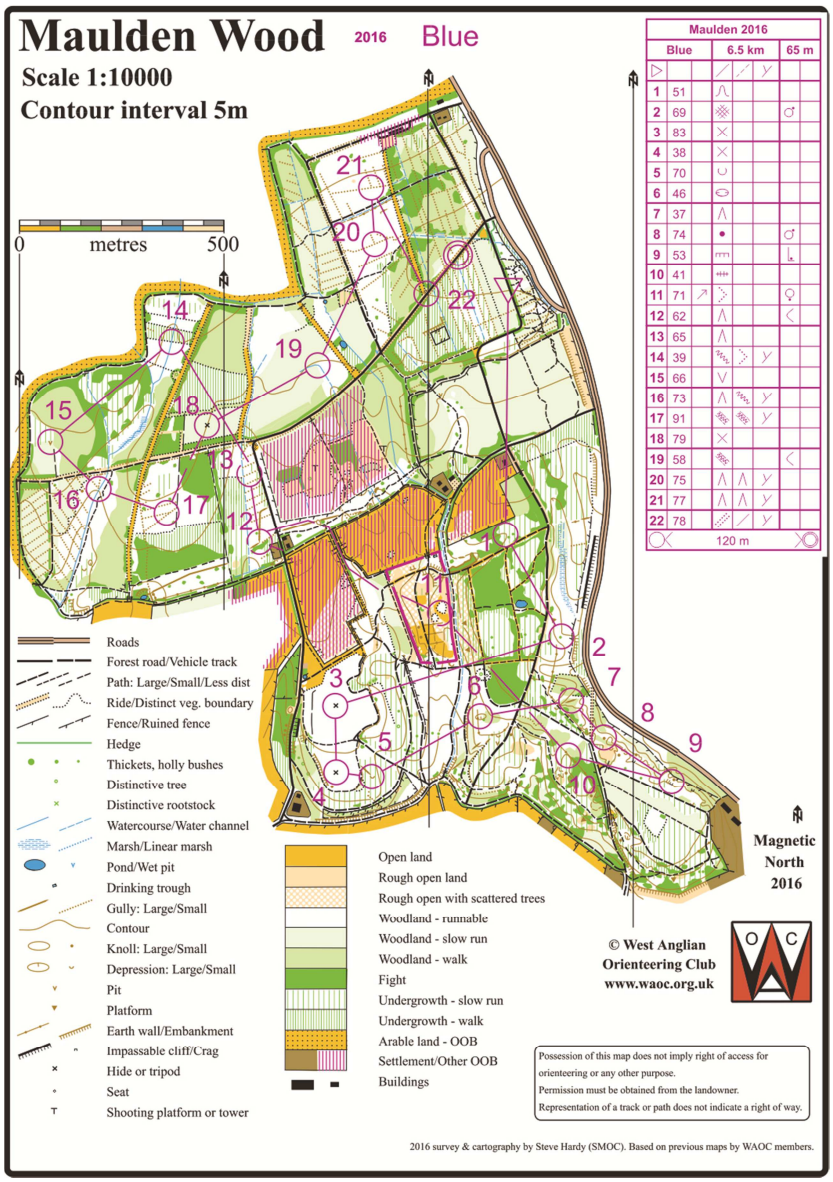
West Anglian Orienteering Club

British Orienteering

JABBERWAOC

Vol.44 No 3 December 2016



Record numbers compete on 4th December 2016

Editorial:

Thanks as always to all our contributors for this issue of JabberWAOC. There are accounts from participants in unusual orienteering events, Bruce's puzzle and some unexpected results from event attendance by WAOC Members as well as the usual articles and information on future events including JK. I have also included some relevant information from the British Orienteering Website that you may not have read.

Wishing you and all your family and good time over Christmas and happy orienteering in 2017, Hazel Bickle

next copy by 5th March 2017, please.

WAOC Committee

Chairman:	Peter Woods (01223 721433) peterWAOCwoods@gmail.com	Secretary:	Jenny Hunt (07595602485) secretary@waoc.org.uk
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Membership Secretary:	Anne Duncumb (01223 843064) memsec@waoc.org.uk	Equipment Officer:	Caroline Louth (01223 246145) 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 clubnights@waoc.org.uk	Welfare Officer:	Peter Allen welfare@waoc.org.uk
Jabberwaoc Editor:	Hazel Bickle (01223 842416) editor@waoc.org.uk	Colour-coded Awards:	Ian Smith (01920 822421) smithfamilypuckeridge@hotmail.com
NOTE:	**change of e-mail addresses**		

Welcome to New Members:

David Addison from Hitchin
Magnus Burt (M9) from Steeple Bumpstead
David Humphrey from Little Wilbraham
Charlie Macdonald from Hitchin

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

Subs time again! - Renew your membership for 2017

Thank you to those of you who have already renewed your WAOC/BOF sub - 28 individuals/families so far. We hope you will all want to continue your membership of WAOC. BOF members should have received their renewal notices by now - so what about doing it soon before the email from BOF is lost in the mists of time and Christmas?..... It's really easy and quick on line.

Club only members will find a renewal form in with their magazine - or I will email a copy to those of you who read J/W online. **Anne Duncumb** (membership secretary)

Chair's Chat by Peter Woods

This year marks 10 years since the first British Sprint Orienteering Championships, which were held in Campbell Park in Milton Keynes. Next September, the Sprints will return to Campbell Park, in the year which celebrates the 50th birthday not only of the British Orienteering Federation but also of the town of Milton Keynes. Milton Keynes is celebrating by becoming one of the first places in the UK to allow driverless cars on its roads. Based on recent experience in Mildenhall Forest involving a vehicle *with* driver, we may well witness there the first incidence of a driverless car getting lost, driving off-piste, and seeking assistance from orienteers.

