



West Anglian
Orienteering
Club



JABBERWAOC

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October 2005



*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

Orienteering is picking up again after the summer break with WAOOC probably having just had its second event of the season as this newsletter arrives on your doorstep. The 2005 East Anglian Championships took place at Hatfield Forest on 18th September. WAOOC have already had some successes with 14 EA Champions and the juniors have qualified for the Yvette Baker final. Congratulations to all those concerned.

Many thanks to those who have provided articles this time - Blanka, Bruce, Caroline, Ursula, Hally, Edward and Jean. Ursula and Hally are both looking for feedback. At the end of this edition is a flyer for a level 1 coaching course. If you are interested in taking part please return the slip to Ursula.

Although Blanka will remain a member of WAOOC for a while, still keeping in touch with us via e-mail and involved with the WAOOC juniors, she is now in Sheffield doing a PhD. We will miss her fantastic organisation skills in the committee and her regular attendances at Thursday runs. Blanka, I'm sure you will enjoy the better orienteering areas in that part of the country and will no doubt get very fit running up all those hills! We wish you all the best.

Julia Crook

Next Copy Date

30th November 2005

WAOOC Membership Information

NEW CLUB MEMBERS

Welcome to:

John Barker and Catherine Hubbard and family
(Felix Barker M11 and Elizabeth Barker W9)

Nick Moffat

Damien Smith and Alison Rothery

from Caldecote, Cambridge

from Bassingbourn

from Cambridge

We hope you will enjoy Orienteering with us.

Anne Duncumb (membership secretary)

STOP PRESS: WAOC juniors are through to the Yvette Baker Trophy Final again!!

On 9th October, the Yvette Baker qualifying round for East Anglia took place in Chalkney Woods, which is SOS territory. Being quite far east, the event was not attended by any clubs from outside the region, so WAOC juniors compete against their biggest regional rival, SOS.

Well done to all 21 juniors who came out to run for WAOC, they all deserve a huge thank you! Because...just hot off the press, I have the news that WAOC have beaten SOS by ONE POINT, WAOC scoring 894 and SOS 893!!!

Well done to the whole team for taking part: Thomas Hemingway, William Louth, Susha Chandraker, Evelyn Carter, Emily Williamson, Todd Cooper, Charlie Whitehead, Philip Wright, Alice Rigby (all on the Yellow), Jacqueline Heybrock, Katy Woods, Philip Humphries, Katrin Sengerová, Jonathan Cronk (all on the Orange), Martin Humphries, Thomas Louth, Sophie Louth (all on the Light Green), and finally Edward Louth, Simon Gardner, Stewart Wright and Clare Woods (all on the Green).

The scoring team, with 4 first-placed, 4 second-placed and 1 third-placed runners, was made up of Thomas Hemingway (who won the yellow by 30 seconds), Jacqueline Heybrock (winning the orange), Philip Humphries (first boy on the orange), Edward Louth (winning the green) Jonathan Cronk, Martin Humphries, Simon Gardner, Sophie Louth, and Thomas Louth and Katy Woods. Well done to you all!

Huge thanks also to Simon and Ursula for managing the team on the day!

And with the regional round done, it's time to focus on the final, which will be in Sherwood Pines Forest (near Mansfield) on the 4th December – so keep the date free and, even better, if you know you can make it, let me know now (blanka@drongo.org.uk, 07791-208789).

Blanka Sengerová

EA Champions

The East Anglian Championships for 2005 took place at Hatfield Forest near Stansted on 18th September. WAOC had 14 champions, SOS had 9, NOR had 5 and SUFFOC had 2 champions. SOS did particularly well in the junior women classes but WAOC did very well in the junior men classes and had a good scattering all over. Congratulations to the following winners:

M10 William Louth
M12 Thomas Louth
M16 Edward Louth
M18 Simon Gardner
M21 Rolf Crook
M40 Dil Wetherill
M45 Neil Humphries
M65 Chris Morley
M75 Maurice Capper

W14 Sophie Louth
W35 Julia Crook
W45 Sue Woods
W50 Janis Ryall
W70 Anne Duncomb

Particular congratulations to Dil Wetherill who whizzed round his course in a stunning 6 min/km! Unfortunately several of the trophies have gone missing or were not returned from last year so a few people just got a handshake. If anyone out there knows someone who has one of these trophies then please let the EAOC chairman Paul Lowe of SUFFOC or one of the WAOC committee members know.



