



West Anglian
Orienteering
Club



JABBERWAOC

Vol.40 No.4

December 2012



*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

Thanks to all contributors. There are lots of interesting things to read about and hopefully this will inspire all of you to get out into a wood, park or town in the next few months and to keep on orienteering whether running or walking.

Have a good new year with lots of good orienteering experiences!

Mike Capper

Next Copy Date – February 14th

WAOC Committee

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Chairman's Chat (Dec 2012) - Tim Mulcahy

As the year draws to a close it seems that we in East Anglia will remember 2012 as a bizarre year of weather conditions varying from an 'official' drought declared in late spring to yet another wet summer and an even wetter autumn. After the epic bad weather experience at the Compass Sport Cup final at Teviothead, Carlisle in October I thought that things must surely improve. But little did I suspect that my next orienteering experience after Teviothead would be another very wet one at the Shouldham Warren event on 4th November.

The EA League event was at least much less windy than on the open fells at Teviothead with shelter from the elements in the forest, but the rain seemed just as relentless and The Sincks part of the wood is aptly named. Nevertheless, as is usual with orienteering, once you pass through the start grid your focus is immediately on the map and route finding rather than the weather and the NOR event did not disappoint. The long leg to The Sincks from control 8 to 9 on the Blue course presented challenging route-choice and Route Gadget is a good place to check your own choice against fellow competitors. On this course it was great to see WAOC runners take 4 of the top five finishing spots. Dil Wetherill took first place and Mike

Bickle, Peter Woods and Chris Brown took 3rd through 5th spot with Peter Duthie not far behind in 7th place.

Hopefully your own autumn orienteering experiences have fared better than mine though I believe the recent Maulden Wood event of Sunday 25 November was rather wet and muddy-going under foot.

Several club members have hit the headlines since the last JabberWaoc and deserve well-earned congratulations. As reported on the club website William Louth, Mihir Chandrakar and Tim Harrison (of SUFFOC) represented The Perse School at the British Schools Championships at Delamere Forest and won the Y10 team trophy. William Louth has been selected to represent England at the 2013 World Schools Championships in Portugal and the irrepressible Ursula Oxburgh has retained her British Masters W75 title.

I also congratulate our 2012 WAGAL champions Sam Hague (M10) Junior Men, Jaya Chand (W14) Junior Women, Brian Cowe (M35) Senior Men, Alice Hodgkinson (W35) Senior Women, Mike Bickle (M60) Veteran Men and Ursula Oxburgh (W75) Veteran Women.

I am pleased to report that both your club committees have been continuing with the essential background work to keep the club operating successfully. The Development Subcommittee has maintained the momentum of the Club Nights and the collaboration with CUOC is still proving a major benefit. The Main Committee is working on important matters such as membership issues arising from the changes from British Orienteering (BO) and reviewing event fees for 2012. Every effort has been made to keep event fees as close to 2012 levels as possible and in line with other East Anglian clubs without incurring undue costs due to the new levy policies from BO.

Projects for 2013 include preparations for the Thetford Thrash Double Event in February, continuation of the Club Night programme, and completion of the Milton Country Park permanent orienteering course. A major mapping project has been approved to map Ely town centre for a new Urban Event in 2014.

My continued thanks are due to both committees for their hard work and commitment to the club. In particular I would thank Chris Morley and his team on the Development Subcommittee and on the Main Committee Cath Pennington as Treasurer for keeping the club funds in such a healthy state, Rakesh Chandraker as Secretary for his administration duties and to Peter Woods as Convenor and Bob Hill as Fixtures Secretary for the events programme for 2013.

I would also like to thank all other committee members for their support and assistance throughout 2012, not forgetting Mike Capper who has kept this JabberWaoc club magazine up to its high standard.

Finally, I wish you all a very happy festive period and better weather in 2013 to accompany your orienteering goals and achievements for next year.

Tim Mulcahy

WAOC/British Orienteering membership for 2013

Members who belong to British Orienteering as well as to WAOC, should already have had an email request for 2013 subs via BOF - indeed quite a few WAOC members have paid up already, thank you, notification has come through to me efficiently.

If your sub is yet to pay, (and you don't have a direct debit arranged) please would you deal with it well before the end of the year? The email notification was sent out from BO in mid November, so it is probably well buried in your 'in tray' by now.....

Club only membership

I will send a WAOC renewal form with the next Jabberwaoc in mid-December. I will email the form to those of you who read Jabberwaoc on line. Note that with the new BOF Senior sub of just £5/adult and the £2 discount Seniors get at many events why not join BOF as well as WAOC? It's a good deal if you go to 3 events or more each year!

Contact me for more info memsec@waoc.org.uk

Thank you to our members for their support in 2012 and we hope that you will want to continue Orienteering with WAOC in 2013.

Best wishes

Anne Duncumb (membership secretary WAOC)

Welcome to new members

Ben Brierton from Histon

Jason Dunning and Jenny Hunt and family (Caitlin W10 and Jack M7) from Eynesbury

Andrew and Joanne Gibb and family (Rachel W7 and Henry M5) from Potton

Philip Levi from Maulden

Ian Pickering from Cambridge

We hope you will all enjoy your Orienteering with WAOC

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Orienteering over the Hindhead Tunnel - SN Trophy Event 25th Nov 2012

Maria's sister lives in Hampshire so on the day of Maulden Woods we opted to enter for the Southern Navigators Trophy Event staged at Hindhead. Parking for the event was linear parking along the old A3 north of the Devils Punch Bowl.

