



West Anglian
Orienteering
Club



JABBERWAOC

Vol.42 No 3

September 2014

PIKE OF BLISCO
1:10000 5M

LAKES 5 DAYS 2014
DAY 4
Pike O Blisco

W45S, W50S, W70L, W75L

11

W45S, W50S, W70L, W75L

	11	3.3 km	145m
▷		∩	
1	216 →	∩	
2	163	∩	⊥
3	200 ←	∩	3 ⊙
4	141	∩	
5	222	▲	3
6	135	∩	
7	219 ↘	∩	1.5
8	159 →	∩	3.0
9	197	∩	
10	193	∩	⊙

○ --- 80 m --- ⊙

Courses close at 16.00

Lakeland
Orienteering
www.lakeland-orienteeering.org.uk

WARRIOR VICTORY
1897

DANGER!!

DANGER!!

250m

Editorial

Welcome to the September 2014 edition of your WAOC magazine. Well done to all the hardy WAOC members, who enjoyed the challenging terrain of the Lakes 5. Congratulations to Dil Wetherill 1st M50S, Ben Wetherill 2nd M16B, Emile Zsak 3rd M12S and Ursula Oxburgh 4th W80. The Pike of Bisco map is on the cover and see Ursula's comments on these events (page 17). The British Sprints were held at Keele University on 6th September. Congratulations to Graeme Ambler 2nd M35B, Guro Harstad 4th W40A, Janet Cronk 4th W55B, Elizabeth Ambler 5th W12B and Alex Wetherill 6th in M12A and at the British Middle (distance) Championship Jonathan Ambler 2nd M10 and Guro 7th W40A. Stephen Borrill (page 13) gives WAOC members' excellent results at The White Rose in Yorkshire. Mike Capper tells of his races in Poland (page 9).

Enjoy the descriptions of these races further afield, the fascinating history of the compass, a request from a Junior WAOC Member and all the training and event fixtures to come. Wishing you fun orienteering, Hazel Bickle

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

Chairperson's Chat – Peter Woods

We did not go to the Lakes 5-days, so my orienteering experiences have been very limited over the Summer. However, map reading skills did come in handy walking in the Pyrenees, when traversing a pathless hillside trying to gauge which of countless streams running down corresponded to the two that were marked on the map. Putting myself in the mindset of the mapper made it much easier to decide which ones to ignore. Later, having successfully attained the ridge, which was on the border between France and Spain, we were able to look down on the slope we had climbed, mapped with 20m contours, and the valley beyond, mapped with 10m contours (on the same map). We thought we'd found where one of the extra contours emerged from the rock, but it turned out to be a marmot's nest. I've wondered if any of our East Anglian O-maps might have similar inconsistencies in the contours, but there is of course no way of knowing.

Blue Peter

No, I'm neither sad nor cold, but I have been re-acquainted with the joys of sticky-backed plastic recently. This was part of producing a new set of direction signs, some of which were used for the first time at our Wimpole event in August. So they have already proved themselves both waterproof and fade resistant in strong sunlight (If you were not at Wimpole you now have some idea of the weather that day).

In addition, the club has invested in a fine new set of banners, and other signage. You'll see the banners at our next event, at Ampthill on 5th October, and the new Runners Crossing signs will be handy for the Mildenhall North event on 2nd November, although the road involved is now a cul-de-sac, as a result of the A11 becoming a dual carriageway.

Amazed and amused?

At a couple of recent events we have offered a Micr-O maze (short for Micro-orienteeing maze), as an alternative where there is no suitable terrain for a String course and with the aim of offering something even a casual passer-by could try (the maze courses take about a minute to complete).

I'm now thinking of re-naming these SLAGI-ATT. This seems to have the right sort of Scandinavian timbre in keeping with the origins of our sport, but in fact it stands for Seemed Like A Good Idea – At The Time. The micro mazes have proved popular, especially with the newcomer children that have tried them, who tend to want to run them again, and again, and again...

I think this addictive attraction is because there is a very good chance you will get faster every time you repeat the course – it is short enough that you will not get tired out, and gradually you learn the course off by heart so you do not even need to look at the map.

At first the fact that the maze runners are obviously enjoying the course and want to keep trying seems like a good outcome, but I am beginning to wonder if these set-ups have ever attracted any family to come back and try orienteeing proper. I'm sure maze courses have a role, but they do take effort to set up and operate, and in future we should consider having some way to limit the number of times someone can try it (2 tries for each of the 4 maze courses maybe).

Of course, the slightly jaded feeling on my part might have something to do with having manned the maze for about 5 hours during our extended event at Wimpole in August. Peter Allen's decision to have an event that was open "all day" was definitely a good idea, worth trying for an event like this aimed at newcomers, and registration stayed busy up to about 2pm, seeing over 100 participants on the colour coded courses.

I'd been a bit concerned that the senior courses at Wimpole were not going to be a satisfactory challenge for the experienced – it's hard to get TD5 in open parkland, and we were restricted in where we could place controls in the wooded areas due to ground nesting birds, and elsewhere, due to an unexpected yurt. So I was surprised to hear that many WOAC runners, no strangers to Wimpole, came unstuck on one leg or another.

So it's obviously time to get back in training! I'm pleased to say that Helen Bickle, having taken charge of organising the schedule of summer events, is putting in place the first clubnight sessions of the Autumn term. And of course the season of weekend events in the region is about to get started. I hope to see you at an event soon.

Situations Vacant

The club is looking to fill a couple of vacancies - the roles of Publicity Officer and Junior Co-ordinator are both open. If you have an interest in either of these please get in contact.

WAOC Committee

Current contact details in most recent edition of JabberWAOC

Welcome to a new WAOC member

Anthony Reilly from Cambridge

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

No Colour Coded Awards to report this time – Ian Smith

Do contact Ian Smith to claim your award.

Clubnights and Training nights Autumn 2014

Wednesday night training sessions will now start with an optional warm up for the serious athletes (and those who enjoy pretending to be penguins) at 6.40 to 6.45 p.m. so please aim to arrive at 6.30 p.m. The main activity will then start promptly at 6.45 p.m.!

Plenty has been packed into this term and for the occasional attendees watch out for the forest contour training, long O event and especially the adventure race.

Date	Location	Training
24 th Sep	Cambourne	Urban route choice
1 st Oct	Rowney Warren	Contours
8 th Oct	Cherry Hinton	Control flow with maze
15 th Oct	West Cambridge Site	Freshers'/skill developments
22 nd Oct	Sidgewick Site & University Library	Freshers'/skill developments
29 th Oct	Centre for Mathematical Studies	Freshers'/skill developments
4 th Nov*	Cambridge West	Long O
12 th Nov	Homerton	Attack points
19 th Nov	Science Park	Relocation
26 th Nov	Lucy Cavendish and Castle Hill	To be confirmed
3 rd Dec	Churchill College	Adventure Race

*Remember remember the **4th** of November – no one wants to miss the fireworks so this event will be on the **Tuesday** instead.