That first sprint event in 2006 probably attracted about 200 competitors. This has grown steadily so that in June this year over 1000 individuals took part at the Olympic Park in London. It is not often that the East Anglian region has the opportunity to lay on a level A event of this scale, and gives us a chance to repay, in part, the debt we owe to the clubs based in areas that regularly host the bigger events which many of us attend.

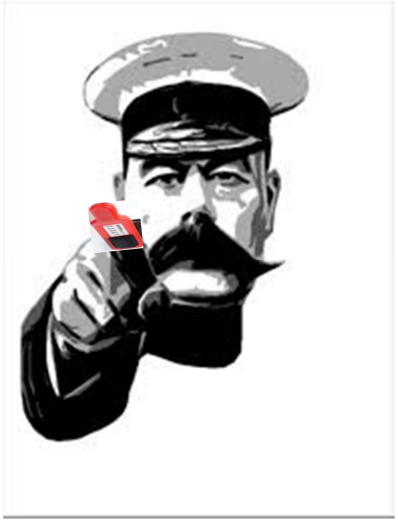
At this stage, courses are being contemplated, and mapping work is under way. Agreements with traders have been drawn up, and we are looking at options for handling entries and results on the day as well as providing a live commentary. Between now and September 30th, there will be a great deal of work to do to ensure all the necessary preparations are in place. Operating the event will involve co-ordinating resources from all the member clubs, both people and equipment.

For those who have not taken part in this type of event, there are actually two races on the same day, both of which give BO ranking points separately. In the morning, in the "heats", competitors run a sprint course with a target time for the course winner of about 15 minutes. To make life interesting, there are multiple alternative courses for most age classes, so you may not be running the same course as a competitor you know is in your age class (this is a bit like gaffling in a relay). The top 50% of finishers (sometimes more) qualify to take part in the "A" Finals race in the afternoon. The target course winning times for the finals are also about 15 minutes. The running order in the finals depends on finishing position in the heats. Everyone else can also race competitively in the afternoon in "B" or "C" finals, which run concurrently. The A, B, and C courses are similar but only runners in the "A" class will be eligible to win the championship.
As you may imagine, the logistics of allocating runners start times across the various age classes, split across multiple concurrent alternative courses, in accordance with seeding rules, and with very few unused start slots, is quite a task in itself. The start team on the day needs to be large in number and extremely well briefed. Start times for the finals can only be allocated on the day, after the heats have been completed.

If previous events are anything to go by, the Sprints will require about 100 helpers on the day. This year there were about 100 entrants to the Sprints from the EA region – which means that just about everyone wanting a run would also be expected to help in some capacity.

We would want anyone who has a serious chance of winning a podium place in their age class to be able to run in both heats and finals. For the rest of us, who will be helping, most will get a run, either in the Heats or the Finals, but not necessarily both. For anyone who hasn't tried the sprints, you have no excuse not to try it in 2017 – the event has come to you! And if you are really not interested in running it, that means you will be able to help, and your help will be needed for sure.
Some of the helper roles do not require experience of orienteering, so there is a chance to rope in friends, colleagues, relatives and get them involved. Usual excuses about not wanting to get cold and wet in in a forest will not wash, as I can assure with absolute certainty that either the weather will be brilliant, or the event will not be in a forest, and possibly even both!

For those who receive a calendar as a Christmas gift – make sure the first thing you do is mark Saturday 30th September as British Sprints Champs and do not let anything endanger your participation. If you are giving a calendar to someone as a Christmas gift, make sure you mark Saturday 30th September as British Sprints Champs on the calendar BEFORE you wrap it, and make sure the recipient understands the importance and promises to turn up and help. If you don't normally give a calendar as a gift, may I recommend this would be the year to make an exception (remember to mark the date of 30th September 2017).



As a club, we will be working up to this big day with some reasonably significant events. On February 4th and 5th we will be laying on, with CUOC, the Icenian Weekend, which is what used to be called the Thetford Thrash. In April, we will be holding an urban event in a new area – the town of Royston, which borders Therfield Heath. As a former Royston Runner who ran there week after week without ever working out where exactly I was as we ran uphill and down (lots of that), and followed cut-throughs between the streets, I am looking forward to this immensely.
Best wishes to all for Christmas and the New Year.
Peter

Spring Training Nights

Wednesday night training sessions are taking a short break and will restart, just to be different, on Thursday 19th January with the quick thinking Indoor Micro O Championship.

Back on Wednesdays, the other spring training sessions include many urban areas, such as the long stamina courses in West Cambridge and intricate North Cambridge. There is also training around the college gardens at Girton, Churchill and Burrells, and in half term week, when the road should be a little quieter, there will be contour training in the forest at Rowney Warren.

Date	Location
Thurs 19th Jan	University Athletics Centre, Indoor Micro O
Wed 25th Jan	Girton College
1st Feb	West Cambridge Long O
8th Feb	Jesus Green and Northern Streets
15th Feb	Rowney Warren
22nd Feb	Churchill College
1st Mar	Impington and IVC 楽
8th Mar	North Cambridge
15th Mar	Burrells Field
22nd Mar	Cambourne
29th Mar	East Cambridge

Further details will be put on the website and emailed to the training list before each session.

League competition event: 2k, 4k & 6k courses

楽 Junior training

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

League competitions: Starts between 6.30 and 7.00 p.m. £2.00 per adult, £1.00 per junior and £3.00 per family.

New training email list:
To add yourself to the new training list to receive weekly emails, please email waoctraining-subscribe@yahoogroups.com

Helen Bickle (clubnights@waoc.org.uk)

Training tip:

1) Christmas holidays are an ideal time to build up stamina so why not plan a few longer runs and you can even take a map of a complicated area along to practice map reading while running (but please remember to watch out for traffic!).

