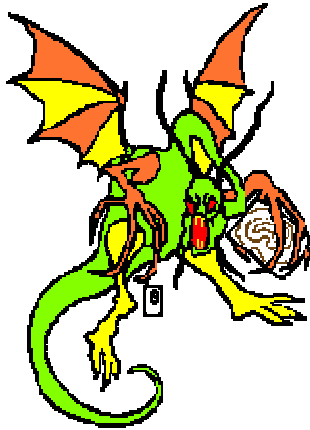




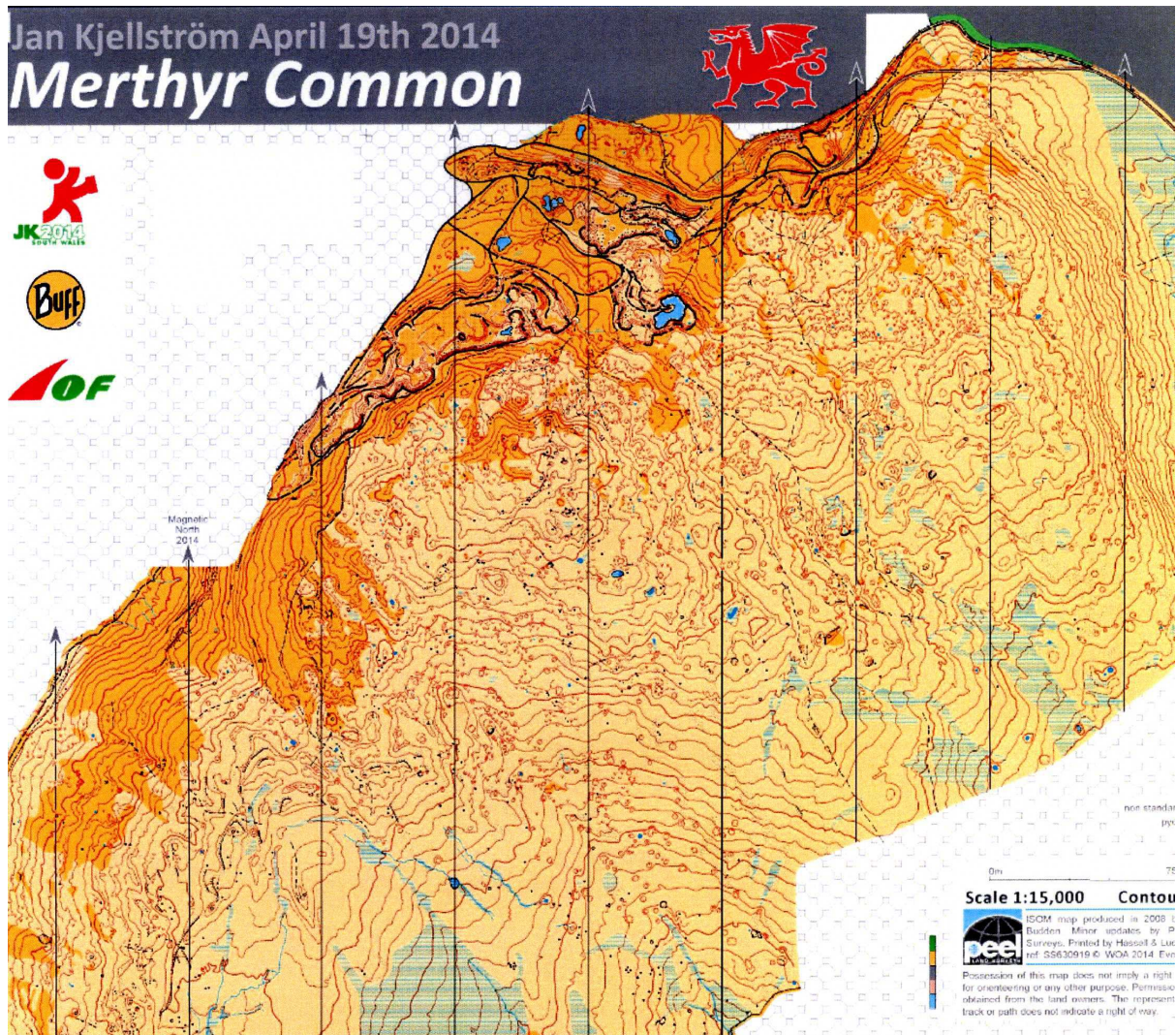
West Anglian
Orienteering
Club



JABBERWAOC

Vol.42 No 2

June 2014



Editorial

Welcome to the June 2014 edition of your WAOC magazine. Tough terrain for all at JK, Northern and British Championships but everyone enjoys a challenge and keeps competing at these big events. See the accounts and maps included in this JabberWAOC.

Also see Brian's article on tick awareness, especially if you are going to Lakes 5 Days.

Look forward to seeing you at the PuntO on 25th June and for a great time at Lakes 5 Days, have fun, Hazel Bickle

Send your orienteering news and views to editor at waoc.org.uk by 8th September 2014 - final Copy Date for next issue

Chairman's Chat (June 2014) – Peter Woods

Ely City Race

I was very pleased with the outcome of our Ely City Race. We succeeded in having this included in both the Nopesport League and the SEOUL league, so were hoping that people would be prepared to travel from far and wide for this event, and they did. One family came down from the Lake District to orienteer in the fens! We watched the tally of pre-entries creep slowly up to 150, and we were pleased to have about 200 total competitors including entries on the day.

The weather on the day of the event was superb, which meant that there was a great atmosphere in the Jubilee Gardens which we were using as the assembly area. As well as Urban-O aficionados, we had hoped to attract non-orienteers, trying as best we could to advertise the event to park runners at Milton, the sports centre in Ely and so on. This did I think have some effect – the winner of the Mens Open category was a runner but an orienteering novice, but we did not see a big turn-out of newcomers.

We now have Ely and Huntingdon mapped as substantial Urban venues in addition to the pockets of mapped areas in Cambridge. However we do not intend to compete with CUOC in laying on larger scale events in Cambridge, especially since they can obtain permissions to access college and university faculty sites. The committee is currently looking at whether we can and should consider mapping other local towns, especially where there is a possibility of linking these to parkland areas.

JK Confidential

I hope that there will be good coverage elsewhere in this issue of the orienteering on offer at the excellent JK in South Wales at Easter. My own contribution is something of a confessional which is peripheral to the O itself. We were very lucky to have had excellent weather on the first two days, so the threat of a serious deterioration on the Sunday added drama and excitement. We had very early starts that day because we were helping at the Trail O, so we found ourselves driving tentatively up into the cloud toward the assembly area, pausing only to throw a tent out of the car, and beyond, into a disused quarry where peregrines were reputedly nesting and where we would, eventually, find the Trail O tent we were looking for, but not before thinking

we had gone past it, made a route choice error, or that the whole thing had been cancelled at the last minute due to the adverse conditions.

Having reported for duty, we then walked back to the assembly area, put up the club tent, donned our compulsory cagoules, walked up the start for our conventional O courses, turned round, and walked back a bit to find shelter from the frigid wind until our start times were called. The less said about my run the better.

After our runs we returned to the Trail O. The Trail O exercises had been designed to make best use of the craggy terrain, and unusually, some involved control flags high up above the track on rock features, or relatively far away on knoll tops. Unfortunately, the whole quarry was in cloud much of the time, with the entire feature, let alone a control kite, completely invisible. The most dedicated Trail O competitors were prepared to stay out for the maximum time allowed, to give themselves the chance of cloud lifting so they could actually see their controls. There was also a map exchange, which posed an unexpected strategic challenge: whether to wait with the part 1 map for a break in the cloud so that missing controls could be tackled, or to hand in part 1 and obtain the part 2 map to have time for a reasonable chance of the cloud clearing enough to see all the flags on *that* part of the course.

This meant that competitors out on the Trail O course were out much longer than normally expected. Of course, the weather and difficulty of the orienteering on the conventional O courses meant that people were in general taking a long time for their runs and so turning up to start the Trail O much later than expected.

Finally, after leaving a reasonable extra time after the published “last start” time, we decided to dismantle the gazebo structure and the “mastermind” chair that constituted the timed Temp-O control viewing point. Then the last late starter turned up, ready to do the Trail-O course he had signed up for. So in high wind, with one helper at each corner to hold the gazebo in place against the wind, the structure was hastily reconstructed (I felt as if we were modelling for the Iwo Jima memorial statue).