If anyone would like to be added to (or dare I say it - taken off) the Clubnight's email list, please contact me.

Helen Bickle

Letter from a Junior Clubnight Member:

Dear Orienteers,

I really enjoy WAOC club-nights... but to be honest, I think I would like it better if there were more beginners (like me) to go round with me on courses. I go with my dad (Stephen Borrill), always hoping there will be some children that could learn Orienteering with me. My best friend Toby has sometimes come with me, but if he doesn't, I'm usually on my own. So if I had at least one beginner around my age, it would be great. There are quite a lot of children around my age listed in the WAOC membership list. Since I've been going to club-nights I've learnt how to map read and read a compass. That helped me to become the MicrO champion twice (both indoors and outdoors).

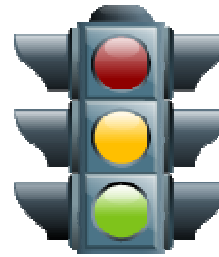
Club-nights are on each Wednesday at approximately 6:30-8:00. Check the WAOC website for more details.

Jemima Borrill Age 9

Training tip:

Traffic lights:

Slowing down can help you go faster!



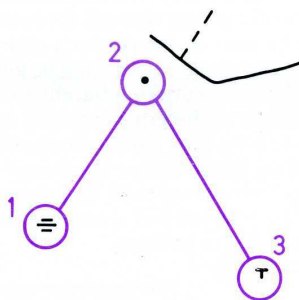
Varying your speed to suit that section of the control leg decreases your chances of making errors. Typically the first part of the control leg is fairly easy (green) so you can run at your fastest. Decrease your speed as you approach your attack point (amber). Then go slowly to the control (red).

Planning Tip 2 – Acute Angles

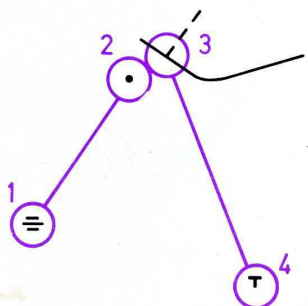
based on Course Planning by Clæsson, Gawelin, Jägerström and Nordström (via Mike Dudley)

Acute angles

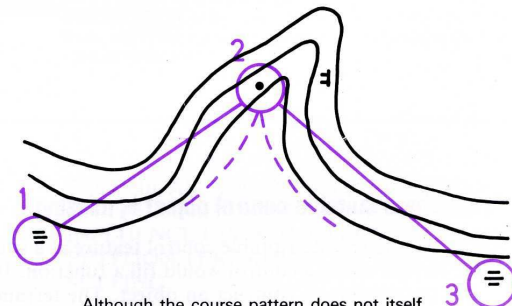
Acute angles are formed when a runner who is approaching a control meets other runners, who by natural route choice, are on their way to the next control.



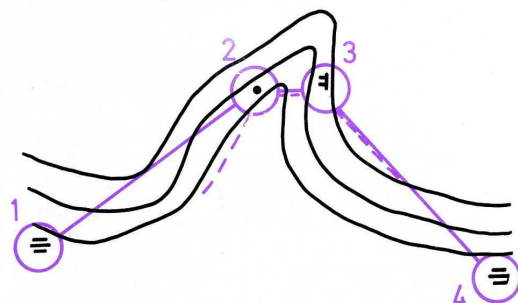
Here an acute angle is formed at control 2.



By inserting a diverting control the acute angle is eliminated. As the diverting control is easy the new acute angle is not important.



Although the course pattern does not itself contain any acute angle, such an angle is formed in this case by the shape of the terrain.



This type of acute angle is also eliminated by means of a diverting control.

The Orienteering Walk 17th August 2014 -

Peter Allen's guide to coaches for the Wimpole walk, which provides points to consider for future events introducing orienteering.

Start.

Find out what the participants know about maps, outdoor sports especially running and mountaineering, and any experience of orienteering. Give each one an objective to be achieved by the end of the walk e.g. understand map symbols, use a compass, or take short cuts.

Show them the map, one copy each. It is a map with no names. It is a picture of the ground portrayed by colours and symbols. Point out the linear symbols like paths, fences, and roads and lines of trees. These are the handrails a navigator tries to use to get from one place to another.

Point out where linear features cross: these are good places to put control flags to navigate across the terrain.

Thumbing and setting if interested in achieving speed in navigation

Issue dibbers- stress they must be returned - Dib them in the start to set off the timer.

Go to the front of the house and find up to 4 places you might put a control.

Control 1. Dib the dibbers. This has timed this leg for the walker.

Point out control 1 is a clear vegetation boundary and a clear eastern tip. Go through the colours on the map (white to shades of green) and apply to the area in front of the house and the avenue. Everything on the ground is clear and easy to recognise on the map and vice versa. A simple orienteering course could be set here.

Go up to the crossing point and look West over the rising hillside.

Point out this is more difficult to map, and more difficult to interpret the map. How does the orienteer get to control 2 which is on a tree?

