



West Anglian  
Orienteering  
Club



# JABBERWAOC

Vol.32 No. 4

August 2004



*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**

Apologies for the last edition where I forgot to update the New Members section and ended up welcoming the same newcomers as the February edition. We do still welcome you of course but we also welcome those who joined more recently!

In this edition there is EAOA information from Caroline, final results from the SMILE and an update of results from the Summer Galloppens. Note there is still one final summer galloppen event to come closely followed by our Come And Try It event at Wimpole on 12<sup>th</sup> September. Do invite your friends along to that. If you are interested in a training weekend or some local training do look at the Training section.

Many thanks to Bruce for the puzzle, to Helen Gardner for her article about JWOC, and to Blanka for her article about the PuntO, which despite the rain was great fun. This edition is slightly later than usual so that I could get some photos in from the Welsh 6 Days which quite a few of us went to. Thanks also to Rolf for a last minute addition on Achilles Tendonitis.

Julia Wotton

### ***Next Copy Date***

25<sup>th</sup> September 2004

## **A Message From Tim Mulcahy**

Charity memorial run in memory of Dave Wotton

Tim Mulcahy would like to thank all those WAOC members who sponsored him in his Snowdonia Marathon 2003 charity run in memory of Dave Wotton. Tim's final donations to the British Heart Foundation and NSPCC charities totalled £1,066. Running in the Snowdonia Marathon was a fitting memorial to Dave who was such an active member of both WAOC and the Cambridge University Press Running Club. Dave ran the marathon himself in 1998.

## **WAOC Membership Information**

### **NEW CLUB MEMBERS**

Welcome to:

David and Frances Cooper and family (Todd M8, Lewis M5 and Duncan M4)	from Cambridge
Lynne Clark	from Needingworth
Amy Majumdar	from Cambridge

We hope that you will enjoy orienteering with us.

Anne Duncumb (membership secretary)

## **Chairman's Chat**

Last time I wrote that I would give an outline of some of the things East Anglian Orienteering Association (EAOA) does for us. The EAOA committee is made up of representatives from all the

clubs in the region; Neil Humphries or I, Ursula Oxburgh, Blanka Sengerova, Mark Collis and Bruce Marshall are all on the committee so WAOC is well represented. Some of the EAOA committee then sit on the various BOF committees - if you want to raise any issues with BOF, you can raise it with me or another committee member and we will take it up to the appropriate forum.

EAOA co-ordinates fixtures between the clubs and with other regions to try to prevent clashes and spreadout events. Bruce looks after the region's SI equipment and has recently upgraded the printer. EAOA puts on the regional CompassSport Cup heat and is currently organising The British Schools Championship at Sandringham in November - please let me know if you are willing to help! There is also the regional EAGAL league which Neil co-ordinates. Each club puts on one EAGAL event every year. Mark edits EAOA's newsletter, Points East, which is available online at <http://www.drongo.org.uk/eaoa/pe.php>

Ursula is in charge of training and recently organised an excellent training day for club coaches. Together with Lyn West (EAOA Chairman), she is currently also running the EAOA Junior Squad; they would be very glad of some help or indeed a new co-ordinator. The Junior Squad is for all youngsters in the region who are ready to move from orange to light green standard. It consists of a mixture of training in East Anglia and weekends away in other regions to gain experience of different terrain. A weekend usually involves training on the saturday, an overnight stay in a Youth Hostel and a badge event on the sunday. The Squad also takes a team to the Junior Inter-regional competition.

Caroline Louth

## **Colour Coded Awards**

At District Events (previously named Colour Coded events) the courses are colour coded, becoming longer and / or technically more difficult as you progress from white to yellow to orange to red to light green to green to blue to brown. In the results you will usually see a "par time". This is the winner's time plus 50% or the time within which 50% of the competitors completed the course which ever is the longest (except on white where all finishers are within par time). When you have obtained a time within par time on 3 courses of a certain colour you are eligible for an award of that colour standard. Anyone is eligible unlike Badge Awards where you must be a BOF member. Our colour coded awards committee member, Ian Smith, is responsible for handing out the awards. He cannot keep track of every event you may have been to so please contact him if you feel you are eligible for an award with the colour standard and events at which you obtained a time better than the par time.

Congratulations to the following people who obtained colour coded standards recently:

Thomas Louth – White

Jonathan Cronk – Yellow

Thomas Norris - Yellow

James Firth - Orange.

Ian states "I've never issued one higher than Orange" and "I've never had a request from an adult". So come on adults, CC isn't just for kids and kids you can keep getting awards all the way up to brown. Surely someone out there must have got a light green standard or higher? Note that red courses are longer than orange but the same technical difficulty and light green courses are usually about the same length as orange but more technically difficult. You don't have to do red before light green or even at all.

