



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**

It is great to have so many events to report on in this edition of Jabberwaoc – thanks to the contributors. As always, the more you write the better the magazine will be, so if you have been to an interesting event, please take the time to tell us all about it. Contributions from juniors are especially welcome, as they have too little voice in the magazine at the moment.

I am looking forward to an autumn of city racing, including Chester, Oxford and Sheffield. Plans for a City (town) race in Huntingdon in March are well advanced and this promises to be a really good event. A new map is being drawn by World Champion Graham Gristwood, and the race is followed on the Sunday by the Midland Championships at Belvoir. It should be a great weekend – March 20<sup>th</sup> and 21<sup>st</sup> 2010, so put it in your dairy now.

Enjoy your orienteering whether it is on streets, park, moor or forest!

**Mike Capper**

**Next Copy Date – November 29<sup>th</sup> for pre-Christmas publication**

## **Chairman's Chat**

As I write this the Autumn O- season has already begun, with a very successful WAOC Try-O event at Wimpole, in glorious weather last Saturday. The event was especially memorable for your Chairman in that, for the first time in a long O-career, he deliberately did not visit one of the controls – discretion being the better part of valour – as it was guarded by a large flock of bullocks which tossed their long horns at him, evidently taking exception (as well they might) to his red trousers.

Congratulations and thanks to those WAOC members who organised this summer's series of SMILE events, which attracted rather more runners than last year. Congratulations also to Anna Falk, who at the Scottish Six-Day event continued her run of recent outstanding success by coming first overall in W35L, winning all the first four events - an unbeatable performance!

The Huntingdon 'participation project' continues. Under our agreements with Living Sport and British Orienteering the Club is to put on events, some of them low-key, within 45 minutes drive of Huntingdon about once a month for the next year, including a City Race on Saturday March 20<sup>th</sup> on a new map of the town centre. The evening coaching sessions are being discontinued until the lighter spring evenings, but an O-coach is going into four schools in the area this autumn to put on post-school orienteering activities. This will lead up to an extra event in Hinchingsbrooke Country Park (and hopefully the School grounds too) on Saturday morning 12<sup>th</sup> December – as well as courses for the schoolchildren there will be a 'training' course, as testing as the terrain permits, which should be of interest to WAOC members.

The Club Committee will be meeting soon, to consider future arrangements for coaching as well as the usual matters such as fixtures, finance, and reports from the Officers. We are also being urged to amend the Club's constitution, among other things to specify what is to happen to assets and equipment if the Club ever ceases to exist – fortunately there seems to be no immediate prospect of that! May I urge any member of WAOC who is interested in helping to run the Club to contact me

or any other member of the Committee – there is a constant need for new Officers, and for new faces on the Committee.

May I wish all members enjoyment and success in their Orienteering in the new season – now frequently in towns and cities as well as the traditional forests.

**Chris Morley**

## **WAOC Committee**

See the website for contact details

**\*\*wedding\*\*wedding\*\*wedding\*\*wedding\*\*wedding\*\*wedding\*\*wedding\*\*wedding\*\*wedding\*\*wedding\*\*wedding\*\***

Blanka Sengerová and Mark Collis, both past (or just current) members of WAOC, got married at Zbiroh castle (near Plzeň) in the Czech Republic on the 11th July, with plenty of family and friends from both the Czech Republic and Britain (and elsewhere in the world!) joining them for the day.

As you can see from the picture, a number of orienteers were also in attendance with some representation from the Czech (Kvido and Eva) and "German" (in the form of Roger) contingent from WAOC.

Other than the wedding, we're enjoying living in Oxford, where Blanka is now a postdoctoral researcher at the University and Mark continues working for the same IT consultancy company based in Guildford. Oxford is great, and reminds us of Cambridge more than a little bit at times, and we've easily met some old orienteering friends again as we've been joining in with the Oxford Uni OC's training and social sessions.

Due to all the other commitments this year (finishing off PhD, looking for jobs, moving house and starting a new job being the big ones even before the wedding came into play) we haven't orienteered as much as we might like to, but this will pick up again soon with the autumn season just about to kick off. So we look forward to seeing you at some of the races soon. For next year we expect to be joining Thames Valley OC, the local club for us now, so we will be saying goodbye to WAOC after all the years of being a member.



great admiration and awe of these games devisers. The Chairman's challenge this summer ranks high on roll of honour.

