



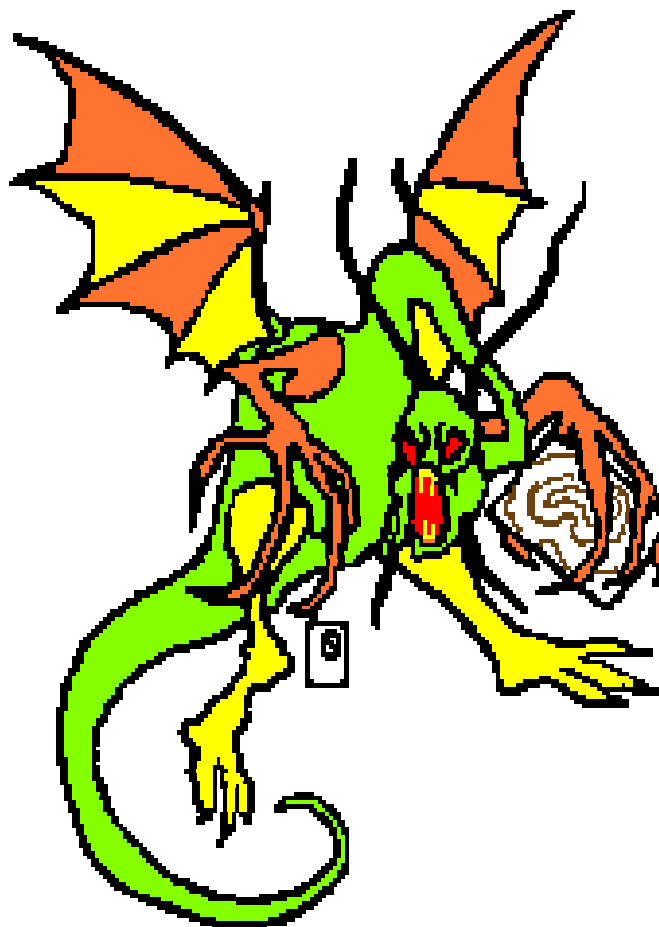
West Anglian
Orienteering
Club



JABBERWAOC

Vol.41 No.1

April 2013



*And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burred as it came!*

Editorial

Good to see 55 WAOC members taking part in the annual JK event. Good terrain and maps of the Chilterns but bitterly cold so I tended to lose contact with my hands and feet rather than the map until I warmed up on my courses – just don't ask about Control 3 on my leg of the Relay! Do send in all your impressions of Emit versus SI, sprint at Reading University, Hambledon and efficient bussing from Newbury for Sunday's course. These will be included in next issue of Jabberwaoc. All thanks to Mike Capper for his long stint as Editor of Jabberwaoc since July 2007 and for his continuing advice, which is invaluable. His article about his Portugal O trip sounds great, especially the size of the geological aspects. Congratulations to Rachel Pocock for being chosen to represent W40-50 in Team England at the Interland Orienteering competition in Breda, Holland in March. You can read about her eventful trip here and see her maps in the online version. This issue includes AGM Minutes and awards, details of Clubnights and new ventures in Peterborough, 5Km runs and much more. Being an active member of any club brings its own reward so let me know what you would like to include.

Hazel Bickle

Look at the online edition for more photographs and colour maps.

Next Copy Date - 10th June 2013

Chairman's Chat

I'm not sure if an incoming chairman is supposed to lay out a vision for the future of the club, but as someone* once said, "Prediction is very difficult, especially about the future". I don't think anyone in the club a few years ago could have guessed we would be putting on weekly mini-events and training sessions throughout the year, all involving electronic punching, in addition to operating a Summer Series as well as the more established winter season events. This month the club is laying on the first of a series of events in Peterborough as part of a new initiative which might also turn out to have a transformative effect on the club. It will certainly help us in our intention this year to use venues outside of the Cambridge city area in midweek activities. Cambridge has necessarily been a focus in initiating the clubnights, but concentration in one area is unfair to members based elsewhere.

WAOC has benefited hugely from the close collaboration with CUOC that has developed over the past few years, so I am very pleased to learn that CUOC has been awarded best student orienteering club and runner up in club of the year. Our weekly clubnights owe much to efforts from CUOC and I look forward to this relationship continuing to develop.

Tim's summary at the AGM of the club's main achievements of the past year is printed in this JabberWaoc. I'm pleased to be able to add some news from the JK, where Tom Hemingway won the M18L category in the individual days.

My own experience of the JK reads like a life history: Childlike enthusiasm at the sprints on Friday, enjoying the combined challenges of breakneck navigation - a control every 100m on average - and novelty of Emit card punching, which gives no comforting beep and where the brick (how dare those southerners call it a dibber?) must be presented at just the right angle to the control to obtain the backup pin punch; Yomping through runnable forest on Day 2 tackling the uphill and downhill

sections, being amused at how contrary the Emit stations are compared to SI; suddenly realising my own mortality on Day 3 where the legs reminded me how much climb there had been the day before and how physically unprepared I really was, and at the same time noticing that those pesky Emit cards are actually quite inconvenient; and by the relays on day 4, wondering why the same terrain that was no problem two days previously suddenly seems of alpine magnitude whilst cantankerously considering who is more of an idiot – the inventors of the Emit system or myself for choosing to go out orienteering 4 days on the trot. Once the knees unseized however, I'm left with pleasurable memories of red kites, excellent terrain, and a fantastically organised event.

Peter

*According to which bit of the internet you look at, that someone may well have been Einstein, Bohr, Churchill, Groucho Marx, or Mark Twain.

