



West Anglian  
Orienteering  
Club



# JABBERWAOC

Vol.32 No. 1

February 2004



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

## **Editorial**

Well, my encouragement to write me more articles has worked and I have been sent several this time and have the promise of some more for other editions.

Thank you to all the contributors this time. Some of you have certainly been jet setting and finding out what orienteering is like in other parts of the world (New Zealand and America). Tim describes his Snowdonia Marathon in aid of the British Heart Foundation and the NSPCC (it's still not too late to sponsor him).

The AGM is coming up very soon. This will be a fun sociable evening as well as your chance to vote in your committee. Do put the date in your diary (28<sup>th</sup> February).

Your captain gives you information about various relays coming up and the Compass Sport Cup and wants to hear from you if you are interested. Also the SMILE league will be starting in the spring and Maurice Hemmingway would like to hear from anyone who can put on a SMILE event.

With a new year started, I've been thinking about my orienteering goals for this year. Having just competed in the Icenian Regional event and doing what I consider for me a respectable 8.7min/km but with the winner of my course having done 7min/km, I have decided that I should aim to do 8min/km at an event this year. I think that will be quite a challenge for me.

May your orienteering aspirations be reached this year,

Julia Wotton

## ***Next Copy Date***

28<sup>th</sup> March 2004

## **Committee News**

Neil Humphries will be taking over from Fred Northrop as Mapping Officer and Caroline Louth has been nominated as Chairman. Caroline will need to be voted in at the AGM. If there are any other nominations please let one of the committee know and better still come along to the AGM and vote.

The other officers are happy to continue with their posts, but please note that now that Rolf Crook is Club Captain he would quite happily pass on the role of Publicity Officer to someone else. I am also looking for someone to replace me as Club Coach.

The Junior Development team are looking at ways to encourage junior participation and we'll no doubt be hearing from them soon, but to give you a taster, their plans include having a junior squad with their own top and having a junior club tent and cake stall at events which I'm sure all us seniors will be happy to support by buying cakes!

Julia Wotton

# WAOC AGM

**28<sup>th</sup> February 2004  
from 6:00pm**

**St. Matthews' Church Hall  
St. Matthews' Street  
Cambridge**

St. Matthews' Street is off East Road near the Grafton Centre. Parking is available in St Matthews' Street and the neighbouring streets as well as in the Grafton Centre car park.

The evening will consist of some games as well as the business of the club and food and drink. Please bring a contribution to the food.

## Agenda

1. Apologies for Absence
2. Minutes from the previous 2003 AGM
3. Chairman's report
4. Acceptance of Accounts
5. Awards and Presentations
6. Election of Officers
7. Any other business

## Captains Corner

### ***COMPASS SPORT CUP – FIRST ROUND***

It's time to muster the troops for the Compass Sport Cup! Our first round competition is at Warren Wood in Thetford Forest on **March 14**. You may recall, from the WAOC badge event there at the beginning of 2003, that it's runnable and fast with a couple of patches of intricate contours. It's local turf, so we can field a strong team against NOC, LEI, and our friendly local rivals NOR. There are plenty of start slots on seven different courses, so I encourage everyone to compete.

Entries are organised on a club basis, so you need to contact me [rolf@rolf.me.uk](mailto:rolf@rolf.me.uk) or 01223 569443 and provide your SI number and age class. The club's deadline for entries is **Sunday February 22**, which is also the NOR district event at Swaffham Heath. As you're competing for the club, and as a thank you for helping at other events, the Compass Sport Cup entry fee is paid for from club funds.

Visit <http://homepage.ntlworld.com/roger.stenson2/CSC2004/> for full event details. To summarise, each age class is assigned to one of seven courses with associated colours

from Orange to Brown: Brown for Men Open; Blue Women for Women Open; Blue Men for M45+ and M20-; Green Women for W45+ and W20-; Green Men for M60+; Light Green for M18- and W18-; and Orange for M14- and W14-. Most competitors will run to class, but we may ask a few to run up a class if deemed necessary. Closer to the event, this web page will include start lists and descriptions. There are also white and yellow courses, which aren't part of the Compass Sport Cup, which can be pre-entered or entered on the day.

## ***JK RELAYS***

This year's JK relay are on Graythwaite Estate near Ulverston, as are both the individual days, but the area is large. The relays are on Easter Monday which is **April 12** this year. Graythwaite Estate provides some of the best terrain in our country, with runnable wooded intricate contours, so the event is going to be popular.

The JK relay entries are also organised on a club basis, so send me your orienteering details and any relay preferences such as "I prefer to run the middle leg" or "I've been training hard and am looking for a run in the JK Trophy". The club deadline is **February 29**, which is also the SOS regional event at Roman Valley. Things can be juggled at the JK, in the event of injury for example, but I would like to have teams sorted out as much as possible before the event. The club pays for half of your relay entry fee.

## ***BOC RELAYS***

Note, that because of land access problems, the British Champs Relays are not taking place at the British Champs which are in March this year. Instead, the BOC relays are on Monday **May 3**, as the finale to the Triple O Severn Weekend in the Forest of Dean. There's a short race on the Saturday and a national event on Sunday to complete the long weekend. The relay entry details are the same as for the JK, but the club deadline is **21 March**.

Rolf Crook

## **Congratulations to Some of Our Juniors**

Congratulations to Edward Louth for coming second in the very recent M14A Interland competition held on Sunday 1<sup>st</sup> February 2004 at the GO National Event at Blackheath. Edward was selected to run in the England team for the M14 age group in this competition against teams from Belgium and the Netherlands.

