



West Anglian  
Orienteering  
Club



## JABBERWAOC

Vol.39 No. 4

October 2011



*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

Sorry this edition is later than I expected – until Chris and Ursula came to the rescue there was very little to put in it. There are some really good WAOC events coming up including the Yvette Baker Trophy race at Rowney Warren towards the end of October. Let's hope there is a good turnout and qualification for the final in December. Further ahead don't forget about the night event at Mildenhall South on December 10<sup>th</sup>. Night orienteering is great fun (honest) and Mildenhall South is a great area and should be really runnable at that time of the year.

You will also see on the last page some information about the Cambridge Parkruns – these come highly recommended by Ben Holland!

Have fun wherever you orienteer!

## Mike Capper

*Next Copy Date – December 9<sup>th</sup>*

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## Membership notes

### Welcome to

Sean Blanchflower from Cambridge  
Christine Field from West Wickham, Cambridge  
Janet Hann from Histon, Cambridge  
Brian Pinsent from Bedford  
Sarah Boffey from Wolverton

**We hope you enjoy your orienteering with WAOC**

## WAOC O-TOPS

Does anyone want to order an O-top?

There have been a couple of requests and I can place an order as soon as we have 5.

Price £31.95 + £1.50 postage, if necessary

Details of sizes and how to order are in the September '08 issue of Jabberwaoc - viewable on [www.waoc.org.uk](http://www.waoc.org.uk).

**Anne Duncumb (membership secretary)**

## AUTUMN CLUB NIGHTS

Thank you for your support up to now and the autumn sessions with something for everyone is shown here. Usually in Cambridge at the University Sports Ground in Wilberforce Road (details below) The tendency will be towards speed and skills for the CUOC members (they want to beat Oxford in 2012) , but we will continue to try to give a WAOC alternative which is a fun night doing some orienteering, suitable for all from beginner to very experienced.

In October our coaching team will expand significantly as two of our members are doing a level 1 (elementary) course, and if there is anyone else interested in doing this please let me know as we have some club and coach money available and we probably won't have it forever! ([science@huccombe.org.uk](mailto:science@huccombe.org.uk)).

### Autumn Sessions

Date + meeting place	Coach + Activity	Location of Orienteering and activity
Weds 5 <sup>th</sup> October 6.30 for 6.45-8.30 University Sports centre, Wilberforce Road Here's your Pin In The Map link: <a href="http://www.pininthemap.com/ppc5cf069262998c782">http://www.pininthemap.com/ppc5cf069262998c782</a>	Seniors: CUOC coach: tbc Juniors: Ben tbc	Burrell's Field Seniors: loops for attack points and some relays Juniors at Old Field or Sports Centre: games in the dark, basic technique of aiming off by outline of land.
Weds 12 <sup>th</sup> October 6.30 for 6.45-8.30 University Sports centre, Wilberforce Road Here's your Pin In The Map link: <a href="http://www.pininthemap.com/ppc5cf069262998c782">http://www.pininthemap.com/ppc5cf069262998c782</a>	Seniors Matthew Vokes Juniors Ben	Centre for Mathematical Sciences (tbc) Seniors: Peg Relay ( a way of giving less or more legs to run in the same relay) Juniors: at sports centre: surprise competition (details later)
Weds 19 <sup>th</sup> October Therfield Heath	Seniors Rachel Pocock	Therfield Heath, Royston Seniors:5k,3k courses

Royston Sports Club Car Park	Juniors New Coach and Peter Allen or AN Other	Juniors miniloops on sloping ground
Weds 26 <sup>th</sup> October 6.30 for 6.45-8.30  University Sports centre, Wilberforce Road Here's your Pin In The Map link: <a href="http://www.pininthemap.com/ppc5cf069262998c782">http://www.pininthemap.com/ppc5cf069262998c782</a>	Seniors: Ben Route Gadget from Cambridge Urban Juniors: new coach and Peter Allen	Seniors: Indoor route gadget, Juniors: an outdoor activity and indoor work on an event set up or Routegadget
Weds 2 <sup>nd</sup> Nov 6.30 for 6.45-8.30  University Sports centre, Wilberforce Road Here's your Pin In The Map link: <a href="http://www.pininthemap.com/ppc5cf069262998c782">http://www.pininthemap.com/ppc5cf069262998c782</a>	Caroline Louth, Peter Allen and a new coach Juniors and Seniors together	<i>Tbc: Everything you ever wanted to know about compass navigation.</i> "Navigating on a magnetic line" Use of thumb or base plate compass. Running the cardinal points and subcardinal points (N, S, E, W, SW...) and running a line set from a map. Aiming off and obstacle avoidance. Different emphasis for juniors and seniors but common controls and layouts. Serious interactive session at end to discuss style of compass use.

### From November 9<sup>th</sup>

Weds 9 <sup>th</sup> November 6.30 for 6.45-8.30  University Sports centre, Wilberforce Road Here's your Pin In The Map link: <a href="http://www.pininthemap.com/ppc5cf069262998c782">http://www.pininthemap.com/ppc5cf069262998c782</a>	Indoor: indoor club champs and SportIdent and autownload Outdoor: Micro O championship Open (best wins)and age handicapped(you get your time reduced if you are , female, old or young compared with M21)
Weds 16 <sup>th</sup> Nov Cambourne Exact parking to be confirmed Starts 6.15 to 7.15 pm	Cambourne Long and medium course on road/park. Short course within parkland. Difference between short and long leg planning. Traffic light speed zones and overall planning and hard running places on a course.
Weds 23 <sup>rd</sup> Nov 6.30 for 6.45-8.30  University Sports centre, Wilberforce Road Here's your Pin In The Map link: <a href="http://www.pininthemap.com/ppc5cf069262998c782">http://www.pininthemap.com/ppc5cf069262998c782</a>	West Site: Seniors and Juniors: <i>Everything you might want to do at the start and whilst running to the first control.</i> Start to first control procedures. A start will be set up and the coaches will discuss how, at the start and in the first

