



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

There is lots of variety in this edition and many thanks to the different contributors. I am sure that a lot of members will be off to Scotland in August – the article on ticks may come in handy!?

It was great to see a reasonably good turnout of runners at the club's first urban-o race in May. Hopefully this will be the first of many and I know that some helpful lessons have already been learnt.

As you will all know, the BOF fixture list is now in a different format on the web – this makes it difficult to get a workable cut and paste version for Jabberwaoc. Hence the new format in this edition – as always the best place to find information is on www.britishorienteering.org.uk

Mike Capper

Next Copy Date – September 1st

Chairman's Chat

WAOC's pioneering Urban-O event in Cambridge on 31st May turned out very well, despite the worries I expressed in my last Chat, thanks to the enthusiastic and well-organised team of planner, organiser, controller and helpers, all from the Club – and the weather was good too! Some useful lessons were learned for the Urban-O event in Huntingdon that is scheduled for next year, on a new map. One useful spin-off is that the Club now has an extensive collection of devices for fixing controls and SI boxes to trees, lampposts etc - very useful for future such urban events. It is thought that urban events may help attract to our sport people who do not at first want to make long car journeys to distant forests. During the run-up to the Urban-O I appreciated once more, in discussion with a local school whose grounds we hope to use for orienteering in future, how important it is to maintain good relations with the various individuals and bodies who control access – absolutely vital for us – to the areas that we wish to use.

The 'participation project' in Huntingdon, for which we have substantial financial support from Living Sport and British Orienteering, has been under way for some weeks now – many thanks to those who have come along to help. There was an introductory day, and now six Wednesday evening coaching sessions, to culminate in a SMILE event on 4th July, all in Hinchingsbrooke Country Park. Turnout has been reasonable, if not as numerous as we had hoped. This is part of the extra effort that members of the Club have been devoting to coaching and training recently – congratulations to the four members who have recently achieved the Level One coaching standard. At its next meeting your Committee will have to consider how to continue the participation project in the Autumn as planned, in Huntingdon again and/or St Ives (for which we have funding) – and whether to attempt something similar based on another large town such as Cambridge.

One heartening feature of WAOC is the way people rally round, often at short notice, to put on or help with special events – some members did this with O-courses at Therfield Heath recently, for National Family Week, and there is talk of planning a permanent course for Milton Country Park.

Many of us think of the summer as the low season for Orienteering – but there are three more SMILE events put on by WAOC before August, and many of you will be going to multi-day events such as the Scottish Six Days, before the main O-season in East Anglia begins again in September,

with WAOC Try-O events at Warden Warren on September 19th and Therfield Heath on October 3rd. May I wish those of you who are going orienteering this summer every possible success and enjoyment in our great sport.

Chris Morley

WAOC Committee

Available on www.waoc.org.uk

COMMITTEE MEETING

The next WAOC committee meeting will be held on

Wednesday 8th July 2009.

The committee welcomes any contributions from club members.

If you would like to attend the meeting or like copies of the minutes please contact the Chairman or Secretary.

Quiz from Bruce Marshall

How many mapped areas used by WAOC can you make from this list of ten words?

Warren, Bush, Wood, Thetford, Rowney, Heath, Park, Maulden

Answers on back page

USE OF CLUB EQUIPMENT

Please could all members borrowing club equipment return it sorted and in good condition (as it was issued).

Please report any damage / lost items to the equipment officer.

Your assistance is much appreciated.

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WAOC Membership Information

Welcome to:

Welcome to New Members

Gopal and Lakshmi Chand and family (Raj M12 and Jaya W10) from Cambridge

Elliott and Angela Mannis and family (Samuel M18, Philip M14 and Erica W 9) from Catworth, W Cambs

Jon and Teresa Rooney and family (Luke M8) from Peterborough

Mark and Muriel Scaife and family (Edward M11 and Sebastien M9) from Holme, N Cambs

We hope that you will enjoy orienteering with us.

Anne Duncumb (membership secretary)

We hope that you will enjoy orienteering with us.