Congratulations also to Helen Gardner who came 3<sup>rd</sup> in W18A at the same event where she was taking part in the Future Champions Cup.

## **WAOC SMILE 2004**

WAOC's SMILE calendar is under construction for 2004. These are **SuMmer** Introductory Low-key Events and they will be held on either Saturday or Sunday mornings starting in late March and finishing on Sunday 18 July. SMILE events will offer White, Yellow and Orange courses, and each one will be planned and organised by a different WAOC family.

SMILE events are aimed particularly at developing orienteers. However, there will also be a timed score event to keep the more experienced orienteers busy.

The calendar below shows the proposed dates for the events. It also shows those for which we already have volunteer organiser / planners. Please would you take a share in the planning and volunteer to arrange one of the events. Locations from which you might like to choose are :

*Coldham's Common; Ferry Meadows; Therfield Heath; Fairlands Valley; Milton Country Park; Rowney Warren.*

<b>Date</b>	<b>Event</b>	<b>Organiser / Planner</b>
20 or 21 March		
24 or 25 April	Mildenhall Woods	Simon Gardner
22 or 23 May		
6 June	Therfield Heath	
20 June	Hinchingbrooke Park	Maurice Hemingway
4 July	Wandlebury	Peter & Sue Woods
18 July		

*We will hold the prize giving at the event that takes place on the 18 July 2004.*

If you will take up the challenge to run an event, will you please let me know which location you would like to use for your event and when. The calendar will soon go onto the WAOC website and will be republished in future Junior Jabberwaoc editions.

For those that have never organised and planned an event, do not be daunted. There is a club guide that has been constructed telling you all you need to know. I will forward that to you if you request it. There will be a set of SMILE equipment, including the club tent, which will be handed on from one event to the next, together with a supply of "smiley faces".

If you are a first or second time planner, there is lots of help available, as experienced WAOC members are happy to talk things over with you, advise on your courses and 'control' your event, so you will not be on your own.

Please let me have your location and dates and I'll get them onto the calendar.

Maurice Hemingway  
5 Rectory Leys  
Offord Darcy  
Cambs PE19 5SQ  
[Hemingway@one-name.org](mailto:Hemingway@one-name.org)

## WAOC Membership Information

### NEW CLUB MEMBERS

Welcome to:

David Connell	from Fenstanton, Cambs
Janet Cronk and family (Jonathan M12)	from Bourn, Cambs
James Norris and family (Thomas M11 and Miriam W9)	from Barrington, Cambs
Dil and Judith Wetherill	from Pirton (nr Hitchin)
Simon Williams	from St. Ives

We hope that you will all enjoy orienteering with us.

Anne Duncumb (membership secretary)

### WAOC MEMBERSHIP SUBSCRIPTIONS FOR 2004

Subs have been coming in thick and fast and more than two thirds of you have already renewed your membership for 2004! Thank you.

If you haven't yet sent off your sub (to me for Club only members, to BOF for BOF members), please do it as soon as possible.

Anne Duncumb

### Do you want to order a WAOC O-top?

Stocks of winter club O-tops are getting low and there is just one summer one left. It may be time to order more from Ultrasport, so if you wish to make a firm order for a top, please would you let me know as soon as possible? I would like to place an order by late February. A few spares would be ordered, but mostly the new stock would be for specific orders.

The winter tops will cost £16.50 for sizes 3 - 7. Summer (mesh) tops will cost £20.00. In each case, p&p is 40p extra. There may be plans afoot for a special design for a Junior top, so no Junior sizes will be ordered on this occasion.

Sizes work out like this:-

size 3 is for 35" chest; size 4 is for 37" chest and so on up to size 7 which is for 43" chest. The actual measurements are about 4" larger than this - but the actual garments do vary quite a bit!

There is a minimum order of 12 tops, which could be divided between summer and winter tops, but it would have to be fairly equal ie maybe 8 and 4 but not 11 and 1.



Please let me have your orders, email or telephone asap - send no money now, as they say! I will notify you as soon as the tops are delivered.

Anne Duncumb (tel. 01223-843064, email <[duncumb@compuserve.com](mailto:duncumb@compuserve.com)>)

## Snowdonia Marathon

I decided to run the Snowdonia Marathon in memory of our friend and fellow orienteer Dave Wotton who suddenly collapsed and died from undiagnosed heart failure at a Compass Sport Cup event at Sheffield in November 2001. Dave's death was all the more shocking to those of us who knew him since he was very fit and only 39 years of age. His unexplained death came to be associated with *Sudden Adult Death Syndrome (S.A.D.S)* that claims the lives of 4 to 8 young people every week in the UK and so I thought it fitting that I should run for the British Heart Foundation charity. I also decided to support the NSPCC. Dave's wife Julia was very supportive of this venture and kindly ran with me on several long training runs that are the staple diet of sometimes lonely marathon training.



My first attempt to run the marathon in 2002 was thwarted by the violent countrywide October storm that caused the race to be cancelled – those at Rowney Warren that day may remember it! After four months of training this was quite a disappointment. In complete contrast, the weather on the day of the 2003 race was both calm and sunny with autumn colours complimenting the dramatic Snowdonia landscape. Only about 750 runners took part in this race that veterans refer to as the "mother of marathons". The 2,000 feet of ascent and equal descent deter many marathoners who prefer their 26.2 miles to be along the flat streets of London. Dave himself ran the marathon in 1998 with several fellow CUP 'Footprints' runners and his experience is described in his Website <http://home.clara.net/dwotton/runarticles> .