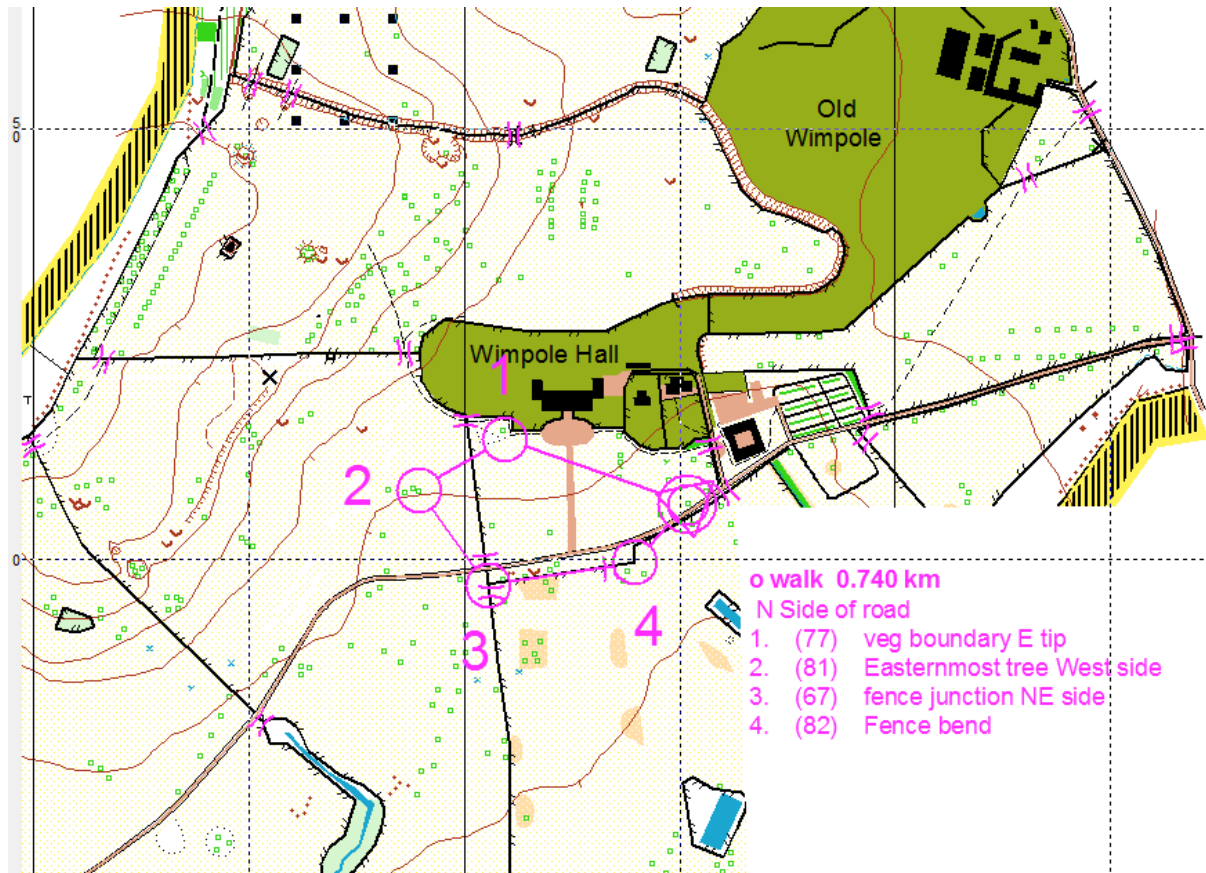
In your discussion try to bring in the use of a compass to take a bearing, then walk the bearing. You can do this anywhere provided you know where you are and where you want to go to then walk the bearing whatever map. If you know the distance you know when to stop. The map scale tells you the distance. In this case 1cm = 100 m, or inset 1cm = 30m.

A simpler way to get there is to use the detail on the map. See that the control 2 is 100m from the fence and if you keep parallel to the fence 100m away from it you should find the control. Catching features from the map?

Find it, check the number and dib it.

Standing at control 2 point out that the road and the fence funnel you in to control 3 if you set off in about the right direction. Send them off and meet them at control 3. At control 3 persuade them they can now orienteer and encourage them to register for a course, after going to the finish and downloading and returning their dibber. They can race to the finish then compare their times from the print out.

A coach will speak to them when they download, asking them what their objective was (that you gave them at the start) and if they achieved it, then they can do a course of their own...



After event comment: all 30+ participants in orienteering walk did go on to successfully do a course of their own.

WAOC Runners Report - Peter Duthie

Since the last JabberWAOC report back in March, WAOC runners have continued to fly the orienteering flag at the 5km Wimpole Parkrun, with the Woods putting on an orienteering maze to tempt parkrunners to try running with a map. Parkrun itself continues to grow, now with 284 UK locations and total runs approaching 5 million at the time of writing. WAOC is still the fourth ranked club measuring by number of runs at Wimpole – now 318 runs from 20 runners. Scarily, there have now been 83 events in the Capability Brown landscape. John Marshall is currently 6th on the male points table, and has just celebrated joining the '50 club'. Sue Woods is 10th female, and with ever stronger runs this year is probably the only WAOC runner so far to have come first overall on the WAVA age/gender handicap system. Steve Hinshelwood has come back strongly from a spell of enforced rest with a leg in plaster, and not content with just running is putting the rest of us to shame with his triathlon results. With so many events around the country, 'parkrun tourism' is all part of the fun, and Peter Duthie has clocked up 13 different parkruns to date, with the event at Brandon Country Park (another O-area) a particular highlight. But

parkrun is not all about numbers – it can provide orienteers with a good opportunity to get used to running faster for those track legs in Breckland forests. When we can run consistently at a higher speed on grass, then hopefully there is more oxygen left over for navigation when running at orienteering speeds across terrain. You can join us at 9am every Saturday morning, details can be found at <http://www.parkrun.org.uk/wimpoleestate>. Other local parkruns can be found at Milton, Huntingdon and Peterborough, with a possible new event at Royston.

During the week, it has been good to put our head torches away for the summer Thursday night runs. We meet at 6.30pm, generally at a pub, with a social meal afterwards. Typical runs are about an hour at a social pace, but shorter options are often possible - all welcome. Let Ben Holland know if you would like to be added to the Yahoo email list.

A select WAOC team contested the Girton 5km this year, and between us we have enjoyed a range of other races through the summer, though none of us have aspired to the heights of Russ Ladkin's recent adventure race in Wales. His 100 parkruns still add up to less than the 600km of the ITERA event.

Orienteering in Poland – almost success but no glory

Mike Capper

Some of you may have gathered by now that I am in an eternal search for the perfect orienteering event (i.e. fun but challenging orienteering with a small enough field of runners for me to be competitive). This has taken me around Europe and further afield and so it was that in July I alighted in Poland for the first time for the 12th Limanowa Cup.

This meet met all the essential credentials – small number of entrants (about 400), cheap and, crucially, including some urban O – this time the first ever Kracow City Race. What was there not to like?

First impressions: Everyone is very friendly. They all speak English and everything is very, very cheap. Organisation is relaxed but efficient, with car parking and starts/finishes all very close together to avoid hassle. I manage to collect my entry pack without any hassle and all the information I need is easily understood.

So on to Day 1...the snippet of the map below does not tell the whole story. Control finding is fairly straightforward but route choice is crucial because the map does not tell the true horrors of the 'small re-entrants' that formed most of the control sites. These are deep - very, very deep. Indeed, in many places I found them uncrossable. So, for example, #3 to #4 is simple – 200 metres across a couple of valleys and you are there. Except, I failed on two attempts to cross the last re-entrant, getting half way down and then bottling it on each occasion – think the Grand Canyon on a slightly smaller scale but with deep mud and you have got the picture! After this, I resorted to some long up and round options to avoid the same problem – for example for #6 to #7 back up to the tracks south of the large re-entrant, along the tracks and then in to the control from the west.



Anyway, it was all good fun but very tough. I was way too slow and without making any significant mistakes finished in safe mid-table mediocrity, results-wise.

But of course, my Day 1 result didn't really matter because I was there for the Urban-O. This was set in the (former) Jewish ghetto of Krakow and the whole area resonated with history. There was Schindler's factory...that is the Eagle pharmacy... there is part of the ghetto wall. All pretty amazing stuff and worth going just for this.