2) Arm chair orienteering: There is a quiz where you can practice your control descriptions at http://www.maprunner.co.uk/iof-control-descriptions/ and one person I gave a lift to this term raved about Catching Features where real maps are uploaded to create virtual orienteering of real areas. You can download a free demo or purchase the computer game at http://www.catchingfeatures.com/.

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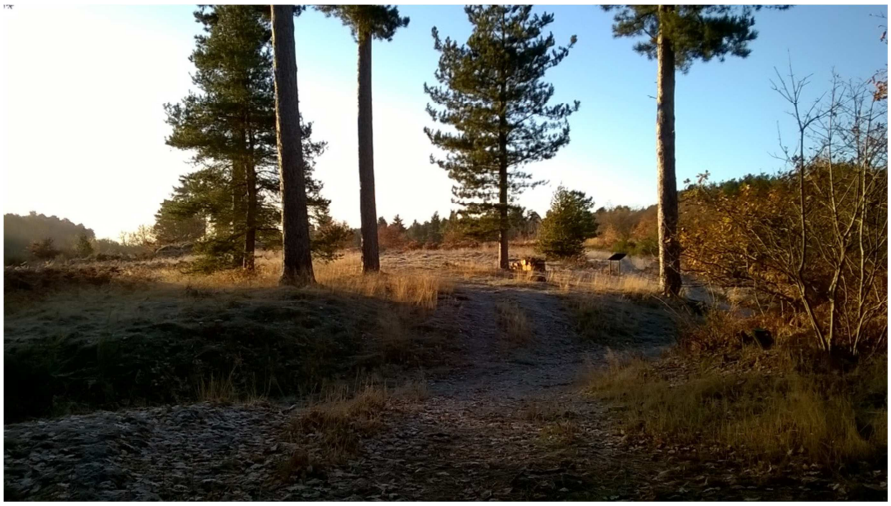
Junior training
Save the day: **Saturday 4th March 2017**



Maulden Wood Event on 4th December saw the highest attendance at Maulden "since records began" (1998) with **213 finishers** (counting groups and pairs each as one individual). The bright weather and Happy Herts club championship plus a squadron of ATC cadets all helped to make this the highest turnout. In 2014 the Maulden event was an East Anglian League Event but scored fewer at 177 finishers.

The average WAOC competitor - Gjermund Vingerhagen

The average WAOCer that has in one way or another managed to get his/her name on the British Orienteering ranking list, has in 2016* collected BO points in 11.18 races and received on average 915 points. For comparison the average British orienteering runner has only run 9.40 races, but collected slightly more points with 1001. WAOCers have in total collected 675439 BO ranking points and that is 27th place out of 105 clubs.

WAOCers have been to 111 different events and participated in 454 different courses. 40 times the WAOCer has been in the top three in the course eligible for ranking points. The most popular events have been:-

Date	**Name**	**Participants from WAOC**
8th May 2016	CompassSport Cup Heat	46
21st February 2016	HH SE League event & SE Long Championships	37
6th November 2016	WAOC Colour Coded (Mildenhall)	35

WAOCer with most races:

Name	Events
Janet Cronk	43
Mike Capper	38
Ursula Oxburgh	38
Stephen Borrill	29
Michael Bickle	29

If the event is colour coded, a WAOCer would 44 % of the time choose a greenish coloured course, followed by 35 % blue and 11.8 % brown. White, Yellow and Orange follows thereafter.

* Until 17. Nov 2016

https://www.britishorienteering.org.uk/pocs

There are permanent orienteering courses all over the country so no matter where you celebrate Christmas, there will be an opportunity to run and introduce your extended family and friends to orienteering. There are 23 Permanent Orienteering Courses in the East Anglian Region alone and this website shows you details of directions to each with additional information on how to obtain the map, if white to light green colour standard courses as well as score and if a wheelchair accessible route is available.

e.g. **Wandlebury Country Park, Cambridge** : West Anglian Orienteering Club
Carpark location: north side of A1307 Cambridge to Haverhill direction.£2 car park charge for non-CPS members
Maps available from Cambridge Preservation Society Office in the park, 9am to 5pm Mon to Fri or by post; or cabin in car park Sundays. Training area course available for coaching by CPS staff - enquire at CPS office by phone / letter / in person Park website: www.cpswandlebury.org

or **Essex Wildlife Trust Hanningfield Reservoir Nature Reserve, Chelmsford** : Essex Stragglers
Carpark location: Hawkswood Road , Downham, Billericay, Essex, CM11 1WT Follow signs from B1007 East of Stock village, good acess from A12
Maps available from Location Visitors Centre Further info at www.essexwt.org.uk

or **Ferry Meadows, Peterborough** : West Anglian Orienteering Club
Carpark location: Ferry Meadows Country Park, located offf Ham Lane off the A605 Oundle Road, Peterborough
Maps available from Nene Park Trust, The Visitor Centre Services Officer at Ferry Meadows. Tel: 01733 234443

The IOF have initiated a consultation regarding the future of the World Masters Games and World Masters Orienteering Championships,

https://www.britishorienteering.org.uk/images/uploaded/downloads/WMG_WMOC%20consultation%20doc%2014112016.pdf

If you have views about whether or not the World Masters Orienteering Championships should be a part of the World Master Games please send them to info@britishorienteering.org.uk subject marked: WMOC.

A compilation of any views received will be considered by the Board of British Orienteering before a formal response is made to the International Orienteering Federation.

Item posted on British Orienteering website by Mike Hamilton

Safeguarding children and adults at risk in orienteering

In light of the understandable media attention on safeguarding issues in sport and football in particular it is useful to outline the current position of safeguarding in orienteering.

- British Orienteering as the National Governing Body for orienteering in the UK is committed to safeguarding the welfare of children in orienteering.