Did you know that the club has an email list for keeping you informed of late breaking news?

Over 100 members are subscribing to waoc@yahogroups.com.

For those who are wary of giving out their email address there are these safeguards:

- Your email address is not disclosed when messages are broadcast.
- Your email address is hidden from everyone but the owner of the list.
- Only selected members have the facility to post messages to the list.
- Attachments are not allowed –so no viruses or huge messages.
- We don't use the facility too often – only 49 messages in the last year.
- You can unsubscribe at any time.

To join the list, email Bruce Marshall (bmarshall_uk@yahoo.co.uk) or waoc-subscribe@yahogroups.com.

Request from the Junior Sub-committee

Village/parish magazines - contacts:

You will remember that I mentioned in the last JabberWAOC that the junior subcommittee was planning to advertise SMILE's (and maybe other orienteering events) in village/parish magazine to see if we can draw some new families into the sport.

I would like to say thanks to those of you who have sent me details of contacts for their village/parish magazine editors. I would like to try and find some more contacts, and to this end, would like to appeal to you again:

Could you help me by trying to find out the name and contact details of the editor of the local magazine for your area? Please email me (blanka@drongo.org.uk) or phone me (07791-208789) if you can help.

Any help will be much appreciated!

Blanka Sengerová

Chairman's Chat

As we enjoy the many events WAOC puts on, both the larger Thetford Thrash and colour-coded district events as well as the more informal gallopens and SMILEs, have you thought about offering to help? Many of us help the club both at events and in other ways such as serving on the committee, giving training or baking cakes and this is much appreciated. If you have not yet helped at an event, it is great fun and a good way to get to know people. There are normally 2 shifts so that you get to run as well as help. There will always be someone to explain what to do and we lay on training for the SI equipment. Don't worry if you have children as they usually love helping as well. Children are very good with the SI check box at the start and maning the string course. Older children are often very good operating the computers in the download tent. Please think about which events you are planning to attend and volunteer your help to the organiser of one (or more) of them. The organiser will really appreciate this and you will probably be able to choose which job you would like.

Caroline Louth

Request From Your Events Convenor

The WAOC fixtures list for the next year looks like this:

2006	Type	Venue	Organiser	Planner	Notes
22 Jan	Colour Coded	Mildenhall North			White to Brown
4 Feb (SAT)	Night Event	Mildenhall South		Martin Humphries	Day before CUOC Badge
5 Mar	Colour Coded	High Ash			White to Brown
7 May (Sunday)	Short Races	Rowney Warren		Neil Humphries	Short races
16 Sept (SAT)	Come And Try It	Milton Park or Wimpole Hall			White to Orange plus Challenge
1 Oct	Local Event	Amphill Park			CATI follow-up
5 Nov	Colour Coded	Maulden Woods			White to Blue or Brown
3 Dec	Colour Coded	Rowney Warren EAGAL			White to Brown

Please help me to fill in these spaces.

Organisers. There is a variety of events here, from small organisation (Night Event, Short Races and CATI) through to full Colour Coded (District) events.

We now have a brand new Organiser's Pack with a numbered list of what you need to do together with an equipment list, jobs and job descriptions *pro formas* of all the notices you will need (see the article later in this JabberWAOC). If you have not organised before

there is lots of help and advice available and a completely up to date membership list from the Fixtures Secretary. If you have organised before it's easier now!