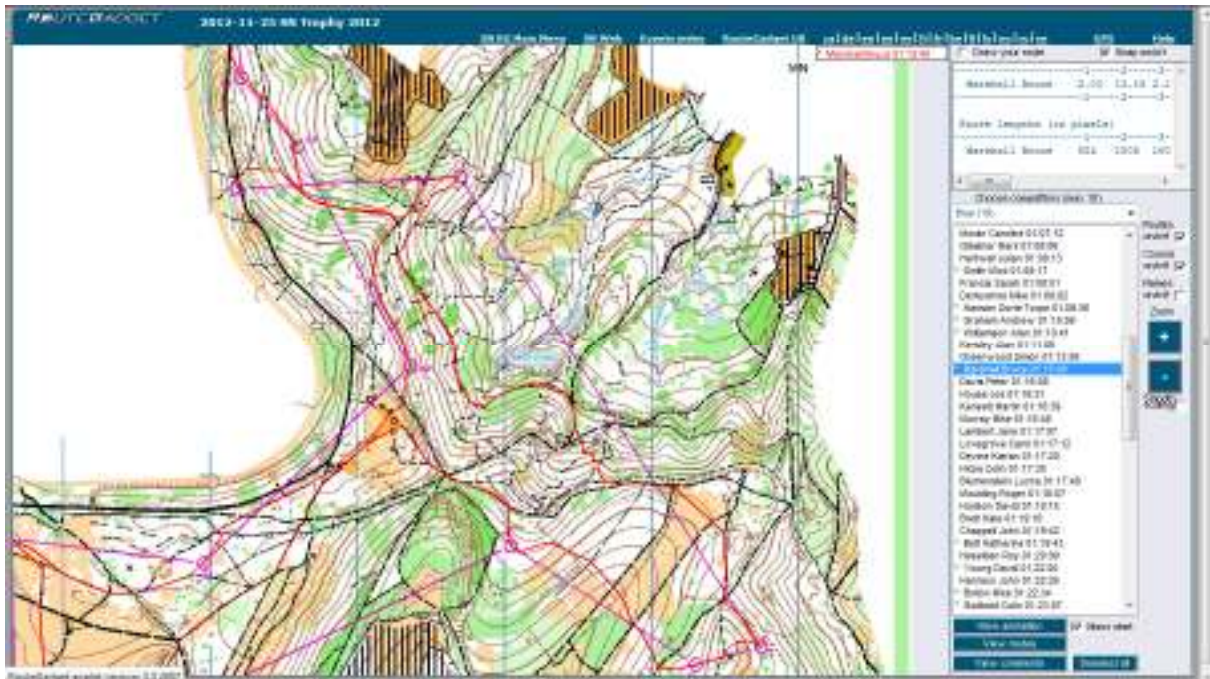
The Start was above the old A3 i.e. about 10 feet above. The old road has been removed and loads of fresh earth has been dumped over the top. Maria and I were hoping that we would be able to run on a combined area now that the highway goes through the Hindhead Tunnel. That wasn't to be. SLOW have the map of Devil's

Punch Bowl to the NW, and Southern Navigators have Hindhead Common to the SE. For some reason they didn't combine their resources for this Level B event.

You can follow my Blue (M60) route on Routegadget
<http://www.sn.routegadget.co.uk/sn/reitti.cgi?act=map&id=40&kieli=>

Southern Navigators haven't published Splitsbrowser graphs despite me requesting it. Another black mark for a level B event

Blue Course 5.7km 260m climb



S-1 I noticed after finishing that my split for this leg was 2m03. I discovered later that the fastest on this leg was 34 seconds. SN and GO were sharing controls and obviously no one thought to check that the sets were synchronised!

1-2 Probably the most technical leg on the Blue course. 1km long - Lots of route choice and some unnecessary climb for those who get it wrong. I was happy with my route choice, but it wasn't my best leg.

2-3 Simple short leg

3-4 this leg takes you down into a valley and up the other side. I was a bit slow here as the vegetation was slower than the map shows and I never saw any of the earthbanks which would have confirmed my position. 8th position on M60 - Others seemed to have problems locating the control cleanly.

4-5 Some route choice on this leg with the possibility to choose where to do the climb. Coming away from 4 I memorized the first part of the leg which was path running. Unfortunately, I memorized that I had to go straight-on at the major path junction. This brought me out at the top of Gibbet Hill. This must have added 150m to the distance. Took a safe route into #5 and was spot on.

5-6 Ran straight leading a pack of orienteers.

6-7 The path in the gully gives a good collecting feature. I then followed the path SE which leads into the control site.

7-8 Like others I messed up here by not counting the paths I crossed. This was compounded by some poor mapping. The green area extends higher up the hill, which meant I wasted about a minute hunting in the wrong block of Walk. This was my worst leg.

8-9 Fast downhill into the valley and then a climb up through deep heather. 3rd fastest on this leg. There were some similar confusing features close to the control.

9-10 A lovely area where the heather has been cut back. I hit the path junction spot-on which lead safely to the thicket in the copse.

10-11 Some runners went straight, but I followed the path which lead safely to the tricky pit.

11-12 A fast run on level path to the top of Gibbet Hill. Then steeply down on an unmarked path. Recognise that I am too far south and head straight for the control on the thicket.

12-13 Lots of route choice at the start of this leg – none of them very palatable. I opt to contour and go slightly uphill to reach the left hand path. Coming towards 13 I see lots of people charging downhill, but I am wary of losing height until I have located my rhododendron thicket. Find my thicket, but the control is on the other side. I charge through a gap and arrive at the flag.

13-14 Boring up-hill diagonal leg following others. Use the path junction to confirm I am on track. It starts drizzling. What happened to the promised sun? Never mind - I'm getting close to the finish.

14-15 Fast level leg. Control is given away by a runner ahead.

15-16 A tricky niche on the hillside. I go carefully and am close when others give it away. This pays off – 5th place.

I was pleasantly surprised that my 75m40s was much quicker than it felt on the ground and put me in 8/19 place in M60.

Bruce Marshall

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As it is the end of the year, a bit of culture seems appropriate. These poems emerged from the Clubnight party.

<p>Ode to Maulden Woods</p> <p>Wandering through the woods In ever decreasing circles Clinging grimly to the map Delighting in orange triangles</p> <p>Oh to run around Through mud and bramble and frost Hoping against hope; no longer lost</p> <p>Satisfaction at the end A job well done</p> <p>Helen Hague</p> <p>Orienteering Limerick</p> <p><i>There was a young man who could run, Went orienteering for fun, The going was tough, He'd not eaten enough, So when he got back, had a bun.</i></p> <p>Peter Allen</p>	<p>Sonnet: Orienteering Performance</p> <p><i>On Sunday, even if it rains I go to O- somewhere. It shows amongst life's aches and strains A test of how I fare.</i></p> <p><i>Was navigation smooth? The map well read? And that huge error? In my head? Pacing precise, the map well set But map memory poor-- an awful forget.</i></p> <p><i>Or is it luck alone that makes for might, The success fortuitous, errors quicker put right The organising team—supreme: Thankful am I to do my share. On Sunday, even if it rains I go to O- somewhere.</i></p> <p>Peter Allen</p>
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WAGAL STUFF

The last 3 events of 2012

MILDENHALL NORTH

1	Michael Bickle	M60	Blue
2	Dil Wetherill	M45	Blue
3	Chris Brown	M60	Blue
4	David Cronk	M50	Blue
5	Graham Louth	M50	Blue
6	David Cooper	M45	Brown
7	Robin Bourne	M50	Blue
8	Bruce Marshall	M60	Blue
9	Sean Blanchflower	M35	Brown
10	Mike Capper	M55	Brown

Mildenhall North is always a favourite area and somehow the weather is always good for events there so it is not surprising that we had 52 finishers: it is interesting that

the top ten WAOC runners were all men and predominantly Blue Men (though note the Editor still running Brown long past the time when most have switched to Blue) and our top Blue Man wins again. Do the course or class weightings favour Blue or Men or is it just that our Vet Men are our strong suit? There is more about the class weightings later on.