## WAOC SMILE 2004

We've come to the end of the Smile 2004 season having held six events between March and July in and around our area. The events were :

Date	Location	Organiser/Planner
Sun 21 March	Coe Fen, Cambridge	Firths, Norris's, Cronks
Sat 24 April	Bush Heath, Mildenhall	Gardners & Greshams
Sun 6 June	Therfield Heath, Royston	Haynes family
Sun 20 June	Hinchingbrooke Park, Huntingdon	Hemingway family
Sat 3 July	Rowney Warren, Shefford	Neil & Martin Humphries
Sun 18 July	Wandlebury, South Cambridge	Woods family

The weather, which held up until the very end, somewhat let us down at Wandlebury but even so there was a reasonable attendance as there has been throughout the programme. Some juniors managed to get to most of the events and Todd Cooper completed the white course at every one.

Fortunately the rain stopped in time for the presentation and party at Wandlebury. A number of somewhat soggy participants consumed considerable quantities of cheese scones, crisps, cake and fizzy drinks and enjoyed the traditional crème eggs. There were gold, silver and bronze medals for each SMILE course and Jonathan Cronk won the SMILE cup for a fantastic performance on the Orange course.

The June edition of Jabberwaoc brought you up to date with the results of the first two Smile events and the remaining results are shown below, together with the SMILE League table.

Next year we shall be having another series of SMILE events and are considering whether we should change the format in any way. Should we have more or fewer events? Should we offer different courses? Should we maintain the Score format for the harder course? All ideas are being actively considered by the recently formed Junior Club and an announcement is expected with the December edition of Jabberwaoc. If you have any particular suggestions for format that you would like to see included, get them to one of the junior sub-committee members or write in to Jabberwaoc.

Maurice Hemingway.

### Therfield Heath

White 1.6km

1	Joshua Hope	15:04
2	Matthew Haynes	19:21
3	Lewis Cooper	22:52

4	Todd Cooper	22:57
5	Nick & John Rathjen	30:18
6	Rachel Rathjen	33:13
7	Ben & Sam White	33:36
8	Miriam Norris	40:50
9	Caitlin Dunning & Family	54:37
10	Alex & Matthew White	81:40

#### Yellow 2.2km

1	Tom Norris	23:48
2	David Hope	25:11
3	Hannah Leverington	27:59
4	Katherine Gresham	35:11
5	Ed Bailey	36:03
6	Elly Farrow	36:46
7	Joshua Hope	46:30
8	Ben & Tima Rathjen	51:42
9	Edward Potts	53:48
10	Reilley family	57:45
11	Charlie & Tom Plater	59:39
12	Katy Woods	61:48

#### Orange 3.0km

1	David Gresham	34:40
2	Jonathan Cronk	35:51
3	John Gresham	36:52
4	Erica Williams	49:47
5	Alec Maldar	73:04
6	Wendy Kent	88:04

Emily Williams 69:02 missed 5,10,11  
 Alison Gresham 56:22 missed 5

#### Hinchingbrooke Park

##### White

1	Thomas Hemingway	M8	8.10
2	Todd Cooper	M7	9.34
3	Charlotte Heeley+	W10	10.10
4	Euan Baker-Milne+	M8	10.38
5	Katherine Heeley+	W12	11.20
6	Laura Firth+	W5	12.15
7	Catherine Hemingway+	W4	12.23
8	Lewis Cooper+	M5	12.47
9	K&C Duckworth+	W10,M7	13.32
10	Bethany Baker-Milne+	W5	14.53
11	Jessica Firth	W9	15.20
12	Caitlin Dunning+	W2	24.01
13	Thomas Harrison+	M5	32.04
14	Nicola Perree+	W6	32.20

#### Yellow

1	James Firth	M11	12.21	2nd run
2	Thomas Norris	M10	16.15	
3	Katherine Heeley+	W12	17.30	
4	Hannah Leverington+	W9	18.30	
5	Katrin Sengerova	W12	24.49	
6	Jessica & Laura Firth+		26.44	
7	Bethany Baker-Milne+	W5	27.44	
8	Charlotte Heeley+	W10	56.18	
9	Thomas Hemingway	M8	13.51	MP
10	Todd Cooper	M7	15.59	MP

#### Orange

1	Jonathan Cronk	M11	27.16	
2	Jitka Sengerova	W45	29.33	
3	James Firth	M11	30.07	
4	Janet Cronk	W45	35.08	
5	David Cooper	M40	35.13	
6	Jackie Duckworth	W40	37.42	

#### Rowney Warren

##### White

1	Nick Hardy	M12	08:02	
2	Hannah Leverington (2nd run)	W9	11:39	
3	Adam Hardy	M10	13:03	
4	Todd Cooper	M7	15:15	
5	Charlie (2nd run)	W10	15:28	
6	Lewis & Duncan Cooper	M3/M5	15:51	
7	Katy Woods	W14	16:41	
8	Eleanor Farrow	W7	18:57	
9	Alex & Joe (2nd run)	M10	30:36	

##### Yellow

1	Nick Hardy (2nd run)	M12	09:35	
2	Eleanor Farrow (2nd run)	W7	12:55	
3	Todd Cooper (2nd run)	M7	14:32	
4	Hannah & Sophie Leverington	W9/12	14:57	
5	Adam Hardy (2nd run)	M10	17:49	
6	Charlie, Joe & Alex	M/W10	43:19	