If you missed this you missed a wonderful evening event and bar-b-queue at Janet Cronk's home at Bourn. However you can still do the challenge in your head, see if you agree with the winning team's strategy.

**The Problem:**

16 controls are out, 10 on a 1:10000 map with about an estimated time of 40 minutes to get all the controls, and 6 on a 1:1250 map of Janet's field with about 10 minutes estimated time to get all the controls. It becomes immediately obvious that the team that efficiently collects the controls quickest on the 1:10000 map will win and the collection of controls on the 1:1250 map will take so much less time that it will not affect the result. All changeovers at the start point, no changeovers on the course. Only one of each map issued to each team and no map memory- you must visit the control with the map in your hand.

But the Chairman has put some constraints on the three person teams. No one person can collect more than 8 controls and every person must visit at least 3. At least one of each person's controls must be on the second map, i.e. you cannot get all your controls on a single map.

**The Solution**

Here is the strategy we used, but were we right?

Person	From start	First changeover	Second changeover	Last changeover or before
<b>Strongest runner</b>	Collects 7 furthest controls on 1:10000 map		On return hands map to Middle fastest to do 2 controls on 1:10000 map  Then at leisure does one control on 1:1250 map	
<b>Middle fastest runner</b>	Stays at start,	picks up map from returning slowest orienteer to do one control on 1:1250 map: waits	Picks up 1:10000 map from returning fastest runner to do 2 controls on 1:10000 map	On return hands map to slowest runner to do nearest control on 1:10000 map
<b>Slowest orienteer</b>	Collects 4 furthest controls on the 1:1250 map	On return waits	Continues to wait	Goes out to do nearest control on 1:10000 map

In this way the fastest orienteers get to do the longest part of the score and the situation of the slowest orienteer being asked to do demanding running on the 1:10000 map is avoided.

They say history is written by the victors and this is how the winning team won. But were we on the right strategy?

### **Relay Team strategies.**

This game has some use, however, for handicap relay events where slower runners are in the same team as fast runners. This sort of thinking has to be used where a 3 or 4 person team has to do a long course twice, a medium course twice and a short course twice between them. Only two of the team of 3 or 4 are fast orienteers and how do you get them running consecutively on the long course whilst ensuring the short and medium are run with minimum waiting time and by the strongest runners left? Everyone must run at least one course and no more than two courses.

Answers for the next issue please

Once again great thanks to the providers of this wonderful evening: Janet Cronk and Chris Morley and their helpers.

Peter Allen  
Orienteering Coach

### **And the planner replies...'Too challenging a Challenge?'**

In July I was given the opportunity to use Janet Cronk's field near Bourn for a mid-week summer event - a 'Chairman's Challenge' - for members of WAOC. The field has been nicely mapped for orienteering, is thickly forested in part, has several possible point and line features on which to place controls - but is only about 200 m wide by about 500 m long, and the scale of this map (A) is 1:1250. So the first question was how to extend the area to create an event of interest.

Fortunately, Bourn is a rural area with lots of footpaths between fields. It proved possible to download a map from the internet, and expand it on the copying machine to produce a rudimentary map (B) of the surrounding area at a scale of 1:10,000. However, we had no permission to use any area other than Janet's field, and so had access on map B only to public footpaths and minor roads – which meant that controls on this map had to be on line features, not on isolated points.

Then, as it was to be a 'fun' summer Club event, I wanted as planner to have it be a team event – not a relay – as far as possible with plenty of contact and co-operation between the team members. Hence the decision to have teams of three, each team issued with only one copy of each map – the idea being that at any one time at most two members would be out running to controls, and at least one would be back at the Start, wondering what to do next or just waiting for colleagues to finish. Each team was to have at least one junior, and there were rules banning juniors from crossing certain roads on map B.

I wanted a Mass Start, so that everyone should be back for the barbecue, and (for a change) not to have a Score event but to expect each team to visit every control – the first team back (within the rules) to be the winners.