Malcolm and Maureen - A Valedictory

Malcolm Mann and Maureen Weldon (now Mann) introduced themselves to Lindsey and me at a Ferry Meadows event we organised way back c 1988/1989. This was their first attempt at 'Cunning Running'. But as cross-country and road runners they were then hooked. However, they have now both decided to withdraw from the sport. Malcolm has suffered a few health problems which has resulted in him taking up cycling in a big way (he recently did Land's End to John O'Groats in a VERY respectable time averaging 80+ miles per day), and he regularly cycles well in excess of 100 miles a week. And now Maureen has decided to withdraw from O as well, 'to spend more time with her family' i.e. supporting Malcolm in his cycling ventures etc. However, both intend to compete at the odd O-event from time to time, but not enough to warrant joining BOF or Club.

Highlights of M&M's (as we called them 'coos they were both 'Smarties' i.e. Mensans) participation include organising the first Morkery event, and a recent Rowney Warren Night/Day weekend. Both were, at their peaks, very competent orienteers. But, like all of us, once off the perch it's very difficult getting back up onto it, which tends to be very disappointing to highly competitive people.

Anyway, whether as organisers or competitors WAOC has had cause to thank both Ms very much for their help and participation. We're sorry to see you go. But we recognise your reasoning. However, please feel free to return - prior to age 95 - should you again feel the urge or need for the 'Thought Sport' in those sunlit forests.

Hally Hardie

Wednesday Evening Galoppens

The Summer Galoppens are a series of low-key orienteering themed events on Wednesday evenings. The event genre varies, being conventional orienteering, a score event, street orienteering, or something of the planner's own invention. There are normally a couple of different courses, long and short for example. No one takes them too seriously although there are prizes for the overall winner at the end of the series. Starts will usually be from 6:00pm to 7:00pm, but you are advised to check this beforehand. So, after a hard days work in the office, lab, or garden, why not enjoy the long balmy summer evenings by doing a bit of orienteering down the park.

The Galoppen calendar is (currently) as follows:

Wed, 8 July	Jesus Green & Midsummer Common
Wed, 15 July	Wandlebury CP
Wed, 22 July	Melbourn
Wed, 26 August	Bar Hill

Wed, 2 September

Cherry Hinton Hall

There is a little more info on the WOAC website, or you can contact me directly at ben.holland@thirdlight.com

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ALL YOU NEED TO KNOW ABOUT LYME DISEASE

Reproduced with permission from www.physiobench.com

What is it?

Lyme disease is a bacterial infection caused by the bacteria borrelia burgdorferi.

How do you get it?

Nearly always, it is caused by a bite from a tick that is carrying the disease.

Who is at risk of getting Lyme disease?

Anyone who works or does sport in the countryside.

Ticks prefer to live in woods, on heath land and moorland, so anyone moving through these areas could pick up a tick. Commonly, groups of people affected include:

- Orienteers
- Fell walkers
- Fell Runners
- Geocachers
- Gamekeepers
- Dog walkers
- Fly Fishermen
- Campers
- Farmers

Is there a time of the year when I am more likely to be bitten by a tick?

Ticks are more active during the summer months, but you could get a tick bite at any time of the year.

Ticks transfer onto humans and other animals by sitting on plants then moving onto a new host as it pushes through the undergrowth. Ticks cannot fly or jump, so the deeper the undergrowth, for instance tall bracken in the summer compared to dead bracken in the winter, the easier it is for the tick to transfer across to you.

What does a tick look like?

Ticks are related to mites and spiders.

The smallest ticks may just look like a spot of dirt on your skin, or a dark freckle, but one that does not come off in the shower!

I have never heard of Lyme disease before is it new?

No. The disease has been around for many years, but it is now better recognised.

What is the treatment for Lyme disease?

The old saying “**prevention is better than cure**” is a good one here.

The first principle is to try to prevent yourself from being bitten by a tick:

- Make it more difficult for ticks to get to your skin: Wear shoes not sandals and long trousers rather than shorts. Tuck your socks into your trousers
- Consider clothing impregnated by a repellent such as permethrin or DEET
- Check yourself after any activity that has taken you into an area where there may have been ticks: Do not just check the areas of your skin that have been exposed. Once on you a tick will crawl around and often latch on in a warm spot- perhaps in the armpit or behind the knees.
- Do not assume that you have not been bitten because you have not felt anything. Tick bites are generally painless.
- Check pets as well. If your pet has picked up a tick, it can easily be passed on to you.
- If you find a tick on you remove it immediately.