##### Orange

1	Phil H	M14	21:18	
2	Lewis Hadler	M17	23:14	
3	Jonathon Cronk	M11	29:23	
4	Adam Hardy (3rd run)	M10	34:38	
5	Sheila Staines	W45	41:54	

## Wandlebury

1	Todd Cooper (2nd run)	M8	10:45
2	Lewis Cooper+	M5	14:11
3	Duncan Cooper+	M4	14:27
4	Shams Family	IND	14:34
5	Kirsten Smith+	IND	17:50
6	K&C Duckworth	W10,M7	19:29
7=	Henry Smith+	IND	19:50
7=	Amy Windsor+	IND	19:50
9	Emily Windsor	W8	20:40
10	Lumb Family	IND	21:30
11	Chloe Parker-Freeman+	W7	23:51
12	Nicola Perree & Mollie Gibbs	W6	31:36
13	Ben Wetherill +	M5	37:18

## Yellow

1	Todd Cooper +	M8	18:14
2	Hannah & Sophie Leverington	W9,W12	24:36
3	Miranda Leaf +	W9	26:04
4	Shams Family (2nd run)	IND	28:52
5	Rosalind Williams	W21	31:59
6	Emily Williams	IND	34:56
7	Penny and William Lancaster	IND	40:45
8	Benedict Williams	IND	45:44
9	Adam Mulcahy +	M10	47:46
10	Emily Windsor (2nd run)	W8	53:04

## Orange

1	David Chappel	M55	24:11
2	Jude Chappel	W21	26:00
3	Mark Williams	IND	41:03
4	Jackie Duckworth	W40	46:21
5	Louise Walling	W21	51:59
6	Jenny Grey		54:30
7	Katy Woods & Rachael	W13	73:50

## Overall SMILE League Points

### WHITE COURSE

	Coe Fen	Bush Heath	Ther-field	Hinching-brooke	Rowney W	Wandle-bury	Total Points
Todd Cooper (some +)	75	76	(66)	85	(53)	100	336
1 Thomas Hemingway	95	100		100			295
2 Lewis Cooper + Catherine Hemingway		51	66	64		76	257
3 +	63	71		66			200
4 Joshua Hope	84		100				184
5 Laura Firth +	72			67			139
6 Duncan Cooper+					51	74	125
7 K & C Duckworth				60		55	115

9	Jessica Firth	60			53			113
10	Emily Windsor +	58					52	110
11	Ben Conway	100						100
12	Nick Hardy					100		100
13	Oliver Purnell	91						91
14	Sam Huguét	84						84
15	Hannah Leverington +					84		84
16	Miriam Norris	44	36					80
17	Charlotte Healey +				80			80
18	Matthew Haynes			78				78
19	Euan Baker-Milne +				77			77
20	Catherine Gresham	76						76
21	Shams Family						74	74
22	Katherine Heeley +				72			72
23	Lucy Maycox +	69						69
24	Caitlin Dunning +			28	34			62
25	Adam Hardy					62		62
26	Felicity Conway +	60						60
27	Kirsten Smith+						60	60
28	Ben Wetherill +		30				29	59
29	Bethany Baker-Milne				55			55
30	Henry Smith+						54	54
31	Amy Windsor+						54	54
32	Nick & John Rathjen			50				50
33	Lumb Family						50	50
34	Katy Woods					48		48
35	Jamie Milne +	47						47
36	Rachel Rathjen			45				45
37	Ben & Sam White			45				45
	Chloe Parker-							
38	Freeman						45	45
39	Eleanor Farrow					42		42
40	Nicola Perree & Mollie Gibbs						34	34
41	Alex Wetherill +		25					25
42	Alex & Matthew White			25				25
43	Thomas Harrison +				25			25
44	Nicola Perree +				25			25

#### YELLOW COURSE

		Coe Fen	Bush Heath	Ther- field	Hinching- brooke	Rowney W	Wandle- bury	Total Points
1	Hannah & Sophie Leverington			85	67	64	74	290
2	Tom Norris		100	100	76			276
3	Todd Cooper +		66			66	100	232
4	Joshua Hope	94		51				145
5	Eleanor Farrow			65		74		139
6	Catherine Gresham	62		68				130
7	Sam Huguét	100						100
8	James Firth				100			100
9	Nick Hardy					100		100
10	David Hope			95				95
11	Emily Windsor	42					34	76
12	Katherine Heeley +				71			71
13	Miranda Leaf +						70	70
14	Sarah Grey	69						69



15	Ed Bailey			66				66
16	Shams Family (2nd run)						63	63
17	Catherine Hemingway +	60						60
18	Oliver Purnell	59						59
19	Rosalind Williams						57	57
20	Laura Firth +	54						54
21	Emily Williams						52	52
22	Annabel Conway	51						51
23	Katrin Sengerove				50			50
24	Ben & Tina Rathjen			46				46
25	Jessica + Laura Firth				46			46
26	Bethany Baker-Milne				45			45
27	Penny & William Lancaster						45	45
28	Edward Potts			44				44
29	Jamie Milne +	43						43
30	Reilley family			41				41
31	Charlie & Tom Plater			40				40
32	Benedict Williams						40	40
33	Katy Woods			38				38
34	Adam Mulcahy +						38	38
35	Charlotte Heeley +					22		22

