



West Anglian
Orienteering
Club



JABBERWAOC

Vol.46 No 1

February 2018

WAOC Prizegiving and AGM

Saturday 17th March 2018

at **Milton Country Park** Visitor Centre at **5pm**

preceded by a 45minute Adult Score Course plus a short Junior Course for club members in and around the Country Park with a mass start at **4pm**.



CompassSport Cup 2018

This year EAOA is organising our local **qualifying event** at **Shouldham Warren** **on 11 March 2018**. Every club member who runs will help boost our score, so it is really important that as many of us as possible turn out to represent WAOC. Enter on Fabian4 (<http://www.fabian4.co.uk/>) by 25th February. EAOA League presentations.



Editorial:

Huge thanks to all who send in their articles and maps to make our JabberWAOC Magazine. You have brought our newsletter to the attention of Compass Sport Editor Nick Barrable and won JabberWAOC their magazine award for 2017 – see new logo above!

Shouldham Warren on **11th March 2018** is the initial heat of the British Clubs Orienteering Championship, which was started in 1982 by the CompassSport Magazine Founder Ned Paul.

This is closely followed by **WAOC Prizegiving and AGM** on **Saturday 17th March** at Milton Country Park.

2018 membership renewals are due and congratulations to winners of British Orienteering Awards – most with multiple awards! (see page 3), note the changes to International Orienteering Federation symbols (pages 10 and 11), great articles and the usual event and training diaries, including the main multiday events.

On Saturday (3rd Feb) I enjoyed my first 2018 orienteering event when Happy Herts put on excellent courses at the WAOC area Fairlands Valley, Stevenage. It was 3°C and drizzling; a far cry from the 30°C in New Zealand and Australia during our awesome 7 weeks of holiday with family and of course some fieldwork.

Wishing you and all your family good orienteering throughout 2018, Hazel Bickle

Please send an account of your Spring events as soon as you like. Next edition April 2018. editor@waoc.org.uk

WAOC Committee

Chairman:	Peter Woods chair@waoc.org.uk	Secretary:	Jenny Hunt secretary@waoc.org.uk
Treasurer:	Noreen Ives treasurer@waoc.org.uk	Captain:	Graham Louth captain@waoc.org.uk
Junior Captain:	Alex Wetherill juniorecaptain@waoc.org.uk	Fixtures Secretary:	Bob Hill fixtures@waoc.org.uk
Convenor:	Helen Hague convenor@waoc.org.uk	Mapping Secretary:	Neil Humphries n.humphries@ntlworld.com
Membership Secretary:	Anne Duncumb memsec@waoc.org.uk	Equipment Officer:	Caroline Louth equipment@waoc.org.uk
Website Maintainer:	Rakesh Chandraker webmaster@waoc.org.uk	Publicity:	vacant – would you like to fill this role?
Clubnight Coordinator:	Helen Bickle training@waoc.org.uk	Welfare Officer:	Peter Allen welfare@waoc.org.uk
Jabberwaoc Editor:	Hazel Bickle editor@waoc.org.uk	Awards Coordinator:	Ian Smith awards@waoc.org.uk

If you would like to join the committee, please contact Jenny (secretary@waoc.org.uk) or any committee member.

Welcome to new members

Mark Arnold from Cambridge
Emma Jarrett and family (Kate W9) from Whittlesford
Luke Milano from Red Lodge
James Newman from Great Shelford

We hope you will enjoy orienteering with us.

2018 membership renewals

Thank you to the many members who have already renewed their membership - about 80% of you! If you are intending to renew, please would you do this soon?

BOF members pay via BOF.

Club only members will receive a club renewal form by email. Let me know if you wish to pay by bank transfer and I will send you the details. Thanks,

Anne Duncumb (membership secretary, memsec@waoc.org.uk)

British Orienteering AWARDS - Ian Smith

<https://www.britishorienteering.org.uk/incentives>

Colour Coded Badges :

Daniel Hague : Light Green & Green

Navigation Challenge:

John Hartley

Tom Beskeen

Racing Challenge

David Humphrey : Silver

Daniel Hague : Silver & Gold

Peter Lund : Bronze & Silver

Sue Hartley : Silver

Tom Beskeen : Bronze, Silver & Gold

WAOC Prizegiving and AGM – 5pm on Saturday 17th March 2018

This year, we are returning to **Milton Country Park** for our Annual Prizegiving and AGM. As usual there will be a score course for club members in and around the Country Park, before meeting in the Visitor Centre (in the room above the cafe).

There will be a **45 Minute Adult Score Course**. There will also be a Short Junior Course. Bring a pen, and be there in time for a **mass start at 4pm**.

Prizegiving and formal business will be from 5pm. The AGM is open to all members of WAOC. The agenda is available on the club website, look under Events for the AGM.

If you wish to propose a motion for discussion, please contact the Club Secretary:
email secretary@waoc.org.uk.

As usual, Anne will arrange for the club trophies to be engraved with the 2017 winners' names so she needs the trophies to be returned to her by mid-February at the latest.
memsec@waoc.org.uk

If you have a WAOC trophy, please can you pass it to a committee member e.g. at an event, or make your own arrangements to return the item to **Anne** now.

Many thanks. Drinks and snacks will be provided at AGM.

Chairs Chat - January 2018 by Peter Woods

The Lost Dibbers of Chairman Woods - A chronicle in many parts.

Episode 1: Dibber 401797, Lost in Cumbria, 4 January 2018

We often come to the Lake District over New Year to go fell walking, but this year we noticed that there was a Night Orienteering event scheduled in the area, close to where we would be staying, so we packed the O kit, just in case. So, in spite of, or maybe because of, the adverse weather conditions that had constrained our walking ambitions during the week, we decided to try the “Noble Knot Post Turkey Trot” night event, on Whinlatter above Keswick.

The first challenge came right at the start – it was a DIY affair, pitch dark and drizzly, no start kite as such, and I could not make out what was supposed to be the car park on the map, so I ended up relocating at the Finish in order to start. Once under way, reaching the first control presented no technical difficulties. I could see the flag from the track as I approached. Climbing up onto the steep and very slithery bank to physically reach the control was more challenging, involving crawling up on my knees.

The short leg from 1-2 was achieved by first stumbling across control 4. Similarly, leg 2-3 involved re-familiarising myself with the dense vegetation which I had just encountered and once more finding myself at number 4. Running along the track and re-entering the forest took me to control 3, which I exited via a mud chute on my backside, and then all I needed to do was find 4 once again, which of course had now disappeared. I eventually ambushed it between the marsh and the track, and waded through the ice cold marsh to punch it.