The first plan was to issue the maps, with controls overprinted, five minutes before the start, to allow teams to consult together (in secrecy!) and decide who would collect which controls and in which sequence – they could plan their team's strategy. There was a rule that no team member

could collect more than half the controls, and everyone had to collect at least a quarter, at least one on each map. There were punches at the controls, and a rule that at each control a runner had to punch both the control card and the correct map (A or B) – so that it could not be a ‘map memory’ event. Maps could only be exchanged at the Start point (which was also the Finish).

Then it occurred to me that this might be rather boring, in that teams would just carry out the strategy they had decided upon at the start – there would be no need for any co-operation between team members during the event, which was one object of the exercise.

This led to the introduction of ‘mystery’ controls. About a third of the controls (some on each map) had a number, and a flag out in the field, but no description on the list given to runners with the maps - and they were of course not marked on either map. Instead, some of the ordinary controls (which ones not advertised in advance) had hanging below the flag a small piece of map giving the location and description of one of the mystery controls. Each runner visiting an ordinary control had to look for such a hanging map, and if there was one had to decide what to do next – either to visit that mystery control (if that was within the rules, e.g. on the same map, and within the permitted maximum collection number) or to return to the Start to discuss with colleague(s) there how to get that mystery control visited. This was all meant to encourage team co-operation during the event, the ‘Chairman’s Challenge’.

So how did it all work out in practice? Unfortunately, it was mid-week well into the holiday season, and only 13 runners took part (one arrived late, and relieved another who prepared the barbecue). The Rules were issued well beforehand, and could be studied at length. Four roughly-even teams of three were formed, and the maps and control descriptions issued. It soon became apparent that five minutes wasn’t enough to form a strategy, so the Start was delayed for a few minutes until all the teams said that they were ready to go.

One gratifying thing at the mass start, on map A and in the middle of map B, was to see the eight runners scatter in half a dozen different directions – clearly every team had formed a different strategy! Then it became clear that collecting controls on the outer map B took much more time than getting the nearby ones on A – so there was quite a lot of waiting around at the Start (fortunately on a fine summer evening). Some teams had quite long discussion when a member came back with the location of a mystery control, but others seemed to know immediately what to do.

I had expected the winning team to take about 45 minutes, following what seemed to me the optimum strategy and allowing 6 minutes per kilometre (it was fairly flat terrain and most of the controls quite easy to locate). In fact the first team came back in 53 minutes (as it was a fun event we did not over-carefully peruse their control cards and maps to see whether all the rules had been obeyed – I think that one of the maps may not have been punched at one control, but everything had certainly been visited). The second team came back in about 70 minutes, the third in 83, and one team did not find all the controls. The main reason for this was that to find one of the mystery controls you first had to find another mystery control on the other map!

Too much of a challenge? Probably so – and the chain of ‘mystery’ controls was certainly a step too far. Those who took part seemed to enjoy it, especially those who were attracted by the requirement to plan and revise strategy in consultation with other team members. It would probably have been much better if the two maps had not been so very different in character and scale.

**Chris Morley**

## The Scottish 6 Days – Perth

Those who have been before will know that this biennial event is one of the highlights of the orienteering season. I never cease to be amazed by the high quality of the organisation which always seems to run smoothly – sometimes with help from English clubs, but mainly run totally by some very small Scottish clubs.

This year the event was centred on Perth Racecourse which seemed to make a fine camp site and was used in the middle of the week for a highly competitive and very fast sprint race that also took in the complex gardens and buildings of Scone Palace– great fun, although it was a shame that the potentially wet weather (that never came) meant that the diversion across the River Tay onto a small island had to be called off!

The great thing about Scotland is there is always going to be a diversity of areas, and this year was no exception.



**Day 1** at Dalrunzion took in some very complex and challenging forest orienteering – steep in places and very few paths. I worked out that on my course I ran on a path for about 400 metres on a 6 km course – this was on #7-#8 on the map shown, where the option of going down to and along a ride was just too much for this East Anglian softy. So, there was plenty of opportunity to lose time if you did not orienteer very accurately. I was running slowly due to various injuries, so this suited me just great – precise but steady seemed the best approach, but even then I managed to make some serious errors.