	leg, to avoid errors and prepare for the rest of your course. You will then try it out several times with different first legs actually run.
Weds 30 <sup>th</sup> Nov Churchill College 6.30 for 6.45 Entrance Storey's Way go N to far carpark Exact Room to be confirmed	Churchill College; <i>Adventure Race. A sort of revision of what we have learnt so far.</i> Running to various set control points you are reminded of what you learnt up to now this autumn and not allowed to the next control until you show comprehension/the right answers.
Weds 7 <sup>th</sup> Dec University Sports Centre Wilberforce Road 6.30 for 6.45	Coton Countryside Reserve A good run out towards Coton and for the seniors beyond. 6k with cut-offs if you want a shorter distance. Juniors: Reading the catching features on the map at speed without stopping. Reading "map to land" and "land to map". <i>Simplification</i> and <i>visualisation</i> from map to land. <i>Relocation</i> from land to map.
Weds 14 <sup>th</sup> Dec University Sports Centre Wilberforce Road 6.30 for 6.45	University Site Christmas Party Indoor

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## CADDIHOE CHASE 2011

Four WAOCs went to the Caddihoe Chase, two completed both days and two came away with trophies – sounds good? This is the tale.

Both Steve Hinshelwood and I went to the Chase last year which was a truly dreadful event, on the roughest area I have ever encountered, with a pretty questionable map, truly undistinguished planning (maybe the poor guy had no choice) and a vandalised control near the end of the Chasing day.

Undeterred by this and attracted by its selection as the Masters Cup penultimate event we separately made our way to the far side of Dartmoor. It had rained before Day 1 and it rained at times during it: the parking field was very muddy making car control somewhat tricky, there was a long walk to the start, along one side of a reservoir and then back some way along the other side so what of the map and the courses? The map was interesting rather than accurate, a lot of the going was tough with boulders in bracken and some of the controls were very difficult to locate, like a pit in waist high bracken with the control down in the bottom of the pit and visible from about 2m. The way back to Finish involved a long leg parallel to a completely deserted road but as a planning conceit this had been marked OOB with red crosses. I saw a number of people running along this road as I made my way across the

brant hillside. Steve did not notice these any of these niggles and had an excellent run, coming first on M45 (Clive Hallett got round faster but mispunched). I came 2<sup>nd</sup> out of 3 – it was sad to meet Mary Fogo, a regular class leader, going round with a stick and to beat her by 2 minutes: I don't get any faster it was just that Mary was so slow.

Day 2 is a Chasing Start with one's finish time for Day 1 added on to 10:00. Overnight it rained and rained, as I was concerned about parking in that field I got away early and drove back there in the rain: I did seriously question my sanity in persisting with this event but I had already driven down there and spent 2 nights in a B&B and I'm not a quitter. When I got there they were parking us on the road rather than in the field so I parked near to the finish and in due course set off for the start – an easy walk along the road. As I had taken 95 minutes on Day 1 I set off at 11:35 so the race was very well under way by then. I realised that neither no1 nor no3 had come back for a 2<sup>nd</sup> day so there was no time pressure on me – all I had to do was get round. It was just as well: I got confused among a plethora of original massive stone field boundaries, now forested, overgrown and at times unidentifiable as such so no 2 took me quite a long time. The way to no 3 was over a 'crossable' fence but another woman had found somewhere that one could get between the 2 strands of barbed wire on top and the mesh wire underneath and having seen Colin Spears wade through the reasonably fast-running leat I went through it as well. Despite a bit of indecision on leaving the leat I went well to no 3 but then I met my Waterloo.

I set off diagonally up a bouldered and brackened hillside (not easy going at all) to round a tor, descend slightly and find a small depression in a very gently rounded, rough open re-entrant: should be a piece of cake – until I came over the top and saw that the afore-mentioned area had unmapped bracken all over it and that the handful of men around had controls on cliffs on the tor and no-one had any interest at all in a small depression! It was a distinctly lonely position to be in and in the end in desperation I called out to a man who was running across below me 'If you come across a small depression would you let me know, please?' to which the reply was 'I've just gone past it'. So after 35 minutes I had found control no 4! No major problems after that except that at one point I realised that I had picked up a path down which was too far to the R and had to turn round and go up and back. I had a lovely jog down a gentle path to the final control and then had to face the massive straw bale into the finish field for the second time, only this time it was very, very muddy and I balked at getting my knees even muddier. No choice however and I ran into the finish to gentle applause – not for me but marking the end of the prize-giving! I downloaded and wandered towards the admin tent with my splits slip only to be told that there were no trophies left there. I had indeed won the W75 – a truly Pyrrhic victory ('a victory with such a devastating cost to the victor that it carries the implication that another such victory will ultimately cause defeat', well maybe not as bad as that) and certainly a reward more for persistence than for talent – but last year's winner had forgotten to bring it back.

You will now understand why I had not realised that Steve Hinshelwood, having gone out first on Day 2 didn't let anyone past him and so is the proud possessor of a genuinely won Caddihoe trophy. Well done, Steve!

I should mention that I saw Anne Braggins there on the Saturday: she went for a walk on the Green course map and was involved with the Trail O on Sunday and that Hally Hardie ran M70L on Saturday but didn't return for more of the same on the Sunday. I had the impression that of the 400 or so entries for this event there were many who did not run on the Sunday – maybe they had never meant to or maybe they found the conditions a bit extreme.