Then it was a matter of waiting for everyone to finish. The helpers, already having witnessed a very nearby lightning bolt, were left with not much to do and a long time to do it in. Fortunately the main tent provided respite from the wind and rain, but not the cold. Eventually I decided to walk up to where Sue and Clare were manning the map exchange. All the remaining competitors were walking back to the finish, so we decided it was OK to start to collect in some of the controls not used in part 1. But I'd got it wrong – the last man to start was indeed walking back down but that is because he had decided to go back and revisit an earlier control site. So we ended up having to go out and replant the kites we'd just collected in, under the guidance of a sorely miffed Anne Braggins who had not given us the go ahead to start dismantling.

We were very glad of our accommodation having a wood burning stove – we made good use of it that evening. The following day the weather switched again, so the ice cream van at the relays did a roaring trade.

Bluebells

In the run up to major holidays like Easter we often forget to look ahead to what comes after, but I was glad to have discovered and entered the SEOA Middle Distance Champs at Mardley Heath on 27th April – A small area, but with complex contour features reminiscent of some of the terrain of the last Scottish 6 days. I think HH has only previously used the area for low key local events, but it is definitely worth travelling to. To add to the topological attractions, blooming bluebells were in profusion, in some areas covering the whole of the landscape, causing me to worry whether it could be possibly allowable to tread on them to find my control – perhaps I wasn't where I thought I was? But no, there's the control! Bruce was the controller, who confirmed that in this case trampling the perennials was perfectly allowed.

WAOC Committee

Current contact details in most recent edition of JabberWAOC

Welcome to new WAOC members

Alfonso Fernandez-Montenegro from Cambridge
David Kaye and Aleksandra Kozłowska from Cambridge
Paul and Liz Lewis and family (Daniel M8) from Great Gransden
Andrew Schroeder from Royston

We hope you will enjoy Orienteering with WAOC - **Anne Duncumb** (Membership Secretary)

Colour Coded Awards – Ian Smith`

Catherine Dudley Yellow
(DRONGO)
Elizabeth Dudley Orange
(DRONGO)

Daniel Hague Orange
Sam Hague Light Green
Helen Hague Green

Training nights 2014

Please check website www.waoc.org.uk 6.30 pm starts £3/

Try to get lowest number of points in league. If you are 3rd then your number of points is 3. Best 4 results over the summer count, discount weaker results beyond this.

Date	Location
18 Jun	St Neots 6k,4k,2k courses http://www.pininthemap.com/ppbd287f29eb8dff63e
25 Jun	PuntO Sat Nav CB2 1TJ: http://www.pininthemap.com/pp2dcb7396ce88e3dcd

25th June Punt O



Meet at Town Bridge (**Garret Hostel Lane**) for Trinity Punts.

6.30 to 7.00 starts. Entry on day. score format.

Picnic at 9.00 pm Jesus Green

Parking in West Road or next to Ridley Hall or Newnham College:

<http://www.pininthemap.com/pp82435f37b8267ab5c>

Safe bike rack within college.

Stage 1: Trinity Punts to Coe Fen, punt goes but one member of crew takes street O map and finds 4 control points out of the 14 marked. The rest of crew find as many of the 20 controls directly accessible from the punt, which are on a separate map, as they travel up the river.

Stage 2: When runner returns to first stop at Coe Fen, next member of crew (this part can be done by juniors as no roads) does either a junior or senior course on Coe Fen. If no junior in crew then senior course done but this is 4x length of junior course. Rest of crew do controls accessible by foot from stationary punt at Coe Fen and get a member of public/ or another crew to sign they have solved the ferryman's problem by actually doing it across the river

Stage 3: Punt returns to Trinity Punts but one crew member(who has not street O ed yet, takes street O score map and does 4 more controls and returns to Trinity Punts. Rest of crew try to do more of punt based controls (20) on way down to Trinity Punts (or rest in punt).

Stage 4: At Trinity Punts, returning crew member joins crew and another crew member(who has not street Oed yet, goes out with street O map and does the six remaining controls. Rest of crew go down river to Jesus Green, completing remaining punt based (20) controls.

All these tasks should be completed by 8.45pm: Penalties for late return of either crew member running or punt. Each crew works out how many points they got and their time. Start picnic when arrive at Jesus Green : Presentation of prize at 9.10pm. Return Punts at 9.30, volunteers needed.

At the Coaches Meeting last week, I took over as Training Co-ordinator and it was a delight to be able to count the heads and discover that there were a dozen and on top that there were more who sent their apologies. From its humble beginnings where a night away from the West Cambridge Site was a novelty to now being overwhelmed with a choice of areas (next year we will be running on over 30 maps!), I sure my job is going to be fairly easy compared with that of the earlier co-ordinators!

So I will begin by thanking those who make these events possible:

- British Orienteering and Sport England, who provided the initial funding including but not limited to buying the Club a set of SI boxes, thin control stakes and head torches.
- Caroline Louth, Chris Morley, Ursula Oxburgh and Cath Pennington for persuaded BOF and SE to provide funding and coping with the form filling.
- The diplomats who have gained us permission to run around some fantastic areas.
- The Mappers.
- Caroline Louth, who has just run a Coaches' training course.
- The Previous Co-ordinators, especially Peter Allen and Matthew Vokes.
- All the Coaches.
- All the training night orienteers.

The Training Nights Coaches take a break over the summer, but I've been delighted to discover that not 1 but 2 Club Members have taken matters into their own hands and decided to plan Wednesday evening activities, and another Member has been being easily persuaded. Bruce Marshall has even gone so far as to be creating a new map.

Summer informal Wednesday evening events:

Date	Location
2Jul	Sawston (new area!)
23 Jul	Histon (new area!)
13 Aug	West Cambridge Site

Sawston and Histon details will be put on the Club website soon. If you would like to plan an informal Wednesday evening event, please let me know.

Training Nights start again on Wednesday 10th September:

A provisional programme of **35 Training Nights** starting on **Wednesday 10th September** has been created and permissions are currently being sort. There will training for everyone from woodland contours to mazes, indoor and outdoor micro to Orienteering Adventure and Long O events so please look out for the Autumn Term Training Night programme in the next edition or on the website.

Hope to see you at an informal event this summer, if not at the Punt O,

Helen Bickle

Training tip:

After enjoying running in the glorious sunshine at Tom Dobra's training night at Wandlebury last Wednesday, I shall remind those who made it and repeat for those that didn't, the training tip **simplify**.

I would describe it as **only focus on what you need to know**.

e.g. it's easier to remember to run straight north up path to it splits, take western fork and control is on fence at path end

than

run north along path through the meadow, past a distinctive tree on the east, past a path joining on the west and past a depression on the east. Then run straight across another path junction and continue on the path as it enters runnable forest. Take west split in path and the control is on fence at path end.

p.s. this will also give you more time to enjoy the wild meadow flowers or plan your route to the control after next.

Planning Tip 1 – Route Choice

based on Course Planning by Clæsson, Gawelin, Jägerström and Nordström (via Mike Dudley)

The aim of offering a choice of routes is to increase the demand on the runner for careful thought deciding which of the orienteering problems to encounter.

Avoid offering a thinking-free easy run. The fastest way between the controls should also make the greatest demands upon orienteering and mental effort.

There should be no element of luck with each choice taking about the same time but presenting different navigational complexities.

Route choice always generates good discussion after the race.

Sunday 17th August , Wimpole - Peter Allen

A new format **introduction to orienteering** will be held 10am to 3pm at Wimpole. Some courses for runners. Informal orienteering walks on the hour with extension to individuals to then try a course. This will be of TryO standard and aid publicity of future WAOC events and the evening training to help increase membership.

One hour's help from experienced orienteers needed for rota to ensure this event runs smoothly.

WAOC FIXTURES 2014/15

5/10/14	Amphill Park	1/02/15	Croxton
2/11/14	Mildenhall North	7/03/15	Therfield Heath (Night Event)
7/12/14	Maulden Woods	26/04/15	Ferry Meadows and the Ortons

JK 2014 South Wales – Hazel Bickle

Tough terrain compared to our usual East Anglian fare so we seem better suited to short courses. All congratulations to those WAOC members with good times with many doing outstandingly well on one of the two major events:

Graham Louth 2nd overall on M50S
(thought work would intrude on Day 3!)