With fresh legs the first four miles that climb 800 feet up the Llanberis Pass do not seem particularly arduous. But the following 8 miles and 900 feet of descent from Pen-y-Pass to Beddgelert begin to alert you to the exertions to come. The mountain scenery is stunning and temporarily distracts you from your

burning quadriceps. Running down the Nant Gwynant towards Beddgelert you pass the picturesque Llyn Gwynant and Llyn Dinas that lie in the foothills of the majestic Snowdon. After leaving Beddgelert there is a stiff 400 feet climb in about two miles to Pont Cae Gors but then for the next seven miles the gradient relents. Along this relatively flat section you pass several scenic forests and Llyn Cwellyn. However, an unexpected *sting-in-the-tail* awaits. At mile 22 the course leaves the main road and weaves through the village of Waunfawr climbing a strenuous 700 feet in only 2.5 miles up an old quarry road to Bwlch-y-Groes. The final two miles then descend very steeply 900 feet back to Llanberis where 'agony' gives way to the 'ecstasy' of crossing the finishing line.

I finished in a modest but satisfying time of 3 hours 51 minutes that placed me 214th overall (out of 750 finishers) and 19th (out of 76) in the M50 class. I was comfortably inside my target of four and a half hours and fears of my knees collapsing were happily not realised, though my quadriceps complained loudly! In 1998 Dave completed the course in 3 hours 36 minutes, finishing 171st (out of just over 1000). It was both a privilege and an uplifting experience to run again in Dave's footsteps in such dramatic surroundings that Dave also loved. I had previously run in Dave's footsteps when I partnered Julia in the 2002 Saunders Lakeland Mountain Marathon, a regular favourite of Dave's.

My attempts to gain sponsorship at several WAOC events have not proved very practicable and I know that many of you have not had the opportunity to make a donation. If you are keen to sponsor my run in memory of Dave please send me a cheque made out to "British Heart Foundation" or "NSPCC Registered Charity" – my address is 28 Froment Way, Milton, Cambridge CB4 6DT. Dave was a much loved member of WAOC who served the club in many capacities including Chairman. His infectious friendliness and love of running were just two of his trademarks. My overall fund currently stands at £985 and so I would be most grateful to receive donations that took me past the £1000 mark!

Best regards

Tim Mulcahy

## Southern 6 Days New Zealand

This Christmas and New Year my family and I spent the holiday visiting my brother, who's currently studying in New Zealand. At some point in the Autumn, I noticed an advert in CompassSport; it said that the early bird closing date for the Southern 6 Days, an orienteering event organised by Dunedin Orienteering Club, was approaching. As we were supposed to be finishing the Milford Track just after New Year's Day and this event was starting at about that time, we thought we'd be close enough and might give one of the days a go.



First things first – I think we've all heard before that our compasses wouldn't work 'down there' in the South. So Kim did all the preparation and bought us southern hemisphere compasses to use during the event and whilst walking too (apparently some sort of 'kiddies compass just in case yours doesn't work...'). I decided I wouldn't bother bringing the compass I usually use – I was told



so many times it wouldn't work anyway! – but my Dad did and (to his horror!?) found that it worked in the south quite fine. OK, with a little bit of holding it off the horizontal, but apparently it was only a minor problem. An even worse discovery, though, came when the 'kiddies' compass worked back in England!! (Kim reckons this is fairly simple: the more expensive the compass the more inclination there is.)

The area of the event was Naseby Forest – apparently in winter Naseby is a centre for curling and in the past it has been a gold-mining town. Travelling towards Naseby from the rather wet west coast of the South Island, the countryside suddenly felt very dry and uninviting as we headed east. In fact, so much so that we wondered whether there would actually be any forest to run in anywhere! Nevertheless, the forest did appear the next morning we found ourselves in the assembly area just on the outskirts of the little town of Naseby.



The terrain was supposed to be old gold mining terrain with a lot of erosion gullies – going up and down them can get quite tiring! - and a number of various different types of forest. Well, I noticed a lot of dry pine needles underfoot, not the greatest place not to be running in O shoes - I didn't feel that carrying them around for almost a month was worth it, but on hindsight I might have been better off wearing them. I was also intrigued by this note in the final details:

*“Courses 1 to 3 have a small magnetic anomaly on one part of the map where the compass needle suddenly dives towards the ground. Keep moving and within 50m you are back to normal. There are no controls within the area!”*

...but I have to say I didn't actually come across this area of 'small magnetic anomaly' despite being on course 3!

We had only entered for Day 2 of the 6 Days; both Day 1 and Day 2 were run in Naseby. When I saw the details, I noticed my course length was a bit short (3.7km for W21A) so I wondered whether it would be very technical instead. In fact, from some comments at the start and in the loo-queue, it appeared that some of the competitors felt that by not having done Day 1 was an advantage because you'd be blissfully unaware of what awaits you.

Well, I do have to say that once out on my course I was quite glad that it wasn't any longer, having spent a lot of time looking for some of my early controls and not having a clue where I was – as to how I eventually found number 5, that will forever remain a mystery to me! After a bit of a disaster at numbers 4 and 5, I found myself getting (a bit!) used to the terrain and the sort of map. It didn't eliminate all of my mistakes, but I didn't feel quite as lost as I did at the start of the event. Whilst scrambling up and down lots of gullies, I felt that I knew vaguely which gullies they were... There was a small watercourse in the area – about 1.5m wide and about 20cm deep – I'd avoided crossing it at the beginning of my course where I chose to run to a bridge further along a track, but ended up having to step inside it on the way to and from my penultimate control. At which point I bumped



into my brother, who was crossing it, too – in quite an interesting fashion, jumping with both feet straight into the middle and then straight back out again! And later my Dad was explaining how he managed to jump across it, but ended up with the map on the other side of the water as he'd let go of it in flight when he thought he'd need all of his hands and feet to help him end up on the bank...