The next leg was thankfully not technical, since the presence of the stream close to the control site was evident even in the dark from the thunderous roar of the water cascading down it. However, crossing this torrent was not so easy: deciding which slippery boulder to jump from, and which

equally slippery boulder to try to land on, was fraught. Similarly, at 7, it took several minutes to negotiate the devastation of ruined trees, slimy boulders, and brambles which filled the dozen metres from my attack point, on the track on the East, to the control itself.

The next legs were on open fell and were free of such difficulties, and running towards 13 gave an impressive view into the Derwent valley, with the lights of Keswick and nearby villages glittering in the blackness. En-route to 14, aware that my fingers were numb with cold, I took off my sodden running gloves and carefully tucked them into a pocket. At 14, I realised that in this process I'd dropped my dibber, which is still out there on the fells above Braithwaite. I did nevertheless visit the remaining control sites. Finding it difficult to keep upright on the steep and greasy slopes between 15 and 16, I very nearly slid off the top of a vertical embankment, and even avoiding this, found myself delivered onto the track below much more abruptly than was comfortable.



This was definitely the most extreme night orienteering I have ever undertaken, despite its low key nature, and I am glad we happened to be in the right place at the right time to be able to take part. Although I did not know it at the time, participants also included Jeff Powell Davies of SportIdent and Borderliners, who operated download for us at the British Sprints last year, and Steve Birkinshaw who is a fell runner of some renown. It is the lack of proof that I completed the course rather than the loss of the dibber, which chafes (well, that and the graze down the back of my ankle).

I highly recommend the Post Turkey Trot to future venturers to the Lakes, but I advise first arranging comprehensive life assurance with extra cover for lost dibbers.

Note – before sending suggestions as to how to secure dibber to one's person to prevent such accidental loss, I refer you to episode 4, below.

The General Data Protection Regulation (GDPR)

New legislation will come into force in May this year to clarify and reinforce the rights of individuals over their personal information where this is acquired or held by third parties, including the likes of Facebook and Google no doubt, but also clubs such as our own. We will have an obligation to make clear to members, and participants in events, what personal information we hold, how we ensure this is only used appropriately. At this stage I do not think the club needs to do anything very much differently than we do already, the main change is to make sure we have a clear and up to date policy and that members can be clear about what we do with their data. We'll be publishing an updated data protection policy and we'll be informing all members regarding the personal information we hold.

To illustrate why we should take this seriously, last year a scammer sent an email appearing to be from the chairman to the treasurer, asking to prepare for a large sum of money to be transferred out of the club account. This was obviously fake, but did bring home the message that the email addresses had been picked off the club website, and that we should be careful what we publish. For example, all of the committee roles now have club email addresses so we can avoid needing to post personal emails.

The Lost Dibbers of Chairman Woods - continued

Episode 2: Dibber 9200891, Lost in Epping Forest, 8 January 2017

I ran the Blue course, which included a 1km long leg (as the crow flies) about half way through. I was running well (better than I usually manage at Epping), but having successfully navigated to the destination control on this long leg, I discovered I had divested myself of my dibber somewhere along the way. I did have a pretty good idea of my route, but even so definitely not even a remote chance of finding it over such a large search area. The dibber was quite new (a birthday present earlier in the year) and incorporated a flashing LED to confirm that the last punch had registered. It had taken months to develop the habit of glancing at the tip of the dibber as I exited a control, to check that the LED was flashing.

After this loss, I reverted to a standard low-tech dibber, but it took about a year before I learned to stop uselessly staring at the tip of this after I had punched, even though I knew full well that there was no LED and nothing to see.

You can't make an omelette...

You are probably aware that our event scheduled for 11th Feb in High Ash has been postponed. We lost permission to use the area a few weeks before the event date, due the presence of a breeding

pair of a rare ground nesting bird. This is a great frustration for those who had put effort into preparing for the event, notably Peter Duthie who stepped in as planner in place of Mike Bickle, when it became apparent we would not be able to afford the mileage claims for Mike to visit the forest in Thetford whilst he was out in New Zealand.

We are hoping however that this effort will not go to waste and that we will be able to reinstate an event at High Ash into our calendar later in the year.

It seems to be increasingly common for our event schedule to be disrupted at short notice, variously by lack of resources at the FE, unexpected felling activity, and access restrictions to protect wildlife. Sometimes the restrictions on orienteering seem bizarre, for example by insisting that an orienteer must not be allowed to pass within a certain distance of a badger sett, whilst felling activity involving heavy machinery over an extended period could take place at the same distance, and the same orienteer could come back to the same area the next day and take her dog for a walk with no restriction applying.

In the case of High Ash, I am sympathetic to the intent to protect the nesting area, although I don't have any way to assess whether our event would really have disturbed the birds. However, making best use of our mapped forest areas is made difficult not only by unexpected incidents such as this but by general restrictions on access during certain periods of the year, in some cases effectively meaning we can only hold an event on a particular area in one month of the year.

No wonder then, that we are organising events in urban territory where these problems do not arise. This Spring we have events planned in St Neots and Peterborough, both of which are new areas for WAOC and which I'm sure will provide scope for interesting courses.

The Lost Dibbers of Chairman Woods - continued

Episode 3: Dibber 401783, end snapped off during London City Race, 22 September 2012

I don't like to boast, but not only can I lose a complete dibber without noticing, but I am also capable of being oblivious to snapping the end off a dibber whilst the body remains in place bound to the finger. During the competition, I arrived at one control with just a stump of the SI card remaining, which did not elicit a beep or flash from the SI control box. Unfortunately the tip, which had snapped off, contained the data chip, so the effect is the same as losing the entire dibber. I have no idea how this happened! Needless to say this had been, up to that point, a flawless performance and my best London City race before or since. It's just a shame I don't have any evidence to back this up.

CompassSport Cup 2018

Please save the date of 11 March 2018, as this is the date of the CompassSport qualifier event. This year EAOA is organising our local qualifying event which will be at Shouldham Warren. Everyone who runs will help to boost our score, so it is really important that as many of us as possible turn out to represent the club.

The Lost Dibbers of Chairman Woods – continued and concluded

Episode 4: Dibber 401049, Lost in Burnham Beeches

This was many years ago. My recent profligacy is I'm sure a side effect of getting cold fingers whilst running nowadays, which was not a problem earlier. However, at this time I was concerned about possibly losing a dibber, and I habitually ran with an elastic loop around my wrist connected to the dibber, which was intended to retain the dibber even if it fell free of the finger.