AMPTHILL

1	Dil Wetherill	M45	Blue
2	Michael Bickle	M60	Blue
3	William Louth	M14	Blue
4	Mike Capper	M55	Blue
5	Graham Louth	M50	Blue
6	Peter Duthie	M50	Blue
7	David Cooper	M45	Blue
8	John Wickersham	M70	Green
9	Bruce Marshall	M60	Blue
10	Stephen Borrill	M40	Blue

Fewer club runners (27) at Ampthill, though it attracted many Happy Herts (it was their club championships) and quite a lot from clubs to the west. No Brown course this time so a massive preponderance of Blue runners in the top 10 – well done to William and John for breaking the M45 to 60 stranglehold.

MAULDEN WOODS

1	Seonaid Dudley	W70	S Green
2	Ursula Oxburgh	W75	S Green
3	David Cooper	M45	Brown
4	Noreen Ives	W55	L Green
5	Brian Cowe	M35	Brown
6	Michael Bickle	M60	Blue
7	Janet Cronk	W55	S Green
8	Alison Fox	W45	Green
9	David Cronk	M50	Blue
10	Peter Duthie	M50	Blue

This time there is a very different range of top scorers, both in age and in course, which is interesting. As you can see, I was there. I know that the Blue runners found the brambles pretty tough whereas I did not encounter very many so I assume that the planner had given the shorter courses the less brambly terrain (I do know from experience to avoid the narrow green lines at Maulden!). Anyway, there you are and our top Blue Man is 6th.

WAGAL RESULTS 2012

This year we had 7 WAGAL events with the best 5 scores to count. Only Michael Bickle (7) and Rakesh Chandraker (6, one of which he planned) counted in more

than 5 events and so had scores to lose. The final placings, for those who have completed at least 3 events are:

Junior Men - Sam Hague, Daniel Hague

Junior Women – Jaya Chand

Senior Men – Brian Cowe, Sean Blanchflower

Senior Women – Alice Hodgkinson, Lakshmi Chand

Veteran Men – Michael Bickle, David Cooper, Bob Hill

Veteran Women – Ursula Oxburgh, Seonaid Dudley, Sue Woods

WAGAL 2013

We have some changes for 2013.

- We have discovered a modified list of British Orienteering age class weightings in the 2012 Course Planning Guidelines and are modifying the WAGAL age class weightings accordingly. If you are interested e-mail me (u.oxburgh@esc.cam.ac.uk) and I will send you the details.
- At the end of the WAGAL year planners of an event have always been credited with their highest WAGAL score for that event. In 2013 we are extending this to organisers and controllers as well.
- The year kicks off with a Night Event in Rowney Warren on 19 January and this will be the first event of the WAGAL season and the first night event ever to count towards the WAGAL. Details are already on the WAOC website. Bruce Marshall has courses from Ochre (Dark Yellow) to Chocolate (Dark Brown) with registration from 5:30 so come along, borrow one of our club night head torches if you don't have one and give it a go.

FINALLY: There will be a total of 8 events in the WAGAL 2013, with the CompassSport Cup Regional Round again included and with the best 5 (minimum 3) to count.

Ursula Oxburgh

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It really doesn't matter whether you win or lose

I had an exciting time at the Brighton City Night Race last night. This is an urban race with a difference as it has a mass start so the expectation is of head to head racing but I had not imagined that I would be involved in a head to head battle. I set off from Cambridge on a warm dry day and was very surprised to find very wet platforms at Brighton station, and indeed very wet pavements and some rain on the way to the event centre. My rucksack (packed in haste needless to say) included no change of shoes, socks or clothes!

Rolled maps were given out and dibbers cleared and checked in the comfort of the school hall then we all set off for the Start in the teeth of wind and rain off the sea. By the time that the staid back of the pack had reached the Front it looked to left and right and followed those who had already turned left, only to be called back by a stentorian organiser as it should have gone right. By the time we had descended to the beach (with the planner's wife – Sue Crickmore for those with long WAOC memories - commenting that the tide was indeed out) we were thankful to huddle at the start and wait for the klaxon to set us off.

Then it was off along the very wet and windy front to a common first control: needless to say by the time I arrived there was no need of the 6 or so SI boxes all labelled 103 which had been strung round a massive pole! Then along the front again – and again (!) with just a couple of 'runners' in sight (don't look behind). I was thankful to get the wind and the rain at my back as I finally turned up into town and the relative shelter of the sodden streets, though the massive puddles were well hidden so my shoes and socks got soaked on the way to 5.

After a handful of street O controls I arrived at control 7 which was the centre of the 3 butterflies and so was visited 4 times. This was when I realised that I had caught up Susan Parker of Southdowns whom I had beaten last year despite having to finish my course with shattered glasses and whom I had last seen leaving 1 for 2. This year Susan could certainly run faster than me though it looked as though my urban night O skills might be somewhat better than hers. As we embarked on the butterflies, with a series of short legs, I became more and more frustrated as I overtook her at each control only to have her overtake me on the way to the next one and then to stand studying her map while I overtook her yet again.

As we approached the centre of the butterfly for the penultimate time with she having just overtaken me on the hill yet again and with both of us encouraged 'come on girls: you can do it' by somewhat incredulous passers-by, the iron entered my soul. I decided that to have any chance of beating her I needed to elude her somehow and realised that I could punch the central control (now 13) and leave it to the left to take a sub-optimal route to 14 which meant that I would not overtake her as she was standing beyond the control once again and studying her map. 14 was reached with no sign of Susan, then back the way I had come to 15 (in the teeth of the wind and rain but I was on a mission now) and in to the central control for the last time. Part way to the Finish I passed her still coming in to 16. Success!! It was actually some 5 minutes later that I saw her coming in to download, by which time I was enjoying my 50p cup of tea and mince pie!

And the final result of the Women's Ultravets race? With 4 contestants, I came third (well, 1st and 2nd are mere striplings of 65!) and am now the proud possessor of an extraordinary Buff with 2 reflective stripes down it.

Oh – and the return train trip was a bit soggy.



Photo – (c) Rob Lines

It really does not matter whether you win or lose..... **as long as you win** (well 3rd in my case)!