In the end, I thought my time wouldn't be too great when I finished but as I saw other people's time, I gradually started feeling a bit better; my result wasn't that brilliant but it seemed within a decent percentage of the other competitors on the course. Katrin doesn't seem to have found it as hard as the rest of us – in fact, she won the W12 course on the day we ran!

In any case, it was certainly an interesting and fun experience to have a go at orienteering in New Zealand, and I would recommend it to anyone who just happens to be down there at the time of an event.

*Blanka's dad, Martin - The relief of reaching the finish...*

*Blanka Sengerová (WAOC/CUOC)*

## Training

This year I am hoping to resurrect last years plans to hold a training weekend in the Lake District having training exercises on Bigland and another area close by, and staying at Great Tower in cabin style accommodation. I have not booked a definite weekend yet but possibilities would be one of the latter weekends in May (it would be hard to arrange everything before this time), most weekends in July or after the Welsh 6 Days which is 15<sup>th</sup>-22<sup>nd</sup> August this year. If you are interested please let me know your preferred dates and I'll try to arrange something to suit the most people. The weekend training tours are designed for people who are light green standard upwards generally, although, if given enough notice I can make sure there would be something suitable for orange standard people.

Julia Wotton

## Puzzle Corner

The answers to the December edition puzzle are as follows:

1. Lake = G. Fairlands Valley
2. Fallen Tree = E. Midsummer Common
3. Roger = B. Wimpole Hall
4. Plantation = D. Mildenhall Wood
5. Bike = I. Rowney Warren
6. Snow = H. Therfield Heath
7. Orienteers = A. Warren Wood
8. Tent = F. Priory Country Park
9. Track = J. Maulden Wood
10. Poplars = C. Port Holme

The following people gave the correct answer

Blanka Sengerova  
Julia Wotton  
Bruce Marshall

..... and the winner pulled out of the hat by Rolf was Blanka.

Congratulations Blanka. A voucher for a free entry to a WAOC event will be on its way to you.

This edition's puzzle is provided by Hally Hardie.

Find the hidden O clubs.

In this word square there are 61 O-clubs (around in 1979) hidden. The name is either written in full OR as an abbreviation, e.g. HAVOC OR HAVERING. (There was not room for the S at the end of one club's name) The names are read vertically, horizontally, or diagonally, either forwards or backwards.

Please send your entries to Hally Hardie (hally40@aol.com).

C L O K D S R E N I L R E D R O B  
O C T A V I A N D R O O B E R S U  
D K O L O T S I R B S R F C M V M  
N D D R L O V C O T O P E C C C N  
A P R E O F F A B C O D M O S O S  
L M O P N P F S E M I W N B O E N  
R A F O D R O R F S T A B S O L N  
E R D L O O C E E S I N G C U O C  
B G L R N K Y E L L A V H T R O F  
M O I E O O D T G A H S A W G P C  
U C U T K F A N G O C E I N N H A  
C O G N I D A E R A H C I S I S S  
T N O I E T S I C C H R Y G N E S  
S O C K S T O R T O E O W O C E R  
E N Q E O I L I C V L E X O A Y C  
W E W R C E O A A T L A C U N O C  
E D A W O L S H U L S A R U M C W

## Orienteering in Florida

You probably remember the weather in Cambridge at the beginning of December was chilly, damp and grey, so I was quite glad to be sent on a business trip to Orlando. To get a decent price for flights I needed a Saturday-night stop-over; what should I do on Saturday? I've done Epcot, Universal, Kennedy (good grief, I travel too much), so I looked to see if there was any orienteering ... and there was, less than an hour's drive from my hotel, at Wekiwa Springs near Orlando.

Right, then, problem solved!

Or was it? I started to wonder about snakes and 'gators. It struck me that here at home I know to avoid the worst patches of stinging nettles and brambles (even when orienteering), would an American recognise those? I thought about all the things that any American kid would grow up learning about, like poison ivy. I wouldn't recognise that, and there was probably much worse that I'd never even heard of.

Fortunately the routes had been planned by a chap called Bob Putnam, and his email address was on the web site. So, feeling somewhat paranoid, I wrote to him asking whether I'd be OK. He told me categorically not to worry: there was nothing of that sort. Then he started to warn me about gopher tortoise burrows, prickly pear and saw palmetto. And I must bring some deet to counter the ticks and chiggers. Hmmm, maybe I was right to be paranoid after all?

Even after all that, it did sound fun. In fact, when an extra meeting was scheduled in for that Saturday I decided that I could play hookey for a morning and run anyway.

It seems that the whole orienteering culture is very different between the UK and the USA, or at least Florida. I was quite surprised to see the relatively large number of hikers, and only a few runners. But there again, it's such nice weather to stroll round in tee-shirt and shorts, why not? My previous run had been a week earlier at High Ash; it was about 3C and felt a lot colder in the wind; nice while you're running, but distinctly unpleasant while waiting for your start. The Florida weather was about 21C; very pleasant, but a bit on the warm side for running.

I checked in on the Green course. Bob had explained the USOF colours by email, rather different to ours. The White, Yellow and Orange sounded rather similar, but then there is only one higher technical difficulty: "Advanced", with three courses of varying lengths at that level: Brown was 4.0km, Green 4.7 and Red 7.0. I have to say I was surprised to see the distances reported in km rather than miles, but it did make it easy to figure out what I wanted to do.