WAOC Committee

Chairman:	Peter Woods (01223 721433) peter_woods@ntlworld.com	Secretary:	Rakesh Chandraker (01223-440319) rakesh.chandraker@ntlworld.com
Treasurer:	Cath Pennington (01223 2333931) cath_pennington@hotmail.com	Captain:	Graham Louth (01223 246145) graham@louths.org.uk
Junior Captain:	VACANT	Fixtures Secretary:	Bob Hill (01487 834183) bobhill76@yahoo.co.uk
Convenor:	Peter Allen (01954-211446) science@huccombe.org.uk	Mapping Secretary:	Neil Humphries (01462 434859) n.humphries@ntlworld.com
Membership Secretary:	Anne Duncumb (01223 843064) memsec@waoc.org.uk	Equipment Officer:	Caroline Louth (01223 246145) caroline@louths.org.uk
Website Maintainer:	Ben Holland 07787 508093 ben.holland@thirdlight.com	Publicity:	Seonaid & Mike Dudley (01480 381192) mands.39351@virginmedia.com
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Junior Coordinator:	VACANT	Development Chairman	Chris Morley (01223 316400) ctm1@cam.ac.uk

Welcome to new members

David Coton from Meldreth

Guro Harstad, Trond Arntsen and family (Kajsa W6 and Kasper M3) from Cambridge

Jonathan Pye from Fen Ditton

Chris Robinson and Katie Hatton from Stapleford

Matt Rowe and Rachel Oxburgh and family (Tom M8 and Daniel M6) from London

Welcome also to CUOC members joining WAOC as 'Club only'

Joe Hobbs, Fiona Love and James Rickards

We hope you will all enjoy your Orienteering with WAOC

Anne Duncumb (membership secretary)

WAOC O-tops

I plan to put in an order in the next 2-3 weeks, so please let me know soon if you wish to order a top. We have to order 5-6 tops at once, so it may be some time before the next order is placed. The tops come with long or short sleeves and tend to come out on the large side, so it is worthwhile trying on another club member's top for size, if you can.

Here are the details:-

Cost £32.00 + £1.50 p& p (same price for all sizes and for long or short sleeves)

Sizes: XXS to fit 32 - 34" chest

XS to fit 34 - 36" chest

S to fit 36 - 38" chest

M to fit 38 - 40" chest

L to fit 40 - 42" chest

XL to fit 42 - 44" chest

XXL to fit 44 - 46" chest

The O-tops are available to order only. Delivery time is 4 weeks. If you wish to place an order, please send the following information to: Anne Duncumb, 5A Woollards Lane, Great Shelford, and Cambridge CB22 5LZ:-

Size(s) and number(s) required, long or short sleeves, your name and address and a cheque made out to WAOC for £32 x number of tops ordered (+ £1.50 p & p, if required). Cheques are not banked until the order is placed.

Anne Duncumb (WAOC membership secretary <memsec@waoc.org.uk>)

Miracles of modern technology

- 1 I have a friend from schooldays who lives in Auckland, NZ
- 2 She has a son who is a top class orienteer
- 3 He took part in the Oceania Orienteering festival in NZ in January
- 4 I checked his results on the web each morning
- 5 He won his class on Day 5
- 6 I emailed my friend with congratulations for him
- 7 He had left the event before the results came up and didn't know until he got home.
- 8 Results to the web; to me in the UK; to my friend in NZ; to her son (great delight and a dash to the computer).

It's a small world!

Anne Duncumb

Greensands Ridge Relay 2013

22nd June 2013 is Greensands Ridge Relay day again. If you would like to be a part of a relay team that covers 33.4miles from Waterside Park, Leighton Buzzard to Northill Church, Bedfordshire (where there is a pub and a BBQ) please e-mail me (address below). WAOC have entered for most of the past ten years. The route goes through some of our areas: Ampthill and Maulden and skirts Chicksands. We need six runners to split the 33miles with some legs as long as 8 miles and some 5miles. This is a handicap race so everyone is welcome. Basic navigation skills are useful but you can recce the route in advance if necessary. I will enter a team or two so let me know if you are interested.

More details at <http://www.smoc.info/GSRR/index.shtml>.

Steve steve.hinshelwood@ntlworld.com

Summer Clubnights spread out of Cambridge with the Peterborough initiative.

This summer Clubnight is expanding to cover the whole WAOC area from Epping Forest to St Neots and to Ferry Meadows in Peterborough. Starts usually between 6.15 and 7.30pm – for details and to go on mailing list contact Peter Allen (science@huccombe.org.uk)

Date	Clubnight Location/Activity
Weds 17 th April	St Neots town centre Street O http://pininthemap.com/4189f0290ee9ba7bd £2/£1
24 th April	Ferry Meadows, Peterborough. New Peterborough initiative http://www.pininthemap.com/pp92dc99aae9d61ffd8 Sunset 20:15
1 st May	Trinity Science Park, Milton Road http://www.pininthemap.com/pp1b758fbbdc0e605e1 £3/£1
8 th May	The Backs including Maths, Sidgwick Site, Burrell's Field
15 th May	Wandlebury, Gog Magog, Cambridge - score event
22th May (half term)	Epping Forest CHIG vs. WAOC Transport ongoing from Harlow Station organised by CHIG, if we need it. London commuters could get direct to Tube near Epping N. Sunset 21:00
29 th May	Ferry Meadows, Peterborough
5 th June	Hinchingbrooke (to be confirmed)
12 th June	Fen Ditton Street O, Stourbridge Common street O:
19 th June	Cambourne
26 th June	Punt O (Term Time)
3 rd July	Ferry Meadows, Peterborough

Series of Thursday evening events over summer

Informal format events will start a Summer League from the Fen Ditton (June 12th) and Cambourne (June 19th) events then possibly transferring to Thursday for fortnightly events over the summer. Summer 2013 coordinator is Peter Allen. Please contact him (science@huccombe.org.uk) if you can offer an evening event in July or August.

Light cool summer evenings are ideal for orienteering so where a clubnight location is accessible from work or home, please come along and support these important events that help enhance the social side of WAOC and encourage new participants to continue. The formula for any month, gives one event in the South, one in the North, and two in or near to Cambridge. The Science Park is a prime urban location and counts as "cross all areas" so we are extending starts to 7.45 pm for a second visit in daylight. SMOC and other clubs will be invited to the Punt O on the River Cam

Peterborough Initiative

Our Regional Development Officer, Natalie Shaw, has been working on this for 18 months and now at last the pieces of the jigsaw fall into place. Maps are made, local sports coaches are trained to lead orienteering sessions and the location in central Peterborough is ready for a monthly introduction to orienteering for novices over the summer. Please come along and support this, especially if you live near Peterborough. Your presence will help get the initiative under way and then encourage newcomers to continue orienteering. This "course" will be publicised to the public and sports and running clubs within Peterborough.