On to **Day 2** (Kinnoull Hill) on an area which was conveniently close to where I was staying for the week. Probably the most straight forward navigation of all of the days (although I was not thinking that on my extremely circuitous route to number 1) – not that I ran particularly quickly, as there were lots of hills. Navigation was not helped by a slightly dodgy piece of mapping at one stage which later led to the controller apologising for the misleading mapping. This was the only problem in the week that affected me, and to be honest it was pretty minor in the scheme of things. Anna Falk had already begun to make her mark on the week by this stage – 2 wins in 2 days was very impressive and Anna maintained this superb form throughout the week with another 2 wins as well as a second and fourth place. Well done to Anna – I am fairly sure this is the first senior class win by a WAOCer in an ‘A’ or ‘L’ class at a Scottish 6 days.

**Day 3**(Tullochroisk) turned out to be ‘the wet day’. How the organisers got the car parking sorted out I will never know as the fields looked as if they were going to turn into treacherous quagmires



at any moment – very impressive. Set on the slopes of Schiehallion, this was Scottish orienteering at its best. Tough and rough but great fun, even with a gale blowing and rain whipping into my face. Lots of short legs in a steep wood, followed by a faster section over moorland, led into a delightful final sprint (!) through some really pleasant deciduous woodland. This was a great day of orienteering!

**Day 4** (Tentsmuir) was a day I was really looking forward to. I last orienteered at Tentsmuir (or Thetford Chase with contours as I affectionately call it!) in 1976. Since then wood has been through a whole cycle of growth and bizarrely the rough felled area we ran through this time, was also a rough felled area in 1976! Tentsmuir is a brilliant area and it is FLAT. Great! I had my best run of the week here, maintaining careful contact with the map and running steadily paid off, and I finished in my highest position. Beautiful weather made this a glorious day, with the great assembly area adding immensely to the superb atmosphere.



**Day 5** (Barry Buddon) was another brilliant day. It was very hot, and with the terrain being mainly open sand dunes, this made it hard work. Certainly I felt very tired on some of the long legs across the open areas. As you can see, the courses started in a very flat wooded area with small knolls splattered across it. I had worked out that lots of people would lose time here, so took it steady and was relatively error free. Unfortunately I more than made up for this later on....so not my best day, but equally not my worst...

And so on to **Day 6** (Loch Ordie) – or not in my case. A tight hamstring plus the allure of the opening day of the football season saw me heading south. To be honest, the area had been described as ‘glorious heather moorland’ and in my book that is the greatest oxymoron ever. I do not ‘get on’ with heather, so the decision to miss the day was relatively easy. Looking at the map and reading various comments it seems that I may have made the right decision. Lots of runners seem to have struggled with the physical nature of the day and the courses looked like a bit of a slog. Far better, for me, to leave the event on the high of Barry Buddon...



**This was a marvellous week. The organisers, yet again, were blessed with superb weather, and my initial fears about travelling distances between races proved unfounded. If you haven't yet been to a Scottish 6-Days it is well worth the effort – Oban July 31<sup>st</sup> to August 6<sup>th</sup> 2010.**

