



West Anglian
Orienteering
Club



JABBERWAOC

Vol.45 No 2

July 2017

Punt O mid-summer evening 2017



Maps on page 8

photo credit Ben Windsor and unknown tourist

Editorial:

After a hugely successful PuntO on 21st June, training evenings will recommence on 16th August (see page 4 for details and Peter's account with maps of this PuntO on page 8). Enjoy reading all the great articles covering the JK and events with more emphasis on Urban and Sprints in this edition. Don't miss Jemima's Bristol article on pages 23 and 24. All photos and maps are larger and in colour on web edition of JabberWAOC.

Twenty seven WAOC members have entered the Scottish 6 Day multiday event at end of this month so I hope all controls appear just where you expect them.

Wishing you and all your family good orienteering over the summer, Hazel Bickle

Please write an account of your summer events in time for next copy date 2nd October 2017.

WAOC Committee

See latest edition of JabberWAOC for current contact details

Welcome to new members

Paul Fegarty and Catherine Curtis and family (Liam M14 and Jamie M12) from Stretham
Timothy Fishlock and Harriet Millward and family (Milly W7 and George M4) from
Cambridge

Ashwini Swamy and family (Arshiya Kumar W11 and Chinmayee Kumar W9) from
Trumpington

We hope you will enjoy orienteering with us. **Anne Duncumb** (membership secretary)

Colour Coded Awards – Ian Smith

Congratulations to Caitlin and Jack on their orange badges awarded in May:-

Caitlin Dunning - Orange

Jack Dunning - Orange

Chair's Chat - July 2017 by Peter Woods

Your chairperson apologies for the brevity of this contribution (although he realises many readers might agree that, in this case, less is more). With the British Sprint Championships now only a couple of months away, I do want to remind everyone about this event.

Control Punching

“Punching” a control, of course, never used to involve physical violence. Now, however, with the advent of non-contact technology, it looks as if this might no longer be the case. Our SI control boxes have proved largely reliable over 7 or so years of regular use, and we are getting better with experience in knowing when to change batteries to keep them operating reliably. However, we have recently seen a handful of SI units suddenly fail without warning. We have discovered this is due to internal components being shaken loose of their epoxy adhesive, causing electrical connections to break. Fortunately, we have been able to repair these, and whilst we are not certain of the cause, we have never seen this before, and we think that bad habits of orienteers could be to blame, though WAOC members are, I am sure, not implicated.

Apparently, some users of non-contact dibbers have adopted the technique of slamming their hand onto the SI box as they register their visit. It's no doubt satisfying to have some tactile feedback, but it looks as if the boxes may be suffering as a result. So – my message is clear: When you punch a control, DO NOT PUNCH THE CONTROL. Pass it on.

October the 1st is Too Late

This, incidentally, is the title of a science fiction novel written by the late cosmologist Sir Fred Hoyle. More pertinently, October 1st is the date of the British Middle Distance Champs being held in Wendover Woods and (spoiler alert) is the day after the 30th September, which is of course the day of the British Sprint Championships, being held in Campbell Park in Milton Keynes.

I am gratified by all the offers of help I have received from WAOC members, and also from the other clubs in the region, especially SMOC, in whose bailiwick the event will take place. However, am still looking for helpers on the day. Although many have volunteered to forego a run, you can still run and compete. This is a rare chance to take part in a high profile event in our region in all sense of the word, and I hope you will come to Campbell Park. For those running, on-line entries are open, and remember that the entry fee will increase at the end of August.

Please contact me if you want to help: you can contact via my usual email or use my event email address: organiser2017@britishsprintchamps.org.uk



Any comments on new logo suitable for website?



Wednesday Autumn Term Training Nights



Date	Location	Skill
16 th Aug	Mystery location to be confirmed	TBC
23 rd Aug	Science Park	TBC
4 th Oct	Science Park	TBC
11 th Oct	Parker's Piece	Fold/thumb/orientate, map symbols & maze
18 th Oct	Homerton	Attack points/aiming off
25 th Oct	West Cambridge	Control descriptions
1 st Nov	Lucy Cavendish, Castle Hill and St Edmund's	Planning ahead
8 th Nov	Centre for Mathematical Sciences	Moving Controls (remember your watch!)
15 th Nov	Girton College	Catching features/compass
22 nd Nov	Sidgwick Site and University Library	Relocation
29 th Nov	Churchill Adventure Race	Every skill

Note: All training session subject to permission so please check website.

Junior training

- Wednesday 25th October alongside senior training, there will be a special junior evening training session.
- Wednesday 29th November Churchill Adventure Race: Juniors welcome.

Older juniors are welcome to join in with any adult training and run in urban areas, if accompanied by an adult.

Timings

Please aim to arrive at 6.30 p.m. so that you are ready to start at 6.45 p.m.

New to training

The three sessions from 11th to 25th October are designed to provide an introduction to orienteering so if you have any friends that you think would enjoy orienteering, invite them along so that they can have a go at orienteering without being plunged straight into the middle of a forest. The first session is also free for anyone who has not attended training before.

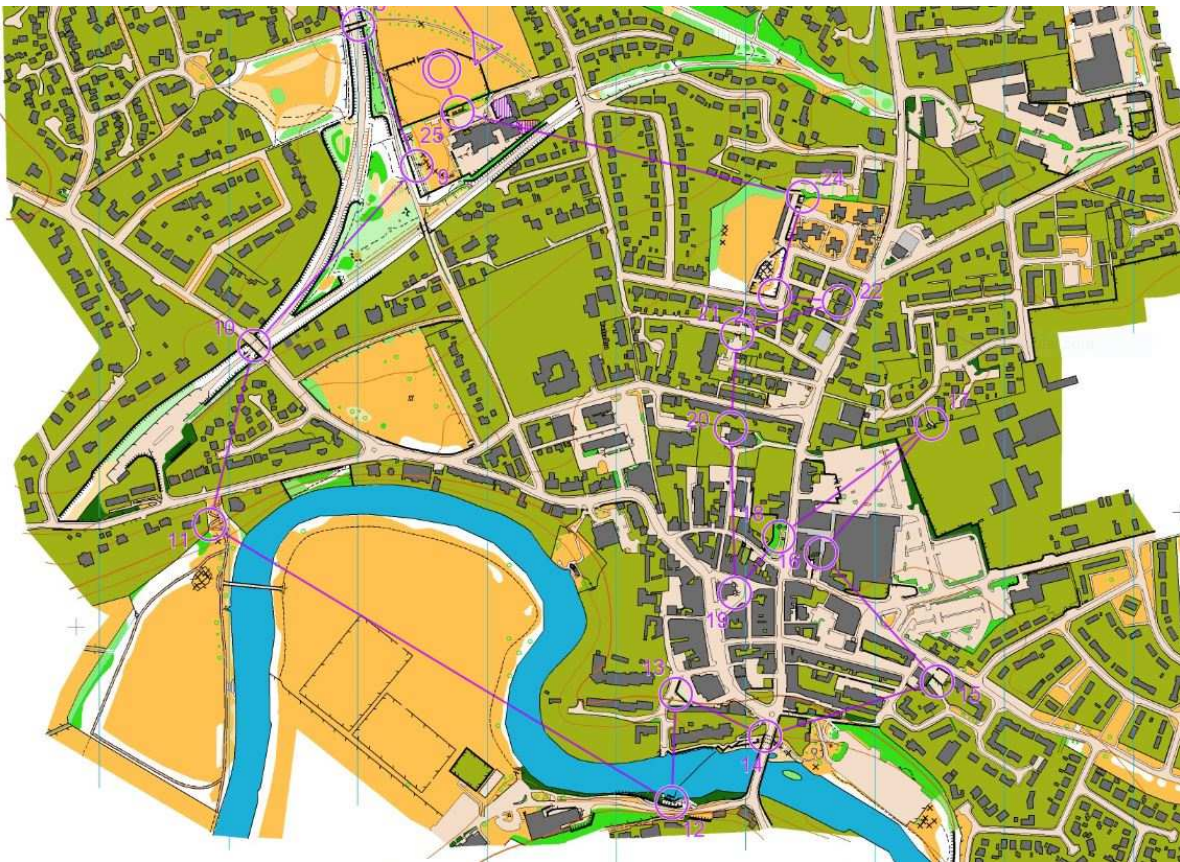
Further details are put on the website and emailed to the club night list before each session. If anyone would like to be added to (or dare I say it - taken off) the club night's email list, please contact [clubnights at waoc.org.uk](mailto:clubnights@waoc.org.uk).

Training tip:

I thought I might just upload the maps from my travels in the north as route planning practice. Happy orienteering, Helen

Wetherby:

Wonderfully warm and sunny weather made conditions a little warm for running but there were a few chances to choose route choice with shade. This course definitely made you check your control descriptions! Enjoyed an ice cream by the river after running and surprised to find a brass band playing – though perhaps not that random as a crowd in deck chairs had gathered around the band stand.