I neglected to mention the truly amazing locally-sourced bacon in the bacon butties that were cooked while you waited – and they were still going strong when I got back on Day 2 so I reinforced myself for the drive back, nominally 5 hours but taking over 7 with the usual Sunday afternoon/evening traffic.

## **Ursula Oxburgh**

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### **Late Summer City racing and a smidgeon of controversy!**

The late summer has seen a flurry of opportunities to run around various cities in England – all good fun and providing lots of challenge as well as a few controversies.

#### **Guildford – August 27<sup>th</sup>**

Guildford is not flat. That is the first thing to note. It is also has some very busy ring roads. These were flagged up as out of bounds in the final details but not (clearly) on the map. This caused lots of confusion on the long leg across the city on the two longest courses – could you cross or not? Some ran around, I used a (green) Pelican crossing and others crossed wherever they felt it was safe. All very confusing and ultimately the long leg on my course was voided due to the confusion. This was a shame but it was a really enjoyable race – lots of route choice and some challenging legs around Guildford Castle, as well as some useful Nopesport League points safely gathered in. Next year there will be a 3 day Urban O extravaganza on the August Bank Holiday including Guildford – could be an interesting alternative to the White Rose!

#### **Sheffield September 3<sup>rd</sup>**

I was really looking forward to this one, but not the climb which I had already noted was around 250 metres in just over 6 km of running – that is quite steep! This year the event moved out of the city centre to the mixed estates of Gleadless, with a massive valley dissecting the map. There was controversy again as some runners reached through (or jumped over) a fence that was marked as 'must not be crossed' in order to punch a control. Now, to my mind this is clearly against the spirit of this particular map symbol, even if it was physically possible. Some people were disqualified, others were not but had unfeasibly fast times for the leg so all in all it was a pretty unsatisfactory situation.

#### **Did you break the rules?**

Control 208 was the corner between an impassable wall (with a fence on top) and

hedge. The rules are clear that the thick black wall symbol on a sprint-spec map means 'forbidden to cross' (see legend on map), so the only way to access the control within the rules was to approach up the ramp about 60m up the road east. The leg from control 221 to 208 was carefully constructed to provide a route choice where route to the right for those who had worked out the access point in advance was shorter (about 230m) than the route to the left (about 280m) for those who were navigating to the edge of the circle. It was an interesting leg and was on both A (3-4) and B (8-9) courses.

The control was positioned as far from the fence as the security wire would allow, so it was not possible to just climb onto the wall and reach through the fence to punch. Later in the event it was moved a couple of metres further away. A number of people were seen climbing over or leaning right over the impassable wall, which is against the rules. They may not have realised that the wall was mapped as impassable, not being aware of the rules or perhaps just following the example of someone in front. We considered disqualifying people who had particularly fast splits on the inward and outward legs, but decided that we could not be sure that people had just had a burst of speed.

We would like to have the sanction of a time penalty but the rules do not allow this, so we have disqualified **7** people who have admitted breaking the rules. The results have now been finalised, so it is not possible to disqualify yourself for the above.

A similar situation arose in the World Championships in France ( I might write about these next time) and caused lots of controversy - the South African team summarised the issue pretty clearly (below).

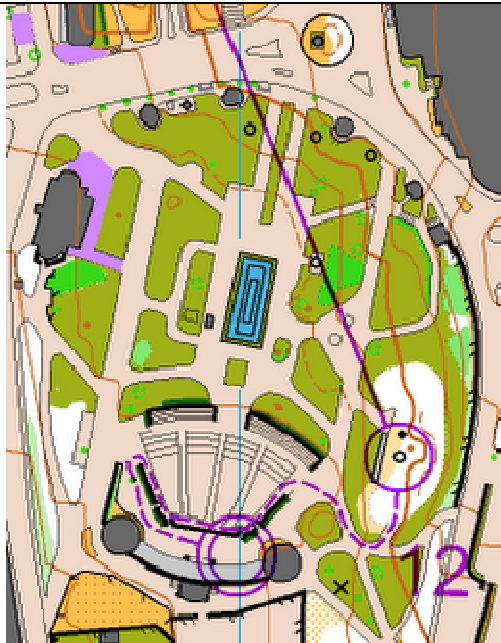
### **World Championships Sprint Qualifications - A Disqualification Disaster!**

It's 11pm on Tuesday night - the Sprint Event Day. The Sprint Final has taken place and Linnea Gustafsson (SWE) and Daniel Hubmann (SUI) have been crowned World Champions. The extraordinary part however, is that despite the Finals now being all done and over, there are still no official results from the Qualifications held earlier this morning. We don't know the official final positions of competitors in this earlier event (nor do we know who has been disqualified!)

#### **The DSQ's**

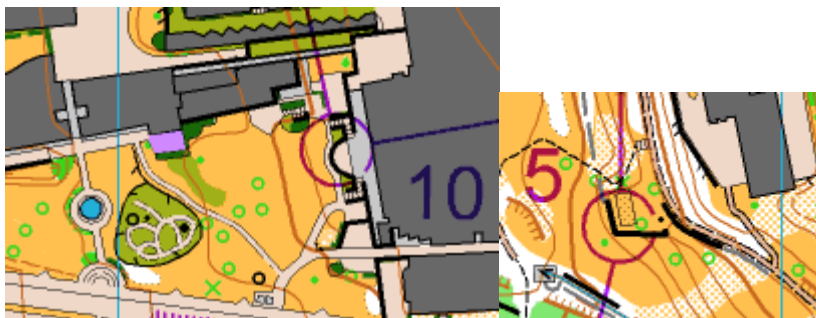
The disqualification issue was quite important, as a large percentage of the field was initially disqualified due to issues of crossing uncrossable areas and boundaries. A rough count and unofficial comments suggest that about 11 women and 39 men were originally disqualified. The primary error seems to be a lot of athletes accidentally or intentionally cutting across some lawns to the last control that had been marked 'out of bounds' (olive green) on the map.