I usually run Blue at home; which felt more technical than the Advanced. Planners obviously have to work with the terrain available; the woods at Wekiwa Springs didn't seem to allow for as much technical difficulty as East Anglia, even though I know people in WAOC lament the lack of really technical areas near Cambridge.

Bob had warned me that the course would be very flat, at less than 1% climb. That sounded much the same as home, but on the ground it felt very different. If you plan your route badly in East Anglia you can quickly multiply the nominal climb several times over because the slopes are much shorter and steeper than the long, low hills in Florida. The ground shape rolls so smoothly that Bob said that he only has one re-entrant on his huge map area, and he always uses it when he can, but it was too far from the roads for the event I was at.

By contrast to our commercial forestry with brashings and brambles, the Wekiwa Springs woodland was gloriously clear, open and runnable. Wonderful! I even disturbed a small herd of deer halfway round.

I was about ten minutes into the run when I realised that the only vegetation marked as dark green on the map was the evergreen stuff with palm-like leaves. Was that the saw palmetto that Bob had warned me about? An incautious brush against it quickly showed me the thorns on the backs of the leaves, so maybe it was? There was quite a lot of other vegetation that would probably have been marked as slow running over here. In fact, some of it was harder to traverse than the palmetto, which could be passed at fair speed once you'd got the technique. Having figured out how the map had been drawn made it very easy to get close to many of the control points (other than one in a depression that eluded me for ages – still don't understand that one!) Once close, however, the red flags didn't show up as well against a generally orange/russet background as they do in the green and darker brown vegetation here.

But what a lovely, large area to run in! At Wekiwa there was space to spread the courses out. I was almost sorry I hadn't signed up for the Red course, but past experience (like hitting the wall in a 5 miler) has shown me that trying to do too much within a few days of a trans-Atlantic flight is a very bad idea.

Punching was all manual, which was a bit slow, but at least I'd had some experience of that at Gallopens. I began to think the biggest plus point of SI dibbers (for the runners, at least) is that you don't have a bit of card in your hand that you might easily lose.

And then, just as the effects of my flight were beginning to kick in, it was all over.

Despite having turned in a time of 54 minutes on what had felt like a very easy 4.7km route, I was congratulated on my fast time at the finish. I'd been all ready to blame the jet lag! Amazingly, however, when I checked the web site a couple of days later, I found I'd won. If I'd stuck around for an hour or two I could even have picked up a medal. Oh well. As I said, just a different culture; everyone certainly seemed to be having fun.

I managed to find Bob to thank him for his reassurance(!), then had to rush back to serious meetings about standards in the print industry. Still, I did manage to sit there wearing my new Florida Orienteering tee-shirt with a big grin on my face.

Martin Bailey

## **WAGAL and EAGAL**

As members of WAOC you are eligible for 2 competitions – our own club competition, the West Anglian Galoppen (WAGAL) and the regional competition, the East Anglian Galoppen (EAGAL). In both competitions there are a number of events throughout the year at which you gain points and the points are added up at the end to find winners in various categories. In some classes the competition is quite fierce. In others it's not so bad. The prizes for the EAGAL are mugs which are often awarded at the EAQA AGM and for the WAGAL there are some very nice trophies which are awarded at the WAOC AGM. The announcements of the winners of these competitions will be made at the WAOC AGM on 28<sup>th</sup> February.

### **WAGAL**

The WAGAL is based loosely on the way that the BOF ranking points are calculated for 'ranking events' (C3 and above) but is expanded to fit a 'club' setup with its many different age classes and courses run (yellow to brown). This ranking system also takes into account the different running speeds between areas and the strength of the competitors attending an event. The basic rules are:

- Ranking events are all WAOC Badge events and Colour Coded (including Ltd). Cati, Summer Galloping and Night events are not included.
- The best 4 scores from the 6 WAOC events for each year to count towards the overall total (3 scores if there are 4 or 5 WAGAL events).
- For Colour Coded events only courses Yellow to Brown to count.
- Competitors must compete as individuals.
- Only the first run at each event will be used.
- The planner will be awarded a score equal to the highest they attained at other WAOC events during that year.

To allow for different age groups and courses two weighting factors have been applied to the min/km for each runner to produce the 'weighted min/km'. The first is for the age class of the runner, these are taken from the BOF Guidelines. The second is for the course run where the old BOF Guideline for using a factor of 0.95 for Short Badge courses (which were 2/3 of the length of Long courses) has been used.

A Mean time is based on the weighted times of ranked runners and the standard deviation. For full details ask Neil Humphries.

## **EAGAL**

Orienteers belonging to any East Anglian Club are eligible for scoring points. Each club nominates one of its events as an EAGAL event.

If you run in the correct class for your age and win, you score 100 points. If you run in the correct class and do not win, then your time is divided into the winner's time to find the fraction of the winner's 100 points that you score.

If you run one class lower than your correct class, then you score 50 points if you win for your age, and a similar fraction of the winner's 50 points if you do not win for your age.

If you run more than one course down, then you do not score.

If you run up a class, then you compete against the first East Anglian in that class, with your time divided into their time to find the fraction of 100 points that you score. If you should win then you score 100 points and the person in the correct age class will also score 100 points. Others in the correct age class always have their time divided into the age class winner's time to work out their score.

At the end of the year, your overall score is determined by adding up your *four* best scores over the year. You must also have attended a minimum of *three* events to qualify for overall positions.

Club positions are obtained by adding up every single point scored by all the members of the club, including those who score under 100, and dividing by the number of units in the club.

