



West Anglian  
Orienteering  
Club



# JABBERWAOC

Vol.35 No. 5

November 2008



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

## **Editorial**

Well done to everyone who went to Sutton Park in October – it was good to see such a great turnout and although we did not quite win, at least we reached the final.

There have been one or two changes on the committee recently. My thanks to Blanka Sengerova for her super contributions to Jabberwaoc in her role of Junior Development Officer. As part of the Clubmark bid, this important post has been renamed Junior Squad Coordinator and Janet Cronk has now taken over this role. If anyone fancies keeping an eye on junior achievements and writing about it for Jabberwaoc, please let me know. Similarly thanks must go to Neil Humphries who has handed over responsibility for the website to Ben Holland but continues as mapping officer.

Mapping is the lifeblood of the sport and it is an area where WAOC lacks personnel. If it is something you are interested in, and it is a great way to improve your orienteering skills, HAVOC are running course on how to draw maps on the computer using OCAD. Details are on the back page.

Finally, good luck to the Yvette Baker Trophy team who will be running at Sandringham in December.

*Mike Capper*

**Many thanks to this edition's contributors.**

**Next Copy Date – January 13th**

## **Club News**

### **Chairman's Chat**

It was very good to see so many members of WAOC at the CompassSport Cup finals in Sutton Park on October 19<sup>th</sup>. The 35-seater coach was almost full, and many more travelled independently. Sadly WAOC did not do well in the competition, coming in last overall among the larger Clubs – but it was a fine day on interesting terrain, and there were several good individual results. Many of us ran in the splendid new O-top, over sixty of which have already been ordered - the Club is thriving in that respect at least.

Several new members have joined the Committee in recent months – Graham Louth as Club Captain, Jonny Cronk as Junior Captain, Peter Woods as Events Convenor, Ian Lawson as Fixtures Secretary, Ben Holland as Website Manager, Alison Sleight as Publicity Officer to name but a few. It is great to have people willing to take on these various vital organisational roles – without that the Club cannot continue to thrive and put on events.

There are some dark clouds on the horizon. The Club's financial position has not been so strong in recent years as it used to be, for a variety of reasons including lower profit on events and increased expense on Jabberwaoc. With that in mind, the Committee at its last meeting decided to increase its standard entry fees for ordinary district events in 2009, and is considering ways of reducing expenditure.

The financial position was an important factor when the Committee in September, as flagged up in my last Chat, tackled the thorny problem of opting-in or opting-out of receiving Jabberwaoc on

paper. The AGM last March voted that those who wanted paper copies of Jabberwaoc should have to opt-in for that - presumably at a suitable price, though with a reduced basic club membership subscription for everyone. This caused the Committee much anxious debate, wishing to take full account of that motion but conscious of various other factors. In particular the estimated costs of printing Jabberwaoc in smaller numbers, and the various price and subscription levels that would have to be set, were carefully investigated. In the end, after much discussion, the Committee decided to continue to send Jabberwaoc on paper to all senior and family members (who have not opted out of taking it), and to put up the basic senior subscription to £12 for 2009. Meanwhile, the Committee is considering measures to encourage members to opt out of paper Jabberwaoc for 2009, as it is of course available on line (in colour), so as to save expense all round.

We are very conscious that this may prove to be only a temporary solution – if a motion is passed at the AGM in March, after having been fully advertised well in advance so that all those interested in the matter may attend the meeting, to the effect that members must opt-in at extra price to receive Jabberwaoc on paper, the Committee will regard that as binding and make appropriate changes for 2010 and beyond.

At its recent meeting the Committee heard about various woods and heaths in our area that might be suitable for orienteering, if access and car-parking can be secured. We would be very pleased to hear from anyone in the Club who is interested in doing some mapping of such areas – the Hally Hardie trophy is awarded each year for mapping.

The Committee has decided to try to achieve Clubmark recognition for WAOC, which would give us certain advantages, e.g. when applying for funding for some of our activities or equipment. Among other things this will mean adopting various Policies for the Club and promulgating various Codes of Practice or similar statements for members, organisers etc – mostly codifying what hopefully happens already. These statements are all being vetted and approved by the Committee, and will appear in Jabberwaoc and on the website from time to time. So far as I know none of them is set in stone, so if anyone has any comments or observations on what appears would they please let me know, so that the Committee can consider making amendments?

Enough of finance and bureaucracy! – may I wish you all well with the real business of WAOC, our absorbing sport of Orienteering.

*Chris Morley*

## **WAOC Committee**

The list of current committee members and their contact details is available at [www.waoc.org.uk](http://www.waoc.org.uk)

## **WAOC Membership Information**

### ***New Club Members***

#### **Welcome to:**

Dev Chatterjee M16 from Milton  
Wendy Gaisford and family (Emma Jones W13 and Sophie Jones W12) from Meldreth  
Rebecca Hutchinson from Great Barford  
Richard Page from Biggleswade  
Elisabeth Peter and Vincent Bourgeois from Sawston

***We hope that you will enjoy orienteering with us.***

**Subscriptions for 2009**

Unless you are a new member (who joined after September 1st 2008) it is time to renew your subscription. We hope you will all want to stay with us for another year.