- We have a robust policy and procedures to safeguard children; these procedures have been updated in late 2015 and can be found at https://www.britishorienteering.org.uk/images/uploaded/downloads/O-Safe%202015.pdf with a summary available https://www.britishorienteering.org.uk/images/uploaded/downloads/O-Safe%202015%20Summary.pdf We have worked closely with the Child Protection in Sport Unit (CPSU) and NSPCC to develop this robust policy and procedures to safeguard children, achieving the NSPCC & CPSU's National Advanced Standards for safeguarding and protecting children in sport.

- We continue to work closely with all our clubs, associations and statutory agencies to ensure that safeguarding children is prioritised.

- Part of the reason for having effective policy and procedures is that any allegation, suspicion of harm or concern is taken seriously and responded to swiftly, fairly and appropriately.

- We are not complacent in our approach. We hope that the profile of the issue in recent weeks will further encourage those who have suffered in the past or are suffering now to speak out and seek help.

- It is important that the events of the last few weeks don't detract from the overall advantages of getting involved in sport and orienteering in particular or erode trust in community sport more widely. We know that there are thousands of adults actively volunteering in our clubs up and down the county many of whom make sure that young people in their care are safe, having fun and enjoying all the benefits we know orienteering brings.

If you are involved or have been involved in orienteering and you have a safeguarding issue please contact the National office at safeguarding@britishorienteering.org.uk or, if you would rather report the matter away from the sport use the NSPCC's general Helpline for adults 08088005000 or ChildLine for children and young people 08001111. [*From British Orienteering Website 29th November 2016*]

WAOC's Welfare Officer is Peter Allen welfare@waoc.org.uk so everyone, Junior or Adult, is encouraged to report anything they feel uncomfortable about at orienteering events to Peter or someone they know and trust.

WAOC is British Orienteering Clubmark Accredited Standard

clubmark

Certified Licensing Organisation

Clubmark is the universally acknowledge cross sport accreditation scheme for community sports clubs. It is based on criteria which must be supported by specific evidence. Based on four key areas of club development it centres around:

- Activity/playing programmes - this includes, for example, coaching qualifications require insurance and coach to participant ratios
- Duty of care and welfare - appropriate risk assessments, health and safety poloicies, training, compliance and child protection policies
- Knowing your club and its community - this ensures that your club is committed to fairness and equity in respect of the way in seeks to attract and retain members from your local community
- Club management - which covers issues to do with club and committee structure and the general running of the organisation.

ParkRun - Peter Duffy

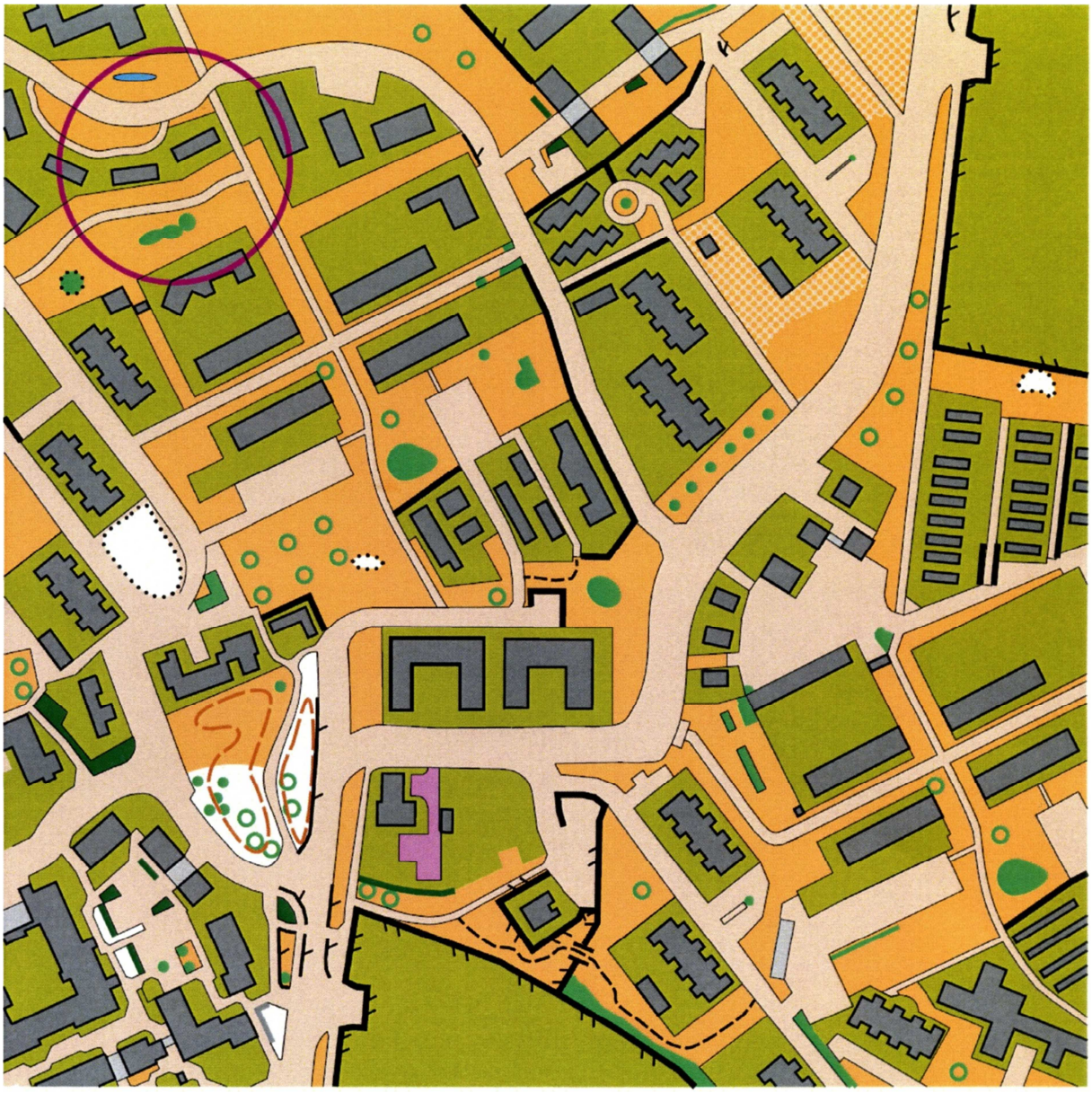
Those in WAOC involved in science and science education might be mildly encouraged by the news that we are no worse than 15th in science in the recent OECD Pisa tests. [Organisation for Economic Co-operation and Development; Programme for International Student Assessment] Looking at the questions, while reflecting that they don't bear much resemblance to current GCSE papers, I noted the question on running in the heat at https://www.oecd.org/pisa/pisa-2015-science-test-questions.htm. What with heat stroke and dehydration, summer running seems to be portrayed as a risky business.

