welcome Roger Horton who has kindly volunteered to take on the role of Events Convenor. This is an important role in the club without which there would be no events. Please make Roger's job easier by offering to plan or organise an event.

FORTHCOMING WAOC EVENTS

This is the list of WAOC events up to April 2004, so get your diaries out and note down the dates so that you will be competitive in the WAGAL.



As you can see, we are still needing planners and organisers for a number of these, so please make Roger Horton's day by contacting him and offering to fill one of the empty slots.

If you are bothered about your WAGAL points, then you will be awarded your average points if you either plan or organise.

If you have not previously planned or organised, there is lots of help and guidance available – you will not be on your own. Alternatively you could offer yourself as an assistant planner or organiser. In particular, Julia Wotton would like an assistant organiser at Mildenhall North so that she can be sure of getting a competitive WAGAL run, and there would be plenty of time for the assistant to run too.

Date	Type	Venue	Organiser	Planner
2003				
14 Sept	Try O	Coe Fen	(Help available)	(Help available)
26 Oct	Colour Coded	Mildenhall N	Julia Wotton	Rolf Crook
23 Nov	Colour Coded (White to Blue)	Maulden	Ian Smith	Bob Hill
7 Dec	Yvette Baker Final - closed	High Ash		Graham Louth
2004				
24 Jan	Midland Night Champs Badge Event	High Ash		
7 Mar	Colour Coded	Warden Warren		
4 April	Badge Event	Rowney + Chicksands		

Roger can be contacted by phone or e-mail (see the membership list for details). He has just taken over as Events Convenor – why not ring him before he rings you?

Ursula Oxburgh (stand-in Events Convenor)

Irish Blind-Dating or the Wicklow Rogaine 2003

You may have seen my recent e-mail looking for a partner for the Wicklow Rogaine. Just before I flew to Dublin, the organizer put me in touch with a local girl. We met at Glendalough hostel on the Friday evening for an hour to check gear and discuss tactics. Luckily we seemed to get on as potentially after a 24-hour event we'd be great friends or not talking!

Nina explained that the annual Wicklow Rogaine was the only regular event of its type in UK and Ireland, although it is more popular in N. America and Australia. Teams of at least two have 24 hours to visit as many controls as they can in orienteering score fashion. Start and finish is at a central camp to which you are allowed to return to sleep and where food and drink are provided. Teams need only carry minimal gear (fleece, waterproofs, torch, bivvy bag) although they can depot food and camping gear as they compete.

Around 30 teams gathered on a forest ride on the Saturday for a midday start. Having put up our own tent, we helped with the mess tent before being given our control list of 50 grid references scattered around the Harvey's 1:30 000 map of over 400 km². The main choice appeared to be to do two outings returning for a decent sleep or a large 24-hour circle. We opted for the former strategy and planned a 25-mile route to the south, shying away from the delights in the north such as Source of the river Liffey high in the peat hags.

Everyone soon dispersed and after the first control we saw no one until late afternoon when another team dropped into a peat reentrant control where we were resting. They were doing a similar loop in reverse but whereas we were just finishing our peat and heather trek, they were just starting. Nina was a real bonus with her local knowledge, although most teams were familiar with the area.

Early evening we descended into Glendalough and the village of Laragh, past a quiet pub followed by some road and track sections. Several teams passing later were 'handicapped' by visits to the pub (allowed within Irish Rogaine rules!). Nina recounted that one year a novelty control was placed in the back garden of a house warming party and very few teams got past that control!

Our final legs took us back over the hills and as luck would have it via the 'mystery chocolate control'. Being one punch short, the planner had left a bag of mini-mars bars with instructions to bring back a wrapper as proof of visit. Just what we needed for the final descent into the dark forest and do battle with the emerging midges back in camp. We arrived at 11pm as one of the first teams back.

Less than half the teams returned overnight, electing to keep going or bivvy-ing in what contrary to the forecast was quite a chilly night. We had the luxuries of dry clothing, plenty of food and a comfortable camp. We spent an hour chatting around the campfire followed by 3 hours much deserved sleep.

Hot drinks, breakfast and half an hour of hobbling around soon proved that Nina's feet weren't up to another outing despite her enthusiasm. It was suggested that I should go out again on my own, I think in an effort to stop me eating all the food instead! I didn't need a torch for long as the sun rose between patches of mist on the way to my third control. The western valleys that my route took in are probably seldom visited and were full of deer.

I headed home having completed 20 miles as the other teams converged on the camp and we exchanged stories of how they had shivered during the night. When the scores were compiled, Nina and I had won the Mixed class with our first 12 hours and my combined score, had it been competitive, would have been second overall.