Three quarters of the way round my course, I was running through highly runnable birch wood, ankle deep in fallen leaves, and as I ran past a tree, a small branch hooked between my hand and the elastic strap. Before I realised what had happened, the branch had catapulted the dibber, wrist strap and all, many metres away, somewhere into the leaf litter. I did spend what seemed like an age searching in the leaves to try to find the lost dibber – but it was fruitless. This is why I have not used a wrist strap since, but I think I will need to rethink that decision.

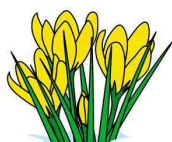
On my way back to download, I encountered another orienteer also looking in the leaves for something. I offered my commiserations and told him I had also dropped my dibber, but it turned out that in his case a stray branch had flicked his hearing aid from behind his ear and thrown this somewhere into the ubiquitous carpet of leaves. I thought this was more worthy of time spent searching, but in the end neither of us could find this lost item either.

Episode 5: Dibber 260512, lost in Arisaig, Scottish 6 days Day 5, August 2001

This was the first dibber I ever lost, and although I was angry with myself at the time for such stupidity, the loss came as a blessed relief. I had found the navigation on the rough and rocky terrain to be very tricky. I was disconcerted to walk into the first control when I thought I was only about half way to it – a rare circumstance where seeing the control meant realising that one was in fact very lost. Later in the course I came unstuck trying to find 5, and my several failed attempts to navigate to it each involving relocating back to control 4 as the nearest point where could be confident I knew where I was. On the umpteenth excursion I realised I had no dibber – it no doubt had been pulled from my index finder whilst clambering amongst the rock and bracken. I was devastated, since I had been determined not to be beaten by the course, but at least I was free of the need to find the blasted next control.

The loneliness of the long walk back to the arena was eased when I met Clive Baker of NOR, who had enjoyed a similar level of success and had decided to retire, even without the feeble excuse of a lost dibber.

I do look forward to the chance to orienteer in Arisaig again one day and actually finish a course without missing any controls and with SI card intact.



Wednesday Spring and Summer Training Nights



Date	Location	Skill
14 th Feb	Wandlebury Country Park	Distances
21 st Feb	Coe Fen Outdoor Micro O	Micro O
28 th Feb	Histon and IVC 	League event
7 th Mar	Burrells Field	Race techniques - start practice
14 th Mar	Cambridge West Long O 	League event
	<i>Easter break</i>	
26 th Apr	Astronomy and Madingley Rise	
2 nd May	Royston 	League event
9 th May	Bar Hill	
16 th May	Mildenhall North	
23rd May	World Orienteering Day – location to be confirmed	
6 th June	St Johns Playing Field	
13 th June	PuntO – River Cam, Trinity Punts, Town Bridge	Punting&Orienteering
20 th June	Coton	



League competition event: 2k, 4k & 6k courses
All training session subject to permission so please check website

Junior evening training

Wed 14th Feb: Wandlebury

Wed 21st Feb: Coe Fen

Wed 23rd May: World Orienteering Day

Wed 6th Jun: St Johns Playing Field

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. & be ready to start at 6.45 p.m.

Costs

Regular: £1 per adult, 50p per junior or student.

League: £3 per adult, £1 per junior or student.

Yearly subs: £30 per adult, £15 per junior (email Noreen at treasurer @ waoc.org.uk for payment information).

New to training The first session is free!

If anyone would like to be added to (or dare I say it - taken off) the training night's weekly email list, please email training@waoc.org.uk

Junior training at Hinchingsbrooke

➤ Saturday 23rd June 2018 training at Hinchingsbrooke (subject to permission).

The training will be after the Juniors have had a chance to complete a course. Please email training@waoc.org.uk if you would like your child or children to attend, and include their ages and which colour course each child currently runs.

Summer informal Wednesday (and maybe the odd alternative) evening events between July and September:

While the Training Night Coaches take a break from July to September, this is your chance to have a go at Planning. If you would like to plan an informal Wednesday evening event, please let me know. Helen Bickle training@waoc.org.uk

Please check the website for details but one evening is already planned:

Date	Location
Wed 11 th Jul	Standon Meadows (New Area!)

Training tip:

There are new map symbols!!!

See Bruce's article on page 11, for details on the new map symbols.

Full International Orienteering Federation version can be found at http://orienteering.org/wp-content/uploads/2017/04/ISOM2017_20May2017.pdf
Also a more detailed guide with pictures, by David Jukes from BKO, can be download from SOC's website at: <http://www.southampton-orienteers.org.uk/content/new-orienteering-map-specification-2018>

There are new control descriptions symbols too!!!

You can download a one page guide to the 2018 symbols from <https://www.maprunner.co.uk/iof-control-descriptions/> and then even test your knowledge with his Maprunner Control Description Quiz. The Maprunner has also produced a one page sheet on the new map symbols.

Novices: Do you know that there is a section on 'Orienteering techniques - How can I improve?' on the new WAOC website? It is information written by Julia Crook, a former WAOC Club Coach from a while ago, but still a very good explanation of simple (and less simple) techniques to improve your orienteering. See Information and then Orienteering Techniques.

ISOM2017 - Bruce Marshall

As you orienteer in 2018 you are going to start seeing maps which use symbols from **ISOM2017**. These are revised symbols from the International Orienteering Federation, the organisation which oversees our sport around the world.

These changes represent a lot of work for our mappers as many of the OCAD symbol numbers have changed. So, for example, a pit was symbol 116 is now symbol 112, and a small knoll which was 112 is now 109. Symbol 106 which was an earthbank is now used for a ruined earth wall. You can see the difficulty and the scope for making mistakes in the conversion!

Many symbols are slightly changed to make them easier to read. You probably won't notice the subtle changes.

Magnetic north lines are now **300m** apart.

There's a new symbol for a rocky trench. This can be natural or man-made. The minimum depth is 1 metre.