For better or not, the WAOC runners have not had much hot weather to contend with lately, but we still make a point of rehydrating in the pub after our Thursday night runs. Sadly, familiar pubs such as the Fox & Hounds at Harlton (venue for both Thursday running and for Wednesday night events) are closing, unable to make financial ends meet. If Scottish drink drive limits come south of the border, then it can probably only get worse. But while we still do have country pubs in Cambridgeshire, come and enjoy the delights of our path network – running with a headlamp provides good practice in lifting your feet for orienteering events in those brashy forests (thinking of none in particular ...). And if you don't fancy the dark, the nights will soon start getting lighter again.

The WAOC running group's various parkrun numbers continue to creep up. No 250 shirts earned just yet, but some of us are now well on our way. There have been good WAOC turnouts at Wimpole, with some new names and faster times of late. Parkrun tourism sometimes takes some of us further afield, with an ever increasing tally of events available to choose from. I recently enjoyed the inaugural event at Wicksteed Park, Kettering (just into LEI territory), but sadly we did not get the chance to try the historic rides.

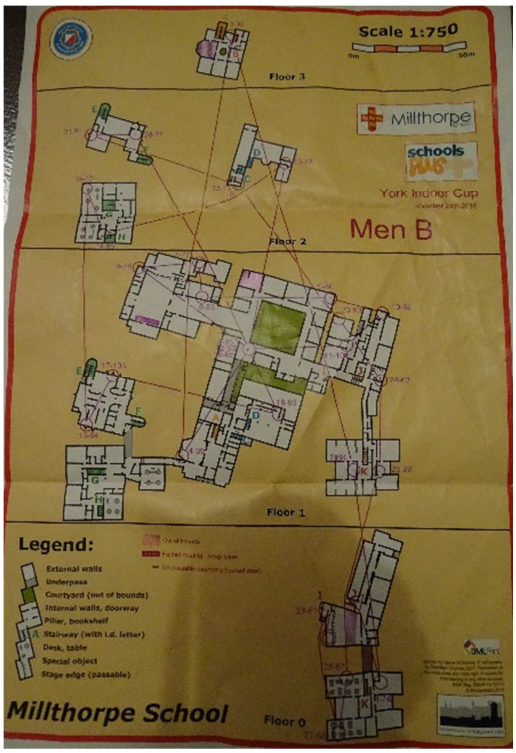
Spot the Similarity – Bruce Marshall

In the top left of the map is a purple circle.
The only important bit of this circle is its diameter.
Find 2 separate "areas" elsewhere on the map which are identical.
The areas are the same size as the purple circle.
Within the circles all the objects are absolutely identical - there is no sneaky rotation (that would be difficult!!).



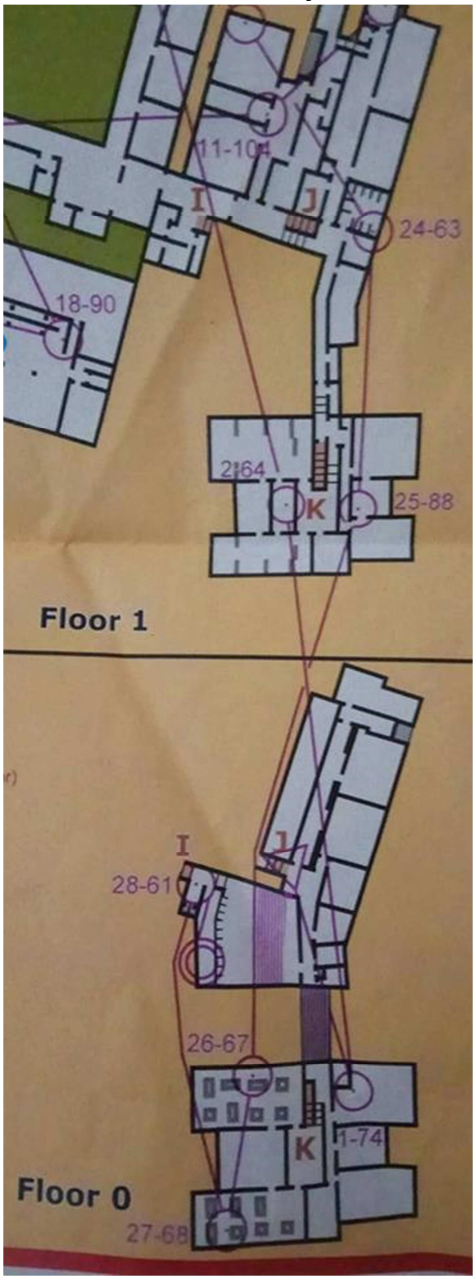
Solution on page 16

York Indoor Event - Andrew Stemp



Back in late October, I took the train from Durham to York with 4 others in my university club to go to race inside a school. Not something that would be commonly said in University circles, or even orienteering for that matter, since this was the first major indoor event in the country. The concept of the event isn't too dissimilar from the micro championships we have at the athletics pavilion in Cambridge, but since this was on a larger scale, there was no need to check the control descriptions (we didn't even get one) to see if the control you want is above or below the chair! The challenge in this event was working out on which of the 4 floors you needed to head to, and how the staircases matched up in order to get to the correct part of the correct floor!