Emile Zsak 3rd on Day 2 M12B
Guro Harstad 3rd on Day 2 W40L
Noreen Ives 3rd on Day 2 W60S
Oliver Hague 7th on Day 2 M16B
Hazel Bickle 7th overall on W60S

Penny Bickle 7th overall W21S
Helen Bickle 8th overall W21S
Tom Hemmingway 11th overall on M18L

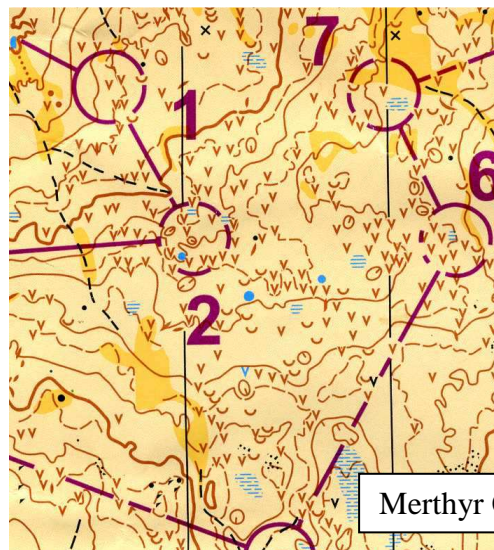
Bruce Marshall 13th overall on M60S
Mike Bickle 13th on Day 3 M60L
Jonathan Cronk 14th overall on M21S



Club Captain: Graham Louth 2nd
Thanks for organising Relay Teams.



Photos from JK website



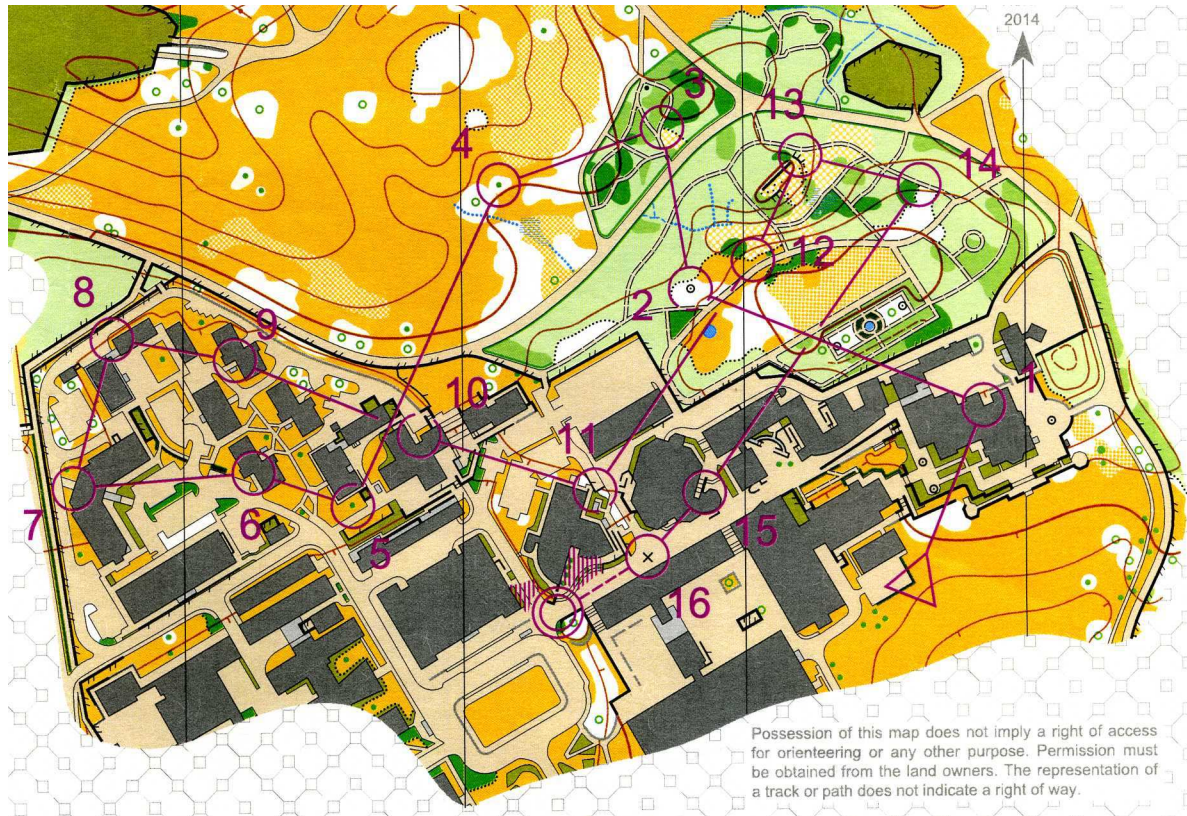
Merthyr Common

Day 1 - Sprint, Singleton Park at Swansea University

We sat in the queue of traffic around Swansea persuading Michael that it was quite alright if we were late and missed our assigned starts but we actually arrived in good time, parked easily and collected our registration bibs and details. It was hot and

sunny and the university buildings made a convenient assembly area. There was even ice-cream after the event!

Mike thought this was an interesting site with a green area of shrubs and trees and then intricate navigation around the buildings. Helen thought it was fine but says she lost 2 minutes on a silly mistake. Now while I think that would be a small loss, Helen points out that it was a Sprint! I enjoyed my course as choosing routes is fun, although I do not achieve sufficient speed to match most on my course.

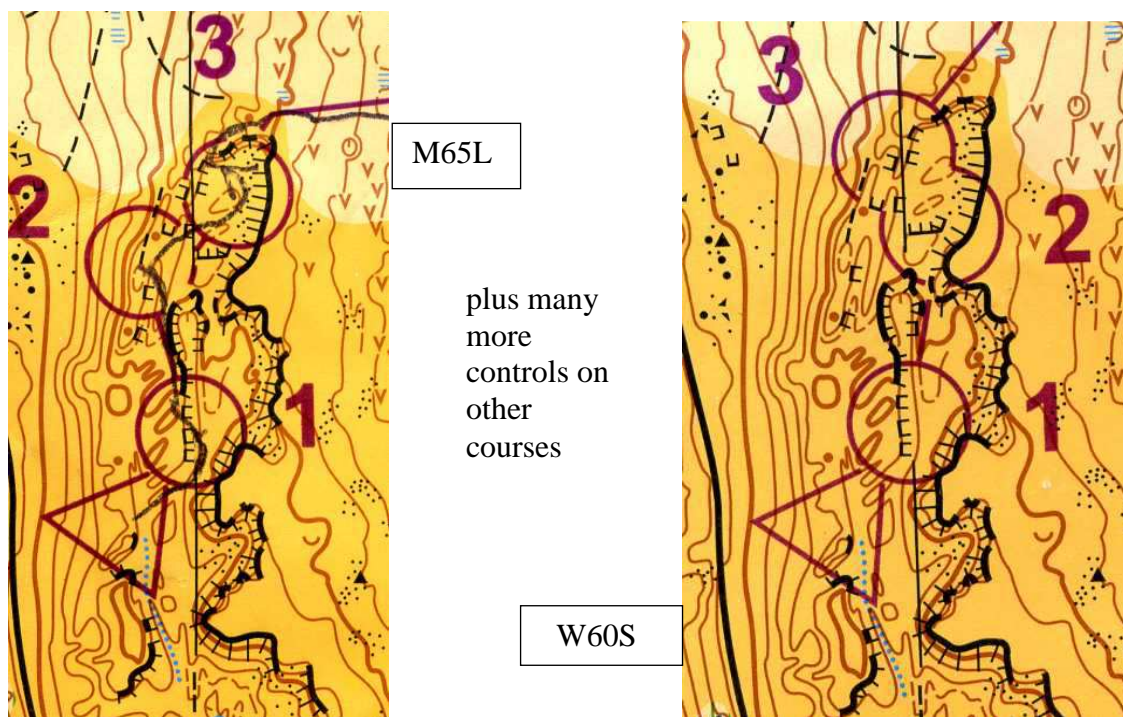


Day 2 - Merthyr Common

Only pits with 2.5m or larger diameters were mapped. There were a lot of pits; an epidemic of pits with a continuum of variable sizes. The rare stony pits were marked in black on the map. I really should have reconstructed a 2.5m pit so I could recognised the critical size without stopping (see the Map at lower right on previous page). Mike found the orienteering on Day 2 too difficult but enjoyed running on the terrain (no lack there).

Day 3 – Llangyndir

This used the same Assembly Area and so similar terrain and run-in. Unfortunately due to unforeseen circumstance the organisers had to put parking along the entry track so some people were up to 4km from Start or Assembly Area. This is longer than my course! It was wet so before their course many of us helping on TrailO took a change of clothes to the club tent, which was valiantly taken and put-up each day by The Woods Family. This was very much appreciated by all WAOC members there.