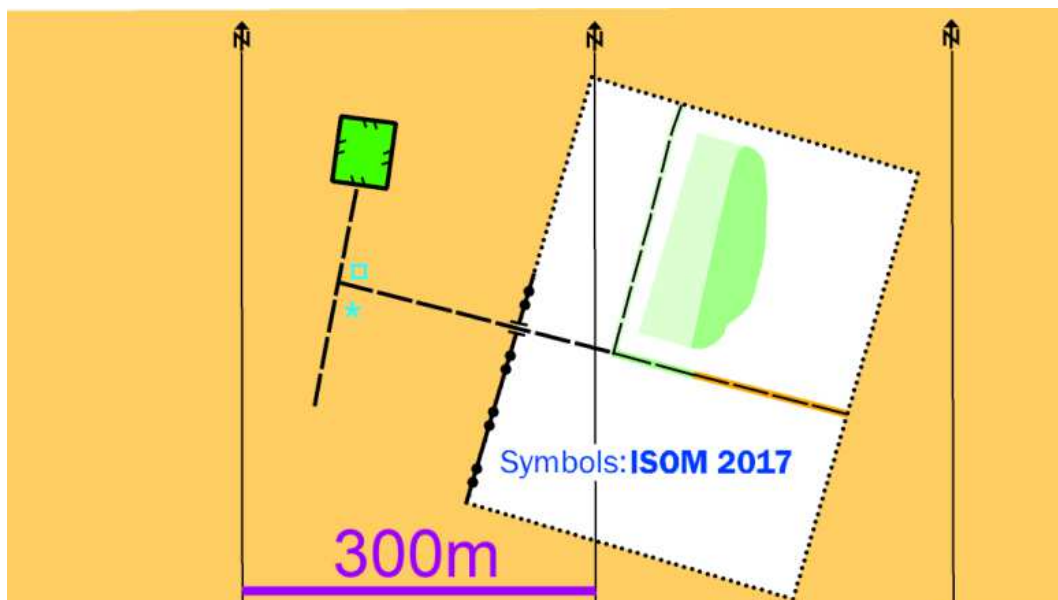
A well or water tank has a new symbol – a square blue object. (This used to be small blue circle)

Other prominent water features will use a blue asterisk (This replaces the small blue cross).

Narrow rides can now have a green background to indicate reduced runability compared to surrounding forest.

For walk and slow run, the green colour is now a shade lighter.

Impassable walls and fences are now shown with a thicker black line, the same as on urban maps. So if the line is **thick** it is forbidden to cross the wall or fence.



At the same time there are some minor changes to pictorial control descriptions. The only new one you may encounter is for a flowerbed.



You're unlikely to notice these changes so keep on enjoying orienteering in 2018

Orienteering Venice - Peter Allen

No bikes, no cars, only canals, boats, bridges, footpaths and pedestrians.



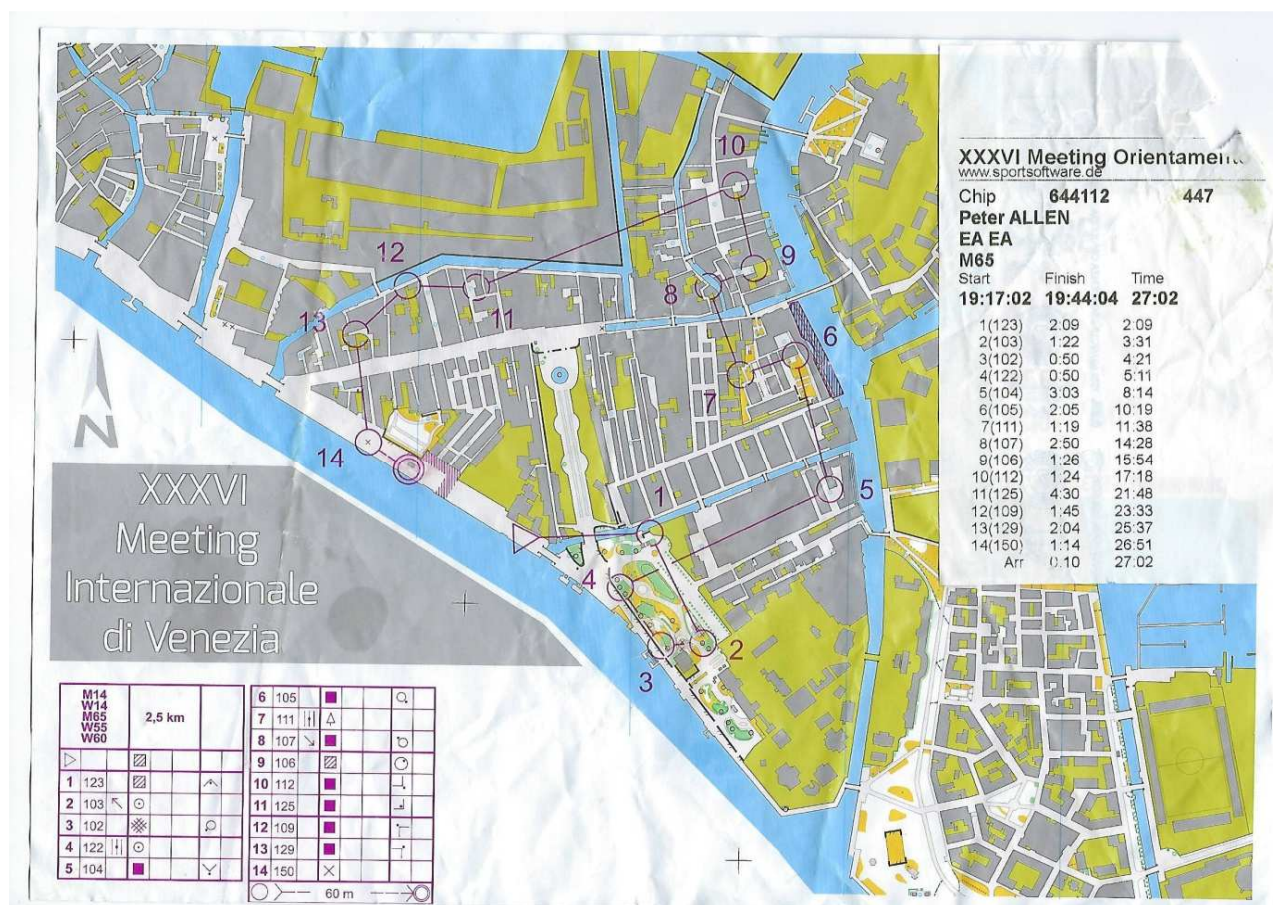
Peter Allen and family went to Venice to orienteer and explore the districts.

We all enjoyed it all: the self-catering apartment in Via Guillespie Garribaldi, the restaurants, the water taxis and waterbuses.

It was a really well organised O event and the Italians were welcoming and helpful.

Orienteering tip 1: If you end up on the wrong bridge even if it is 5m from the right one, turn round and go back to your navigational error rather than cross the bridge and try to navigate back to the control through the eternity of covered passageways.

Orienteering tip 2: always know where you are on the map to within 10 (5) metres, whilst moving fast.