The urban orienteering was brilliant. The planner made great use of the area, lots of short legs around the town and then some superb route choice in a park that featured, as you can see, enormous cliffs. Really good fun and, just for change, I tried very hard...even running up the hills. To be fair, this paid off. Caught my three minute man at #4 (and he had beaten me by 8 minutes on Day 1) and kept pushing right to the end. At the finish I was THIRD but whoa, what was this, down as mispunched at #4. Now, I knew I'd been there, but as I had run away from the control I had thought, did that beep? If I hadn't been trying hard I would have gone back but I remember thinking 'all or nothing!' So disqualified!



Or maybe not! Now I will be really honest, I would have quite like to have been standing on the podium, receiving a medal from the mayor of Krakow (you can tell I don't win much!), so I was pretty gutted after download. I headed off site-seeing (i.e. found a bar) in the city centre pretty annoyed with myself for not being more careful.

Get back to the hotel, look at the results. There was a fault with the box at #4. I am not disqualified and I AM third. But my chance of standing on the podium has gone. **Almost success but no glory** and so my search for the perfect orienteering event will have to continue.

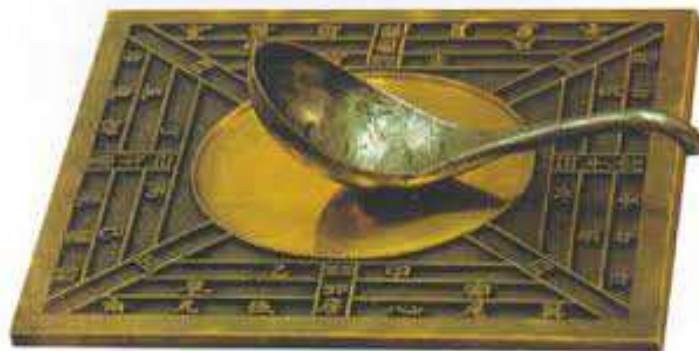
(Strangely, on Day 3 I was disqualified for missing a control. This time rightly so, but that is another story).

A Brief History of the Compass – Bruce Marshall

The origins of the magnetic compass go back over 2000 years to the Greek civilisation. The name "magnet" comes from Magnesia, a district in Asia Minor. The early Greeks first noticed that certain black stones attracted iron. Legend has it that a shepherd called Magnes found that the nails in his shoes and the metal tip of his staff became stuck to some black rock on which he was standing. We now know these stones as magnetite a form of iron ore.

This attractive behaviour meant that these black stones became associated with magical powers and superstition so that their best use was overlooked by many.

It was discovered that a piece of magnetite or loadstone ("leading stone") hung by a thread or floated on a piece of wood, would always point north and south, and also that a magnetised piece of iron or steel moving freely will act similarly coming to rest in approximately a north-south position. It appears that this behaviour was independently discovered in Europe and China about the 12th Century.



The first recorded reference to the use of the magnetic compass as a means of finding direction seems to have been made by the Chinese scientist, mathematician, cartographer and instrument-maker, Shen Kua, who lived about the time of the Norman conquest of Britain. Probably the first European report of a compass was by Alexander Neckam of St Albans in 1187.

Columbus used a magnetic compass for his first voyage to the Americas. It was he that first noticed that the Pole Star was not exactly due north. This rather alarmed

his crew, but he got round it by persuading them that the error was due a change in the position of the north star rather than a fault in the compass.

Fast forward now to the 1930's when the sport of orienteering was becoming popular in Sweden. Better equipment was needed so existing instrument companies joined forces with orienteers to develop something better.

A lucky coincidence brought the instrument maker Gunnar Tillander, together with three successful orienteering brothers of that time, Arvid, Björn and Alvar Kjellström. They all realized the value of a better and more reliable orienteering compass. Along the way, each Kjellström had been deeply involved in the development of a liquid dampened compass combined with a protractor that would enable one to take a fast and accurate bearing from a map. (the JK Event is named after Jan Kjellström, the son of Alvar, who died in 1967.)

The name "Silva", Latin for forest, was an apt brand for this wilderness navigation instrument. In the beginning, the growing sport of orienteering helped to increase compass sales and vice versa – the introduction of the Silva system compass helped to promote the sport. The Kjellström brothers realized this and energetically helped to promote the sport; but, they also understood that the largest sector of the compass market would be sales to other outdoor enthusiasts.

It is amazing to think that the compass was the first true instrument invented by man, and even today we are still following that needle when we orienteer.

White Rose 2014 – All rose and no thorns? – Stephen Borrill

The White Rose Weekend is held every year in North Yorkshire over the August bank holiday weekend. Over 4 days, it offers a number of different events:

- Friday night sprint
- Saturday morning classic or middle-distance event
- Saturday night 30-minute score event
- Sunday morning classic or middle-distance event
- Sunday Trail-O
- Monday team event
- Monday mountain bike 3-hour score event
- Picture quiz
- General knowledge quiz

I've been four times since 2007. There is usually a small WAOC turnout; this year, Noreen Ives, Ursula Oxburgh, Mike Capper, Erica Pilkinton and I made the journey (separately). Unlike many orienteering events, public transport was a real possibility as proved by Ursula who came by train.

The White Rose has been held in different locations every year, but they've always had some things in common:

- Steep hills
- Dense woodland with few paths
- Long walks to the start on one day
- Rain
- Held in the middle of nowhere
- Camp-site with few facilities adjacent to the assembly area
- Little other accommodation nearby (especially as it's bank holiday)
- Night event a few miles drive away with no organised lift-sharing

Last year, in particular, was tough on all counts. This year was somewhat different as it was located on the south side of Scarborough. The assembly area and camp-site was right on top of a steep-sided 155ft hill (Oliver's Mount) and as I was forced to change down to lower and lower gears as I drove up, it was clear that this was going to be a constant feature throughout the weekend. The camp-site was square and spacious and only about a mile (uphill!) from Scarborough town (last year's was a long thin strip at the end of 3km rough forest road). As usual, there were few facilities at the site (portaloos, O traders and a food van), but it was easy to drop into town for food and drinks.

Another change this year was that accommodation was available in student rooms at the confusingly named "University of Hull, Scarborough Campus" (from as little as £21 per night). Ursula and Noreen said the accommodation was very good. The campus was 900m away from the assembly area (downhill, of course) and also was the location for the Friday night sprint event. With just one course and nearly 250 starters in a 2-hour window, it was quite manic with starts every 30 seconds. For club-nighters used to Cambridge colleges, the area was pretty simple with around 40% of the length coming from the early controls around the playing field. As expected, results were tight with Mike and me coming 12th and 14th respectively in our categories. After the sprint, download was back in assembly (up the hill) which was fine for me as a camper. Ursula had already walked up there once to collect her mandatory bib number for the Saturday race, so quite fairly refused to go back up to download – one of the organisers helped her out by ferrying her dibber around.