**Great orienteering (almost) guaranteed!**

## *Scottish & Days Roll of Honour*

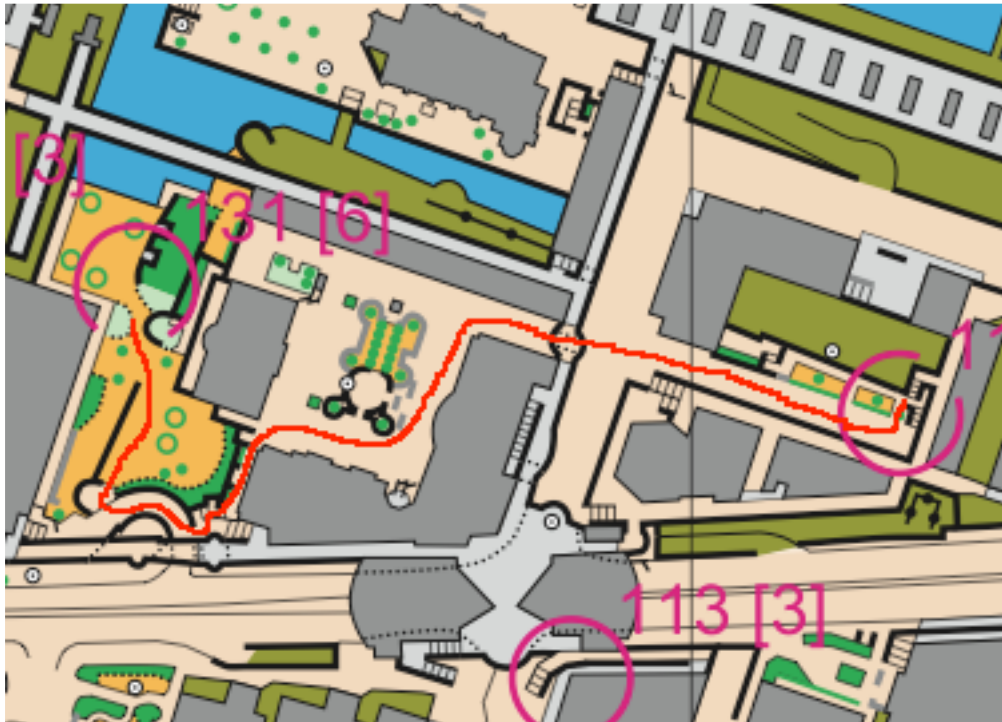
M14A Tom Hemingway 28/65  
M16A James Haynes 40/60  
M18A Jonathon Cronk 29/54  
M21L Steve Hinshelwood 21/41      Andrew Stimson 34/41  
M21S Peter Gardner 46/84  
M35L Ronnie Falk 6/33  
M50L Peter Woods 91/134      Maurice Hemingway 98/134  
M55L Tim Mulcahy 83/108  
M55S Bruce Marshall 36/71  
M60L Mike Bickle 49/151  
W10A Catherine Hemingway 7/26  
W21L Clare Woods 25/34  
W21S Helen Bickle 30/61  
W35L Anna Falk 1/39  
W45L Pam Hemingway 74/76  
W50L Nicola Gardner 48/84      Sue Woods 65/84  
W50S Janet Cronk 21/61  
W55S Noreen Ives 7/42      Hazel Bickle 19/47  
W75L Ursula Oxburgh 7/9

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## **The Second London City Race**

This is definitely an autumn of city races and it started off brilliantly with the second London City Race. The turnout was greater than last year, with lots on non-orienteing runners having a go – it will be interesting to see if this brings in any new ‘forest orienteers’. The orienteering was absolutely amazing – even more difficult than last year, and longer (the planner feels that the running distance this year was close to 50% greater than the straight line, up from 35% or so last year) so mental and physical tiredness became a factor near the end.

Starting in the shadows of St Paul’s Cathedral and the London Stock Exchange, courses weaved their way around the surprisingly quiet streets of the city. This year the map extended west to include the Middle and Inner Temples of Lincoln’s Inn Fields– these were really tricky parts of the course because routes in and out were limited and hard to pick from the map – I certainly lost time there, having to double back on myself after meeting a dead-end. The Barbican again proved really difficult and there were lots of ‘is it up or down’ route choices – the leg below was actually all on the same level, but very few chose the fastest route as shown. Which way would you have gone? (Interesting to note from the planner’s comments that some runners chose illegal routes here – this is always going to be a problem with city racing, and I am not sure that there is any solution, other than trusting people to play fair – and reporting those who don’t!)



There were a good number of WAOCers taking part – many more than last year, so hopefully city racing is gaining in popularity. With the exception of Blanka Collis, no-one excelled, but I am sure that most greatly enjoyed the day – let’s face it running through a posh wedding party having their photograph being taken in gardens of St Paul’s Cathedral has got to be fun....

### WAOC results

Men Open	Ben Holland 51/110	
Women Open	Blanka Collis 7/54	Helen Bickle 46/54
Men 40+	Peter Duthie 69/110	Peter Woods 84/110
Men 55+	Ina Lawson 44/73	Peter Allen 65/73