Meldreth TrailO Activity

to be held on 28 April 2018

David Coton

What is TrailO?

TrailO is a form of Orienteering where participants have to determine which of several flags is at the centre of a circle on the map. It does not involve running, and is designed to allow those with reduced mobility – including wheelchair users – to compete on equal terms with able-bodied participants. At the highest level, TrailO has its own European and World championships. (More details www.britishorienteering.org.uk/site/trailo)



PreO control site



In TempO: Controls are not visible until you're ready to start - everyone sits at exactly the same spot

What is happening in Meldreth?

We are planning four courses for the afternoon of 28th April:

1. TempO, where each task has to be solved in the shortest time possible.
2. PreO, a walking course for club members around Meldreth. About 1.1 km.
3. IntrO, a walking course for the public. About 0.8 km.
4. A run for club members of about 3.5 km.

Cost will be £6 Adult, £3 Junior, which includes all three courses. Members under 12 must be accompanied.

Registration will open at 14:30, at the Village Hall, High Street, Meldreth, SG8 6LB. NGR TL376458. There is a car park at the rear of the hall. However, if you are staying to the barbecue in the evening, please park at the rear of 67 High Street, Meldreth, SG8 6LB. NGR TL375461, opposite the British Queen pub. Both car parks will be flagged. Registration closes at 16:00.

First start on TempO will be at 15:00. You must do the TempO course first. Maps for the PreO will be available at registration on completion of the TempO, and maps for the run on completion of the PreO.

From 18:00 we will have a social and barbecue. Bring your own food and drink, cutlery, crockery, glasses and chairs. Hot coals provided.

Planner and Organiser, David Coton. Controller, Anne Braggins.
Mapper, Dick Keighley (Wimborne Orienteers)

If you are planning to come, it would help us if you could let David know so we can plan numbers of maps – also how many will be staying for the social and barbecue, and anyone prepared to help with activities. Please email david@coton.me.uk.

Gee, I'm (not) glad it's raining – Peter Duthie

“Over recent years we have generally seemed to be lucky with the weekend weather for Sundays with a dibber and indeed on Saturdays for those with a parkrun barcode. It helps being in the east, for all that there is a west in our club name. Running on natural surfaces, whether the forest or a grassy park is also kinder on over-used knees. But there comes a time when continued rain turns car parks to porridge and running routes to knee-twisting slalom courses. And so it has seemed so far in 2018. That the chorus I sing with is currently rehearsing a song called ‘Gee, I’m glad it’s raining...’ perhaps tempted fate.

Of the WAOC runners, only Steve Hinshelwood and myself tackled the Cambridgeshire cross country championship at Priory Park while it retained some dryness (Steve was 31 places ahead of me), but Huntingdon parkrun had to change their course after the regular route disappeared under water, and Wimpole cancelled two weeks due to a squidgy car park.

My first parkrun tourist trip of the year, in the absence of a Wimpole fix, took me to a damp Harlow – a more interesting course than I expected, with POC markers in the Town Park, but

it was difficult to choose between flats for the tarmac and studs for the slippery hill. I probably got it wrong by choosing flats, given we had to climb that hill twice.

Russ kept the Thursday night WAOC runners group on firmer surfaces in the City last week, with an orbit of the airport, but I'll admit that the horizontal sleet on the Teversham Road was more character building than I really wanted, even as we discussed the challenge then facing competitors in the Spine Race on the northern (and most remote) part of the Pennine Way.

So last weekend's TVOC urban event at RAF Halton, near Wendover looked attractive (all but the EMIT punching). <http://www.tvoc.routegadget.co.uk/rg2/#98&course=3>



On Thursday the weather forecast still showed sunshine, but Atlantic weather systems soon took over and it was cold and wet on the day. I started that day by trotting around the Aylesbury parkrun (my 218th event and 54th venue). All but the last 50m was on concrete paths, so brutal on the knees but no slip sliding, at least until the run-in. Curiously, it seemed to be harder running steadily than it usually is running for a time – the time out in heavy cold rain possibly had something to do with that. A hard day for running, but harder still for the volunteer marshals. After changing into dry kit, it was on to RAF Halton, where concrete heating ducts (unmapped) took the place of the concrete paths in the park. Last time I was here it was to take a friend to the RAF hospital – sadly now demolished and replaced by a housing estate which we ran around. Walking to registration to collect my outsize EMIT card, I met a rather bedraggled Mike Capper returning from his run. Our Course 3 also featured a Rothschild mansion, defences from both world wars and barrack blocks, with old aeroplanes and the course of the old military railways adding to the variety. Thankfully the rain had eased somewhat by the time I had remembered how to palm an EMIT card. The constant changes forced repeated changes in navigation style, but made for a more enjoyable course than for some more ‘samey’ urban events. Mike took 5 minutes out of me – I don’t think I would have caught that even if I had skipped the parkrun first. The ‘volunteer’ marshals this time were trainee military personnel, thankfully without weapons. Given the bad light (and my eyesight) I did find the somewhat hybrid 1:5000 map difficult to interpret at times – was a given block of dark green simply ‘fight or not to be crossed’? Routegadget shows others (legally) reducing distance by crossing dark green which I thought might be OOB. I was relieved to find that I had registered at all controls – in the absence of audio confirmation some of the EMIT lights were very hard to see, even on a dark day.

Changing a second time into dry kit, I drove the mile into Wendover and walked up Coombe Hill in full waterproofs – the rain was back with a vengeance. I used to regularly tackle the hill race here, invariably on a hot June day – hard to imagine when I could not even see the top of the monument from the summit, never mind Chequers. With a third set of wet kit now festering in the back of the car, I drove back east. Just about enough exercise to justify the petrol, but I’m looking forward to a warmer, drier, lighter Spring. It was interesting trying doubling up on parkrun and orienteering on the same day, but perhaps I should keep them more separate in future. Iain and Andrew Stemp may have managed not one but two extra parkruns on New Year’s Day, running between the finish at Milton Keynes and the start at Linford Wood, but at least the weather was a little kinder that day.”

The TVOC map is at <http://www.tvoc.routegadget.co.uk/rg2/#98>

Ursula’s (M)utterings

So what has been happening in the world of O while the Editor has been travelling in the Antipodes? Certainly nothing as exciting as that and somehow 2018 seems to have got off to a slow start for me.

The structure of my O year is defined by the UK Orienteering League and my start to the UKOL this year has been inauspicious to say the least.
So why follow the UKOL?