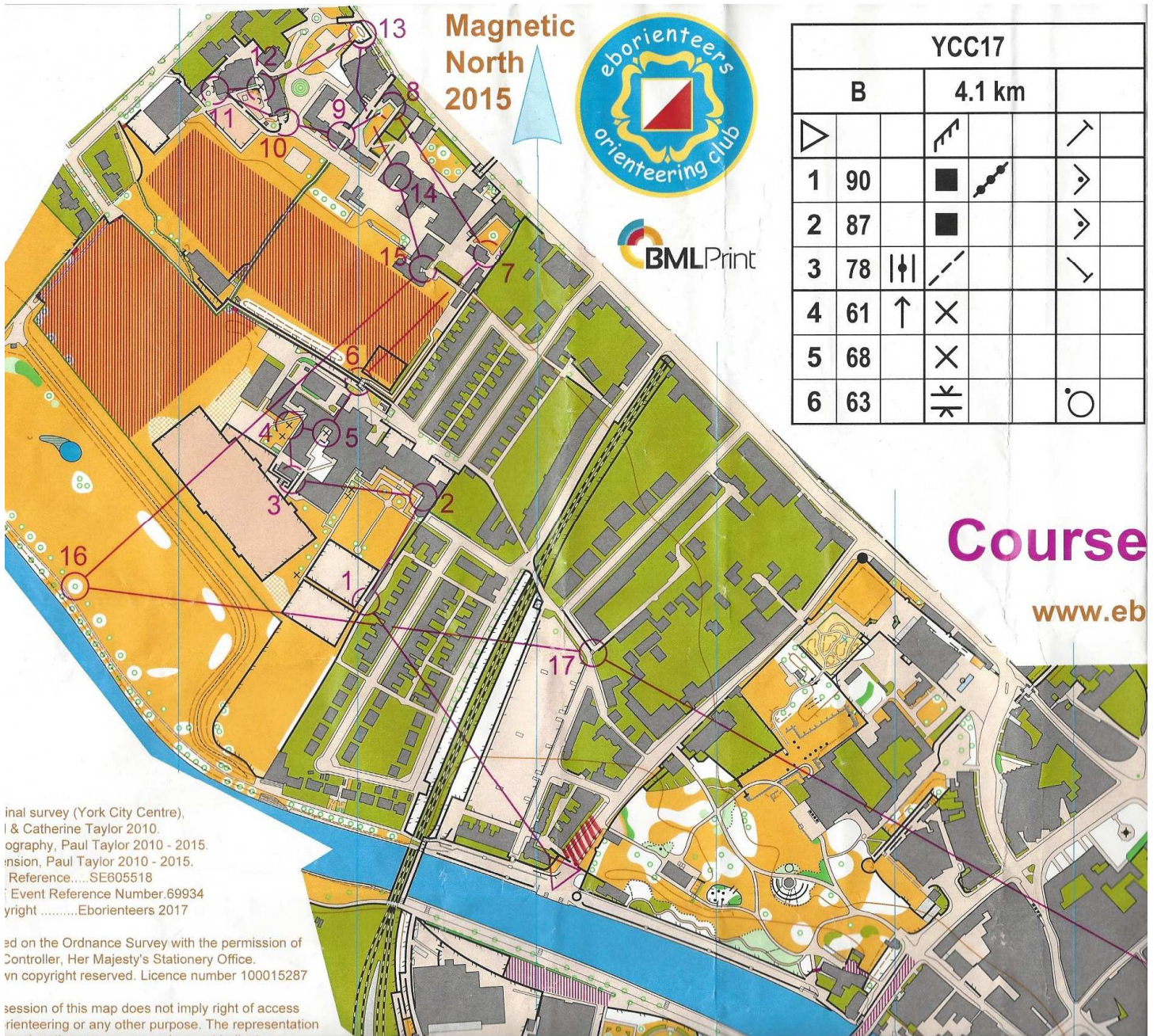


Can you match the photos to the control site on the Wetherby map?



York:

The course at York was a delight as ever and this time went into a school as well as running around the city centre. Finding a route to control 1 flummoxed me! Can you do better?



Hull City Race:

A surprisingly exciting area and course, and again choosing a route to control 1 was not straightforward. I ran along the road which involved running up and then down winding paths and it may have been faster to run over the pedestrian bridge to the north.

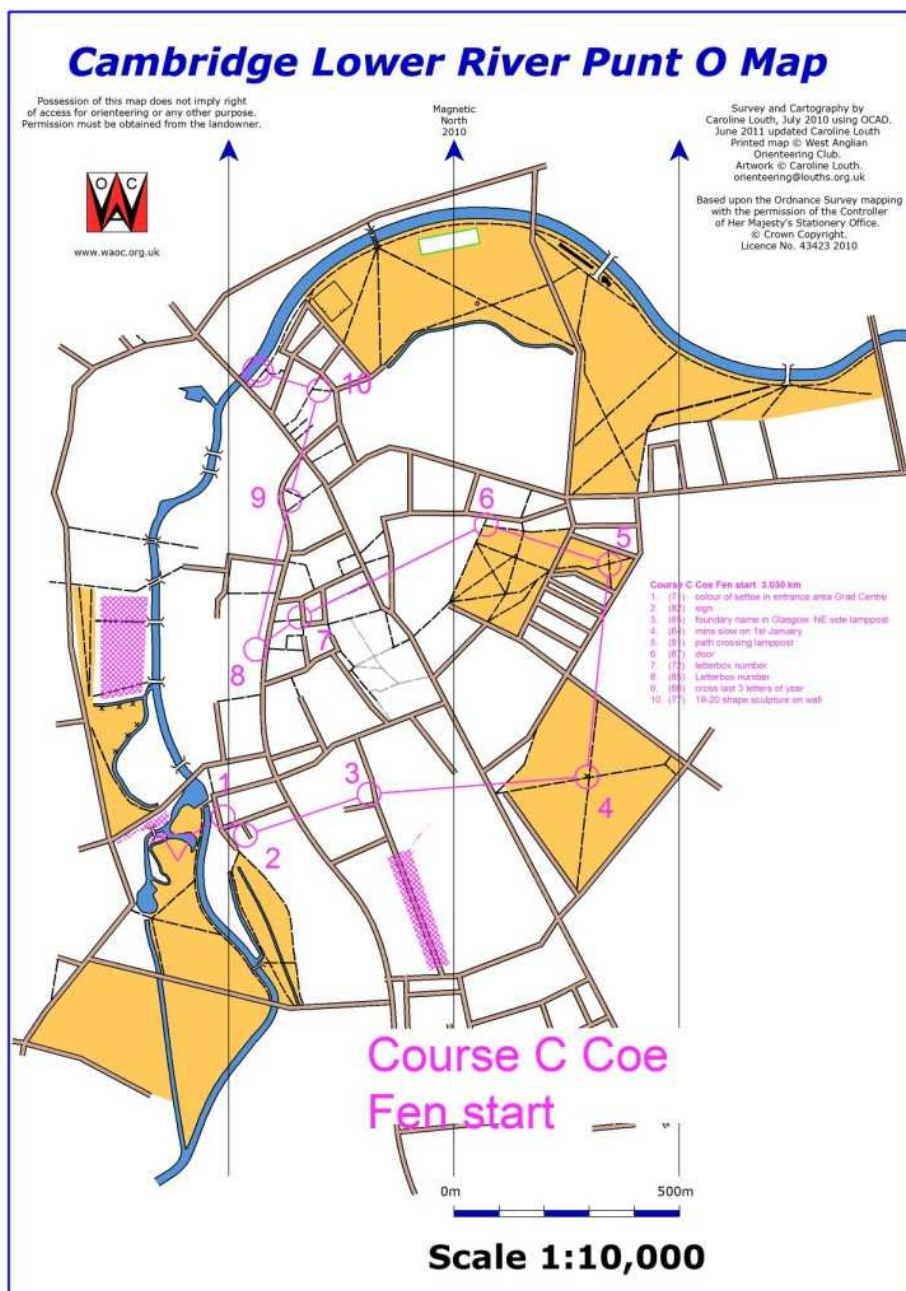
Planners Course

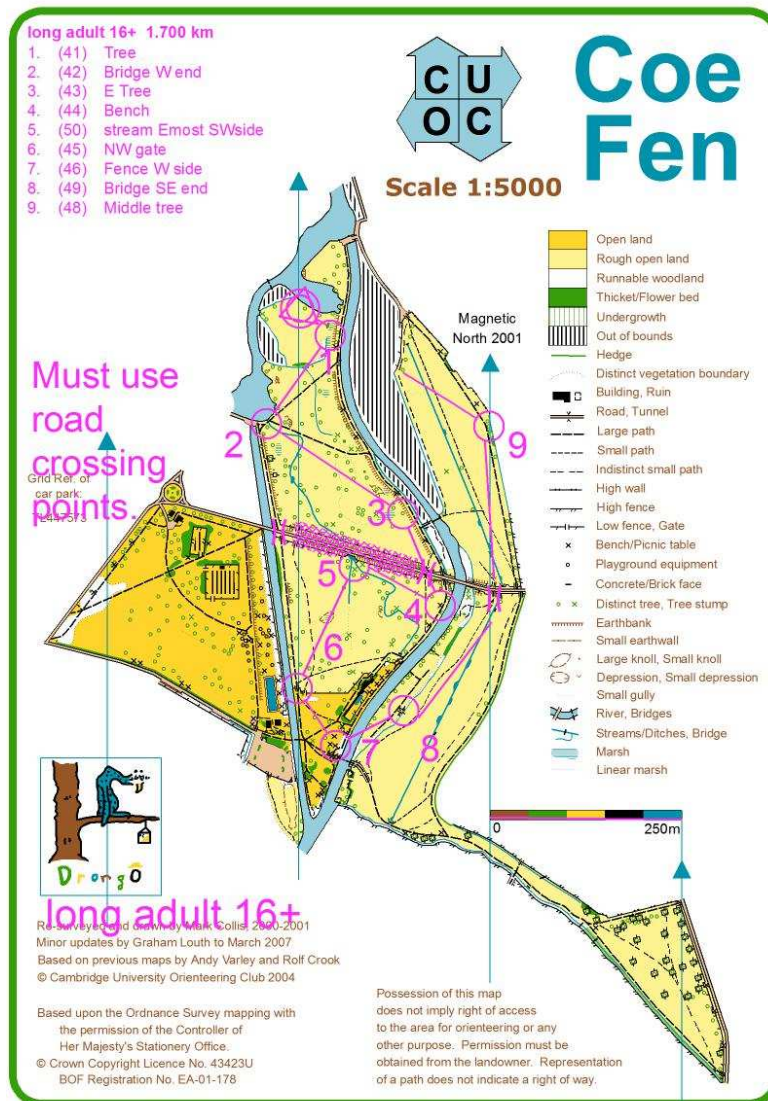
There will be a Planners course on the 14th Oct 17 at Thetford Warren, it is aimed at anyone who would like to learn how to plan orienteering events and for new planners who might need to improve their knowledge of what is expected when planning an orienteering event.