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### Report on Junior Inter-Regional Championships, Northern Ireland, September 2009

by Sophie Louth

This year the annual Junior Inter-Regional Championships (JIRCs) were held on the 12<sup>th</sup> and 13<sup>th</sup> of September in Northern Ireland. A team of twelve juniors from the East Anglian Junior Squad (EAJS), accompanied by Graham Louth and Janet Cronk, flew to Belfast (very) early on the Saturday morning, many of us travelling to Ireland for the first time. At Belfast Airport we met up with the North West and West Midlands Junior Squads, and then shared a coach to the competition area for Saturday’s individual competition – Slievenagore in the Mountains of Mourne. After a 20 minute up-hill walk to the start, the courses ran across open rocky moorland before entering an area of forest; the final run-in was across the grassy slope of a reservoir dam, which made for a good view for the spectators. At the finish all the juniors were presented with a stick of rock with the words “JIRCS 2009” through the middle! Our best results were achieved by Jacqueline Heybrook and Thomas Louth, coming 21st and 10th respectively in their age classes.

After the competition we all got onto busses and were taken to Ballykinler Army Base, where we were staying for the night. Initially the army wanted everyone over 16 to have their photograph taken, but once they realised how long this was going to take they just issued us all with blank passes! With all the teams from all the regions staying together there was a great atmosphere: everyone ate together in a communal dining area where there was a good supply of wholesome food to keep everyone happy, and lots of opportunity to catch up with friends from other regions. After dinner the prize giving was also held in the dining hall. Whilst EAJS didn't win any of the main prizes, Susha Chandraker and Alex Ware won spot prizes of Lagan Valley drinks bottles. After the prize giving many of us retired to bed early, to make up for our early start.

The following morning everyone had to be up early again so that we could arrive at Lagan Valley Regional Park in time for the relay competition. The atmosphere around the start was incredible, with everyone supporting their fellow competitors in the mass-starts. The terrain was challenging with a lot of undergrowth making running difficult, and an early gaffle to split the teams. East Anglia entered two boys teams: the first, consisting of Thomas Louth, Thomas Hemmingway, and Jonathon Cronk, came 13<sup>th</sup>; the second featuring Jonathon Heybrook, Todd Cooper and James Park finished in 29<sup>th</sup>. Unfortunately the East Anglian Junior Squad doesn't currently have any W16 girls, and only one W14 girl, and so we weren't able to enter any competitive girls relay teams. We did however enter two ad-hoc teams: one on the boys' ad-hoc course (made up entirely of girls!) and one on the girls' ad-hoc course. Our ad-hoc girls' team, consisting of Susha, Rhiannon Ware and Jacqueline, came 3<sup>rd</sup>, with both of the teams that beat them containing boys. Meanwhile the "boys" team had only two runners, Hannah Newton and Sophie Louth, who both had good runs (unlike a number of competitors on other teams who mis-punched in the race to win!). Once everyone had finished there was prize giving, with Scotland finally winning the overall competition, having been second for many years. East Anglia meanwhile finished joint 11<sup>th</sup>. After prize giving, we bundled into the coaches to set off back to the airport for the trip home, after a very enjoyable weekend.



## **The Greensands Ridge Relay Race**

### **What's that, then?**

The Greensands Ridge Relay Race is held every June by SMOC, and involves teams of 6 runners whose aim is to transfer an SI card by foot from Leighton Buzzard to Northill Church (some 33.4 miles) in the fastest time, or at least in the fastest handicapped time.

### **Isn't there a waymarked footpath called the Greensands Ridge?**

Yes, the course more or less follows the Greensands Ridge Footpath, which is waymarked by the distinctive muntjak logo. In fact the footpath continues on from the end of the relay all the way to Gamlingay.

The route covers some very familiar territory for WAOC members, circumnavigating Chicksands, bisecting Amptill Park, and traversing Maulden Wood.

### **So is this an orienteering event?**

Not really.... each runner has to take responsibility for navigating their leg, but only the minority orienteers are ever seen running with a map. The road runners clearly have trained in the area and know their bit of the route by heart. Those not so familiar with the route have to rely on marked-up OS maps supplied on the SMOC website, together with an add-on to Google Earth that shows the routes of the 6 stages superimposed on satellite images. It's not a bad test of route memory, but of course you are allowed to carry whatever map you like with you.

### **Why not just follow the waymarks?**

Alright wise guy, why don't you try it? The waymarks do help, but you only tend to see these where the route crosses a road, and they aren't always there when you need them.

### **So is this on roads?**

Almost all of the route is off road, but does follow established paths. Some sections are along minor, traffic free roads (although I did have to cross the A6 on my leg!).