#### ORANGE COURSE

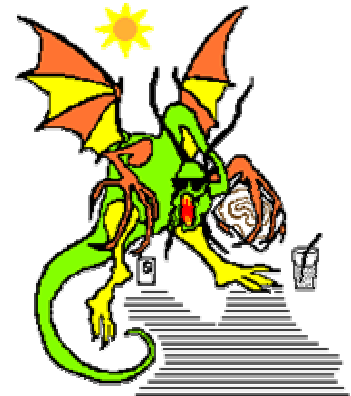
		Coe Fen	Bush Heath	Ther-field	Hinching-brooke	Rowney W	Wandle-bury	Total Points
1	Jonathan Cronk	80	73	97	100	(72)		350
2	James Firth	100			91			191
3	Jackie Duckworth				72		52	124
4	James Norris		100					100
5	David Gresham			100				100
6	Phil Humphries					100		100
7	David Chappel						100	100
8	John Gresham			94				94
9	Jude Chappel						93	93
10	Jitka Sengerova				92			92
11	Lewis Hadler					92		92
12	Thomas Norris	80						80
13	Rutherford family		78					78
14	Janet Cronk				78			78
15	David Cooper				77			77
16	Joshua Hope	75						75
17	Alice Gresham		73					73
18	Erica Williams			70				70
19	Wilkinson family		65					65
20	Alan Hardy					62		62
21	Mark Williams						59	59
22	J Bradley	55						55
23	S Lawson & E Pestel		54					54
24	E Bradley	53						53
25	Alec Maldar			53				53
26	Sheila Staines					51		51
27	M Bradley	49						49

28	Louise Walling		47	47
29	Wendy Kent	45		45
30	Jenny Grey		44	44
31	Miriam Norris	39		39

## Midweek Summer Galloppen

The midweek summer galloppen league is almost finished with just one event left this year. There are still some positions to be fought over at the last event which is on 8<sup>th</sup> September at Coldhams Common.

The full results will be published in the next edition. The results so far can be found on the club web site ([waoc.org.uk](http://waoc.org.uk)).



## Training

### *Thursday Running Group*

The Thursday running group is still going strong so if you do want to join us and are not yet on the mail list let me (Julia Wotton) know and I'll add you.

### *Local Training*

For details of Junior training see the Junior Corner. However training is not just for juniors. The training at Maulden on 5<sup>th</sup> December is intended to be for adults as well as juniors and will concentrate on compass work. Training sessions will start probably around 12:30pm after we've had a chance to run. More details in the next Jabberwaoc.

### *Training Weekend*

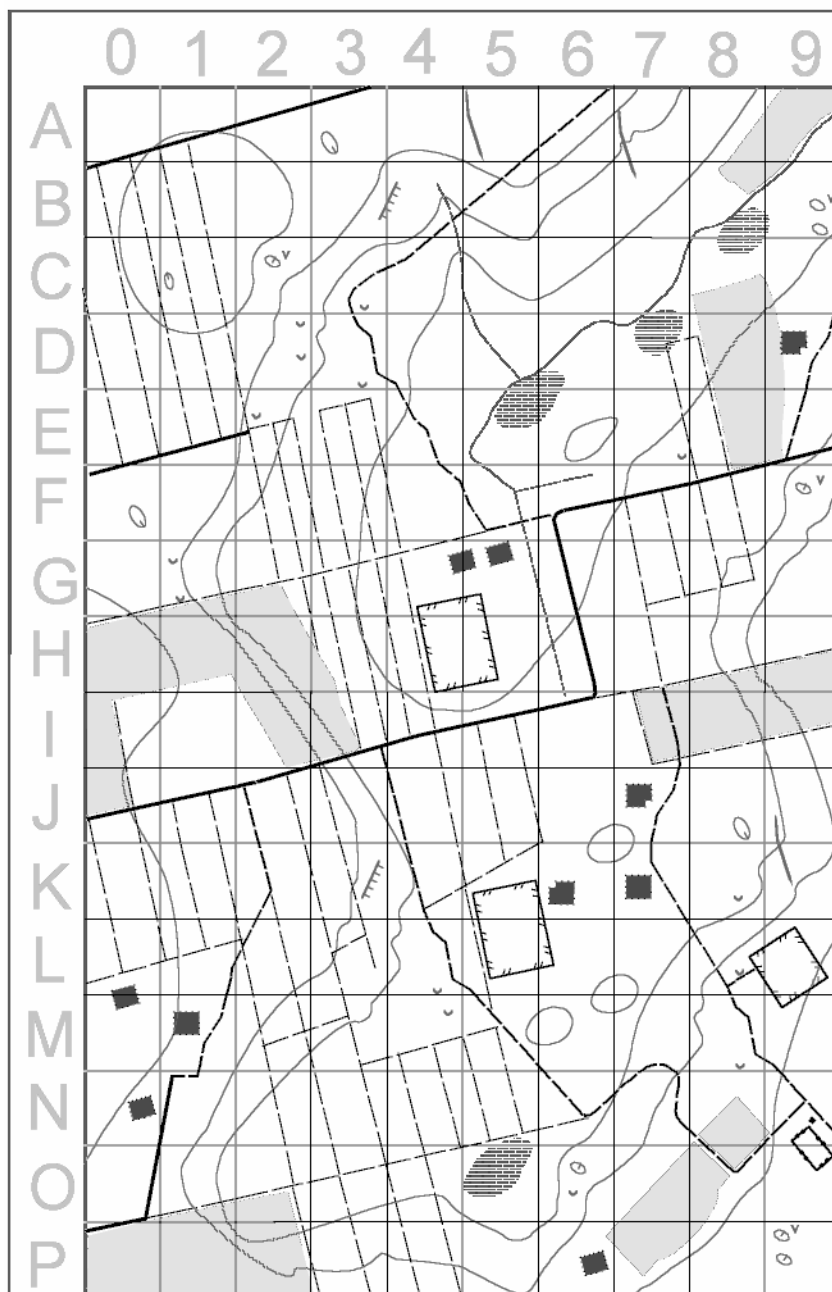
BOF are organising a Club Coaching Day on 30<sup>th</sup> October 2004 in the Lake District. This means that BOF arrange land access and maps and put out controls and club coaches may take groups along and do their own training exercises. The following day there is a badge event at Haverigg (a similar sand dune area) where you can try out your practised skills. Several of you showed an interest in a training weekend and I propose that we use this opportunity to do our training. I will come up with some exercises and would value the suggestions of others too. I propose that we stay in the nearest youth hostel (or individuals can find their own more upmarket accommodation if preferred). I do not yet know the cost of the weekend but in the past it has been about £30 plus travel and food. Please let me know by 15<sup>th</sup> September whether you would like to go and send me a cheque payable to WAOC for a deposit of £15.