Caroline and Graham Louth will be the tutors, assisted by Michael Chopping of NOR. The course will be from 0930 to 1600 and will include a theory/classroom element (at Thetford Golf Club) and Practical element in the Warren. Tea and Coffee will be available. The Golf Club can provide food and other drinks from their Kitchen and bar.

At the moment the aim is for this course to be free of charge. In any case WAOC will normally cover costs and travel expenses of anyone attending from the club. If you are interested, please contact Michael Chopping.

Punt O mid-summer evening 2017- the Fun Event.





Each team ran four legs, one on Coe Fen and three on a street O map of Central Cambridge from Coe Fen to Jesus Green on the mid-summer evening.

I, as organiser and planner, am so grateful to the competitive yet friendly spirit all the participants brought to the event of running orienteering courses based on a punt moving along the River Cam. Visitors from SMOC and CHIG were warmly welcomed.

The top three results from the eight teams were (order of crossing the line at Jesus Green, all teams perfect in proving control sites visited)....

3rd CUOC Emma's team

2nd DRONGO Ben's team

(and the reason this article appears at all !)

1st WAOC Helen and Caroline's all stars with special mention of Sam, whose age meant he had only a very short course at Coe Fen and propelled his star runners to victory. See gold medals proudly worn in photo with cup held high. The photo on front cover and maps say it all.

Very many thanks to Chris and Trinity Punts, without whom this would not happen.

Peter Allen - 2017 Organiser

The JK 2017 - *Mike Capper*

Well, that was a fine four days of racing. Glorious weather, very well organised, good arenas, car parking that was amazingly straightforward and really enjoyable orienteering! One of the best JKs I have been to for some time!

The efforts of the organisers to get this event on track must have been very time consuming and incredibly stressful. Ex-WAOCer, Neil Crickmore gave an insight into some of the problems the event had faced on Nopesport –

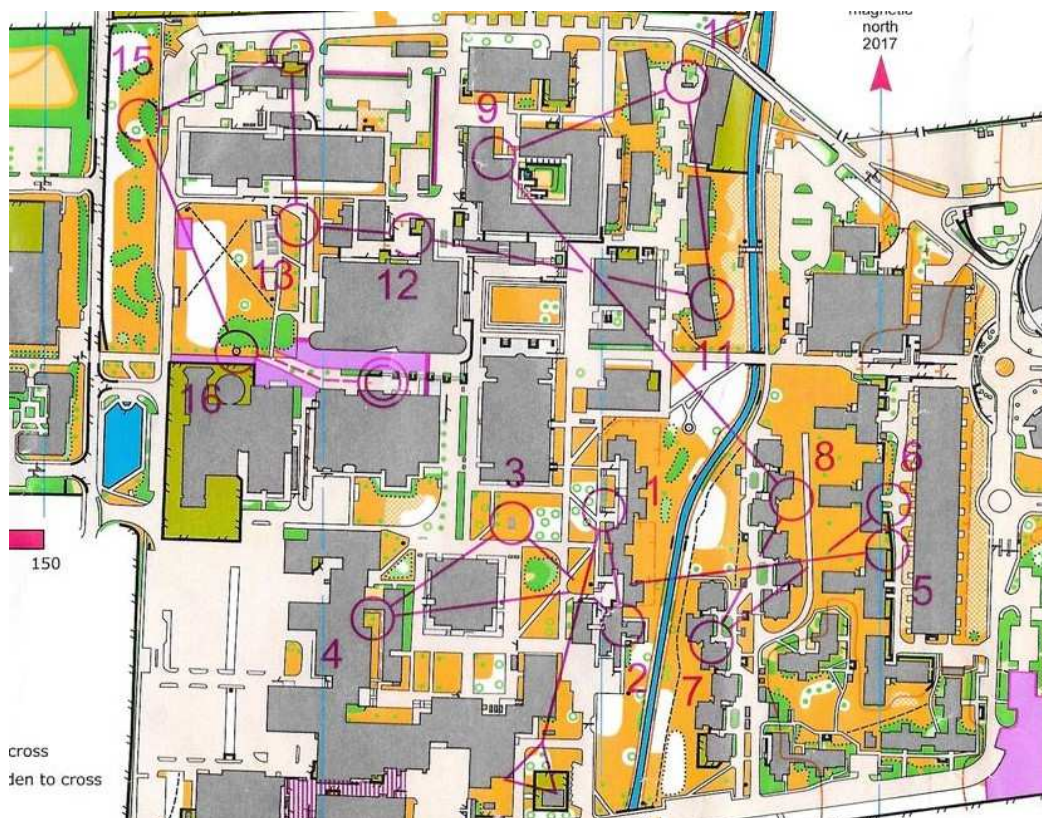
'If anyone is interested - Plan A for JK2017 was to have Day 3 on an area very close to Day 2 and the relays on the bottom part of the Day 3 area. We had an organising and planning team set up for Day 2 but despite over a year of negotiations we were unable to obtain sufficient assurances that we could use the area on the day in question. Thus we swapped to Plan B in which we decided to join several areas together to provide Day 3 on the intended relay area and moved Day 4 to Pippingford.'

'This change not only meant that the venues were more spread out than we had intended but also necessitated a shuffling around of major officials. Hosting Day 3 on this new combined area proved to be very problematic and even a month or so before the weekend Plan C was being considered. Only a few people know of the massive amount of effort put in the Day 3 team to pull it back to the stage where the event could actually happen.'

So it is definitely a massive thank you to the organising team for all of their efforts!

Day 1 – The Sprint, Brunel University

This was really enjoyable start to the weekend. To be honest the orienteering was not especially challenging on what could best be described as a 'compact area'. The key here seemed to be to run very fast and to decide very quickly which side of the building you were going to run around (for example, 1-2-3-4).



The long leg from 4-5 was fairly straightforward provided you remembered that the river/stream was out of bounds and uncrossable. I didn't, so took a rather circuitous route that costs around 30 seconds – not a lot normally, but in a sprint it was the difference between a reasonable run and mediocrity!

The final control was on a statue of Isambard Kingdom Brunel – the first of several unusual control sites during the course of the weekend!

For WAOC runners, there were some strong performances with top ten finishes for

Janet Cronk 4th W60
Hebe Darwin 6th W10
Helen Bickle 9th W35
Alex Wetherill 10th M14

Day 2- The Middle, Amersham Common

Another beautifully sunny day greeted runners on Day 2. Again a car park right next to the assembly area was really welcome and reports from early finishers suggested we were going to be running on a very fast and reasonably straightforward area that would punish minor errors very severely. And so it proved.

After a reasonably steady start (I don't do 'fast'), my bête noire was 9-10. Now, I am sure you will agree that this is a really easy leg!



Yes, you just head west to the path, cut across the open wood, then a bearing straight in to the control. Easy! My route involved a visit to most of the marshes in the vicinity of #10...up to the path...down to the junction...then left (not straight on), over the rickety bridge and then right into the marsh. To be fair, it did all fit. Once I realised what I had done I headed back to the bridge, back up to the junction and along the right path but then turning south rather than north into the control. Took me longer to realise this and that was another race binned!

