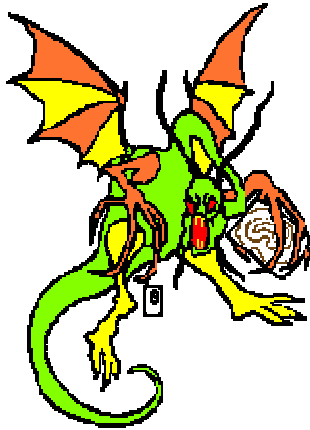


West Anglian
Orienteering
Club



JABBERWAOC

Vol.42 No 1

March 2014

Presentation of Trophies and Awards



Editorial

Your April 2014 Jabberwaoc gives photos of WAOC trophy winners presented at the AGM. Details of this meeting are given in the Minutes in case you were unable to come to this AGM and the preceding score event in Milton Country Park and surrounding streets. Most thought this was an enjoyable format for our AGM but please send in your comments and suggestions for future alternatives. Articles about snow and SkiO to changes in magnetic north are given with fewer event descriptions in this issue so do keep writing up your favourite runs or interesting topics. Let's see how many perspectives on the JK this Easter you can give. Usual Chairman's chat, Clubnight and Summer event details, Bruce's quiz is on page 18 and this issue ends as usual with information for events throughout the coming season. Wishing you all enjoyable courses, Hazel Bickle

Send your orienteering news and views to editor at waoc.org.uk by 1st June 2014 the final Copy Date for the next issue of Jabberwaoc.

Remember our

Urban Race in the City of Ely

Saturday 5th April 2014

Registration: from 11am until 12.30pm.

Pre-entry at www.fabian4.co.uk until Sunday 30th March but you may be able to enter on the day while maps are available

Starts: Jubilee Gardens 11.30am until 1pm

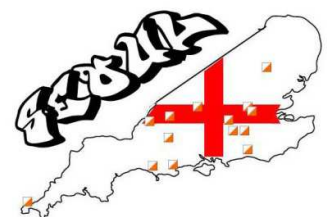
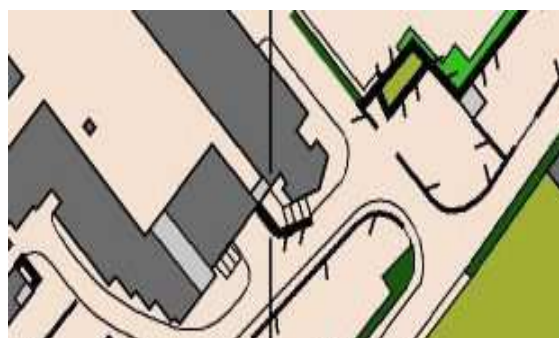
Courses close 2.30pm

Contact: Jenny Hunt

More details on our web site (www.waoc.org.uk)

NOPESPORT
URBAN LEAGUE

PRIZES!



Chairman's Chat (March 2014) – Peter Woods

I was pleased by the turnout at our AGM. We decided to organise the AGM differently this year, and combine it with a mini-orienteering activity. We were lucky in being able to have use of the room at Milton Country Park for the meeting, and I'm very grateful to Oliver Hague who planned the score courses. From the comments received afterwards this format was appreciated, so I hope we can lay on something similar next year and see an even bigger turnout.



Our membership remains stable – currently the same as 2012 (after a small upward blip in 2013). However, I think we have seen a big increase in attendance at events, notably at Wimpole and Therfield, where pleasingly, attendance includes substantial numbers of newcomers and others who are not regular orienteers. I'm not sure we know what specifically attracted them – if only we did!

Two further imponderables which we increasingly find ourselves needing to live with are unseasonable weather and forestry activity in our mapped areas, especially in Thetford forest. I've commented previously on the effects of both unexpectedly benign and malign weather, but the weather on the day of any particular event is rarely a complete surprise - we no longer believe the weather to be ruled by anthropomorphic deities who are fickle and perverse. However, exactly such a model would have better predictive power when it comes to the pattern of tree felling in woodland where we have held events recently, than any more rational system we know of at the moment. I hope I can bring better news on this topic in a future edition – the forestry equivalent of a weather balloon, maybe.

On a completely different topic, I ought to report back on the initiative in the last JabberWAOC to compile a list of helpers' preferences based on responses to a form printed in the magazine and emailed round the membership. We did receive quite a few responses and I'd like to thank all who did reply. Responses were very positive, but were mostly from people who already regularly help at events, and I was disappointed that we did not receive feedback from a wider set. It looks like for the time being at least, we carry on as we did before, where organisers call round to find helpers for each event. I have to say that whenever I do any calling round myself, I am always heartened by the positive responses I receive.

We do have one unfilled vacancy on the committee now, for Publicity Officer. Seonaid has just stepped down from this role, but has ended her term with a flourish, and has been a tower of power in organising publicity for our event at Ely. Since there is a bit of a breathing space after Ely before any future major events, now would be a perfect time for a new person to take up this role, and I am on the lookout for a replacement. If you are interested in finding out what this role involves, please get in touch.

I would like to encourage everyone to enter the Ely event, and I look forward to seeing you there. And good luck to all who are competing in the JK over Easter.

WAOC Committee

Current contact details in most recent edition of JabberWAOC

Subs for 2014 - final reminder

First, thank you to all the many members who have already renewed their subscription. If you are one of these - no need to read any further! However, if you haven't yet renewed and do want to continue as a WAOC/BOF member, please would you renew soon? The cut-off date is March 31st and I shall be preparing the new membership list shortly. BOF members should renew via BOF and Club-only direct to me (Senior club-sub is £12). If you plan to discontinue your membership, an email to me (memsec@waoc.org.uk) would be really helpful.