Help I have found a tick on me!

You need to remove it as quickly as possible, the longer the tick stays on you the more chance there is of it passing on any infection it is carrying. The tick will have its mouth parts embedded in your skin, so you need to make sure you remove all parts of the tick, and not make it regurgitate its stomach contents into you whilst doing so.

The best way of removing a tick is to use a tick remover. These are available from pet shops, or [on-line](#). Slide the hook of the tick remover between the tick and the skin and gently pull the tick off. If you have found a tick on you but do not keep a tick remover in your first aid kit then you probably do not want to order off the internet and wait for the post to arrive! – use a pair of tweezers instead, but be careful not to squeeze the ticks head or it may regurgitate its stomach contents into you. Then buy a tick remover for next time.

- **Do not** cover the tick with Vaseline/ petroleum jelly
- **Do not** attempt to burn it off
- **Do not** squeeze it

Does that mean I’m now going to get Lyme disease

No the majority of people who are bitten by a tick will not go on to get any symptoms. Remember the tick has to be carrying the infection itself in order to pass it on to you.

You do however need to keep an eye out for any symptoms that are diverse and variable but may include:

- Bulls eye rash- a red rash that starts at the site of the tick bite and spreads outwards
- Flu like symptoms
- Joint pains
- Muscle pains or weakness
- Fatigue
- Fever

- Headache

Lyme disease is systemic, which means it can affect almost any of the body systems. The incubation period for Lyme disease can be anything from two to 30 days after infection following a tick bite. So bear in mind that any symptoms within a month of the tick bite may be attributable to Lyme. If you do suffer any ill health within a month of a tick-bite, mention it to your medical practitioner. Lyme is easier to treat if diagnosed early on.

Where can I read more about Lyme disease?

<http://www.bada-uk.org/> and [Lyme Disease Action](#) are UK based charities with websites that have in depth information.

FAMILY ORIENTEERING IN HUNTINGDON

In a programme funded jointly by LIVING SPORT and British Orienteering, Huntingdon residents of all ages, abilities and fitness levels are being challenged to learn more about the exciting outdoor sport of orienteering. The first phase of this challenge was a 'taster' day in Hinchingsbrooke Country Park, put on by West Anglian Orienteering Club and advertised extensively in primary schools with posters and colourful postcards which the children took home with them. This advertising method seemed to work as lots of people turned up to have a go.

Once there, the whole family could get involved in learning about the sport, with a really simple map, followed by a tough navigation exercise around cones and an introduction to the special maps and symbols used in orienteering. This was all presented by experienced club members and coaches from West Anglian Orienteering Club. It was then off into the Park for everyone on an orienteering course which showed how well they had mastered the basics. The main aim of the 'taster' was to introduce people both to the sport and to the WAOC (Huntingdon) Orienteering Club Nights, which will run at Hinchingsbrooke Country Park on Wednesday evenings until 24 June, from 6.30pm to 8pm. If you would like to have a go, just turn up or to find out more, e-mail West Anglian Orienteering on info@waoc.org.uk or phone Josh Jenner on 07837 629925.

The British Elite Sprint Championships and the (all age) Middle Championships

This was a weekend of three halves. It started well and then went downhill (or in the case of the middles, uphill quite a lot of the time) from there.

