



West Anglian  
Orienteering  
Club



## JABBERWAOC

Vol.38 No. 4

November 2010



*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

There has been a lot happening in the last few days with regard to the cost of orienteering. The fees charged by Forest Enterprise for access to their forests increased significantly in a new 'agreement' implemented unilaterally and with great haste in the middle of October. Understandably this has caused great consternation amongst O clubs, who faced a minimum fee of £3.00 for all competitors, including juniors. The good news is that the new agreement has now been put on hold, following extensive work by Mike Hamilton, Chief Executive of British Orienteering and further negotiations are now to take place. Watch this space! The proposed fees would have a significant negative effect on orienteering across the country and hopefully a more equitable agreement can be reached.

Mike Capper

Next Copy Date – January 3<sup>rd</sup>

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### WAOC Club Night Christmas Special and other important dates

<b>Tuesday 7<sup>th</sup> December</b> 6.30 for 6.45 to 8.15pm University Athletics Centre Top of Adams Rd nr Grange Rd, Cambridge	<b>Christmas Party Night</b> led by Muriel. Indoor party games or simply wishing each other a merry Christmas in the large upstairs room at the University Athletics Centre. All are very welcome
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#### Calling all WAOC JUNIORS – your club needs YOU!!!!

##### Yvette Baker Trophy Final, Sunday 5<sup>th</sup> December

Can you get onto the podium this year?!?!

Following your outstanding performance at the Yvette Baker Trophy Qualifier in Suffolk last month, you are now through to the **NATIONAL FINAL** of the Yvette Baker Trophy competition, on Sunday 5<sup>th</sup> December in the Wyre Forest near Kidderminster. We need as many juniors as possible to run for WAOC at this event, in order for you to stand the best chance of improving on your fifth place in the final last year. **Can you make it third or even better?!?!** If you haven't already done so, please put this date in your diary NOW, and at the same time send me an email to say that you will be coming: [captain@waoc.org.uk](mailto:captain@waoc.org.uk). Since it is a long way to drive we will probably be hiring a coach or minibus – please let me know if you would like to take advantage of this (and how many seats you are likely to require).

Graham Louth, WAOC Club Captain

#### Calling all members of WAOC – your club needs YOU!!!!

##### Compass Sport Cup Qualifier, Sunday 16<sup>th</sup> January

Can we make it two in a row and get through to the Compass Sport Cup Final for only the third time in our history?

In order to stand the best chance of doing so we need EVERYONE to turn out and run for WAOC in the Qualification round on Sunday 16<sup>th</sup> January. Please put this date in your diary NOW, and also

send me an email to say that you will be coming: [captain@waoc.org.uk](mailto:captain@waoc.org.uk). We will probably be competing at either Loughborough or Sutton Coldfield.

Graham Louth, WAOC Club Captain

### WAOC Committee

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### WAOC Runners

#### *Thursday Evening Runs*

We are a small group of WAOC members who get together every Thursday at 6.30 to run for about 6 miles. The run takes about an hour and is more a social event than rigorous training! We normally meet at a village pub and find a good cross country route, followed by food and beer in the pub afterwards.

Each week's run is semi confirmed the previous week, and officially confirmed over email. Then you can email to say your coming or just turn up - there's more chance we'll wait for you to arrive if we know you're coming!

If a leisurely Thursday run, and pub grub sounds appealing, please email me at [ben.holland@thirdlight.com](mailto:ben.holland@thirdlight.com) and I will add you to the mailing list.

### Chairman's Chat – Tim Mulcahy

Having recovered from my ankle injury sustained at Warren Wood in January at the Thetford Thrash I was looking for a suitable venue to test how my M55 bones would fare in my first competitive orienteering event since. Well, I inadvertently gave my body its harshest test I can recall in a long time when I ran for the club at Burbage Moor in October at the Compass Sport Cup Final. Like many of my WAOC compatriots I scrambled and tumbled rather than glided across a never-ending 'sea' of heather that tested ankles and legs to the limits. The planner's notes suggested the tactic of startling a sheep and following its trail – hopefully in the right direction – but it didn't work for me. The alternative - some said - was to run so fast that your feet don't touch the ground – but this was not feasible for this particular M55!

Although WAOC didn't bring home the Cup everyone in the team seemed to enjoy the fabulously sunny day set against superb views across the Moor and beyond. There was camaraderie and plenty of spirit in the team with the usual post-run tales of joy and woe of being an orienteer. Those able to travel by the team coach had a relaxing journey both before and after the toils on the Moor. Special

thanks are due to Graham who not only ably captained the team but who also worked hard to organise a most enjoyable club trip. Several performances I would like to mention are Thomas Louth's (M16) outstanding achievement and score of 78 points on the Brown course, Anna Falk's (W35) 76 points on Blue Women and David Cronk's (M50) 69 points on Blue Men. Younger members also excelled with Catherine (W12) and Tom Hemingway (M14) scoring over 50 points each and Owen Bourne (M12), Edward (M12) and Seb Scaife (M10) successfully navigating their tough colour coded courses. It was also great to see club 'supervets' Chris Morley's (M70 and 48 points), Hallie Hardie (M70) and Colin Curtis (M75) on Green Men proving that age is no impediment.