As you can see, a fun event which attracted teams of mixed ages, abilities and backgrounds (fell runners, orienteers, adventure racers). Access is easy with cheap Stansted-Dublin flights, so if you want to try something different for next year keep an eye on the Setanta page at <http://www.setantaorienteers.org>.

Good Craic but the organizers take no responsibility for their team-making arrangements!

Russ Ladkin

The Harvester

On the night of 15th/16th June while most sane people were tucked up in bed, 12 intrepid orienteers from WAOC were running round the Derbyshire countryside with head torches taking part in the Harvester Night Relay. Ursula Oxburgh had done a grand job of chivvying up the ladies and Ian Renfrew had got the men sorted so we had a team of 5 ladies for the B relay and a team of 7 men for the A relay. Beforehand there was much reorganising the order in which people were to run trying to meet everyone's preference as much as possible. The order wasn't finalised until just before the event when our chairman Neil Humphries acted as captain and entered the finalised order of our teams on the night. We arrived in the evening of the 15th June and set up our tents with the hope that we would get some sleep during the night. The midges were out in force so staying inside the tent as much as possible was the preferred option. Next time I'll remember the DEET.

The event took place at the Longshaw Estate. The courses started in an open moorland hill side with marshes and moved on to a mixture of open and wooded hill side. The latter part of the courses was in a very steep wooded area with lots of bracken and proved to be the trickiest part of the courses particularly for those running in the dark. This relay is designed so that the early legs are all in the dark but the later legs are in the light (depending of course on how fast your early runners are) so not everyone has to run in the dark. The A team consisted of the following people doing the following legs:

Leg	Length	TD	Person
1	7km	Night 4/5	Alistair Hindle
2	5km	Night 4	Mark Collis
3	9km	Night 4/5	Rolf Crook
4	7km	Night 4/5	Neil Humphries
5	9km	Dawn 4/5	Peter Gardner
6	5km	Day 4	Peter Duthie
7	12km	Day 4/5	Ali Robertson

The A relay started at midnight and several of us saw Alistair racing off into the darkness under the pressure of racing with the pack. It was quite bizarre seeing the beams from the head torches of all the competitors darting about scattered over the hill side.

Alistair Hindle starts the story for the A relay....

Set off on first leg, up hill in a large pack. At second control was most of the way back, but not last, as intended given current fitness. Felt OK. Speeded up. Overtook a few people on way to third control. At fourth control everyone round me had a different control. Found my control OK, but am all by myself. Thought I had been dropped. Ran flat out to try and catch someone/anyone. Large pack appears out of nowhere. Run with large pack. Large pack all go to different control again. Am now on own. Make mistake. Feel stupid. Relocate. Re-relocate. Run up hill watching everyone else run down which is quite pretty in the moonlight but not the best position to be in. Run quite well for next 5-10 controls. See people in distance and think I'm close to catching up again. Go through spectator control. Catch someone up who is lost hunting for pit. Next control is hard - take easy route using a wall corner as attack point to be safe. Spend next 20 minutes crawling through thick undergrowth and brambles, up and down cliffs and boulders trying twice to find control 50 metres from my "safe" attack point. Nobody else is around. Feel more stupid. Run round rest of course including further error. Hand over to Mark. Sleep. Drive home. Sleep.

Mark Collis now takes over....

Running a relatively early leg meant no worries about still being asleep when my time came, and I was able to watch the start before going back to finish getting ready, and get to the changeover tent as the leaders went through the spectator control. Being able to see the computer display of their times more than made up for the lack of commentary, and I was hoping to see Alistair come through in the middle of the pack whilst the second leg runners for the leading teams had a lively discussion about how uncomfortably long the last kilometre or so after the spectator control seemed to be taking. Just before 1am, the usual suspects (ShUOC and INT) emerged from the darkness, whilst Alistair's failure to appear at the spectator control suggested I'd be in for a longer wait...

At least it was possible to watch where the second leg runners were going, and as I'd hoped this was to the same two controls that the first leg had started with, striking eastwards across a rather marshy-looking field. I soon had the reassurance that Alistair was through the spectator control, albeit with a bit of catching up to do, and gradually the number of second leg runners waiting decreased. There was then the distraction of the start of the B race at 1.30am, and within the next half hour the leading teams (INT, SYO and ShUOC) set off on their third legs, before Alistair eventually appeared on the run-in, uttering dire warnings about bingo controls.