So 6km later, I just made my start time comfortably and had a smoothly trouble free course. Here is the intricate area in a quarry at the start from Mike’s M65L and my W60S course. I was pleased when I correctly approached Control 3 from west of all the crags. Ursula also enjoyed this part (see page 21). Visibility was much reduced on the moorland so I probably didn’t see the smaller pits! Though I did wonder whether I should be at the highest ridge when a clap of thunder sounded quite close!

TrailO or as it is now called **PreO** (Precision Orienteering) was also hampered by the mist as some of the controls were not visible from the observation point. However, as the mist blew in and out, some competitors could complete their choice of control and this must have made it hard for the controller to decide how to proceed with the final scores and sadly so frustrating after all the immense amount of effort that had gone into planning, organising and for all people working on the day.

Day 4 – Relays at Pwll Du

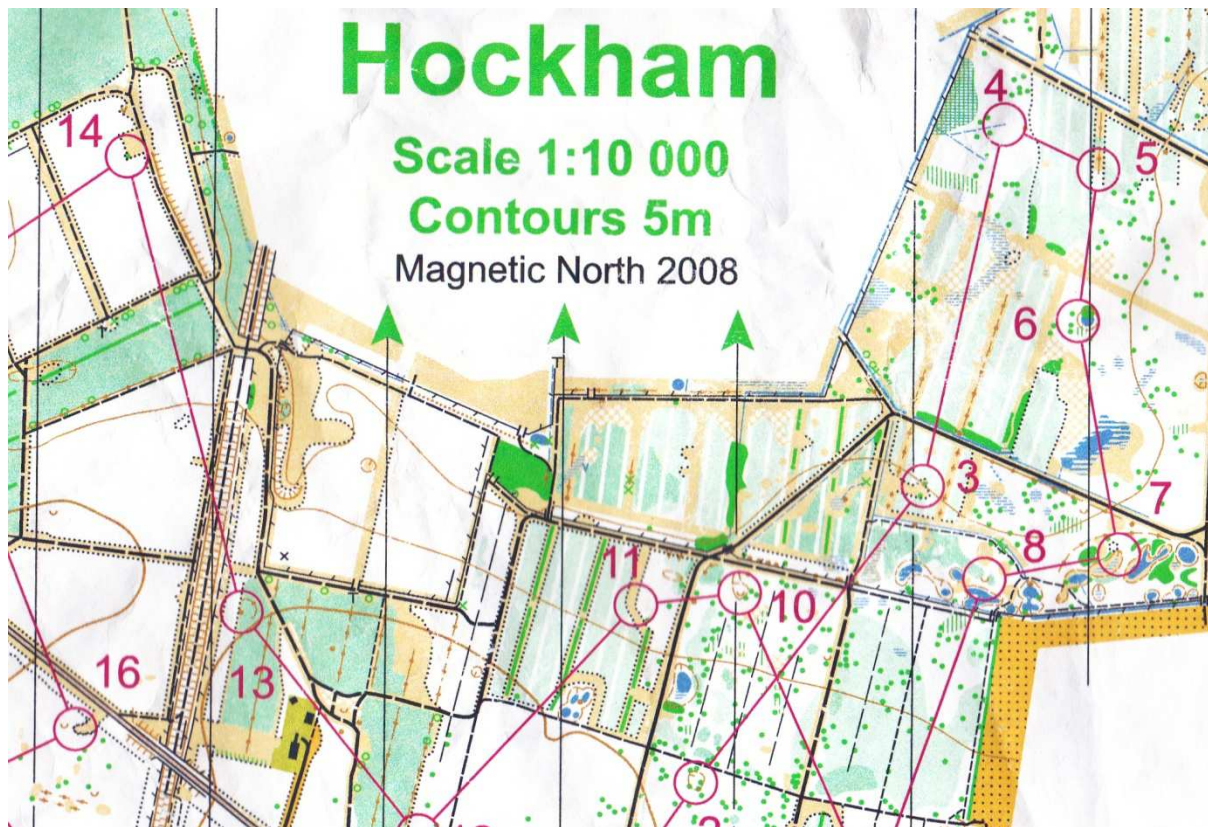
Relays were in glorious weather and a much simpler area with fast entertaining courses. WAOC Teams needed to be rearranged due to injuries etc. so all thanks to Graham Louth for getting everyone a chance to run on this extra day. Penny, Helen and Peter Haines ended up running Men’s Short! This meant even more happy comparisons made that evening as Mike ran the same course. Mike says good route choices, Helen that there was only the quickest! The format is long, short, long courses. I thoroughly enjoy this relay for a change as I started first – no standing in ‘the Pen’ anxiously waiting for your team mate to come in, wondering if I will recognise them far enough in the distance to give time to get my waterproof or fleece off and be ready to hand it to them as I start. Next holiday will be the Lakes 5 Days!

From a broken leg to the British Orienteering Championships - Mike Capper

December 15th 2013 – Hockham

Some things I learnt at the NOR event at Hockham

1. The ditch near #3 is bigger than it looks.



2. I'm not as good at jumping ditches as I used to be.
3. I am not invincible.
4. You can't run off a broken leg....
5. Six weeks in plaster seems like six years.

Five months later....May 31st 2014 – BOC Thrunton Woods and Callally

Well, this had been one of my targets to get fit for after my accident at Hockham so it was good to be driving into the carpark reasonably confident that I would be able to struggle round the course. Oh, the false hopes and dreams....

There weren't many WAOCers at the event – doubtless put off by the high entry fees (£25 at the cheapest rate for seniors), the long drive north and by the North-East's fearsome record for poor weather and tough orienteering.

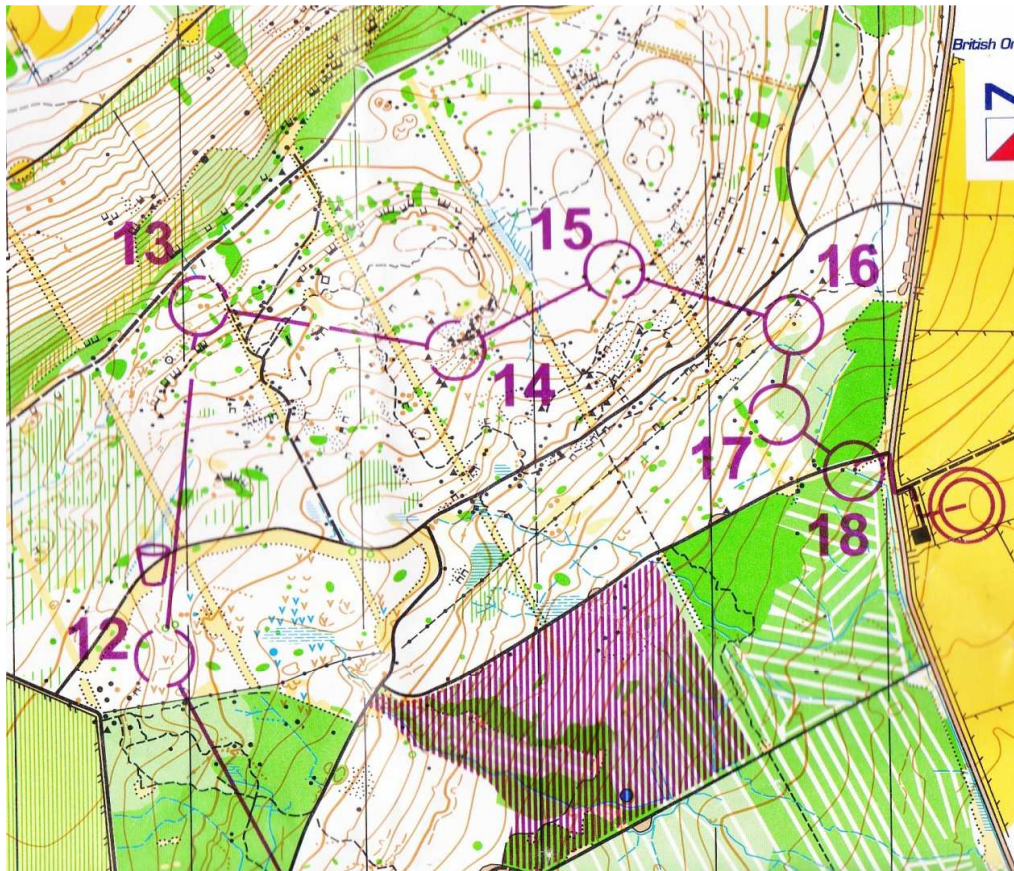
First the good news, the weather was great. It was too hot in fact, but it was good to be running in sunshine and the water points were gratefully welcomed as I

stumbled across them, sometimes unintentionally. The event was impeccably organised, including cajoling the Forestry Commission to shut all forest walks and mountain bike trails for the day of the event and getting permission to close a public road so that the finish could be in the assembly area. This helped to ensure that there was a good atmosphere as runners tumbled over the finish line. The finishing speed of some of the runners was mighty impressive.