The recent club event at Mildenhall Wood was another highlight for me in my O' rehabilitation – this time the going was of course not so tough underfoot and the 23 legs on the Blue course zig-zagged in every direction thanks to Mark Scaife's excellent planning. Thomas Louth again excelled by finishing first WAOC runner in 3<sup>rd</sup> place overall on Brown and Jonny Cronk (M18) stormed in to finish 2<sup>nd</sup> on Blue less than a minute behind winner Dil 'billy whizz' Wetherill.

Roger Horton's organisation and team of helpers proved again WAOC's ability to put on a quality event. Although there is a well-established formula, putting on a large orienteering event is no mean feat for a team of volunteers. But, as I've mentioned before, without such willingness and commitment there would be no sport of orienteering and so once again on behalf of every competitor I would thank Peter Woods for his dedication in the key job of Events Convenor.

The demands within the orienteering world have changed dramatically over the years and behind the scenes there are three WAOC committees working hard to sustain and develop the club in many directions at once. These groups each have a different focus but all collaborate to ensure that the club thrives for all ages and abilities.

The main Committee is sorry to lose Andrew Stimson as Treasurer due to his leaving the area to undertake a university M.Sc. course. But luckily Cath Pennington has kindly stepped forward to keep the club funds under control and in the black! Peter Allen has also responded to Ursula's 'gentle' persuasion and accepted the post of Club Coach to assist with Development. Peter is also taking a lead role with the successful Cambridge Club Nights initiated by Ursula and Caroline during the summer.

The Junior Subcommittee is also seeing changes with Janet and Jonny Cronk standing down from their roles and Sue Woods also needs to take a break. We thank them all for their commitment and contributions during their years of service nurturing the junior section.

On the Development Committee Mike Dudley has been very influential with his wealth of experience in orienteering development, brought with him and Seonaid from the legendary Walton Chasers. Mike has many contacts in other clubs that enable us to review different strategies for development and bringing on youth and new members to orienteering.

From the above I hope you agree that WAOC is still a major force in East Anglian orienteering and if you want to get more involved there are plenty of opportunities – just have a chat with any committee member.

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## Membership notes

### Welcome to

Thomas (M17) and Miriam (W15) Norris from Abington, Cambridge

### We hope you enjoy your orienteering with WAOC

## Subscriptions for 2011

Unless you are a new member (who joined after September 1st 2010) 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.

### **IMPORTANT: data protection section on your BOF membership renewal form**

Please remember that if you 'tick the box', British Orienteering will not send your contact details on to me - no address, no email, no phone number, just your name and BOF number. I shan't know if you have moved house, changed your email etc.

The Club is very careful with the information you provide, but does need contact details for its members so, please consider very carefully before you tick that box!

**Club only members** WAOC subs for 2011 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 to 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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### Farewell from Elisabeth

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Dear WAOC friends,

Some of you may have heard already but I have now left Cambridge and I am on my way back to South Africa, where unfortunately there is not so much orienteering I think. I have made good friends in the club and I wanted to say thank you for these 2 years orienteering with WAOC. I enjoyed it a lot, particularly the club nights and summer galoppens. My husband intends to open a guest house in Jo'burg within 2 years, so if you plan holidays in South Africa you'll be mostly welcome!

Best wishes to all,

Elisabeth Peeters [peetee31@hotmail.com](mailto:peetee31@hotmail.com)

## Club nights - the future - Peter Allen, New Club Night Coordinator

### The what?

The club is running a Tuesday evening club night this year until 7th December and next year from April to July. (6.45 – 8-15 pm) All are based at the University Athletics ground using nearby mapped areas, and an inside room as a base. You are all welcome to come and see what it is all about.

### The Why?

This is part of a British Orienteering initiative to reach out to people who have not yet tried orienteering but who would enjoy it if orienteering were made more accessible by taking place regularly, at low cost, and in places easily got to by bike or public transport. The concept is basically extending the range of orienteering from runs in relatively remote forests on a Sunday morning using your car to “café orienteering” where one takes out a map in a café or urban rendezvous, marks a few controls and goes out and navigates it on foot. It is a bold experiment to increase participation in orienteering and there is a parallel publicity push so that the general public and potentially interested target groups like walkers, leisure groups, University of third ages, and runners get to have the opportunity to come and try. Clubs would potentially expand their membership and range of member initiated activities.

### This Year's details

I am the new coordinator and Ursula, Kath, Ben Windsor (CUOC), and Caroline Louth have shouldered the main task of getting the weekly evenings started up. Up to twenty new comers and experienced orienteers came during the summer light evenings with less when it was dark evenings. Equipment, maps and activities have been prepared and also the detailed logistics of equipment and maps sorted out. I cannot pay enough tribute to their efforts and the people who have come along and contributed by taking part, many with their families.