You do not need to register to compete in the EAGAL, you just need to run a course as detailed above and I will automatically calculate the points for all runners who belong to an EA club (CUOC, HAVOC, NOR, SMOC, SOS, SUFFOC, WAOC).

## WAOC Committee

Chairman:	Neil Humphries (01462 434859) <a href="mailto:n.humphries@ntlworld.com">n.humphries@ntlworld.com</a>	Secretary:	Tim Mulcahy (01223 513761) <a href="mailto:tim.mulcahy@aveva.com">tim.mulcahy@aveva.com</a>
Treasurer:	Caroline Louth (01223 246145) <a href="mailto:caroline@louths.org.uk">caroline@louths.org.uk</a>	Captain:	Rolf Crook (01223 569443) <a href="mailto:rc230@cam.ac.uk">rc230@cam.ac.uk</a>
Junior Captain:	Clare Woods (01223 721433) <a href="mailto:clare_woods@ntlworld.com">clare_woods@ntlworld.com</a>	Fixtures Secretary:	Mike Capper (01733 235202) <a href="mailto:mike.capper@virgin.net">mike.capper@virgin.net</a>
Convenor:	Roger Horton (01223 574995) <a href="mailto:rog@sanger.ac.uk">rog@sanger.ac.uk</a>	Mapping Secretary:	Fred Northrop (01954 789525) <a href="mailto:fdn20@cam.ac.uk">fdn20@cam.ac.uk</a>
Membership Secretary:	Anne Duncumb (01223 843064) <a href="mailto:Duncumb@compuserve.com">Duncumb@compuserve.com</a>	Equipment Officer:	Caroline Louth (01223 246145) <a href="mailto:caroline@louths.org.uk">caroline@louths.org.uk</a>
Website Maintainer:	Neil Humphries (01462 434859) <a href="mailto:n.humphries@ntlworld.com">n.humphries@ntlworld.com</a>	Publicity:	Rolf Crook (01223 569443) <a href="mailto:rc230@cam.ac.uk">rc230@cam.ac.uk</a>
Jabberwaoc Editor:	Julia Wotton (01223 364790) <a href="mailto:juliacarpenter_uk@yahoo.com">juliacarpenter_uk@yahoo.com</a>	Junior Jabber Editor:	Clare Woods (01223 721433) <a href="mailto:clare_woods@ntlworld.com">clare_woods@ntlworld.com</a>
Junior Development:	Blanka Sengerova (07791 208789) <a href="mailto:bs296@cam.ac.uk">bs296@cam.ac.uk</a>	Schools Development:	Ursula Oxburgh (01223 357199) <a href="mailto:u.oxburgh@esc.cam.ac.uk">u.oxburgh@esc.cam.ac.uk</a>
Club Coach:	Julia Wotton (01223 364790) <a href="mailto:juliacarpenter_uk@yahoo.com">juliacarpenter_uk@yahoo.com</a>	Colour-coded Awards:	Ian Smith (01920 822421) <a href="mailto:smithfamilypuckeridge@hotmail.com">smithfamilypuckeridge@hotmail.com</a>

## Fixtures

This list was produced from the BOF fixture list as of 1<sup>st</sup> February and includes events close to the WAOC region and well known Regional and National events of interest which may be further afield. A full list of events is available on the BOF web site.

### February 2004

7 <sup>th</sup>	EM	<b>LEI District Night Event &amp; East Midlands Night league. Beacon Hill, Loughborough. SK/522148.</b>
	C4N	Roy Denney, 0116 2338604. <a href="mailto:roy@emoa.co.uk">roy@emoa.co.uk</a> £3.00/£1.00. Parking £1.00. Dogs on lead. <a href="http://www.leioc.co.uk">www.leioc.co.uk</a>
8 <sup>th</sup>	SC	<b>TVOC Regional Event, Chiltern Challenge. Christmas Common, Watlington. SU/720910.</b>
	C3	Organiser: Colin Duckworth, 0118 972 2490. <a href="mailto:tvoc2004@yahoo.co.uk">tvoc2004@yahoo.co.uk</a> Entries: Barrie Walmsley, Treadaway House, Treadaway Road, Flackwell Heath, Bucks, HP10 9NY, 01628 522016. <a href="mailto:tvocentries@yahoo.co.uk">tvocentries@yahoo.co.uk</a> CD: 17/01/04. £6.50/£2.50. Lim EOD & late entries: +£1.00/50p. Chq: TVOC. EPS-Emit. String course. Lim CC courses - W, Y, O & LG, EOD only £3.00/£1.00. <a href="http://www.tvoc.org.uk">www.tvoc.org.uk</a>
8 <sup>th</sup>	EM	<b>LEI District Event. Beacon Hill, Loughborough. SK/522148.</b>
	C4	Barbara Sacre, 01509 502788. <a href="mailto:barbara.sacre@virgin.net">barbara.sacre@virgin.net</a> £3.50/£1.50. EPS-SI. String course. Parking £1.00. Dogs on lead. <a href="http://www.leioc.co.uk">www.leioc.co.uk</a>