The Sprints are one of the few events of the year where you can test yourself against the elite. The usual format of a heat then final meant that the race around the Nottingham University campus was good value as well as being good fun, and after having a reasonably good run in the morning, I was looking forward to running faster in the afternoon. Sadly, the heat was my peak, and I spent the final (well the 'C' Final!) running 'headless chicken style' around student homes and then walking aimlessly up the big hill in the middle of the course. Of course, the biggest hill was saved for the run in – this was a pretty painful 250 metre run up a steep slope, in full view of spectators, none of whom, I am sure, saw my epic sprint to the line! The run in did make for great viewing and it was brilliant watching the finish of the A Finals and realising just how fast the top guys and girls run. No WAOC member excelled...but well done to those who got into A or B finals

Junior Final	7	William Louth	15:57
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Men B Final	22	Simon Gardner	19:19
	35	Thomas Louth	19:57
Men C Final	38	Graham Louth	22:39
	54	Mike Capper	26:01
Women B Final	19	Blanka Sengerova	20:15
	46	Sophie Louth	25:05
Women C Final	29	Nicola Gardner	25:58
	39	Caroline Louth	27:02

Leicestershire OC organised the middle race. Parking at a local school and then bussing into the area seemed to work well (although looking at the event accounts this was pretty expensive). The area itself is one I know and love...well I know it. Grace Dieu is a mixture of crags, boulders, bracken and very steep hills, with a nice bit of rhododendrons added for good measure. Blimey, it was tough, and I nearly gave up at one stage as I ran up and down a particularly olid marsh trying to find a route through the very thick rhododendrons. Generally, all but the elite seemed to find it pretty hard going, but the best whizzed round at an amazing pace, putting my pathetic efforts into some sort of perspective. But hey, it was fun (I think).

Few other WAOCers took part – they probably knew better – but well done in particular to Anna Falk who added to her ever growing list of British Championship titles by winning W35. Other results...

M21E 32 Simon Gardner
M45 15 Graham Louth
W18 6 Sophie Louth
W45 13 Caroline Louth
W50 15 Nicola Gardner

Mike Capper

My JK

The JK this year was up in Northumberland, so quite a distance to travel. Even so there were lots of WAOCs there and nearly all of them came to the dinner on the Sunday evening, which was great fun, with 2 full tables, one of the oldies and the other of ‘juniors’ ranging from M10s at one end to the Club Treasurer and her elder sister at the other end, so more offspring than juniors. The noise level, as you might imagine, was in inverse ratio to age.

Day 1: Fantastic weather, fantastic Sprint race in Newcastle based round the Civic Centre, the Newcastle University campus and a couple of parks. The JK Sprint is my sort of race, because it is an age class race: not actually a sprint but nevertheless nice and short (1.6 K for me) with controls coming thick and fast so the trick is to make the correct route choice decisions really fast and then not to get lost executing them and there is every incentive to run as the next control is only a hundred or so metres away. The danger is that even I can run too fast and end up with no oxygen in the brain = headless chicken mode. At one point I navigated as planned to the attack point and then found myself at a complete loss – what had I planned to do next? Later on I arrived at the control, checked the code – not correct – scrutinised my map, searched around for another control, came back, rechecked the code on my control descriptions – yes, it was correct all along – that’s an irritating way to lose time in a sprint.. I visited 11 on the way to 10 (very little out of my way this

time, fortunately). Quite a lot of errors, really, on a short course so imagine my surprise as I was running in as fast as I could to hear on the loud speaker 'and here is Ursula Oxburgh finishing 2nd on W75' it sounds good, certainly a first for me, even if there were only 3 of us on the W75 course! It was bound to be downhill (or do I mean uphill?) all the way after that.

Day 2 (Fantastic weather) First day of the Classic. Even the planner's terrain description sounded as if it might be tough going and it most certainly was. There seems to be just no way of indicating that so-mapped runnable wood is very, very slow because extensive forestry work has rendered the ground extremely uneven and brashings have added to the problem. Maybe it is just that planners are bionic and W75s, well this W75 anyway, are not? No mega errors and because WAOC were running quite early a chance to hang around, enjoy a Wilf's baked potato with chilli and then, as everyone was leaving, suddenly there was a prize-giving going and I realised that they were giving out medals for the sprints, so there I was on the podium, with a massive cheer from the Louths who were there for Thomas's gold medal in M16 (out of 58, so that is truly worth cheering about). Lyn West (as Vice Chairman of BOF) was presenting all the M medals and kissing them all (Ms not medals I hasten to add), so when Neil Cameron (Chairman), who had been shaking the hand of all the Ws put my medal round my neck I asked for (and got) a kiss as well. Then off to a Senior Competitions Group meeting, followed by the British Orienteering AGM where Chris Morley and I were the only WAOC representatives and where we were presented with our Clubmark certificate.