Julia Wotton  
(address in membership list)

## Puzzle Corner

Here's a puzzle that will test your map memory ability. Can you find three squares which appear to be identical as you look at them?

The winner of the puzzle will get a free entry to the WAOC event of their choice. Send your entry to Bruce Marshall (bmarshall@iee.org or address in the membership list).



## Junior Corner

### ***Recent Junior Successes***

At the end of June it was the Junior Inter Regional Championships in Scotland at which Ed Louth and Helen Gardner came 5<sup>th</sup> in M14 and W18 respectively. On the relay day Helen Gardner ran the fastest time on her leg taking the team from 9<sup>th</sup> up to 4<sup>th</sup>. Her team mates were Jo West of SOS and Sophie Louth who was running up an age group. The East Anglian team finished 9<sup>th</sup> overall.

Helen Gardner was selected to run in the Junior World Champs in Poland and reports on this later.

Thomas Hemmingway obtained 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions during the Welsh 6 Days on M10B giving him an overall position of 2<sup>nd</sup>.

## **Training**

*A message from Blanka.....* after a summer break, I'm back in the process of sorting out training sessions for the WAOC juniors for the autumn. The last training session in June on Therfield Heath was very successful (I think the weather might have helped somewhat!), and many thanks to Nicola, Frances, Dil and Jitka for running the training sessions on the day (and to Ursula for taking over sorting things when I was in the middle of exams).

For the autumn, we're planning to hold training sessions following the two WAOC colour coded events:

- 24th October at Rowney Warren
- 5th December at Maulden Wood (subject to WAOC juniors qualification for the Yvette Baker final on the same day).

Please let Blanka or Dil Wetherill know if you intend to come.

## **JWOC 2004**

*Thanks to Helen Gardner for this article and congratulations on being selected to run in JWOC...*

This year I was lucky enough to again get selected for JWOC, even after a not particularly successful FCC final weekend. JWOC was this year based around Gdansk, Poland over the period of 5-11<sup>th</sup> of July. All of the team of six boys and six girls flew out earlier than this for some training in the Polish forests. I flew out a day later than most people, on the 2<sup>nd</sup>, due to having had an economics exam on the 1<sup>st</sup> (which I hope went well). On arrival at the airport myself, and a number of other passengers, found that we were minus our luggage, which had been unable to make the transfer of planes in Copenhagen, so I was collected and taken to my first training session without all my kit.

The forest was gorgeous - mature deciduous trees nicely spaced and generally completely clear underfoot. Although the terrain was very hilly in the way of wiggly valleys and hills all across the map about 30m high, the forest was so nice that I felt very frustrated on my first day that I was unable to run up the steep slopes due to my lack of running gear!

The accommodation was in student hostels. The room I shared with Cerys Manning was really good, the only problem being that it was right at the top of the building – up four and a half flights of stairs (the last half actually being in the room, which was on two layers) – so I think in total I did an awful lot of climb in the week. Food was typical of Poland – some examples of meals were: sausage soup, sausage, chicken, battered chicken, battered chicken filled with butter, pickled vegetables with dill, soup with dill, potatoes with dill – you get the picture! It was bearable and sometimes proved surprisingly nice once your taste buds had adjusted, but the repetitiveness and lack of puddings did mean we ended up eating out more than the previous year.

