



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

Well done to everyone who managed to make their way to the Compassport Cup Final on the Scottish borders – it is great to see such a good turnout for such a long journey. It sounds as if it was fun despite the weather!

You will see below an open letter from CUOC asking for help with transport to events – this is a really valuable way of supporting a very important club for WAOC and I hope that, with help, they manage to get to as many events as planned.

Mike Capper

Next Copy Date – November 30th

WAOC Committee

Chairman:	Tim Mulcahy (01223-512064) tim.mulcahy@virginmedia.com	Secretary:	Rakesh Chandraker (01223-440319) rakesh.chandraker@ntlworld.com
Treasurer:	Cath Pennington (01223 2333931) cath_pennington@hotmail.com	Captain:	Graham Louth (01223 246145) graham@louths.org.uk
Junior Captain:		Fixtures Secretary:	Bob Hill (01487 834183) bobhill76@yahoo.co.uk
Convenor:	Peter Woods (01223 721433) peter_woods@ntlworld.com	Mapping Secretary:	Neil Humphries (01462 434859) n.humphries@ntlworld.com
Membership Secretary:	Anne Duncumb (01223 843064) memsec@waoc.org.uk	Equipment Officer:	Caroline Louth (01223 246145) caroline@louths.org.uk
Website Maintainer:	Ben Holland 07787 508093 ben.holland@thirdlight.com	Publicity:	Seonaid & Mike Dudley (01480 381192) mands.39351@virginmedia.com
Jabberwaoc Editor:	Mike Capper (01733 235202) mike.capper@virgin.net	Colour-coded Awards:	Ian Smith (01920 822421) smithfamilypuckeridge@hotmail.com
Junior Coordinator:	VACANT	Development:	

Chairman's Chat

The summer has finally passed into autumn and after a record wet year I guess we are all hoping for better weather to arrive soon. Nevertheless, I hope those of you who attended the various summer multi-day events such as the Welsh 6 Days and the White Rose had enjoyable times running through forests and across open fells

My own orienteering has been limited but I was very fortunate to attend the club weekend in Carlisle over the weekend of 29th/30th September for both the City Urban event on the Saturday and the Compass Sport Cup final on the Sunday at Teviothead near the Scottish Borders north of Carlisle.

Thanks to Rakesh Chandraker's excellent organisation and after a hearty breakfast at his house in Milton a small but intrepid band of members set off early on Saturday morning on the epic journey north, well ...er, south actually! Just as we were about to climb into Rakesh's car at around 7.45am he noticed a "small" problem, namely a flat front tyre. I naively asked him if he had a spare, to which he replied "no, modern cars don't have spare types as they don't get punctures". This turned out to be the

case, but unfortunately modern tyres can have a faulty valve as was discovered at the Histon Road tyre centre. We were a bit worried when we eventually left Cambridge at about 9.00am that we had used Rakesh's entire carefully planned contingency at the start of our journey!

Undaunted by this setback we eventually arrived at Carlisle around 1.30pm with time enough to change into our O' attire and compete in the Urban event.

For me urban orienteering on this scale was an entirely new experience. It is fast and furious with challenges that are rather different to those in the forest or open fell. For one thing you can't go straight between controls and minute detail such as an underpass marking matters greatly. Going from control 21 to 22 immediately in front of the castle on M55+ was a case in point. I wanted to go roughly northwards but the streets went either NE or NW with big buildings blocking a straight run! When I arrived at my attack point I was confronted by a fast main road crossing with a central barrier and signs saying "Do Not Cross". Not wanting to dice with death or break the rules I dithered for quite a while. I didn't want to make the big detour to the road bridge and then tediously back along the other side. Then I spotted a 'light blue' narrow band on the map crossing the road. Surely swimming along an underground river wasn't the intention? Well actually no. If you know your urban O' map colours then you will know that light blue means 'underpass' or 'passage way'. At the time I didn't know and so lost quite a bit of time before I stumbled across the steps down to the underpass.

Staying in the Alston Youth Hostel was a very comfortable experience and the local inn provided a splendid prize-winning Cumberland Sausage and pint of Black Sheep to gird the loins for the Sunday Compass Sport event at Teviothead. We knew the weather would be bad but it was worse than I have ever experienced at an O' event. It was, however, perversely or masochistically very enjoyable!

At the start the driving rain covered my O' glasses with water droplets that obscured the map that was flapping wildly in the ferocious wind. It was at this time I started to regret running up a class to Blue with 7.85km and 335m climb – as a "super-vet" of 60 years I could have run Green! Nevertheless, I was soon on my way to control 1 which was a shallow depression that allowed me to fill my running shoes with water – ah well, no more dry feet for the next 90 minutes.

The marshes were very good features to assist navigation in this fantastic open area of complex contours and crags but they are wet - very wet in fact on this particular day. On Blue there were some very long legs that required continuous contact with the map if you didn't want to waste much time wandering around aimlessly. Although I took almost 90 minutes to complete the course I was pleased with my effort in such horrendous conditions. Others in the WAOC team did much better as mentioned in Rakesh's comments below. Mike Bickle in particular excelled with his 3rd finish position on Green Men.

Rakesh wanted to say:

"Thank you all for going to Teviothead and help us keep the WAOC flag flying. In probably the worst conditions I have orienteered in (admittedly my experience may

not be that vast but it seemed pretty horrid to me) it was gratifying to note that we were one of only 4 clubs where all of our runners completed their course - with no mis-punches! Despite that we did not win, but also we were not last.

Special mention must go to our most junior and senior competitors. Edward did magnificently to complete the Orange course at the tender age of 10 and Hally, (and I'm very sorry we must have left before you finished) soldiered on to complete the Green course in just under two hours.