The bad news was that the area was pretty grim – to be appreciated rather than enjoyed. It was a mixture of steep woodland and open moorland and if you like knee-high bilberries (that hid rotting brashings) and deep, deep heather then this was the area for you. Don't get me wrong, it was a great test of orienteering and fitness and the winners showed what could be achieved, but was it enjoyable at the time? Well, no, not especially and certainly way too tough for me. Going by the number of retirals at #9 on my M55L course, I wasn't alone in thinking 'stuff-it' at that point. But I am made of sterner stuff (in reality, the thought process was 'I have driven all this way so I am not going to give up!'). Nonetheless, just briefly, I couldn't face the next couple of legs which looked even more unenjoyable than had gone before - as you can see, a good route choice leg but through very grotty forest, not an pleasant thing to contemplate having already spent 70 minutes running and having just made a calamitous route choice on the long leg from 7-8 (that sinking feeling you get when you are five minutes into a 2km leg when you spot the route you should have taken and it is too late to change). Too be honest, my head and heart went after that!



It got a bit nicer after that, but the bilberries remained fearsome, the hills too steep and the mapping of (from the map) clear and wide ride pretty idiosyncratic – well that is my excuse for running miles past #15, straight over two rides that should have been very clear on the ground.



So how did I do? Well, not my slowest ever minutes per km, but certainly up there with the worst. I was much closer to last than first, and much, much slower than I had hoped for when I first started. But, on reflection, and after a pint at the nearest hostelry, I think I sort of enjoyed it in a strange sort of way. I was pleased to have finished and being realistic I was always going to struggle in this sort of terrain. It was a good challenge and it is the British Championships so it should be tough. As always, the best orienteers won, it was a fair test but would I go back to Thrunton – well, probably not!

Going by their times, other WAOCCers seem to have found the race equally tough. Best result was for Ursula Oxburgh who took a silver medal in W80L. Well done! Chris Morley had an amazingly gruesome start to his M70L course. It is worth a look! <http://www.boc.routegadget.co.uk/rq2/#16> [Editor: see following article]

Other WAOCCers

M16B Oliver Hague 3rd
M12A Sam Hague 21st
M12B Daniel Hague 2nd

W55L Nicola Gardner 18th
Blue Philip Hague 18th
Green Helen Hague 31st

The big thank you for events past.

To all coaches for the clubnight sessions (30 sessions): Helen Bickle, Caroline Louth, Matthew Vokes and his team of eight coaches at CUOC, Ursula Oxburgh, Peter Allen, Jason Dunning, Jenny Hunt

To all summer league planners: Chris Morley, Iain and Andrew Stemp, Ursula Oxburgh, Fiona Petersen (CUOC), Ben Holland, Jason Dunning and Jenny Hunt

To all planners for the Sunday events: Iain and Andrew Stemp, Jason Dunning and Stephen Borrill, Bob Hill, Peter Woods, Ollie Hague, Rakesh Chandraker

To all coordinators, permission getters, mappers pre event, collectors of money at clubnight and keeper of BO participation figures, and advice givers : Matthew Vokes, Chris Morley (Chair of Development Sub Committee), Caroline Louth, Ben Windsor (DRONGO), Tim Pribul, Ray Curtis and Derek Jenner at CHIG, Steve Hardy (SMOC), and Helen Hague

To the supervisors of starts, finishes, SI, car parking, and overall organisers of events: Cath Pennington, Phil Levi, Michael and Hazel Bickle, Peter Woods, Ben Holland, Janet Cronk, Lakshmi Chand, Maurice and Catherine Hemingway, Paul and Carol Hill, Guro Harstad , Bruce and Maria Marshall

But most of all

To the helpers who do a session at an event cheerfully supporting the organiser. There are too many of you to name exhaustively but for repeated offerings, Robin Bourne, Anne Braggins (TrailO), Helen Hague, Bob Hill, and Dil Wetherill.

Plus of course the club officers supporting events directly, especially Cath our Treasurer... and our long suffering equipment officers, Caroline Louth and Ursula Oxburgh.

The big please for future events

A big welcome to new helpers- organisers will be phoning to ask if you are available to help at their event, say yes if you can. Your club needs you.

Your club needs you all to do something else too: It needs you to go up a notch so helpers become supervisors, say, of starts, orienteers become planners and coaches **and experienced helpers become organisers.**

Well done to our three new coaches, you went up a notch.

Well done to our new planners and organisers, you attracted such wide praise from the orienteering community who attended your events.

Now we have events coming up in the next six months. Want to find out what organising involves? Offer to shadow an organiser so you see what has to happen.

Next time it could be you...

Date	Event	Organiser to contact
Sunday 17 th August	Wimpole (local level D)	Peter Allen
Sunday 2 nd November	Mildenhall North(level C)	Peter Allen
Sunday 7 th December	Maulden Woods (level C)	Jenny Hunt
Sunday 1 st February	Croxton Heath (level C)	Cath Pennington

And one other to be announced

To contact organisers by email or questions about helping the club:

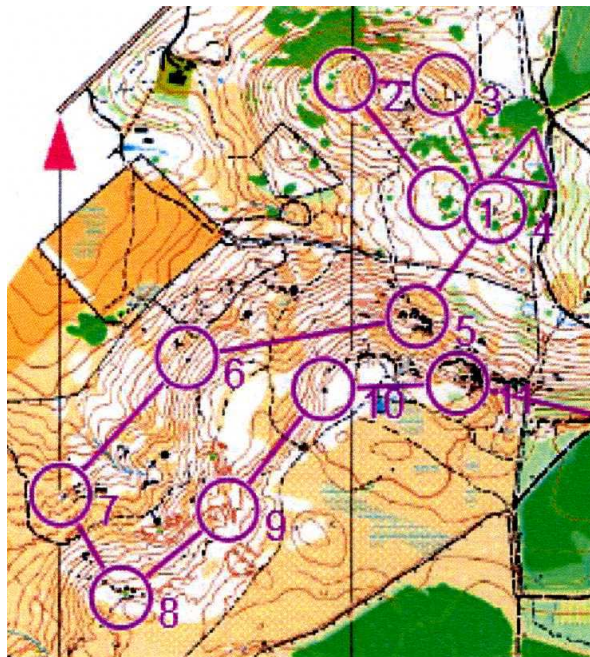
British Champs 2014, Northumberland - a cautionary tale

Chris Morley

Ursula Oxburgh and I drove a long way North on a Friday afternoon, stayed overnight near Alnwick, and arrived at the assembly area, for the first major O-event that I had been able to go to for some time, on a beautiful, sunny day – perhaps even a little too hot for orienteering. So we arrived at the Starts in good heart, despite (for me) the flattish 4 km walk to get there.

I thought that over the years I had contrived to make every error in orienteering known to man – picking up the wrong map at the start, losing my control-card part-way round, failing to copy down the final control (in the days when such things were done), having to search for glasses swept off in thick undergrowth – quite apart from ordinary mistakes in map-reading etc. But read on.

From the Start the M70L course was immediately on steepish hillsides covered in bilberry plants. This year – to the Planner's surprise, as we later read – these had grown to half a metre or more high, making progress very difficult. Moreover, the plants concealed the rocky ground below, so that it was hard to see where one's feet were being put – and indeed I fell over three or four times. This seemed to affect the older runners more than the young – who just skipped through as usual – and the winning times for the ancients' courses were up almost 50% from normal.



However, initially I did quite well despite all this, and found the first four controls, about 300 m apart going clockwise round a small hill, passing several bewildered-looking colleagues. The fifth control was across a valley and a fence and then steeply up to a prominent crag – no problem apart from the bilberry scramble. So I got there, and was about to plunge my dibber into the SI-box when I was astonished to see that my index finger was bare – the dibber had disappeared ! presumably swept off in the scramble.

What does one do in such a situation? At first I went looking for the dibber, down the slope, trying to re-trace my route – but it was hopeless, with bilberry plants everywhere concealing the ground where the thing presumably lay. Then I thought of retiring – we were still quite close to the Start. But I had come a long way to take part, and determined not to retire but to continue to find the other 14 controls, at least for practice. A competitor is expected to provide evidence that he has visited every control – so I scrambled back up to 5, punched, and carefully punched the map at all the other controls, using the punch hung there in case the SI-box failed in some way, hoping that the results team could interrogate the boxes at the first four controls to show that I had been there.