View from the finish. Most courses had a climb up the hill on the right

Saturday morning brought the main event and the biggest departure from previous White Roses; a classic race starting and finishing on the picturesque southern cliffs overlooking the beach, town and castle. It offered a fantastic multi-level mix of urban navigation coupled with intricate paths up, down and along the Victorian gardens and Spa sections of the town. The longer courses (Brown and Black) used double-sided 1:5000 maps and extended round the castle headland. All courses started by dipping south into a small park before diving off down towards the sea. The map was extremely detailed and the shorter courses had the advantage of a 1:4000 scale. My course took me along the beach past the donkeys and through a cricket match before climbing up to the town then dropping back down to a run along the sea front past bemused customers of the amusement arcades. After the tempting fish and chip restaurants came (on the 7.5km Brown and 9.1km Black) the most discussed leg. The choice was 700m up and over the castle headland (visible in the photo above) or round the long 1.4km road to the east. I'm a Yorkshireman at heart, but having done most running in East Anglia, I took the length over the climbing. Post-race analysis on

RouteGadget and Splitsbrowser suggests that this probably wasn't the quickest route. Then it was a clamber back up the hill before heading back through the town and more gardens before a climb to the finish. It was after the finish I made my biggest mistake. For some reason, I had a nagging doubt about having punched The finish (some controls had been quiet out on the course) and facing a 1.4km walk uphill to download, I decided to punch again 'just in case'. I didn't realise the second would overwrite the first and so I added 5 minutes onto my time for no reason.

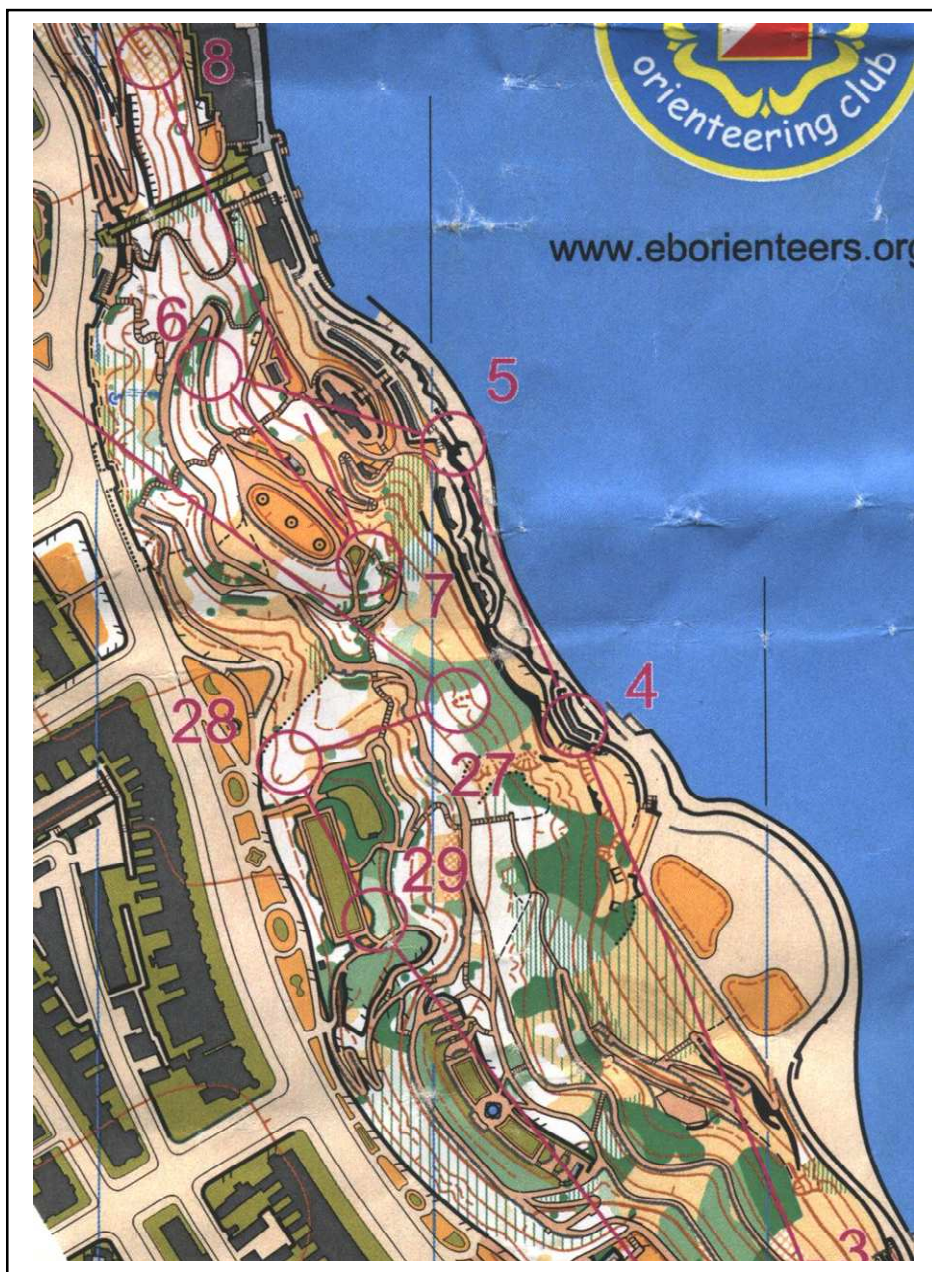
In the end, it only cost me one position (down at the bottom of my age group), but I still felt very stupid. Apart from the final result, I really enjoyed the run and the area

It was both challenging and a pleasure to run through. Mike came a solid 12th in M55L Ursula an excellent 2nd in W80, but Noreen blew away the field to win W60S with a 4-minute lead.



Up and over or around?

After fish and chips and a quick 18-holes of Pitch and Putt at Filey, it was time to start thinking about preparing for the night course. There had been some rain at 6pm, but by the start time of 9pm it was fine. I gave Ursula a lift (it was around 8km away) and she remarked on the 'wimps' who had chosen not to run at night. Trying to find lift-shares was tough and we both agreed it was a failing of the organisers. For me, the night event is one of the big draws to the White Rose, but we both failed to get into the groove on this occasion.



Saturday Classic Race: Details on the slopes and gardens

It was a return to what Mike Capper described as 'grotty Yorkshire woods' and the start/finish area was right at one extreme of the map and at the lowest point, which wasn't ideal for the 30 controls in 30 minutes score format. I started OK, but ended up losing contact with the map amongst the brashings and had to follow someone else to re-orientate myself, so I only got a few controls in the last 10-15 minutes. The time limit came around too quick and we were both back slightly late. Once back at the camp-site by 10pm, a good night's sleep was definitely in order. The middle-distance race on Sunday morning was based around the assembly area; I could see the start from my camper van. The courses (especially the longer ones) were mainly U-shaped, contouring round the steep woods which horseshoed the flat top. Physically tough, especially the crawl(!) up to the finish, it sorted out the hill-hoppers from the runners and 6th out of 7 was all I could expect. Aggregated over the two main events, this meant an overall 6th place of M40L for me (and my 5-minute mess up on Saturday made no difference to this). Again Ursula came home

2nd, to consolidate her 2nd place overall in the W80 class. Noreen's close 3rd place finish meant she was overall winner of the W60S class. Well done! Erica came 8th on each day, but on aggregate, this led to a 7th place overall finish in W50S. Mike only ran the Saturday race, so was not classified overall.