Regional Development is funding this Initiative. The overall plan is that the lead sports coach, Rosalind Haycock, will be the administrator and our club coaches will have input, as will our local members for a two year rolling plan. The clubnights on 24th April, 29th May, and 3rd July will be the start of regular monthly or more frequent meetings in Peterborough. What the members of the group wish for will determine the frequency of further events here.

5km Park Run – from Peter Duthie



Having enjoyed two years of 5km Parkruns at Milton Country Park, for 2013 most of the WAOC runners have decamped to the hillier challenge of Wimpole Estate. The new course must suit us, as WAOC currently has the third highest club run count, the female points leader (Angie Hinshelwood) and the second highest male points score (Steve Hinshelwood). Fourteen from WAOC have run to date - can we increase that number? The forthcoming orienteering event at the estate has got a mention on the Wimpole parkrun webpage and also their Facebook page, and Peter Woods has been allowed to leaflet the runners. Even if we do not get many more at the event, the profile of the club must have benefitted.

<http://www.parkrun.org.uk/wimpoleestate/>

On another WAOC mapped area, the Huntingdon parkrun at Hinchingsbrooke Country Park starts on 13th April. Another inaugural event will probably tempt us away from Wimpole for that Saturday, but the WAOC favourite seems likely to remain Wimpole.

<http://www.parkrun.org.uk/huntingdon/>

Come and join us for a 5km run - every Saturday - start at 9am - no need to pre-enter but you need to register and print a bar code if you want your result to be recorded. Run is free, but parking is £2. Coffee afterwards at the National Trust tearoom. And if you cannot make Saturday mornings, come and join us for a 60 minute run at a gentler pace on Thursdays at 6.30pm - with the lighter evenings the head torches can be put away. Different run and different pub each week - an email list provides the details.

Peter Duthie

Minutes of the WAOC Annual General Meeting

16th March 2013

St Matthew's Church Hall, Cambridge

Present: **Peter Woods, Sue Woods, Anne Duncumb, Ursula Oxburgh, Philip Levi, Mike Dudley, Seonaid Dudley, Oliver Hague, Helen Hague, Daniel Hague, Sam Hague, Peter Allen, Lakshmi Chand, Gopal Chand, Jaya Chand, Caroline Louth, Graham Louth, Tim Mulcahy, Rakesh Chandraker, Cath Pennington.**

1) Apologies for absence

Rachel Pocock, Bob Hill, Ian Lawson, Stephen Borrill, Robert Campbell and family, Iain & Andrew Stemp, Hally Hardie, Ben and Emma Holland, Bruce & Maria Marshall, Peter Duthie, Anne Braggins, Mike Capper, Alice Hodgkinson, Mike & Hazel Bickle, Helen Bickle, Ron Oxburgh

2) Minutes of the last AGM 2012

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

3) Chairman's Report – Tim Mulcahy

Tim is stepping down after three years as Chairman. He reflected on the achievements of past year, maintaining momentum on the competition front and in terms of club development.

Tim described how in 2012 the club qualified for the Compass Sport Cup final in September at Teviothead. He proudly noted that this was the second time in three years. In probably the worst orienteering conditions anyone could remember, each of the dozen or so WAOC competitors completed their courses without mis-punching. Outstanding achievements were Mike Bickle finishing 3rd on Green Men with 98 point, Edward Low's excellent effort to complete the Orange course aged only 10 and Hally Hardie – an evergreen M70 - overcoming the physical challenges on his course in under two hours.

WAOC once again triumphed in retaining the Icenian Trophy at the Thetford Thrash in February and battled hard to finish 4th out of 7 clubs in 2013 Compass Sport Cup qualifier.

Tim also wished specially to mention the performance of the WAOC Wingdings mixed ad-hoc relay team at British Champs Relays, where Steve Hinshelwood, Graham Louth and Catherine Hemingway combined to come in 3rd position to pick up Bronze medal – a fantastic achievement, only 6 seconds behind 2nd place.

In terms of Club development, the Club Nights programme continues with collaboration from CUOC and nurtured by Peter Allen. It is hoped to put on a new urban event in Ely in 2014 and a completely new map will need to be created to support this.

Tim thanked the committee for their work this year and previous years, especially Cath as treasurer, Anne for membership responsibilities, Bob Hill for stepping in a fixtures secretary, Chris Morley and Peter Allen for their work on club nights, Mike and Seonaid on publicity, Ben Holland for managing the website and Peter Woods for convening events and ensuring they get put on. Mike Capper is retiring as Jabberwaoc editor. Tim reflected, *"He has produced a consistently high standard of excellent editions of this magazine for sharing club news and members' activities and achievements. He will be a hard act to follow but luckily we have Hazel Bickle willing to take the baton from Mike."*

4) Captain's Report – Graham Louth

Graham provided a run down on competition activities, focussing primarily on events outside of the East Anglia region.

The JK 2012 saw 23 club members take part with Hazel Bickle finishing 3rd overall in W60S. The club entered 5 relay teams with WAOC Whizzers (Tom Hemingway, William Louth and Thomas Louth) coming in 4th.

British Champs in the Lake District had 16 club competitors with 2 podium finishers – Hester Dewhurst and William Louth.

The Compass Sport Cup qualifier at Fineshade had an excellent turnout with WAOC; first and second place were taken by two of the strongest orienteering clubs – Derwent Valley and South Yorks. WAOC was just pipped to 3rd place by LEI. Good performances by Catherine Hemingway, Tim Mulcahy, Rachel Pocock and Rob Campbell.

In the Yvette Baker trophy qualifier, WAOC was beaten by arch-rivals SOS. This was due to sheer numbers. To be effective in Yvette Baker we need more juniors!

Finally congratulations to Rachel Pocock, selected to run for England in W40 at Interland in the Netherlands in March and finishing 6th in her class.

5) Treasurer's Report & Acceptance of Accounts

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

Points to note from the accounts include allowances for increased costs due to toilet hire, changes in the BO Levy and greater uncertainty about Forestry Commission charges. The club provided support for Tom Hemingway's

attendance at Lagganlia in the form of a grant. In the junior fund there has been no change in the balance, and in future this fund will be used for coaching of juniors at Club Night. Huntingdon money will be used in the coming year to fund the Ely urban event. The Future Coaching fund represents coaches fees that have been waived.