Thank you, Anne Duncumb (membership secretary)

Welcome to new WAOC members – Anne Duncumb (membership secretary)

Graeme and Rachel Ambler and family (Elizabeth W11, Jonathan M9 and Chloe W3) from Cambridge

Alun and Lesley Roberts and family (Elizabeth W9 and Poppy W7) from Hardwick
David Wilman from Bury St Edmunds

Cathryn Woodward and family (James M16, Iona W15 and Thomas M13) from Cambridge

We hope you will enjoy Orienteering with WAOC

Nominate how you would like to help in the coming year

Name:																			
I am interested in the following roles																			
Publicity Officer	<input type="checkbox"/>																		
Team leader roles																			
Download Team Leader	<input type="checkbox"/>																		
Start Team Leader	<input type="checkbox"/>																		
Car Parking Team Leader	<input type="checkbox"/>																		
Registration Team Leader	<input type="checkbox"/>																		
Event Planner	<input type="checkbox"/>																		
Event Organiser	<input type="checkbox"/>																		
Deputy Organiser	<input type="checkbox"/>																		
String Course	<input type="checkbox"/>																		
On the Day helper (tick all that are of interest)																			
Registration	<input type="checkbox"/>																		
Download	<input type="checkbox"/>																		
Car Parking	<input type="checkbox"/>																		
Start	<input type="checkbox"/>																		
Tent Wrangler*	<input type="checkbox"/>																		
Other (please specify)	<input type="checkbox"/>																		
(*) i.e. helping to put up tents etc at beginning of the day.																			
Skills Audit: I may be able to help WAOC in a different way (e.g. I have a First Aid qualification; I am fluent in HTML and PHP scripting; My Mum owns a Forest; I can print maps for free).																			
Please specify below:																			
<table border="1" style="width: 100%; height: 100%;"> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </table>																			

Please reply by e-mail or by post to Anne Duncumb, our Membership Secretary
memsec@waoc.org.uk

Appreciation:

"Anyone who did not attend the **AGM** on Sat 8th March missed a lovely occasion. Wonderful weather and an interesting Score event planned by our budding home grown young planner were a bonus. This was a new format which I hope can be repeated" - Seonaid



JK Trail O

Also thanks to the WAOC members who have volunteered to help at the JK. Details will be sent to them nearer the time but they do need to ensure early FootO starts and then get to the PreO asap if competing and pre-entered - Anne (also see IntroO details on page 15)

Photos

Very many thanks to Michael and Seonaid Dudley for the excellent photos of WAOC Trophy and Award winners - Editor

Minutes of the WAOC Annual General Meeting

8th March 2014

Visitor Centre, Milton Country Park

Present: Iain Stemp, Rachel Pocock, Rakesh Chandraker, Stephen Borrill, Helen Bickle, Mike Bickle, Jason Dunning, Jonathan Pye, Sue Woods, Leo Cairns, Jenny Hunt, Hazel Bickle, Janet Cronk, Dil Wetherhill & family, Seonaid Dudley, Bruce Marshall, Maria Marshall, Caroline Louth, Anne Duncumb, Michael Dudley, Ben Holland, Bob Hill, Cath Pennington, Peter Allen, Peter Woods, Helen Hague, Oliver Hague, Daniel Hague

1) Welcome and Apologies for absence

Apologies were received from Anne Braggins, Graham Louth, Ursula Oxburgh, Ron Oxburgh, Rob Campbell & family, Chand family, Brian Cowe, Phil Levi.

Peter Woods declared the meeting open at 5:10pm and welcomed attendees to a new format of AGM for this year with a Score event around the Country Park and village of Milton. The score event started at 4pm and was followed by formal meeting starting with the annual awards and prize giving. Peter congratulated Oliver Hague on planning the Score event and thanked him on behalf of club for this.

2) Awards and Prizes

The first prizes were awarded to Iain Stemp and Jemima Borrill for winning the senior and junior categories of the day's score event.

Chairman's Award 2014

Owl Trophy – for senior performance: Rachel Pocock

Rachel has consistently been top of the WAOC rankings and was selected for England in the interland fixture against the Netherlands last year.

Tortoise Cup – for efforts and service to club: Bob Hill

Peter mentioned several people who have made significant contribution to keeping the club running through organizing events, publicity and editing the Jabberwaoc; Hazel, Cath, Neil, Seonaid, Bruce, Jason, Jenny. However Peter chose to make the award to Bob Hill for his unique interpretation of MP3 – Managing Permissions, Mildenhall Planning and Midweek Peacekeeper.

Chairman's Cup – for junior performance: Oliver Hague

Previous recipients of this award have turned in excellent competition performances. This year Peter wanted to recognize an up and coming planner. Oliver planned at Ampthill as well the AGM Score event and it would have been impossible to distinguish the quality of the events from an experienced planner's work. Well done Oliver!

Hally Hardie Mapping Trophy – for excellence in mapping: Caroline Louth

Although not award last year the previous recipient of the award was Caroline. Since then her efforts have multiplied with new areas for the club nights as well as mapping Ely for the upcoming urban event.

The winners of the WAGAL and East Anglian leagues were:

WAGAL Champions 2013

Junior men	1 Dylan Campbell	2 Andrew Stemp	3 Sam Hague
Junior women	1 Jaya Chand	2 Catherine Hemingway	3 Caitlin Campbell
Senior men	1 Brian Cowe	2 Ben Holland	3 Jason Dunning
Senior women	1 Helen Bickle	2 Lakshmi Chand	3 Jenny Hunt
Veteran men	1 Mike Bickle	2 David Cronk	3 Neil Humphries
Veteran women	1 Sue Woods	2 Hazel Bickle	3 Catherine Pennington

East Anglian Champions 2013

M10	Alex Wetherill	M40	Sean Blanchflower
W45	Rachel Pocock	W60	Noreen Ives
W70	Seonaid Dudley		

East Anglian League Winners 2013

M10	Alex Wetherill	M20	James Haynes
M40	Stephen Borrill	M45	Dil Wetherill
W20	Alice Campbell	W70	Seonaid Dudley

The following badges were achieved:

Colour coded badges

White	Tom Rowe, Emile Zsak
Yellow	Emile Zsak
Light Green	Oliver Hague
Green	Andrew Stemp
Blue	Iain Stemp

3) Minutes of the last AGM 2012

The minutes of the last AGM were approved as an accurate record of the proceedings. Motion for approval was proposed by Peter Allen and seconded by Mike Dudley.