Other WAOC runners fared better! The Roll of Honour -

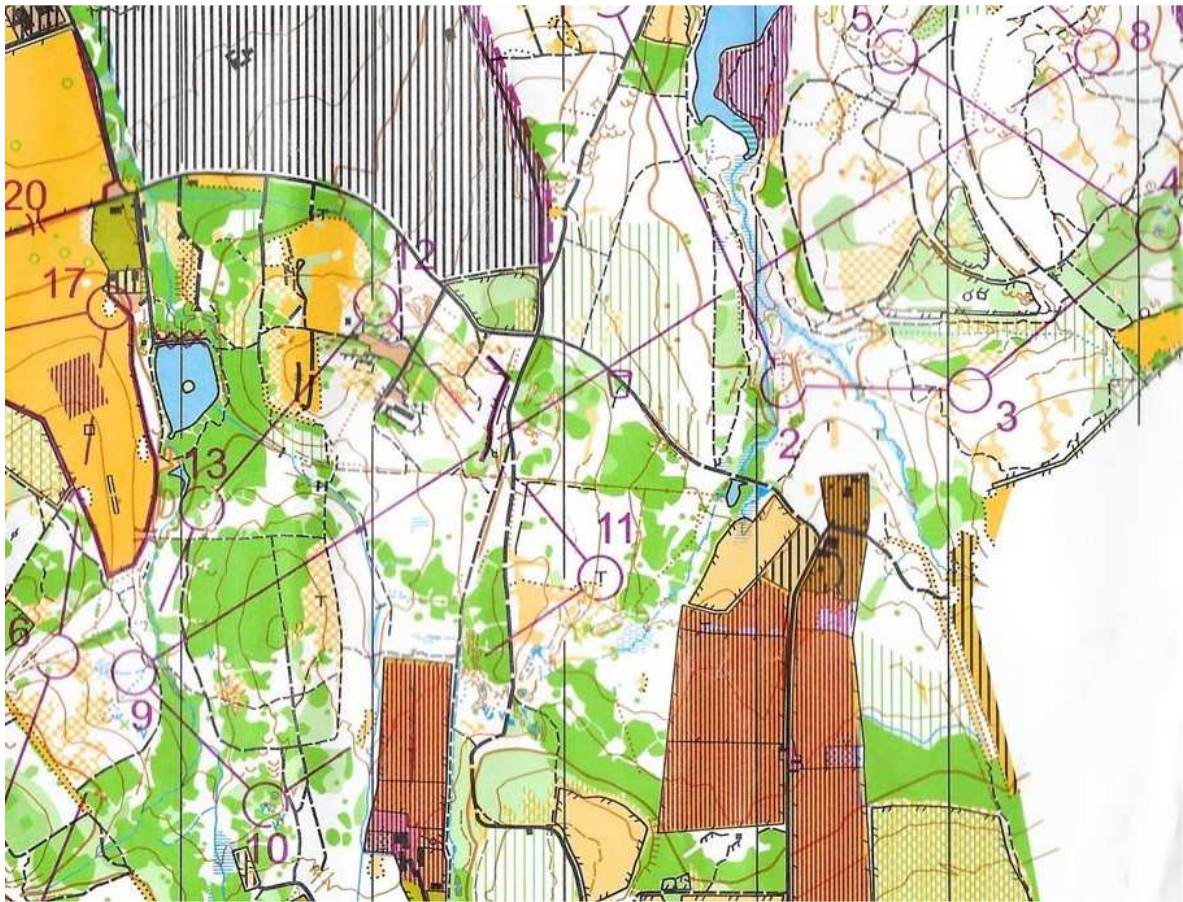
David Low 2nd M10A
Guro Harstad 3rd W45L
Sam Hague 3rd M16B
Ben Wetherill 6th M18S
Sam Hague 7th M18S
James Haynes 8th M21S
Hebe Darwin 8th W10A
Rob Campbell 12th M50L
Helen Bickle 6th W35S
Noreen Ives 8th W60S
Hazel Bickle 6th W65S

Day 4 – The Long, Holmbush and St Leonard's

Another lovely day! The longest courses had a 3 km walk to the start..fortunately the rest of us needed to allow only 10 minutes to get from the assembly area/car park to the start.

This was a lovely wood. A mixture of deciduous and coniferous, lots of small thickets and obviously heavily used by the Crawley public judging by the number of small paths on the map. There were also a lot of very small unmapped paths – you could see why they had been left off the map, and it wasn't really a problem once you had adjusted to this.

We had some challenging short legs and an excellent long leg (8-9) which I managed to stuff up by being too indecisive! Which way would you have gone?



The rest of the course went fairly smoothly but my legs had gone by the end. It was slightly irritating to see runners cutting through the purple overprint on the way to #17 (it means 'Must not be crossed!' – even if there is a hole in the fence!)

By all accounts the contrast between the two areas used by the longest courses was significant and required very different techniques. Rob Campbell seems to have coped very well with this moving up from 12th over night to finish 5th on M50L on accumulated times over the two days.

However, WAOC's major success came in W45L where Guro Harstad added a Bronze medal to an ever burgeoning collection of awards from British Championships and JKs! Well done, Guro!!

Other notable placings at the end of the Long included -

Sam Hague 3rd M16B
Alex Low 6th M16B
Ben Wetherill 6th M18S
Oliver Hague 7th M18S
Hebe Darwin 7th W10A
Helen Bickle 4th W35S
Noreen Ives 8th W60S
Hazel Bickle 5th W65S

It was great to see so many juniors doing well. May be soon we will have some WAOC junior relay teams? Talking of which....

Day 4 – The Relay, Pippingford Park

The last time I ran at Pippingford Park in a JK it snowed and car parking was a nightmare! Not this time... slightly cold but the organisers had laid on a great assembly area and by the time all of the club tents had been erected there was good shelter from the breeze!

It's a while since I ran a relay and I had forgotten what fun they could be.

The aforementioned Neil Crickmore had planned the relays. In his words –

'I swapped from being a day organiser to a relay planner. My philosophy was to try and set up fast and furious head to head racing with good spectator opportunities. Technicality was kept fairly low, but enough to punish small errors. A few people commented on the amount of climb - particularly the up and down to/from the spectator control. The up was necessary to provide the opportunity to visit the cow and wave to your teammates, the down was simply a short leg to set up the only half-decent long leg that I could plan on the area.'

Well, Neil certainly achieved this!

If only I was fitter! We encountered a variety of terrain, including open woodland (very nice), heather (not so nice) and tussocky grass (definitely unpleasant). It was hilly and included some 'interesting' control sites including the spectator control, a pink cow. This fell over just as I got there which was quite fitting really given how I was feeling!



Stand out club performance in the relays came from WAOC Whizzers (Rob Campbell, Jonathan Cronk & James Haynes) on the Men's Short race, who came home in an excellent 3rd place.

The other teams completed and in some cases competed with the WAOC Whirlwinds 18th on Women's Short and, no thanks to me, the WAOC Wizards 27th on the

Veteran Men's course.

So this was a great last day to round up a very enjoyable JK. A particular thank you to the Bickles for their efforts in moving the club tent around and providing a meeting point for club members.

Next year's JK is again close to home in the West Midlands – put it in your diary now!



JK Sprint - where keeping up with the Jones is impossible.

- Ian Stemp

Brunel University was the venue for the sprint. In recent years the sprint has been to Lancaster, Swansea, Reading, Leeds universities. A much longer walk was necessary from the car to assembly and I'm glad I heeded Andrew's advice and we took our stuff with us rather than needing to pop back to the car. Andrew's last year as a junior (M20) also saw him run the same course as the top elite and although not troubling the likes of Kris Jones he did have a good run, despite losing a minute by mistaking where he was. But at least being elite he was treated to a closer start to the assembly, a model event to try out the SIAC (although it was open to all) and a bottle of water at the end of his race. This all led to joking about non-elites being second class citizens.

The essence of sprint orienteering is quick thinking about choice of route and not dithering and a well drawn map can help enormously. My leg from 6 to 7 involved a choice of going round a building or what looked like a sneaky cut through under the building. It was only when I was at the building overhang that I noticed that the western end was blocked by a huge solid gate (I presume gate since I didn't hang around to take a closer look).