Immediately to control 1, I was faced with a challenge, how does the map work and how do I get there? I knew the staircases were coded by letter, and the only way to get to number 1 was by going up staircase J, but it took me a good 30 seconds to find the corresponding part of J on floor 1 on the map. Having spent time working out the map, I soon got into the groove of the race despite running up the wrong staircase on occasion, and even running into a door.



The majority of the school was on floor 1, and most of the controls were here too. Other controls were on floors 0, 2 and 3, but different staircases were required to reach the correct part of each of these floors, it often wasn't obvious so real care was necessary to ensure you were running to the correct staircase to get to the correct part of each floor.

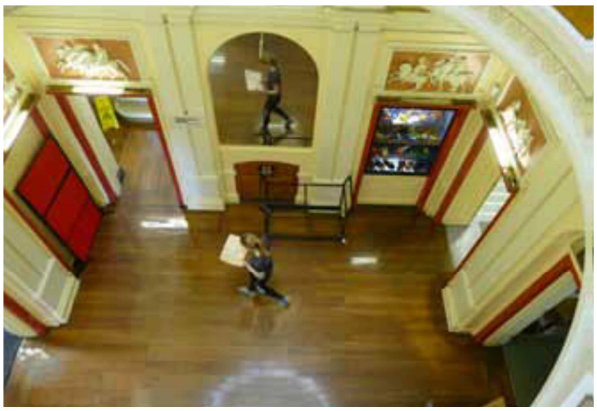
When running in corridors or across classrooms with desks, you feel like you're running so much faster than you are and its great. Of course this leads to blind corners, around which one of my team mates collided at speed with another competitor and cut his lip, but he was fine. My biggest mistake came right at the end, I had just got control 25, and I glanced at the map and saw the line headed to the finish, so I ran there knowing where it was only to realise I had read the map wrong and I had missed out control 26 and 27, they were both very close to control 25 where I had run from. But all in all, it was probably the most fun I have had at an orienteering race; I was ready for a second race in the afternoon like in the British sprint champs. I am eagerly waiting for the next edition of such an event!

Image from EBORIENTEERS

Editor's Note: Andrew came 6th in Men's Open with 94 competitors of which 66 had accurate runs.

Past WAOC member Penny Bickle now lives in York and won Women's Open, which had 74 participants. Actual distance on both courses was 2.5km.

Planner Simon Brook awarding Penny Bickle Women's Open winner her prize.



Women's champion in action. Steve Whitehead EBOR, Controller

There is a video of course at https://www.youtube.com/watch?v=DuzqpnaqYNA

Ursula's (M)utterings

My attendance at O events has been severely reduced since my last (M)Utterings by a variety of inescapable incidents, e.g. cataract operation (fantastic!), dealing with O injury on shin (less good), worsening asthma (horrible - I side with the London Mayor in blaming London traffic pollution), cold followed by cough which will not go away (why not?, I want to know).

LILLE CITY RACES.

Cheap Eurostar tickets come on-line 5 to 6 months in advance when there is minimal information about the nature and timing of Euro City Race Tour events. I was in Brittany in May when I managed to get both the outward and return journeys to Lille booked at rock bottom prices. Because I had the tickets and had subsequently entered the events I decided to travel and 'compete' despite less than ideal, i.e. zero preparation.

http://locr.valmo.net/uk/courses_uk/

LILLE MIDDLE RACE.

On the Saturday we had a mass start 'middle' race of 4K – what is middle about 4K for W65+ and I hate mass starts - you would if you were the slowest of anyone there. The mass start was a long way from the start triangle and then there was a substantial run to no 1. Unfortunately I fell and though I finished the race, waited for ever to download and then travelled back to my hotel when I got there and had a look at my left forearm I realised that it needed a hospital visit and decided to return to London that night and go to St Thomas's Hospital where A&E had stitched me up on a previous occasion. My 50 Euro ticket was 'exchanged' for a 160 Euro one, the Eurostar was delayed for 1 hour in Calais but in the end I got to St Thomas's at around 10:45 that evening and they duly put 16 stitches in the forearm. So that is why I am currently not running. Oh well, 2017 is a new year.

STRING COURSE ANYONE?

The idea of String Courses is that they will introduce juniors to the forest in a fashion that they find very safe by following a string but all juniors, even quite big ones, love running round and getting their sweeties at the end. I can remember the days when WAOC had a String Course at every event: in fact I even remember the time further back when the committee decided that it was not the planner's responsibility to put on the String Course so someone else needed to step up to the mark, which I did on occasion. Very recently one WAOC father commented to me that it would be great to have String Courses at all events in East Anglia – well, parents, it is up to you! There is plenty of string stored with the O equipment at the Louths and if you need advice about setting it out, I am sure that Caroline, who is a dab hand at string courses, will be willing to give it. When you do put on a course and parents enthusiastically bring their kids to run it that is your chance to persuade them to put one on and that's the way that string courses will return to East Anglia.

BRITISH ORIENTEERING EXTRAORDINARY GENERAL MEETING

These days the British Orienteering AGM is held on Good Friday after the JK Sprint. The 2016 AGM papers indicated that next year will be a very tough time for orienteering as we are losing a considerable tranche of government funding and will be operating with a huge deficit if we don't increase either the amount of the BOF membership or the event levy (the amount paid to BOF for each participant at an event) or both. The AGM this year was a stormy occasion with many of those attending advising BOF from the depths of their expertise/ignorance to

- make efficiency savings (we all know how easy that is)
- dig into reserves (why – is this truly an emergency?)
- find even cheaper premises (maybe a marquee?)