**British Orienteering members** (both National and Local) will already have had a subscription renewal request, which includes the WAOC sub. Please pay it soon, so that you get your new card by the end of the year and continue to qualify for the £2 discount on adult entry fees.

**Club only members** WAOC subs for 2009 are: Seniors and Families £12, Juniors £2.50, Groups £15. A renewal form for you is enclosed with Jabberwaoc. Please complete it and send it to me with your payment. If you are an adult who is orienteering more than 3 times a year, you would benefit from becoming at least a Local (East Anglian) Member of British Orienteering and so qualifying for the £2 discount on Senior entry fees at East Anglian events. Contact me if you want to know more (memsec@waoc.org.uk or tel: 01223 843064). It is Club policy that all new members join British Orienteering.

**Anne Duncumb** (membership secretary)  
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**CLUB KIT FOR SALE**

Junior Compasses - Silva 8 'Combi' £12.50  
Control Description Holders 5" £3.00

WAOC Sweatshirts sizes M and XL £8.00  
WAOC O-tops to order £31.95

Compasses and Holders available from Ursula Oxburgh, Sweatshirts and O-tops from Anne Duncumb.

Club Kit will be available from Enquiries at most WAOC events.

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**The Club website...**

.....is now up to date with information on forthcoming events, such as the double events at Rowney later this month.

However, some of you might not be seeing this, if your computer is still pointed at the location of the old website. To make sure you are seeing the up to date version, make sure you go to [www.waoc.org.uk](http://www.waoc.org.uk)

DON'T use a search engine: If you just type "WAOC" into Google, you will end up at the wrong place (Hopefully Google will catch up with us eventually)

If you have the WAOC site on your favourites list, make sure it is up to date. If not, you'll end up in the wrong place again.

Apologies if the phrase "ending up at the wrong place again" brings back any painful orienteering memories.

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## CompassSport – the orienteers’ magazine

I am sure that lots of you already subscribe to CompassSport, and you will probably have received subscription details with your renewal forms from BOF. If you do not subscribe, you are missing a great read – a magazine that is aimed at all levels of competitors, contains lots of maps (from home and abroad) and lots of helpful information about how to improve. For any committed orienteer, a year’s subscription to Compass Sport would make a GREAT Christmas present. ☺

Subscriptions cost £23.00 a year for BOF members and £24.00 for non-BOF members.

Cheques payable to ‘CompassSport’ and sent to 85 Deacon Road, Kingston upon Thames, Surrey, KT2 6LS or subscribe online at [www.CompassSport.co.uk](http://www.CompassSport.co.uk)

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## CLUBMARK

On November your committee decided to register an application for Clubmark with British Orienteering.

‘What is Clubmark?’, I hear you ask.

It is a system designed to check that any sports club is operating to the highest standards in various areas, in particular that a club welcomes everyone into its membership, makes particular efforts to encourage juniors and that its coaching is always of the highest standard.

So why bother? Firstly, Clubmark is used by many funding bodies, and in particular by Sport England, as an indicator of good practice in clubs: indeed some grant application processes are already only open to Clubmark clubs.

Secondly, we are doing all the things anyway (as we all know, we are a fantastic club), so it is really a matter of attending a few courses, documenting everything our amazing juniors do and spelling out a few things that we have always taken for granted.

So that’s it.

As a first step at our committee meeting on 12 November 2008, the committee decided to register with British Orienteering for Clubmark and Ben Holland agreed to be our Clubmark contact. Next the committee formally adopted and minuted the following British Orienteering policy

*The West Anglian Orienteering Club intends that children and vulnerable adults will find orienteering a safe environment in which to have fun, learn and develop. The Club will do this by adopting and promoting the British Orienteering Policy on Protecting Young and Vulnerable People.*

After that it was a matter of arranging for a few committee members to attend a few courses.

That is just the beginning: look for a progress report in the next JabberWAOC.

**Ursula Oxburgh.**

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## WAGAL 2007

We will soon be announcing the results of the 2008 WAGAL (**West Anglian Galoppen**) competition, so it is probably about time the 2007 results were revealed.

The WAGAL is a way of ranking all club members relative to each other, based on their performance in the District and Regional events that the club organises each year. The scoring is similar to the method used for the BOF rankings, and for scoring multiday events such as the Scottish six days. Full details of how the scores are derived can be found on the club website, but in summary, for 2007 the combined scores are the sum of the best 3 results out of the 4 events that we organised in 2007: Croxton, High Ash, Mildenhall, and Maulden Wood.