Day 3. (Fantastic weather) Second day of the Classic. This was really a day of 2 halves as there were 2 Starts. The longer courses had one start and the shorter ones had a different one. On my way to the first control I realised that the going was tougher than any I had encountered on Day 2 and by the time I had punched no 1 I had managed to tangle with a spiky branch and come off second best, but 3 to 4 will remain in my memory for some time. It was quite a long leg, crossing a track and then going along and gently up through Walk to a small re-entrant some way away. There were ditches mapped through the Walk and my plan was to follow these but 1, the vegetation was utterly Fight in and near the ditches and 2, there were more ditches on the ground than on the map, so I ended up about the right distance from the track, I reckoned, and now on rough open, but too far over to the L, so I set off to the R, consulting my map and trying to correlate the bumps on the ground with the contours on the map when imagine my surprise to find myself up to my armpits in a small but very deep (well, deeper than my measurement from armpit to foot) and definitely unmapped wet pit. How to get out as the sides were very steep and I was well off route so there would be no-one else around to give me a pull? Then, fortunately and very surprisingly there was a substantial post driven into the ground right next to the pit so I was able to scramble out. This is when I realised that both I and my map were a rusty brown colour. As I moved further to the R along the very rough open I came across my contemporaries, M and W, casting around for the elusive re-entrant. In the end I came upon it just at the same time as a somewhat older M whose comment 'my godfathers!' was quite appropriate I thought. The rest of the course was quite dull by comparison with that though for the later controls, I found myself spitting on my brown map and rubbing it with my brown finger in an attempt to locate the control circles on it – no handy stream to wash it in. To crown it all, I managed to fall on the run in and bump my head so hard that I developed a most impressive black eye. Subsequent discussion revealed that at least 2 other W of advancing years had found themselves in deep pits – I'm not sure they were as brown as mine – and one had to be pulled out. When I got back to the club tent Mike Bickle was enthusing about the fantastic runnable wood that had formed the first part of the longer courses. As I said, a day of 2 halves.

Day 4 (good weather) Relays – always a good club day as we all hang out in the tent cheering WAOC's (readily identifiable in the new club tops) on the run in. The relay area was much more runnable than Days 2 and 3, which was a plus. The downside of this was that we were on top of a

plateau so set off downhill and ran back in uphill – not easy, particularly with tired legs. The other problem was that there was no parking adjacent so we all had to be bussed in. With everyone arriving at around the same time there was huge pressure on buses so the average wait for a bus was some 90 minutes and the Starts had to be put back an hour. Needless to say, Graham Louth, as club captain, had got there before the rush and put up the club tent so the wait was as convivial as ever. Then, having cheered and run and cheered again we wandered down the hill to the buses and had another 90 minute wait! I was very glad to be sharing the driving back with Helen and Penny Bickle but even so we were not back much before 11 which made it a long day.

Overall, I'd say a rough tough JK but still good fun and there's always next year when it is down in Devon. Why not come and give it a go?

Ursula Oxburgh

THE FIRST IROC EVENT

Weardale in the Durham Dales hosted the inaugural iROC (Inov-8, Run, Orienteer, and Cycle) back in April. Masterminded by orienteer Shane Ohly and assisted by the likes of top athletes Steve Birkinshaw and Heather Dawe, it promised to be a quality event. With significant backing from sponsors inov-8, they were able to take on a new area not previously open to the public on the site of the Lafarge cement works and quarries to map it, create a significant amount of mountain bike downhill single-track and then host a weekend of 6 events.

With on-site camping for the weekend included in the entry, it was a very social weekend. The format included 2 fell races, 2 orienteering events and 2 mountain bike events. Everyone scored points for themselves for each event they did according to their placing and it was also possible to enter as teams of pairs and threes and earn points for the team.

With the diverse mix of events, mountain bikers were mixing with orienteers, fell runners and adventure racers.