4) Chairman's Report – Peter Woods

Peter described how much of what he wanted to say was expressed during the awards presentations. A new thing this year has been the take off of Park Run at Wimpole which has a similar volunteer ethos to way orienteering runs. It is worth noting that one of the larger clubs of runners at Park Run there is in fact WAOC. Other novelties this year is WAOC's Facebook page. It's not clear how this will be used but at the very least it might be useful for late-breaking news.

There was successful and very useful Planners' course earlier in the year; a year which has seen record turnouts at Wimpole and Therfield and high turn out even at Warren Wood where there had been concern over late felling. Club membership continues to remain stable at around 107. Unlike the weather, which this year required a shuttle bus to be laid on at Chicksands because of the waterlogged parking area, and then provided snow at the

night event. Overall we have been quite lucky with the weather; since investing in 1 metric tonne of waterproof paper it has not actually rained at an event. Unfortunately the club has not been quite so lucky with the Forestry Commission. Since its split into separate leisure and commercial groups there has been difficulty in getting clear communication to the detriment of planning events on FE land.

Another type of competition that is relatively new to WAOC has been tried out at a couple of events, namely Trail O, for which we have to thank Anne Braggins. Trail O is certainly a new challenge for someone used to conventional orienteering.

On a personal note Peter described the JK and the Scottish Six-Days events as highlights and finished his reflections with best wishes for recovery for Mike Capper and Steve Hinshelwood who are respectively suffering from a broken leg and a foot injury.

5) Captain's Report – Graham Louth

In Graham's absence at sailing regatta, Peter read out Graham's Captain's report which is summarised below:

Highlights of the year:

Two teams on the podium at the British Relay Champs:

William Louth, Catherine Hemingway, Tom Hemingway: 2nd on Mixed Ad Hoc
Rachel Pocock, Nicola Gardner, Caroline Louth: 3rd on W40+

One British Champion:

Ursula Oxburgh, W80, British Night Champion

One international representative appearance:

William Louth, England Junior Boys Select Team at World Schools Orienteering Championships, Portugal : 5th individual middle distance, 5th individual long distance, Team Gold

Two juniors selected to attend JROS Summer Training Camps:

Catherine Hemingway, W14, Lagganlia
William Louth, M15, Deeside

Other notable performances at JK and British Championships:

JK Sprint:

Daniel Hague, 6th, M10
Emile Zsak, 7th, M10
Sam Hague, 6th, M12

JK Long (overall):

Tom Hemingway, 1st, M18L
Graham Louth, 5th, M50S
Janet Cronk, 6th, W55S
Jonathan Cronk, 7th, M21S
Ursula Oxburgh, 7th, W75

British Sprint Champs:

Ursula Oxburgh, 3rd, W75
Rob Campbell, 7th, M45
Caroline Louth, 7th, W35
Rachel Pocock, 10th, W45
Steve Hinshelwood, 11th, M45

British Middle Champs:

Rachel Pocock, 2nd, W45

British Long Champs:

Alex Wetherill, 5th, M10A

Guro Harstad, 10th, W40L
Rob Campbell, 11th, M45L
Dil Wetherill, 13th, M45L
Graham Louth, 2nd, M50S
Bruce Marshall, 7th, M60S

British Night Champs:

William Louth, 3rd, M16
Janet Cronk, 5th, W55L
Graham Louth, 1st, M50S

Other news

Regrettably, despite fielding a team of over 50 members at the Compass Sport Cup Qualifier at Broxbourne last month (thank you all very much for coming), the competition in the form of Happy Herts and SLOW were too strong for us (although we did manage to beat local rivals NOR) and so we will not be going to the National Final this year.

Similarly, despite a valiant performance, and not least because we were unable to field a full team, the WAOC juniors were beaten by both SUFFOC and SOS at the recent Yvette Baker Trophy Qualifier in Suffolk. Let's try to get a full team out next year and show them what we can do!

And finally, if you haven't already entered the JK in South Wales at Easter then you need to do so no later than 30 March; and if you are coming and would like to run in a WAOC relay team on Easter Monday, please let me know as soon as possible.

6) Treasurer's Report & Acceptance of Accounts

Club Treasurer Cath Pennington presented the annual accounts and thanked Philip Levi for reviewing the accounts. The meeting approved the accounts as presented with Peter Allen proposing the motion and Anne Duncumb seconding.

The main points to note:

- Finances are sound
- For second year running the club has run to a planned deficit
- We have incurred high mapping costs this year which should be regarded as an investment for major events such as Ely urban
- Club and Coach (Club Nights) is now self-funding; the funds set aside for starting up the initiative have now been consumed
- There is a new grant awaiting new ideas...

7) Election of Officers

Mike Dudley proposed that all executive officers be re-elected on a single vote. The meeting accepted the proposal and the motion to re-elect Peter Woods, Rakesh Chandraker and Cath Pennington as Chairman, Secretary and Treasurer was proposed by Sue Woods and seconded by Anne Duncumb. The motion was carried.

8) Officer Vacancies

Seonaid Dudley has expressed her intention to stand down as Publicity Officer with effect from the AGM. Peter again thanked her for her tireless work and suggested that anyone

interested in taking on the role should get in touch with him – or he would start looking for volunteers.

9) **Any Other Business**

- a) Jenny Hunt still needs a few helpers for the Ely event in April
- b) Seonaid suggested that WAOC could put on course for runners at orienteering events. However this has been tried before but with little success
- c) Rachel wished to formally thank the club for the support she received to attend Interland. She also congratulated Oliver Hague on the planning of the days' score event
- d) Helen Bickle reminded everyone of the continuing program of Club Nights – details on the web site and page xx

Meeting closed, promptly at 6:10pm.



Very many thanks to all our WAOC Committee Members for their hard work, organisation and enthusiasm throughout the past year and for their willingness to serve for a future year.

Yvette Baker Trophy

Our Junior Captain Tom did well but in the end and, for the second year running, the club couldn't field a full team of 9 for the preliminary round of the Yvette Baker Trophy. Granted it was a very long way to drive, east of Woodbridge but it seems a shame that the 8 who competed ran their socks off but didn't stand a chance of making the final. One young novice pair of sisters bravely competed as a pair (allowable), giving 7 scores to count.