Ursula Oxburgh

Training Evenings and Races (aka Clubnights) - a Retrospect.

So many thanks to all the coaches for a magnificent Autumn Series, highlighted by the opening of the clubnight mapped Trinity Science Park for races and two comfortable sessions in Churchill from the central steps. The usual delights of Burrell's Field and West site kept us warm and fit on autumn Wednesday evenings. Lots of new faces from CUOC and Ben Windsor with his own inimitable style returned for a fourth year at Trinity to our special benefit at evening trainings as his sessions were excellent.

Clubnight Dates and Locations for January to March 2013 and some glimpses into Summer

Please come along to join us in Cambridge in early 2013 and throughout the whole region from Epping to Peterborough in the summer. Please support our Winter program from January, getting us prepared for the Compassport cup heats and Thetford Thrash.

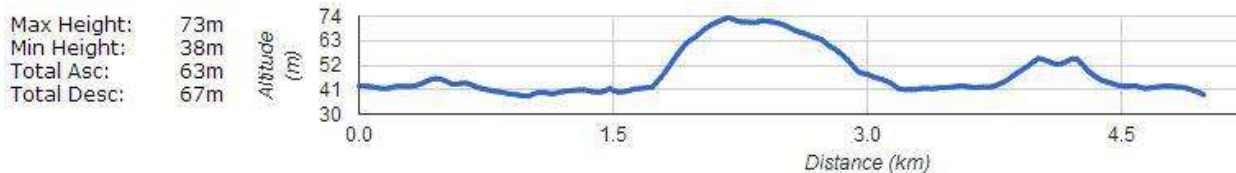
Peter Allen
Coordinator

<u>Date</u>	<u>Seniors Coach</u>	<u>Juniors Coach</u>	<u>Training night regular and Coach/Location/Activity</u>
9th Jan	Peter Allen	Peter Allen, some indoor	West Site. Using splits to improve your orienteering Meet University Athletics Centre, 6.30 for 6.45
16 th Jan	CUOC	Peter A, some indoor	West site No SI as 19/1 Rowney Warren
23 rd Jan	CUOC	Peter A	Burrell's Field- loops No use of room, park Adams Road
30 th Jan	Caroline Louth	Tba1	Sidgwick Site + Library(~~First Use) Races Park Sidgwick Road
6 th Feb	CUOC	Tba1	CMS (No SI as 9/2,10/2 Thetford Thrash weekend)
13 th Feb(1/2 term)	CUOC	Tba1	West site Park at University Athletics Centre, Wilberforce Road Physical training (17 th Feb is the Compassport cup heat) 1/2 term:
20 th Feb	CUOC	Tba2	Girton, races and training Park at Girton College
27 th Feb	Ursula	Tba2	Coe fen with street O in area E towards station. Courses. Juniors dedicated coach in open lit areas Park outside Botanic Garden, Brooklands Road or Trumpington Road (free)
6 th March	Ben Windsor	Tba2	Homerton (new map), park in College in Hills Road. Ben is specially mapping this over the Christmas break for us. Suitable for Varsity (Cambridge v Oxford) practice (No SI as 10/3 Chicksands Wood,)
13 th March- last of winter series	CUOC	integrated	Suitable for Varsity practice- Physical training Grids on Athletics Centre tbc
BST starts 28 th March			
			14 th April Wimpole Hall? so SI not available in break for any "Extra"
			Summer term: new approach, Try to cover all areas of WAOC membership not just Cambridge. Clubnights in far south and far north of WAOC area at monthly intervals, but two a month still in Cambridge. We go to Epping N to races with CHIG and HAVOC on 22 nd May. Punt-O in late June.

Park Runs in Cambridge

As you can see from the ranking lists below, a good number of WAOC members participate regularly in the Saturday morning Park Run in Milton Park, Cambridge (<http://www.parkrun.org.uk/cambridge/>). By all accounts, this is a great way to keep fit and to measure your fitness from week to week. Of course, for us tough terrain orienteers, it might justifiably be said that Milton Park is a bit flat and tame. So the good news for those who think like that, is that there is new Park Run starting soon at Wimpole Park (not flat, much less tame) – at the moment there is a Facebook page publicising it (<http://www.facebook.com/WimpoleHallParkrun>) and I believe the scheduled first run on January 12th – I wonder how many runners from WAOC will go?

This is the Wimpole Park run profile (so not too hilly)



West Anglia Orienteering Club at Cambridge 22 Runners 188 Runs

Athlete	Times			Age Grades			Num	Tot
	Best	Avg	Worst	Best	Avg	Worst	Runs	Runs
Steve HINSHELWOOD	19:14	23:40	43:30	74.87 %	64.06 %	33.10 %	26	27
Brian COWE	19:28	20:52	22:17	67.72 %	63.37 %	59.16 %	8	8
Iain STAMP	19:40	21:10	23:05	72.63 %	67.47 %	61.44 %	3	4
Peter DUTHIE	20:46	21:54	23:50	72.15 %	68.30 %	62.38 %	38	41
David N COTTINGHAM	21:00	21:00	21:00	61.51 %	61.51 %	61.51 %	1	1
Jonathan HEYBROCK	21:38	23:41	25:21	62.40 %	57.24 %	53.25 %	3	3
Peter HEYBROCK	22:21	23:21	24:40	66.52 %	63.77 %	60.27 %	4	4
Angie HINSHELWOOD	22:38	24:05	25:03	67.97 %	63.46 %	61.06 %	45	46
Ben Michael HOLLAND	23:22	24:13	24:50	55.63 %	53.76 %	52.35 %	5	5
Mihir CHANDRAKER	23:43	24:06	24:29	58.68 %	57.76 %	56.84 %	2	2
Stephen BORRILL	23:47	24:32	26:54	57.39 %	55.73 %	50.74 %	9	9
Philip John HAGUE	23:57	26:04	31:29	57.83 %	53.55 %	43.99 %	10	10
Rakesh CHANDRAKER	24:09	24:45	25:31	61.08 %	59.63 %	57.81 %	5	5
Andrew STAMP	26:03	26:03	26:03	54.45 %	54.45 %	54.45 %	1	2
Roger HORTON	26:19	26:49	27:11	63.71 %	62.55 %	61.68 %	3	3
Sammy HAGUE	27:15	27:53	28:42	57.92 %	56.62 %	54.99 %	5	5
Jacqueline HEYBROCK	27:24	27:50	28:17	54.01 %	53.17 %	52.33 %	2	2
Daniel Joseph HAGUE	27:29	29:16	33:19	61.92 %	58.41 %	51.08 %	7	7
Bruce MARSHALL	28:05	28:39	29:38	57.09 %	55.60 %	53.66 %	7	7
Peter ALLEN	31:06	31:08	31:11	52.95 %	52.88 %	52.81 %	2	2
Oliver HAGUE	39:18	39:18	39:18	37.83 %	37.83 %	37.83 %	1	1
Katy HINSHELWOOD	43:25	43:25	43:25	44.99 %	44.99 %	44.99 %	1	1

An Olympics to remember



Daddy, what did you do at the Olympics?