It all kicked off with a mass start at 11am on the Saturday for a 13km fell race with 900m climb. Everyone was on the same tape marked course with a couple of steep climbs, and descents. This was open fell side with great views, mostly on paths, finishing with a wide stream crossing to return to the event centre. There was no handicapping for age, so the winner came back in just over the hour with the last of the 150 competitors taking 2:15. However alongside this race was a 'friends and family' 5km run from the same mass start, so there was no excuse not to be involved.

Next up at 3pm was the first orienteering, a 9km course of 3 loops again from a mass start with competitors randomly given maps with different loop order and directions – much like a relay mass start. Controls were deliberately on more prominent features and easily seen in the open terrain because not everyone would have good orienteering skills. Adventure race teams in particular often only have 1 or 2 navigators in a team, so this was a chance for everyone to have a go on their own. Each loop returned via the event centre past spectators, but again they could do their own 3km course.

The main orienteering was an hour score event with a 7:30pm mass start finishing at dusk with technical controls both on the fells and in the small area of forest. For this however it was possible to run in pairs/groups to use the best navigators.

After the 'gentle' warm-ups, the pace quickened with the mountain bike marked route night time trial starting in groups just 30mins after the finish of the orienteering. Groups of headlights wound up the forest round out on to the fells before swooping back down the forest single-track which



Russ having fun in the night-time mountain biking.

Photo © iroc-race.com

those that had done the first fell race had already run down and knew what to expect. The fastest were round in 27 minutes with everyone back in just over the hour. For those newer to mountain biking or especially at night, this was an amazing blast.

This wasn't the end of the evening yet though, as we wearily gathered once more for a final night fell-race. Just a final 6km to round of the day although of course it was still pretty much straight up and down – we were getting to know these hills pretty well.

Jason, Ben and I entered as a male team from our CamRacers adventure team. Jason especially was very strong in the fell races and our navigation helped us up to 2nd placed male team after the orienteering, but a broken chain for Jason in the mountain bike time trial and Ben making the tough decision to save his knees for the Sunday by missing the night fell race dropped us down to 3rd place. As we collapsed into our sleeping bags, it would all come down to the final race to see how we fared.

After a tough day, we were at least allowed a later start with the final mountain biking enduro event kicking off at 10:30. Everyone got 4 hours to ride around a marked circuit of two loops, coming back through the event centre. The more laps you did in the 4 hours, the more points you scored. It all started with a mass start and a short run to break up the field. Mountain bikers running in cycling

shoes is a funny sight at the best of times but when most have stiff legs from the day before it is like racing in slow motion!

Jason and Ben both managed a lap more than me and we made up ground on our rivals but not quite enough, finishing as 3rd placed male team.

Not everyone was agreed that it was an adventure race as such, but as a staged, two-day, off-road, multi-sport event, everyone was in agreement that it had been an amazing and very tough weekend. Each of the events was worth doing in its own right but to watch or try out the other events was a real bonus. All of the events were designed to be spectator friendly so it was worth bringing the whole family and there were shorter family and friends events alongside all the main ones. You just did as many as you wanted with each scoring points towards an overall ranking.

For anyone wanting to mix something new with their orienteering it's a great place to start. You already own the kit for fell running and don't be afraid of the mountain biking – it's quite normal for people to walk the steep uphill and downhill. Inov-8 have already announced their sponsorship for another event next year probably in the same area. More details and a You-tube clip from the weekend at www.iroc-race.com. You can find out more about CamRacers at www.CamRacers.org.uk.

Russ Ladkin

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Triathlon adventures in Italy

A report on the adventures of Dil Wetherill on completing the Xterra Italy 2009 European Triathlon Championships

Dil clocked 3:36:59 to finish 29th in his age category, with his running partner finishing 21st.

We did it! Not sure where we came in the race (our support crew think top half, but we are not sure), but we both survived the course and did much better than we had expected.

To my great relief, the day dawned overcast and we were even having spits and spots of rain. [I am possibly the only person in the world who can get sunburnt in a rain shower!] I had been spending most of my time worrying about how not to get sunburnt and dehydrated, but with the new weather conditions, I could actually think about trying to race, rather than just survive the course.