- 14th EA **WAO Regional Night Event & Midlands Night Championships. High Ash, Mundford. TL/815967.**  
 C3N Organiser: Tony Wadeson, 01438 740965. [tony\\_wadeson@baa.com](mailto:tony_wadeson@baa.com)  
 Entries: Ursula Oxburgh, 14 Bentley Road, Cambridge, CB2 2AW, 01223357199. [u.oxburgh@esc.cam.ac.uk](mailto:u.oxburgh@esc.cam.ac.uk) CD: 02/02/04. £7.00/£3.00. Lim EOD + £1.00/50p. Chq: WAO. EPS-SI. Dogs allowed on leads only. Starts 1800 - 1930 (tbc). Email entries welcomed - entries for original date will automatically be carried forward. Refunds available if needed. [www.waoc.org.uk](http://www.waoc.org.uk)
- 15th EA **SMOC Regional Event. Salcy Forest, Northampton. SP/795512.**  
 C3 Organiser: John Shaw, 01525 632919 (before 2100).  
 Entries: Helen Nisbet, 2 Hopkins Close, Milton Keynes Village, Milton Keynes, MK10 9AS. [h.nisbet@virgin.net](mailto:h.nisbet@virgin.net) CD: 25/01/04. £8.00/£3.00. Lim EOD and late entries +£1.00. Chq: smoc. EPS-SI. String course. Lim CC courses. Parking £1.00. No dogs. [www.silsonjoggers.org.uk/smocweb/](http://www.silsonjoggers.org.uk/smocweb/)
- 15th SC **BKO Regional Event, Concorde Chase. Swinley Forest, Bracknell. SU/903670.**  
 C3 Organiser: Eric Harper, 0118 948 2934.  
 Entries: Tim Booth, Concorde Chase 2004, 12 Jerry Moor Hill, Wokingham, Berkshire, RG40 4UG, 0118 973 4662. [CC2004@bko.org.uk\(enquiriesonly\)](mailto:CC2004@bko.org.uk(enquiriesonly)) CD: 28/01/04. £7.50/£3.00 + £1.00 EMIT hire. Lim EOD +£1.00. Chq: BKO. EPS-Emit. String course. EOD CC courses - W, Y, O & LG - £4.00/£2.00. Dogs in car park only. [www.bko.org.uk](http://www.bko.org.uk)
- 22nd EA **NOR District Event & EAGAL & Norfolk Schools League. Swaffham Heath, Swaffham. TF/767095.**  
 C4 Garry Moore, 01553 671717. £4.00/£1.00. EPS-SI. String course. Dogs on lead in car park only. [www.norfolkoc.co.uk](http://www.norfolkoc.co.uk)
- 28th EM **DVO British Night Championships & UK Cup. Crich Chase and The Hagg, Ripley. SK/355527.**  
 C2N Organiser and entries: Paul Wright, 4 Ripley Road, Riversdale, Ambergate, Belper, Derbyshire, DE56 2EU, 01773 856387. [cpstwright@supanet.com](mailto:cpstwright@supanet.com) CD: 14/02/04. £8.00/£3.00. Lim EOD +£2.00. Chq: DVO. EPS-SI. Starts from 1830. Parking £1.00. No dogs.
- 29th EA **SOS Leap Year Regional Event. Roman Valley & Donyland Wood, Colchester. TL/985209.**  
 C3 Organiser: Lyn West, 01206 322905. [lynwest.ghh@tesco.net](mailto:lynwest.ghh@tesco.net)  
 Entries: Julia Robertson, 9 Moatfields, Fordham, Colchester, Essex, CO6 3PG, 01206 242283. [Badge@robertson-sos.freeserve.co.uk](mailto:Badge@robertson-sos.freeserve.co.uk) CD: 13/02/04. £7.00/£3.00, Family £18.00 +50p SI hire. Lim EOD while maps last +£2.00/£1.00. Chq: Essex Stragglers. EPS-SI. String course. EOD CC - White to Orange. [stragglers.info](http://stragglers.info)
- 29th WM **OD District Event. Ragley Hall, Alcester. SO/555564.**  
 C4 Carolyn Marr, 01926 735390. [the.marrs@ntlworld.com](mailto:the.marrs@ntlworld.com) £5.00/£2.00. Parking £1.00. [www.octavian-droobers.org](http://www.octavian-droobers.org)