I know at least two families from the club had a day at the Olympic Park, but this extract from the East Anglian Red Cross magazine shows another aspect of the wonderful event.

"Peter Allen, from Hardwick, commuted to London to help ensure the games ran as safely and as smoothly as possible. Peter, who is an orienteering coach when he is not Red Cross volunteering, took part in 12 shifts at Liverpool Street and Kings Cross station at the Olympics and Paralympics. He gave an impressive 170 hours of his time to provide first aid cover in the stations.

How did it feel to be volunteering during the games?

Volunteering at the stations was a completely new and different environment to any other event I have worked at. The Olympics engulfed everything and there was an amazing friendly atmosphere in the city.

We were patrolling at Kings Cross when a woman fresh from a Los Angeles flight into Heathrow approached us. She recognised the Red Cross and knew she could come to us for medical assistance. She said that had she not seen us in the stations then she would not have known where to go for help.

She had quite a nasty rash so we took her to the treatment room and cleaned and dressed it. Then we advised her to contact the Health Service. Part of the role we played in this instance was a supportive listening one, as we were able to offer her

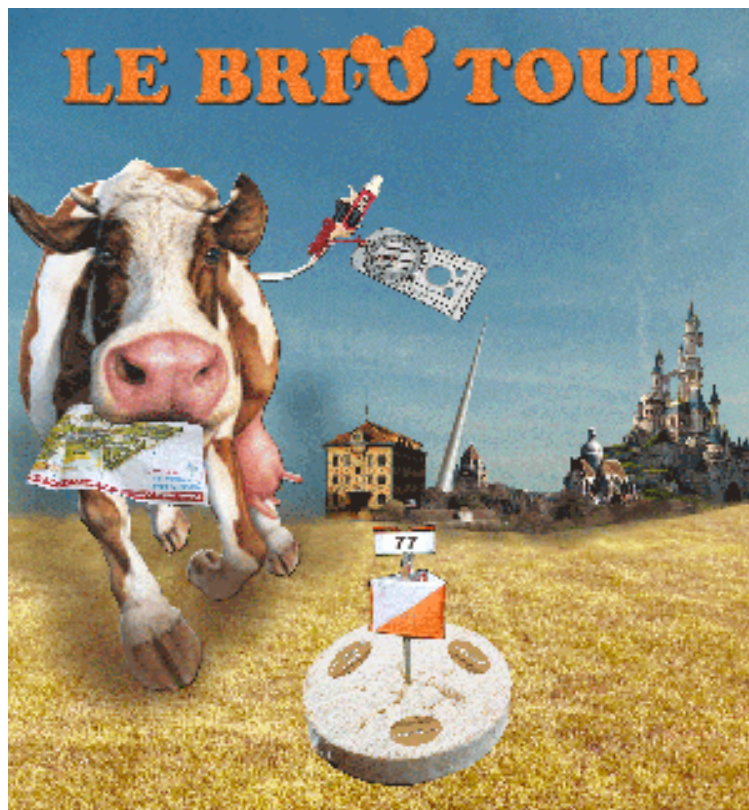
re-assurance and advice. Heart attacks, angina, sprained ankles, amongst many other first aid casualties, fully justified the additional Red Cross presence and, as a legacy, there are now plans for transport hub Red Cross presences to support Network Rail staff. Lives were saved."

Peter Allen

Clubnight Co-ordinator

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Mickey Mouse Orienteering in France (Not sure what the cow had to do with it!)



Now, I have been to a few Mickey Mouse events in my time (they usually involve pencils and questions about the colour of doors), but this was the genuine article!

Those of you who know me will probably have realised by now that I am constantly looking for the exotic orienteering experience. So it was with a great deal of anticipation that as WAOC headed north to the Compass Sport Cup, I headed south to the outskirts of Paris, for a 3 'urban' events in 2 days, with the pièce de résistance being a midnight run around Disneyland Paris. It would be fair to say that that the weekend had its highs and its lows.

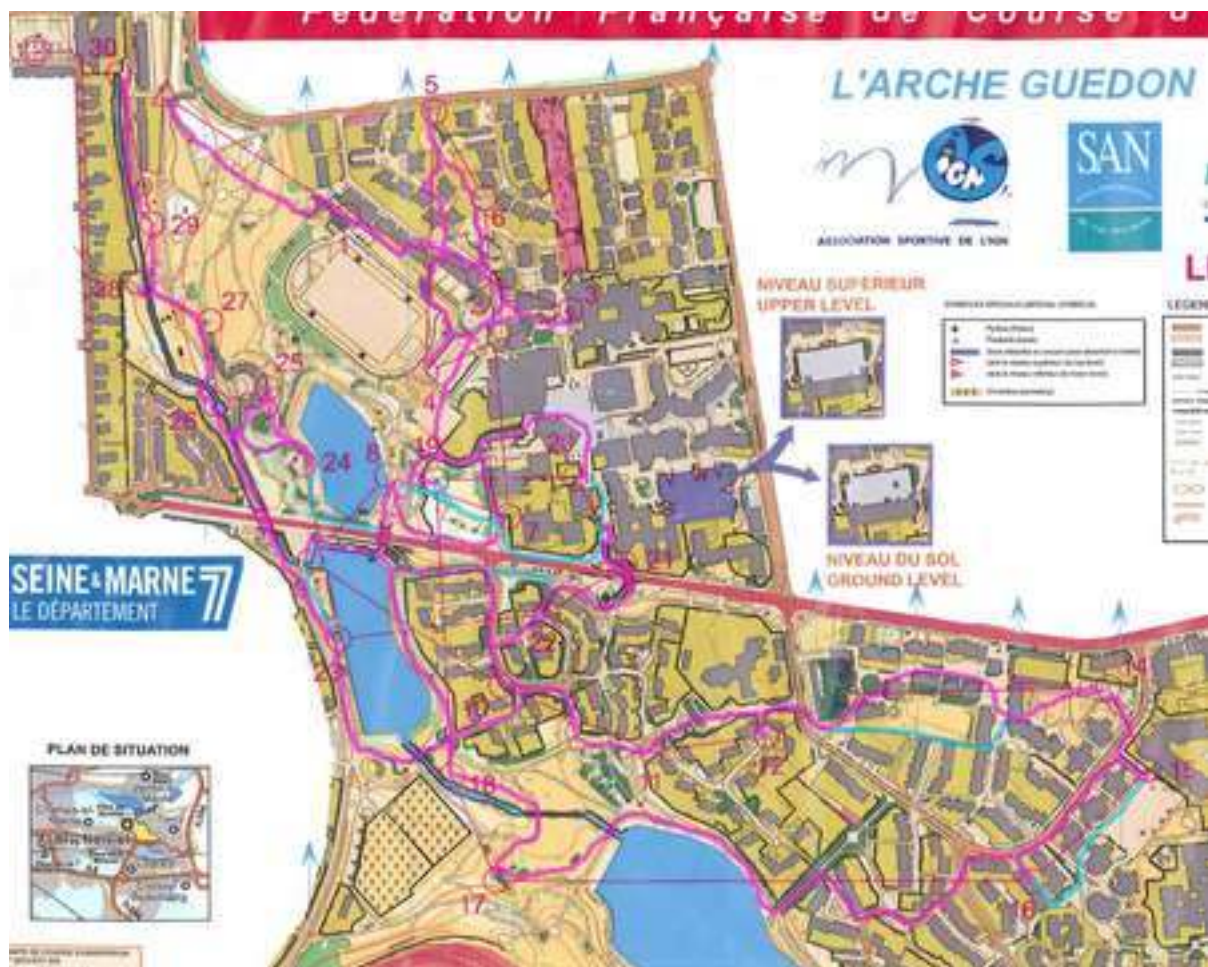
Race 1 – some suburb on the edge of Paris (L'Arche Guedon)