### **Still to come this year**

Date	Event
Tuesday 9 <sup>th</sup> November 6.30 for 6.45 to 8.15pm	<b>West Cambridge</b> outside <b>Night O</b> planned and lead by Ben Windsor our CUOC link and qualified coach
Tuesday 16 <sup>th</sup> November 6.30 for 6.45 to 8.15pm	First Use of CUOC <b>Churchill College Map</b> by Adam (last year's CUOC captain). Caroline Louth shows us some challenging night O on the open spaces and lit paths of this new location.
<b>Tuesday 23 November</b> 6.30 for 6.45 to 8.15pm University Athletics Centre Top of Adams Rd nr Grange Rd	<b>Inside Activities</b> in the large room at Athletic Centre. Thomas Louth, our top orienteer, shows us a few indoor aids to fun and orienteering skill development.
<b>Tuesday 30 November</b> 6.30 for 6.45 to 8.15pm University Athletics Centre	West site but this time <b>Norwegian Night O</b> you don't know the next two controls until you reach the previous one. Peter Allen plans and leads tonight.
<b>Tuesday 7<sup>th</sup> December</b>	<b>Christmas Party Night</b> led by Muriel. Indoor party games or

6.30 for 6.45 to 8.15pm University Athletics Centre	simply wishing each other a merry Christmas in the large upstairs room at the University Athletics Centre. All are very welcome.
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**Next Year’s Activities: a call to action**

Attention all members! We need your contribution next year- whilst the new comers are the prime target one of the things we aim to give them is meeting us as orienteers and informally showing what a fun activity it can be. A wide range of activities, some for more experienced, are anticipated.

Bring a friend, so they start with someone they know rather than “alone”. This is an enormous comfort to the novice. Let me or a member of the committee know if you could introduce us to a group. Any ideas about expanding our activities or integrating what we do already (e.g. galloping informal activities and SMILE)? Any ideas on publicity?

CUOC are showing interest in supporting these club nights so train with and cultivate our ties with them.

We regularly train juniors (under 10 predominantly) at these nights so introduce a family. Ben Windsor (CUOC) is our regular junior coach.

British Orienteering is backing us with real money to hire the rooms and meet expenses. The summer will be the golden time for the club night. Our core orienteering activities are what we all love but the club must be strengthened by a strong social and diversifying club night. The activities will not be exclusively from our trained coaches - they could, and maybe should, be from **you!**

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***Yvette Baker Trophy Qualifier*** – Graham Louth

The Yvette Baker Trophy is an annual inter-club competition for juniors, open to all clubs in England and Wales (Scotland have a separate competition – the Jamie Stephenson Trophy). The competition is held in two rounds – regional qualifiers followed by a national final. There are four courses – Yellow, Orange, Light Green and Green – with boys and girls scoring separately on each course (so eight classes in total). The score for each club is the total of their best 9 individual scores, but there are limits on the number of scores that a club can count from each class and course (max 3 scores from each class, and max 4 scores from each course) – so it is very desirable to have a good spread of competitors across the courses and classes. And even if a junior’s score doesn’t count towards their club’s total, they can still have an impact on the final result, as they push down the score of competitors that they beat from other clubs.

The WAOC juniors have successfully qualified for the national final for the last few years (and done well in the final too – 5<sup>th</sup> last year), but our neighbours SUFFOC have recently been building up a strong team and so it wasn’t so clear who was going to win our qualifier and get through to the final this year (not helped by the fact that some of our stronger juniors couldn’t make it for various reasons). However, thanks to the sterling efforts of Janet Cronk ringing round before the event, WAOC had an excellent turn out for the event at Haughley Park in Suffolk on Sunday 3<sup>rd</sup> October. The team was also bolstered on the day by the surprise appearance of a couple of less regular WAOC junior girls – our thanks to Alice and Miriam.

In the end the WAOC juniors won by the fairly safe margin of 897 points to SUFFOC's 886 and SOS's 751. As it happens, since we were 5<sup>th</sup> in last year's final and both SUFFOC and SOS managed to field complete teams of 9 competitors, SUFFOC qualify for the final as well as us, so there will be two teams from East Anglia in the final this year.

Individual results on the day were as follows:

Molly Pocock	4 <sup>th</sup> Yellow Girl	Hannah Pocock	6 <sup>th</sup> Yellow Girl
Duncan Cooper	1 <sup>st</sup> Yellow Boy	James Jeffery	5 <sup>th</sup> Yellow Boy
Edward Low	7 <sup>th</sup> Yellow Boy	Raj Chand	12 <sup>th</sup> Yellow Boy
Miriam Norris	1 <sup>st</sup> Orange Girl	Jaya Chand	4 <sup>th</sup> Orange Girl
William Louth	1 <sup>st</sup> Orange Boy	Owen Bourn	2 <sup>nd</sup> Orange Boy
Lewis Cooper	5 <sup>th</sup> Orange Boy	Alice Rigby	2 <sup>nd</sup> Lt Green Girl
Todd Cooper	1 <sup>st</sup> Lt Green Boy	Thomas Norris	4 <sup>th</sup> Lt Green Boy
Sophie Louth	1 <sup>st</sup> Green Girl	Thomas Louth	1 <sup>st</sup> Green Boy
Jonny Cronk	2 <sup>nd</sup> Green Boy	James Haynes	3 <sup>rd</sup> Green Boy

Jaya Chand deserves special mention for gamely agreeing to run the Orange course, and for sticking at it to complete the course, when she might normally have expected to run the Yellow course at such an event. (Problem was that SUFFOC had lots of older girls on the Yellow course from Barnardiston School and Jaya would have had to run exceptionally fast to score as highly for WAOC on the Yellow course as she did on the Orange – so well done Jaya!) Also Duncan Cooper who successfully beat all of the Barnardiston boys on the Yellow course, many of whom are much older than him – well done Duncan!