In terms of the competition, Great Britain, and notably Alison O'Neil, were very successful. On the short qualifier we managed to get four girls and four boys to qualify for the A-final, which apparently does not often occur. I qualified relatively comfortably in 14<sup>th</sup> (top 20 in each of 3 heats qualify) after a clean run. In the short final the next day we had our first ever podium position for a GBR runner at JWOC, with Alison "I-can't-do-short-races" ending up in 4<sup>th</sup> place. Mhairi would also have beaten the previous records, just missing out on an IOF diploma, coming 7<sup>th</sup>. I was happy with another solid run, ending up in 33<sup>rd</sup> – running 4.1km, 185m climb in 35:41 (winning time 28:59, Alison 30:42, Mhairi 31:54), which was infinitely better than last year where I didn't qualify. There was a bit of a rush to make a wreath for Alison to wear, our lack of experience at this shown by the fact that it ended up sort of tear shaped. The boys also had a reasonable day, with Graham

satisfied with his 11<sup>th</sup> position, less than three minutes behind the winner, and Scott showing his worth after having just scrapped through qualifying (having beaten a Japanese runner to 20<sup>th</sup> position on the run in) by coming 24<sup>th</sup>, Mark Nixon was the third scorer coming 37<sup>th</sup>.

The classic race was another success for the team, although not for all individuals. Alison again excelled, beating her position on the previous day to come 3<sup>rd</sup>, so this time getting a medal and a really pretty bead tree as well as another diploma. Cerys also had a very good, strong run, ending up 20<sup>th</sup>. Mhairi was our third scorer and, despite having a very disappointing run came in 21<sup>st</sup> having been the last starter. I, however, just came away with a paranoia of Spanish O-tops after being unsuccessful at ignoring a Spanish girl who was running around with me for a large part of the course and kept appearing at the control even if we'd taken completely different routes and who came in just in front of me at the end. My position ended up reflecting a famous number of Dalmatians. Well I guess it means I can only improve next year, when I hopefully will not be given an early start again (☺ please!). In the boys Graham was again happy with his performance, coming 26<sup>th</sup>.

On the next day, which is a rest day, we had a well deserved (and needed) lie in before going to an amazing swimming pool that had really fun flumes and rapids – which I doubt would have passed safety regulations in England! There was also a spa complex which included at least six saunas, all with different temperatures, humidity's and layouts, representing different countries traditional saunas. It was nice to be able to relax, although less pleasant having to try and avoid seeing any naked Polish men. We definitely need British swimming pool designers to start getting tips from the Polish!

Suddenly the last day had come around without anyone noticing and it was time for the relay. After the previous days hopes were a little bit too high and after all the first leg runners not coming back with the pack the teams never really recovered. The girls teams ended up 12<sup>th</sup> nation (18<sup>th</sup> overall) and 27<sup>th</sup> overall and the boys teams ended up 11<sup>th</sup> nation (14<sup>th</sup> overall) and 28<sup>th</sup> overall. Without the pressure on me I had a very good run for the B-team last leg making me leave the week with a much more positive feeling. The coaches relay made up for the disappointment, with Jason and Janine each getting “podium” positions! While waiting for all the coaches to finish we also arranged a Great Britain vs. Australia football match which almost all the GB team took part in and which we won (admittedly we had around twice as many players!).

All that was left then was to pack, go out for a celebratory meal and then go onto the disco! It was a really good evening that I think everyone enjoyed, despite all 300+ of us having to fit into the student club which could fit a maximum of 300 people – it was very cosy! Then it was one last time up the four and a half flights of stairs to flop down into bed, tired and happy and already planning ahead with my training to try and make sure I can come again and do even better at JWOC next year!

Helen Gardner

## **Punt O**

In June, WAOC members once again had the chance to take part in a punt orienteering competition on the river Cam. Originating from CUOC's traditional post exam event, the PuntO involves a race of parallel running and punting legs. This time, 5 or 6 people per punt had 6 legs, both running and punting, to split between themselves. This year I took over from Mark Collis as organiser cum planner - he seems to have been stuck for many years with organising many CUOC and WAOC PuntO's, and there was some kind of grumble that he'd quite like to run it sometime, so what could I

do?! Previous PuntO's have been planned on Coe Fen, a Cambridge parkland area frequently used for summer evening events, CUOC introductory events and other such events. This year we added Grantchester Meadows, a stretch of land alongside the river further south of Coe Fen; a riverside path was built here several years ago, which makes the area especially useful for something like a PuntO, where the river is such an integral part of it! (Many thanks to Mark for his very proactive help with mapping Grantchester Meadows.)

The controls in a PuntO are usually pieces of string collected by the competitors: it saves the organiser having to collect them but has the disadvantage of being slightly harder to find. Having put out the pieces of string the week before the event, the morning's preparation only required transporting four punts from Scudamore's, the hiring place, to the car park, where everyone else was meeting us. Many thanks to Ed Ward, Rosemary and Mark for helping with this! - whilst waiting to meet them, clouds were ominously collecting in the distance (and Scudamore's staff were taking the cushions out of the touring punts) and we set off punting just as the rain started. Nevertheless, it was only a short shower and the sky cleared by the time we got to the car-park, where the competitors arrived shortly.