The full table of results for all participating members is a bit large to squeeze in to JW, but here are the class champions for 2007. The full list of rankings has recently been published on the club website.

Junior Men	Junior Women	Senior Men	Senior Women	Veteran Men	Veteran Women
<b>James Haynes</b>	<b>Jacqueline Heybrock</b>	<b>Ben Holland</b>	<b>Helen Bickle</b>	<b>Chris Morley</b>	<b>Frances Cooper</b>

For 2008, there will be a slight change to the way we calculate the overall score. The qualifying events would have been Croxton, Amptill, Warden Warren (November), and Rowney Warren (November). However, since the Warden Warren event was limited in its range of courses, we will also include the results of the CSC final at Sutton Park, where we had a terrific club turnout.

### WAGAL - How's it all worked out?

The WAOC Championship Galloppen is a club competition, based on WAOC organised colour-coded events and is scored on similar lines to the Scottish 6-days. At each event, you can enter your usual colour-coded course. Points are awarded as follows: Only times of WAOC competitors are taken into account. Each WAOC runner's speed in minutes per km is calculated, then the fastest runner in each BOF age/gender category is awarded 1000 points, regardless of which course they are on. Other competitors are awarded their point score pro-rata the category winner's speed.

So, for example, suppose the fastest WAOC W60 runs 8 minutes per km. She would be awarded 1000 points. Another WAOC W60 running 12 minutes per km would get 667 points ( $8/12 * 1000$ ). The fastest WAOC M14 running at 6 minutes per km would also get 1000 points and another M14 running at 12 minutes per km will get 500 points.

Your overall total is the sum of your three best results. The [WAOC club champions](#) will be decided on the basis of this competition. Club champions are marked in **bold** in the table.

Planners and non-competing organisers are awarded 1000 points for the event which they plan/organise.

Note: we might need to merge some classes, or adjust the rules slightly if there are too few runners in any one class

### Helping at the JK 2009

East Anglia has been asked if it will provide help at the JK trophy which is being held in Northumberland over the Easter weekend 2009. I am sure that lots of WAOC members will be going so please keep your eyes out for more information of what sort of support is needed. The JK

is being put on next year by a small region that has a limited membership so help from other regions is crucial if the event is to run smoothly. So, when the time comes, please try to make yourself available.

For more details about the event - [www.jk2009.org.uk](http://www.jk2009.org.uk)

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### **Thoughts from a new organiser (organising help on the day)**

Each event for WAOC needs an organiser. There are several tasks in the 6 week period before an event which guidance pack helps you through.

The main task though is getting the help on the day which needs up to 20 volunteers, depending on the size of the event. It is high so that all volunteers get a run at some stage of the event. Traditionally this involves contacting all members by phone- sometimes 120 - from the membership list until you have enough helpers which can be time consuming though has the personal touch.

For Warden Warren I tried another approach to minimise the number of calls which was to e mail all members on the e mail list who had given permission to be on the automatic list. (I did not realise at the time that this was not all members with e mail numbers in the members' book which was an error)

I asked for the following replies (with a promise to follow up with personal contact):

1. I am coming to the event and can help
2. I am coming to the event and cannot help
3. I will not be at the event

I got several to question 1, 2 to question 2 and 5 to question 3 which left me to then ring round other members to fill the gaps.

I would like to encourage all on the e mail list to use the reply button at the time if they know the answer, or later if they do not. I stress this is not a moan but an appeal for help to busy volunteers.