Pride of place goes to Mike for finishing 3rd overall on the Green with a very clean run on Routegadget.

In the high winds and lashing rain I did at times wonder what I was doing wandering around a Scottish moor; it might not have been a wholly pleasant experience but it was certainly a memorable one. Congratulations to all of you for taking part and adding to your treasury of memories, and thank you again for turning out to represent the club."

Rachel added:

"It was really nice to have a chance to get to know some fellow 'WAOC-ers' a bit better and despite the mud etc I had a great weekend. Thanks again to Rakesh for getting us there and back safely. Hope your car is behaving itself this week!"

The results of the inter-club Compass Sport Cup were:

Pos.	Club	Score
1	AIRE	2204
2	LOC	2115
3	SYO	2093
4	OD	1907
5	WCOG	1818
6	ESOC	1788
7	HOC	1536
8	HH	1418
9	BOK	1401
10	WCH	1250
11	WAOC	654
12	SO	416

WAOC's individual results were:

Name	Class	Score
Mike Bickle	Green Men	98

Simon Gardner	Brown	86
Catherine Hemingway	Orange Women	60
Rachel Pocock	Green Women	54
Maurice Hemingway	Blue Men	51
John Marshall	Brown	48
Alice Hodgkinson	Blue Women	48
Tom Hemingway	Blue Men	48
Tom Dobra	Brown	46
Tin Wong	Brown	42
Tim Mulcahy	Blue Men	37
Rakesh Chandraker	Blue Men	20
Nicola Gardner	Green Women	12
Pam Hemingway	Green Women	4
Edward Low	Orange Men	0
Hally Hardie	Green Men	0

It was a pity that so few club members were able to attend the event but thanks in large part to Rakesh Chandraker's organisation and the competitive WAOC running in very challenging weather conditions the weekend was a resounding success, even if we didn't win the cup.

My special thanks go to Rakesh for his hard work and organisation of WAOC's participation in the event and for driving several of us safely to and from Carlisle. I would also like to thank the hardy 16 (including Hardy himself) who made the trip and represented WAOC admirably in the 2012 Compass Sport Cup.

Finally, I would to repeat the appeal for a new JabberWaoc editor to start in 2013 succeeding Mike Capper who wishes to stand down after a long and successful tenure in the job. Mike has laid down a solid format and procedure for producing our club magazine that should assist any future editor. If you are interested in taking on this role I'm sure Mike would be most happy to chat over what it involves and then contact any committee member. The prosperity of the magazine depends of course on the contributors – so please let's have plenty of summer news in the next edition.

Tim Mulcahy



Weekly Clubnights Autumn schedule

The new clubnights continue to flourish.

Everyone is welcome especially families. Novices too as can be introduced by our team of coaches to basic techniques.

Queries (especially about exact locations) - Peter Allen email:
science@huccombe.org.uk

Date and Meeting Place	Location of activity	Senior Training Theme
<p>24th October Starts 6.30 to 7.15 ish Juniors start at 6.45 Meet at Jesus Green Parking in Chesterton Road Here's your Pin In The Map link: http://www.pininthemap.com/pp177deae036fac7828</p>	<p>Jesus Green + street O</p>	<p>Courses</p>
<p>31st October 6.30 for 6.45 Meet in Churchill College Car Park Here's your Pin In The Map link: http://www.pininthemap.com/pp32488ec3490c6d63e</p>	<p>Churchill</p>	<p>Bearings (Accurate / Rough) the whole picture using bearings and other features</p>
<p>7th November 6.30 for 6.45– 9 pm University Sports Centre Wilberforce Road Cambridge http://www.pininthemap.com/pp428e46454d8f874fb</p>	<p>Burrell's Field</p>	<p>Control Descriptions</p>
<p>14th November 6.30 for 6.45– 9 pm University Sports Centre Wilberforce Road Cambridge http://www.pininthemap.com/pp428e46454d8f874fb</p>	<p>Indoor Champs-orienteer indoors but read your control descriptions to get the control on the correct part of the pillar/radiator! Map of inside of Sports centre in use again this year. A fun event- you may even win a prize</p>	<p>Indoor Micro</p>
<p>21st November 6.30 to 7.15 ish starts Newly Mapped Venue, Trinity Science Park off the Milton Road to A14 Milton interchange Here's your Pin In The Map link: http://www.pininthemap.com/pp9055cf5d39c475959</p>	<p>Science Park new Map, First Event</p>	<p>Event 5k, 3k, 1.5k courses to suit all</p>
<p>28th November Meet in Churchill College Car Park Here's your Pin In The Map link: http://www.pininthemap.com/pp32488ec3490c6d63e</p>	<p>Churchill Adventure Race (CUOC)</p>	<p>Adventure Race</p>
<p>Fri 30th Nov 7-10pm Party Time with orienteering Games Bentley road is 300m S of the Botanic Gardens, off the Trumpington Road on left going out of Cambridge. Here's your Pin In The Map link:</p>	<p>Party at Ursula's (All club+ CUOC)</p>	<p>More details later. Party- bring food dish for all to share and we will provide challenging</p>

http://www.pininthemap.com/pp019c102fb2ae340f2		games on orienteering skills and general knowledge. Wear a clue for an Olympic event as the icebreaker
5th Dec 6.30 for 6.45– 9 pm University Sports Centre Wilberforce Road Cambridge http://www.pininthemap.com/pp428e46454d8f874fb	Room at Univ Centre	Planning and Organising Events Must come to inform <u>all</u> your orienteering skills! Or Develop your knowledge of this aspect of orienteering and put it into practice in the new year

A LETTER FROM CUOC

Dear members of WAOC,

You may have noticed that the level of enthusiasm and activity in Cambridge University OC (CUOC) can vary enormously over the years depending on who is in the club, and many of you will know far more about this than we do! Whatever state CUOC is in though, we are always reliant on the very generous members of WAOC to help us get to all the obscure corners of East Anglia and beyond where orienteering can be found. It is not an exaggeration to say that CUOC would struggle to exist without all of you!