As I see it, an energetic adult Junior Coordinator is needed to recruit a full team. Juniors have school work as a priority. The occasional short training session,

possibly after an event, or even just a get-together to discuss the maps would act as an incentive. Most Club Nights provide junior training, but only for those who can attend. More training is needed to enable keen promising youngsters to feel valued and to progress to the Regional Squad. Hopefully the club can field a full team for the Peter Palmer event near Worksop in September. Seonaid

Training Nights Summer 2014 - Matthew Vokes

The following areas have so far been selected, further details about skills and activities to be offered will be finalised in the coming weeks. The areas chosen are generally further out of Cambridge than the previous two terms - this is for two reasons:

- a) To make better use of the lighter evening and get to use some of these more interesting areas
- b) The fact that less CUOC people will probably attend as we have exams to revise for...

It is likely that more of these sessions will have a course based theme, rather than a particular training exercise, but this will be down to the individual coach (as yet undetermined). Full details of all the sessions will be on the WAOC website and sent around the training nights mailing list every week when confirmed.

Date	Location
26 Mar	Impington *
2 Apr	Therfield Heath
23 Apr	Hinchingbrooke
30 Apr	Science Park
07 May	Bar Hill *
14 May	Milton CP *
21 May	Epping Forest *
28 May	Fen Ditton *
04 Jun	Coe Fen
11 Jun	Wandlebury
18 Jun	St Neots * (tbc)
25 Jun	PuntO

Summer League races marked with *

The Wednesday Evening Summer League

26th March - 25th June 2014 - Peter Allen

Starting on March 26th at Impington Village College, by popular demand, there will be a series of races at 6k, 4k, and 2k length continuing over the summer with BST from 30th March. Each course length will have its own league, with additional veteran subclass within the 4k for men and women and a novice subclass within the 2k. The idea is to score as few points as possible. You get 1 point for being first, 2pts for second etc. Only your "best" 4 races will count.

Give it a go. It is throughout our whole area so accessible to all of you, including Epping East, an international championship area this year. There will also be coaching courses on intervening Wednesday evenings to develop techniques :-

e.g. Contour Techniques at Therfield on 2nd April

Summer League Results and Prizes will be presented at PuntO on 25th June 2014.

Check details on WAOC website nearer the date of each Wednesday evening.

All Summer League races have 6.45 to 7.30 (flexible) starts.

Club indoor Championships or Orienteering without the weather

(Joint CUOC and WAOC held in the University Athletics Centre Rooms, winter 2014) - **Peter Allen**

This was a fun event with an element of concentration skill as there were in excess of 100 control boxes in the building. They were only identified by their description e.g. pillar N side with no number given as confirmation. So it was a test of control description reading and control flow as well...

Many thanks to Matthew Vokes, being brilliant at all these: organising, planning, providing the edible prizes

Results



Andrew winning the M20-M16 class



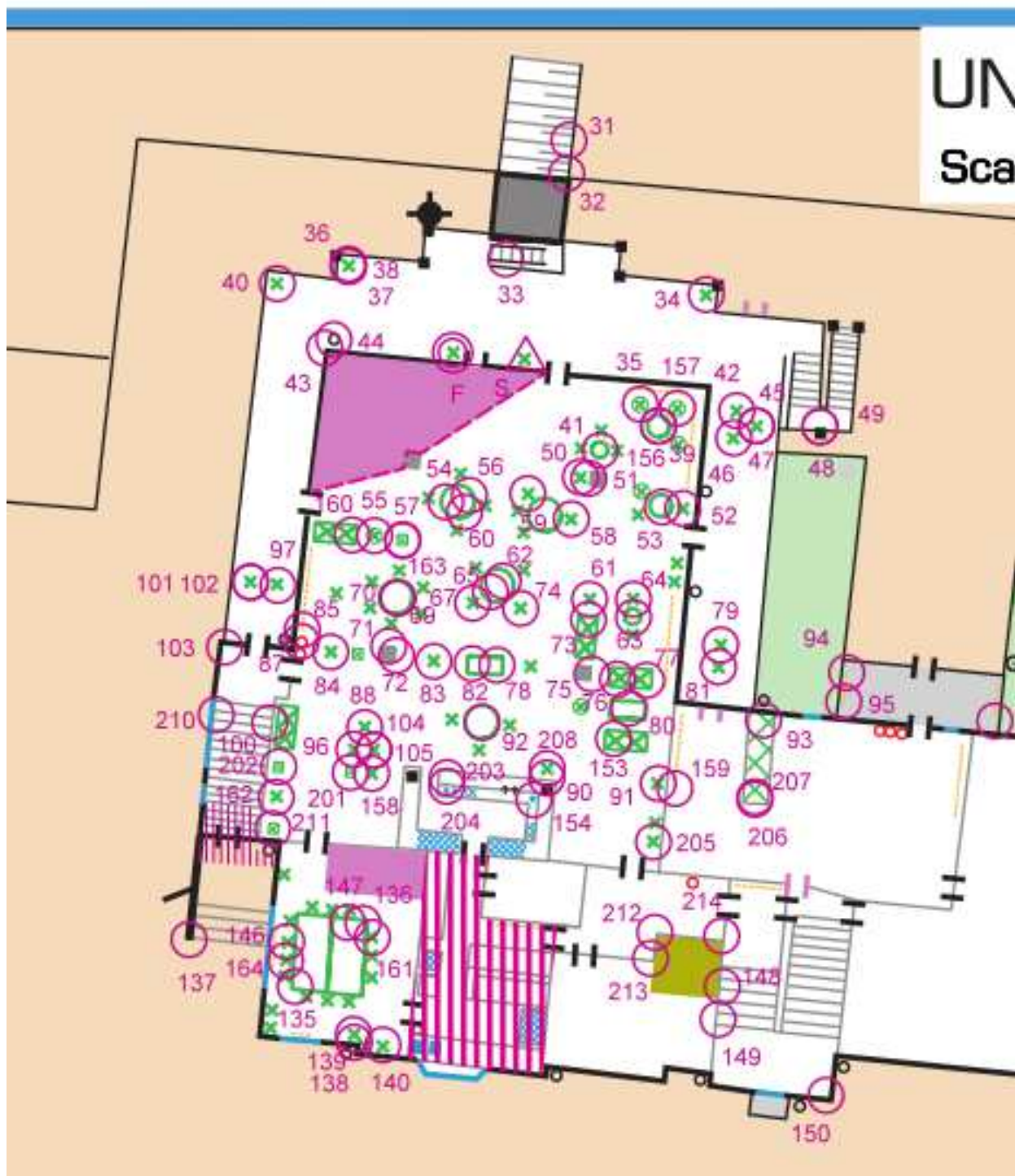
Helen and Jenny on the podium Gold and Silver-
Also the club's two newest organisers!