### **What has this got to do with WAOC?**

WAOC has for a long time entered teams for this event, dating back to a time when it was organised by orienteers for orienteers, and which tested the entrants harshly by running the course backwards, away from the very attractive country pub (The Crown) that is now at the finish.

### **And nowadays...?**

For the last few years WAOC has fielded a team mostly composed of Thursday night running group. This year, Steve Hinshelwood, Peter Duthie, Kvido Strisovsky, Andrew Stimson, and Peter & Sue Woods achieved 22<sup>nd</sup> place out of 29.

### **That's getting on for 200 participants. You mentioned orienteers were in the minority - who takes part if not O clubs?**

I'm glad you are paying attention. The majority of entries now are from local running clubs, some of which enter lots of teams, some very competitive and some just there for the fun of it.

### **With that many runners, aren't you just running as a group?**

Starts are staggered according to handicap (each runner has a base time based on their age and gender), and so you don't tend to see too many other people on the course. At the end, you tend to see all the competitors in the pub's beer garden, where the prize giving takes place and the pub lays on a barbeque.

### **How long are the legs?**

They vary from 3.9 miles to 8 miles (three legs are each about 5½ miles).

Several entrants elect to run all 6 legs – they get cheered on at each of the changeover points.

### **This sounds interesting, (but don't put me down to run all 6 legs).**

It would be really good if we could enter more than just one team next year and even better if we can adjust the teams to improve the handicaps. For example, mixed teams only count as such if 3 or more are female.

For more details see the GSRR section on the SMOC website. If you are interested in taking part next year (or want to know more about the Thursday night running group), contact Ben Holland 07787 508093 [ben.holland@thirdlight.com](mailto:ben.holland@thirdlight.com)



Peter (leg 5; 5 minutes slower than par) punches before handing over to Sue, with Steve Hardy of SMOC holding the SI control.



Sue running into the finish at Northhill church, 5 minutes faster than par.

Peter Woods



## Orienteering Art

Trafalgar Square has been the scene of some interesting orienteering promotion over the summer. This summer, sculptor Antony Gormley invited ‘ordinary people’ to ‘help create an astonishing living monument’. He asked ‘the people of the UK to occupy the empty Fourth Plinth in Trafalgar Square in London, a space normally reserved for statues of Kings and Generals’. They ‘would become an image of themselves and a representation of the whole of humanity’. And so, every hour, 24 hours a day, for 100 days without a break, a different person has made the Plinth their own.

Well two of these have been orienteers and they have taken the opportunity to promote orienteering. Roger Williams of SMOC (but operating under the name Roger de Tingewick) seems to have had a late night slot and to have engaged in some interesting discussions with on-lookers – I am not sure what they made of the very colourful orienteering trousers.

On the day before the London City Race, Adrian Bailey of Harlequins organised an orienteering event on the plinth. As you see from the map it was not a technical course, but I guess with the danger of falling 50 feet at any time he had to keep his speed down. This is how Adrian explained his hour of fame – “There’ll be six “controls” on the plinth and six in the Square. I will do a course on the plinth, and then a group of orienteers and members of the public will do the same course on the ground. Then I will do the next course on the plinth, and so on... The courses will spell out letters of the alphabet, and after the hour we’ll be able to use Routegadget and GPS tracking to see what we’ve been spelling out (if you can’t guess). I wonder how many letters we will get through. I might end up doing my courses on my hands and knees but even so they should only take one minute each.” It seems to have gone well, and the courses in Trafalgar Square spelt out the letters ‘one and other’, so it turns out to have been a very clever concept – arty, one might even say!

One & Other Plinth O				
Sprint		0.020 km		
▶		△		⊥
1	31	△		⊥
2	32	△		⊥
3	33	△		○
4	31	△		⊥
5	35	△		⊥
6	34	△		⊥
7	31	△		⊥
8	36	△		○

You can view both hours of fame on the ‘One and Other’ website.