As I had managed to get a much earlier start than planned on Sunday, this left time for me to have a go at the Trail-O. The start was in the same location as the main Saturday race but, compared to that, it was a positively pleasant 1.1km saunter along the pretty paths of Holbeck ravine (and with 60 minutes to do it in). Having done Anne Braggins' introductory events at Wandlebury, I wasn't a complete novice, but in real competition it was a tough challenge. The rules weren't too clearly explained at the start, so I wasn't entirely sure how far I could walk from the decision point before choosing. I played it safe and got 8 of the 11 controls correct, putting me in joint 3rd (with lots of others!). No-one got all 11 correct.

In summary, White Rose 2014 was a pleasant departure from previous years. It had the same steep hills, long walks to the start, some grotty woodland and basic camp-site facilities, but with no rain during any race period, an amazing location and lots of things to do nearby, it was the best I've been to. I will remember the Saturday Scarborough race for a long time. Next year, it returns to familiar surroundings of Pickering Forest which it last visited in 2007. Keep an eye on <http://www.whiteroseweekend.org.uk/> if you are interested.

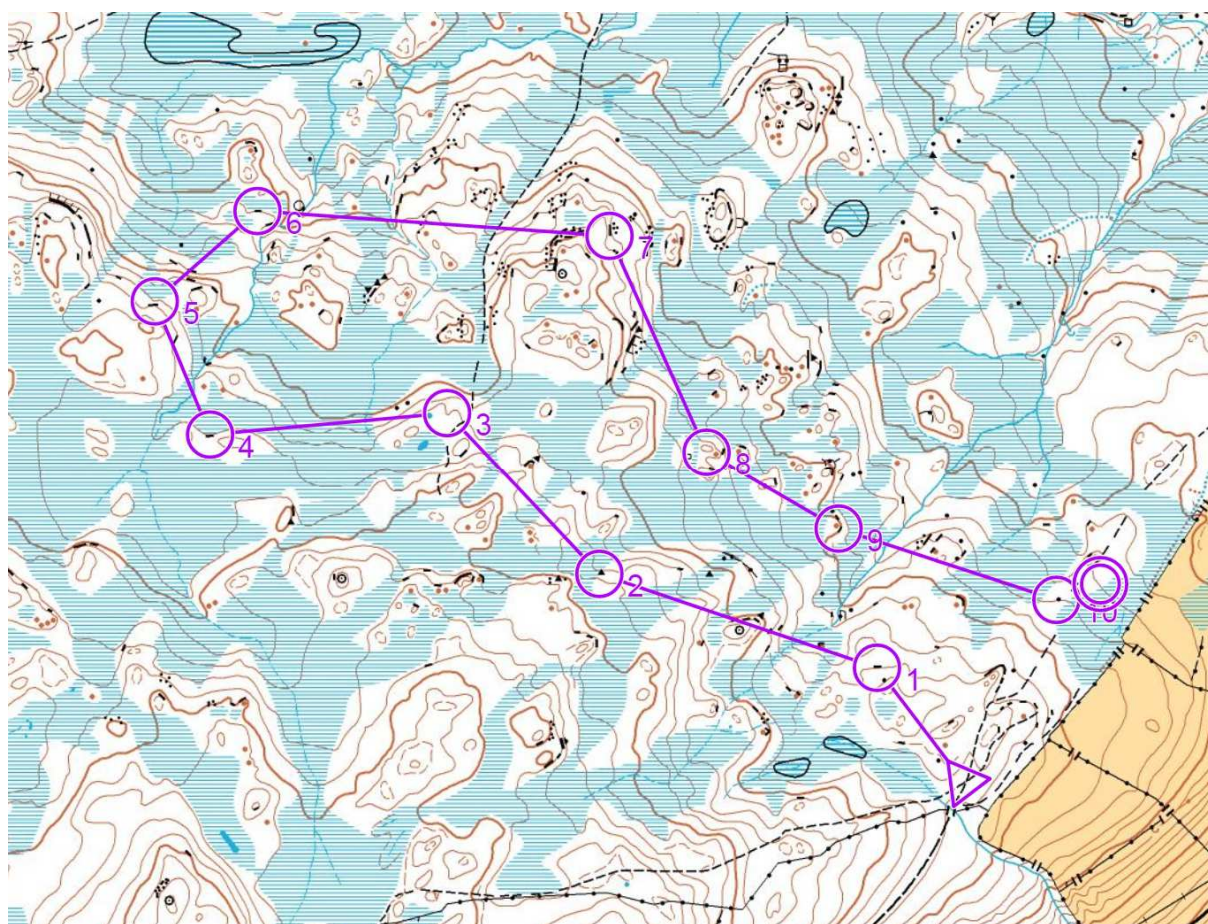
Ursula's (M)utterings

At the moment I am sitting in the considerable heat of New Mexico and thinking back to my recent O experiences in very different weather, in particular lots of rain and some of it quite cold.

Following on from the trauma of the JK and the Northern Champs I approached the Lakes 5 Days with a certain trepidation. Ron and I decided to drive up to the Lakes on the Saturday, collect our stuff from Registration that evening, spend the night in Kendal and get to Assembly in good time for our starts on the Sunday. Driving N to the event on the A6 we were disconcerted to encounter rain and thick mist on the top of Shap but as we descended on the other side the rain cleared, the sun shone and our spirits rose, albeit all very briefly. As was the case every day of the Lakes 5 this year, parking was adjacent to Assembly, but as I stepped out of the car I realised that I had made a strategic error in not packing my thermal – Ron had had more sense than I. A swift trip to Compass Point and I had acquired a really cheap thermal which I reckon made all the difference to me that day. So now I have 2 thermals! With my new thermal, long sleeved WAOC top and a cag I was just adequately protected.

It was 3.4 K and 180m by the longer and gentler way up to the Start where WAOC had late starts – mine was particularly late at 13:47 when last starts are at 14:00. The map was quite a shock, with around 60% marsh, so very very blue. Sometimes it is possible to use marshes as handrails but on this occasion the planner had completely eliminated that option as lines between my controls were generally at right angles to the many marshes I had to cross. Apparently the summer had been

quite dry until about 5 days before when the rain had set in so the marshes were very wet, so was the driving rain so it was a wet and also a lonely experience. When you are slow and set out very late there are very few people after control no 3, apart from those who are experiencing similar or even greater difficulty in finding their controls. It was also extremely tough going so it was a relief, after navigating to controls lurking surreptitiously behind little humps in a morass of marshes finally to see the last control marked by **2** control flags, no less and separated from the penultimate control by a marsh of monumental proportions which had been yomped over by 1500 adventure racers earlier in the day – I elected to go up and round to approach it via a vague spur to avoid nearly all of this final trudge. The Finish was nearly as high up as the Start and for me the long walk back to Assembly was the hardest part of the whole day. Having breakfasted at 8:30 and not having had the sense to eat anything before I went up I finally arrived back at the car at 4:18! The next day my good friend Ruby told me off soundly for orienteering on an empty stomach: I shall be more careful in future.