Recruiting new members is an annual event for us each October, but this year we have put even more effort into attracting new people than usual, focussing mainly on combating people's misconceptions of orienteering through publicity materials and sheer enthusiasm! It seems to be working. We run a mailing list for those interested in orienteering at the university, and of those who sign up for the list around 10% actually turn up and go on to become members and regular orienteers. This time last year we had 270 people signed up to our mailing list which translated into 25 members, this year we have 430 names on the list. Last year our Freshers' Event had 15 participants, on Sunday we had over 40 people turn up.

Clearly it remains to be seen how many will choose to come regularly, but there is a real possibility that CUOC could become significantly bigger this year. This is of course a very good thing for CUOC, for WAOC (we strongly encourage our new members to join WAOC or their 'home' club, and last year a good number of the WAOC CompassSport Cup team started in CUOC!) and for the sport of orienteering as a whole. But it means we may be needing rather more lifts on Sunday mornings

than previously, and this is where you can help us. We normally send out emails to a few people the week before each event asking (occasionally begging) for lifts, and will continue to do so. But if you know in advance you'll be going to any of the events on our termcard (attached to this email), we would really, really appreciate it if you could be let us know now if you're willing to take a few keen and excited student orienteers with you! We'll use hire cars and the university minibus when we can, but there are only two 9-seater minibuses for the whole university and hire cars are very expensive for the average Sunday event. We need your help!

We're a pretty mobile lot. If you live somewhere other than Cambridge, it doesn't mean you can't help! We have been known to get the train to a lift, or cycle. We'll go wherever is convenient for you, and we emphasise the need to be on time to everyone going each week. And we're always happy to contribute to petrol costs.

So if you can help, please email captain@cuoc.org.uk. You can also see what we are up to at www.cuoc.org.uk, or have a chat with us at clubnights which one of us is always at unless it's outside of term time.

We'd like to take this opportunity to thank WAOC for everything it does to help CUOC. It is really appreciated!

Many thanks,

Matthew Vokes (Men's Captain, 2012-13)
Harriet Burdett (Women's Captain, 2012-13),
David Maliphant (Men's Captain, 2011-12),
Andy Strakova (Women's Captain, 2011-12),
Ben Windsor (Men's Captain, 2010-11)

Editor's note – the events on the CUOC calendar for this term are

October 20th – Oxford City race

October 21st Mildenhall Woods

October 28th – Epping SW

November 4th – Shouldham Warren

November 11th – Amptill Park

November 18th – West Harling

If you are able to offer help with transport to any of these events I am sure it will be greatly appreciated.

WAGAL 2012

You now know how the points are worked out.

The WAGAL calculation starts with a 'raw' min/K speed, then modifies that value for course colour and then comes the big modification which is the age class of the runner. Finally this modified speed value is converted into points and the result is the best stab we can make at comparing orienteering performance at an event across all the age groups. You can access the full WAGAL table on the WAOC website but meanwhile here are the highlights of the second pair of events.

Huntingdon Town Race

This was the 3rd event of the WAGAL season. WAOC had 28 runners which was not a very good turnout considering the quality of the courses, but in common with many clubs the bulk of our members came into orienteering in order to run in forests and have not yet tried urban O. A new start location and excellent planning made for a high quality event.

Top Ten at our Huntingdon Town Race.

1	Tin Wong	M21	1105
2	Rachel Pocock	W45	1093
3	Ben Holland	M21	1082
4	Steve Hinshelwood	M45	1067
5	Ursula Oxburgh	W75	1066
6	Maurice Hemingway	M55	1065
7	Michael Bickle	M60	1064
8	Graham Louth	M50	1063
9	Maria Marshall	W60	1062
10	Brian Cowe	M35	1050

Comments

The constraints of the area meant that there were no junior courses. It is hard for M21s to do well in the WAGAL because they get no age class allowance at all, so well done to Ben and particularly Tin. Among the 45s Rachel just edged Steve, but not by much. (p.s. I love Urban Events – guess why!)

After this came the **Limited Colour Coded event at Mildenhall South** which had an unexpectedly high turnout, of which 26 were WAOCs.

Top Ten at this event were:

1	Sam Hague	M10	1137
2	John Wickersham	M70	1120
3	Michael Bickle	M60	1093
4	Hester Dewhurst	W12	1087
5	Noreen Ives	W55	1081
6=	Seonaid Dudley	W70	1078
6=	Andrew Stemp	M16	1078
8	Ian Smith	M55	1074
9	Iain Stemp	M45	1070
10	Stephen Borrill	M40	1064

There are still three WAGAL events this year. They are Mildenhall North on 21 Oct, Ampthill Park on 11 November and Maulden Woods 2 weeks later. With 5 out of the 7 to count there is still everything to play for, so be there.

Ursula Oxburgh.

WAOC success at the London City Race

You can see Brian's route on <http://www.slow.routegadget.co.uk/cgi-bin/reitti.cgi?act=map&id=82&kieli=>

I had wanted to enter SLOW's City of London race before, but for various reasons had not (so little time, so much fun!) Other than WAOC local events, I had competed in only three urban races ever, all this year: Huntingdon, San Francisco and Aberystwyth; this is still a new discipline for me. I got my entry in just in time, although the deadline was before I was sure I could actually make it, as usual!