Controls 6 to 9 were also on the steep hillside, so it was usually a case of contouring round or going down and up on a straighter line. No problem – apart from hard work, and misreading a symbol for control 7 and so losing ten minutes looking for a crag facing the wrong way round. Controls 10 and above, apart the final few on a steep descent to the Finish, were on an undulating plateau – with few bilberries. However, the ground was now covered with brashings and logs, so that progress – on straight lines between controls, the only obvious route (very good planning here) - was still terribly slow. Still, I made it back to the Finish, after another fall (rather heavy) in sight of the final control, and another loss of four minutes or so to do with mis-identifying a rhododendrum bush.

Then, without a dibber, at the Finish I had to find an official to note my return time – and after a minute or two did find one, very efficient, who took my punched map and noted the circumstances. So I left in hope that at least I would get an overall time recorded – we had to rush off to catch a train from Alnmouth, so I could not search out the Controller for the day (and it seemed not to be necessary).

Naturally I was somewhat disappointed that the official results show me as having Retired – when I emphatically did not! Presumably something went wrong with the checking that I had hoped for. Maybe there was no record of the pin pattern on the punches at the controls – after all, if an SI-box fails the officials would soon discover the pin pattern, as competitors came in – so that they could not verify that my careful punching on the map was actually at the correct controls. There was no punch at the final control 19, precisely because there was more than one SI-box there. Also, interrogating the SI-boxes would be a mammoth task, and maybe I did not after all visit the correct controls – though I am confident that I in fact did. My time would have been at the bottom border of Silver – and well up in that class but for the ten minutes or so taken up looking for the lost dibber, deciding what to do, and scrambling back up to control 5.

The moral of this story? Tie everything essential on to your kit so that they cannot be lost. I already do this for glasses, compass and car key – but now this must be extended, however tightly you usually pull up the elastic strap, to the dibber itself. Find some secondary means of fastening it on – lest you have similar difficulties.

Ticks on the rise: an orienteer's story - Brian Cowe

It was last summer, about this time of year, and I hadn't been orienteering for a while. I'd not even been in the countryside much—although I had done a spot of gardening. The nearest I got to wildlife was a hedgehog that my M10 had found, unwell in the garden. The vet said that it had been bitten by a tick, but was going to be just fine.

Shortly after rebuilding a rose arch (during which I incurred many scratches), I noticed that my forearm had developed a mark. It looked like an insect bite, but I guess it could have been from a particularly obnoxious rose thorn. Fair enough, that happens sometimes—I thought nothing of it. After a few days, it became clear that the surrounding rash was increasing in size, at which point an interesting development occurred. Instead of just expanding outwards, a distinctive pattern emerged (see photo)—the ever growing rash became shaped like a ring orbiting the central part. Now I'm the sort of person who doesn't like to trouble my doctor, but, being an orienteer, this was something I thought I had seen before. Do you recognise this rash?



This "bullseye" pattern is something that I'd heard about on orienteering web sites—it's a tell tale indicator that the bite could have been from a tick which had gone on to infect me with Lyme disease. In case you don't know, Lyme disease is an illness which can leave a sufferer with all manner of symptoms ranging from the short term mild to the long term more severe, and is something which needs to be treated. And in two thirds of cases, you get a rash similar to this one.

Rash decision

As I knew that there was this possibility (and that I'm higher risk than most, being an orienteer), I resolved to visit my GP. She took a look, and we talked about where

I had been in the month before I came in. We talked about the prevalence of ticks in Cambridge (very low), the fact that I had not been in the countryside for a while, and the likelihood of this actually being Lyme disease given the background. She concluded that it was probably just a reaction to an insect bite; so I left the surgery happy that there was little to worry about, and went about my business. About 20 minutes later, I received a phone call. It was the doctor that I had just seen.

She asked me to come back in at my convenience, and I did so immediately. After my visit, she had called one of her microbiologist colleagues, who thought that there was indeed a real possibility that it was Lyme disease after all, so I ended up on a short course of antibiotics.

I am very grateful to my doctor who followed up thoroughly, but I do wonder whether it would have gone undiagnosed (at least in the early stages of the disease) had I not brought it up as a possibility. This appears to be improving: in May 2014, Public Health England released new guidance to GPs for patients whose symptoms suggest Lyme disease. I know that the fact that I participate in the sport of orienteering has made me more aware of some of the risks that this exposes us all to, and I am glad of it—this could have had a much more serious outcome had I simply ignored the warning signs.

Preventing Lyme disease

The good news is that, whilst orienteering is usually done in tick-infested areas, there is a lot that you can do to reduce the risk of becoming infected with Lyme disease.

- When orienteering, wear suitable clothing: full leg and torso cover, and long sleeves if it's not too hot.
- If you've been in typical orienteering terrain—forest, heathland, parkland—check yourself (or get someone to check you) thoroughly for ticks and learn how to remove them.
- Learn more! If you don't know what Lyme disease is, or the symptoms to be aware of, find out. There is a **lot** of good information on the web. A good resource is Lyme Disease Action:

<http://www.lymediseaseaction.org.uk>

A good awareness of the facts surrounding ticks and Lyme disease will enable you to minimise exposure and catch infection before it gets too serious—leaving you to worry only about how to find the next control.

Keep tick-checking, happy orienteering!



Tick Removers cost less than £5.00.



Place fork under tick and turn anticlockwise for what feels like a long time. We are now expert at removing ticks from geology students on fieldtrips!

Quiz 7 from Bruce Marshall

The club has been given 20 trees to plant in a new woodland. Unfortunately, the detailed plans have got corrupted and we only have limited instructions. Each number indicates the number of trees to be planted in adjacent plots (including diagonally). Trees cannot be adjacent horizontally, vertically or diagonally. Deduce where the trees are to be planted. Squares with numbers are to be left vacant.

	1		0					2	
	2				1				
			1				2		
	2					2			
		2		2	2				1
	3								
					3		3		2
2			2			1			
					2		2		2
1		2			1		1		

[answers on page: 24]

Ursula's (m)Utterings

At the beginning of this year we got a much improved set of BOF Rules, modified and hugely tidied up by Helen Errington as one of two Competition Managers. I was very excited by these, particularly by the shortest courses, always a consideration for the slow and old! Whereas previously the shortest course had been for W75+ (no S courses when women reach the age of 75) and M75S, there are now 2 shorter courses, one for W80 and M85+ and one for W90+. W80+ and M85+ have also had priority parking passes at 2 of the events, along with the young children. This all sounds very good.

I think I have been to all the Level A long events so far that have been run on these new rules and in some ways they have turned out to be a bit disappointing.

First came the JK. I think everyone found Day 2 extremely difficult. Merthyr Common is a rough open area most liberally littered with pits, the larger ones of which were mapped and with a few of these harbouring a control. I found it extremely difficult, particularly as I do not reckon to 'do' pacing and bearings are not my strong suit!

Day 3 showed up how lonely it can be to be the only one on a course. Most of the courses used the Far Start which was 3K from Assembly but the W85/90 course was too short for this so it had a dedicated start. The lone runner was taken there by car, the start was set up, she was started and the start was dismantled and driven away. When she could not find her first control there was no start to relocate on which she found very disconcerting. After 42 minutes on 1 she did the rest of her course in 35 minutes which is a very creditable time. My course, meanwhile, used the far start on Llangynidr with a detailed and delightful bit of quarry then after 5 controls on that side we crossed over the road onto Merthyr Common where the 2 shortest courses were the only ones on a remarkably featureless and reasonably rough hillside (when I looked across to it there was no-one at all on it) before descending to cross the road again for the last couple of controls and the finish run in.