Stephen, Iain, and Bruce on the Men's Vet
podium



Bruce punches chair, top



Part of the all controls map, size of area here 25m by 15m

Apologies to those competitors, 10 of them, from W80 (Ursula) to W junior (Jemima) for which I have no photos You all did very well.

Peter Allen

IntrO Course - Introducing TrailO Anne Braggins

May 17th Brandon Country Park 10.00 – 16.00

IntrO has been developed as a non-competitive introduction to Trail Orienteering and is suitable as an extra at club activity sessions, training or low key summer events are ideal.

The course is intended to help clubs to stage a few IntrO exercises as part of their regular programme, so it is applicable to any official or reasonably experienced orienteer and someone who is involved with mapping needs to be involved in staging the courses.

The day will start as an indoor session based on the courses provided last summer at WAOC training evenings. There will then be a practical session when pairs study an allocated area close to the Centre to find potential control sites and note what would be required to update the map.

Everyone will then do the resulting course before ending with an indoor discussion session.

*Documentation – **IntrO***

An introduction to trail orienteering for organisers, planners and participants. This is available on the BO website – Try orienteering – Trail orienteering; check that it has downloaded correctly before printing!

The TrailO rules and new guidelines are all available on www.orienteering.org both provide information for planners.

There will be no cost to attend other than getting there and any lunch you might buy at the café. A few parking spaces will be reserved for us.

Anne Braggins <anne.braggins@trailo.org>

Wimpole Park Run - Peter Duthie

WAOC runners have had a significant presence at the **Wimpole Parkrun** from the start in 2013, and this continues into 2014. The current league shows WAOC as the fourth ranked club measuring by number of runs - 216 to date or over 1000km.

With the removal of several fences (time to update the map!) the course, already orienteer-friendly, has been changed to take out much of the initial kilometre on road in favour of more grass. Tarmac-loving roadrunners can still run at Peterborough or Bedford, but Wimpole must now be one of the most challenging as well as prettiest parkrun courses in the UK. So come and join us at 9am every Saturday morning - details can be found at <http://www.parkrun.org.uk/wimpoleestate> - though the course map still needed to be updated when last checked.

Thursday night runs continue, enjoying both the footpaths and pubs of

Cambridgeshire. Let Ben Holland know if you would like to be added to the Yahoo email list. We meet for runs at 6.30pm, generally in a pub car park - and we are looking forward to putting the head torches away when the clocks change. Typical runs are about an hour at a social pace, but shorter options are often possible - all welcome.

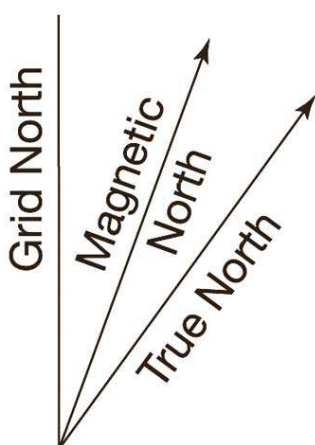
The summer months also see us put maps and compasses temporarily away to fly the WAOC flag at local running events such as the **Girton 5km**. It is good to be asked about WAOC activities by other runners at these runs - hopefully we might help attract some of these runners to our version of the sport which is running. Sometimes individuals manage to get the club name onto results sheets further afield. I recently ran under the WAOC name at the Wolfs Pit fell race in the Peak District. Much nearer the back than the front, but it always has been hard to practice for long climbs and plummeting descents when training in the Cambridgeshire fens

Magnetic north is on the move again



The compass needle is attracted by magnetic force, which varies in different parts of the world and is constantly changing.

The magnetic variation throughout Great Britain has been a few degrees West of grid North with the amount of variation changing every year. For years the number has decreased, and now in the far South West of Britain, the North on your compass lies to the East of the North on your map for the first time since before the Ordnance Survey came into existence (in 1791 if you're interested). The change is slowly crossing the country, but for now can only be appreciated in our [Custom Made maps](#) with a centre to the West of Penzance.



Diagrammatic only

Ordnance Survey maps show magnetic north on all maps (and state the date it was calculated), but for now only Custom Made will be showing the latest figures, which we obtain from the British Geological Survey (BGS) each year.



<http://www.ordnancesurvey.co.uk/blog/2014/01/magnetic-north-is-on-the-move-again/>

With thanks to Stephen Borrill for noticing this article.

News from Press Office: No. 4 19/2/14 - Seonaid Dudley

This will be our last report from the publicity duo, as we are stepping down at the AGM. It's exactly 4 years since my first press report in February 2010 when we won through to the Compassport Cup final. Then we had 3 outright winners – Anna Falk and Sophie and Thomas Louth and I see that we beat NOC and NOR! We officially took over from Alison Sleigh at the Huntingdon urban event and, as I don't drive, Mike is used as chauffeur to committee meets and lately to Ely. He is involved with U3A which takes up much of his time, so we feel we should finish.

The time since Christmas has been taken up mainly with Ely publicity. Around Christmas I toured all the sports shops in Cambridge, resulting in 6 hats and a dozen or so plastic bags from Cotswold, 3 torches, 1 card holder and a sports bag from Open Air and 6 'goodie' bags from Advance Performance. Peter suggested that Elysian Fields winery (of whom we hadn't heard) use labels featuring Ely Cathedral, and we duly have 2 bottles of wine from them, although one has to look hard to spot the picture!