The start was mildly chaotic – conflicting instructions between the race manual, the briefing and the announcements. The best policy seemed to be to ask an official – and although they all claimed no English, between us we managed to understand what was going to happen.

Andy and I had both decided to stay well clear of the front of the swim and we jogged quite leisurely through the shallows in to the sea. Quite big waves made sighting tricky – you had to time when you looked at the top of a wave. If you did not look at the right time, you could not see anything.



Andy and Dil (and children!) in GB Kit

I got a nice spot quite wide of the first buoy, but Andy got in close and got squeezed. Both of us were happy with our swims back to the beach and then back in for the second lap, running side by side in to the sea once more. With more space I could relax and swim properly and pulled away from Andy a little bit. Would have been more, but I got my sighting wrong on the last buoy and had to swim another 30m or so.

Up the beach with the family calling out and waving and a quick dance in the showers to get the sand off and in to Transition 1. Andy timed 25 minutes for the swim, but maybe the course was shorter than it should have been.

I got to Transition 1 first, but I could hear Andy's wife shouting, "There he is" before I had got my helmet buckled. Shoes on, socks on and away. Andy took longer over T1, making sure everything was as it should be and having some food. He also dropped his glasses and then could not find them. He reports finding it hard to concentrate with all the pressure and the aftermath of the swim.

Out on the bike course, the first technical spot (a drop of 1m down on to a wobbly bridge and then an exit of another 1m) caused a queue, so for everyone around me it was time to jump off the bike and walk it.

The first hill on the lap is the biggest and by the top I was beginning to wonder if I would ever make it round two laps. Gasping for breath, with heart pounding in my ears I got most of the way to the top before I got on to some slippery stuff and could not keep riding. Walked the last section then hopped on for the descent.

With all the people around, it was hard to pick a line on the rocky, sandy, bumpy track and loads of people were either falling off or stopping. Did my best to stay conservative and safe, but it was very frustrating to be constantly on the brakes when you knew you could have been flying down.

The next big challenge was a 70m climb that was un-ridable. We had scouted out that the easiest line was on the right, but this was so congested, I put my bike on my shoulder and headed left. Doing the cyclo-cross thing worked way better than most peoples' bike pushing, and I must have overtaken 20 people.

A bit clearer on the descent and could finally get some speed up – fell off once, fortunately not at speed, but lost most of the places I'd gained on the bike carry.

Then got in to a long section of path bounded on both sides by thick bushes and with lots of short sharp rocky ups and downs. The queue just stopped and we all looked around. I had a drink and a

pee and only lost two places. Lots of shouting from the Italians, lots of quieter humour from the Brits and Anzacs.

The second half of the bike lap is much more rolling, with the odd technical section, so could get some speed up at times, but there is still too many people around to make the progress you would like.

Finished the lap and set off for the second time. Swallowed my gel and drank a load of water to wash it in. Arrived at the big hill, but managed it quite easily – very low gear, weight forward to keep traction and all the way to the top. Perhaps I would get round the bike course after all.

On the cyclo-cross carry, Andy could see me and expected to catch me, but there were fewer people around, so I could finally go full pelt on the downhills and he did not see me for a while.

At the refreshment point they only had water (the details had said sports drinks would be there) so I took what they had, but wished I had something with more calories in than just 'agua'. (Editor's note - do not know what this is! Ask Dil)

Sure enough, on the last third of the bike loop, I really began to feel under-fuelled and I did not have the energy to take advantage of the faster flowing stuff. To make matters worse, my shoes would not click in and I spent most of the time riding with only one shoe in the cleats. Andy caught me with maybe 3km to go to T2, and went past like a train, he could see that I was struggling and wanted to put some time on me before the run.

Then disaster struck and my chain came off. My brain was not working, so I continued pedalling, and managed to jam the chain good and hard in the space between the ring and the bottom bracket. It took me ages (maybe 2 or 3 minutes) to sort it out and then another age to find my glasses, which I dropped in the grass and then could not find.