Orienteers are not short of advice on how to move forward but each one thinks that her/is solution is the best!
The outcome of this was a return to the drawing board by the governing body, the calling of an EGM and the circulation of a couple of alternative proposals to generate more income along with a big attempt to rally the proxy vote. The very good news is that the outcome of the vote was an overwhelming majority (I think it was 1,400+ votes to fewer than 200) to increase the amount of BOF membership from £5 to £10 – a really modest increase in members' annual expenditure – and now British Orienteering should be able to manage for one more year. I hope they/we have an easier run next Easter and are not subjected to the additional considerable expense of another EGM. Remember, all senior BOF members have a proxy vote and it is <u>our</u> BOF.

WAGAL 2016

For those who are new to the club, the WAGAL takes a raw min/Km for each runner at a WAOC event and modifies it for

* Colour of course – a longer course gets more credit.
* Age class of runner, using a BOF table for age/sex weighting.

Age class is the big one, so for instance the Mildenhall results were topped by Seonaid Dudley (W75) on the Short Green, even though she did not achieve a par time on the course. The colour/age class weighted run times are then incorporated

into an Excel formula and the scores from that event are then added to the Summary table. The best 4 scores from this year's 6 events are added to give the final WAGAL score.
Results will be on-line well before this edition of JabberWAOC goes live so I will just say that we have 2 new surnames, which is really good news for the club, as well as some of the old familiar ones. The Senior Men category had only 2 people with sufficient runs to qualify for a place but all other categories had at least 3 with the Supervet classes again the most fiercely contested.

http://www.waoc.org.uk/n.humphries/waoc/wagal_index.htm *for WAGAL results but these may change when Maulden Wood event is added. - Editor*

Quiz Solution:

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

Pos.	Name	Points	Contributing scores
1 (91 +6)	Robert Campbell	7863	1314, 1317, 1300, 1299, 1323, 1310
2 (233 +16)	Dil Wetherill	7566	1252, 1246, 1277, 1276, 1250, 1265
3 (369 +5)	Andrew Stemp	7369	1238, 1185, 1213, 1234, 1255, 1244
4 (540 +2)	Sean Blanchflower	7192	1173, 1173, 1184, 1238, 1222, 1202
5 (584 +2)	Andrew Henderson	7154	1182, 1178, 1171, 1217, 1217, 1189
6 (633 +4)	Brian Cowe	7113	1210, 1185, 1180, 1175, 1180, 1183
7 (656 +2)	Guro Harstad	7097	1170, 1190, 1188, 1191, 1172, 1186
8 (695 +88)	Gjermund Vingerhagen	7067	1168, 1137, 1229, 1193, 1163, 1177
9 (748 +15)	Stephen Borrill	7029	1168, 1165, 1173, 1185, 1166, 1172
10 (755 +2)	Alun Roberts	7024	1177, 1157, 1166, 1165, 1180, 1179
11 (914 -1)	Iain Stemp	6910	1142, 1154, 1135, 1137, 1181, 1161
12 (978 +85)	David Cronk	6864	1123, 1121, 1116, 1170, 1142, 1192
13 (1036 +1)	Michael Bickle	6800	1124, 1140, 1130, 1145, 1125, 1136
14 (1045 +2)	Graham Louth	6796	1152, 1158, 1119, 1119, 1123, 1125
15 (1056 +5)	Ruth Vingerhagen	6788	1096, 1181, 1116, 1144, 1124, 1127
16 (1085 +4)	Mike Capper	6767	1112, 1144, 1149, 1120, 1125, 1117
17 (1223 +5)	Peter Woods	6651	1080, 1114, 1113, 1109, 1115, 1120
18 (1229 +60)	Philip Hague	6644	1093, 1124, 1101, 1091, 1132, 1103
19 (1343 +25)	Peter Duthie	6557	1084, 1059, 1083, 1194, 1067, 1070
20 (1494 +7)	Janet Cronk	6435	1064, 1051, 1068, 1069, 1089, 1094
21 (1564 +12)	Camilla Darwin	6368	1027, 1049, 1102, 1038, 1031, 1121
22 (1581 +14)	Chris Brown	6358	1032, 990, 1089, 1081, 1075, 1091
23 (1744 +8)	Helen Bickle	6242	1044, 998, 1073, 1055, 989, 1083
24 (1793 +10)	Ian Smith	6195	1019, 995, 1041, 1024, 1111, 1005
25 (1896 +10)	Jason Dunning	6102	978, 1026, 1010, 1040, 1063, 985

WAOC FIXTURES 2017 - Bob Hill

5th February	Thetford Warren

Provisional Dates for 2017 awaiting final EAOA approval

Saturday 22nd April	Royston Urban
Saturday 13th May	Summer Series
Saturday 10th June	Summer Series
Saturday 15th July	Summer Series
Saturday 19th August	Summer Series
Sunday 17th September	Wimpole Hall
Sunday 29th October (Note CUOC City Race on 28 Oct)	Brandon
Sunday 19th November	Mildenhall South
Saturday 9th December	Wimpole Night Event

IMPORTANT: SAVE THE DATE: **30 September 2017**

The East Anglia Region will host the Level A **British Sprint Championships** with both WAOC Planner and Organiser for this national event at a SMOC area **Campbell Park in Milton Keynes**. This close you can't miss it! See Chair's Chat.