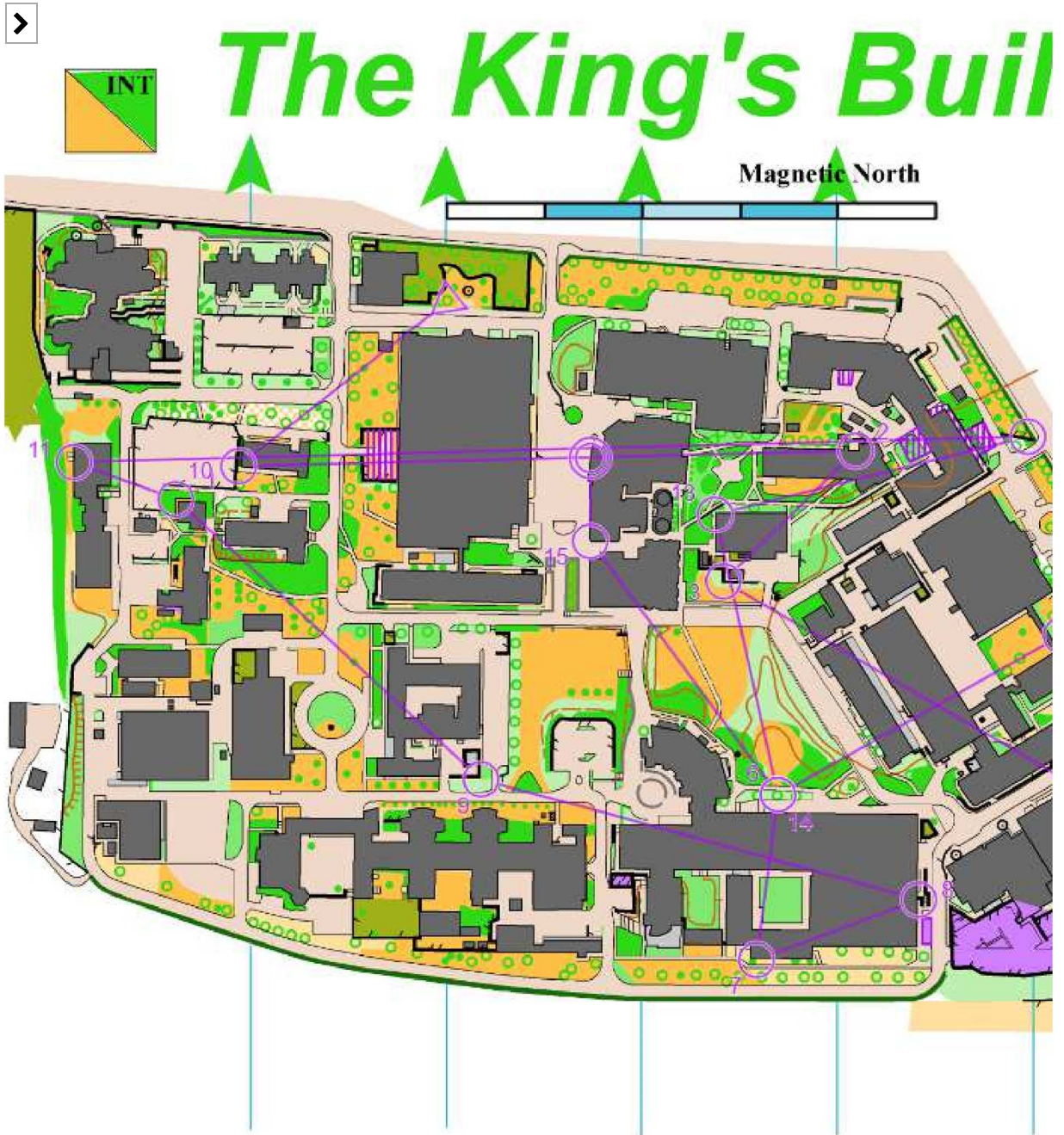
- It is a competitive league where participation can help to boost your score if your rivals don’t travel as widely as you do!

- There are typically 20 to 24 events in the league's year, with 10 to count to the final score, so even if you break your wrist at the beginning of the year or your EMIT brick fails to register (Midland Champs last year) and travel to WMOC causes you miss both the JK (3 scores) and BOC (1 score) you can still rack up 10 scoring events.
- Most UKOL events are paired, with one event on the Saturday and a nearby one, usually with a different format, on the Sunday e.g. Urban and Long, Sprint and Urban etc. so they represent travel value for money
- Since I am really not at all keen on driving long distances on my own I enjoy the challenge of reducing my C footprint by planning and executing quite complex journeys by train, bus and occasionally taxi.

Am I alone in WAOC in this mad travel around the country? Oh no. Janet Cronk heard about it a few years ago (not from me, but from a fellow W55 who told her how great it was) and started travelling for it and she is now hooked. Last year she turned 60 and ended up in 6th place in what is an extremely competitive age group, with 449 points out of a possible 500. That is a fantastic result!

This year we are working out our strategy together. Janet has a Senior Railcard, which makes train travel considerably more attractive but for some weekends, particularly the British Night Champs over in Pembrey (SW Wales) she will take her car and I shall be driven round and delivered to Gloucester station at the end! We are planning to travel to Ballater by train and 2 buses for the British Champs in Balmoral, and then take a taxi in to the event. I have decided to go up to Aberdeen the night sleeper on the Thursday night, as there will be a 'sprint' in Ballater on the Friday (Graham Gristwood has confirmed that it will be happening though at the moment there is absolutely no information about it!).

The Edinburgh Big Weekend, always held on the January weekend nearest to Burns Night, this year included the first 2 events of the UKOL. The format was the same as usual, with a night event round King's Buildings (the University Science campus) that did not count for the UKOL. An addition this year was an indoor event in a 10 storey building on the campus, mapped by the Professor of Computer Simulation and run while the building was in use, so it was not possible to make courses more difficult by closing doors etc. Edinburgh was icy! I had already decided that I did not need to run round King's Buildings yet again but turned up at night for the indoor race. On my way to the building my feet went from me and I bumped the back of my head quite hard but the back of my head seems to be pretty tough so there was no harm done. Then I met Nicola Gardner (formerly WAOC and now FVO, the Stirling club) who had injured herself on the ice on the roof of the 'indoor' building. So I omitted the 2 roof controls and had fun. As in the London City Race I found the hardest bit was running along corridors and round corners while keeping my place on the map. I had decided to use my thumb compass just to mark my place on the map and I used it more than I have ever used one for a sprint/urban but my headless chicken moment came when I had to go up 2 storeys on staircase E in order to go down 2 storeys on staircase J to the Finish. I ran up E, ran out of oxygen to the brain (my excuse) and then thought I had come up M (or was it D?) and nothing fitted.