Having collected my race bib and hired dibber, I made my way to the start. This was much nearer than I had expected, so I jogged up and down the road and did a few strides as a warm up. Stretching, I was wondering what to expect. How much would traffic get in the way? (Very little) Would I recognise the area? (Not enough to help navigate)

So, to the race. You can follow my course using Routegadget if you are so inclined!

Start -> 1

As usual, I start too fast and take no fewer than three wrong turns on the first control. I didn't pursue them, but lost about a minute overall. This reminded me to go slower and remember to navigate before running wildly. A useful time for a few small mistakes.

1 -> 7

I used these legs to get into my stride, not running too fast. Due to the flatness of the roads and pavements, I was able to use some of the longer legs to plan several legs in advance. I could see difficult Barbican section coming up, so I made an overall plan for it, but being under pressure, I was aware that I could have missed important details.

7 -> 8

A very navigationally interesting leg. I had already planned everything except the first part, so I spend 3 seconds or so checking it, then executed. I made a small change of plan when passing a staircase I was unsure of, and checking the map, climbed it. The leg was flawless after that, even allowing me to plan the next leg on final part.

8 -> 9

The spare time on the previous leg meant that route choice for this was clear and I ran it fast. However...

9 -> 10

Oh no! The thing about multi-level areas is that it's very easy to make an incorrect assumption about which level something is on. I lucked out this time: there was a second, similar option, which meant little time lost.

10 -> 17

Some straightforward running, no time lost here.

17 -> 18

This was the only point where I wasn't certain about part of the map (how far did the fence really extend?), so I made sure to have a backup plan. I'm glad to report that it wasn't needed.

18 -> 26

All fine. I was glad of the (marked) scaffolding (e.g. shortly before control 24) as it really helped my confidence in knowing exactly where I was.

26 -> finish

Having finished planning the last 3 legs within 5s of leaving control 26, I could really sprint back. I arrived much more physically tired than most races—meaning I didn't get lost. Hooray!

I knew it had been a good run (I hadn't fallen into a marsh for once), but upon arriving back at assembly (having stopped for a nice chat with some passing WAOCers), was startled to find that I was actually leading the finishers so far! I had a sporty afternoon with friends in Cambridge planned so made my exit from London earlier than I'd have liked, but frequent refreshing of the results site later that evening revealed that even after everyone had finished, I was still in first place. Got to be happy with that.

Brian Cowe

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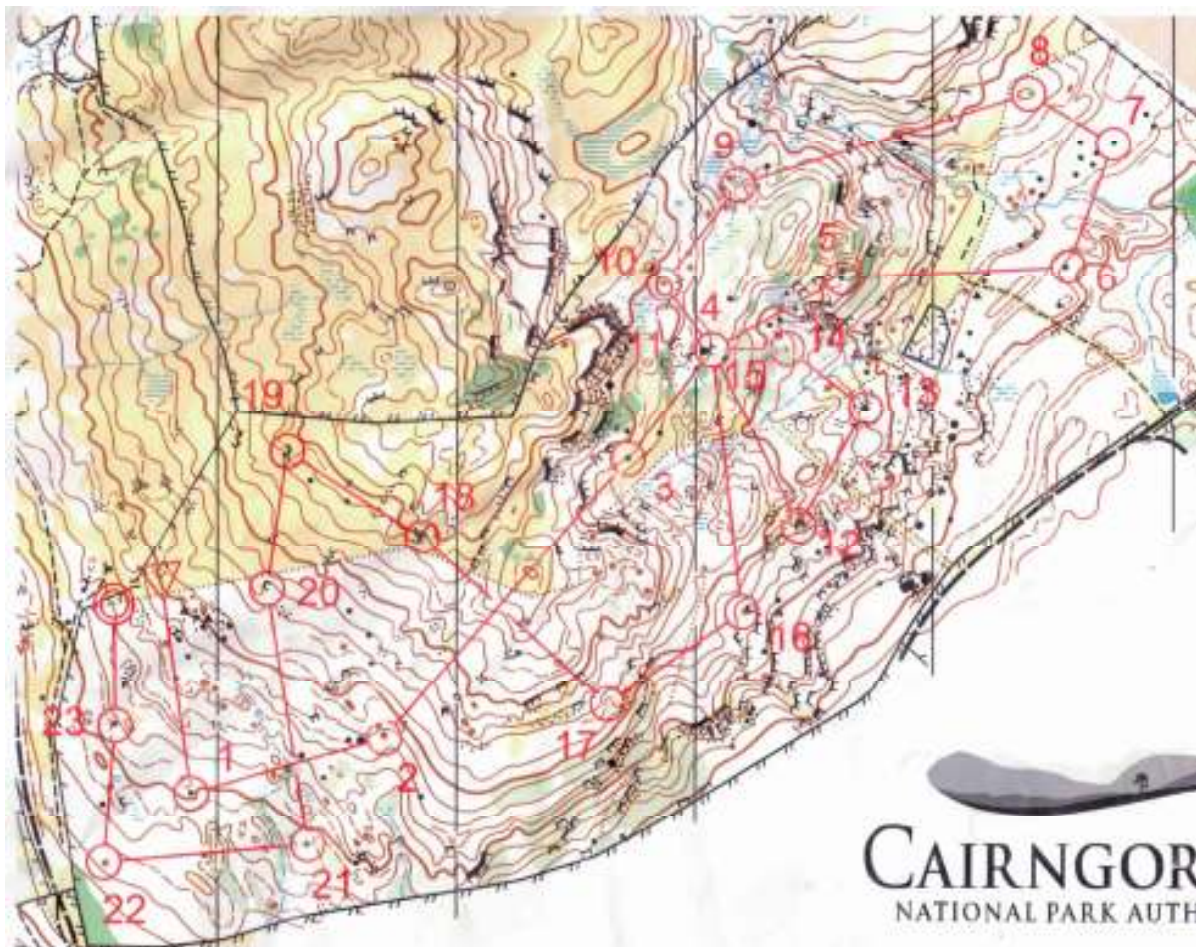
Junior Squad training at Kinncraig, Scotland

On the 4th August this year, eleven boys and thirteen girls in the W/M16 age category travelled north to the Cairngorms in Scotland to take part in the Kinncraig Summer Training Camp. A week of improving technical ability, fitness and fun was in store for the athletes, most of whom had already been to the Lagganlia tour one or two years previously. Once we arrived, we played a few games to break the ice and get to know each other and the coaches by using alliterative name games.