The finish arena and the 'out of bounds' grass lawns that were marked in olive-green colour.

However, two other 'hot spots' were also noted, where competitors may have crossed an olive green flower garden (west of control 41 below) and two 'uncrossable' walls (near control 46 below).



**Left:** Control # 41 and **Right:** Control # 46 (images from Men's B heat)

It is unknown whether anyone has been disqualified for mistakes near #41, but the organisers did initially decide not to disqualify runners for crossing the walls near #46 as they said this would have resulted in over 100 disqualifications (over 50% of the field!!!), resulting in a ludicrous situation.

There is no need to point out that there were subsequently a lot of upset people and a lot of heated debate. It was a good day for elite international orienteering. Matters were made worse by the imminent Sprint Final in the afternoon. With live TV broadcasts and hundreds of waiting spectators, no delay could be afforded and the organisers had to rush decisions without proper thought and process. At least to some degree, the main favourites and higher ranked athletes had managed to keep most of their noses clean and were all in the finals as expected. There were a few exceptions though, with matters getting more complicated when some runners were 'temporarily' reinstated and added to the final field, whilst others weren't (or perhaps couldn't be notified in time).

So issues over mapping and control fairness continue to be an issue in Urban racing (even as far as the World Championships) and I doubt this will change until clear guidance is given (for example, comments from the Chair of the International Orienteering Federations rules' committee post-Sheffield suggest that it is unclear whether reaching over an uncrossable feature actually is disallowed in the rules, even though all logic indicates that it should not be allowed!). I guess the main lesson is that planners and controllers must try to avoid 'traps' that encourage cheating, even if the cheating is unintentional.

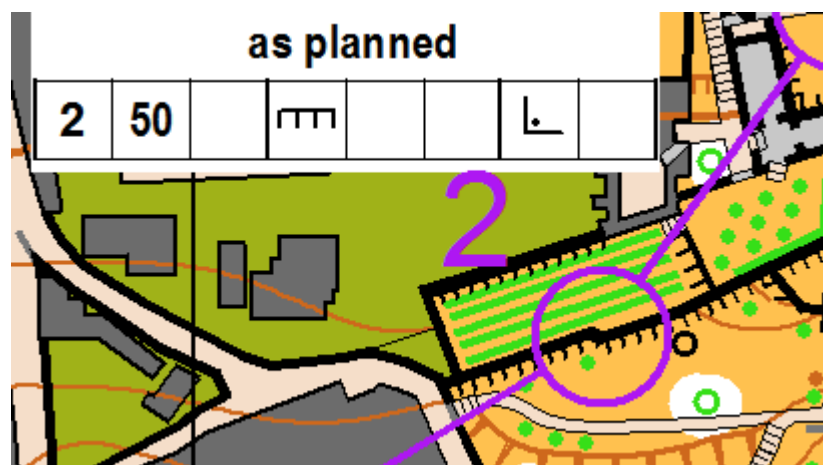
This was all a bit a shame because the actual race in Sheffield was really good, with a superb map and some very thought provoking legs. **BUT IT WAS HILLY!!**

### Lincoln September 4<sup>th</sup>

As you would expect there were more WAOC runners at this event, and some good performances. More hills, some great legs around The Bishop's Castle and a superb long leg right across the map (and all downhill). For the first time since hurting my ankle I felt as if I was running quite well, so this was the perfect race to miss out a control (my excuse being that it was wet and I just didn't see #12 on the map!!).

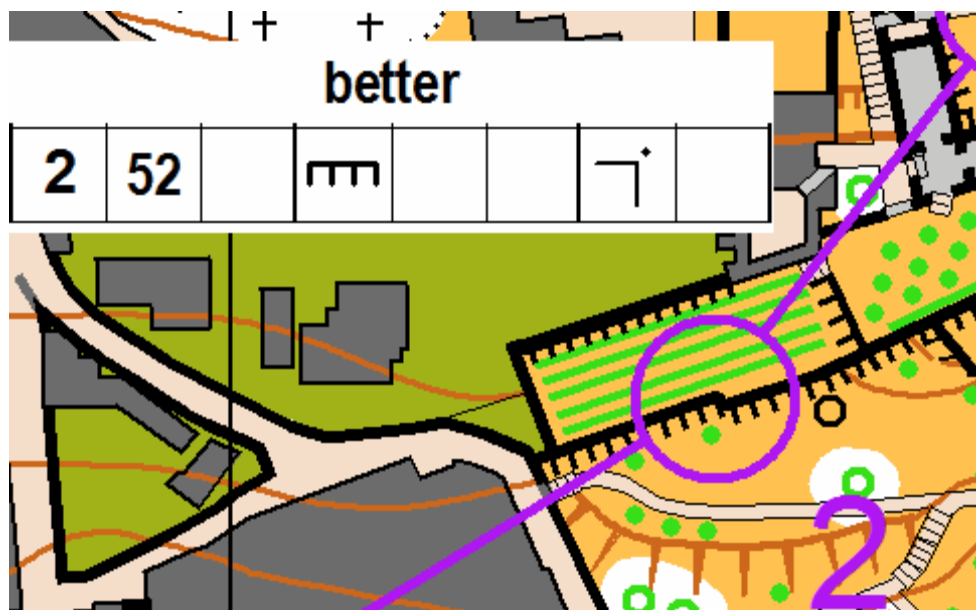
Controversy this time centred on an 'uncrossable crag'. These were the controller's thoughts.