Next I handed out the maps to all teams so they could split the punting and running legs, taking into account the punting and running speeds of each team member. Julia even went as far as writing these down – very organised! From another competitor (to remain nameless), I heard some grumbles about this time being almost an elite PuntO... But you can see yourself from the table of distances (I have to admit that it wasn't me who worked it out, and not in advance of the race either - surely that would have made it just far too easy to split up legs!)

Leg	Punting distance	Running distance
A	300m upstream	1.8km, 0m
B	700m upstream	2.4km, 0m
C	350m upstream	2.5km, 10m
D	500m upstream	3.0km, 10m
E	250m upstream	1.2km, 10m
F	850m downstream	2.8km, 10m
Finish	1250m downstream	n/a

1-2-3-go!!! After my very unimaginative countdown, everyone set off and there were some collisions straight away. Whilst first leg runners set off for a run around Coe Fen, the punts started



just inside a shallow side shoulder of the Cam. Two managed to get away safely whilst the other two remained stuck in a collision and spent a while getting themselves out of the bushes. In the meantime, I headed off towards the first handover and to take pictures of the punters on the first leg, being quite amused by my Mum Jitka losing her pole and paddling backwards with her hands whilst lying face-down on the punting platform.

*A lost punt-pole is often part of a punting expedition!*

At the first handover, the punts all arrived before any of the runners. Rolf was back first, giving his boat (Julia, Rolf, Jitka, Katrin, Edmund) a slight advantage over the others. However, it was only a very short time before Helen and Rosemary arrived, sending their punts (Helen, Mark, Caroline, Thomas, William, Peter and Martin, Edward B, Sue, Katy, Rosemary, Bruce respectively) in close pursuit. Then the fourth punt (Graham, Sophie, Edward L, Hally and Simon) set off once Hally came back from the first leg around Coe Fen.

The next punting leg was probably the hardest one, including the manoeuvring through Dead Man's Curve, and all teams put on one of their better punters. To avoid having to run round the streets to the Meadows myself, I managed to convince one of the leading punts to take me as ballast to the next handover point. Which is how I became a witness to a real pirate fight. As Mark was gaining distance on Julia ahead, the crew at the front tried their hardest to keep him at bay, with some sneaky tactics like blocking the river and holding on to the gaining punt. At one point, moving into the bank and some trees, Mark suddenly decided that the other punt was a little more attractive and transferred there - he says it was a choice between stepping into the water or into the other punt, the latter of which was the nicer option, but I personally reckon that at the time he was still trying to decide which punt had better chances in the race!. The leg finished where Grantchester Meadows began, with the handover at a point where a guy happened to be fishing that day – fortunately he didn't seem to mind four punts mooring in close proximity! Once again, Rolf's punt set off from here with a slight advantage after Edmund finished his leg (handing over to Jitka) ahead of Caroline (handing over to Peter).

I left them to their competition for a bit, waiting to see where the other two punts got to. They arrived at the handover point, both waiting for the pairs of junior competitor to arrive. Having not expected such a great demand for junior legs, I've only planned one of them specifically to yellow standard, so teams with two juniors had them running that leg and another one in pairs. Sophie and David finished just ahead of Katy and Edward B, adding to the competition between this pair of punts too. Loading up their incoming runners, and offloading the next ones to go out, the two punts headed off in pursuit of the other two (with a punt-pole from one of those visible over the meadow).



For a while I was running backwards and forwards along the river to see where each of the punts had got to. I managed to point out the location of the pieces of strings to a few competitors (despite my 'trying to be quite descriptive' control descriptions, it is quite difficult to find a single piece of white string when you are the last one to arrive there!), found out that one of the controls on the 'junior' leg was surrounded by a herd of cows (I really couldn't have known that when putting out the controls the week before!), and even got a brief lift with another punt for one of the punting legs (just as one of the heavy showers started so that Rolf was punting and trying to ensure the dryness of his travel documents - for journeying to Russia the next day – at the same time...). In the meantime one of the punts (Caroline et al.) managed to gain quite a lot of ground and turned to the downstream legs well ahead of the others. Here I have to mention Thomas and his speedy run round the yellow leg – despite the cows! – which was followed not too much later by the junior members of the other teams. Unfortunately, Edward B and Katy, who finished going round



this leg at the end, found the piece of string missing at one of the controls, but hopefully it didn't spoil it too much for them.