Well, this was a good start to the weekend. It was lovely weather and great orienteering. It has to be said that the organisation creaked at first. There were problems with locked gates at a school which was used by all courses and,

unfortunately, they remained locked so the start was severely delayed (there were more delayed starts to come). It just goes to show that even with the best laid plans, things can go wrong. So the courses were truncated but not enough to stop them being good fun.

The map covered a mix of park, modern estate and older housing. There were lots of interesting route choice legs and I was actually pretty pleased with my run. Not too many mistakes and I nailed the long legs!

Result 12/66 (2nd M55) - plenty of incentive to try hard at the next race, so no beer or wine for me!



Race 2 - My night at Disneyland Paris - My preparation had been meticulous (I thought). Okay, so may be when the battery for my headlight went 'pop' as I was charging it up, I should have suspected that something might be going wrong, but no, the light still seemed to be working, so that was fine.

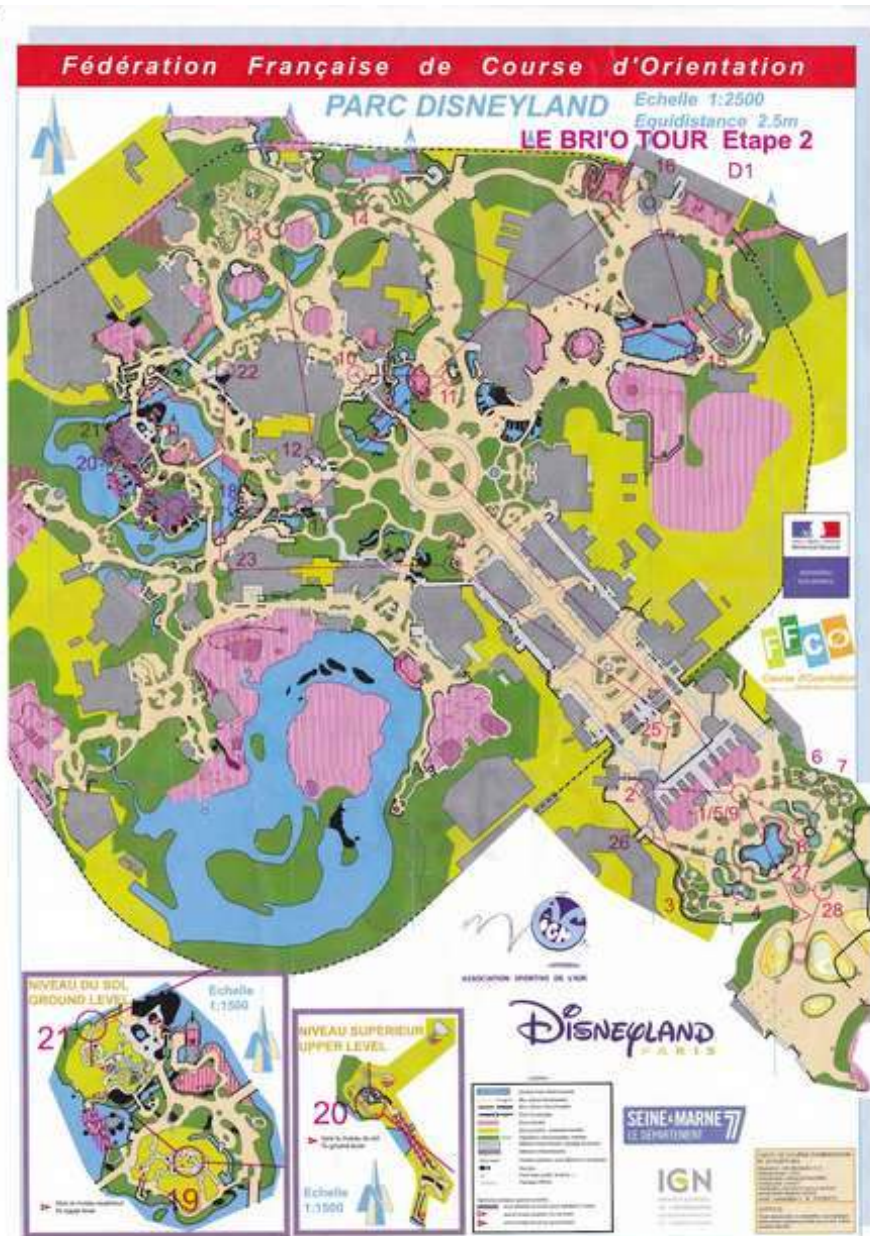
I have never been to a Disneyland but the race was scheduled to start at midnight, so I spent a bit of time 'browsing' the facilities. All I can say is that, I guess it is great for children!

Midnight came. No start. 'We are waiting for clearance from security'. One o'clock came and went...fortunately it was fine and dry so no real problem. By half-past one, Mickey Mouse had appeared so all was well.