Congratulations to you all, and good luck for the final on Sunday 6<sup>th</sup> December in the Wyre Forest near Kidderminster.

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### **British Orienteering Roadshow Duxford 19th October – Caroline Louth**

The Roadshow was funded by Sport England to enable British Orienteering to consult its members. There was a good turnout of members from East Anglian clubs as well as some from the South East. Mike Hamilton (Chief Executive), Ed Nicholas (Development Manager), Richard Barrett (Participation Manager (South)) and Laura Martin (Executive Officer Admin) made up the panel with our Regional Development Officer Michael Chopping and BOF Director John Woodall in attendance.

Mike Hamilton explained that the Forestry Commission is required to raise its income and had imposed the new charging agreement. He had not actually signed the agreement on behalf of BOF (at the date of the Roadshow) as he hoped that clubs and regions might be able to negotiate better deals locally.

There were presentations on Club Nights, Participation and Membership Statistics, BOF Office Personnel, the 4-Tier Structure and a possible National League. The Membership Survey had showed that there is interest in weekends of orienteering and in a variety of formats e.g. forest, urban, sprint as well as more local events. BOF are also looking at how staff could promote events to local schools.



BOF are considering whether to bid for the World Champs and also the World Trail-O Champs as there may be partnership funding available. There is also concern that much of the current funding for BOF will cease in 2013 or earlier.

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### **Christmas Present?**

#### **New! - orienteering board game**

NGOC have just brought out a board game, designed specifically for orienteers, called "Forest Challenge!" where each player takes it in turn to throw the dice and move his token between controls, choosing his own route as in real orienteering. Do you go the long way round on the path where you can travel more quickly or do you take the direct route and fight your way through the dark green? On reaching a control a player takes a Control card and follows its instructions - you might find yourself doing well and taking an extra turn or a lack of concentration might mean you end up in a nearby depression. During the game players can use their Advantage cards in conjunction with their dice throw to help them get ahead of, or catch up, other players. The winner is the first player to reach the finish line.

The use of moveable control stickers means that you can run a different course every game; the four map sections can be laid out in a large number of combinations, providing further variety. Also supplied with the game are four map sheets printed only with the grid so that you can make up a map of your favourite terrain as either a stand-alone area or to join onto the ready-printed map sections. "Forest Challenge" makes an ideal Christmas present for the keen orienteer.

You can buy your copy for £7-50 at an NGOC event or through the post (please add £1-50 for postage, cheques payable to NGOC) from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. At least half the purchase price will be donated to help flood victims in Pakistan. Email [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) for further information.

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### **CompassSport – the orienteers’ magazine**

If you enjoy orienteering then CompassSport is the magazine for you. 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 suitable for all levels of competitors, contains many 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 £30.00 a year for BOF members and £29.00 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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### **LAKES 5 DAYS, WHICH ENDED UP AS 4 DAYS, August 2010 - Ursula Oxburgh**

The Lakes 5 Days goes on from strength to strength, and participants need to do the same: this was not a multiday event for the halt and lame. The event was later than usual this year to avoid clashing with WMOC 2010 which was in the week normally used for Multiday event. We were based on Coniston, with events on Swindale North, Tarn Hows, Harrop Tarn, Caw and Helsington Burrows

but as ever people were spread out around the southern Lakes – I found accommodation in Windermere.

**SWINDALE NORTH.** I ran on Swindale many years ago – it was my first Badge Event using SI and pretty amazing. On that occasion we parked in a field at the N end of the ridge, were mini-bussed along Haweswater to its S end, walked up the Corpse Road to the top of the ridge and then just lined up in the start boxes and set off at 2 minute intervals. It was the first event at which I had not been assigned a Start Time. On that occasion we ran the length of the ridge, finished quite high up and then walked down to parking and download – and that was a first for me also. This time we parked in roughly the same area but only ran on the N part of the ridge, with the Finish in a similar place to last time. The Start was 2.8K and 200m from Assembly, so a goodly walk in. Although the S part of the ridge is the most detailed, the map of the N part was excellent and the courses fine provided you relied on contour interpretation and stuck to your guns. Good weather, good map, and good course – what's not to like? Junior highlights were Duncan Cooper 8<sup>th</sup> on M10A, Catherine Hemingway 5<sup>th</sup> on W12A, and Tom Hemingway 7<sup>th</sup> on M14A plus fairly keen competition on W55S with Noreen Ives 3<sup>rd</sup>, Cath Pennington 9<sup>th</sup> and Hazel Bickle 10<sup>th</sup> just 14 seconds behind. On the same course I was 10 minutes slower than Hazel.