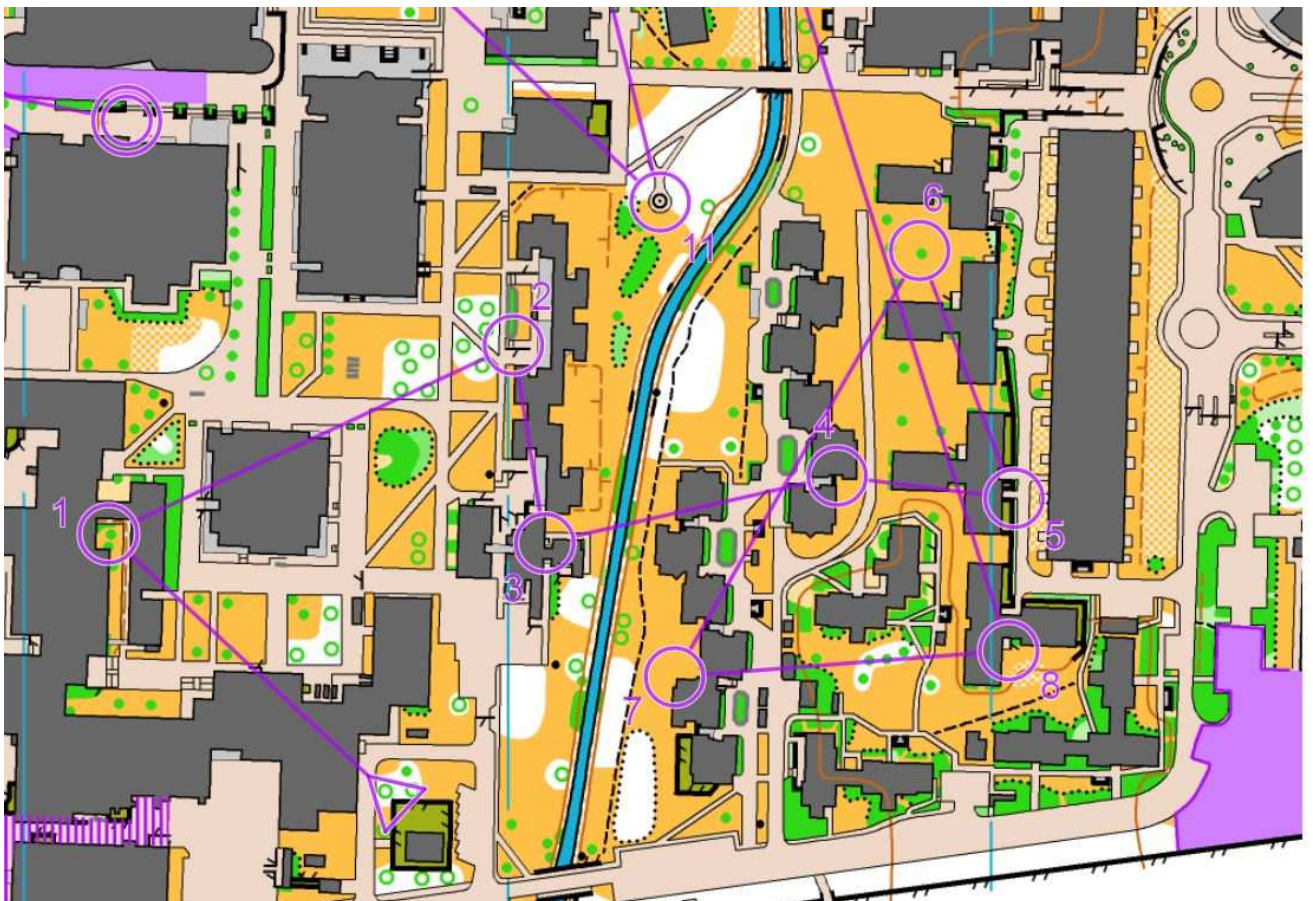


This meant carrying on round the south of the building and approaching control 7 from the south. My momentum then carried me on running north and for a while I was following the purple line on the map back to control 6 rather than the usual progression from 7 to 8. Didn't take long to realise but by that time I was committed to a slightly longer route from 6 to 7 to 8 than I would have liked. The map extracts show that the purple line from 6 to 7 was obscuring the solid line and had the line been broken then I wouldn't have thought about sneaky cut throughs and would have gone the sensible way from 6 to 7 to 8.



Of course when reviewing the situation whilst sitting in an armchair in front of a cosy log fire with a pint in hand (and also a magnifying glass) the route choice is obvious and so this is where the planner needs to consider the effect of purple overprint.

Looking at the map for the next age group up they had an interesting pair of controls which were almost touching on the map and I guess weren't far apart in real life, but the route between them involved a long run round to get to the other level.

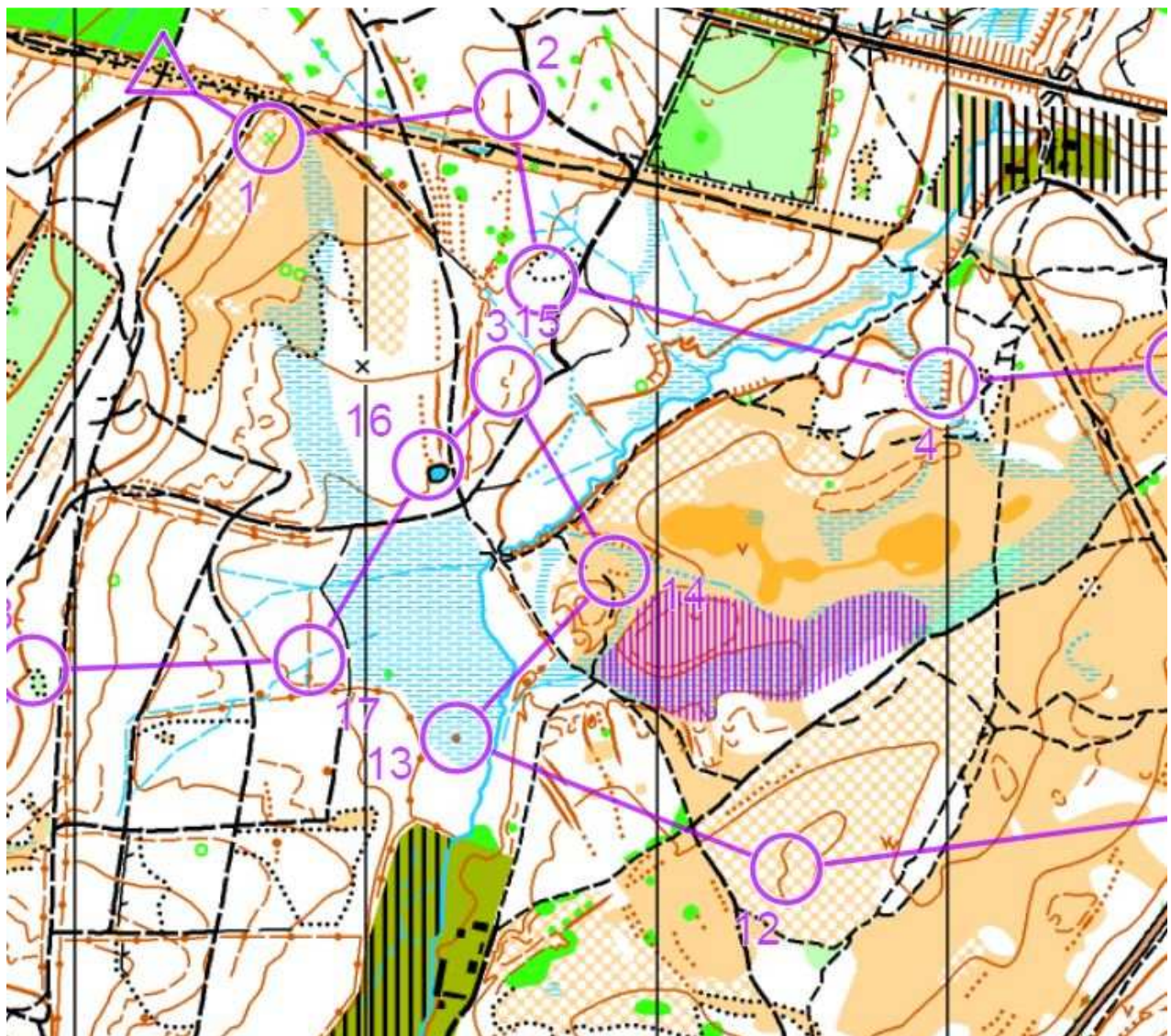


Apart from those two slightly sub-optimum legs the course was negotiated well and it was my best result in a JK sprint so far, but the one disappointment was being just 2 seconds off the championship badge time - guess that will have to wait another year.

At least I had the advantage of not being elite in being able to keep my map.

JK Middle - where there were dogs, low branches, cake, a vintage tractor and a marsh which really was wet.

Just north of the South Downs ridge this was an area of open heathland and woods. Permission to park in the field had been given by Canine Partners and the assembly area was next to the Canine Partners training and demonstration area. Throughout the day there were demonstrations being given of the assistance dogs and their abilities to help those with disabilities. On the start line I felt almost like a novice as I was about to do my first orienteering event requiring leg cover for 17 months. But I was re-united with my compass that I had lent to Andrew and was hoping that the 1200+ ranking points he has been racking up in his events in the north of England and Scotland whilst using the compass would follow for me. The compass did work well, but my legs weren't going as well as his and I opted for accuracy over speed and didn't want to spend a lot of time relocating. I did get round the course with only one minor relocation needed and fairly accurate routes. In the middle of the course and the middle of the map there was a marshy area (my control 13 on map) which was so wet that wellies might have been handy!



OK, so I didn't manage to keep concentration till the end, but that could have been due to a combination of things. Firstly there were a lot of people passing through a gateway at my pre-penultimate control, then I ran into a large unforgiving branch and so following others meant I then had a short run back up the hill the to penultimate control which was by a tractor. Didn't see the low branch as the competitors in front of me were unaffected, but I should have realised that when they are about 2 feet shorter than me and not ducking then it doesn't mean that I don't need to duck. In a befuddled state I was led into following those in front with the reasoning that it would only be the younger competitors that the planner thought would like to have a control at the top of a hill by a vintage tractor and not those to whom the tractor wasn't quite as vintage. Back in the tented village of almost identical green tents (do orienteering clubs get a discount on green tents?) an encounter with Rory Burford, formerly of CUOC, handing out cake was very welcome, then it was time to drive back to Histon and to plan for the next adventure which this year will be the OMM at end of October as a generational team with Andrew.

Chichester - where controls are deemed to be unfair.

In May I noticed an event in Chichester on the calendar and thought we would take the opportunity to spend a weekend with my Sister and family in West Sussex. As this was part of a West Sussex triple bill the routes were a bit short and so I also entered the first of the three races which was a middle distance event at Angmering Park near Arundel. Declined to enter the long course on the Sunday in order to spend time with extended family and to have a walk by the sea (which is not too easy in Histon). The middle event went OK on Saturday morning and I had the advantage of deciding to get there early in that it meant I was parked at the assembly area rather than up to a kilometre away down the track I had just driven on. The terrain was, apart from some open steep bits very much like an East Anglian forest with plenty of brambles to slow progress. Course successfully negotiated, albeit with an unexplicable 180 degree error and then three tumbles, it was on to the evening race in Chichester.

Chichester is ancient city dating back to Roman times (Noviomagus Reginorum) and possibly earlier and is a fairly compact diameter of about 800m within the A286 ring road. The map was at 1:5000 and barely occupied a sheet of A4 (compare to Royston's A3 supersize), so the courses were never going to be long. It did mean that all the courses were in the city centre with its narrow alleyways and also some of the parkland. Being in the evening (first starts about 6pm) meant there were not many pedestrians and shoppers getting in the way. Overall I thought it was reasonably planned with good use of the narrow city streets and the old walls.



The map extract shows one of the sections by the city walls with control 25 being on top of the wall with a run though underneath at that location to access the controls to the east of the wall. Also note the underpass (dotted lines) to give a route from 18 to 19 (via 26), dotted lines like this can be hard to spot when in the race.