A few cheers, and lots of 'getting the crowd going' and we were ready for the first start.





So back to my headlight! It worked fine as I warmed up (yes, I was taking this seriously as could be seen by my abstemious behaviour earlier in the day) and as I switched it on at the start all seemed fine with the world. One hundred metres later...darkness! On the map above, I didn't even get as far as control 1. I sit down, swearing profusely, fiddling with the battery and the leads thinking that surely I could put this right. But no, my headlight was dead.

Now seasoned night orienteers will at this stage be thinking, "But yes, of course, he had a spare headlight with him?"

Well, "Yes" and "No". "Yes" I would obviously not be stupid enough to travel all the way to France with only one headlight. The problem was it was sitting in the boot of my hire car about 1½ kilometre away. So, not much use really.

Still, I wasn't going to give up, so I soldiered on, very, very slowly. It was all very frustrating as I couldn't read the map and kept getting dazzled by massive headlamps which just made my predicament seem even worse.

All went 'okayish' until 19-20-21-22. These were in the caves of 'The Pirates of the Caribbean'. You had to read arrows on the map to work out whether to go up or down and, although the picture below may not show this, it was very, very dark – they were caves after all. It was actually impossible to navigate. I tried and failed. Up? Down? Who knows – certainly not me! So at 2.35 a.m. my adventure in Disneyland came to a rather premature end.



A shame really as the orienteering was great and even though I suffered a few mishaps, it was all great fun.

Result – 'Abandoned'.

Race 3 – Provins

This was just great. A brilliant morning of orienteering! New town! Old town! Castle! Park! Maze! Old town walls! What's not to like?

It was another beautiful sunny day (so nothing like Teviothead where the CompassSport Cup Final was concurrently taking place) and the race tested loads of skills. Close contact with the map was essential and there were some great route choices. The maze was tricky, but helpfully it was 'blown up' on the map so that it could be read more easily. Unfortunately, I didn't spot this until I had finished. The other incredibly annoying thing about the maze was the number of Frenchmen (I could tell by their club colours) who just charged straight through the hedge –

quicker, but not really in the spirit of the competition.



But, despite this it was a good race and a good run.

Result – 18/69 (but the 18 did include several who I saw go through the hedge at the maze!)

So all in all, a great weekend! Would I go back? Definitely yes! But next time I will travel with a working headlamp and a spare to hand!

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From the Club Captain

It is that time of year again, when I encourage those of you who mainly orienteer in East Anglia to be a bit more adventurous and try orienteering in some of the more technically challenging areas of the country, remind those of you who already do so where and when the big events are this coming season, and encourage everyone to enter the various competitions that we take part in as a club.

The first and most important point to make is that you don't have to be a superstar to take part in these events. They are open to everyone, and there are courses available to suit all ages and abilities. In some cases you will need to be a national member of British Orienteering if you want to run in the main competition, but even at these events there should be colour-coded courses available for less experienced orienteers (check website before travelling).

Many of the larger events I list below require you to pre-enter, usually at least a couple of weeks in advance, and for some of the largest events the earlier you enter the cheaper it is. Pre-entry these days is very easy using the online systems that are now available. The main ones are Fabian4 (www.fabian4.co.uk) and SiEntries (www.sientries.co.uk). You should be able to find a link to the relevant online entry system on the webpage for each event.

Finally, if you are going to either the JK or British Long Distance Champs then in addition to running individually there is the opportunity to run as part of a WAOC relay team. If you haven't tried this yet then you really should – the atmosphere in the arena as hundreds of competitors set off together, cheered on by their team mates, and then cheered on again as they hand over to the next member of their team or come in to finish, makes these relay competitions an experience that shouldn't be missed. And again, you don't have to be a superstar to take part. Whilst one or two of the WAOC teams will be trying to win (or at least do as well as they can) others will be running just for fun. Relay entries are done by me as Club Captain, so if you are interested in running in a WAOC relay team at either the JK or the British Champs please let me know (captain@waoc.org.uk); please also let me know if you have any preference as to who you run with or which leg you run.

The events

Sunday 3 February – Midland Champs, Sherwood Forest, near Mansfield (NOC) – East Anglia is part of the Midlands for the purposes of these championships, so if you run well at this event you could be Midland's Champ!

Saturday 9/Sunday 10 February – Thetford Thrash, Thetford Forest (WAOC) – Our very own two-day regional event co-organised with CUOC.

Saturday 9 February – British Night Champs, Tankersley, near Sheffield (SYO) – Same weekend as the Thetford Thrash, but for the more experienced amongst us, likely to be a great event on a great area.

Sunday 17 February – Compass Sport Cup Qualifier, Fineshade, near Corby (LEI) – Open to everyone and we need as many members of WAOC as possible to compete at this event to give us the best possible chance of winning through to the national final of this annual inter-club competition again (as we did this year). If we succeed, the final is in the Forest of Dean in October, which is a lot closer than Carlisle, and also a great orienteering area.

Sunday 24 February – Ace of Hearts, Burnham Beeches, near Slough (HH) – A regional event being organised by one of our near neighbours on what is one of the best orienteering areas around.

Sunday 10 March – Yvette Baker Trophy Qualifier, Chicksands, near Shefford (WAOC) – A normal WAOC Sunday morning event, except that we need as many juniors as possible to compete for WAOC, and beat the juniors from the other local clubs, in order for us to win through to the national final of this annual inter-club junior team competition.

Sunday 17 March – EA Champs, Writtle Forest, near Chelmsford (SOS) – A normal Sunday morning event being organised by Essex Stragglers, but if you enter the right course for your age and win, you will be East Anglian Champ! (To be confirmed).

Good Friday 29 March to Easter Monday 1 April – JK International Festival of Orienteering, Thames Valley (www.thejk.org.uk) – The biggest orienteering

event in the country each year. Open to everyone, with thousands of orienteers from across the country and visitors from overseas making this a truly great experience. Sprint race round Reading University on Good Friday; long distance races on Hambleden on Saturday, and on Cold Ash on Easter Sunday – both great orienteering areas; relays on Easter Monday back at Hambleden. If there is one event that you do outside East Anglia this year, this should be it. NB First closing date (for cheapest entry) is Thursday 3 January.

Saturday 13/Sunday 14 April – Lakes Double, Graythwaite, near Windermere (LOC) – A weekend of orienteering on some of the best orienteering terrain in the country.