The next section was a tricky patch with a path that danced along the edge of a dry streambed (with a big drop in to the rocky bottom if you got it wrong). I tried to get on and ride it, but could not click my shoes in, and in the end, settled for walking it. Annoying to know that Andy was getting away from me rather than pulling me through.

Got up a little bit of speed on the flat towards T2, but really finding it hard with so little food in me.

Dismounted cleanly, straight to the right place and tucked in to my emergency supplies. An enormous gel and a chewy bar. Made me feel sick, but I could feel the energy starting to return. Out of T2 with the family shouting me on, to the first drinks station. Walked through swallowing an entire mini bottle of water, to wash the food in. Really queasy, but I could feel the food starting to work.

At the turn on the first lap, took on some more water and took to the soft sand. Not feeling great and running through what felt like treacle. Took ages and a constant temptation to stop and walk.

By the start of the second lap, I was starting to wake up again and could start running properly. Overtaking people regularly and at the soft sand could put in effort to keep moving.

No sign of Andy at the start of the last loop, but nice to run a section with my eldest who pushed me on.

All by myself as I turned in to the campsite and easy running on made tracks to the finish. The family had managed to get themselves on to the finish straight, so could high five my little ones just before the line.

Andy completed the course in 3:26 according to his watch, and we guess that I finished no more than 5 minutes down on that.

For me this is what I hoped triathlon would be like – I have never been able to see the point of tarmac as a place to train or race - and we had only 200m of the horrible stuff in the whole event. It was daunting, but it was truly fantastic.

For Andy this event was a number of 1st's (like 1st time in the sea, and only his 2nd triathlon ever) and for me it's the 1st time I've actually raced on a mountain bike – but we've already started talking about what else we can do for off-road tri. I think if you tried it, you would like it too – but it is far from easy!

Dil Wetherill

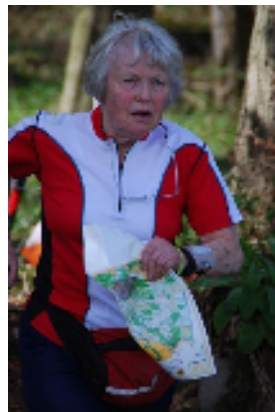
Some WAOCers at the JK - photographs from the Cronk family



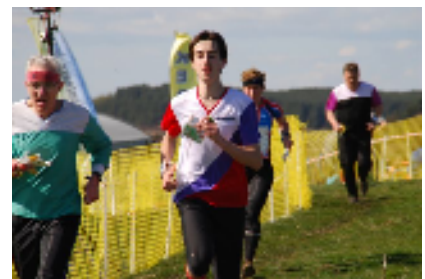
Steve Hinshelwood



Caroline Louth



Ursula Oxburgh



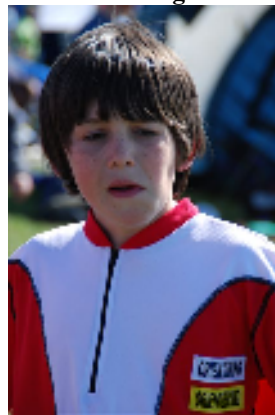
Jonathan Cronk



Rajesh Chandraker



Ben Armitage



Owen Bourne



Graham Louth

Fixture List

For fixture information go to www.britishorienteering.org.uk

Saturday September 19th WAOC Try-O at Wimpole Hall www.waoc.org.uk

Quiz Answers

1. Warren Wood
2. Rowney Wood
3. Rowney Warren
4. Warden Warren
5. Maulden Wood
6. Thetford Warren
7. Bush Heath Wood

DON'T FORGET THE LAST 2 SMILES OF THE SEASON

Registration between 10:00 and 11:30, starts anytime between 10:30 and 12:00. Cost: £1 per child/student and £3 per adult with no charge for a second go: just remember that you need to have finished your last course before 13.30. You will have a choice of courses to try: **White, Yellow, Orange** and **Timed Score**

Sat 4 July [Hinchingsbrooke CP](#) [TL222719](#)

Sat 11 July [Wandlebury CP](#) [TL492533](#)

More information on these SMILE events is available from the SMILE co-ordinator Helen Bickle (email: hnbickle@hotmail.com).