**TARN HOWS** was emphatically the low point of the week. Everyone walked in to Assembly, some of the campers for 4+ K, the weather started wet and finished very wet and the area had absolutely nothing to recommend it. The Bickle family nobly carried the club tent in, put it up and eventually took it down and that was very much the best thing about Day 2 – thanks, Bickles. I liked this info in the Final Details: **Safety bearings:** The area is surrounded by roads. If you are totally lost, head in a southerly direction until you meet a road. If you recognise this as the road you took to walk to Assembly, follow it in an east or north-east direction to Assembly. Otherwise follow the road in a west or south-west direction to Assembly. Probably best not to get totally lost?

Now we come to Day 3 and **HARROP TARN**, an area that is up above the W side of Thirlmere. When I ran there years ago, on the day after the Swindale event, we parked at the S end of Thirlmere and walked in and up. The Final Details said that parking was going to be problematic if it rained a lot and it did. The organisers had hoped that their alternative parking, along the narrow road on the W side of Thirlmere, would be acceptable to the police but unfortunately they heard rather late on that the police needed access to this road in case there was an incident on the A591 on the E side of the lake. Because of the hard rain on Day 2 the organisers moved the Rest Day forward to leave another day for the parking field to dry off but although the tenant farmer was happy to pull us out by tractor the landowners – a water company – were concerned about pollution of Thirlmere from the mud of the field, so that was that. Pity the poor planner who had even put out all the controls only to have the event finally cancelled at the very last minute.

The Bickles co-ordinated a very successful club dinner in Ambleside: they found a very suitable restaurant, persuaded them that they wanted to accommodate a crowd of hungry orienteers and then kept on assuring them that there was indeed room to squeeze in a couple more chairs. As ever, we all had a good time so once again, thank you Bickles.

On the day of the cancelled Harrop Tarn event lots of people turned up in Coniston in the evening for a Sprint put on by Ulverston Victoria High School. For most of us there was a massive wait for recycled maps and then we set off down to Coniston Water then eventually up through the village to the old railway station and a control a bit above it which seems to have moved in the course of the event as different orienteers decided that it was not correctly placed. Courses finished with a maze on the school playing field and we all dispersed to eat (I found the most amazing fish and chips – isn't fish supposed to be good for the brain?) and prepare ourselves for the next day.

**CAW** was used in the very first Lakes 5 Days event, which was the first multiday event that Ron and I went to: I still have the sweatshirt to prove it. On that occasion I had never run on an entirely open area before and got completely and comprehensively lost. What about this time?

This was the marathon event, particularly for the shorter courses: I had a 3.3K equivalent course plus a 4.1K equivalent walk in and a 2.6K equivalent walk back with a nasty 80m of climb. I prepared as carefully as I could for 10K total, allowed masses of time for the walk in (the organiser had under-estimated the time to the Start in the Final Details) and managed OK. Maybe it was just as well that we had not run on Harrop Tarn the day before as that would have had a longish and very steep walk in and a very steep walk down from the Finish. When I picked up my map, Caw looked completely different from the area that I ran on last time but the map was very clear (thank you Martin Bagness), my course was good and the weather was fantastic so it was a good day. Duncan Cooper was 4<sup>th</sup> on M10A, Catherine H 6<sup>th</sup> on W12A and Tom H 9<sup>th</sup> on M14A. On W55S Noreen was 4<sup>th</sup>, Hazel 5<sup>th</sup> and Cath 14<sup>th</sup>: my time on that course was between Hazel's and Cath's. Rachel Pocock ran W40L today – her only day - and came 1<sup>st</sup> – pretty impressive.

**HELSEINGTON BURROWS** was completely different again. It was an open, very runnable area up above Kendal, so on the way back home for most of us. The Start was very close to the parking and the Finish was in the Assembly Field. The map was fantastic, the going very fast and everything on the ground was on the map until my penultimate control – a reasonably wide and isolated thicket, so I ran down towards it imagining that the control would be obvious. Unfortunately I then suddenly found myself among masses of unmapped thickets with no reasonable relocation strategy. After quite a lot of faffing around I found it and then it was a run down to the final control and the Finish.

**RESULTS** - for everyone who had 3 complete runs

M10A	6 / 12	Duncan Cooper	W12A	5 / 18	Catherine Hemingway
M12A	12 / 17	Lewis Cooper	W21S	9 / 32	Penny Bickle
M14A	5 / 42	Tom Hemingway		12 / 32	Helen Bickle
	27 / 42	Todd Cooper	W35S	2 / 8	Angie Hinshelwood
	31 / 42	Mihir Chandraker	W45L	22 / 53	Frances Cooper
M21L	28 / 64	Andrew Stimson	W55S	3 / 21	Noreen Ives
M45L	13 / 83	Steve Hinshelwood		7 / 21	Hazel Bickle
	45 / 83	David Cooper		15 / 21	Cath Pennington
M55L	43 / 79	Maurice Hemingway	W75	4 / 10	Ursula Oxburgh
M60L	21 / 117	Mike Bickle			

Now the Falks have moved back to Sweden we miss them and their lovely girls so it is great to see the Hinshelwoods coming along on these occasions with theirs. Angie had the best WAOC result with 2<sup>nd</sup> on W35S and Katy and Libby were very busy with both String and Off String courses. With such long walks in and out Angie and Steve must have had fun fitting in both their runs.