Philip Levi raised a few points from the floor. He noted how expensive room hire at the Athletics Centre appeared to be for club nights (this has been addressed), and the costs of improving quality, e.g. maps, coaching etc. he was pleased to see the grant for Tom and emphasised how fortunate the club is to have the accounts organized so thoroughly by Cath.

6) Awards and Presentations 2013

Chairman's Awards 2013

As ever it has been difficult to choose a winner for each of the categories at the Chairman's discretion. The following reflect the Chairman's choice:

The Owl

is for outstanding senior performance. Awarded to **Graham Louth**. At the time of nomination Graham was 7th in the WAOC BOF rankings and 64th overall out of 469 in the M50 class, i.e. in the top 14% in M50. Graham excels in Sprint orienteering in which there is little room for error. He is also acknowledged here for his dedication as Club Captain and his outstanding achievement in leading the club to two Compass Sport Cup finals in the past three years

The Chairman's Cup

is for our most outstanding junior orienteer. Awarded to **William Louth** for his excellent performance finishing 10th in his class, M14, at the JK2012, and for his impressive finish in the Compass Sport Cup qualifier at Fineshade. Most striking is his 11th place on the Brown course in the year's Icenian.

The Tortoise

is for outstanding contribution to the Club and its affairs. Awarded to **Peter Allen**. Peter receives this award for his consistent and enduring commitment to organising the weekly Club Night as well as his contributions to both the WAOC Development Sub-committee and Main committee.

In 2011 Peter took over the Club Night reins from Caroline, Ursula and Chris and has developed this event from its origins to its current weekly success through his determination, enthusiasm and inspiration in nurturing close relationships with CUOC. In the relatively short time that Peter has been a WAOC member he has certainly made his mark and through "rain, wind and snow" has sustained the momentum of the Club Nights - no mean feat as organising a Club Night event demands much the same workload as a regular orienteering event – but virtually every week!

WAGAL Champions 2012 (based on a minimum of 3 events)

Junior men	1 Sam Hague	2 Dan Hague	3 Ed Low
Junior women	1 Jaya Chand		
Senior men	1 Brian Cowe	2 Sean Blanchflower	3 Ben Green
Senior women	1 Alice Hodgkinson	2 Helen Bickle	3 Lakshmi Chand
Veteran men	1 Mike Bickle	2 David Cooper	3 Bob Hill
Veteran women	1 Ursula Oxburgh	2 Seonaid Dudley	3 Sue Woods

Compass Point Masters - class winner

W75 Ursula Oxburgh

East Anglian Champions 2012

M18	Thomas Louth	M20	James Haynes
M45	Steve Hinshelwood		
W45	Rachel Pocock	W60	Jane Howsam
W70	Seonaid Dudley		

East Anglian League Winners 2012

M10	Sam Hague	M35	Ben Green
M45	Dil Wetherill	M60	Mike Bickle
W70	Seonaid Dudley		

Juniors - Colour coded badges

Ellie Low White
Daniel Hague Yellow
Sam Hague Orange
Oliver Hague Orange





7) Election of Officers

Rakesh Chandraker was re-elected by the meeting to serve another year as Secretary. Proposed by Peter Woods and seconded by Anne Duncumb

Cath Pennington was re-elected by the meeting to serve another year as Treasurer. Proposed by Caroline Louth and seconded by Seonaid Dudley

Tim Mulcahy stood down as chairman. Peter Woods was the only candidate for the role and was proposed by Peter Allen and seconded by Anne Duncumb and elected by unanimous show of hands.

Tim added a last reflection *"Finally, I wish my successor all the very best over the next three years of office as Chairman. As a committed orienteer and very experienced committee member I know he will do the very best of jobs in ensuring the future prosperity of the club."*

8) Officer Vacancies

Events Convenor. With Peter Woods taking on the role of chairman, Peter Allen has agreed to take on the role of events convenor.

Jabberwaoc Editor. Mike Capper is stepping down as Jabberwaoc editor and Tim has indicated that Hazel Bickle will kindly take on the job.

9) Any Other Business

The following upcoming events were reported:

- 14th April - Wimpole event (information on website)
- 27th April - Planners course (please contact Caroline Louth for more information)

JK 2013



More reports from JK in next issue but early results show many WAOC competitors finishing in the top third of their group with notable performances from our Juniors in the SPRINT: M10 Daniel Hague 6th; Emile Zsak 7th, M12 Sam Hague 6th; W14 Catherine Hemingway 14/52 and on M16 William Louth 14/72. Day 2 + 3: Tom Hemingway was overall winner of his M18L class with Matthew Haynes 7th. Graham Louth came 5th in M50S and Jonathan Cronk 7th for M21S.

Apologies if I missed your excellent ranking – more next issue so please send me your comments on JK.

Anne Braggins sends a very big thank you to all the WAOC members who so kindly reacted to her email and came to help with the **TrailO**, some on both days. The event would have not been the success that it was without your help in rather cold conditions, at least we did not get wet as well. Best wishes, Anne.

Dick Keighley adds his thanks to the WAOC helpers, who did a great job in the cold.

JK 2014 will be in South Wales over the Easter weekend 18th – 22nd April 2014. The next weekend event is the British Orienteering Championships 3rd - 5th May in the Surrey Hills. Contact Graham Louth if you would like to run in the relay.



WAOC Tops sighted at JK
from JK2013 website
at <http://www.thejk.org.uk/jk2013/>

Sprint



Sprint and Day 2



Day 2



Relays





Many red kites seen at
Hambleton

CUOC awarded University Club of the Year.
Who do you recognise from Clubnights?



News from Press Office:

Hello out there, let me introduce myself – I'm Seonaid Dudley one half of your Press & Publicity Officers. Having done the press reports for Walton Chasers for over 20 years, I was surprised to find no mention of the WAOC winning the local round of the CompassSport cup in Jan 2010, just after we had removed from Stafford (It was our first event for WAOC in Shouldham Warren). So I contacted Alison Sleight and she was very pleased for me to contact the press. Shortly after, we took over the publicity from her, but this was not what I had intended! It has been a big learning curve, as in WCH, the flyers are always produced by the event organisers!