On the first day of training, we were woken up at 7.00 for breakfast at 7.15 and a briefing at 8.00 about the day's activities to come. A half hour bus journey later, and we'd arrived at the day's activity area—Alvie (I was last there on Day One of the Scottish Six Days in 2007), with wooded marshes and steep knolls and re-entrants. Even after having been warned about the concentration of midges, I don't think anyone had come prepared for the number of bites we all received whilst waiting at the start and finish. Exercises for that day consisted designing our own courses to get a controller's perspective - this should help us in the future in understanding control location and positioning.

Once we'd finished all the exercises of the day we took the bus back to Lagganlia Outdoor Activity Centre where we were staying and we all did a time-trial on the track through the woods just over the road in Inshriach. The girls were started at minute intervals for a 2km run and the boys a 3km run. I am very pleased to say that I won the boys time trial by 26 seconds and beating the only coach that ran by six seconds. Hot and sweaty, we jogged back to the centre for showers and tea, before finding out that we'd be taking part in a night orienteering event that night and probably wouldn't get to bed until gone midnight. However this didn't put anyone off and we were sent off in the reverse order of the time trial results, which meant that I was the last to start. I made multiple mistakes and finished 6th overall after overshooting a couple of controls. The night O' event was really fun and a new experience for a few of the athletes who had never run an event during the night before. It added difficulties of poor visibility, unknown running surface and an unusual scale of 1: 2,500 for a fun challenge.

The next morning we were allowed to stay in bed an hour later to make up for our late night and we awoke with the sun streaming through our blinds. We arrived at the location for the next day's training—a hill called Balavil on which we were to be focusing on slope exercises and staying on our line whilst going diagonally up or down the hill.



I personally found this very challenging as I tend to drop down the hill too much by accident – a common mistake this exercise hoped to correct. Later there was a middle distance race over a hilly mix of forest and moorland with the intricate contour detail. Boulders and crags were a common feature on this map. Once we

arrived back at our lodges we walked through the woods to go swimming down at the river just below Loch Morlich.

Tuesday was my favourite training day, as we took off on a 1½ hour bus journey to Roseisle, a contour strewn area very much like Culbin that lots of WAOC members will have been to, with many sandy hills and depressions that were interesting to navigate off. I thought this was the best area because of the complex contours and the fun races we did after lunch. In the morning, we were focusing on simplification and attack points, and an Odds and Evens relay and a 'Forest' race took up the afternoon. In the Odds and Evens relay there are two maps for the three members of the team, one map with the odd numbered controls and the other with the even numbers. Two runners go out to collect a control and pass their map to the remaining member of their team for them to collect a control. This process is continued until all the controls have been reached. I found the 'Forest' race quite difficult but enjoyed it. I think that if the map had been from East Anglia the *light green screen -slow run* would have been marked as *dark green- impenetrable!*

On Wednesday were able to walk to our training area, Inshriach North, which was the same area, that we had done the time trial a couple of days before (and Spey 2007 Day 3). Distraction exercises were the focus of the day.



Controls were placed all over the place, some even on the same feature but on a different side. Coaches ran across our paths, tried talking to us and even punched incorrect controls just to confuse us. That evening, we were able to experience the delights of Trail O', a type of orienteering where you're not allowed to run or leave the track, and is supposed to be something that disabled people are able to do. It's basically a normal orienteering map with controls on, and you must navigate around the paths until you reach a viewpoint for the control site, which will have anything between three and six kites. By reading your control description, you must then identify which flag is the correct flag and then you write this onto a scorecard to be

handed in at the end. The controls were within a foot of each other which meant a careful understanding of the map and control descriptions was needed. I found this very enjoyable and I liked how even people who are injured or disabled can still participate in a competition.

Thursday was the 'Sprint qualifier and Final' day at Faskally. In the qualifying sprint the top six boys and girls made it into the 'A' final and the rest into the 'B' final. I managed to qualify 5th and finish 4th.

The Classic race at Loch Vaa (Moray 2003 Day 3) was very challenging, both technically and physically. It was incredibly hot and most of the course was open moorland which made it all the more difficult. The relays were at Avielochan, which was very easy running, especially compared to the morning's race when everyone had found the terrain hard going and were a really nice thing to have on the last day as it enabled us to run and have fun without it being a competition or having worry about being tired for the next day. My team won after managing to carry three balloons around the course and without any of them being popped (for every balloon of ours that was popped we would have incurred a 30 second time penalty).

Overall the whole week was really fun, and I am hoping to try and get selected for another tour again next year. I found all the different exercises and training really helpful, and as Tony a coach told me "Lagganlia is more about making sure you know the skills, whereas Kincaig is all about learning new things and getting them up to competition standard". I would definitely like to go again and would recommend it to the people who went to Lagganlia this year, and perhaps a few that went to the Cairngorms camp. I really enjoyed getting to know all the new people and being back with some of the people that I met last year. The coaches were all really good fun and amazing at encouraging everyone. I would like to thank Tony Carlyle and Nev Myers for organising the week and I'm pretty sure everyone will agree that it was brilliant.