The club bought 250 double-sided postcards for the event, from Victoire in the end, as I could get no joy from the BO site, even though Caroline Povey talked me through it! It's not possible to select one's own pictures and they didn't really have an appropriate design for urban orienteering or suitable pics. Most of these cards have been distributed in Ely to Days Sports shop, the TIC at Cromwell house, the Paradise sports centre and the library. It and its Cambridge counterpart promised to display an A4 poster and I also gave the Ely branch some PCs. It seems there is now a policy of charging for display if from a commercial organisation. Of course WAOC isn't, therefore it has to take any available slots left on the notice boards, which I noticed were only half full instead of jam-packed as per usual! Towards the end of February I spent a lovely day in Cambridge taking in a free lunchtime concert and hanging several laminated A4 posters on the railings.

We do hope someone will come forward to take on the 'Publicity' role.

I really don't know how effective the posters are. We hang them in Cambridge City for relatively local events, and in the various country parks when we orienteer in Thetford forest. Information flyers we take to any events we attend, and there are a few committee meetings per year. This is the first time I've touted for sponsors though and I've been pleased with the results! Oh and Hazel will be after you to write a report for Jabberwaoc!

I've said that I can carry on the 'Press' aspect, if no-one else wants to do that. It only needs to trawl the results online and write weekly reports, which needs no transport! I've had very little success with the Cambridge City press, slightly more with the Hunts Post which only prints local successes – Peter Duthie, Colin Curtis, the Hemingway family and me really, so often there is nothing to interest them! The local edition of the News and Crier usually comes up trumps and when Rachel Pocock, the Wetherill family or Ian Lawson do well, the Royston Crow or Hitchin/Stevenage Comet often publish some tit-bit.

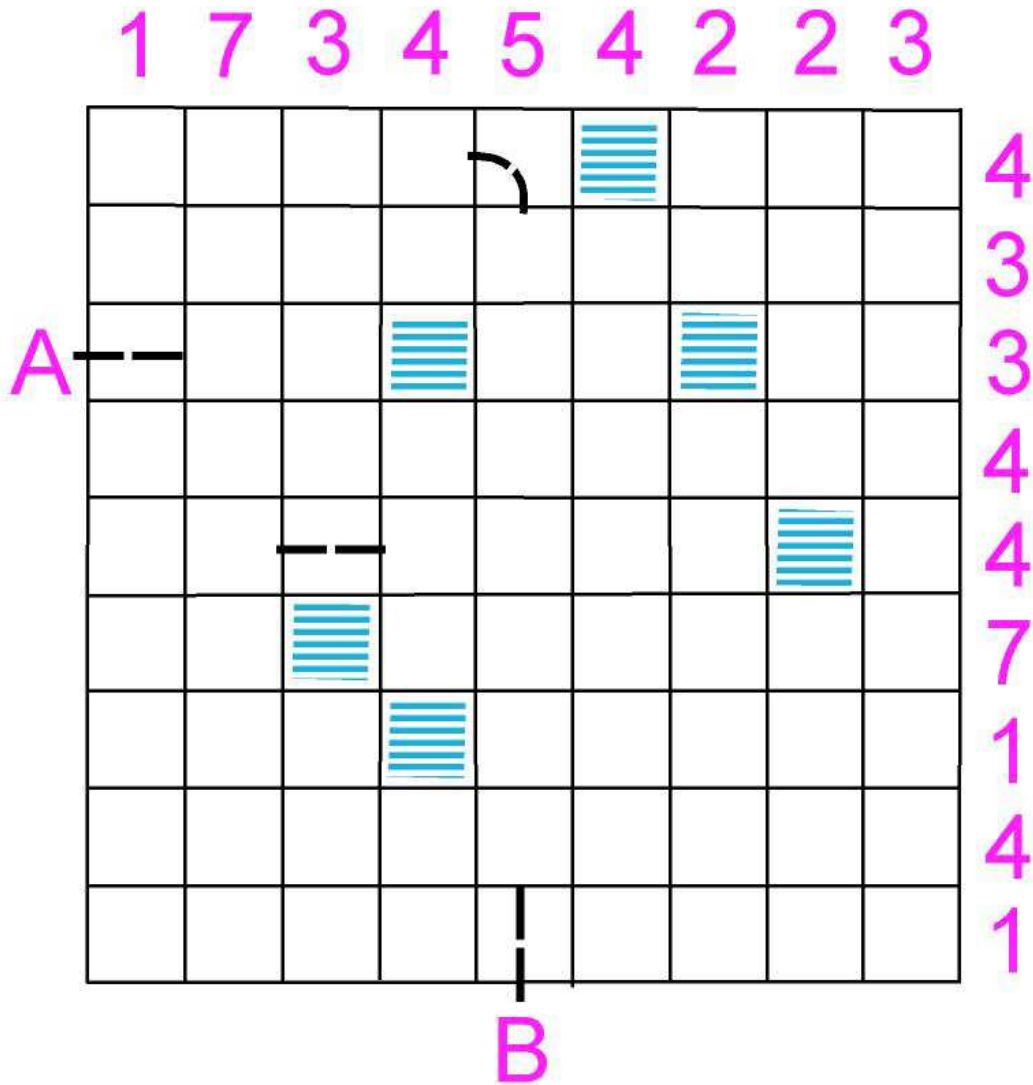
We wish our successors well!

Seonaid & Mike Dudley

Quiz from Bruce Marshall

Ivan O-map has to find his way across a marsh from A to B. The numbers indicate how many sections of path are in each row or column. Within each square the path

is either a straight line or a right angle bend. There are no path junctions. Find the only valid path route from A to B.



[answers on page: 22]

Orienteering highlights from skiing in Les Arcs, France Jenny Hunt

Jason, Caitlin, Jack and I had a family ski holiday to Les Arcs in the Paradiski area of Savoie in the French Alps during February Half Term.

As well as skiing Red runs, moguls and even Caitlin and Jack's first ever Black run (the hardest graded piste for those non-skiers among you) – we discovered some interesting orienteering highlights that we wanted to share with you.