Overall, of course it was a pity to miss one of the events, but it was still a good 4 out of 5 Days. NWOA try to get runners up above the bracken as much as possible and certainly we didn't have too much bad bracken and we also ran on some really interesting areas. A big problem is always finding parking fields that are both big enough and acceptable to the police in terms of traffic on very busy August roads: it's not surprising that sometimes these are really remote from both Start and Finish but it makes for tough days, particularly for the less vigorous. Still, I'm glad I went and I hope to be running at the next one in my first year as W80.

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## The Third London City Race – Chris Morley

I am well aware that this is not a universal view in the Club, but for my own part I thought that the London City Race was absolutely brilliant – one of the best O-events of the past year.

It was on a beautiful September day, with excellent views up and down the river from the walk across Tower Bridge to the Start for the longer courses, just North across the street from the Tower itself. The event centre under the arches of London Bridge station was entirely adequate and easily accessed by Underground.

City-O is completely different from orienteering in forests or on moors, where you can often just set off in the general direction of the next control and plan while going along, not bothering with fine navigation until near the control itself – because out-of-bounds areas and dead-ends are pretty rare. In a City, especially one with narrow complicated alleyways like London, many of the apparently-useful routes have dead ends or blockages, so that it is essential to plan the whole route from one control to the next. Indeed you often have to work back from the next control to where you now are, to plan the route before setting off – the ‘attack point’ is the previous control. So it can be very challenging, and requires full concentration throughout - although there are few contours to bring hard work and their special challenges.

My course had about six controls on the North side of the river, including one leg where I chose to thread my way through a street market in an underpass, past bemused shoppers. We then had to cross the river by one of two possible bridges, and find about a dozen controls in back streets and housing estates from the Globe Theatre to East of Tower Bridge and back, finishing in a sunlit plaza by the river. Some of the shorter courses were confined to this narrow zone south of the river, and I gather were thought not to make interesting use of it.



*Photographs courtesy of CompassSport*

Some aspects of the map were of course a bit puzzling. I had one control well below street level down two flights of steps – I went down one route, could see the flag just below, but could not get to it without crossing dreaded thick black lines on the map. I had to go up and round, and back down some other steps, but when I got to the flag I found several people arriving from the direction that I had thought blocked – to this day I cannot see how they did it. Then halfway across the Millennium Bridge – a brilliant part of the run, crowded with people – I realised that I could not see a legitimate way out at the South end; the map seemed to show thick black lines everywhere. Should I retreat and cross the river by the other bridge, a long way off? No, other competitors were continuing, and it was obvious that the non-O crowds could get on and off. So I persevered, and

discovered at the South end a dinky little incline and underpass that solved the problem, albeit hard to discern on the map.



Overall a brilliant day and very satisfying to complete. Such City-O is definitely to be recommended – a very promising development now that the Forestry Commission is making things so difficult. *Editor's note - Next year's London City Race already has a date – Saturday September 10<sup>th</sup> 2011. The race will be returning to The Barbican – multi-layer, mind-blowing urban orienteering!*

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### **Dates for your diary – Graham Louth**

For those of you that don't often travel outside East Anglia to go orienteering (and even for those of you that do), here is a list of events coming up over the next few months that I would recommend:

**16th January – Compass Sport Cup Qualifier, Loughborough or Sutton Coldfield:** This is the qualification round for the only national inter-club competition. Important that as many WAOC members as possible turn out for this event if we are to stand the best chance of qualifying for the final again (as we did this year for only the second time in our history). I will almost certainly need to know in advance who will be coming to this event so that I can pre-enter everyone. Please let me know, preferably by email ([captain@waoc.org.uk](mailto:captain@waoc.org.uk)) if you are likely to be available. The exact venue is yet to be determined, but is likely to be Loughborough or Sutton Coldfield.

**23rd January – Happy Herts Regional Event, Ashridge, and Hertfordshire:** A Regional Event being put on by one of our near neighbours on a good area, not too far from us. See Happy Herts website for details nearer the time (don't forget to pre-enter; online is easiest).

**29th/30th January – Thetford Thrash and East Anglian Championships, Thetford:** CUOC Regional Event at Highlodge on the Saturday, and WAOC organised East Anglian Championships at Croxton Heath on the Sunday. Open to everyone; no need to be intimidated by the fact that it is the EA Champs – you will be competing against exactly the same people that you do at every other colour

coded event in East Anglia! Don't forget to pre-enter (online is easiest) – see WAOC website for details very soon.

**Saturday 5th February – British Night Orienteering Championships, East Midlands:** Probably not one for beginners, but the more experienced should definitely give night orienteering a go sometime (and what better time than the British Night Champs!) (*Ed's note – Bentley Woods will be great in the dark!*)

**20th February – Midland Championships (National Event), Norfolk:** The Midland Championships come to East Anglia; your opportunity to compete against the best from across the Midlands relatively close to home. As this is a National Event, entry (in advance) will be by age class rather than course colour. See Norfolk OC website for further details nearer the time.