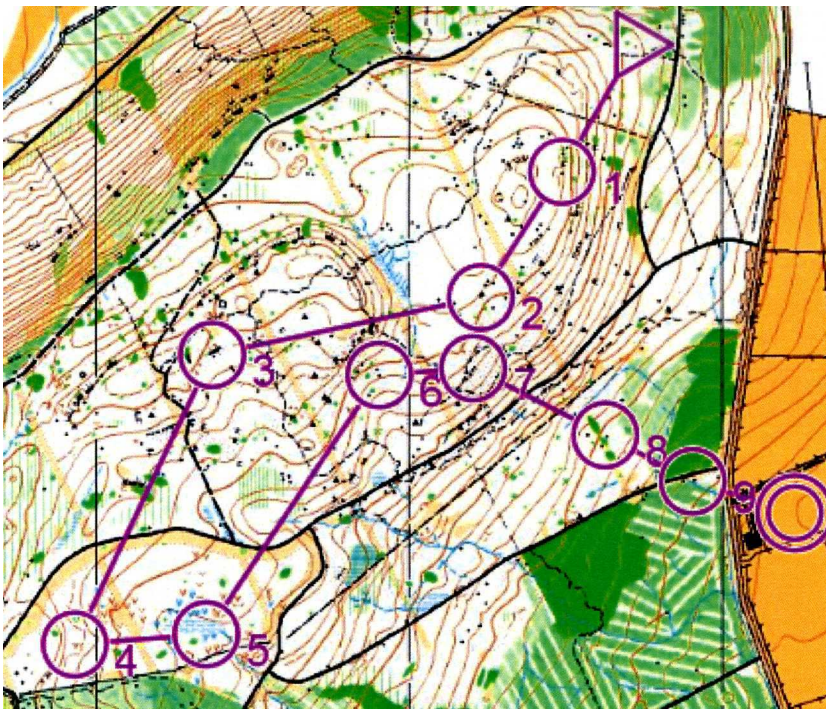
Our e-mailed priority parking passes worked well on Day 2, meaning that we were parked reasonably close to assembly and the finish so our M9 grandson could make his own way back to the car when he ran his M10B course faster than I could get back to the finish to meet him. On Day 3 we were less fortunate as we arrived in time for one of the really early starts but priority places had already been taken by non-priority cars. Tom is a pretty tough lad and he managed OK but it seemed a bit rough that on such a cold wet day he had a long trudge back to the car as well as a long wait for his party to get round their courses. I (the other priority parker) was pretty exhausted, but I'm used to that.

Then came the Northern Champs Weekend. This was a full-on weekend with a glorious middle race on the Saturday on a perfect Martin Bagness map of a superb area. The long race on Sunday was always going to be problematical as there is really no parking in the area and because of a felling overrun in an adjacent area no parking was allowed there either and we all had to walk the 2.5K through it. Again there were priority parking permits which should have given us (the Louths drove me in) spots adjacent to this 2.5K road walk and again by the time we got there the

priority parking was full and we had to drive way along a road and then walk back to the 2.5K spot. The organisers are doing their best over the parking: now it's up to the orienteering community.

The 1:7,500 Martin Bagness map was fantastic – I love running on his maps - but the going was quite tough. David and Miriam Rosen (the planners) said 'In such an area, it is hard to provide suitable courses for the younger juniors and the elder veterans but we did our best. Most appreciated the challenge although a few found it rather too tough. We followed the latest BO Course Length Ratios but we probably should have made greater allowance for the fact that older competitors tend to be slowed relatively more than younger ones by difficult underfoot conditions.' Yes. Why is it always post hoc and never propter hoc? By the time I had hauled my pullalong from the bus station nearly to the top of Kendal to the B&B I was exhausted. Fortunately I recovered sufficiently overnight to enjoy the fantastic urban course the next day: Kendal is probably the best urban area I have orienteered in and the route choice was mind-bending – well it bent my mind anyway.

Most recent and therefore clearest in my memory is the British Championships on an area that was not just rough but ultra rough. It started off very rough, got somewhat rougher and finished off much the same.



Both Eileen Bedwell and I, the only W80s, found it very difficult though Eileen, a doughty goer, finished the right side of 2 hours while I, still somewhat of an EA weed for all my efforts, took 2 hours and 2 minutes to get round. Most spectacular was Jean Velecky, now 92/93 and the sole competitor on the W85/90 course, who took 230 minutes while her son waited for her at the finish. Once again there has been much discussion on Nopesport as everyone found it very tough going. The area, not used for many years, was decided more than 2 years in advance, a map was cobbled together with different people mapping different parts. Martin Bagness mapped the open area which was used by Far Starters but I did not get there: my area seems to have been mapped by Paul Taylor of CLOK who was also responsible for the cartography. We were told that only significant boulders had

been mapped and we would understand when we got there. I didn't feel that I was at one with Paul over the matter of boulders! Looking back at my map now – 1:10,000 and offset litho printed – I realise that it has the feel of a 1:15,000 map. I am just about certain that the symbols are 1:15,000 size and not 1:10,000. That would explain why I found it so difficult to read, particularly in the complex areas. Apart from the map, the big problem was that last winter was so mild: it never snowed all winter and the bilberry, instead of getting knocked back as it had done the 2 previous winters, never stopped growing so in places it was knee high (well, I do have quite low knees) and everywhere it obscured a most uneven forest floor, so you never knew where your foot would actually come to rest and a lot of the time you couldn't see it anyway. Most of the women's courses were won in times longer than the intended 55-65 minutes. A couple of legends - Jenny Peel (nee James for those with long memories), now 45, and Carol McNeill, now 70, bucked the trend but it was too tough for lesser mortals.

Parking was adjacent to Assembly so no priority issues, the weather was glorious and the food was superb – the best baked potato with tuna mayonnaise since the days of Wilf's (a much loved food trader who stopped coming to O events some 7 years ago). Many thanks to Chris Morley who drove me there and delivered me to the train after the event.

Off to Manchester this weekend for sprints on the Saturday and urban race on the Sunday. I've also booked for the White Rose in Scarborough with accommodation in the Uni there, so I don't need to drive up (trains already booked), though I'll miss the camping which is always great fun at the White Rose. See you there?

Club WAGAL Positions

Pos.	Name	Class	Points	W Wood	CSCup	Rowney	Ely City	Amph	Mauld
1	Michael Bickle	M65	4281	1070	1093	1063	1055		
2	Robin Bourne	M50	4042	1014	975	1020	1033		
3	Ian Smith	M55	3956	996	1000	977	983		
4	Helen Bickle	W21	3889	962	967	994	966		
5	Sue Woods	W55	3825	977	828	963	1057		
6	Ian Lawson	M60	3817	928	926	984	979		
7	Dil Wetherill	M50	3232	1083	1082	1067			
8	Seonaid Dudley	W75	3215	1086	1054	1075			
9	Guro Harstad	W40	3204	1078		1071	1055		
10	Rachel Pocock	W45	3158	1078	1044		1036		
11	Ursula Oxburgh	W80	3140	1044	1037	1059			
12	Peter Duthie	M55	3072	1020	1045		1007		
13	Iain Stemp	M45	3070	1032		1005	1033		
14	Peter Woods	M55	3046	org	1027	999	1020		
15	Stephen Borrill	M40	3029	1026	1024	plan	979		
16	Peter Ryall	M65	3005	1008	998	999			
17	Janet Cronk	W55	2974	982		976	1016		
18	Andrew Stemp	M18	2925	967		965	993		
19	Rakesh Chandraker	M50	2920	plan	942	958	1020		
20	Helen Hague	W45	2875	997	854	org	1024		

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

Pos.	Name	Points	Contributing scores
1 (126 +1)	Robert Campbell	7759	1274, 1279, 1295, 1310, 1323, 1278
2 (231 +3)	James Haynes	7596	1253, 1267, 1250, 1304, 1251, 1271
3 (449 +1)	Tom Hemingway	7339	1266, 1173, 1266, 1233, 1223, 1178
4 (500)	Dil Wetherill	7285	1190, 1213, 1215, 1200, 1228, 1239
5 (550)	William Louth	7229	1239, 1198, 1199, 1192, 1192, 1209
6 (571 +1)	Graham Louth	7211	1217, 1193, 1203, 1206, 1196, 1196
7 (588 +2)	Graeme Ambler	7194	1180, 1200, 1191, 1224, 1182, 1217
8 (599 +2)	Brian Cowe	7185	1205, 1184, 1185, 1185, 1216, 1210
9 (708 +3)	Sean Blanchflower	7094	1200, 1198, 1188, 1186, 1168, 1154
10 (768 +3)	Matthew Haynes	7035	1171, 1161, 1236, 1250, 1055, 1162
11 (778 +3)	Iain Stemp	7025	1165, 1173, 1182, 1163, 1181, 1161
12 (994 -50)	Michael Bickle	6856	1163, 1140, 1156, 1134, 1128, 1135
13 (1032 +7)	Alun Roberts	6828	1127, 1126, 1135, 1126, 1122, 1192
14 (1039 +7)	Guro Harstad	6822	1125, 1133, 1163, 1121, 1122, 1158
15 (1042 +6)	Mike Capper	6820	1149, 1131, 1128, 1141, 1127, 1144
16 (1145 +1)	Rachel Pocock	6747	1133, 1099, 1097, 1123, 1148, 1147
17 (1149 +1)	David Cronk	6744	1133, 1126, 1105, 1113, 1132, 1135
18 (1188 +2)	Jonathan Pye	6708	1098, 1087, 1115, 1124, 1100, 1184
19 (1257 +1)	Peter Woods	6661	1148, 1101, 1131, 1099, 1091, 1091
20 (1328 +3)	Stephen Borrill	6606	1104, 1115, 1097, 1094, 1098, 1098
21 (1365 +3)	Chris Brown	6584	1105, 1096, 1122, 1104, 1084, 1073
22 (1466 +4)	David Cooper	6517	1014, 1136, 1130, 1134, 1033, 1070
23 (1475 +3)	Peter Duthie	6510	1115, 1069, 1087, 1086, 1075, 1078
24 (1512 +4)	Peter Haynes	6481	1094, 1076, 1108, 1098, 1041, 1064
25 (1600 +7)	Andrew Stemp	6418	1095, 1079, 1030, 1073, 1075, 1066

Answer to Bruce's Quiz:

	1		0				2	
	2				1			
			1				2	
	2					2		
		2		2	2			1
	3							
					3		3	
2			2			1		
					2		2	
1		2			1		1	

British Orienteering is introducing



Explore the Park, Find the Markers, Complete the Challenge, Have fun together!