**Brian Williams**

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### **LETTER FROM BERLIN**

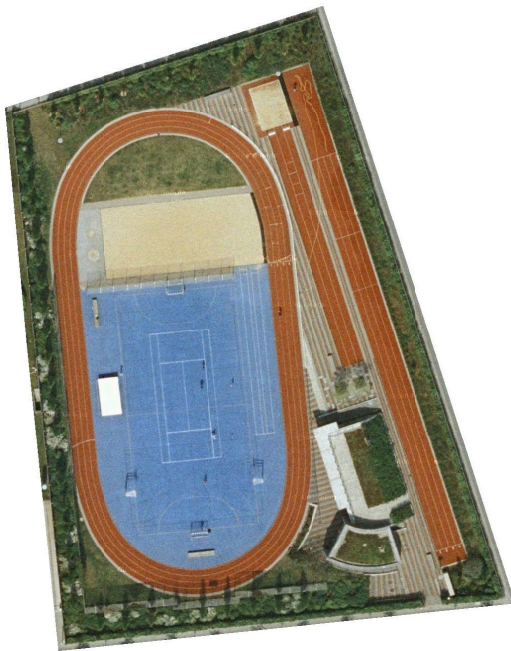
Tharandter Str. 2, D-10717 Berlin

Here I am in Berlin where I am to work for a year. The first two months have been hectic, with much form-filling and flat hunting, but I am now settled in a place in Wilmersdorf three minutes from an U-bahn platform and the train to work, and about 1km north of a long string of parks which is full of runners on a Sunday afternoon. And because of internet searches in advance, I am now a paid up member of an orienteering club, SV IHW Alex 78. Peter Woods has suggested that this might stand for "So Veil Ich Habe Wanderte", but the truth is much more obscure, SV = Sport Verein = Sports Club, and IHW=Inter-Hotel und Warenhäuser= between Hotel and Warehouses, the former now being the Park Inn Hotel, and the latter Galeria Kaufhof, a huge department store. Both these are in Alex= Alexanderplatz, the hub of the former East Berlin, marked by the TV tower, the tallest building in Western Europe. 78 is 1978, the year of the club's foundation, though as a sporting club, not necessarily for orienteering.

In fact, it seems that all the surviving O clubs in Berlin originated in the east of the city where there was state support for sport. As I live and work in what was West Berlin I am a bit far away from the action but can travel on efficient public transport in order to pick up a lift to events. Despite the



clubs eastern credentials it has the use of a sports ground at “In den Ministergäßen” right next to the Tiergarten, between the Brandenburger Tor and Potsdamer Platz, it’s clearly visible in Google maps (see below)



So the Friday night training run can be straight into the “garden”, provided that I wait for the Ampelman to turn green on the crossing into the park. Ampelman is the man on pedestrian crossing lights. He is part of what has become called Ostalgia, yearning for the vestiges of the DDR, and as such he is spreading west, as well as into the souvenir shops! Unlike other traffic light men Ampelman wears a broad-brimmed hat, and, in his green version, as he strides optimistically across the road his profile reveals a button nose. In red he stands firmly to attention with both arms stretched sideways, in a manner that successfully deters even the most belligerent jaywalker, including me!

There are many historical links in the club’s membership. One is a French soldier who came to guard the French sector, but married and never went home. Some of the other families contain a mixture of German and Russian speakers, again a result of inter-marriages during the Eastern Block years, and some are Polish.



Perhaps in a few months time I will have enough German to talk history with my fellow H60s. Meanwhile I still miss being able to train from a pub on Thursday night and then dine on pie and chips in good company, and, of course, Marmite and Branston Pickle.

Mit freundlichen Grüßen,

**Roger Horton**

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## The Compass Sport Cup Final October 19<sup>th</sup> 2008

Well WAOC came, saw and almost conquered. Sometimes it isn't the winning that matters, it's the taking part that is important and this was just one of those occasions. There was a great turn out from club members and they arrived to find a wind blown parking field (which was great for socialising) in the middle of Sutton Park. Courses were challenging, offering plenty of route choice and requiring careful navigation close to the control. Whilst nobody excelled several runners did really well. Most notably, Anna Falk (7<sup>th</sup> on Blue Women), Mike Bickle (20<sup>th</sup> on Green Men), Thomas Louth, Jonny Cronk and James Haynes (respectively 13<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup> on Light Green juniors), Oliver Armitage (6<sup>th</sup> on Yellow) and finally Tuva Falk (6<sup>th</sup> on White).

Well done to them and every one else who took part.



<b>Cup</b>	<b>Points</b>	<b>Counters</b>
Club		
SYO	2214	25
OD	2110	25
SLOW	2004	25
NOC	1961	25
BOK	1903	25
SO	1803	25
SROC	1701	25
WCH	1401	25
WCOG	1399	25
WAOC	1206	25

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## Spectating at the WOC 2008

This year's World Orienteering Championships (WOC) were taking place in the Czech Republic, where I come from. The last time the WOC were held in the Czech lands, it was in Mariánské Lázně in 1991 when the country was still Czechoslovakia, and I wasn't really much of an orienteer