However, I send articles/reports to the local freebies and sometimes the paid press weekly, if possible with uncertain success! Here in Huntingdon we have 2 local weeklies. The Hunts Post has a very insular attitude and only prints articles relating to areas or people from its catchment – i.e Huntingdon, St. Ives, St. Neots and close villages. The News & Crier (local edition) is much more open and usually prints something each week. I also send articles infrequently to the Royston Crow and Royston Weekly News if Rachel Pocock and my family (sadly of DRONGO as it's free) do anything worth reporting. Also to the Stevenage/Hitchin Comet if the Wetherill family succeed. Recently, the Royston Crow published an article on Rachel when she was selected to run for the Interland competition. Much to her disgust it also dug out a picture of her I'd sent in at the 2012 AGM when she won the Owl trophy! The last week of March saw it also print an article with her results and also the Dudley family success in the East Anglian champs, with a photo of Elizabeth. We (the The Dudleys) had our photo in the Hunts Post for the same event.

I send articles to the Cambridge edition of its freebies and to the paid paper but the only success I had there was way back in 2011 when Ursula won the new Masters title for the first time. I've sent stuff in for the Wed 'run, cycle, walk' centre spread, to no avail. I tried hard to get William Louth's world schools selection in and also the CUOC 4th in the University Champs and in winning 3 of the 4 titles over Oxford in the Varsity match – sadly not printed!

Since I started in March 2010, we have had several pictures printed, the Hunts Post actually sent a photographer to both of the 1st Huntingdon town events. We had the 2010 Midland Champ winners pictured (remember Anna Falk?). Ursula heads the famous faces, she has been featured 4 times, Tom Hemingway and Catherine each 3 times, Rachel, Elizabeth and me twice and Caroline and Colin Curtis once each. Other than that, I know many of your names, especially the regulars but not all the faces yet!

Each year we have a spread in the Mildenhall Messenger written by John Barker, often with a picture. Sadly he is retiring after the summer, so our event in Oct will definitely be his last.

We both (Mike & I) print flyers for our events. Some in A4 colour are laminated and hung or affixed to various railings, Forestry boards, sports centres, libraries and the like. The rest are A5 in b&w for taking to events, and Mike produces trifolds with the club nights and our fixtures detailed. In fact I've more or less taken over from him as he is heavily involved in our local U3A committee.

I really don't know how much response we get from all of this from the general public! Do we ever get any new members? If you wish to see yourselves in print, then come along to the annual AGM in March when we take along the current year's efforts.

Interland Competition (PROM - Public Regional O Meeting) - March 2013

In March of this year I was lucky enough to travel with Team England to the Interland Orienteering competition in Breda, Holland to run in the W40-50 age group.

The competition, which this year was between 7 teams from regions in Belgium, France, Holland and Germany, has been running for many years and has been won by England for the last 19 years - so no pressure.

The competition began its life as the Continental Cup and has evolved since then in to the Interland. I had run in this competition before, in the mid 1980's as a junior for England but, as I was reminded when I received my England badge, not in this Century!!



Receiving my 21st century England badge from Phillip Gristwood!

March 8th saw the team head out to Dover, after a couple of pick up points filled the coach with the complete team. All classes have 3 England representatives but after M/W35 the age groups are in 10 year blocks up to M/W60, so the 60 seater was all but full.

A medical emergency on board necessitated a tour of Dover then Canterbury hospital and 3 pharmacies through a very wet Canterbury rush hour, although I did manage to spot through the gloom, a couple of control sites from last year's Urban O race!

The first drama of the trip over, we boarded the ferry for Calais and arrived just after midnight at Bruges YH.

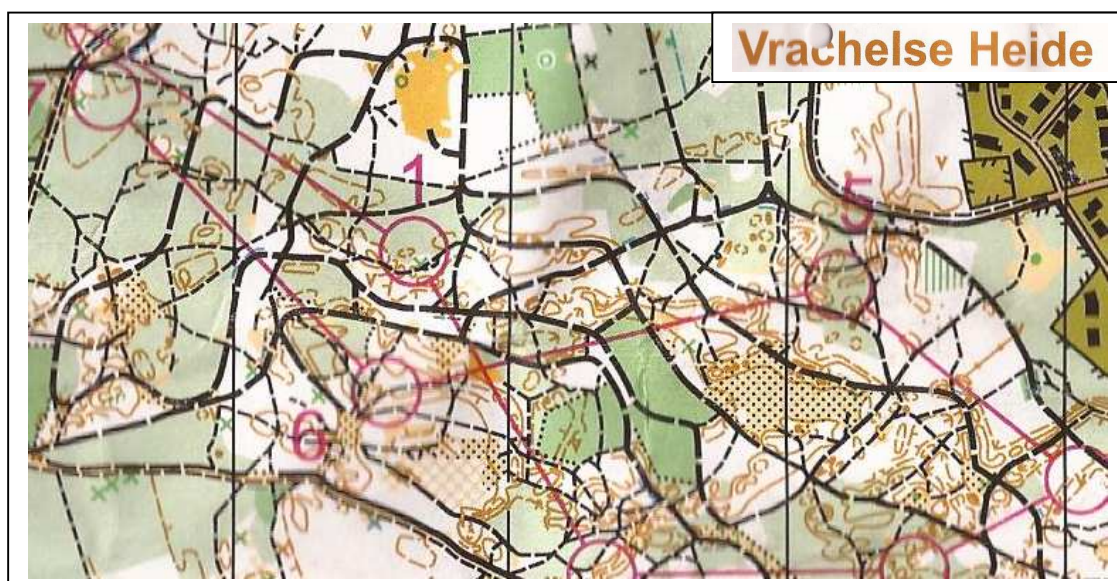
Despite crossing the Channel we hadn't left the dismal weather behind and after a truly continental breakfast - cheese, ham, chocolate spread, and honey (not all on the same sandwich) we set off through the drizzly Bruges suburbs to head for Breda, Holland.