My first control was the further away and left gaffle, and I set off gently up the hill, hoping to find the right marsh but glad that there were such good catching features beyond. These were duly made use of, but without too much time lost - I knew it was unlikely to complete a course at night without making any mistakes at all, the important thing is to always know roughly where you are and not get totally lost. A well-made track towards the second control provided a good opportunity to look at the rest of the course, and the first part at least seemed straightforward, though the steep last section would have to be done slowly and carefully. And as it turned out the northern loop was all pretty easy, with plenty of definite features to check off, and apart from being tripped up a few times by brashings on the way out of 3, good ground underfoot.

Heading back across the marshy field near the start, the whole changeover and camping area was in view, the proliferation of lights being about the only reminder during the course that there were other people around. Elsewhere, I didn't see a single other competitor while I was running, other than a few slowly moving lights in the distance, which was a lonely but strangely satisfying feeling - finding the controls is a bit less of a challenge if there is a stream of other runners giving them away. There were a couple of minutes lost at the top of the field again, spend wading through an uncomfortably deep marsh when the control was actually a bit further up the hill on drier ground... A simple path run led to the spectator control, number 12, after which the tricky part of the course began.

Though I knew I had to be careful, initially I still tried to go straight, through what was mapped as a mixture of rough open with scattered trees, and runnable forest. A few minutes, and several thick patches of head-high bracken concealing waist-high brambles later, I changed tactics somewhat, heading for the nearest path! Overshooting slightly to fix position on a junction and coming back led me to the depression at 13 much more quickly than milling around in the undergrowth, and the next leg, whilst steeply downhill, was near enough paralleled by another path to make this an obvious route. 14 to 15 was simple contouring along a fairly gentle slope, before a physically demanding slog back up the hill, at least made trivial by the path running in front of the control.

The last technical control on the course started along this path, with the 'daytime' route diverging on an indistinct path gently uphill. This I never saw, stuck to a slightly longer but safe route descending gradually on this path until hitting a fence, then heading straight up the hill, collecting 17 on the way to the final control at the entrance to the finish field at the top of the steep slope. As I'd expected, Rolf had already been mass-started, but I was reasonably happy with my time of a little over an hour, and not making any huge mistakes. It was about half-way down the field for leg 2, and pulled us up a couple of places with the MV and WRE runners having struggled in the latter stages.

Rolf was the next team member. Here is his story.....

Our team was behind schedule, so together with an orienteer from Mole Valley and one from Nottingham, I started at 3am in a mass start of our very own. The first few controls were confidence boosters, being on distinct sites close to line features. With my confidence suitably boosted, I took the straight-line options through marsh and over boulder, my starting buddies left far behind. Night orienteering is all about continuous map contact through fine navigation. This is how the Harvester should be; fast run to the fence bend, through the copse then on a bearing past two reentrants on the right, down the gully and the control duly appears behind the boulder.

Then my headlamp started to dim, and within two controls I was down to one third candle power. I then made the mistake of switching to full beam, just to see what would happen, but the extra power drain from the super-bright halogen bulb sucked out the last few joules from the battery, and I was plunged into blackness. Actually I exaggerate, as there was a full, if hazy, moon and sunrise was an hour away so the sky glowed somewhat. In the open I could view the terrain and read the map, but the forest was still distinctly black. A few controls later I was running with familiar faces and using their illumination to read my map through the bramble forest near the last controls. Indeed, after we had finished one chap asked why I chose to switch off my headlamp quite so early in the night. The equipment failure aside, this Harvester was superb and I look forward to the next one.

Neil Humphries and Peter Gardner had reasonable runs with nothing particular to report. Then Peter Duthie takes over the story....

Waking optimistically from a light doze at four, the nightjar was signing off from a night's churring as I pulled on gaiters and dug out a compass. At five thirty I rose again for a mini-mass start. At six it was cancelled. By six thirty my get up and go had gone back to bed, but I found myself running hard across a disconcertingly bright moor. At least the midges stayed back in the assembly field. By #3 I had woken up enough to start enjoying myself with a series of cleanly taken controls, but all too soon (course was only 5.25km) came the plunge into the much-discussed vertical bracken. Which elephant track to follow? Judging by the maze around the few technical controls, the elephants had had a frustrating night, and even in daylight the controls refused to appear on cue. 3 or 4 mistakes in the 30-60 second category were enough to take the gloss off a daylight run, so what must it have been like at night? Looking later at the web results, I was consoled to find I was 5th of 26 on course 5BX, and had at least pulled the team up a place.

Finally Ali Robertson had a good final leg bringing the team home in a position of 18/20 having competed against some tough and experienced opposition. Here are his comments...

When is an orienteering event taking things a little too far? When you leave Cambridge @ 8pm to go and run overnight!