at the time. As the only event I'd previously been to as a spectator was the World Cup in Surrey, this seemed like a great opportunity to do some elite runner supporting whilst at the same time getting my own orienteering races in. You see, just like the World Cup, the organisers of the WOC put on spectator races running alongside the international event - whilst letting us support the elite runners it also gave us our own run. I do think that this is an essential part of getting spectators to the major orienteering events because we're so used to orienteering being an all-encompassing sport for everyone and not just the elites - if the organisers don't put on some events for the spectators I suspect many wouldn't have made it. At this year's event, there were two classic races for the spectators and four middle distance ones, with four of them to count in the overall scoring league so if you needed to arrive a day later or wanted to spend a day sightseeing that wouldn't rule you out of the competition altogether (at other Czech multi-day events it is common to have an aggregate of your times define your chasing start time for the last day, which means that all of your days have to count). Where possible, we raced on the terrain that the elites had raced on earlier in the day, and on days when the elites had their rest days, we raced in different forests. The only downside was that we were not able to do a sprint race as part of the spectator event, but I think this was because of the permissions problem (I believe at next year's WOC spectator races in Hungary, a sprint is on the programme!). As for the presence of British spectators, there weren't all that many - Mark and I seem to have become honorary Scots for the week by randomly meeting up with our fellow bus-travelling Scottish contingent who were also staying at the halls. Then there were various family members associated with the competitors and a few others, including the West family from SOS. Some other nations had organised T-shirts and got supporters to come en masse - perhaps this is something that BO could do in future to get a few more supporters to come out? But what were the events actually like? The event centre was in Olomouc, in the Morava region of the Czech Republic, which is about 3 hours on the train from Prague. We arrived early Sunday afternoon, to check into our accommodation for the week, which were the local University's halls of residence. The sprint qualifiers had taken place earlier in the day in nearby Prostějov, with the finals due to be held in the centre of Olomouc that afternoon. Sprint qualification results were up in our halls of residence - although the competitors were staying elsewhere in town, in a different hall, the service informing us of what was going on was pretty comprehensive. From your week-in-week-out runs in the forest, you might think that orienteering is pretty un-spectator friendly. Well, with what I've seen at the Czech WOC, I think I'm beginning to lose that impression. The organisers had agreements with the Czech TV station to cover all of the finals events, and in the event arena there were two large screens alternating between results, pictures from TV cameras out in the competitions areas, comparisons of times from radio controls and 'tractrac' maps showing in real time the movement of transmitter carrying competitors. So, although I wouldn't have believed it in the past, watching the race as it unfolded was a pretty nail-biting experience. It was especially amusing hearing the audible gasps in the arena when the tractrac of some famous elite orienteer was doing some very weird zigzagging on the screen! Not only was this in the event arena, fairly comprehensive coverage appeared on television (the 24 hour sport channel, available through cable to most residents of the Czech Republic) either live or in the evening on the same day. So I think orienteering does have at least some future as a spectator sport with all the new technology.

As for the sprint final, this started and finished in the town square, just outside the town-hall that stands in the middle of the square. With most Czech towns having a town square like this, the event was really staged right in the centre of it all, and there were plenty of adverts on the trams and in the town to let locals know about what was going on. (Olomouc was actually staging *two* sets of world championships this year - kick-boxing was taking place a month later in August!) Before the actual event, the opening ceremony took place, with the team delegations carrying a whole lot of flags across the square to line up, but then it was time to start the race proper, with the girls first and then the men. The courses took the competitors around the city streets and into the botanical gardens, which provided the technical and quick-decision making part of the courses. Having visited the gardens ourselves later in the week, it was amusing to see many obviously orienteers wandering around with maps of the elite courses (which you could buy at the event office). Admittedly, Mark and I would have been doing the same if we had the maps with us at that

time. Britain, I believe, had all three women qualify for the sprint final and two of the men. For the week I was enjoying being Czech and having lots of good orienteers on home-ground to support. I think in general the British team had rather mediocre results, except of course the men's gold in the relays and Jamie's 10<sup>th</sup> in the classic. But then again, orienteering is a bigger sport in the Czech Republic than it is in the UK, and I think Team GB more than made up for it all later in the summer at the Olympics! In the sprint, there was a Czech 6<sup>th</sup> and 9<sup>th</sup> in the women's and a 6<sup>th</sup> and 7<sup>th</sup> in the men's (with the third competitor in each coming within the top-20), and the top British results were Sarah Rollins in 13<sup>th</sup> and Jamie Stevenson in 12<sup>th</sup>, others finishing in the twenties.

The following day was a classic day for the spectators, with the elites having a training/model event day. The event centre was based at a small empty castle, with the assembly area in the park at the back, and the route from the bus to it bizarrely taking us via some corridors of the castle building. In the mean-time, whilst we were running, the Trail-O championship was taking place in the castle grounds. After the orienteering, we also found time to wander around Olomouc, with a bit more competition on the local mini-golf course in Olomouc.