## March 2004

- 6<sup>th</sup> SE **CHIG Local Event & SWESO/SWELL 8. Pishiobury Park, Sawbridgeworth. TL/475139.**  
 C5 Derek Jenner, 01279 726146. [djenner@ciconia.co.uk](mailto:djenner@ciconia.co.uk) £3.50/£1.00. EPS-SI. [www.chig.org.uk](http://www.chig.org.uk)
- 7<sup>th</sup> EM **LEI District Event. Outwoods, Loughborough. SK/520170.**  
 C4 Roger Williamson, 01509 412132. £3.50/£1.50. EPS-SI. String course. Parking £1.00. Dogs on lead. [www.leioc.co.uk](http://www.leioc.co.uk)
- 7<sup>th</sup> EA **WAOC District Event & EAGAL. Warden Warren, Shefford. TL/145441.**  
 C4 Chris Bell, 01462 850422. [chris\\_n\\_bell@msn.com](mailto:chris_n_bell@msn.com) £5.00/£2.50. EPS-SI. White to Brown courses. Dogs on lead. [www.waoc.org.uk](http://www.waoc.org.uk)
- 7<sup>th</sup> SC **TVOC District Event. Wycombe Abbey, High Wycombe. SU/866927.**  
 C4 Paul Greenough, 01494 674766. [paul-greenough@supanet.com](mailto:paul-greenough@supanet.com) Fees TBA. String course. Parking TBA. [www.tvoc.org.uk](http://www.tvoc.org.uk)
- 14<sup>th</sup> EA **EAOA Compass Sport Cup 1st Round. Warren Wood, Thetford. TL/837848.**  
 O3X Organiser: Caroline Louth, 01223 246145. [caroline@louths.org.uk](mailto:caroline@louths.org.uk)  
 Entries: via the club captain Rolf Crook (see Captains Corner) *CD: 29/02/04*. £6.00/£2.00. No EOD. Chq: EAOA. EPS-SI. Dogs on lead. Closed event for CSC entries plus members of non-entering EA Clubs in the East Anglia Region.  
[homepage.ntlworld.com/roger.stenson2/CSC2004/](http://homepage.ntlworld.com/roger.stenson2/CSC2004/)
- 20<sup>th</sup>-21<sup>st</sup> NE **BRITISH ORIENTEERING CHAMPIONSHIPS & UK CUP & FCC**  
 C1 **20<sup>th</sup> - BRITISH ORIENTEERING CHAMPIONSHIPS & UK CUP & FCC.** Simonside, Rothbury. NZ/035998.  
 C3 **21<sup>st</sup> – Regional Event.** Simonside, Rothbury. NZ 035998.  
 Co-ordinator: John Crosby, 0191 268 5449. [john@nsoa.freereserve.co.uk](mailto:john@nsoa.freereserve.co.uk)  
 Entries: Andrew Nicoll, BOC2004, 47 Holywell Avenue, Whitley Bay, Tyne & Wear, NE26 3AQ, 0191 252 2383. [andrew@nicoll.co.uk](mailto:andrew@nicoll.co.uk) *CD: 20/02/04*. Fees TBA (see website for full details). 21<sup>st</sup> - £7.00/£3.50. Lim EOD 21<sup>st</sup> only +£1.00/50p. Chq: BOC 04. EPS-SI. String course. Lim CC courses on both days. Parking £1.00 each day. Dogs in car park and assembly only. [www.muddy.org/boc2004](http://www.muddy.org/boc2004)
- 20<sup>th</sup> EA **HAVOC Local Event & SWELL. Thorndon Country Park (South), Brentwood. TQ/634899.**  
 C5 Garry Parmenter, 01375 376384. [46\\_garry\\_par@tiscali.co.uk](mailto:46_garry_par@tiscali.co.uk) £3.50/£1.00. Lim CC courses - W, Y, O, LG + 6km training course (Blue std). [www.orienteering-havoc.co.uk](http://www.orienteering-havoc.co.uk)
- 21<sup>st</sup> EA **SUFFOC District Event. Rendlesham, Woodbridge. TM/353484.**  
 C4 John Webb, 01473 742778. [john@sproughton.flyer.co.uk](mailto:john@sproughton.flyer.co.uk) Fees TBA. EPS-SI. [www.pdl.demon.co.uk/suffoc](http://www.pdl.demon.co.uk/suffoc)
- 21<sup>st</sup> SE **HH District Event. Burnham Beeches, Slough. TQ/950850.**  
 C4 Helen Errington, 01727 842883. [helen.errington@ntlworld.com](mailto:helen.errington@ntlworld.com) Fees TBA. EPS-SI. Limited to 500. [www.happyherts.org.uk](http://www.happyherts.org.uk)

## April 2004

- 4<sup>th</sup> EA **WAOB District Event. Chicksands Wood, Shefford. TL/105405.**  
C4 Mike Capper, 01733 235202. [mike.capper@virgin.net](mailto:mike.capper@virgin.net) £4.00/£1.50. EPS-SI. String course. White to Blue courses only. Dogs on lead. [www.waoc.org.uk](http://www.waoc.org.uk)
- 9th-12th NW **JAN KJELLSTROM ORIENTEERING FESTIVAL**  
C5 9th - JK Training Event. Simpson Ground, Ulverston. SD/398863.  
Starts 1100 - 1600. EPS-SI. Dogs in car park only. Parking permit required - see main details.
- C1 **10th - JK DAY 1, World Ranking Event, UK Cup & FCC.** Graythwaite, Ulverston. SD/353928.
- C1 **11th - JK DAY 2, World Ranking Event, UK Cup & FCC.** Graythwaite, Ulverston. SD/371915.
- R1 **12th - JK Relays & UK Relay League.** Graythwaite, Ulverston. SD/369940.  
Coordinator: Sue Denmark, 01772 700327. [sue@denmark.demon.co.uk](mailto:sue@denmark.demon.co.uk)  
Entries: Sue Birkinshaw, 221 Hale Road, Hale, Altrincham Cheshire, WA15 8DN, 0161 980 5068. [sbirkinshaw@cssystems.net](mailto:sbirkinshaw@cssystems.net) Internet entry preferred for Days 1 & 2. Paper entries on special form. CD & Fees: By 15/1/04 - £22.00/£6.00, By 7/3/04 - £26.00/£8.00. Late Entry by 20/3/04 Internet Only - £30.00/£10.00. After 20/3/04 there may be some entries available at the discretion of the entries secretary. Please contact first. Non BOF - + £10.00/£6.00. Entries for single days are at 50% of the full fee. EPS-SI. String course & Lim CC courses - W, Y & O on Days 1 & 2 only. Car Parking Permit for 4 days Cars £5.00, Minibuses £10.00, No Coaches. Dogs in car park and assembly only. Trail O at Rookhow Centre on Days 1 & 2. Relay entries from UK will be handled only on a club basis. Special Entry form distributed to all BOF clubs. Overseas entries may obtain entry form from Relay Entries Secretary: Phil Janaway, Step Cottage, Neston Road, Ness, Cheshire, CH64 4AT. [philjan@wirralway.u-net.com](mailto:philjan@wirralway.u-net.com)  
[www.sroc.org/jk2004.html](http://www.sroc.org/jk2004.html)