Photos –

Not a gorilla but a coach in an anti-midge net

Thanks also to WAOC and EAOA who nominated me and are going to provide some financial support.



The 2012 Kincaig squad

WELSH 6 DAYS, July 2012

Ron and I went to the Welsh 6 Days event this July a week earlier than usual so that it didn't clash too much with the Olympics. Having said that, though, after we had picked up our excellent registration pack in the University on Saturday we were able to watch Bradley Wiggins win the Tour de France while shopping at UltraSport, thanks to a TV which Ian had hung up high above his stall. Needless to say, we were not alone in that and a considerable cheer went up as he crossed the finishing line. Those who stayed in the event accommodation up on the hill in one of the University campuses also had the opportunity to watch the Opening Ceremony on a massive screen, which should have been pretty impressive – we just had our B&B small screen.

For me it was not only the best Welsh 6 Days but the best multiday event I have ever been to. So what was so good about it?

First, it was based in Aberystwyth which turned out to be a really well-preserved seaside town, with lots of interesting corners. Many orienteers got to appreciate is as an ingenious and very well patronised photo competition had them wandering all over it. There were over 300 entries and apparently they were nearly all correct – expect a harder competition next time around.

Second, the areas were on the whole good and varied with the best on Thursday, Friday and Saturday so we all left with positive feelings.

Third, we were lucky with the weather which always helps but fourth, and above all, the organisation was absolutely superb. From the lovely logo via the excellent A3 concertina folded final details with their excellent parking and bussing arrangements, sometimes quite complex, right through to the hugely helpful and cheerful enquiries table, everything was of the highest quality. Of course the Download worked perfectly (it didn't at the World Masters Champs in Switzerland), of course each day was rain-proofed (see Day 1 comments below), of course the loos were superb (they weren't at last year's Scottish 6 Days), of course the Starts ran like clockwork (they didn't at the World Masters Champs in Germany this year) but above all, there was a large marquee with chairs in for changing, meeting up etc.. So this was my **BEST MULTIDAY EVENT** ever.

Reading the Day 1 comments by organiser, planner and controller makes one realise the massive effort that goes into just one day of an event like this. An area had been assigned to Day 1 but the previous December the team decided that the parking was just not robust enough to stand up to a lot of rain so, remembering the disaster at the Lakes Five Days 2 years before when one day had to be abandoned because parking permission was withdrawn because it was so wet and there was no Plan B, they moved Day 1 to a completely different area with quarry parking. Then, when the new courses had been planned the Technical Director decided that they were too short by 10% and also that the area had to be re-mapped. So it was back to the drawing board again for the planner – with an additional mapping project for Malcolm Campbell.

A couple of times the oldies' courses were not hugely technical because of the constraints of the areas but that is a bit inevitable when there are over 20 courses, including White and Yellow, and the plus side was that we never had the massive walks to our Start that have frequently occurred in the Lakes.

The best moorland days were 4 and 5 on a brand new map of the Teifi Pools area which I had walked through some 20 years ago on the Cambrian Way and was very excited to be visiting again. Downside of a new map is that the mapper had completely missed a socking big cliff which should have been the (rather distant) attack point for control no 2 on Course 18 (mine among many others) and neither the planner (Mark Saunders of Bristol O Klub) nor the controller had noticed it until they were putting the controls out! So all the planner did was to put a map correction in the Start lanes and the start official warned me that course 18 was particularly affected – don't know if all Course 18 people got similar treatment. Since we had no idea of where the Start was on the map we found this disconnected correction quite inadequate – I think the planner *et al* should at least have drawn the correction in on all the Course 18 maps (see Day 6 below) or failing that should have marked the Start as well as the cliff. As it was, after failing to identify which feature the cliff was on and then faffing around looking for a very, very shallow re-entrant for some time I decided that the only way to locate 2 was from 3 – slow but sure. I was also able to relocate a number of W of a certain age in the process! I did actually think that the ground was a good deal more complex than the map between 1 and 2 and I was not alone in that. Once 2 had been found everything else was fine.

Day 5, on the same area but with different starts, had more rock and less moor and was consequently even better. These might have been testing days for Catherine Hemingway, first year W14, as the move up to Light Green from Orange involves coming to grips with contours and in particular navigating with reference to large contour features. Her W14A courses on Teifi Pools were planned to provide this challenge and Catherine did really well on them, despite coming from flat East Anglia or should I say West Anglia?

Day 6 was a middle distance urban race based on the campus complex where people were staying but stretching down the hill to the National Library and other institutions and also, for the younger and fitter, incorporating an area of predominately white woodland which I gather was more bramble than white. This was fantastic for the M16s who are not yet 16 as they could run the same courses as everyone else, with no roads to cross. Tom Hemingway ran magnificently and led his course until really near the end, when he obviously ran out of oxygen to the brain and lost out to a Swiss lad as he made a series of smallish mistakes on the last 4 controls. Nevertheless he was first Brit in M16A.

We oldies definitely got the best of things this time as we started very close to the finish field and got to run on all the good 'terrain' as we enjoyed superb planning in a detailed and varied area, so we were never able to lapse into typical 'urban' mode. Even the route into the finish field involved negotiating all the traders making that final control quite a challenge as oxygen-deprived brains tried to avoid headless chicken mode. I loved my course: there was lots of route choice and a really tricky decision point on a longish uphill leg, then a few 'thick and fast' controls and

suddenly a complete change of scene as I had to cross a piece of 'forest walk' wood and obviously did not manage to maintain my direction through it as I then had to relocate (very laboriously in my view) on the other side of it.