Despite checking control sites and descriptions many times it almost seems inevitable that something will cause so controversy. The particular leg that caused big debate is that leading to control 50 (Crag SW inside corner). Every course had a leg up to this control (apart from the traffic free course E). It was crucial to the event that this leg was testing, but fair. The leg to control 50 was just as Paul planned and, I thought, would be an excellent test of urban orienteering skills. My main concern was that the route may have been similar to legs used on some previous Lincoln races and might give an advantage to those who had orienteered here before and who had good memories. I did moot the idea of placing the control at the cliff foot, the south side, to vary the challenge and to wrong-side those who have got into the 'planner always puts controls on the far-side of uncrossable features' mind-set. We decided to keep the challenge of the run to north side and the complex navigation within the Bishops Palace. This was the leg in discussion (control 10 on course D): -



If the crag had been mapped with the impassable wall symbol (ISSOM 521.1) then there is no further reasonable debate as the description would have been unambiguous. I accept what some competitors have said about this. Although it is common, though not strictly to ISSOM, to map such very high stone walls as crags.

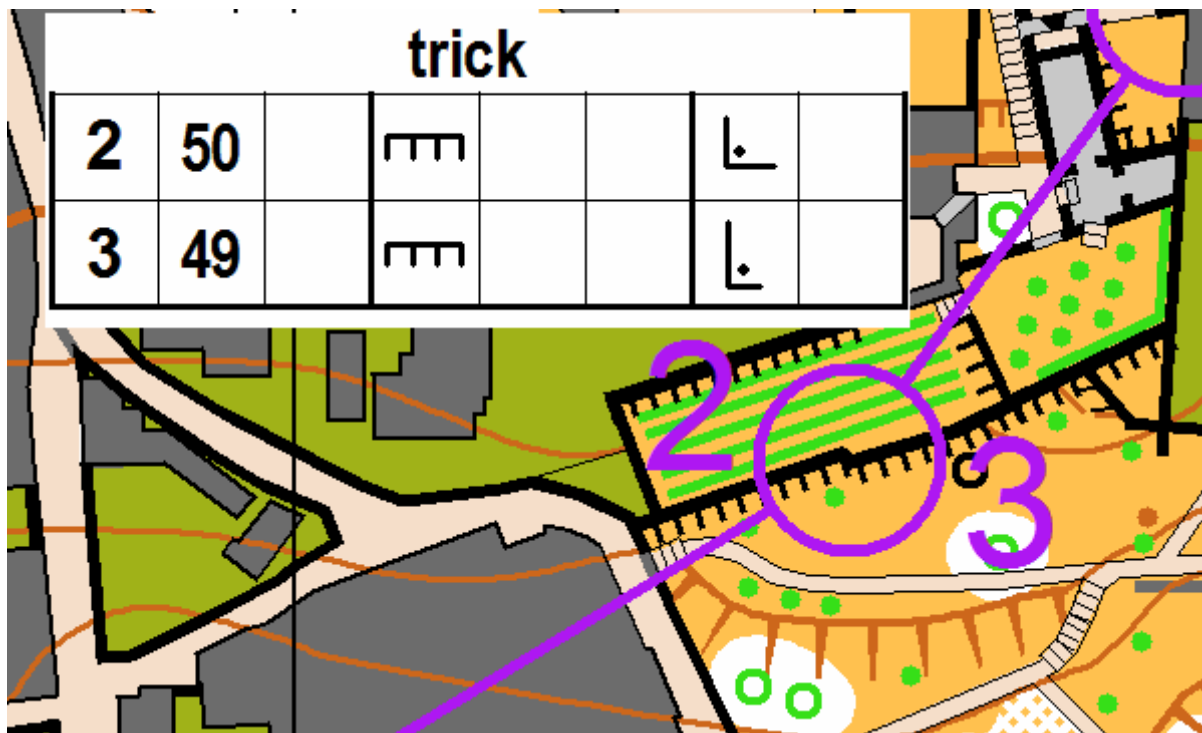
The 'SW inside corner' qualifier in column 7 is too similar in design to the qualifier for foot of (see the last map). This was unintentional and was certainly not done to trick competitors as some suggested in our post race discussions. What we were trying to do was make the description unambiguous and we certainly failed in that! My sincere apologies to those who thought that we were trying to be devious. With the benefit of hindsight we could have easily avoided this by moving the control 2m to the next bend: -



This is a better solution that just using a generic description of 'crag top' and making the decision to go to the top literally flagged up. There are also better placements for the site such as: -



I consider that the competitor should be tested to work out the correct side of the feature to run to, being one of the key tests of urban orienteering, but should not be tested to distinguish between two very similar control qualifiers. This kind of trick has no place in races at this level, but could be 'entertaining' at Level D fun events: -



Now that I have discovered how similar the control qualifiers are, I shall seek a change in the 'at the foot of' to.

To be honest, I got caught out by this control, but it seemed fair enough, although as the controller points out the similarity between the pictorial control descriptions for 'bottom of' and 'west-most corner' is not great so maybe it was a problem that could have been avoided (who said that planning or controlling urban racing was easy – it is **FULL** of pitfalls..)

### WAOC results

Course B    4<sup>th</sup> Steve Hinshelwood    27<sup>th</sup> Pete Duthie

Course D    29<sup>th</sup> Ursula Oxburgh

### London September 10<sup>th</sup> (by Chris Morley)

My enthusiasm for urban orienteering, expressed in Jabberwaoc last year after the third London City Race, continues unabated – but must be modified somewhat in the light of the fourth Race on 10 September 2011, based on the Barbican and surrounding city streets. Urban orienteering presents very different challenges from traditional O in forests and on moorland – though oddly enough some of those new challenges we had already encountered on WAOC Club Nights in Cambridge.