At least I was last leg, so there was the guarantee of daylight, but with a 12km course would I make it back before the same day? I missed most people's runs as I needed to get a good night's sleep, and the midges were eating alive anyone who ventured out! I didn't surface till 7am.

My course took in almost every inch of terrain the area had to offer, and the panoramic views were wonderful and kept me going till the end. The area was a great mix of deep heather moorland, fast mixed woodland and slower steep rocky forest, a fitting test for the Harvester.

I really enjoyed my run and hope that everyone else did too.

The B team consisted of the following people doing the following legs:

Leg	Length	TD	Person
1	5km	Night 4	Helen Gardner
2	7km	Night 4/5	Julia Wotton
3	4km	Night 3	Kate Penny
4	5km	Dawn 4	Nicola Gardner
5	7km	Day 4/5	Blanka Sengerova

The relay started at 1:30am. We had selected Helen Gardner to race the first leg and take the pressure of starting in the pack. Here is my (Julia's) story...

We expected Helen to do well and could guess reasonably well when she would come in, so I went to the start lane feeling very nervous about 10 minutes before. Finally the time had come when I would have to run in the dark over terrain I was not familiar with. I had done a couple of night events before but only in areas I have run in during the day and am quite familiar with. Also on one of those occasions there had been a full moon. It was supposed to be quite near to a full moon that night but the moon had decided to stay near the horizon so didn't help much. Fortunately the WAOC head torches that we were using are so much better than the Petzl head torch that I'd used before. I stood watching the computer screen waiting to see Helen come through the spectator control. She did so in third place! Oh no! The pressure would be on! She had had a great run but then got bogged down in the steep bracken like many others and had dropped to 7th place when she finally came in to finish. Still a very good run though.

I tried to remember Ursula's and Ian's advice – keep in contact and don't take risks. I decided to ignore anyone around me and not worry about how fast I was going but concentrate on getting it right. The first control was on a ruin on a spur up the marshy hill side. You couldn't see the ruin until you were right on it, but going steadily the control appeared just where I expected it. The next couple of controls were pretty easy having good attack points although hacking across the marshy hill was not easy as I seemed to fall in all the holes in the ground on the way. The next 15 controls were a little more tricky but no real problem and my confidence was building as controls appeared out of the darkness where I expected them to. I didn't go as straight as I had planned for control 8, reaching a path before reaching a wall, but I knew where I was and quickly corrected the direction in which I was running. At control 8, I met some people who seemed to be going to the same controls as me. This added a little bit more pressure and made me run a little faster. After the spectator control (control 18) I knew I was going into the thick steep stuff so thought I should be a bit more careful. I seemed to be having no problems so took a bit of a risk at control 21 but found it straight away – phew! By control 22 I was getting pretty tired – the intense concentration of the previous hour and the fact that it was almost 4am didn't help. I had a longish leg from control 22 to 23. This leg involved slogging up a very steep wooded slope to a path, running on the path for

about 500m, then hacking up another steep slope to a wall/ path junction. At the path I ran as fast as possible, switching off my brain just a bit too much towards the end. The control was in quite thick bracken and the wall had a habit of disappearing completely in places so I went back and forth a little in that area before finally reaching the control. I'd lost at least 6 minutes. The last control was then a short distance straight up the hill where I was greeted by Kate waiting to take over from me. I was rather annoyed about control 23 but pretty pleased with the rest of the course.

I have to say I enjoyed the experience far more than I thought I would and will certainly be keen to have another go next year. And I did get about 3 hours sleep after my run.

And now Kate continues the story.....

Running the shortest and easiest leg of the women's relay, I thought it would be the perfect first attempt at night orienteering – surely even I could manage an orange course in the dark?! However, by the time I started (at about 4.15am) it was nearing dawn and I only needed my head lamp once. I was a bit disappointed that I missed my chance to attempt night-O, but despite this I really enjoyed my run. It wasn't technically very difficult and it didn't take me too long to get round the course but I was treated to some amazing views of the sun-rising across the valley, and I pulled the team back two places!!

The Harvester is a strange event because you don't see many of the other competitors, or the rest of your team, but there is something very enjoyable and liberating about running at 4am! The only downside was that I was so badly bitten my midges that I spent a week looking like I had chicken pox!!

Nicola Gardner was the 4th leg runner who handed over to our final runner, Blanka who writes.....