A couple of days before the event a piece of roof fell off, rendering a possible route OOB so the planner (Mike Forrest) and controller (Alice Bedwell) spent the rest day marking the OOB on each map by hand so everyone was quite clear about where it was – Day 4 planner take note. Immaculate planning, Mike, and a superb end to a fantastic week.

Outstanding WAOC performance at the Welsh 6 Days was undoubtedly Tom Hemingway's – 3rd overall on M16A and beaten by 2 Swiss lads, so first Brit. Sister Catherine was 9th out of 31 on W14A so another very good performance, particularly by a 13 year old. Also of note is Emile Zsack, at his first 'out of area' event, coming 3rd, 3rd and 2nd in the 3 M10B events he did but with the best 4 to count he did not really have a competitive score.

Ursula Oxburgh

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LATEST BOF RANKINGS

1 (33)	Simon Gardner	WAOC	1988	M	7629
2 (209 -1)	Thomas Louth	WAOC	1994	M	7131
3 (328)	Tom Hemingway	WAOC	1996	M	6899
4 (331)	Steve Hinshelwood	WAOC	1964	M	6896
5 (533)	Graham Louth	WAOC	1962	M	6611
6 (542 -1)	Brian Cowe	WAOC	1976	M	6606
7 (684 -39)	Iain Stemp	WAOC	1965	M	6446
8 (781)	David Cooper	WAOC	1963	M	6311
9 (802 +2)	Michael Bickle	WAOC	1948	M	6290
10 (825 +1)	Mike Capper	WAOC	1955	M	6272

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Dates for your diary

As we enter the winter season, events begin to become more frequent, with more in woods or heath land than the traditionally moribund summer time (although urban events have significantly changed that picture).

Some events to look out for

Saturday November 3rd Midland Night Championships -

http://www.leioc.org.uk/fixtures/lei_event_details_get.php?item=%20756

Sunday November 11th – WAOC club event at Ampthill Park. I am always surprised at how nice Ampthill Park is, and it can provide a really good level of challenge for beginners and experienced orienteers alike. Give it a go!

Sunday November 25th – a WAOC event at the delightful Maulden Woods. Not to be missed!

Don't forget also that several other regions have regular midweek events. For example, LEI have several winter league events which are always fun (<http://www.leioc.org.uk/>) and LOG have regular low key Saturday events, often using a mix of town and park to provide a good level of challenge (www.logonline.org). Happy Herts Saturday league events are also worth checking out - www.happyherts.org.uk

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Fixtures

Fixtures have been taken from the EAOA fixture lists as of October 10th 2012. 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)

HAVOC Snail Trail Trophy, SE League + SWELL Event, Epping SW, Chingford, [TQ393950](http://www.tq393950.co.uk)
28th HAVOC EAOA Level C
Dogs: Dogs to be kept under control.
Organiser: Barbara Fothergill , publicity@orienteering-havoc.co.uk , 01277 213758

November

Colour Coded Event inc. EAL, Shouldham Warren, Downham Market, [TF680104](http://www.tf680104.co.uk)
4th NOR EAOA Level C
Entry times: 10.30 to 12.30. Dogs: Doge on Lead.
Organiser: Helen Lloyd , helenlloyd59@btinternet.com , 01760 337189
www.norfolkoc.co.uk

SOS Mid-week Winter Street Event Colchester Town Centre, Colchester
7th SOS EAOA Level D
Organiser: Colin West , colin@grovehillhouse.wanadoo.co.uk , 01206 322905
stragglers.info/home/

SOS Colour Coded incorporating ESSOL, Wivenhoe Park, Colchester
11th SOS EAOA Level C
Entry times: Registration from 10.00. Dogs: Dogs under control.
Organiser: Peter Warland , smwarland@aol.com , 01359 231078
stragglers.info

WAOC Ampthill Park Colour Coded, Ampthill Park, Ampthill, [TL023381](http://www.tl023381.co.uk)
11th WAOC EAOA Level D
Entry times: 10:00 am - 12:00. Dogs: Dogs allowed if kept on a lead...
www.waoc.org.uk/n.humphries/waoc/details/2012-11-11-Ampthill.php

18th SUFFOC Harling Heath Colour Code Event, inc.EAL , West
EAOA Harling Heath, Thetford, TL967838
Level C Entry times: Starts: 10:30 to 12:30 - Registration from 10:00. Dogs:
Dogs welcome but must be kept under control...
Organiser: Andrew Elliott , andrew_yyy@tiscali.co.uk
www.suffoc.co.uk

25th WAOC MAUDEN COLOURED MAULDEN WOOD, Maulden Woods,
EAOA Clophill, TL074392
Level C Entry times: 10:00 am - 12:00 noon. Dogs allowed.
Organiser: Peter Woods , peter_woods@ntlworld.com
www.waoc.org.uk/n.humphries/waoc/details/2012-11-25-Maulden.php

28th SOS SOS Mid-week Winter Street Event Lexden, Colchester
EAOA stragglers.info/home/
Level D

December

2nd NOR North Norfolk Colour Coded Event, NT Felbrigg Estate,
EAOA Cromer, TG196394
Level D Entry times: 10.00 to 12.00. Dogs: Dogs on Lead Please - could be
grazing livestock.
Organiser: Alan Bedder , alanb.noroc@btinternet.com , 01603
424589
www.norfolkoc.co.uk

9th HAVOC HAVOC Bedfords Local Score Event, Bedfords Park,
EAOA Romford, TQ520924
Level D Entry times: 10am to 12noon. Dogs: To be kept under control.
Organiser: Tim Jones , juniorrep@orienteeing-havoc.co.uk

2013

January

1st SOS New Year Novelty, TBA
EAOA Organiser: David Skinner
Level D stragglers.info/home/index.php

6th HAVOC HAVOC Belhus SWELL Event, Belhus Woods Country Park,
EAOA Upminster, TQ564825
Level C Entry times: 10am to 12noon. Dogs: Dogs to be kept under
control...
Organiser: Gillian Edgar , captain@orienteeing-havoc.co.uk

9th SOS SOS Mid-week Winter Street Event Sudbury, Sudbury
EAOA Organiser: John Collyer , johncollyer@live.co.uk , 01787 370947
Level D stragglers.info/home/

13th SMOC SMOC local event, Northampton
EAOA www.smoc.info
Level D

13th NOR Colour Coded, tbc
EAOA
Level D

19th WAOC Rowney Warren Night Event, Rowney Warren, Shefford,
EAOA TL123403
Level D Entry times: 5:30pm - 6:30 pm. Dogs: Dogs on lead in car park, and

must be on lead when crossing minor road...