Events

EAOA Events have been taken from the EAOA fixture lists as of 13th December 2016. 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)

2017

January

1st	SOS EAOA Level D	**New Year Novelty**, Fordham Hall Estate, Colchester, TL923284 Organiser: Steven Partridge
15th	SUFFOC EAOA Level C	**SUFFOC Daisy's Wood Colour Coded, EAL & ESSOL**, Daisy's Wood, Woodbridge, TM344502 Entry times: 10:00 - 12:00. Dogs under control. Organiser: Clive Wilkinson, clive.sally@btinternet.com www.suffoc.co.uk
22nd	NOR EAOA Level C	**NOR colour coded**, Kelling Heath Holiday Park, Holt, North Norfolk, TG118415 Entry times: 10.15 to 12.15. Dogs on Lead. Organiser: Les Jarrald , 0136 268 4118 www.norfolkoc.co.uk
29th	SOS EAOA Level C	**SOS Colour Coded and ESSOL**, Pods Wood, Tiptree Organiser: Nancy Powell Davies

February

4th	CUOC EAOA Level B	**Icenian 2017**, Highlodge, Thetford, TL808850 Organiser: Rory Burford , icenian at cuoc.org.uk cuoc.org.uk/calendar/4453/Icenian-2017/
5th	**WAOC EAOA Level C**	**WAOC Thetford Warren, Thetford Warren, Thetford Organiser: Rakesh Chandraker**
12th	HAVOC EAOA Level C	**HAVOC Hadleigh Country Park**, Hadleigh Country Park, Benfleet, TQ802869
12th	NOR EAOA Level C	**NOR colour coded**, West Norfolk
19th	SOS EAOA Level C	**SOS Colour Coded & ESSOL**, Danbury Common, Danbury, TL781044
26th	SUFFOC EAOA Level C	**SUFFOC Knettishall Heath Colour Coded, ESSOL & YBT Heat**, Knettishall Heath, Knettishall, TL956806 Entry times: 10:00-12:00. Dogs under control. Organiser: Sally Wilkinson, clive.sally@btinternet.com, 01473 219059 www.suffoc.co.uk

March

5th	SMOC EAOA Level D	**SMOC Keyne-O, Caldecotte Lake**, Caldecotte Lake, Milton Keynes, SP887355 Organiser: Ros James www.smoc.info
5th	NOR EAOA Level C	**NOR colour coded**, Cromer
19th	SMOC EAOA Level C	**Rushmere EAOA Championships and EA League**, Rushmere, Bletchley Organiser: Ian Byrne
26th	NOR EAOA Level C	**NOR colour coded**, Norfolk

April

2nd	SOS EAOA Level C	**SOS Colour coded, ESSOL & EA League**, Writtle Forest, Writtle, TL628029

EASTER ***Jan Kjellström International Festival in* South East**

http://www.thejk.org.uk/jk2017/

Friday 14th	Starts1200-1600	**JK Sprint, Brunel University, London**
Saturday15th	Level A	**Individual Middle Distance Race, Ambersham**
Sunday 16th	Level A	**Individual Long Distance Race, St Leonards & Holmbush**
Monday 17th		**Relay Race, Pippingford Park** [teams entered by WAOC captain@waoc.org.uk]

All JK championship class competitors must be either a member of British Orienteering or a member of an IOF affiliated Federation.

Entries Close on Sunday 12th March 2017

Entries preferred on line https://www.sientries.co.uk/event.php?event_id=3191&event_id=3191 or in writing to Entries Secretary

Entry Fees: *(Junior / Student fees in brackets)*

Entries by	Sprint	Days 2 & 3 (per day)	PreO & TempO (per day)
Sunday 29th Jan	£12 (£5)	£22 (£7.50)	£10 (£5)
Sunday 12th March	£15 (£6)	£25 (£8.50)	£12 (£6)

Colour Coded / Novice courses (per day): £10 (£5)

SIAC hire (per day): £2.15 (free to M/W18 and under)

22nd	**WAOC EAOA Level C**	**WAOC Royston Urban, Royston** **Organiser: Rachel Pocock**

23rd	SMOC EAOA Level D	**SMOC Keyne-O, Ouzel Valley Park**, Ouzel Valley Park , Milton Keynes, SP886370 Organiser: Ros James www.smoc.info
May		
14th	HAVOC EAOA Level C	**HAVOC Hornchurch**, Romford
14th	SMOC EAOA Level D	**SMOC Keyne-O, Loughton Valley Park**, Loughton Valley Park, Milton Keynes, SP827394 Organiser: Ros James www.smoc.info
20th	SOS EAOA Level C	**Ultra Sprints**, Maldon, Maldon
21st	SOS EAOA Level B	**SOS Urban**, Colchester, Colchester, TL988256 Organiser: Andrew Cordle
June		
4th	SMOC EAOA Level D	**SMOC Keyne-O, Howe Park Wood**, Howe Park Wood, Milton Keynes, SP830345 Organiser: Ros James www.smoc.info
11th	SUFFOC EAOA Level D	**CATI with Coaching**, Ipswich High School, Ipswich Organiser: Sally Wilkinson
18th	SOS EAOA Level C	**SOS Colour Coded & ESSOL**, Wivenhoe Park and Woods, Wivenhoe, TM032237
July		
2nd	SMOC EAOA Level D	**SMOC Keyne-O, Linford Wood**, Linford Wood, Milton Keynes, SP845406 Organiser: Ros James www.smoc.info

Scottish 6 Day 2017

30th July – 5th August

Royal Deeside
http://www.scottish6days.com/2017
Enter on line: £1.00 per day less before 31st January

September		
30th	**EAOA Level A**	**British Sprint Championships (UKOL), Campbell Park, Milton Keynes Organiser: Peter Woods**
October		
28th	CUOC EAOA Level B	**Cambridge City Race 2017**, Cambridge cuoc.org.uk/events/4454/Cambridge-City-Race-2017/
29th	**WAOC EAOA Level C**	**WAOC East Anglian League event, Brandon Country Park, Brandon**