Tuesday was the long/classic qualification, with us running our courses on the same terrain after the competitors had finished. Britain's Helen Winskill was unlucky to miss out on qualifying by about 3 or 4 seconds (ouch!), something which became a bit of a theme as a similar thing happened to Oli Johnson in the middle qualifier two days later. Wednesday was another day where the spectators got a separate event, but Thursday was the longest day by far for both us and the elites. In the morning, the middle qualifiers took place. We watched the end of those after arriving, having the following few hours to run our own race in a nearby forest where we got bussed to avoid having a 4km walk there. Once we finished, we came back to the WOC arena to watch the middle distance final. What an exciting evening! The way the finals at the world champs work is that the people who qualified at the top of their heats start last, giving excitement at the end of the race, when the best people are due to finish. The men's event took place first, with some local excitement when Michal Smola, a Czech runner, was in the lead at a number of the radio-controls, increasing the chances of a first Czech medal at the Championships. With tracrac footage and TV coverage from the forest showing the elite race taking place, there was plenty to watch out for in the spectator area. At the end of the race, in a nail-bitingly close finale, Smola finished in second place, 4 seconds ahead of third placed Russian Novikov and 13 seconds ahead of fourth placed Swiss Hubmann. None of these, though, were fast enough to beat the king of the middle distance, Frenchman Thierry Guergiou, who took yet another win in his specialist discipline to win with a 34 second lead. The top British result was Jon Duncan's 22<sup>nd</sup> – he was leading at the radio controls for a while, but there were just far too many people to start after him. The women's first starts were late, with the first starters not out until about 5.30pm. What this meant was that on this occasion it was probably an advantage to have a middlish start, late enough to have some tracks formed but early enough for it not to be starting to get dark in the forest. It was especially noticeable at one point when we watched the tracrac of the late starter Anne Margrethe Hausken of Norway, Sunday's sprint winner, who looped and looped round a few rocks in the complex bit of the course, losing all her chances of a good position in today's race, finishing in the mid-twenties. Czech runner Radka Brožková had the advantage of the earlier start due to a slight muddle in the morning's qualifier race and a 'is she even going to qualify' bit of worried moment for the commentators. She certainly made full use of her advantage with a clean run and then she just had to wait and wait and wait...to see who could be faster. First of all, she got knocked out of her leading position by Minna Kauppi (Finland) who, in her own words, came to the WOC to win the middle, and she certainly did so well and in style with a 2 minute lead. Perhaps even more impressive was Vroni Koenig-Salmi of Switzerland just squeezing into silver position, when you consider she's had about 4 children in the last few years and has been representing Switzerland at WOC's since sometime in the 1990's!! But no one else beat Radka, so another medal for the Czech Republic – how about Britain? I was mildly concerned I hadn't seen Sarah Rollins mentioned at all in the coverage and wondered if she hadn't started at all but I think she must just have been unlucky to be going through the spectator and TV controls at a time when there was

other drama going on elsewhere in the forest and just didn't get mentioned. In the end, she finished 19<sup>th</sup>, the top result for the British team in the middle race.

Finally, the classic distance final was on Saturday and the relays on Sunday. I'd actually left Olomouc on Friday evening because for the following two weeks I was being the main leader on a canoeing summer camp for children and needed to be in Prague on Saturday morning for the parents to hand them over to us, as it were. From watching the TV coverage later and from what Mark tells me, Saturday was another great day for the host country, with Dana Brožková (Radka's older sister, who's been in the world of elite orienteering for a little longer) finishing an exciting run to win the classic distance and take home the coveted gold medal. Sarah Rollins was ahead on the results board for a good half hour, before the later starters started overtaking her. She finished a creditable 16<sup>th</sup>, having the third best British woman result of the week despite the running in every discipline! In the men's, Britain had a very good result from Jamie Stevenson who finished 10<sup>th</sup> - although he was quite high up in the results earlier on, he made an unfortunate error in the later part of the course and slipped from what might have been a podium place (although probably not a medal) to his final 10<sup>th</sup>. This was still one of the better results of the week, though I suspect Jamie himself would have hoped for better.

And of course the last day was *the* day for the British results. Without a spectator race going on during the day (not easily done with a relay race being organised at the same time), the remaining spectators were there to watch. If you haven't heard already, the British men's team of Jon Duncan, Jamie Stevenson, and Graham Gristwood unexpectedly took the glory and the gold medal in the race. From what I've read on the race pages, no one seems to have expected this, which made it quite a nice surprise too. The British men were up close with the pack for most of the race, but towards the end of the last leg they were vying for top spot with Russia's team and the French team being led home by middle distance winner Thierry. During his race, caught on track, the dot that was Thierry suddenly started wandering in inexplicable direction, perplexing the spectators somewhat. After running past a TV control, pointing at his throat, he slowly returned to assembly under his own steam - it turns out he swallowed a bee and had to be airlifted to hospital to ensure swelling didn't cause any problem. He was well and safe though he probably thinks about the almost certain relay victory his bee issue lost him. Nevertheless, it left the spot open and the Brits took it, so well up on that one!

To look at more results and photos look at [www.woc2008.cz](http://www.woc2008.cz). Overall, I would say week was good fun. Unlike most summer multi-day events, you were orienteering or spending time watching orienteering for most of the days but I suppose that's to be expected. The WOC was certainly the priority of the organisers - on one of the days I had a control on a pit, which had somehow disappeared off the map, something I suspect would not have been allowed in the elite races - but I have to say they did well in accommodating us punters too and putting on a fun event, with the extra excitement of WOC spectating to go with it. So if the idea takes you fancy, look out for Hungary next year! And I'll go back to lock myself into a dark room with my computer and the thesis file... ☺

**Blanka Sengerová**

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## Two feet or two wheels?