On Saturday I got to Assembly for the City Race to discover that they had voided the competition because of the icy roads and pavements. People could run their course but non-competitively. I was assured by the controller (an Edinburgh geologist so an acquaintance of some years' standing) that even the road to the Start was like glass so I hung around for some time, saw Janet go out and then retreated to my friend's house, up a quite steep and distinctly icy hill. That evening we took taxis to and from the city centre restaurant where we met Janet for dinner. By then she had walked up Arthur's Seat and assured me that the path to Sunday's Start was very icy, let alone the rest of the course so as the weather did not let up overnight I DNS and instead ate Sunday lunch with long-standing friends from our Oxford days, again travelling by taxi! It was quite a relief to return to the balmy south where keeping one's feet was less of a problem.

I missed the Fairlands Valley event last weekend but went instead to Baddow Ridge, now with huge areas of SSSI that are, of course OOB. The brambles were indeed down, as the terrain description said: unfortunately, they were not out and new, lissom, layering shoots were sneaking along the ground waiting to trip up the unwary. Towards the end they combined with recent scattered windblow and this combination was just too much for me. I fell and my plastic O specs cut my head outside my eye, so for the past week I have been sporting one of those prominent black eyes in which I specialise.

Next UKOL is the British Night Champs weekend at the end of February but before then I have a Lake District weekend with Tarn Hows coaching on the Saturday and an event in Bouth on the Sunday – and where is Bouth? I hear you ask. This involves trains to Ulverston and bus to Coniston on the Friday, transfer to the White Hart at Bouth for the Saturday night (coaches car!) and a taxi out to Ulverston on the Sunday. 1:5000 map for the training and 1:7,500 for the event. This is the first Lake District coaching event at which I have not been coaching EA juniors. Should be good.

I was really sorry that our High Ash event could not go ahead. I remember when Mike Capper 'found' High Ash for WAOC. The original map was by my friend John Ward (WASH and then NOR). I organised the first event there: the Yvette Baker Final and Mike and I subsequently ran into problems with the shooting tenant when we wanted to run the Midland Night Champs here. I seem to remember that he paid £3000 for annual shooting rights there and could not believe that Forest Enterprise had allowed us to disturb his roosting birds for so little recompense (the MNC does not net much revenue for Forest Enterprise). The likelihood was that the birds would fly into rivals' woods. He was a very nice man and in the end he let us hold the Midland Night Champs there on the strict understanding that we never ran at night there again; we never have. Later I planned an EAL there, with John Ward as my controller. We have the usual ground nesting birds' restrictions but the endangered species this time is presumably not ground nesting, as they don't arrive until 1 March, or they used not to. It is an interesting area as the Desert Rats were settled here when they returned from defeating Rommel in N Africa. Cold, worn out buildings with leaky floor boards were dispersed around the site along with lots of 2 m deep soak away latrines, mapped as rocky pits and now frequently overgrown with brambles. We were still finding new ones the last time I was there. The Rats took delivery of new tanks, one of which marks the entrance to High Ash, drove them South, crossed the Channel after the D Day landings and drove them into Berlin – a good deal more difficult that this bare bones account suggests.

WAOC positions in East Anglian League 2017

administered by Tony Biggs (HAVOC) <http://www.eaoa.org.uk/league2017/Summary7.pdf>

Best 4 scores to count Minimum of 3 scores to win age class. Many run up a class.

Trophies to be presented at Shouldham Warren 11th March after CompassSport Qualifier.

CLASS	NAME	POSITION	CLASS	NAME	POSITION
M10	Alex Darwin	2nd	W10	Hebe Darwin	1st
	David Low	3rd			
			W12	Jemima Borrill	3rd
M16	Sam Hague	3rd	W14	Eleanor Low	3rd
M18	Oliver Hague	Class winner			
M21	Jonathan Cronk	3rd	W21	Ruth Vinderhagen	2nd
M35	Germund Vinderhagen	2nd	W35	Helen Bickle	2nd
M40	Sean Blanchflower	1st	W40	Louise Sime	3rd
M45	Stephen Borrill	3rd	W45	Camilla Darwin	2nd
				Helen Hague	3rd
M50	Robert Campbell	3rd			
			W55	Caroline Louth	2nd
M60	Peter Woods	1st	W60	Janet Cronk	1st
				Sue Woods	2nd
			W65	Hazel Bickle	1st
				Maria Marshall	2nd
M75	Chris Morley	1st	W75	Seonaid Dudley	1st
M80	Michael Dudley	1st	W80	Ursula Oxburgh	2nd

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

Events within 100mile radius of Cambridge which don't clash with **WAOC and EAOA events**

A full list of events is available on the British Orienteering web site where you can find more information on the events listed below. **Always check** www.britishorienteering.org.uk **before travelling**

Date	Event Name	Level	Club	Ass.	Venue	Nearest Town	Grid Ref.
Sun 11/02/18	(Postponed) WAOC High Ash	Regional	WAOC	EAOA	High Ash FE have	Thetford withdrawn	TL784994 permission

Wed 14/02/18	Training Night - Wandlebury	Activity	WAOC	EAOA	Wandlebury	Cambridge	
Sun 17/02/19	TVOC Chiltern Challenge Level B Event	National	TVOC	SCOA	High Wycombe	High Wycombe	
Sun 18/02/18	NOR Felbrigg event	National	NOR	EAOA	Felbrigg	Cromer	TG196394
Wed 21/02/18	Training Night - Coe Fen Micro O	Activity	WAOC	EAOA	Coe Fen, Lammas Land	Cambridge	
Sat 24/02/18	Club Coaching	Activity	SOS	EAOA	Great Notley Country Park	Braintree	
Sun 25/02/18	SUFFOC colour coded	Regional	SUFFOC	EAOA	Tunstall (Chillesford)	Woodbridge	TM390536
Wed 28/02/18	League Event - Impington Village College	Activity	WAOC	EAOA	Impington Village College	Cambridge	
Sun 04/03/18	SMOC East Anglian League event	Regional	SMOC	EAOA	Aspley Heath	Woburn	SP927352
Sun 04/03/18	CHIG Level C / SWELLevent	Regional	CHIG	SEOA	Epping South	Woodford green	TQ394913
Wed 07/03/18	Training Night - Burrells Field	Activity	WAOC	EAOA	Burrells Field	Cambridge	
Sun 11/03/18	Compass Sport Cup Heat	National		EAOA	Shouldham Warren	Kings Lynn	
Wed 14/03/18	League Event - Cambridge West Long O	Activity	WAOC	EAOA	Cambridge University Sports Centre	Cambridge	
Sat 17/03/18	Midlands Championships Weekend Middle Distance Event(UKOL)	National	LEI	EMOA	Irchester Country Park	Wellingborough	SP911658
Sun 18/03/18	Midlands Championships (UKOL)	Major	LEI	EMOA	Belvoir Castle and Estate	Grantham	SK817337
Sun 25/03/18	EA Championship, SOS Colour coded, Writtle	National	SOS	EAOA	Writtle	Chelmsford	
Wed 28/03/18	SOS Winter series No 6	Local	SOS	EAOA	Coggeshall	Coggeshall	
30/03/18 to 02/04/18	JK	National	Sprint, Middle, Long, Relays	WMOA	West Midlands	within 15miles of each other	www.thejk.org.uk + see below