After plenty of discussions and shuffling round on the women's relay, I was down to run the last leg of the B relay. Having managed a couple of hours of sleep before Mark came back from his early run, I then decided that it wasn't really worth trying to go to sleep anymore so got ready, even in time to see Katie come back and hand over to Nicola. My waiting for Nicola to come back was disturbed slightly by the hordes of midges (aren't they supposed to be in Scotland???), but so was everyone else's! But the views across the landscape were quite pretty at this time of the morning... Setting off just before 6 o' clock (by which time it was even sunny!), I started off across the open moorland, which was terrain similar to most of the first part of the course; fairly easy in the light but it must have been a bit more challenging in the dark earlier on. After passing through the spectator control, the terrain changed completely, to a steep wooded area full of brambles and bracken. Having been told that it's probably best to keep to the paths in this area, I took that advice but still managed to take the wrong path at some point and spent a while looking for several controls that were in the middle of some blocks of wood (I think they might have been some of Alistair's 'bingo controls' which he complained about!). Having said that, by the time I went out, there were plenty of elephant tracks in the wood so some of the controls were definitely easier to find because of that.

Overall though, the event was great fun - perhaps next time I might take the greater challenge of running a night leg.

The B team finally finished in position 16/27 – very respectable!

I am sure we will be entering teams again next year and would like to encourage you to have a go.

Puzzle Corner

The following people provided correct solutions to last edition's puzzle:

Blanka Sengerova
Mark Collis
Rolf Crook
David Green

Having pulled a name out of a hat, the winner is David Green. Congratulations David. A voucher entitling you to a free run at a WAOC event of your choice will be in the post to you.

And here's this edition's puzzle.....

Five orienteering families have combined their summer holiday trip to a major orienteering event in Europe. They are now returning on the same cross-Channel ferry. From the information given can you work out which car each family is travelling in, the event they attended and the type of accommodation they stayed in. When you have worked it out, send your solution to Julia Wotton (see membership list for address).

The five families are:

Browns
Davises
Forsythes
Gills
Masons

The five events are:

Swiss 6 Day
Belgian 3 Day
French 5 Day
Czech 5 Day
Portugal O Meet

The makes of car are:

Audi
Ford
Rover
Vauxhall
VW

The types of accommodation are:

Camping
Caravan
Hotel
Youth Hostel
Self Catering

Clues:

1. The Forsythes are not the family returning from the Belgian 3-days in a VW; and neither the Forsythes nor the family returning from the Czech Republic are the family with the Vauxhall who opted for self-catering.
2. The Browns, who don't own a Vauxhall, have been to Switzerland, but didn't stay in a youth hostel.
3. Another family who didn't stay in a youth hostel are the Gills.
4. The Masons have been staying in a hotel, but not in Belgium.
5. One family rented a caravan in Portugal, but they don't drive an Audi.
6. Neither the family with the Rover nor the family with the Audi went camping.

Training

!!!! STOP PRESS !!!!

Unfortunately the weekend planned for the training this year does not seem to be compatible with many people's diaries. Due to there not being enough people able to go, I do not think it is worth the effort of the planning and am cancelling the weekend. I hope that next year we can find a more suitable date. This does unfortunately mean expenses for the club as I will not get a full refund on the accommodation booked.

Julia Wotton

WAOC History – A Continuation

It would seem that I've been invited back. Either that or Julia was enjoying her liquid refreshment too much in one of the pub's we were at after some massive exertion. The name of this game is for Hally to try to remember what went on some 30 years ago in respect of your Club.

Well, the year is now 1973. The first WAOC event at Brampton Wood is behind us, so what do we do for an encore? First find another wood, hopefully a very much better one. In the meantime perhaps we can do some other simple things. The simple things turned out to be having street and park events in Cambridge, Huntingdon, Bedford and St. Neots. I can't remember in what order these things came about, but Cambridge was certainly one of the earlier ones due to help from CUOC. And St Neots was also early on because that is where the keen volunteer was.

Remember we only had very simple copying facilities, so we tended to amend existing street maps of these towns, and then run around looking for answers to certain clues. O-kites was one set of 20 hand made by EAOA volunteers (press-ganged wives), so these were kept for the more upmarket events in the region. As a matter of interest, Ann Braggins was the equipment officer for both WAOC and EAOA, and as time progressed the older EAOA kites were replaced with smart new ones - and the old kites 'lapsed' into WAOC property. It's not that long ago that the last of the original wire-framed cotton material kites disappeared from the scene.