Swindale South - Course 12

By Day 2 our daughter and grandsons had arrived by train and I was on split start duty. I started them on their courses, Tom on M10A and Daniel on M10B and descended gently to wait for them in Assembly. Daniel had finished before Tom and waited for him at the finish. When they returned together he told me that Tom had been in a marsh half way up his chest and indeed you could see it on his O top! I should say that on this day also there were quite a lot of marshes. At one point the yellow course went over a bridge but as far as I can gather Tom seems to have decided

to jump the stream instead. Maybe he was not too clear about what the fine blue lines either side of the stream signified – after all, avoiding marshes is not really a yellow skill. Anyway Tom found himself somewhat deep in the marsh that surrounded the stream and then, because it was shorter to go forward than aim for the path, he decided to press on but as he went forward the marsh suddenly got a lot deeper and he was pretty scared but he managed to extricate himself and didn't think it was worthy of a blow on his whistle. He was, though, rather fed up that a man who saw him made no attempt to help. The next day, in Grisedale, however, he loved his quiet paths through the woods and is once again an enthusiastic orienteer.

Day 4 was on the top of Pike o' Blisco, at the head of Langdale. It is a marvellous area but the Start is 2 K and 400m from Assembly, up the side of Pike o'Blisco. The organisers had decided to put the very young and the very old on a new, lower area, but I had a map of a previous event there (where I had failed to finish as I had ended up in headless chicken mode) and persuaded Ron - he didn't need much persuasion – that it would be good to O up there on that fabulous map. Sue Birkinshaw of MDOC who was coordinating the start times told me that I was the most awkward entrant to the Lakes 5 Days (there was an issue with my (grand)parental split start as well as I am not very experienced with these things) but she gave both Ron and me open starts on M & W75L and my noble husband carried loads of water and food up to the Start, ran his course, which he enjoyed greatly, went along from the Finish back to the path and up to the Start, picked up his rucksack and was waiting for me on the path as I came along from the Finish. The weather was fantastic, the map is superb and while I did not think that the planning was quite as good as last time, both Ron and I thought it was the highlight of the week – I'm so glad to have completed a course there. The path down is so steep that I fear it may be the last time my knees will come down from Pike o' Blisco.

Then there was the August Bank Holiday weekend and the White Rose. I had got fed up with the typical steep and grotty woods at the White Rose but when I discovered that it was to be based in Scarborough this year with accommodation at the Uni I decided to book my train tickets and go. Steven is writing about it so this is very much a personal perspective. The campsite and Assembly were on Oliver's Mount – don't know who Oliver was but he must have liked going up steep hills. Having walked up there once from the Uni to pick up my race number and returned to run the evening sprint I informed the planner/organiser that I was not going back up there to download. He was a bit taken aback but I was caught out at breakfast the next day when Nev Myers, a longstanding friend and EBOR, offered to take my dibber up to download it and then bring it to the Start, where I was helping.

I thought my Saturday Classic Distance Urban Race, on a complex of Edwardian zig zag paths on a steep hillside, was very good with lots of route choice and a necessity not to get on the wrong path: Noreen Ives, who was also staying in the Uni and runs W60S, so the same course as me, was very enthusiastic about it except the boring bit in the top of the town (I agree about that). She won W60S that day and with a most respectable 3rd place in the Middle Race she was a clear overall White Rose winner by 8 minutes – hope you got your mug, Noreen. The Middle Race was on typical White Rose terrain, so steep and generally grotty but the planner had been easy on the Very Short Green runners and we had a lovely course, maybe only of Orange

standard, but on very runnable terrain. Our W80 class leader, Verena Johnston, did it in 35 minutes, so he achieved his aim of having a correct W80 winner's time. W75L on the Short Green were not so lucky. This time I ran early, then helped on the late Start, had an excellent baked potato with chilli, set off down the hill, got a bus to the station and caught a train back to Cambridge.

Next in line, encouraged by Mike Capper, is a set of 4 Sprint courses, one at night, in Paris. The Eurostar has been booked for a long time and now that they have decided the venues the Ibis hotel is also lined up. That should be fun. Then it's off to Edinburgh and Sterling for the Race the Castles sprint and urban weekend. I fear it is far too much flat running and not enough terrain in the lead up to the World Masters in Brazil at the beginning of November! I'll tell you about that next time.

The Seconds Savers – PART 1 - Hally Hardie

This is an article that was produced in Compass Sport several years ago and is worth a revisit with a few updates.

'Take care of the seconds and the minutes take care of themselves,' April 2003.

You might think that at your level of orienteering competence, with a standard performance putting you an hour behind the usual winner of your course, that talk of saving seconds is just nonsense. Or perhaps you're about to move up a course and you KNOW you're going to drop back down the list. But just consider that it is very easy to waste 30 seconds or more at each control without actually making mistakes, and if you have 20 controls on your course, well, that's 10 minutes thrown away. For instance, do you stop at each control to plan your next leg when you could have worked it out on the run before? Do you take precise bearings when a rough one will do? Do you approach the control not knowing the code and then fumble for your dibber and drop your map? Do you circle the control site not knowing how to read the forest signs? Do you stop to look at your map half a dozen times between controls to confirm what you already know? Need I go on?

All these, individually are, or can be, minor points, but together they can add up to several minutes wasted. Not only that, but the accumulation of frustration caused can adversely affect your mental attitude. I contend that if you have a clear system to work to, practised and perfected, so that it becomes instinctive, then you can sharpen your performance, move up the results list, or tackle a more difficult course with confidence.

Part 1. Saving Seconds At Home

1.1. Work out a satisfactory method for carrying your map, dibber, compass and control description sheet. I prefer to wear my dibber on a cord wrapped firmly around my wrist (for security) with the dibber on the outside of my middle finger. Control descriptions on my left wrist, allows me to read the details on the run.

1.2. Keep all your O equipment in a box or pencil case, and don't borrow from it! Check it out for cleanliness and serviceability from time to time.

Psyche yourself up at the start - remind yourself of your goals for this event

1.3. Carry out repairs or replacements as soon as you get home. If you haven't done so, check the condition of clothes, shoe laces, description sheet holders, pens etc. at least two days before the event so that you can visit the shops if you need to. Yes, clean your shoes now as well, whilst the mud is still reasonably soft. Do you really want to be faced with caked hard mud on your shoes 5 minutes before you drive off to your next event? And muddy shoes means a heavier, unnecessary weight to carry around, apart from dirty fingers putting them on.