<http://www.oneandother.co.uk/participants/Roger-De-Tingewick>

<http://www.oneandother.co.uk/participants/DADGE>

## What would you do?

It is the last leg of the World Championship relays, and you are running just behind the leading runner. Suddenly, you become aware that the leader has stopped, and is possibly injured. You go to the leading runner and can see that he is injured. He tells you to go on, even though he is impaled on a lengthy stick and is in great pain. DO YOU –

- A) Continue your run and bask in the glory of a gold medal for your country
- B) Give up your run to help your competitor

Well this is what faced Thierry Gueorgiou this year in the World Championships in Hungary. Of course, in a world of sport where cheating has become the norm (Bloodgate, Renaultgate, footballers diving, runners taking drugs), there can be only one answer to what he did – he (along with the runners in 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> place) gave up the potential glory to help the injured runner.

*The only pity is that this amazing piece of sportsmanship made very little impact on sports pages across the world.*

## Fixture List

This list was produced from the BOF and EAOA fixture lists as of 22<sup>nd</sup> September 2009. A full list of events is available on the BOF web site ([www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)) where you can find more information on the events listed below. Always check before travelling.

<b>Closing Date Notes:</b> EOD - This may be restricted, P = Postal, O = Online							
Date	Region	Club	Level	Event Name	Event Venue	Closing Date	Grid Ref
Sat 03/10/09	East Anglia	<a href="#">WAOC</a>	Local	WAOC Come And Try It (CATI) Event	<a href="#">Therfield Heath</a>	EOD	<a href="#">TL348406</a>
Sun 04/10/09	East Anglia	<a href="#">SMOC</a>	Local	SMOC Colour Code Event & EA League	<a href="#">Stockgrove &amp; Rammamere Heath</a>	EOD	<a href="#">SP917294</a>
Sat 10/10/09	East Midlands	<a href="#">LEI</a>	Local	LEI Autumn Series Event	<a href="#">Castle Hill Country Park</a>	EOD	<a href="#">SK555082</a>
Sat 17/10/09	East Anglia	<a href="#">CUOC</a>	Regional	CUOC Cambridge City Race & Icenian Trophy	<a href="#">Cambridge City</a>	O: 01/01/70	<a href="#">TL453592</a>
Sun 18/10/09	East Midlands	<a href="#">LEI</a>	National	Compass Sport Cup Final	<a href="#">Fineshade</a>	P: 09/10/09	<a href="#">SP990985</a>
Sun 25/10/09	East Anglia	<a href="#">WAOC</a>	Local	WAOC Colour Code Event & Yvette Baker Trophy Regional Qualification Round	<a href="#">Mildenhall Woods</a>	EOD	<a href="#">TL728750</a>
Sun 08/11/09	East Anglia	<a href="#">SUFFOC</a>	Local	SUFFOC Colour Code Event, EA League, Essex & Suffolk Schools League (ESSOL)	<a href="#">Ickworth Park</a>	EOD	<a href="#">TL815615</a>
Sun 08/11/09	East Midlands	<a href="#">LEI</a>	Local	Local and EMOA league Event & Yvette Baker Regional Heat	<a href="#">Wakerley Great Wood</a>	EOD	<a href="#">SP962987</a>
Sat 14/11/09	East Midlands	<a href="#">LOG</a>	TBC	LOG Winter Series 2/6	<a href="#">University of Lincoln</a>	EOD	<a href="#">SK967711</a>
Sun 15/11/09	East Anglia	<a href="#">NOR</a>	Local	NOR Colour Code Event	<a href="#">Sandringham Country Park</a>	EOD	<a href="#">TF689287</a>
Sun 22/11/09	East Midlands	<a href="#">LOG</a>	Local	Local Event	Stapleford Woods	EOD	<a href="#">SK861566</a>
Sat 28/11/09	East Midlands	<a href="#">LOG</a>	Local	LOG Winter Series 3/6	Hartsholme Country Park	EOD	<a href="#">SK946697</a>
Sun 29/11/09	East Anglia	<a href="#">WAOC</a>	Local	WAOC Colour Code Event	Maulden Wood	EOD	<a href="#">TL074392</a>
Sat 12/12/09	East Midlands	<a href="#">LOG</a>	Local	LOG Winter Series 4/6	Christ's Hospital School	EOD	<a href="#">SK987724</a>
Sun 20/12/09	East Midlands	<a href="#">LEI</a>	Local	LEI Xmas Novelty Event	Aylestone Meadows	EOD	<a href="#">SK568009</a>