2 hours later we arrived at Kamphius 'Ahoy', our second accommodation site, from where we were to run the 'training' middle distance race on Saturday afternoon and an optional night event that evening. The Dutch club - Oliphant were hosting the competition this year and the middle race was an opportunity to see how race procedures would be for the big competition on Sunday.

'Vrachelse Heide' was the area for both Saturday races. Used extensively for recreation, it had many paths on it, the smaller ones of which weren't mapped. In reality, there was a random network of paths and patches of intricate sand-dune like contour detail. The area was obviously used by dog walkers and mountain bikers alike but visibility was generally good and it was a case of keeping a close eye of which path you were on, which direction you were running in and ducking off the paths and reading the contours to hit the control cleanly. (No great revelations there then!)



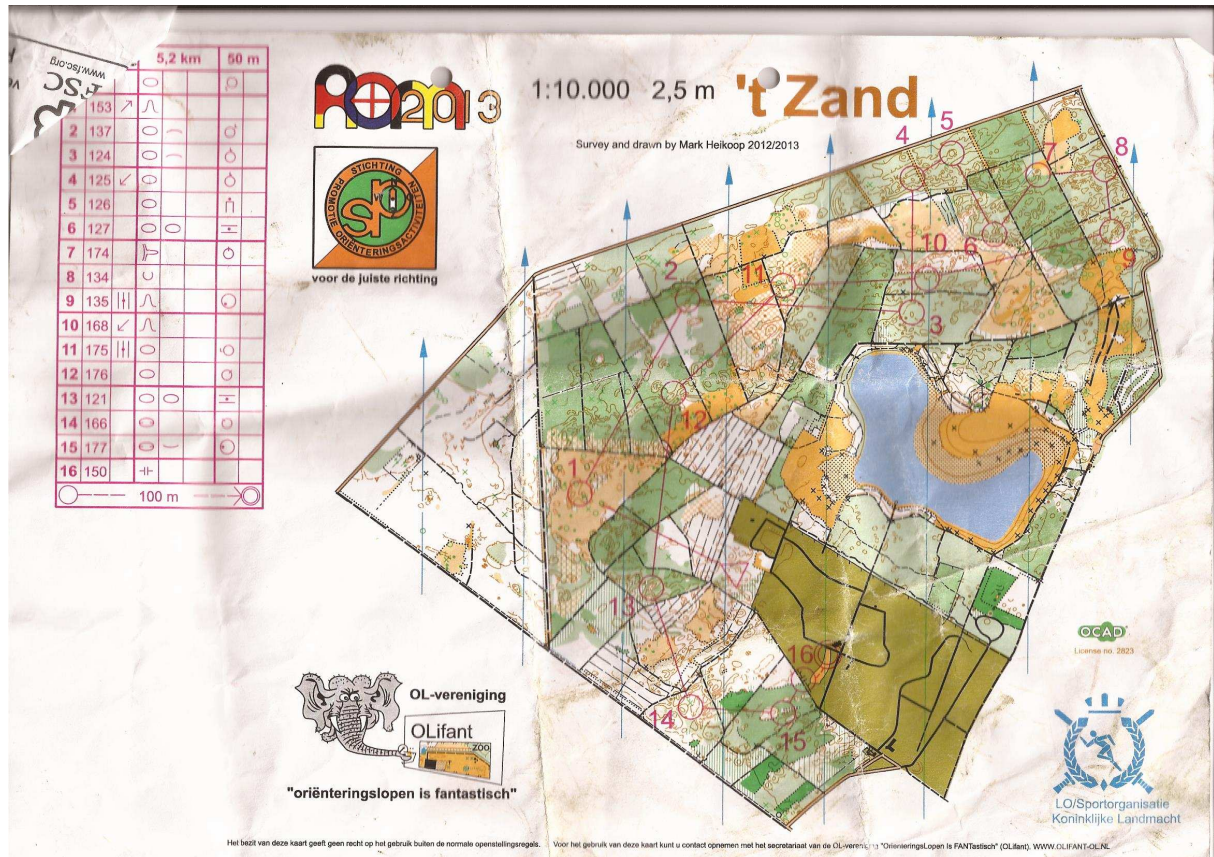
I had a steady run, getting all the controls cleanly, and enjoyed the warm up. I was looking forward to the real competition. The rest of the day was spent trying to get warm (4 bunks, 8 people in a very small room helped). The club provided us with a good hot dinner. The night event (I'm still not a convert) helped while away the evening for some as did a full team meeting followed by card games and route and splits comparisons. Another A&E visit also ensued with one of the M35's sustaining a



'glueable' gash on the head. Apparently though, hot drinks on tap and comfy sofas in A&E proved not to be such a bad destination and the injured party competed the next day.

An early start on Sunday provided us with faint flurries of snow and a short coach journey to 'tZand', the event centre and competition area. The road in skirted us

around the terrain and it was easy to see that it was less runnable than the day before, more undergrowth - would the more rigid path network be quicker than going straight? There were also recent forestry workings creating rutted paths and extra tracks.



I began by sticking to the paths and reading ahead to get into the map and plan my routes. The paths were easier to read this time - less random and less of them but again it was a case of controls being placed in fine contour detail off the paths. I gradually started cutting corners and running straighter and hit all the control sites cleanly. I had a slight detour between controls 2 and 3 when I couldn't make the paths 'fit' and headed off down the wrong one. A quick compass check thankfully stopped me going too far in the wrong direction and I tried to not berate myself for too long for a silly path mistake - they still happen! Later in the race I had to run back through the same area and the path that I'd not noticed previously was indeed too easy to miss. I completed the 5.2km course, which had 16 controls in 53:30 and was a little disappointed with my time. I couldn't allocate more than a few minutes to my mistake so maybe I'd been a little too cautious into the controls.

Nevertheless I was first counter for England in my class and came 6th overall. There were some excellent results throughout the team, juniors and seniors alike. (More details can be found at www.orientingengland.org.uk) This excellent team performance lead to England retaining the cup yet again and after a prompt 13.30h prize-giving it was a quick 270km dash back to Calais.