The 1100 competitors in this year's City of London Race included 31 members of WAOC. Assembly was quite close to Liverpool Street station, and so quite easily accessible from West Anglia, on quite a nice autumn day.

There were some notable WAOC performances: Simon Gardner 15<sup>th</sup> on the 8.9 km Men's Long (out of over 200); Steve Hinshelwood 16<sup>th</sup> among Men's Vets (effectively M40); and Rachel Pocock 14<sup>th</sup> on Women's Vets. The seven WAOC juniors present did particularly well, and we really packed them in on the Junior (3.8 km) course, with William Louth 4<sup>th</sup>, Tom Hemingway 8<sup>th</sup> and Matthew Haynes 10<sup>th</sup>.



*Photographs courtesy of Blanka Collis*

The first challenge of urban orienteering is that you have to read the map very carefully, straight after leaving one control, working out the best way to the next, avoiding dead ends and uncrossable walls, making use of covered ways (gray on the map) and underpasses, etc. It is no good just setting off in the general direction of the next control and hoping to navigate more finely when you get near, as the best route often starts off going very obliquely or even backwards. A 'windows' training exercise, such as we do in forests, with a blank map apart from detail near the control, would be impossible in urban-O.

My own course (Ultravets, 5.2 km) took me through the northern churchyard of St Paul's Cathedral, down Fleet Street (from which I turned off too soon – see below) and on into the Barbican.

The special challenge this year was the different levels in and around the Barbican, and how to move up and down between them (without going into buildings or



making other illegal moves). You have to study the map and control descriptions very carefully indeed, to understand just where the control is placed and at what level – otherwise you can easily arrive at the right position on the map but see the control two stories below behind an uncrossable feature. This happened to me on turning off from Fleet Street – my worst fears were realised, though fortunately there were steps nearby so not much time was lost. A similar thing can easily happen in Club Night training on the complicated Maths faculty site in West Cambridge, mapped by Caroline Louth



The big problem in the Barbican this year was to realise just where the steps and ramps were, so as to change level en route. They were few and far between – often not at all in the right direction from the last control, steps pretty tiny on the map even at 1:5000, wheelchair ramps rather difficult to identify (sometimes apparently defended by uncrossable walls). This too happens at the Maths Faculty.

Up and down routes were so important that I did wonder whether it would have been fairer to have some special symbol for them. Nevertheless a hugely enjoyable day, even if – quite usual in O - I ended annoyed with myself for the errors made.



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## SCOTTISH 6 DAYS

In many ways this was the 6 day mix as before but then, as ever, there were differences. We were based on Oban this time, with very different terrain from that around Perth and with amazing views westwards when you had time to appreciate them. Days 1 and 5 had been nominated as counting towards the Masters Cup so I had particular hopes of doing myself something more than justice on those days but naturally these were not fulfilled.

Scotland has a new Professional Officer – Colin Matheson whom some may remember from his WAOC days – who acted as coordinator of the whole event and had attracted quite a lot of sponsorship from Scottish bodies. This had not been used to reduce the cost of entries which started at £84 per person but provided a ‘professional’ Austrian commentator whose AustroEnglish blared out over the loudspeakers, fortunately punctuated by the regular English of a couple of very well informed British volunteers. The rest of the sponsorship money went to GPS headsets for some of the elite orienteers and a massive screen in the arena on one of the days to track these people through the forest: I was not interested in either of these and much preferred the English commentary so I was not clear that the grant money had been well spent but it will have been useful practice for 2015 which is going to be associated, as was the 1999 Scottish 6 Days event, with the World Orienteering Championships.

Nothing was posted out this year: we picked up our bibs and programme on Day -1. The multi-page B & W programme was ingeniously replaced with a sheet of high quality A3 paper, colour printed on both sides and folded concertina style for ease of use: it had all the essential information in an extremely accessible form. As always the organisation was superb with masses of helpers, including many from English clubs (NOR was on my Start on one day) and just about every eventuality considered – on Day 4 a special bridge had been constructed to bring runners back over the river into the Assembly Area. This is the only British event at which there is a shorter course than mine, providing a separate course for W75S/80/85 and a number of people chose to run W75S. The whole event is a massive logistical, planning and controlling challenge and it generally runs like clockwork. The only problem this year was the loos – not enough, particularly on Day 5 and not up to the usual high standard.

This is the second time that Ron has come to the 6 Days since he got his new knees: last time he did the short courses but this time he decided on value for money and did not regret it. As he now walks he will never be fast but during the week his times improved and Day 6 was by far his best of the week. I had decided that this time my aim would be to go slow (well I can't go fast!) and not make mistakes. I certainly achieved the former and on the whole I also managed the latter: the problem now is how to go faster.

We were staying in Oban so Day 1 was a very short drive for us: in fact, Ron suggested that we could walk there but as one who attends most events via train, bus, and shanks' pony I was anxious to enjoy the luxury of a base in the car so we drove. On the way back it would have been a lot quicker to walk as the O traffic through Oban was very slow – Ron didn't say anything! Muriel Scaife started at the same time as me and had nailed 4 controls when we met at my no 2 (my start was much more tentative than hers): this was the day she discovered that she could do TD5. We had read that the planning team had cut a couple of paths through the bracken, but unfortunately not for our courses. Early on the going was reasonably bracken-free and I took a conservative route, which had been pioneered by others, to my first bracken covered control so I got through it OK. The route to the next one was obviously steeply up through quite deep bracken but as I had a reasonable late start there was an elephant track which everyone was using but unfortunately at the top I turned headless chicken and it was a long time before I managed to locate myself. Pretty slow anyway and even slower with that big mistake but at least Day 1 was my last mega-mistake of the week – naturally it was a Masters Cup day.