One member identified Maulden Wood as a good area to look at. So the Forestry Commission (as it then was) was asked how they would feel about O in the wood. The then forester, living in the wood (at the house above Hangman's Hill) was very agreeable. Five of us, two army, one of whom was a Royal Engineer surveyor working at RAF Wyton, myself, and another from Bedford (and one non-working hanger-on), then split the wood up and got to work, with rather differing results. But the whole was pieced together and printed as before in Black and Brown on white paper with shades provided by Lettraset. An area to the SW of the current map was also included - a useful addition, but I believe this is now some sort of reserve or test area for Silsoe agricultural college. A very nice font was used to give the map a name, and all the usual legendry detail - but then Ursula wouldn't like to know that ☺ the RE surveyor, Tony Carlyle (dad of UK junior Becky) is still orienteering - and I'm still sort of getting around. But the others have disappeared long ago. I think we must have used Maulden in 1974, but memory fails me. I don't think we could have got our act together to use it earlier.

Regrettably I don't have any copies of the original 1:10,560 Maulden map left, but I do have a 1:15,000 copy redrawn by one of the original mappers, Rod Chaplin a civil surveyor working then with Bedfordshire CC. Rod and I went to the same school in Ipswich, and were both Ipswich Harriers running cross-country for IH and the county in the Inter-Counties champs. I'm afraid I used to rot Rod off like crazy 'cos he trained all the hours there were, and I hardly trained at all, and he never could beat me. Rod didn't stay long with O, preferring to develop one of the two Bedford Athletics clubs instead.

Another area being looked at in 1973, but not mapped until '74, or maybe '75, was Rowney Warren. Myself and John Osborne, a master at Bedford School, thought the area had potential back then. But most of it had very young conifer creating large areas of fight. John, a contender for an Olympic oarsman position - until he damaged himself, had created TOOBS (the orienteers of Bedford School). This closed club was extremely successful for a year or two, but as soon as John emigrated to NZ (maybe '75/'76) the whole enthusiasm collapsed. John first mapped it for TOOBS' use and WAOC adopted it later. The first map was a fairly crude amendment to the 1:10,560, but it did the job. I believe this was just a black and white rendition. Interestingly I have just recently looked at a 1973 1" OS edition of the map covering Rowney to discover this showed half the southern bit of the wood as heathland. I understand it is this bit which the Forestry Enterprise is now trying to return to its former state.

Whilst we were mapping new areas we still used Brampton - occasionally. But we weren't trying to stage an event a month back then. We were trying to better more than one a year - and just having to travel more to other East Anglian, and other, venues.

It was in 1975 that the very first CUOC Icenian event was held in Mildenhall Wood on a map produced by Dave Jukes, a joint CUOC/WAOC member. I don't know what has happened to him either. The world has gobbled him up. But in his day he was a very useful orienteer. And I think I'm right in saying that this was the very first full colour East Anglia production.

Another WAOC area mapped in 1975 was Sandy Warren. This area was discovered by John Walsh, an army officer who briefly took over the chairmanship of EAOA when I was posted off to Funningley in Yorkshire. I believe the bulk of the mapping was done by Phil Stubbing, another RE surveyor, who was also the instigator of the Jabberwaoc newsletter. In this guise he produced the printing plate which allowed us to print the frontispiece. And this plate, mounted on wood, was later used as a Club trophy, which I suspect has been lost along with many another.

Back to Sandy Warren. This is a lovely little area, which wraps itself around The Lodge, HQ of the RSPB. The RSPB would never let us play in their area, but the Warren map encompassed heathland to the east and the current RSPB shop's car park. Having used it successfully for a few years the shooting tenants then got serious and excluded us, even though the administrator, based in deepest Norfolk, was quite happy to let us play. I've regularly approached the administrator over the last 20+ years to try to get back into the area. Just recently I was notified that the area was up for sale, and the RSPB has got first call. My letter to the RSPB asking for their feelings about us using the area again for orienteering got the expected reply - NO. My respondent claimed to have orienteered and stated that there was obvious conflict with our sport and bird activity. You

and I will know this is not so. But he wouldn't even be drawn into reading the BOF report on an environmental survey carried out during a badge event in Thetford. Just in case you are not aware of the result of this report - it gave O a clean bill of health stating that there was no discernible effect on any of the wildlife either after the event or whilst it was running..

Well, those were the difficult years when members were few, travel was expensive, and getting land permission was just as difficult as now. I'm hoping that Mike Capper will correct any obvious errors or omissions in the above detail - a challenge I hope he will take up. Hey Mike, do you have any old maps of those old areas?