The final drama of the trip did not involve hospitals but a lightning strike by French P&O workers. The prospect of a night on the coach was averted by our persuasive and experienced coach driver, Roberto, who somehow got us on to the next imminently departing ferry, the lightning strike seemingly just that!



Team England – Interland 2013

Back on UK soil, the rest of the trip passed without incident and I returned home to Royston by about 22:30. (I did complete the trio of A&E visits the next day when one of my children sustained a broken finger at school - Dodgeball style and needed an operation the following day!)

The trip was a great experience and really well organised by an experienced team headed by John Rye who dealt with all situations very calmly! There were many 'O' faces whom I recognised from over the years and finally got to know, friends who were with me at those early Continental Cups, competitors and coaches alike, people who knew me as a Lomas and not a Pocock and people who know my mum and dad but didn't know me.

Sadly I couldn't run as fast as I did in the last century but it was also reassuring to know and good to be reminded that whatever the orienteering race, you still need the basics - keep reading the map and know which direction you are running in!

I would like to thank the WAOC committee for their generous financial support and words of encouragement. Both are very much appreciated.

Rachel Pocock
March 2013

Portugal O Meet 2013



I really enjoy orienteering in Portugal. The weather is generally good (well certainly better than it was in the UK at the same time) and the orienteering always seems to get the balance between physical challenge and technical difficulty just right

(translation - it's not too tough and you have to keep concentrating the whole time to do well).

The organisation is always pretty spot on (although to be honest the toilets on days 3 and 4 left a lot to be desired – thank heavens for large boulders!) and (as in most overseas events) there is a real effort to make the race a social event with bars and food. As a result, people seem to hang around all day which really adds to the atmosphere of the competition.

This year's event provided a range of challenges, with boulders to the fore and lots of fast running across rough open ground. There were plenty of opportunities to make mistakes but I was lucky that most of the time everything made sense so my mistakes were few and far between.

I will concentrate here on the pièce de résistance from the 6-races-in-4-days event (including a totally awesome night sprint race around the event centre town of Idanha da Nova) – the Day 3 sprint race at Monsanto. This was just immense – simply one of the best races ever. Rarely have I walked around somewhere genuinely awestruck – if you ever go to Portugal, this is a place you must go to.

The final details did not give much away - 'Urban area with a lot of small trees and castle of Monsanto with wonderful views' – but the course length (M55 1.1 km) hinted at something out of the ordinary. And so it proved. Words can hardly express how amazing this race was. We started in the village – typical Portuguese with lots of small alleyways and sharp corners galore – but then moved into the most extraordinary terrain I have ever seen.

World Champion Thierry Gueorgiou tweeted after the race that 'I do not keep a lot of maps in my archives anymore, but I have to find a room for today's POM sprint map.' High praise indeed.

The boulders were big!



And they were made into houses!



And the map showed all of them – some of the boulders even had contours on them to show their shape.

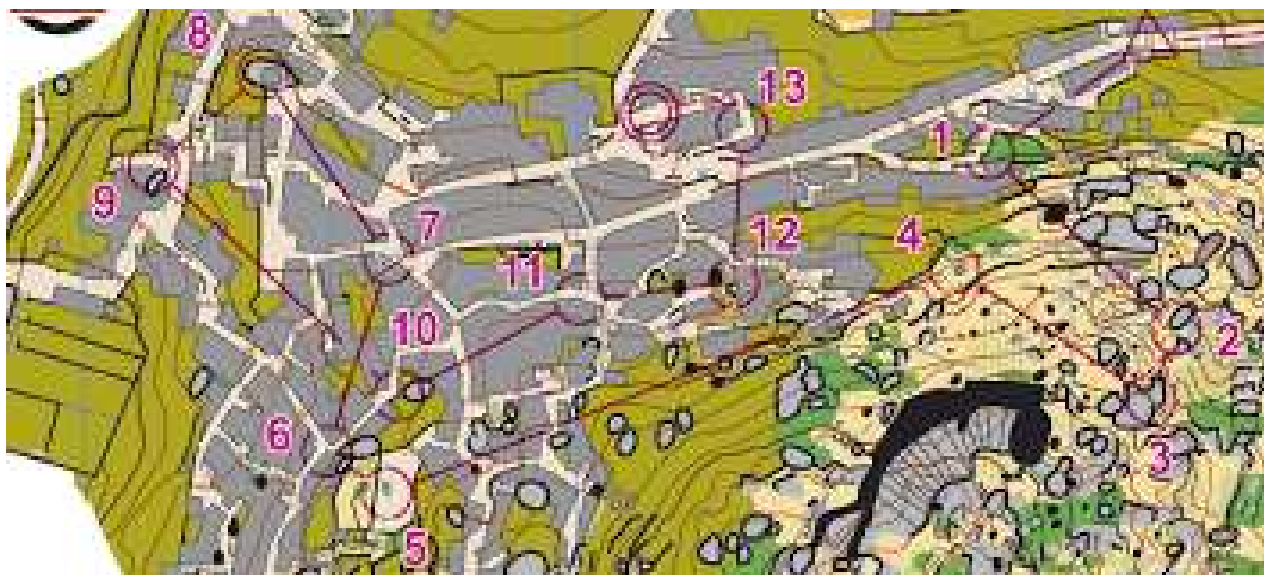
So the potential for serious errors was strong and as you can see from the M21E map there were some amazing control sites.



Number 7 was probably the best of the lot. This control was at the top of the castle wall – with a very steep drop on each side, and a gale-force wind blowing. I don't think the Portuguese do health and safety like the British (and thank heavens for that)!

I had a good run in the open... a not so good one from 4-5 as I moved from the boulders to the village- lulled into a false sense of security and quickly realising that

it would have been more time effective to choose a definite route before rushing off.
A lesson learnt, soon to be forgotten.



But this was just another superb afternoon of orienteering in a meet of brilliant competition, showing just what can be done with a bit of imagination – and typical of the Portuguese O Meet – if you even get a chance to go there, it is highly recommended.