Whilst the leading punt was close to starting the final punting leg, I was watching the others set off on the last long running leg. The final competition became quite fierce, as Rolf and Edward L set off running at the same time, with Sue setting off several minutes after them. Downriver, waiting for the runners to finish, all three of the final punts met up, waiting to see how their runners would do. I'm told that one of the controls in a wooded area right on the south end of the Meadows caused some grief, with Ed eventually finding it sneakily and trying to disappear before Rolf noticed! Nevertheless, in the end they both finished almost at the same time, with Rolf putting in a final speedy sprint to jump into his punt first. Both punts (Graham et al. and Rolf et al.) headed off towards the finish, whilst the others waited a few more minutes for Sue to arrive and went off in pursuit. Heading round the streets back to the finish, I could only guess what was happening on the river, but in the end Graham's punt arrived a few moments before Rolf's at the finish, with Bruce punting in the remaining soaked punters to a round of applause some minutes later.



So, in the end...

- 1) Caroline, Thomas, William, Peter, Mark, Helen finished in about 2:05 hours
- 2) Graham, Sophie, Ed L, David, Simon, Hally finished in shortly after 2:15 hours
- 3) Rolf, Julia, Jitka, Katrin, Edmund finished in close pursuit, shortly before 2:20 hours
- 4) Martin, Ed B, Sue, Katy, Rosemary, Bruce finished after about 2:30 hours

It was great to see so many people at the event: with a couple of CUOCers and many WAOCers, we were able to race with four punts, which makes the race extra exciting. Maybe next year we should aim to make the event an East Anglian PuntO Champs and invite other EA clubs along?

(NB: No one fell in the water during the competition, but Sophie did when returning the punts to the hiring place!!)



*The winning team*

Blanka Sengerová (WAOC/CUOC)



## The Welsh 6 Days

From 15<sup>th</sup>-22<sup>nd</sup> August about 20 WAOC members braved the rain to take part in 6 days of orienteering in the Brecon Beacons in S. Wales. All areas used were open and mostly runnable, and the highlight came on day 3 at Pwll Du with the spaghetti contours of old mine and quarry workings. Here are some pictures from Blanka and Rolf.



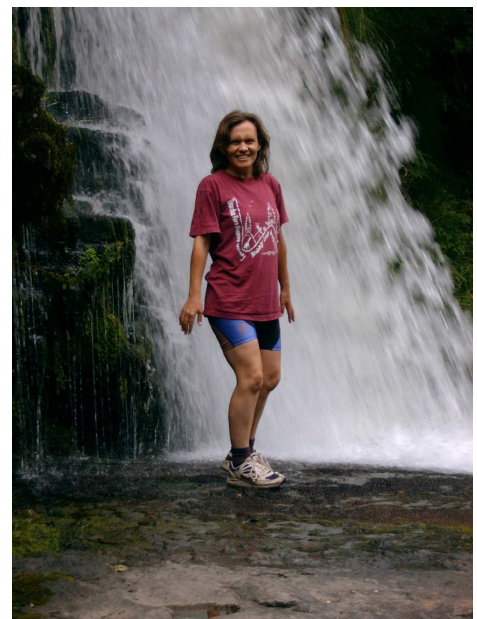
*Mark Collis – day 2 (Sennybridge)*



*Mike Bickle – day 4 (Carneddau & Gilwern Hill Common)*



*The locals – day 5(Ogof Ffynnon Ddu & Pant Mawr)*



*The editor in the showers*

## **Achilles Tendonitis by Dr Rolf Crook**

The Achilles tendon connects both of the major calf muscles, the soleus and the gastrocnemius, to the back of the heel bone. Tendonitis occurs when this large tendon becomes inflamed due to too much stress, usually from increased training or inappropriate running shoes. Running up hills, on roads, or any kind of intense speed work can contribute to the injury. It affects many runners and many orienteers, and if the symptoms are ignored, can become a serious recurring injury and in extreme cases the tendon can rupture. The tendon has a poor blood supply making recovery a very slow process. So it's worth knowing about.

The symptoms are pretty straightforward; an aching pain from the heel to the lower calf, which becomes a sharp pain when running or even walking. The pain is likely to be worse while warming up, the day after an event or training session, when going up or down stairs, and in some cases, first thing in the morning. Sometimes the tendon becomes swollen and hot, and in severe cases lumpy scar tissue rubbing against the tendon causes a cracking sound with ankle movement.

The treatment is also straightforward. Stop running. Cut out all weight bearing activities, and go cycling or swimming instead. The inflammation can be reduced using ibuprofen, ice, and massage, but that's not really a long term solution. See a physiotherapist, but surgery is a last resort. Once the tendon is back to normal, and that can take several months, then try gentle running preferably on grass. If there is any pain, then the recovery is incomplete.

To prevent Achilles tendonitis from recurring, the key is to build up strength in the calf muscles and to avoid excessive stress to the tendon. Strength is built up by doing plenty of heel raises and cross training such as cycling, swimming, circuit training or going to the gym. Stretching the calf muscles before and after every run is important, but don't push the stretch too hard as that could damage a susceptible tendon. Avoid stress by building up your training programme gradually, avoid excessive hill or speed work, and incorporate rest and recovery days. Depending on the shape of your feet and running shoes, cutting two slits in the back of the shoe or using heel inserts may reduce pressure on the tendon. Motion-control running shoes may help if overpronation is a factor. Walking barefoot or wearing high heels for long periods should be avoided.

## **WAOC Committee**

See web site.

## **Fixtures**

See web site.