Saturday 20 April – British Sprint Champs, Loughborough University
Sunday 21 April – British Middle Distance Champs, Stanton Moor, near Matlock (www.britishmiddlechamps.org.uk) – A weekend of fast paced, hopefully technically challenging orienteering within easy reach of East Anglia. Open to all – you don't have to pre-qualify or be selected (although you do need to be a national member of British Orienteering to compete in the main event). Usually also a great opportunity to watch the elites in action.

Saturday 4 May – British Long Distance Champs, Winterfold, near Guildford

Sunday 5 May – British Relay Champs, Holmbury, near Guildford (www.boc2013.org.uk) – As above, if you are a national member of British Orienteering then you are eligible to take part in these championships – you don't need to pre-qualify or be selected. Likely to be a great weekend on some of the best terrain in the south east.

Sunday 28 July to Saturday 3 August – Scottish 6 Days, Moray Coast, near Inverness (www.scottish6days.org.uk/2013) - Six days of orienteering on some of the best orienteering areas in the country, and with lots else to see and do besides!

Sunday 22 September – London City Race (www.cityrace.org) – One of the best urban orienteering events in the world (over 1000 competitors in 2012)! NB Being run on Sunday in 2013. (Ultrasprint event planned for the Saturday afternoon if you are interested).

If you have any questions about these or any other events, please do not hesitate to ask.

Have a great season

Graham
captain@waoc.org.uk

Fixtures

Fixtures have been taken from the EAOA fixture lists as of December 14th 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)

January

- 6th HAVOC EAOA Level C **HAVOC Belhus SWELL Event**, Belhus Woods Country Park, Upminster, [TQ564825](#)
Entry times: 10am to 12noon. Dogs: Dogs to be kept under control.
Organiser: Gillian Edgar , captain@orienteering-havoc.co.uk
- 13th SMOC EAOA Level D **SMOC local event – Brackmills**, Brackmills, Northampton, [SP769583](#)
Entry times: 1015-1230. Dogs: Dogs to be kept on leads at assembly and on courses.
Organiser: Ros James
www.smoc.info
- 13th NOR EAOA Level C **Mid Norfolk Colour Coded Event**, Cockley Cley, Swaffham, [TF790055](#)
Entry times: 10.00 to 12.00. Dogs: On Lead Only.
Organiser: Alan Bedder
www.norfolkoc.co.uk
- 19th WAOC EAOA Level D **Rowney Warren Night Event**, Rowney Warren, Shefford, [TL123403](#)
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 **Daisy's Wood Colour Code inc. ESSOL**, Daisy's Wood, Woodbridge, [TM345503](#)
Dogs: Must be kept on leads.
Organiser: Sally Wilkinson , clive.sally@btinternet.com , 01473 219059
www.suffoc.co.uk
- 27th SOS EAOA Level C **SOS Colour Coded Pods Wood incorporating ESSOL and SWELL**, Pods and Conyfield Woods Tiptree, Tiptree / Colchester
Organiser: Nancy Powell Davies , powell.davies@btinternet.com , 01376 562657
stragglers.info/home/index.php

February

- 9th CUOC EAOA Level B **Thetford Thrash Day 1 - Icenian**, Bromehill, Brandon, Thetford, [TL795881](#)
Dogs: Dogs welcome on a lead.
Organiser: Tom Dobra , icnian@cuoc.org.uk
www.waoc.org.uk/n.humphries/waoc/details/2013-02-09-10-thetford-thrash.php
- 10th WAOC EAOA Level B **Thetford Thrash Day 2**, Thetford Warren, Thetford, [TL839842](#)
Entry times: See event web page on WAOC website. Dogs: See event web page on WAOC website.
www.waoc.org.uk/n.humphries/waoc/details/2013-02-09-10-thetford-thrash.php
- 24th NOR EAOA Level C **Nth Central Norfolk Colour Coded Event**, Pond Hills, Hempstead, Holt, [TG100357](#)
Entry times: 10.00 to 12.00. No dogs allowed.
Organiser: Alan Bedder
www.norfolkoc.co.uk

March

- 3rd SMOC EAOA Level C **SMOC EA League Event – Bucknell & Hazelborough**, Bucknell & Hazelborough Woods, Silverstone, [SP658448](#)
Entry times: 10.00-12.30. No dogs allowed.
Organiser: Ros James
www.smoc.info
- 10th WAOC EAOA Level C **Chicksands Wood Colour Coded and Yvette Baker Heat**, Chicksands Wood, Shefford, [TL106411](#)
Entry times: Starts 10:30 - 12:30. Dogs: See event specific web page on WAOC web site nearer the time of the event.
Organiser: Ian Lawson , ianh.lawson@ntlworld.com
www.waoc.org.uk

Don't just think about it. Join in!

WAOC EVENTS 2013

Sat 19 Jan Night Event Rowney Warren
Sun 10 Feb Thetford Warren
Sun 10 Mar Chicksands
Sun 14 Apr Wimpole Hall
May – Aug Summer Series TBN
Sun 15 Sept Therfield Heath
Sun 29 Sept TBN
Sun 27 Oct Brandon
Sun 8 Dec Rowney Warren

Rowney Warren Night Event – Saturday January 19th

Starts - 6:00 pm - 7:00 pm (Registration opens from 5.30pm)

Night Orienteering colour coded courses are a similar standard to normal colour coded equivalents, but are shorter.

Courses with provisional lengths are as follows:

Ochre	(Dark Yellow)	easy	1.4 km
Maroon	(Dark Orange)	moderate	2.9 km
Olive	(Dark Green)	hard	3.2 km
Navy	(Dark Blue)	hard	4.6 km
Chocolate	(Dark Brown)	hard	5.5 km

All courses except Ochre will cross a minor road twice. For this reason juniors under age 16 are restricted to the Ochre course.

Email enquiries to [peter_woods \(at\) ntlworld.com](mailto:peter_woods@ntlworld.com)

Thetford Thrash – WAOC and CUOC

Saturday February 9th & Sunday February 10th

Day 1 – Bromehill [TL795881](#)

Bromehill is mostly runnable forest with contrasting blocks of less runnable wood and open. Bromehill is actually a hill, so unusually for the area there are contours on the map as well as areas with complex contour detail.

Day 2 - Thetford Warren [TL834854](#)

Thetford Warren was extensively re-mapped in winter 2011/12 and used by EAOA for the CompassSport Cup Qualifier event last year. In order to avoid long walks from the car parking area, Junior courses will use a separate map and start/finish on the adjacent High Lodge area. We in WAOC thank CUOC for allowing use of this area.

Pre-entry strongly encouraged - <http://www.fabian4.co.uk/>

Further details on www.waoc.org.uk