Mike Capper

2014 Rules Consultation

The Rules of Orienteering and associated documents have undergone a ‘makeover’ for 2014. This consultation will be open from 23rd March 2013 - 31st May 2013 for everyone to comment on via a survey – details at

http://www.britishorienteering.org.uk/images/uploaded/downloads/events_competitions_rulesoforienteering_2014draftforconsultation_pdf.pdf

The Rules of Orienteering have been split into 3 sections: Definitions of terms, Rules of Orienteering – Competitors and Rules of Orienteering – Event Officials

The Appendices have been streamlined and all the mandatory clauses are now in the Rules of Orienteering and the rest has become guidance, moved to be a Competition Rule or deleted.

The Event Guidelines have gone altogether. Their content has moved into the rules, the Appendices or been deleted.

The Competition Rules have been re-ordered so all follow the same standard format but in essence remain unchanged.

The language of the Rules has been modernised and now all of the rules are requirements with the terms ‘should’ and ‘shall’ no longer used.

There are one or two new Competitors rules and these cover such things as use of mobile phones during a competition.

BO Ranking list

Position	Name	Club	YOB	M/F	Points	Contributing scores 
1 (221 -8)	Robert Campbell	WAOC	1966	M	7424	1247, 1231, 1225, 1243, 1237, 1241
2 (310 -12)	Tom Hemingway	WAOC	1996	M	7294	1197, 1213, 1229, 1229, 1197, 1229
3 (343 +19)	Dil Wetherill	WAOC	1964	M	7255	1200, 1186, 1198, 1266, 1195, 1210
4 (357 +1322)	Thomas Louth	WAOC	1994	M	7239	1250, 1217, 1200, 1179, 1206, 1187
5 (445 +15)	Steve Hinshelwood	WAOC	1964	M	7126	1170, 1205, 1195, 1193, 1185, 1178
6 (446 -26)	Brian Cowe	WAOC	1976	M	7125	1189, 1170, 1205, 1184, 1171, 1206
7 (546 -30)	Graham Louth	WAOC	1962	M	7015	1174, 1174, 1168, 1178, 1162, 1159
8 (650 -44)	Sean Blanchflower	WAOC	1973	M	6938	1146, 1166, 1163, 1162, 1134, 1167
9 (743 +1338)	Ben Green	WAOC	1977	M	6843	1176, 1142, 1133, 1106, 1135, 1151
10 (812 -50)	Michael Bickle	WAOC	1948	M	6790	1138, 1114, 1154, 1130, 1112, 1142
11 (834 -49)	Iain Stemp	WAOC	1965	M	6770	1138, 1149, 1138, 1107, 1159, 1079
12 (890 -47)	Mike Capper	WAOC	1955	M	6723	1130, 1118, 1108, 1121, 1125, 1121
13 (909 -45)	David Cooper	WAOC	1963	M	6709	1132, 1092, 1101, 1149, 1104, 1131
14 (949 -1)	David Cronk	WAOC	1960	M	6678	1110, 1093, 1113, 1119, 1103, 1140
15 (977 -55)	Rachel Pocock	WAOC	1967	F	6655	1130, 1092, 1103, 1103, 1115, 1112

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

EAOA Fixtures

Fixtures have been taken from the EAOA fixture lists as of April 10th 2013. 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)

April

Wed 24th	WAOC Clubnight	WAOC Clubnight, Ferry Meadows, Peterborough (see details on page 5)
28 th	HAVOC EAOA Level C	HAVOC Langdon Hills EA League, SWELL & ESSOL , Langdon Hills Country Park, Basildon, TQ680865 Dogs: Dogs to be kept under control. Organiser: Colin Jackson

May

3-5 th		British Orienteering Championships , Guildford, Surrey (http://www.britishorienteering.org.uk)
12 th	SMOC EAOA Level D	Keyne-O , Linford Wood, Milton Keynes, SP845407 www.smoc.info/
12 th	NOR EAOA Level C	NW Norwich Colour Coded Event , Houghen Plantation, Norwich Organiser: Alan Bedder www.norfolkoc.co.uk
19 th	SOS EAOA Level D	SOS Colour Coded Event The Naze incorporating ESSOL , The Naze, Walton on the Naze Organiser: David Lumby stragglers.info/home/index.php

Wed 22nd WAOC Clubnight WAOC Clubnight, Epping Forest – North
(see details on page 5)

25-26 Springtime in Shropshire, **Ludlow**
(www.wrekinorienteers.co.uk)

June

2nd HAVOC **HAVOC Warley Street-O**, Warley and South Brentwood, Brentwood, TQ601929
EAOA Entry times: 10am to 12 noon. Dogs: Dogs to be kept on lead and under control.
Level D Organiser: Janet Biggs , secretary@orienteering-havoc.co.uk

8th SUFFOC **Limited Colour Coded**, Bridge Wood, Ipswich, TM187408
EAOA Entry times: 10:00-12:30. Dogs: To be kept on leads.
Level D www.suffoc.co.uk

9th SMOC **Keyne-O**, Willen Lake, Milton Keynes, SP872405
EAOA www.smoc.info/
Level D

9th NOR **NOR Informal Score Event and AGM**, Gilhams Heath Plantation, Norwich, TG154417
EAOA Entry times: 10.15 to 11.00 for orange course. Dogs: IN PARKING AREA ON LEAD.
Level D Organiser: Alan Bedder www.norfolkoc.co.uk

16th SOS **SOS Colour Coded Highwoods incorporating EA School Championships**,
EAOA Highwoods Country Park, Colchester
Level C Organiser: Edwin Banks , banksy.eddie@gmail.com , 01376 321658
stragglers.info/home/index.php

Wed 26th WAOC Clubnight **WAOC Punt O, Cambridge** (see details on page 5)

Future dates to put in your diary:

Scottish 6 Day multiday event in Moray 28th July - 3rd August 2013
(note entry prices increase after 30th April)

WAOC Events:

Sun 15/09/13	Therfield Heath Colour Coded	Level D	<u>Therfield</u> <u>Heath</u>	Royston	TL348406
Sun 29/09/13	Limited Colour Coded	Level D	Wimpole Hall	Royston	
Sat 26/10/13	Cambridge City Race	Level B	Cambridge	CUOC	
Sun 27/10/13	Town and Country Weekend	Level C	Brandon	Brandon	
Sun 08/12/13	Rowney Warren Colour Coded	Level C	Rowney Warren	Shefford	TL123403