But there was one contentious control which rather marred the race experience. This affected the two longer courses (Men Open and MenVet/Women Open). Control 10 on map had control description 'Bridge South End'. In the final details and at the start lanes it was stressed that there were some streams which are dried up, but are still not to be crossed. The control was fixed on the east side of the fence that is on west side of southern end of bridge (i.e. on the inside). It was possible (with some agility) to climb along the fence to punch the control through the fence. The stream under the bridge was dried up and uncrossable. Since the uncrossable fence abuts the uncrossable river and provides no access to the bridge then clearly the intention is that the control cannot legally be accessed from the south. But many did climb round and reach through. I saw one person do so as I was running back along the south side of stream on my way to 11. In my opinion it was a poorly sited control as the two courses that used it had the same preceding control and the obvious route to it meant running past the bridge on the south side and past the control thus tempting people to climb round. There is an alternative route (9 to 10) to the west, but it is about 50m further and means going back the direction you came and I doubt if many took it. It would have been much better to have sited this control on the north side of the building just to the north of the bridge, or to be on the bridge to the WNW which would have given a much better route choice from control 9. By reaching through and not running round saved about 600m of running and looking at the results there were many who had split times which indicates they could seriously challenge Mo Farah at next month's world championships or they cheated. The control was deemed to be unfair by the controller and the decision, rather than disqualify anyone, was to void the legs 9-10 and 10-11. What became more apparent from the post event notes was that the controller didn't like this particular control, but the planner went against his advice and kept it. Overall I thought that Chichester was an interesting city to run around and having the starts in the evening meant the streets weren't as crowded as they sometimes are in urban orienteering.

A Blast in Bristol – Stephen Borrill

On the weekend of the 10th and 11th June, Jemima, Mandy and I went to Bristol for the BOK Blast weekend. With family from both sides in the area and Jemima's admission that she quite enjoyed urban orienteering, having two back-to-back urban events right in the heart of Bristol seemed too good an opportunity to miss. Saturday's event was part of the 7-fixture Euro Race Tour which mean 15 nationalities were represented (with the other events being in Paris, Antwerp, Porto, Barcelona, Treviso and Bilbao). Sunday's event was part of the UK Urban League. This leads to the age categories and course naming differing between the two days. Both days also had two different newcomers courses and there was clear introductory guidance given for entrants. Unfortunately, I was not able to convince any local family members to take part even though there was entry on the day for the newcomer courses. There were around 600 entries each day, so it was a sizeable event.

As we were travelling down after school on Friday and weren't that familiar with central Bristol, we didn't want to be starting too early on Saturday, so I booked a late start time. The organiser then said that all juniors must start in the first hour (very early or early slots) due to the number of marshalls needed. On closer inspection, the earliest start time on Saturday was 12:30 meaning a late start would have been mid-afternoon anyway. I switched our start times

to very early which led to a start time of 12:44 right in the heat of the day, but giving time for a relaxed breakfast. Mandy's brother offered a lift in and was able to drop us off outside the event centre just behind City Hall.

One big selling point of the weekend was that the same event centre was used for both days and that it was right in the centre near the Cathedral, close to lots of places to eat and see. The centre itself had an on-site cafe as well as showers and plentiful seating. In view of recent security scares, there was secure bag storage and also security guards to let you through the turnstiles to the toilets.

On Saturday, Jemima's start was separate from mine (hers being near the single finish) and because we had the same start time, it was lucky that Mandy could escort Jemima to her start. Jemima's route to her start was somewhat easier than mine, I had to go continually uphill to the main start and the start itself was half way up the hill in the appropriately-named Brandon Hill park. To make up for this, the park and views were lovely and were dominated by the Cabot tower.



I had a number of controls up and down the steeply-sloped park including at the base of the tower before heading off into the city (with a view of a Banksy on the way).



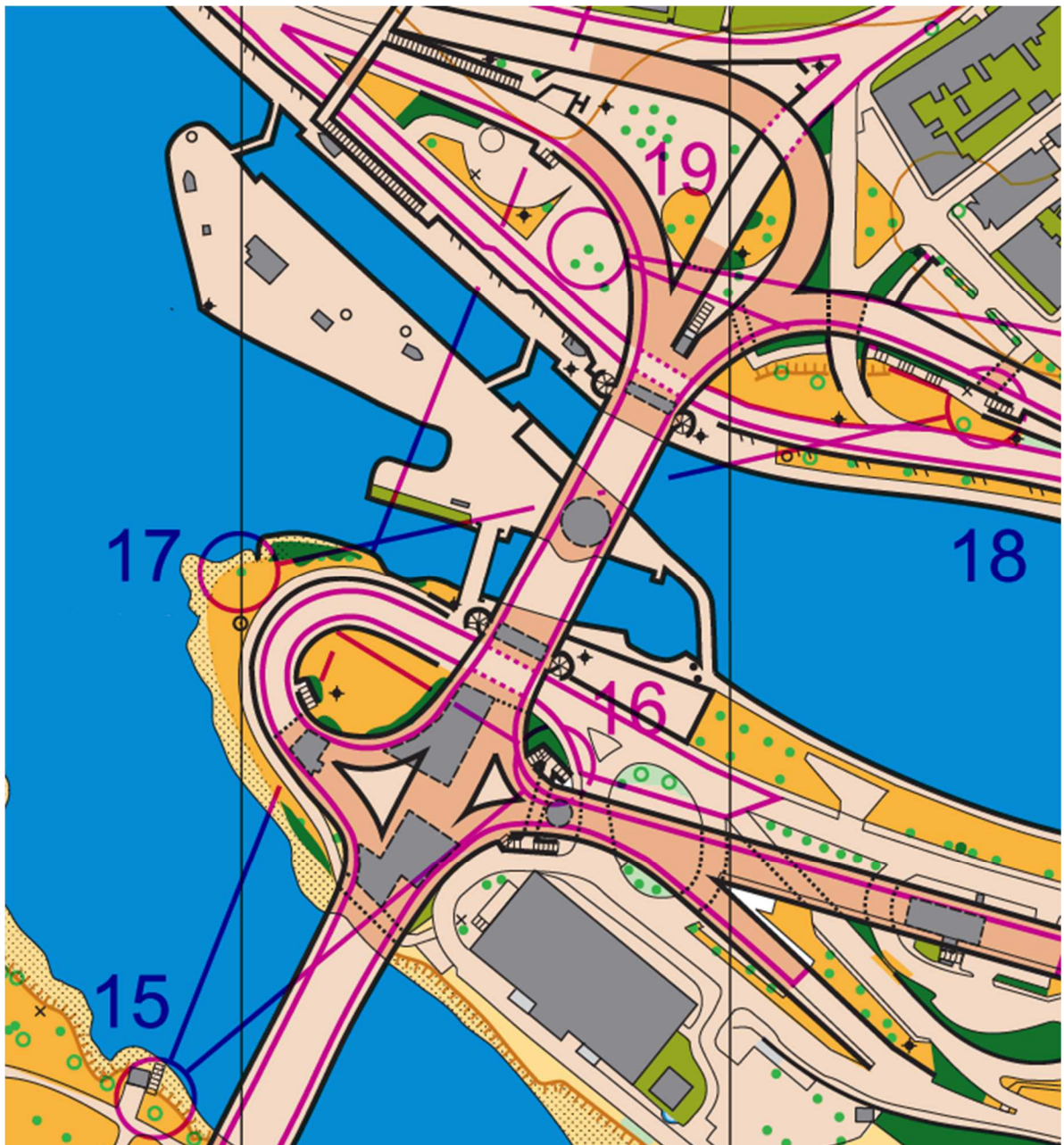
Taking in the old Georgian part of the town there was reasonable, if not plentiful, route choice and lots of steep stone steps.



Most courses peaked immediately adjacent to the Clifton suspension bridge as a sightseeing control. After the bridge, I had the option of running through town on a rather indirect route or descending steeply on a zig-zag path right down the riverside, which then offered very simple navigation to the next control (but without a lot of cover from the baking sun at its zenith). I chose the latter, partly because the next sequence of controls was very complex and this would give time to plan the route on the move. The planner seemed surprised at the number of 'brave people' who chose the zig-zag route.



Controls 14 to 20 required particular care. Accompanying the final details was a 5-page document explaining the slightly non-standard mapping conventions for this area to allow for multi-level roads that must not be crossed (must stick to pavements marked with magenta lines) but which had numerous crossings beneath in pale-brown. It was easy to plan a route to where you wanted to be, only to end up at the wrong side of an uncrossable raised road with no stairs nearby.



Trace your finger along the route you'd take, see if you end up on the wrong side of the road!

After that we were into the final stage of the course in the historic Harbourside area that the junior courses used. Running past the SS Great Britain, the courses ended up with a loop or two around eateries and flower beds over two levels before running into the finish.



View from Jemima's control 11 with the SS Great Britain in the background

When I arrived back at the event centre, Jemima had been back for some time as she'd zipped round her course in just over 18 minutes. The constraints of the main roads in the area meant she'd basically run west along the Harbourside before turning round and coming back (her course only had 10m climb and that was probably the steps near the finish). On the other hand, I was rather hot and bothered and only too aware of the amount of up and down I'd done covering a total of 10.5 km (on a notional 6.7 km course) in 64 mins. The on-site changing rooms and cafe were very welcome.

After cooling down and bit of sustenance, we headed to the square outside the @Bristol science-centre where we found a natural history exhibition including marquees from the BBC (whose natural history section is based in Bristol) where we could view and control the animatronic animals from *Spy in the Wild* as well as pretend to be a TV presenter in front of a green screen with an autocue.