1.4 If you have a map from a previous event at the same place, stick it up in the bathroom a week beforehand and peruse at your leisure!

1.5. If you keep a diary, read up on comments from your last visit to that forest, or your last event, to see what problems you need to watch out for this time.

1.6. Make sure you understand travel arrangements if you are travelling with others.

1.7. Check how far the car park is from assembly and starts. And if pre-booking, ask for a start time that will let you arrive at the car park without panic. If you are fairly local, it would probably be helpful to offer to take an early start. This could be beneficial to you, ie fewer people in the forest to lead you astray.

1.8. Listen to the weather forecast and take cold/wet weather gear -or extra drink -if necessary.



1.9. Don't forget to keep old, good quality polythene bags from previous events for the lesser events or Clubnights without maps printed on waterproof paper.

Editor – Further 'Seconds Savers' continued in the next issue of *Jabberwaoc*.

Please send in your views on baseplate versus thumb compasses and the various sorts of control description sheet holders you find works best for you.

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>

Pos. 	Name	Points	Contributing scores 
1 (106 -3)	Robert Campbell	7792	1301, 1316, 1329, 1278, 1283, 1285
2 (190 -2)	James Haynes	7632	1259, 1273, 1256, 1310, 1257, 1277

Pos. 📍	Name	Points	Contributing scores 📍
3 (380 -3)	Dil Wetherill	7378	1219, 1221, 1234, 1245, 1247, 1212
4 (478 -6)	William Louth	7261	1245, 1203, 1204, 1197, 1197, 1215
5 (496 -5)	Graham Louth	7242	1223, 1198, 1208, 1211, 1201, 1201

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

Events

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

September

28th EAOA Level C **SUFFOC Ickworth Park Colour Coded**, Ickworth Park, Bury St. Edmunds, [TL815616](http://www.suffoc.co.uk)
Organiser: Philip Halford www.suffoc.co.uk

October

5th **WAOC EAOA Level D** **WAOC Amphill Park Colour Coded**, Amphill Park, Amphill, [TL024382](http://www.waoc.org.uk)
Entry times: 10:00 - 12:00 noon.

12th **SMOC EAOA Level D** **Keyne-O, Howe Park Wood** , Howe Park Wood, Milton Keynes, [SP829344](http://www.smoc.info/)
Organiser: Ian Byrne www.smoc.info/

12th **SOS EAOA Level C** **SOS Colour Coded The Broaks**, Broaks Wood, Gosfield, Halstead, [TL789306](http://stragglers.info/home/index.php) Organiser: Peter Warland , stragglers.info/home/index.php

19th **NOR EAOA Level B** **NOR Colour Coded Event**, Pretty Corner, Sheringham, [TG154417](http://www.norfolkoc.co.uk/)
Entry times: 10.15 to 12.15. Dogs: DOGS on Lead.
Organiser: Helen Lloyd , 01760 337189 www.norfolkoc.co.uk/

19th **LEI EMOA Level C** **EMOA League Event**, Bradgate, Leicester, [SK522116](http://www.emoa.co.uk/)
Entry times: 10.00 to 12.00 noon. Dogs: On Lead.
Organiser: Laurie Fluck ,

19th **TVOC SCOA** **TVOC Regional Event and SCOA League**, Kingswood, High Wycombe
www.tvoc.org.uk

Level C
DVO
26th EMOA **Midland Championships**, Longshaw, Chesterfield
Level A Organiser: Stuart Swalwell

November

2nd WAOC **WAOC Mildenhall North Colour Coded, Mildenhall North, Mildenhall,**
EAOA [TL735752](#) Entry times: 10.30 - 12.30. Dogs allowed.
Level C Organiser: Peter Allen www.waoc.org.uk

HAVOC
9th EAOA **HAVOC Langdon Hills Colour Coded**, Langdon Hills, Brentwood
Level C

SMOC
16th EAOA **Holcote & Reynolds Wood Colour Coded**, Holcote & Reynolds Wood,
Level C Brogborough, [SP968392](#) Organiser: Keith Downing
www.smoc.info/

LOK
21st SEOA **Southern Night Champs**, Holmbury, Dorking
Level C

LOK
22nd SEOA **South East League (or 29/11)**, London
Level B

SOS
22nd EAOA **SOS Colchester Urban Event**, Colchester, Colchester, [TL990257](#)
Level C Dogs: On a lead. Organiser: Andrew Cordle www.stragglers.info/event/

NOR
23rd EAOA **NOR Colour Coded and EAL**, Shouldham Warren, Downham Market,
Level C [TF680104](#) Entry times: 10.15 to 12.15. Dogs on Lead.
Organiser: Leanne Bailey www.norfolkoc.co.uk

DVO
29th EMOA **EM Sprint Championships**, Abbotsholme School, Rocester
Level C Organiser: Richard Needham, dvo.org.uk

SUFFOC
30th EAOA **SUFFOC West Harling Colour Coded and EAL**, West Harling, Thetford
Level C

December

7th WAOC **WAOC Maulden Woods Colour Coded, Maulden Wood, Clophill,**
EAOA [TL074393](#) Entry times: 10:00 am - 12:00 noon. Dogs MUST be on leads in
Level C 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. Organiser:
Jenny Hunt www.waoc.org.uk

NOR
14th EAOA **NOR Colour Coded Event**, Cawston & Marsham Heaths, Aylsham,
Level D [TG166236](#) www.norfolkoc.co.uk

21st TVOC **TVOC Regional Event and SCOA League**, Shotover Country Park,
SCOA Oxford

Level C www.tvoc.org.uk

2015

January

11th HAVOC
EAOA **HAVOC Colour Coded**, Belhus Woods, Aveley
Level C
SOS
18th EAOA **SOS Colour Coded**, Pods Wood, Colchester
Level C

Thetford Thrash Weekend:-

31st CUOC
EAOA **Icenian 2014**, Santon Downham, Thetford, TL829888
Level B
Organiser: Carrie Beadle , [icnian @ cuoc.org.uk](mailto:icnian@cuoc.org.uk)
cuoc.org.uk/events/4376/Icenian-2015/

February

1st WAOC
EAOA **Thetford Thrash Day 2, Croxton Heath, Thetford, TL893880**
Level C
Entry times: 10:00 am - 12:00 noon. Dogs to be under control at all times. Organiser: Catherine Pennington , www.waoc.org.uk

22nd TVOC
SCOA **TVOC Chiltern Challenge**, Penn and Common Wood, High Wycombe
Level B
www.tvoc.org

March

1st SMOC
EAOA **SMOC Colour Coded**, Brackmills, Brackmills
Level C
Sat WAOC
7th EAOA **WAOC Night Event, Therfield Heath, Royston**
Level D