My professional life regularly reminds me that Cambridge is well-known for the numbers cycling, and many from WAOC cycle rather than drive - even to Thursday night runs. But what of playing a version of our sport while sat in the saddle? CompassSport regularly reports MTBO, but seemingly not often in our part of the world. Though many of our regular orienteering woods are sometimes infested with mountain bikes and bikers, the lack of contours otherwise seems to dissuade the combination of the two sports more locally. I wonder why? Is it just that lack of lumpy bits for route-choice?

I've been trying Trailquest - a score event on a mountain bike. Typically 3 to 4 hours on an OS 1:50000 or 1:25000 map, both road and trail. Trying to spare my failing knees, I've tackled three this year so far, despite my lack of bike experience. The sport apparently has its politics - the local riders (<http://www.midlandtrailquests.co.uk>) have split from the national body (<http://www.trailquest.co.uk>) and the event numbers can be low, but they do seem to make up in commitment and welcome. Typically organised from a village hall, there is often food as well as drink at the finish. I have now ridden Trailquests in Warwickshire, Lincolnshire and Northants with varying success - though without seeing much overlap with the O-community. Multiple punctures alongside flailed hedges ended my competitive ride at Naseby, but I enjoyed the other two - especially deciding how far to ride along the sea bank by the Wash. My results on the web tell their own story, and I've yet to try a Polaris (the bike equivalent of the KIMM), but I do have an appetite for more now that I have re-stocked on inner tubes. And I'd like to try MTBO proper.

So is there scope for organising bike navigation events in WAOC's area? Would orienteers ride? Would cyclists navigate? And would it be worth the effort to produce MTBO-format maps? Might we try the formula for a summer galoppen event? Might it help us grow participation? Or would it be a lot of trouble for small numbers, and raise pressure on over-committed areas? If Trailquest appeals, then have a look at the websites, and perhaps I'll see you at an event. But if you think that there might be scope for trying a two-wheeled navigation event in our area, then consider raising it with a Committee member.

**Peter Duthie**

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## **London City Race 2008 (& The Yorkshire Pudding Weekend)**

Wow, wow, wow. This was fantastic. What a brilliant race and what a great day out. City racing is superb.

Okay, you may have gathered I quite enjoyed this. A great start arena in an amphitheatre right next to Liverpool Street Station, followed by a truly challenging course around the city. Not too tricky until the sting in the tale that was The Barbican. Blimey, this was difficult. I find it hard enough navigating on one level, so when faced with a choice of multi-layers I was (for at least a short time) completely flummoxed. Is the control up or down? Should I go down the stairs and round or stay on one level. I managed fine until 20-21, where I made a short leg (which was all on one level) much longer by going down, up, down, up, down, and finally up. Phew! That the racing was fast and great concentration was needed can be seen by the fact that I did not realise that I had run past The Gherkin and through the gardens of St Paul's Cathedral until I was looking at the map on the train home.

A couple of weeks later I headed off to Yorkshire for another weekend of urban racing (The Yorkshire Pudding weekend). On the Saturday, a two-race sprint of the campus of the University of Leeds was great fun. The second race was a chasing start with runners setting off quickly one after another - suffice to say my attempt to run fast meant that I did not concentrate well enough and I made a dreadful mistake on the way to number 1 and never really made up for this. Day 2 was a longer race around Skipton. Another great race, although somewhat compromised by a few runners not abiding by the 'must not be crossed' symbol on the map. Pretty annoying when you follow the rules and then find out that someone has taken a minute off you by taking a disallowed route. It is a good job I am not competitive (*and if you believe that...*).

All of these races have been part of the Nopesport Urban league, which has been fiercely competitive, especially for Blanka Sengerova who managed the not inconsiderable feat of getting to ten out of eleven events (not sure what happened with Edinburgh!). These efforts were

rewarded with a first place in the Women's Open category, which was well deserved. Next year's league is likely to include races in Cambridge (see below) Chester, Oxford, Newcastle, Nottingham, Forres and Stirling. Some of those are not too far away, so hopefully a few more WAOCers will manage to take part.

You will all get a chance to try City racing in February when the two-day Thetford Thrash weekend includes the City of Cambridge race, which will take you around some of the city's most famous landmarks (including some of the colleges). At all costs, do not miss it - I guarantee you will love it (Saturday February 7 2009). Day 2, which is the day organised by WAOC is being held in the beautiful woodlands of Croxton Heath, so put this weekend in your diary now.

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## **The Yvette Baker Trophy qualifier – October 6<sup>th</sup> 2008**

I was controlling this event, so I knew exactly what runners were going to face. Reynolds and Holcot Wood is definitely improving with time, and the younger trees are certainly getting more runnable, but it still is not the most pleasant wood in East Anglia. Coupled with this the weather on the day of the event was truly atrocious so well done to all the WAOC juniors who made the effort to turn out when it must have been tempting just to stay in bed.

WAOC finished a brilliant second with some great runs from a number of runners. This meant that WAOC had successfully made its way into its second final of the year!