One day, we found an orienteering kite hanging from a tree at the edge of one of the pistes! After skiing for the last 7 years, this is not something I had ever come

across before. Unfortunately, we found out that we had missed the start time for the event, but we had fun spotting some of the kites during the day as we skied around the mountains.



It felt very different seeing the kites in the snow covered mountain environment rather than in the grounds of the Cambridge colleges as we are used to! I'm sure ski orienteering adds another dimension to the activities of both skiing and orienteering – just imagine the map contours at an altitude spanning from 810 to 3225 metres! Imagine having to successfully navigate whilst travelling at high speed on skis using a network of pistes and chairlifts! It is something we will certainly look out for on future ski trips.

Another interesting sight was these beautiful snow patterns that we spotted while skiing down one of the pistes above.



These designs are very intricate and look almost like a snowy version of a crop circle. After puzzling over how they could have been created, we found out that they were created by British artist Simon Beck, a former orienteering map maker.

Having bought an apartment in Les Arcs in 2004, it all started as a little fun after skiing one evening. Beck says "I got my Silva type 54 compass I use for surveying orienteering maps and went onto the little snow covered lake outside the building I live in, plotted 5 points in a pentangle; and joined them up to make a star. I then filled in the 15 triangles that resulted and later added some circles and the result was impressive especially as there is a nearby chair lift that gives a bird eye view of the lake."

The patterns are huge and the scale of them and the fact that he works alone means that it can take Beck up to 10 hours of stomping around in his snow shoes to create the detailed designs. On his Facebook page, Beck explains that the complex geometric patterns are set out using an orienteering compass and distance determination using pace counting.

The designs can be seen all over the world and we have seen them for the last 2 years in Les Arcs. For more information and pictures of recent designs you can look at Simon Beck's facebook page: <https://www.facebook.com/snowart8848>



Ursula's (m)Utterings

Quite a lot seems to have happened in the last 2 months. At the end of October I decided to cash in my East Coast Trains Rewards and book a free return trip to Edinburgh to coincide with Edinburgh University's Big Weekend. It was fortunate that by the end of January my back was a lot better!

The weekend started with a night event in the science area, known as Kings buildings. The weather was forecast to be very wet and 4 degrees: it ended up about 4 and showery. On Saturday there was the annual Edinburgh City Race, forecast to be showery and 0. The 0 felt correct and it poured - how it poured - maybe it even sleeted at times. Other years the City Race has been run from 2 small

tents under Arthur's Seat: we were so fortunate that this year we had a small registration room and loos in a student building. At one point on the Race I went through an underpass between courtyards and so suddenly I realised that I was not being rained on but I looked out at Hollywood style drench on the other side - the sort of thing that you know the film crew is not experiencing. As I peeled my wet layers off afterwards I realised that I had neglected to bring any dry underwear to the event so it was a somewhat soggy lunch afterwards with my host for the weekend. My course, on the other hand, was brilliant, providing lots of route choice and detailed execution with no gratuitous height gain, so I went reasonably straight along while Peter Gardner (a former WAOC junior and now M21) dashed up and down around me before taking off at speed. I have had my moments with the Edinburgh City Race a couple of years ago so I wanted to thank Hollie Orr, the planner, but I did not have any contact details so I sent a message via the controller who replied to say that he thought they were the best courses he had seen in Edinburgh, despite the 'best' areas being saved for Race the Castles in October. Train tickets are not yet available for that date yet: maybe I shall have enough East Coast Rewards for a free trip north but I hope to go anyway.

For many years there seemed to be very little felling in our Thetford areas but suddenly that has all changed: felling is put out to tender and the contractors come and go as they like so planners find that control points are destroyed or felled over with no warning and right up to the week of the event. In the past 13 months Steve Hinshelwood, Iain and Andrew Stemp and now Rakesh Chandraker have been hit by this. Thank you, guys, for making the best of a bad job and still giving us interesting courses despite the circumstances.

The British Night Championships were held this year in Ashdown Forest. This is A A Milne country, with Pooh Corner and the Poohsticks Bridge nearby. An intimate knowledge of Pooh and friends was, needless to say, no help in Pippingford Park. To my great pleasure I got round the shortest course and, there being no other W80 there, I got my medal and a Buff (BOF has no night trophies for M/W80s). Those who remember Helen Gardner, a former WAOC junior and now W21 and SLOW will know that she is a pretty amazing night orienteer, so I was surprised to see that Jenny Peel (45) had beaten her into 2nd place on the W21L. When I talked to her subsequently she told me that her distinctly weedy head torch had died near the start so she had had to run without one - under the circumstances she was pleased to come within 3 minutes of Jenny. I urged her to invest in one of the amazing Petzl torches that were given to winners of the L classes – they were on show during the event.

I remember when the club's Silva head torches cost £250 and had massive battery packs which needed very careful charging and a dedicated carry-harness. My first head torch, bought from UltraSport, cost £150, had a mid-size battery in a harness and unfortunately ran out 2/3 of the way round the Southern Night Champs a number of years ago. It continued with a double size pack until it was superseded some 3 years ago by a Bike Light arrangement for £99 which Graham Louth claims makes me look like a motor bike (apart from the speed, obviously). Now that this is yesterday's light it is considerably cheaper than when I bought it but anyone considering night O now should head for Petzl - those lights are incredibly light and

bright with the battery incorporated into the light and charged with a simple USB lead and the most expensive costs less than my bike light did.

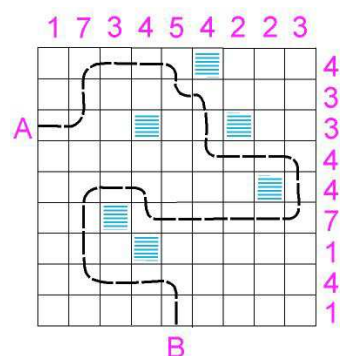
This is being written on the train returning from Edinburgh again after a glorious weekend of O round Livingston, a new town lying between Edinburgh and Glasgow. The Saturday was devoted to 2 sprints, largely in the area used for the JK sprint a couple of years ago but with an additional area higher up the hill and some reasonably runnable wood used in the morning and a descent to the river in the afternoon. The other WAOC runner there was Nicola Gardner, who now lives in Scotland but has never moved clubs along with Peter, Simon and Helen, now no longer WAOC. Then on the Sunday (today) we were based in a school and orienteering in a fairly small wood which was very runnable and with lots of features in it - and for the first time for me in Scotland there was a Short Green course. What's not to like?