Day 5 was on a peninsula with the only access a flat single track road with no passing places so when the final details came out there was a flat 4K single track road walk in and out of Assembly with the alternative of cycling in so we had decided to pack our folding bikes. Then there was an outcry on Nopesport and people e-mailed asking for their money back so they arranged partial morning bussing and partial driving with inward traffic halted while the buses returned to pick up another load. Those who were bussed in walked back over a tidal ford – it was fortunate that the tides allowed them to open that up at 4pm. My opinion was that neither the area nor the planning/controlling was up to scratch. The early part of my course was fine but the return to assembly was wet, wet, wet and the crossable fences were not crossable by someone with my inside leg measurement. There were a couple of



unmarked places on these fences where a crossing had been made but one of these, a specially constructed stile over a particularly high fence marked as crossable had the top step too low down for me! In the days of bagged maps those of short inside leg measurement could lay the folded map over the barbed wire and gain a certain amount of protection but folded waterproof maps are only 2 thin layers which are easily pierced by barbed wire. I found the planner and controller together and gave them an explanation of the particular problems faced by those of short inside leg measurement – I’m not sure that they were very impressed but it got it off my chest.

As ever, we had a club tent to gather in, thanks to the Bickles who transported it from Cambridge and others who struck it one day and erected it the next. We also had a club dinner, thanks to Hally Hardie who, as he has done many times in the past, offered to find a hotel willing to feed us, negotiated a good straightforward Scottish menu choice for us, gathered all the choices and took in the money at the end. Many thanks, Hally.

So there we are: amazing organisation, good assembly areas with a variety of O and food traders, a proliferation of courses, reasonable weather. What more could one want?

## Ursula Oxburgh



### BOF RANKINGS – THE WAOC TOP TEN

1 (106 -1)	Thomas Louth	WAOC
2 (151 -2)	Simon Gardner	WAOC
3 (311 -1)	Steve Hinshelwood	WAOC
4 (521 -1)	Graham Louth	WAOC
5 (746)	Michael Bickle	WAOC
6 (828 +5)	David Cooper	WAOC
7 (869 +3)	Mike Capper	WAOC
8 (871 +3)	David Cronk	WAOC
9 (929 -4)	Rachel Pocock	WAOC
10 (1093 +10)	Maurice Hemingway	WAOC



### Fixtures

Fixtures have been taken from the BOF and EAOA fixture lists as of September 25<sup>th</sup> 2011. A full list of events is available on the BOF web site where you can find more information on the events listed below. Always check before travelling.

([www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) )

Date	Region	Club	Level	Event Name	Event Venue	Closing Date	Grid Ref
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#### October

2nd	WAOC EAOA	<b>WAOC Ampthill Park Colour Coded and mini-Blodslitet,</b> Ampthill Park, Ampthill, <a href="http://www.britishorienteering.org.uk">TL023382</a>					
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	Level D	Dogs: Dogs are welcome at Ampthill Park but must be on leads in the car park and must be under control at all times. Organiser: Brian Williams <a href="http://www.waoc.org.uk">www.waoc.org.uk</a>
2nd	SUFFOC EAOA Level C	<b>SUFFOC Colour Code Event , EA League &amp; ESSOL</b> , Daisy's Wood & Hundred Acre Walks , Woodbridge, <a href="http://TM345502">TM345502</a> Entry times: Starts: 10:30 to 12:30 - Registration from 10:00. Dogs: Dogs welcome but must be kept under control. Organiser: Louise Walker , Louise.Walker@vinciconstruction.co.uk , 07876 492586 <a href="http://www.suffoc.co.uk/events/daisy.htm">www.suffoc.co.uk/events/daisy.htm</a>
9th	NOR EAOA Level C	<b>NOR Colour Code Event</b> , Horsford, Norwich, <a href="http://TG185175">TG185175</a> Dogs: On Lead. Organiser: Derry Kelleher , 01508 538597 <a href="http://www.norfolkoc.co.uk">www.norfolkoc.co.uk</a>
9th	SOS EAOA Level C	<b>SOS Colour Code Event inc. ESSOL</b> , The Broaks, Braintree, <a href="http://TL790306">TL790306</a> Entry times: Registration on the day 10.00-12.15. No dogs allowed. Organiser: Peter Warland , smwarland@aol.com , 01359 231078 <a href="http://stragglers.info">stragglers.info</a>
9th	SMOC EAOA Level D	<b>Keyne-O</b> , Caldecotte, Milton Keynes, <a href="http://SP887357">SP887357</a> Organiser: Stephen Hardy <a href="http://www.smoc.info">www.smoc.info</a>
9th	LEI EMOA Level C	<b>East Midlands League Event</b> , Outwoods, Loughborough, <a href="http://SK522148">SK522148</a> Entry times: 10.00am to 12.00noon. Dogs: On lead. Organiser: Gary Boothroyd , 01572 756097 <a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
22nd	CUOC EAOA Level B	<b>Cambridge City Race</b> , Coe Fen, Cambridge City Centre, Cambridge, <a href="http://TL444575">TL444575</a> Organiser: David Maliphant , cityrace@cuoc.org.uk <a href="http://www.cuoc.org.uk">www.cuoc.org.uk</a>
23rd	WAOC EAOA Level C	<b>WAOC Colour Coded event including an Yvette Baker Trophy Heat</b> , Rowney Warren, Shefford, <a href="http://TL123403">TL123403</a> Dogs: Dogs are welcome at Rowney Warren but must be under control at all times. Organiser: Peter Woods , peter_woods@ntlworld.com , 01223 721433 <a href="http://www.waoc.org.uk">www.waoc.org.uk</a>
30th	HAVOC EAOA Level D	<b>Thorndon South SWELL Event</b> , Thorndon South Country Park, Brentwood, <a href="http://TQ634899">TQ634899</a> Entry times: 10:00 to 12:00. Dogs: If under control. Organiser: Janet Biggs <a href="http://orienteering-havoc.co.uk">orienteering-havoc.co.uk</a>