Xplorer is a fun family challenge aimed at primary and pre-school children and their parents, grandparents and guardians. It is an outdoor navigational challenge for the whole family to enjoy and involves a healthy mix of physical activity and decision making. Using a simple map of the park the aim is to find the points marked on the map and write down the name of the secret animal or colour shown on the marker.

Xplorer is perfect for children as they can run around in a safe and friendly environment and will have a great adventure searching for the secret markers. No experience of map reading is necessary and parents are encouraged to join in the fun!

We currently have clubs in the East Midlands, North West, North East and Yorkshire who put on a number of Xplorer events in their areas over the summer.

To find out more please visit www.xplorer.org.uk



British Orienteering would like to introduce this at Milton Country Park.

Note the colours used on maps are different from orienteering maps with green for grass.

Events

EAOA Events have been taken from the EAOA fixture lists as of 10th June 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

June

- 21st HAVOC EAOA Level D **HAVOC Introduction to Orienteering**, Thorndon Country Park South, Herongate, near Brentwood, TQ634899
Entry times: 10.30am to 12noon.
Dogs to be kept under control and please clean up after them..
Organiser: Graham Batty, membership@orienteering-havoc.co.uk
- 22nd NOR EAOA Level D **NOR Summer Series**, Hockering Wood, Dereham, TG072150 Entry times: 10.15 to 12.15. No dogs allowed.
Organiser: Pat Bedder www.norfolkoc.co.uk
- 25th SOS EAOA Level D **SOS Summer Series** , The Broaks, Gosfield, TL786314
Organiser: Steven Partridge
- 28th HAVOC EAOA Level D **HAVOC Summer Event - Thorndon South**, Thorndon Country Park South, Herongate, near Brentwood, TQ634899
Entry times: 10.30am to 12noon. Dogs to be kept under control and please clean up after them..
Organiser: Janet Biggs, secretary@orienteering-havoc.co.uk
- 29th NOR EAOA Level D **NOR Summer Series**, Catton Park, Norwich, TG231115
Dogs: Dogs on Lead. Organiser: Karen Goldsworthy
www.norfolkoc.co.uk

July

- 2nd SUFFOC EAOA Level D **2014 Summer Series - Event 3**, Kesgrave East, Ipswich, TM219543 Organiser: Simon Peck www.suffoc.co.uk
- 6th SOS EAOA Level C **SOS Relays Highwoods**, Highwoods Country Park, Colchester Organiser: David Skinner stragglers.info/home/
- 10th SOS EAOA Level D **SOS Summer Series** , Great Notley Country Park, Braintree
Entry times: 6pm to 7pm. Organiser: Edwin Banks
- 13th SMOC EAOA Level D **Keyne-O, Caldecotte Lake**, Caldecotte Lake, Milton Keynes, SP887355 Organiser: Helen Nisbet
www.smoc.info/
- 16th SUFFOC EAOA Level D **2014 Summer Series - Event 4**, Haughley Park, Stowmarket, TM002623 Organiser: Simon Peck
www.suffoc.co.uk
- 23rd SOS EAOA Level D **SOS Summer Series**, Wivenhoe, Colchester
Entry times: 6pm to 7pm.
Organiser: Lyn West
- 27th LEI EMOA Level D **LEI Summer League 16, SCORE**, Irchester, Wellingborough 11am – 12pm SP911658

30th	SOS EAOA Level D	SOS Summer Series 4 , Galleywood Common, Chelmsford Organiser: John Williams
August		
3rd	NWOA, Level B	Lakes 5 Days, Day 1 Swindale, Shap
4th	NWOA, Level B	Lakes 5 Days, Day 2 Simpson Ground, Newby Bridge
5th	NWOA, Level B	Lakes 5 Days, Day 3 Grizedale NW, Hawkshead
6th	LOC, NWOA, Level D	Lakes 5 Days, Urban Event tbc
7th	NWOA, Level B	Lakes 5 Days, Day 4 Pike O'Blisco and Blea Tarn, Ambleside
8th	NWOA, Level B	Lakes 5 Days, Day 5 Hampsfell and Eggerslack Woods, Grange over Sands
6th	LEI, EMOA Level D	Leicester Summer Series Foxton Locks, Market Harborough
7th	LOK, SEOA Level D	London Park Race 5 Highgate and Queens Woods, Highgate
17th	WAOC EAOA Local	WAOC Introduction to Orienteering, Wimpole, NT Wimpole Hall 10am – 3pm Organiser: Peter Allen (see page 7)
17th	SMOC EAOA Level D	Keyne-O , OU and Woughton , OU and Woughton, Milton Keynes, SP886370 www.smoc.info/
September		
14th	SMOC EAOA Level D	Keyne-O, Campbell Park , Campbell Park, Milton Keynes, SP867398 www.smoc.info/
14th	HAVOC EAOA Level C	HAVOC Weald Park Colour Coded , Brentwood
14th	NOR EAOA Level D	NOR Score Event + Orange course , Norwich, TG www.norfolkoc.co.uk
21st	SLOW SEOA Level B	London City Race , London times: 10:00 - 12:00 noon. Contact: Vince Roper
27th	EAOA Level D	TrailO at Twywell , Twywell Country Park, Kettering
28th	SUFFOC EAOA Level C	SUFFOC Ickworth Park Colour Coded , Ickworth Park, Bury St. Edmunds, TL815616 Organiser: Philip Halford www.suffoc.co.uk

October		
5th	WAOC EAOA Level D	WAOC Ampthill Park Colour Coded , Ampthill Park, Ampthill, TL024382 Entry times: 10:00 - 12:00 noon. www.waoc.org.uk
12th	SMOC EAOA Level D	Keyne-O, Howe Park Wood , Howe Park Wood, Milton Keynes, SP829344 www.smoc.info/
12th	HH SEOA Level C	HH City Race , St. Albans
12th	SOS EAOA Level C	SOS Colour Coded The Broaks , Broaks Wood, Gosfield Halstead Organiser: Peter Warland , smwarland@aol.com , 07766307495 stragglers.info/home/index.php
19th	NOR EAOA Level B	NOR Colour Coded Event , Pretty Corner, Sheringham www.norfolkoc.co.uk/
November		
2nd	WAOC EAOA Level D	WAOC Mildenhall North Colour Coded , Mildenhall North, Mildenhall, TL735752 Entry times: 10.30 - 12.30. Dogs allowed. WAOC Website
9th	HAVOC EAOA Level C	HAVOC Langdon Hills Colour Coded , Brentwood
16th	SMOC EAOA Level C	Holcote & Reynolds Wood Colour Coded , Holcote & Reynolds Wood, Brogborough, SP968392 Organiser: Keith Downing www.smoc.info
22nd	SOS EAOA Level C	SOS Colchester Urban Event , Colchester, Colchester www.stragglers.info/event/
23rd	NOR EAOA Level C	NOR Colour Coded and EAL , Shouldham Warren, Downham Market Entry times: 10.30 to 12.15. Dogs on Lead. Organiser: Leanne Bailey www.norfolkoc.co.uk
30th	SUFFOC EAOA Level C	SUFFOC West Harling Colour Coded and EAL , West Harling, Thetford
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
January	2015	2015
31st	CUOC EAOA Level B	Thetford Thrash , Thetford cuoc.org.uk/events/4376/1cenian-2015/
February		
1st	WAOC EAOA Level C	Thetford Thrash Day 2 , Croxton Heath, Thetford, TL893880 Entry times: 10:00 am - 12:00 noon. Dogs to be under control at all times www.waoc.org.uk