On Sunday morning, we drove to the event centre ourselves having seen lots of free parking the day before. Unfortunately on Sunday, it was all taken so I ended up parking up the hill near my Saturday start. At least this meant I could point out how my course had started to Jemima (and take a few pictures). We were both starting from the same place in Castle Park, a 10-15 minute walk eastwards. There was no overlap at all between the areas used for the two days. On Sunday, the finish was some distance from the start which meant that Mandy had to do some navigation of her own for about 800m without the benefit of a map (with the very real possibility that Jemima may beat her there).

The courses started for both of us with a sprint series of 7 (different) controls round the park and its walls and stairs



The start of Jemima's course

before heading off into the East Harbourside area. This had pockets of old buildings (including ruined churches bombed during the war) but which was mainly new and redeveloped. There were bridges, intricate housing estates and a few river crossings. While not as scenic as Saturday's courses, it made for excellent urban orienteering with great route choice and providing a technical challenge without the complex uncrossable roads of the previous day which had seemed a little artificial. In fact it was probably the most enjoyable urban event I've done (much better than the London races which are often a bit of a let down). I made no major errors except for a section where I went via a later control confusing it with the one I needed to go too. This was only a small detour with little time lost. Jemima found a couple of challenging bits on her course along the side of the river which had quite a few stair complexes and underpasses; she definitely found it harder than the previous day, plus it was about 30% longer). When comparing our courses, I thought hers was a fantastic demonstration of how to provide a junior course without having to make concessions; it was a miniature version of my course and provided a similar technical challenge. This was reflected in her slower time which, when combined with my course being much flatter (and thus faster than the day before taking 51 minutes), meant that she wasn't back that much before me.

The usual, but unfortunate, low number of entrants on the junior courses (especially on Saturday and particularly for girls) meant that Jemima was guaranteed at least one medal/prize. As it turned out she was 2nd of 2 on Saturday which doesn't really do justice to the speed she went, but a prize is a prize nonetheless. We therefore chose to rearrange our plans for Sunday afternoon to ensure we were there at the prize-giving. We'd originally planned to leave central Bristol and meet up with my sister for lunch, so we had booked very early starts meaning Jemima was the only finisher when we first left the event centre to kill time nearby. When we returned for the awards, the courses had just closed so Sunday's final results were up and she missed out on 3rd place, but there were only prizes for Saturday anyway (just medals for Sunday), so that worked out OK. I wasn't likely to be bothering the podium, but finished solidly in the middle by coming 20th of 42 in my class on Saturday (27th of 63 on the course as a whole). Similarly on Sunday, I came 30th of 65 in my class (38th of 101 on the course – which was also shared with Women Open). The Mayor of Bristol arrived in full regalia to present the prizes and medals and the tiered area in the hall acted as a massive podium for all winners to be on at the same time.



Bristol Orienteering 10-11th June 2017 - Jemima Borrill

Despite the long journey, I secretly did enjoy myself there (especially as BBC Natural History were hosting an event over the weekend near @Bristol!). My course on Saturday was the one I was most nervous for because I didn't know what to expect. I thought to myself, *I wonder whether it will be easy or hard and I hope I don't get lost* (and I didn't get lost by the way:-D). Anyway, the course itself was fun and good, not too easy and not too hard. I completed the course in just over 18 minutes with no mispunches. When we got back to the event centre, Mum and I did have to wait a little longer for Dad to return than Mum had had to wait for me, but it was okay because I got a muffin ;-)! When Dad did get back, we sat and talked through our routes. You can see my route from Saturday here :

<http://www.bok.routegadget.co.uk/rg2/#131&route=495&course=9>.

Overall, out of the girls, there was only two competitors! That meant I came second out of two by a few minutes.

On Sunday the course was still fun it was just slightly harder. I found the map a little harder to read but to be honest it was probably just me not keeping track of where I was on the map! Despite the fact that it was a slightly longer course, I still sprinted round it when I could (there were road crossings so I didn't sprint near them) and I completed the course in just under 29 minutes with no mispunches. I made a few navigational errors, the main one being between controls 11 and 12 where I lost where I was on the map around all the stairs and alleys. I was looking for the second statue of two as an attack point, but when I first saw a statue, I didn't know which one it was on the map, so I had to go back to control 11 and worked out I'd run past one without seeing it.



Overall, out of the girls, there was 5 competitors and I came 4th out of 5 by about 14 minutes. I didn't come last like I thought I would when I first set off and saw the map:-D. You can view my route for Sunday's course here:

<http://www.bok.routegadget.co.uk/rg2/#132&route=240&course=5>

Sunday was also the prize giving ceremony. I was awarded a medal and a prize bag (containing all the possible merchandise for the weekend; a water bottle, a mug and a bag) for Saturday but not another for Sunday but I didn't really mind.

Thanks for reading and please view the links above! Jemima, 12.

Ursula's (M)utterings

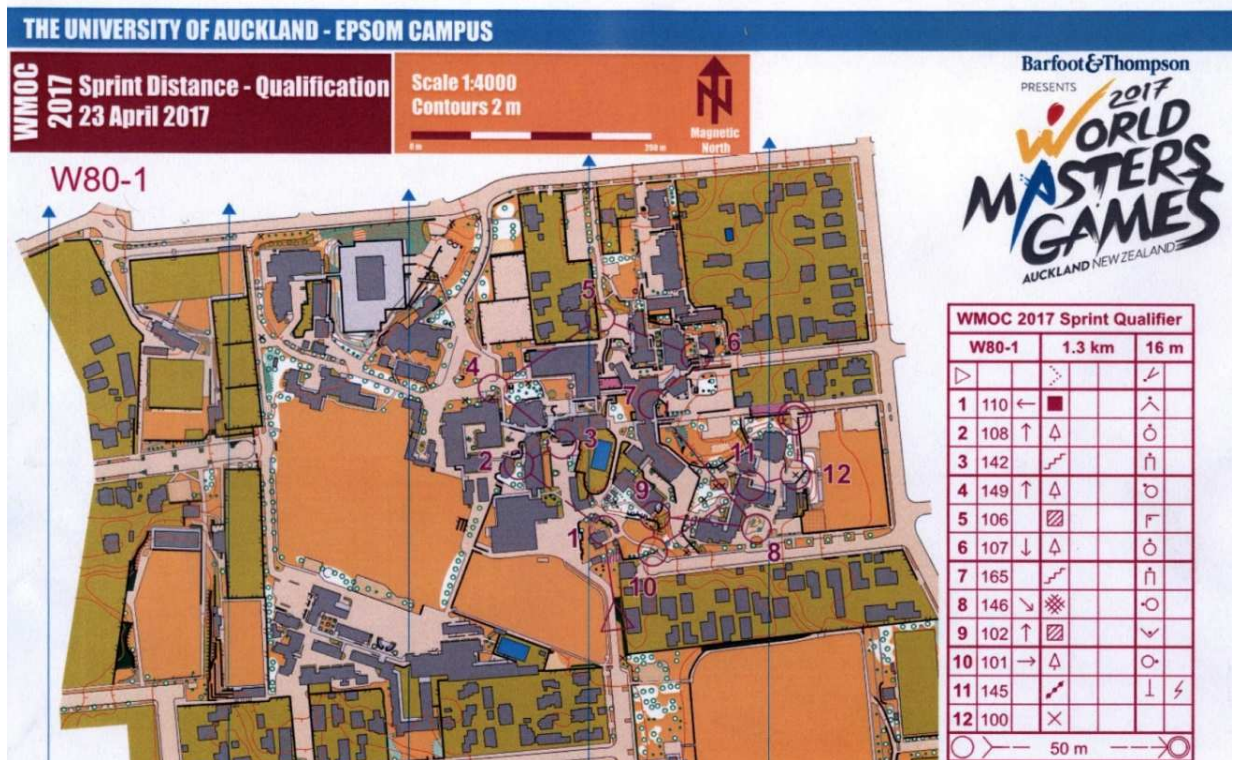
Ron and I went to New Zealand in April for a couple of weeks of orienteering, starting with the Oceania Championships, an AUS v NZ age class competition from 10 right up to 85+, so serious stuff for them comprising a Sprint round an Auckland university, then a Long on newly-mapped forested and pampas grass vegetated sand hills, a Relay which we did not run and a Middle on 'open farmland in limestone karst terrain' (I have no idea what was being farmed there) so rocks and fences.

The Long in Woodhill Forest on heavily vegetated sand hills really beat us. Pampas grass clumps can grow as large as a knoll and the grass (known as cutty grass) has extremely sharp edges that cut quite deep on unprotected skin. Ron failed to find his first control and I went right past mine (on a bearing) without checking the code, as I was looking for a re-entrant and the control was on the top of a ridge that I had misinterpreted as the re-entrant – I did manage to locate it in the end. Much frustration later we retired, met up and walked back past the last controls in delightful grassy terrain! A week or so later I met a W65 Brit at WMOC registration and was distinctly surprised to be asked 'What happened to you on the Long in Woodhill Forest? We were watching your progress at the JK.' There's nowhere to hide!

The Middle was fantastic – lots of massive rocks. The downside was the terrain was saturated, steep and really slippery (Ron realised that the soles of his Inov8 Rocclites had worn smooth – he has now replaced them) and the 'crossable' fences turned out to be higher than me with many strands of wire and very frequent posts so no hope of squeezing through and really, really difficult to climb. It took 2 fantastic women to get me over one of them!

Then on to Rotorua for a good long Middle and a sprint of no great distinction followed by a return to Auckland and WMOC.