Hally Hardie

Scottish 6 Days

This year the Scottish 6 Days was based around Forres, a town on the Moray Firth some 20 miles east of Inverness. This area has its own microclimate being quite mild and dry – good news for those of us staying on the event centre campsite. The campsite was in a well drained field on the edge of the town and the event centre was at a nearby school. Showers were provided here but they were rather lacking in the temperature control department! The event areas were superb:



Day 1: Dallaschyle – mainly coniferous forest with rock and contour detail, used for the World Championships in 1999

Day 2: Roseisle – pine forest on sand dunes, runnable with intricate contours

Day 3: Loch Vaa - intricate contours in wooded and open moorland, used for the World Championships Relay in 1999

Day 4: Phorp – wooded area with some rock and contour detail

Day 5: Lossie – extremely intricate wooded sand dunes and an area of mature plantation with fine contour detail

Day 6: Clunas - mainly mature wooded area with contour detail.

Certainly a challenge for us East Anglian types! To give you a taste here is a picture of Roseisle in the woods (I also have a lovely picture from the beach of the edge of the wood but it also has two scantily clad WAOC members in it showing off their 6-packs and I don't want to embarrass them too much!).



WAOC had a good turn out with the following members taking part:

Alice Campbell	W10A	Duncan Taylor	M10A
Caitlin Campbell	W10B	Thomas Hemingway	M10B
Katy Woods	W12A	Jamie Taylor	M14A
Clare Woods	W16A	Martin Humphries	M16A
Jennifer Barclay	W21L	Rolf Crook	M21L
Katie Penny	W21L	Ian Renfrew	M21L
Julia Wotton	W21L	Ali Robertson	M21L
Helen Bickle	W21S	James Hodson	M21S
Penny Bickle	W21S	Robert Campbell	M35L
Helen Fraser	W21S	Neil Humphries	M40L
Pamela Hemingway	W40S	Mike Capper	M45L
Helen Taylor	W40S	Adrian Taylor	M45L
Sue Woods	W45L	Peter Woods	M45L
Olivia Brown	W50L	Maurice Hemingway	M45S
Lindsey Freeman	W50L	Chris Brown	M50L
Noreen Ives	W50L	Tim Mulcahy	M50L
Hazel Bickle	W50S	Bruce Marshall	M50S
Maria Marshall	W50S	Michael Bickle	M55L
Catherine Pennington	W50S	Fred Northrop	M55L
Ursula Oxburgh	W65L	Hally Hardie	M60L and M60S
Meg Bright	W65S	Colin Curtis	M65L

Anne Duncumb

W70L

Edmund Brown

Orange

A scoring system was used where the average competitor scored 1000 points and standard deviations are used to calculate all the scores on each course. The best 4 points from the 6 days are then used to give an overall score. For the long courses, to reach gold standard you needed to score 4650 or more. This is actually very tough with such good competition. To score silver on the long courses you need 4250 and to score silver on the short courses you need 4650. Special mention should go to the following people who scored over 4250 points:

M10A

Duncan Taylor 4602

W10A

Alice Campbell 4574

M10B

Thomas Hemmingway 4577

W50L

Lindsey Freeman 4750

M14A

Jamie Taylor 4711

W65S

Meg Bright 4511

M21L

Ali Robertson 4385

Ian Renfrew 4324

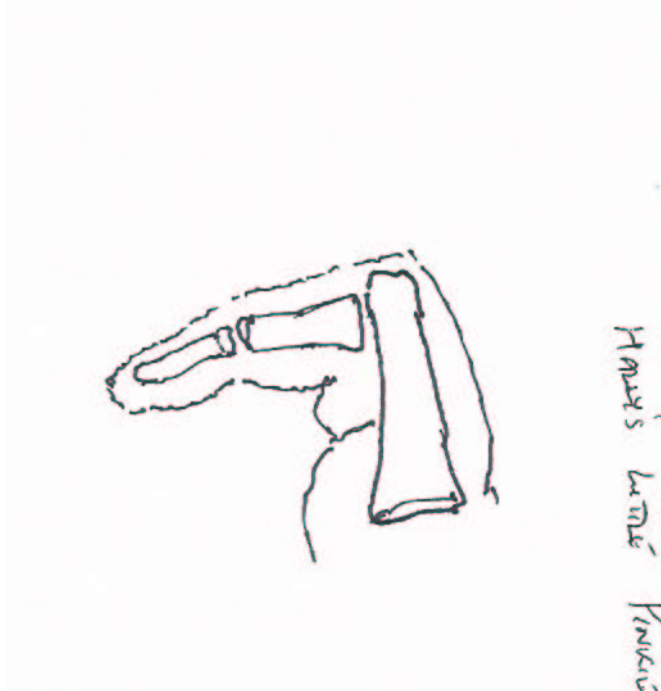
M35L

Rob Campbell 4632

M50L

Chris Brown 4497

Not all competitors had an injury free week as can be seen from this tracing of an X ray:



Hally's dogleg from control 4 to 5 on Day 2 (Roseisle) of the 2003 Scottish 6-Days.