**November**

- 6th LEI EMOA Level B **LEI Regional Event**, Fineshade, Corby, [SP990985](https://www.leioc.org.uk)  
Entry times: 10.00am to 12.00noon. Dogs: On lead.  
Organiser: Robert Haskins , 01509 842449  
[www.leioc.org.uk](https://www.leioc.org.uk)
- 6th NOR EAOA Level C **NOR Colour Code Event**, Sandringham Country Park, tKings Lynn, [TF689287](https://www.norfolkoc.co.uk)  
Dogs: Dogs on Lead.  
Organiser: Leanne Bailey , 01553 771961
- 13th NOC EMOA Level C **Colour Coded Event including an Yvette Baker Trophy Heat**, Byron's Walk, Kirby in Ashfield, [SK513528](https://www.noc-uk.org)  
Entry times: 10:00 - 12:00. Dogs: Permitted under control.  
Organiser: Jane Booker , org20111013@noc-uk.org , 01623 405962  
[www.noc-uk.org](https://www.noc-uk.org)
- 13th SUFFOC EAOA Level C **SUFFOC Colour Code Event, inc.ESSOL**, The Kings Forest , West Stowe, [TL814721](https://www.suffoc.co.uk)  
Entry times: Starts: 10:30 to 12:30 - Registration from 10:00.  
Dogs: Dogs welcome but must be kept under control...  
Organiser: Sally Wilkinson , clive.sally@btinternet.com , 01473 219059  
[www.suffoc.co.uk](https://www.suffoc.co.uk)
- 13th SMOC EAOA Level D **Keyne-O**, Willen Lake, Milton Keynes, [SP873405](https://www.smoc.info)  
Organiser: Stephen Hardy  
[www.smoc.info](https://www.smoc.info)
- 19th CHIG SEOA Level D **Local & Schools League**, Southern Country Park, Bishop's Stortford, [TL473145](https://www.chig.org.uk)  
Dogs: Keep under control. Park is popular with locals.  
Organiser: Jason Haigh , jason.haigh@sky.com , 01279 655624  
[www.chig.org.uk](https://www.chig.org.uk)
- 20th CHIG SEOA Level B **CHIG Regional Event**, TBC, Epping, [TQ440000](https://www.chig.org.uk)  
Organiser: Ray Curtis , curtis.rosemount@sky.com , 01279 418699  
[www.chig.org.uk](https://www.chig.org.uk)
- December**
- 4th NOR EAOA Level C **NOR Colour Code Event**, Hockham, Thetford, [TL937919](https://www.norfolkoc.co.uk)  
Dogs: Dogs on lead in south part of mapped area.  
Organiser: Helen Lloyd , 01760 337189  
[www.norfolkoc.co.uk](https://www.norfolkoc.co.uk)
- 10th WAOC EAOA Level D **WAOC Mildenhall South Night Event**, Mildenhall Woods South, Mildenhall, [TL745740](https://www.waoc.org.uk)  
Organiser: Ian Lawson  
[www.waoc.org.uk](https://www.waoc.org.uk)

## **What is Cambridge parkrun?**

*It is a 5km run - it's you against the clock. Cambridge parkrun is a FREE weekly 5km event for runners of all standards, which takes place every Saturday at 9am in Milton Country Park.*

*It is not a race against other runners, but a 5k timed run and it can really be whatever you want it to be, whether that's for fun or as part of a training plan.*

*It offers an opportunity for all the local community, male or female, young or old, to come together on a regular basis to enjoy this beautiful park and get physically active into the bargain. We want to encourage people to jog or run together irrespective of their ability – this event is truly open to all and best of all it really is FREE!*

*Taking part is easy – just register in advance by 6pm on the Friday before your first ever parkrun here. The great thing is that you only ever need to do this once! Then just set your alarm for Saturday morning and get yourself there!*

*After the run, if you don't have to get off straight away, there will be the chance to socialise with everyone at the Milton Country Park Café to maybe swap stories about your run that day, chat to other runners over a cup of tea or coffee and just be an important part of this new running community.*

*So whether you are a complete novice looking to get yourself started on your own "running journey" or a seasoned athlete wanting to use this as a part of your training schedule, you're welcome to come along and join us.*

### **When is it?**

*Every Saturday at 09:00*

### **Where is it?**

*It's run in Milton Country Park.*

### **What does it cost to join in?**

*Nothing - it's free! but please register in advance.*

### **How fast do I have to be?**

*We all run for our own enjoyment. Please come along and join in whatever your pace!*

### **We're friendly!**

*Every week we grab a post parkrun coffee at Milton Country Park Cafe - please come and join us.*

**[www.parkrun.org.uk/cambridge/home](http://www.parkrun.org.uk/cambridge/home)**

## **NEXT WAOC EVENTS**

more details at [www.waoc.org.uk](http://www.waoc.org.uk)

**Sunday October 2<sup>nd</sup> Ampthill**

**Sunday October 23<sup>rd</sup> Rowney Warren**

**Saturday December 10<sup>th</sup> Mildenhall South NIGHT EVENT**