WMOC Sprint was a mixed bag for me. The Qualifier was amazing – an absolutely superb area and my best sprint course ever. Route choices were really tough and then you had to concentrate to execute them. I went down one dead end and had 1 poor route choice, which Winsplits reckoned gave me about 1 minute of errors but obviously most W80s had more as I ended up 2nd, which is my best WMOC result ever. Unfortunately I was having so much fun that I decided to revive my sprint finish on the downhill run in, aiming to overtake a very fast German W80 who had left the last control just before me. I still don't know why I fell, though my friend Maureen, who was following at a more sedate pace and who picked me up, reckoned that there was an unevenness in the tarmac at that point. Landed (hard) on recently broken R wrist, then onto L ribs on the way tweaking my R hamstring!



The Finals area the next day was on a different campus which was only embargoed on the day of the Final and I know that many people had spent time walking round it and particularly visiting the underpass which featured in the Final Details. I was second last starter with 80-2 on my bib. My first control was a tree over the other side of a minute park and my second was another tree on another side of the same park by which time my 1 minute woman was well away! From 5 to 6 we went under the road on the underpass but I did not realise that after the road we continued under a canopy (pale grey) so I could not locate myself when I came out and it took me 10 minutes to find number 6. Once I was there I found it straightforward to the Finish where Ron was still waiting to take a photo of my bib. That was really the end of my WMOC as my hamstring injury continued to get worse.

This was a World Masters' Games so registration was very expensive as we pay for all the World Masters stuff including a backpack and a polo shirt (but my Medium is snug fit on Ron, so he got 2, one a bit big and one a bit small) with the usual orienteering charges on top. The organisation of registration was superb and a marked contrast with that at Sydney 8 years ago. Travel to the Longs was quite tough: an hour out to the terminus on the Western line, then bussing and then walk in. It worked out OK until the Long Final, which was on a Sunday, with trains only every half hour and a certain amount of bus chaos, so Ron was late for his start (oldies always seem to get the earliest starts).

The results display was absolutely amazing (just like those available online at the World Orienteering Champs and Junior WOC I now realise). There were lots of screens under canvas in the middle of the Arena. Because age classes had consecutive timed starts, the screens counted down the time anyone had been out, recorded the time at a couple of radio controls and of course the Finish time. So as they finished W80s accumulated round the appropriate screen to follow the progress of the race. In the finals the fastest qualifiers start last so this can be a nail-biting time for those who feel competitive. I find it a good way to keep in touch with the W80s: I already knew a number of them and now know more.

Now I am over my WMOC injuries I have been travelling north for sprint/urban weekends. In the UK Urban League there is now an additional category, HyperVets for the 75+ but no additional course so great for MHVets but no relief for WHVets, particularly tough for those well into the WHVet category. Mid-June (very, very hot) off to Skelmersdale (a fairly unsuccessful Liverpool new town). Poor courses on a housing estate on the Saturday, travel by bus to Wigan for overnight then again by bus to Bolton outskirts for a sprint round Bolton School and Queen's Park. I attended Bolton School (Girls' Division) from 1945 to 1954 and loved the really good sprint planning round an area that has been developed since my time (1 diversion to see what the Girl's Division had done with an area which used to be deep cloisters when I was there). Then a route choice leg into Queen's Park and microsprint type legs with controls on trees and going gently down the Park to the event centre at the bottom. On the Sunday afternoon there was a mass start sprint round Horwich (memo to self: do not enter mass start races as guess who is at the back!). Good courses with butterflies and gaffling but just too hot for me. SELOC who put on both days really looked after me and gave me a lift from Horwich to Wigan North Western to catch my train back to London and then Cambridge, otherwise I would not have made it.

Hull next, with a 3.5K 'sprint' round and round a school with lots of fences to squeeze under and on Sunday a city race planned by Charlotte Ward, one of our best W sprinters, so lots of good sprint type legs. Unfortunately, there was a misplaced control, a parallel error on hedge corners so legs before and after it were removed. I found my course very long – it would have been really nice not to have had to run the first 3 long legs but to get into the good quality stuff immediately. Then Bradford with sprints round a park on Saturday morning then driven to the second, better park by Hypervet friends and followed by the Bradford City Race on the Sunday. The first part of that was the best: I could have done with less of the second half which went up and down some parallel roads. Janet Cronk kindly offered me a lift back home - so much more fun and easier than coming back by train.

Last weekend had 2 excellent sprints in Birchwood, on the outskirts of Warrington, on Saturday, followed by the second running of the Mixed Sprint Relays round Edge Hill University on the outskirts of Ormskirk on the Sunday. Mixed Sprint Relays are the newest discipline at the World Orienteering Championships: those of you who were in Scotland in 2015 will remember them in Nairn. The GB Elite Sprint has the same format as in the World Champs and Cups. The order of running is W, M, M, W and some of our really good sprinters were there though most runners were non-elite. Charlotte Ward, injured at the beginning of the season and so not selected for the GB first team, led off for SHUOC and came in 2½ mins in the lead. The second leg runners included Graham Gristwood (Forth Valley Orienteers) who, although not a sprint specialist, caught up Charlotte's lead and handed over to Chris Smithard who was 14th in the WOC Sprint this year. Running this third leg was also Peter Hodkinson (NOC) who has run for GB in Sprints and Mixed Sprint Relays a number of times, including when they won the World Universities MSR last year and who won the leg by about 30 secs and came back second, having caught up time on Chris. Last out for FVO was Fanni Gyurko, Hungarian WOC runner (and married to Graham Gristwood), and she came back comfortably in the lead, with NOC second and SHUOC third.

Once the Elite were all back the Veteran classes (4 classes and 3 runners, at least one M, at least one W, all running 2.9K) set off in a mass start: I gather than 50% of them went the wrong way to the first control. I had been given a special dispensation to run a first leg but with no 2nd or 3rd leg runners so once again I was last out of sight but with no pressure to get back for a second leg runner. The 2.9K leg took me 40 mins and I finished just after the first lot of winners – SROC winning the SuperVet relay. Then it was off to Ormskirk station on foot, train to Liverpool Lime Street (one of my truly favourite stations) then back to Cambridge via Euston.

May you always run in sunlit forests but please, please may we have some shade for the sprints and urbans!

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

Events

NOTE: British orienteering new layout of Events.

EAOA Events have been taken from the EAOA fixture lists as 17th July 2017. 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)

Date	Event Name	Level	Club	Ass.	Venue	Nearest Town	Grid Ref.
Wed 26/07/17	SOS Summer Series 2, Fordham	Local	SOS	EAOA	Fordham Hall Estate	Colchester	TL927286
Wed 26/07/17	Summer jogging/training #3	Activity	HAVOC	EAOA	Weald Park	Brentwood	
Sat 29/07/17	Junior Mini Series Event 3	Activity	SOS	EAOA	Maldon Promenade Park	Maldon	
30/07 to 05/08	Scottish 6 Day	National	Scottish Orienteering		http://www.scottish6days.com/2017	Royal Deeside	
Sun 13/08/17	SMOC Keyne-O, Great Linford	Local	SMOC	EAOA	Great Linford	Milton Keynes	SP854423
Wed 16/08/17	SOS Summer Series 3, Sudbury Riverside	Local	SOS	EAOA	Sudbury Riverside	Sudbury	TL862410
Sat 19/08/17	WAOC Summer series	Local	WAOC	EAOA	Coe Fen	Cambridge	TL445576
Sat 19/08/17	Junior Mini Series Event 4	Activity	SOS	EAOA	Danbury Country Park	Chelmsford	
Sun 03/09/17	SMOC Keyne-O, Furzton	Local	SMOC	EAOA	Furzton	Milton Keynes	SP852359

Thu 07/09/17	SOS Summer Series 4, Hilly Fields	Local	SOS	EAOA	Hilly Fields	Colchester	TL987257
Sun 10/09/17	NOR last of the summer run	Local	NOR	EAOA	University of East Anglia (UEA)	Norwich	TG190076
Sun 17/09/17	Hockley, SOS Colour Coded & ESSOL	Regional	SOS	EAOA	Hockley Woods	Rayleigh	TQ841915
Sun 17/09/17	WAOC colour coded event	Local	WAOC	EAOA	Wimpole Estate	Orwell	TL343511
Sat 23/09/17	CATI with Coaching	Local	SUFFOC	EAOA	Haughley Park	Stowmarket	TM002623
Sun 24/09/17	HAVOC Weald Park EAL	Regional	HAVOC	EAOA	Weald Park	Brentwood	
Sat 30/09/17	British Sprint Championships (UKOL)	Major		EAOA	Campbell Park	Milton Keynes	
Sun 01/10/17	British Middle Distance Championships (UKOL)	Major		BOF	Wendover Woods	Aylesbury	
Sun 08/10/17	SUFFOC King's Forest Colour Coded	Regional	SUFFOC	EAOA	King's Forest	Thetford	TL826735
Sun 15/10/17	SMOC Keyne-O, Campbell Park	Local	SMOC	EAOA	Campbell Park	Milton Keynes	SP867398
Sun 15/10/17	NOR colour coded	Regional	NOR	EAOA	Pretty Corner	Sheringham	TG154417
Sat 28/10/17	Cambridge City Race 2017	National	CUOC	EAOA		Cambridge	
Sun 29/10/17	WAOC East Anglian League event	Regional	WAOC	EAOA	Brandon Country Park	Brandon	
Sun 19/11/17	WAOC colour coded event	Regional	WAOC	EAOA	Mildenhall South	Mildenhall	
Sat 09/12/17	WAOC colour coded night event	Local	WAOC	EAOA	Wimpole Estate	Arrington	Sat 09/12/17