Now it's off to Rowney next Sunday.

Club WAGAL Positions at http://www.waoc.org.uk/n.humphries/waoc/wagal_index.htm

BO Ranking list: <http://www.britishorienteering.org.uk/page/rankings>

Answer to Bruce's Quiz:



Events

EAOA Events have been taken from the EAOA fixture lists as of 22nd March 2014. 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)

2014

March

23rd SMOC
EAOA
Level C **SMOC Colour Coded and EAL**, Rushmere Park, Heath & Reach,
[SP916278](http://www.smoc.info) No dogs allowed. Organiser: Ros James www.smoc.info

30th	NOR EAOA Level C	Swaffham Heath Colour Coded , Swaffham Heath, Swaffham, TF767095 Entry times: 10.30 to 12.15: Dogs on Lead. Organiser: Helen Lloyd ,
April		
5th	WAOC EAOA Level C	City of Ely Urban Event , Ely, TL554280 Dogs allowed. Organiser: Jenny Hunt www.waoc.org.uk
13th	SMOC EAOA Level D	Keyne-O, Linford Wood , Linford Wood, Milton Keynes, SP845406 www.smoc.info/
18th	SOS EAOA Level C	SOS Danbury Common Colour Coded , Danbury Common, Danbury Organiser: David Lumby , stragglers.info/home/
18th	SBOC WOA Level A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL) , Swansea University & Singleton Park, Swansea Entry times: 12.00 - 16.00pm. Organiser: Niall Reynolds www.thejk.org.uk
19th	SWOC WOA Level A	Jan Kjellstrom Orienteering Festival (UKOL) , Merthyr Common, Ebbw Vale, SO118132 Entry times: 10.00 - 2.00pm. Organiser: Nigel Ferrand www.thejk.org.uk
20th	WOA Level A	Jan Kjellstrom Orienteering Festival (UKOL) , Llangyndydr, Ebbw Vale Entry times: 10.00 - 2.00pm. Organiser: Chris Phillips , www.thejk.org.uk
21st	JK Relays WOA Level A	Jan Kjellstrom Orienteering Relay at Pwll Du, Blaenavon Teams of 3 are organised by our WAOC Club Captain, Graham Louth.
27th	NOR EAOA Level C	Holt and Lowes Colour Coded , Holt Country Park & Holt Lowes, Holt Organiser: Karen Goldsworthy ,
27th	HH SEOA Level C	SE Middle Distance Championships Mardley Heath , Welwyn TL243180 www.happyherts.org.uk
May		
11th	SMOC EAOA Level D	Keyne-O, Loughton Valley Park , Loughton Valley Park, Milton Keynes, SP827394 www.smoc.info/
11th	HAVOC EAOA Level D	HAVOC Hadleigh Country Park SWELL & EAOA Schools Championships , Hadleigh Country Park, Hadleigh, Essex, TQ802869
	SOS	SOS Danbury Common Colour Coded , Danbury Common,

18th EAOA Level C Danbury
Organiser: David Lumby , david.lumby@thomasmiller.com , 01206 364419
stragglers.info/home/

25th NOR EAOA Level D **Score Event & Try O** , University of East Anglia & Earlham Park, Norwich, TG190076 Entry times: 1. DOGS on LEAD.
Organiser: Nicky Nicholls, www.norfolkoc.co.uk

31st NEOA Level A **British Long Championships (UKOL)**, Thrunton and Callaly Newcastle www.boc2014.org.uk

June

1st NEOA Level A **British Relay Championships**, Venue:Cragg Estate and Chesterhope Common, Newcastle www.boc2014.org.uk

1st NOR EAOA Level D **NOR Summer Series**, Wymondham College, Norwich, TG080985
Entry times: 10.15 to 10.55. No dogs allowed. www.norfolkoc.co.uk
Organiser: Pat Bedder

8th SUFFOC EAOA Level D **Nowton Park Limited Colour Coded**, Nowton Park, Bury St Edmunds, TL864622 Entry times: 10:00-12:00. Dogs on leads.
Organiser: John Clarke www.suffoc.co.uk

15th SOS EAOA Level C **SOS Hockley Colour Coded**, Hockley Woods, Hockley
stragglers.info/home/

22nd NOR EAOA Level D **NOR Summer Series**, Norwich

29th NOR EAOA Level D **NOR Summer Series**, Catton Park, Norwich, TG231115
Dogs: Dogs on Lead.
Organiser: Karen Goldsworthy
www.norfolkoc.co.uk

July

6th SOS EAOA Level C **SOS Relays Highwoods**, Highwoods Country Park, Colchester
Organiser: David Skinner
stragglers.info/home/

13th SMOC EAOA Level D **Keyne-O, Caldecotte Lake**, Caldecotte Lake, Milton Keynes, SP887355
www.smoc.info/

August

3–8th **Lakes 5 Event** will take place in the English Lake District, home of some of the country's finest orienteering areas. The event will incorporate five individual regional events with one rest / activity day. www.lakes5.org.uk
On-line entries are now open at www.fabian4.co.uk and will close on July 30th

September

21st WAOC EAOA Level D **WAOC Ampthill Park Colour Coded**, Ampthill Park, Ampthill, TL024382 Entry times: 10:00 - 12:00 noon. www.waoc.org.uk

December

7th WAOC
EAOA
Level C

WAOC Maulden Woods Colour Coded, Maulden Wood, Clophill,
[TL074393](#) Entry times: 10:00 am - 12:00 noon. Dogs MUST be on leads in the
Car park area which is adjacent to the busy A6 trunk road. Dogs allowed in the forest
but must be under control at all times. www.waoc.org.uk