You may well have seen Hally wandering round with his arm in a sling on one day and then his fingers bandaged together the following day. You'll have to ask Hally for the details of what happened.

Finally, here's Rolf's experiences of Day 5, Lossie Forest:

Imagine a plate of peas and custard, scale it up a bit, and that, in my opinion, is much the same as Lossie Forest. Beyond the golden sands, for Lossie Forest is a coastal forest of the warm Moray Firth, one finds a labyrinth of seductively-runable sand-dune knolls inhabited by mythical creatures and dazed orienteers. There is always another knoll, behind which there might, there just might, be your control. Don't turn round because everything changes, and don't look at your map because it only makes things worse. Lossie, as it is locally known, has the venerable reputation of being one of the most technical areas in our country, and some of us recently found out why.

Lossie was day five of the recent Scottish Six Days experience. What hope did I have when one of my red circles contained no less than 13 knolls, but only one of them had my control by it? I found that control using a new technique unique to SI punching, where I stood still, very still, and listened for beeps.

Several WAOC competitors struggled somewhat with their peas and custard, but all seemed pleased to have run in such a wonderful place and most said they would come back for more. I found out afterwards that the key navigation technique is, apparently, simplification. Ignore the knolls and head straight for a large feature near the control, even if it is behind the control, then take it from there.

Rolf

Midweek Summer Galoppen Results

Here are the results of the midweek summer galoppens so far (NB the latest ones are still to be calculated).



Men

Pos	Name	Total	Port Holme	Coe Fen	Coldhams Common	Dry Drayton	Midsummer Common
1	Rolf Crook	981	185	196	200	200	200
2	Roger Horton	866	164	183	146	190	183
3	Maurice Hemingway	839	193	141	137	185	183
4	Russ Ladkin	779	0	200	192	187	200
5	Bruce Marshall	696	0	165	168	179	184
6	Ian Lawson	614	151	145	0	157	161
7	Marcus Misson	516	200	175	141	0	0

8	Mark Collis	393	0	200	0	0	193
9	Ali Robertson	359	200	159	0	0	0
10	Hally Hardie	200	200	0	0	0	0
12	Fred Northrop	200	0	0	0	200	0
13	Peter Gardner	194	0	0	0	0	194
14	Al Hindle	188	0	188	0	0	0
15	Mark Roberts	186	186	0	0	0	0
16	Bob Hill	185	185	0	0	0	0
17	Tony Bishop	181	0	0	0	181	0
18	Martin Doig	178	178	0	0	0	0
19	Calum Stewart	156	0	0	156	0	0
20	Andy Merrit	155	0	0	155	0	0
21	Derek Ladkin	152	0	0	0	152	0
22	Peter Woods	146	0	0	146	0	0
23	Simon Gardner	134	0	0	0	0	134

Women

Pos	Name	Total	Port Holme	Coe Fen	Coldhams Common	Dry Drayton	Midsummer Common
1	Julia Wotton	894	179	164	200	164	187
2	Blanka Sengerova	836	168	166	152	162	188
3	Katie Penny	500	179	176	145	0	0
4	Jean Sinclair	316	0	0	149	0	167
5	Maria Marshall	301	0	0	138	0	163
6	Ali Ingleby	189	0	189	0	0	0
7	Lindsey Freeman	171	171	0	0	0	0
8	Sally Ross	169	0	0	0	169	0
9	Nicola Gardner	164	0	0	0	0	164
10	Carol Ottaway	156	0	0	0	156	0
11	Helen Bickle	130	0	0	0	0	130
12	Sue Woods	129	0	0	129	0	0
13	Hazel Bickle	123	0	0	0	0	123

Groups

Pos	Name	Total	Port Holme	Coe Fen	Coldhams Common	Dry Drayton	Midsummer Common
1	Hemingways	589	175	0	127	175	112
2	Jeanette & James	450	160	0	134	156	0
3	Wetherills	190	0	0	0	190	0
4	TSM	173	0	0	0	0	173
5	Woods	126	0	0	126	0	0

Events still to come are:

3 September Milton Country Park, TL476621 - Blanka Sengerova

10 September Priory Park, St Neots (not Bedford) - Maurice Hemmingway

17 September Fairlands, TL254238 - Ian Lawson

Priory Park, St Neots is a new area of mostly public parkland with a small area of deciduous forest.

Starts for the last two events are from 18:00 to 18:45.

Rolf.

WAOC Committee

See the web site

Fixtures

See the web site.