**6th March – HAVOC Regional Event, Epping Forest:** Another Regional Event on a good area being organised by one of our near neighbours.

**12th/13th March – JOK Chasing Sprint and Southern Championships (National Event), Oxford and Henley:** The JOK Chasing Sprint is a great fun event in which everyone runs a qualification race in the morning in the usual way, but then your start time for the final in the afternoon is based on how long you took to run the qualifier; so the first to cross the finish line at the end of the final is the overall winner!

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### **WORLD MASTERS' ORIENTEERING 2010 – Ursula Oxburgh**

After a fantastic WMOC 2009 in Australia I was keen to go to WMOC 2010 in the Swiss Jura. The problem was that I would be 76 by the time of the competition and car rental companies are loath to rent cars to geriatrics i.e. 76+ so travelling there by plane / train did not seem to be an option. The alternative, to drive out alone to Neuchatel from Cambridge was not appealing, so I was very grateful to Ron for agreeing to give WMOC a go. We found a very small hotel not far from Neuchatel, booked a ferry and entered.

We were neither of us expecting great performances – we were really there to have a good time. My first mistake had been to assume that we needed a car there: our WMOC bibs got us free transport on trains and buses and there were coaches laid on to meet the trains and carry us up the mountain to assembly. We drove to the Sprint Qualifier (nightmare) and never again.

The Sprint Qualifier was in La Chaux de Fonds with Assembly at the Event Centre, so we walked past all the campers on the way to the Pre-Start. Then there was a fairly challenging walk to the Start, including a massive footbridge over railway lines. It was on this walk to the Start that Elizabeth Brown, 92 this year, fell and broke her pelvis. Our courses were fine but download, down in the town centre, was completely chaotic so that late runners, like Ron, finally got back up to the Event Centre at 9:30 and finding any food at all was extremely difficult. As one who only walks, Ron did really well and made the A Final, which shows that it's speed of route choice not speed on the ground that counts in Sprints. I had the 4<sup>th</sup> fastest run out of 39 but my dibber did not register at no 6, though I stuck it in the control – I must have mistaken the beep of the adjacent control box for mine – don't think I'll do that again but you never know!

For the Sprint Final all we had to do was take a bus from outside our hotel towards Neuchatel. The Finish was again down in the centre of town, so no sense of the occasion which had been so

fantastic in Sydney Olympic Park where we had a little stadium to ourselves with sprint finishes round the track. Today they had double the number of laptops compared with the day before and much faster software processing of printouts so no more download problems. I 'won' the B Final but was non-competitive since I had mispunched in the Qualifier and Ron did fine in his A Final. Nick Barrable won the M35 Sprint again: Anne Donnell came 3<sup>rd</sup> in W75 and Pat Grenfell, another doughty Brit, came 2<sup>nd</sup> in W80.

The next day it rained and rained and we got completely soaked on one of the Model Event areas. I concentrated on the part with lots of clearings as I am rubbish at clearings while Ron set himself a whole O course, starting in the much less runnable area and then moving on to the clearings. In the afternoon we hung our wet gear round our room and read.

The next day was the First Qualifier which was on the area with lots of clearings: completely runnable and a new mistake for me. I navigated with care to a pit in a group of pits, looked down at the control, 99, thought 'that's not my control' despite not having checked my control descriptions and went off to relocate. Came back to the same pit where I realised that 99 was 66. Further messing around among the clearings, so not good. We both noticed a certain amount of pairs-O on this day and the clearings seemed to be causing problems for many – quite a posse gathering at control sites, including a husband and wife pair (however did they meet up – within an age class course people start consecutively?). He was accosting everyone he could but with limited success. Après O was fantastic: marquees with tables and benches and a wide variety of food choices, all provided by the nearby village, apparently completely deserted while everyone was pressed into service up the hill. Back to Neuchatel and out to our village – fantastic train connections. I finished up 23<sup>rd</sup>, so a B Final position and Ron also in the second half of the results.

The Second Qualifier was the day that the transport organisation broke down. We caught our 3 trains in good order and piled onto the coaches with everyone else, the coaches set off and then sat and waited and waited. The problem apparently was that the road up to Assembly was only wide enough for one way working and the vans and lorries all had to get down from setting up the stalls etc before the coaches could carry us all up. Starts were all put back an hour and everyone was happy, after all we were only there for the O so it didn't really matter when it started. Today it was typical Jura terrain: lots of small scale relief, poor runnability and exposed limestone, which can be slippery. After discussion with Rick of Compass Point who was out there I decided to splash out on a pair of Inov8 Mudclaws and wear them immediately. W75s seem to have been spared the worst of the runnability and the detail on the map corresponded with the terrain: I had a really good run (10<sup>th</sup> on the day) which moved me up to 13<sup>th</sup> overall and an A Final Start. I'm not sure the M75s were so lucky: Ron felt his lack of O experience during the year and ended up in the B Final. I saw a couple of Finns running up and down a ridge looking for the same control and Ron encountered three M65 Swedes hunting together – quite a surprise for him. There were also the usual requests for info from Scandinavians but no one grabbed my map off me. My Mudclaws gave me a massive blister on one heel but I walked back from the Finish on my sock, managed the blister with Compeed (also supplied by Compass Point) and continued to run on them – fantastic grip. It rained solidly during the Rest Day: we concentrated on the resting and planned our journey to the Final. This was on the same terrain as the Second Qualifier but with a completely different Assembly Area and no bussing problems. For both of us it was a case of fantastic course, just a pity about the orienteering. We had decided to start our drive back to Cambridge from there rather than set off the next morning and when we were about 2 hours away I realised that I had left my bumbag with money, credit cards and mobile phone in the marquee – it must have fallen onto the ground at some point – so we cancelled my cards and pressed on. I rang WMOC to enquire about lost property but they did not seem to have any information about it (they also did not seem to understand the term bumbag –