**So, take a bow** – William, Thomas and Sophie Louth; Duncan, Lewis and Todd Cooper; Robert and Benjamin Armitage; Jem Corcoran: Alice Rigby: James Haynes; Devnanda Chatterjee: Sushrata Chandraker; Felix Barker; Jonathan and Jacqueline Heybrock - **and good luck in the final!**

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## **OCAD Course**

This is a one-day course covering the basics of the OCAD map drawing computer software. The course is aimed at people new to orienteering mapping or at people who would like to get into mapping. Also it will be useful to planners who may need to use OCAD for updating maps. This course will not cover the course setting functions of OCAD.

DATE: Saturday 10<sup>th</sup> January 2009

Venue: Weald Country Park, Brentwood.  
1 mile from M25 J28/A12 Brook Street roundabout.

Times: 10.30am to 3.30pm.

Costs: Course fees £8 for British Orienteering members.  
A £2 Essex County Council car park charge will apply.

Eligibility: The course is open to everyone but priority will be given to British Orienteering members of EAOA and SEOA clubs.

### Prerequisites:

A reasonable knowledge of orienteering and map symbols, in particular, will be assumed. General knowledge of map surveying will be an advantage; surveying techniques will not be taught on this course. Good computer skills will be needed as well as an understanding of the Microsoft Windows operating system. Access to a laptop with OCAD installed will be an advantage.

Contact: If you have any questions or would like to reserve a place on this course, contact Janet Biggs [jbiggs6@tesco.net](mailto:jbiggs6@tesco.net) or 020 8883 2338

# Fixtures Section

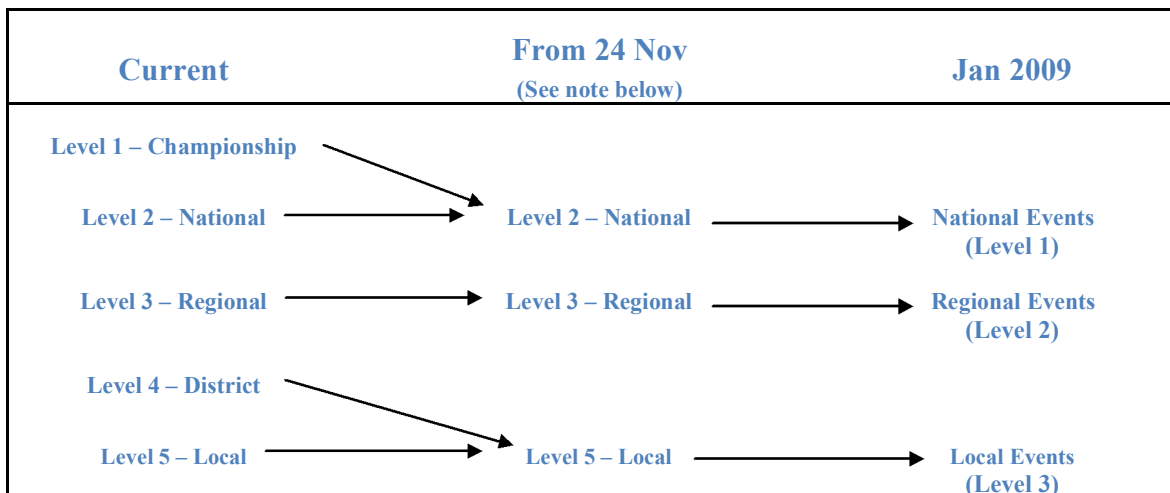
## Fixtures List

For an up-to-date list of upcoming fixtures, please refer to [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) or [www.waoc.org.uk](http://www.waoc.org.uk)

### From BOF - Changes to the 2009 Fixtures

As you are aware the competition structure is changing and implementation has already commenced. Whilst 2009 will be a year of transition into the new competition structure there are some changes which need to be made shortly. The first of the visible changes will be included in the next publication of the fixture list on the British Orienteering web site on Monday evening 24 November 2008.

The Competitions Structure will, from 1 Jan 2009, be a 3 level structure of Local, Regional and National events. In order to reflect this within the Fixture list we have adopted a two staged process that can best be shown in a diagram.



The biggest change for most clubs and participants will be that the current Level 4 District Events will become Local Events in 2009. In order to make this change all of the Level 4 District Events being staged in 2009 and onward, that have already been registered in the Fixture list, will be re-labelled as Level 5 – Local Events from Monday 24 November.

The second phase in these changes will be in January when the Event Registration System and Fixture List will be updated and moved more fully into the British Orienteering online management system currently being tested. For a period both the new and old systems will run in tandem. The old system will not be taken out of use until the new one is functioning in a robust fashion.

Thank you in advance for your patience with these changes which were recommended by the Competitions Review Group and agreed by Management Committee and Council.

**Mike Hamilton**