Sun 08/04/18	WAOC Peterborough 900 Urban Event	Regional	WAOC	EAOA	Embankment Peterborough	Peterborough	
Sun 08/04/18	SMOC Keyne-O, Ouzel Valley Park	Local	SMOC	EAOA	Ouzel Valley Park	Milton Keynes	
Sat 14/04/18	UEA Sprint event	Regional	NOR	EAOA	UEA	Norwich	TG151173
Sun 15/04/18	Norwich Urban	Regional	NOR	EAOA	Norwich City	Norwich	
Sun 22/04/18	Culford Sprints	Local	SUFFOC	EAOA	Culford School	Bury St Edmunds	TL837703
Sun 22/04/18	East Midlands League 2018	Regional	LEI	EMOA	Castle Hill Park	Leicester	SK550086
Thu 26/04/18	Training Night - Astronomy & Madingley Rise	Activity	WAOC	EAOA	Astronomy	Cambridge	
Sat 28/04/18	Wivenhoe Sprints	Local	SOS	EAOA	Wivenhoe Park	Wivenhoe	
Sat 28/04/18	Meldreth TrailO/Temp O	Activity	WAOC	EAOA	Meldreth Village Hall	Meldreth	
Sun 29/04/18	HAVOC SWELL & ESSOL event	Regional	HAVOC	EAOA	Hadleigh Park	Hadleigh, Essex	TQ802869
Sun 06/05/18	SMOC Keyne-O, Loughton Valley Park	Local	SMOC	EAOA	Loughton Valley Park	Milton Keynes	
Wed 09/05/18	Training - Bar Hill	Activity	WAOC	EAOA	Bar Hill	Cambridge	
Sat 12/05/18	WAOC Urban Sprint	Regional	WAOC	EAOA	St Neots	St Neots	
Sun 13/05/18	Danbury Park YBT heat	Regional	SOS	EAOA	Danbury Park	Danbury	TL773052
Wed 16/05/18	Training Night - North Cambridge	Activity	WAOC	EAOA	North Cambridge	Cambridge	
Sun 20/05/18	NOR event	Regional	NOR	EAOA		Norfolk	
Wed 23/05/18	Training Night - St Neots	Activity	WAOC	EAOA	St Neots	St Neots	
Sun 03/06/18	NOR summer series	Local	NOR	EAOA		Norfolk	
Sun 03/06/18	SMOC Keyne-O, Howe Park Wood	Local	SMOC	EAOA	Howe Park Wood	Milton Keynes	
Wed 06/06/18	Training Night - St Johns Playing Field	Activity	WAOC	EAOA	St Johns Playing Field	Cambridge	

Sun 10/06/18	SUFFOC summer series	Local	SUFFOC	EAOA		Suffolk	
Wed 13/06/18	PuntO: Punting orienteering course on River Cam	Activity	WAOC	EAOA	River Cam, Trinity Punts, Town Bridge	Cambridge	
Sat 16/06/18	SE Sprint Championships	Regional	CHIG	SEOA	Olympic Village, Stratford	London	
Sun 17/06/18	Highwoods, SOS Colour coded and ESSOL	Regional	SOS	EAOA	Highwoods	Colchester	TM001274
Sun 17/06/18	NOR summer series	Local	NOR	EAOA		Norfolk	
Wed 20/06/18	Coton Training	Activity	WAOC	EAOA	Coton	Cambridge	
Sun 24/06/18	SUFFOC summer series	Local	SUFFOC	EAOA		Suffolk	
Sun 01/07/18	NOR summer series	Local	NOR	EAOA		Norfolk	
Sun 08/07/18	SUFFOC summer series	Local	SUFFOC	EAOA		Suffolk	
Sun 15/07/18	SMOC Keyne-O, Great Linford	Local	SMOC	EAOA	Great Linford	Milton Keynes	
29/7/18 to 03/08/18	Lakes 5 Day	National			Lake District		www.lakes5.org.uk (+ see below)
Sun 12/08/18	Stowe Park Middle Distance	Regional	SMOC	EAOA	Stowe Park	Buckingham	SP681364
Sun 09/09/18	SMOC Keyne-O, Linford Wood	Local	SMOC	EAOA	Linford Wood	Milton Keynes	
Sun 16/09/18	Ampthill Park Local event	Local	WAOC	EAOA	Ampthill Park	Ampthill	

MULTIDAY EVENTS IN UK



British Orienteering AGM will take place on JK Day 1 (31/03/18) at 5:15pm in the gym by the arena.

JK Biathlon Orienteering



In what is maybe a first for a major event in the UK we are planning to introduce biathlon orienteering. If you have seen the ski biathlon on TV, you will know that it involves a combination of accurate shooting and intense cross country skiing. The secret being to be able to hold a rifle and aim accurately when your pulse is pounding. You may not know, but there are established biathlon orienteering events based on the same principal except you do a short O course in between shooting. Anyone who has been to the O Ringen may have seen this there.

LAKES 5 DAYS 2018



<https://www.lakes5.org.uk/>

The event will incorporate five individual national events between Sunday 29th July and Friday 3rd August 2018 with one rest / activity day.

Event 1	29/07/18 Sunday	Silver Howe
Event 2	30/07/18 Monday	Angle Tarn Pikes
Event 3	31/07/18 Tuesday	Harrop Tarn
Event 4	02/08/18 Thursday	Askham Fell
Event 5	03/08/18 Friday	Graythwaite
Event 6	01/08/18 Wednesday (Rest Day)	Ulverston Urban