what should one call it in French?). When we got back to Cambridge there was an e-mail from an English speaking /writing man telling me that a non-English speaking man had found my bumbag (he called it a banana bag, so maybe that's the answer to my problem). He gave me both their phone numbers and asked me to e-mail him with my address, which I duly did. I phoned them both, offered to pay the postage but neither would hear of it and in due course the bag arrived in Cambridge, with a very Swiss version of the address that I had provided - a fantastic end to a really good week.

Overall how was it? WMOC in Australia was much smaller – I think about 1/3 the size of this one – and was very friendly event so I got to know all the 13 W75s by sight and enjoyed talking to many Ozzies and to many other Brits. On the other hand the food was pretty poor, though the coffee was excellent. This time there were massive numbers of Scandinavians who tend to stick in uncommunicative club groups and of course generally do not have much English. With so many people milling around I very rarely encountered even the British W75s so I was very happy to be there with Ron: the food was very varied and of good quality and there was masses of shade for those like me who shun the sun.

Ron is now a WMOC fan so we're off to try our luck in Hungary next year. You should try it if you're over 35: you'd love it. (WMOC 2011 – July 1-8 2011 – [www.wmoc2011.hu](http://www.wmoc2011.hu) )

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## Fixture List

This list was produced from the BOF and EAOA fixture lists as of November 1 2010. 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.

Sun 21/11/10	South East	<a href="#">CHIG</a>	Regional	The Michael Brandon Mitre Regional Event	<a href="#">Paradise Wildlife Park</a>	EOD	<a href="#">TL337078</a>
Sun 28/11/10	East Anglia	<a href="#">SOS</a>	Regional	SOS Regional Event, EA League & Essex & Suffolk Schools League	<a href="#">Hatfield Forest West</a>	EOD O: 24/11/10	<a href="#">TL523203</a>
Sun 12/12/10	East Anglia	<a href="#">NOR</a>	Local	NOR Colour Code Event	<a href="#">Roydon &amp; Grimston</a>	EOD	<a href="#">TF681230</a>
Sat 01/01/11	East Anglia	<a href="#">SOS</a>	Local	Novelty O Event	<a href="#">Fordham Hall Estate</a>	EOD	<a href="#">TL928256</a>
Sun 02/01/11	East Anglia	<a href="#">NOR</a>	Local	NOR Informal New Year Score Event	<a href="#">Beeston Regis (Roman Camp)</a>	EOD	<a href="#">TG194083</a>
Sat 08/01/11	East Midlands	<a href="#">LOG</a>	Local	LOG Winter Series 5/6	<a href="#">Stamford Town</a>	EOD	<a href="#">TF028071</a>
Sun 09/01/11	East Anglia	<a href="#">SUFFOC</a>	Local	SUFFOC Colour Code Event inc. Essex & Suffolk Schools League	<a href="#">Knettishall Heath</a>	EOD	<a href="#">TL956806</a>
Sun 16/01/11	East Anglia	<a href="#">NOR</a>	Local	NOR Colour Code Event	Hockering	EOD	<a href="#">TG074146</a>
Sat 22/01/11	East Anglia	<a href="#">HAVOC</a>	Local	Hadleigh Country Park	Hadleigh Country Park	EOD	TBC
Sun 23/01/11	South East	<a href="#">HH</a>	Regional	HH Regional Event	Ashridge	EOD	<a href="#">SP975118</a>
Sat 29/01/11	East Anglia	<a href="#">CUOC</a>	Regional	Thetford Thrash - Day 1 Icenian Regional Event	Thetford Forest	EOD	<a href="#">TL811852</a>
Sun 30/01/11	East Anglia	<a href="#">WAOC</a>	Regional	Thetford Thrash - Day 2 Regional Event & EA Championships	Croxton Heath	EOD	<a href="#">TL877894</a>

<p><b>NEXT WAOC event</b>  <b>Saturday (Not Sunday) November 20<sup>th</sup> 2010</b>  <b>Rowney Warren <a href="#">TL123403</a></b>  <b>Full range of courses Starts 10.30 – 12.30</b>  <b>Check <a href="http://www.waoc.org.uk">www.waoc.org.uk</a> for more details</b></p>
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