Organiser: Peter Woods , peter_woods@ntlworld.com

www.waoc.org.uk/n.humphries/waoc/details/2013-01-19-Rowney-Night.php

20th SUFFOC
EAOA
Level C

Colour Coded, Daisy's Wood, Woodbridge

27th SOS
EAOA
Level C

SOS Colour Coded incorporating ESSOL and SWELL,

Pods and Conyfield Woods Tiptree, Colchester

Organiser: David Skinner

stragglers.info/home/index.php

February

9th CUOC
EAOA
Level B

Thetford Thrash Day 1 - Icenian, Bromehill and Santon

Warren, Thetford

Organiser: Tom Dobra , icenian@cuoc.org.uk

www.cuoc.org.uk

10th WAOC
EAOA
Level B

Thetford Thrash Day 2, Thetford

www.waoc.org.uk

NEXT WAOC EVENTS

more details at www.waoc.org.uk

Sunday October 21st Mildenhall Woods North

Sunday November 11th Ampthill Park

Sunday November 25th Maulden Woods

Saturday January 19th Rowney Warren NIGHT EVENT

CompassSport – the orienteers' magazine

If you enjoy orienteering then CompassSport is the magazine for you. You will probably also receive 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 £29.00 a year for BOF members and £30.00 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



WAOC
Full Colour Coded (Level C)
East Anglian League

Mildenhall North
[TL735752](#)
Sunday, 21 October 2012

This event is part of the 2012 **East Anglian League**.

Registration 10:00 am - 12:00 noon

Start Times 10:30 am -12:30 pm

Entries Entry on the day only.

Fees

Seniors (BOF and EAOA local club members)	£6.00
Seniors (non members)	£8.00
Juniors (under 21) inc first junior in family	£3.00
Further juniors in the same family	£2.00
Students	£3.00
SI Card hire	£0.50

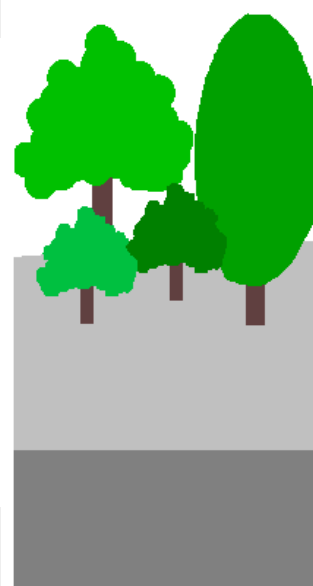
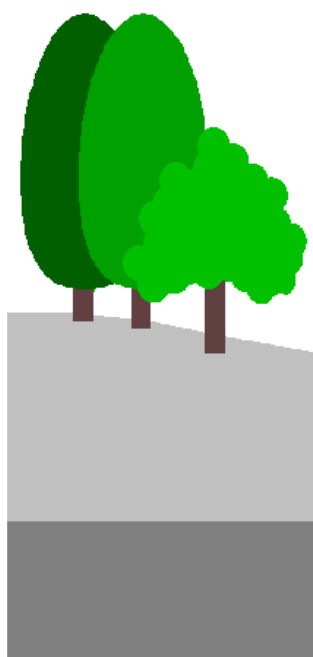
Groups If you are bringing a school party please inform the organiser in advance using a group entry form

Courses White (very easy), yellow (easy), orange (moderate), light green (hard), short green, green, blue, brown (very hard)

Enquiries Email enquiries to cath_pennington@hotmail.com

Travel Directions From A1065, 800m north of Barton Mills roundabout on A11/A1101/A1065. Turn east off the A1065 signed "Household Waste Site" and after 700m turn left into the forest. Please DO NOT access this road directly from A11. O signs will be from the Barton Mills roundabout. POstcode for SatNav: IP28 6AE should take you to the Barton Mills roundabout.

Parking Along forest rides. As parking is limited, please park as directed. ***If bringing a coach/mini-bus please inform the organiser in***



	<i>advance.</i>
Terrain	Managed coniferous forest.
Officials	Organiser: Cath Pennington, WAOC Planner: Bob Hill, WAOC/RAFO Controller: Paul Lowe, SUFFOC
Nearest Toilets	Car park on A1065 north of the Barton Mills roundabout (TL728744)
Further Information	<p>We will be using SPORTident electronic punching. SI cards will be available to hire for 50p.</p> <p>Beginners are very welcome at this event and help will be available to get you started.</p> <p>Access between assembly area and start/finish may involve crossing a road via a manned crossing point (to be confirmed). Please take care and follow instructions. White, Yellow, and Orange courses do not involve any further crossing of roads. Other courses involve two, unmanned, road crossings. Please take great care when crossing.</p> <p>All competitors take part at their own risk.</p>

Data Protection Act: Entry information (name, age-class and club) and the results of this event will be stored on and processed by computer systems under the terms of the British Orienteering Federation's registration under the Data Protection Act. The results from this event will be published on the Internet.