Planners. Again, there is a wide variety of events, so take your pick. If you have not planned before, why not have a go? There is lots of help available, with the planning itself and also with OCAD8 (a fantastic planning tool) and SportIdent, and some good documentation (there will be an article about planning in the next JabberWAOC). Offers by phone (01223 357199) or e-mail (u.oxburgh@esc.cam.ac.uk) please.

Ursula Oxburgh

ORGANISING A WAOC EVENT IS EASY

Have you ever thought about organising a WAOC event? A lot of you have must have done so: indeed, there is a plea for organisers for next year's events just above this article and I and other Events Convenors have been phoning round the membership list for many years.

This is to tell you all that we have now put together a fantastic Organiser's Pack, with everything you could possibly need to organise a WAOC event.

The most important document in this pack is the NOTES FOR WAOC ORGANISERS so I am reproducing this here so that you can see how straightforward the job is.

The Organiser of an orienteering event is responsible for everything that goes on at an event except for the bit between the start and the finish, which is the Planner's responsibility! The Controller is responsible for checking everything the Organiser and Planner have done. Your Organiser's Pack will have names and contact details for your Controller and Planner. Club Officials and their contact details are on the first page of your current Membership List (sent by post)

A summary of the Organiser's tasks in rough chronological order is:

1. Event Permission. The Fixtures Secretary should have arranged this and will have details of relevant contacts. S/he will also have registered the event with BOF and will send you the necessary levy forms etc.
 2. Officials. Apart from the Organiser, a Planner and Controller are also needed. The Events Convenor will have sorted these out. Early contact should be made with the Planner to discuss location of the car park, start and finish points, number and type of courses etc. You should contact the controller to make sure that s/he is happy with these arrangements.
 3. Publicity. Confirm with the JabberWaoc Editor and Web Site Manager that the event details are being published. The Thursday before the event arrange for an e-mail reminder to go out to the WAOClist.
 4. Risk Assessment. The Fixtures Secretary will have a site specific Risk Assessment. Liaise with the Planner over event specific risks.
 5. Key to forest. Most FE forests have a locked gate. You will need to contact the correct FE office to get a key to unlock this. The Fixtures Secretary should have contact details.
 6. Helpers. About 2-3 weeks before the event start contacting club members to help on the day. An experienced helper at Enquiries and Start is useful, but also try to involve new members. The Membership Secretary will have sent you a current list of members. Most helpers will want to have a run so aim for two shifts on Download and Finish – you may only need one shift on Registration/Enquiries and Start.
- Car Park – It is usual to have at least 1 helper to hand out registration slips and another to keep an eye on the parking.

String Course – Needs 1 person to set out the string, having liaised with the planner. Can be run by a family (quite young children can do this if you are not fussy about the spelling). The Equipment Officer has a generic String Course which can be adapted to any site.

Enquiries – Needs 2 helpers, one to deal with SI card hire and the other (should be an experienced club member) to deal with Newcomers, Compass Hire, Membership and Enquiries. SI card hire needs a float (£20 in £1 and 50p – lots of 50ps).

Registration – 2 Registration cars with 4 helpers should be enough. Registration is open from 10am to 12pm but the rush is in the first hour – after that you should be able to double up the courses and incorporate Enquiries. Remember you will need floats (£20-30 in £1 and 50p) for each car. Make arrangements for a runner from the cars to the SI tent from 10 till 11. (After this Data Entry should be able to arrange collection.)

Start – 3 helpers: 2 at first, then 1 later on.

Finish – 2 helpers, 1 for each shift. (If the Finish is visible from Download you may not need Finish helpers.)

Data Entry & Download - aim for 6-8 helpers – data entry starts with registration and download operates from the first finish time to course closing time. You definitely need 2 shifts.

Results – These are usually displayed on a "washing line" on the day – needs a part helper, usually a member of the Download team. The Web Site Manager normally takes responsibility for web results.

7. Equipment. There is a separate equipment list. The equipment is stored with the Equipment Officer. Arrange a pick up time and take your list with you when you collect the equipment. The generator is currently with Rolf and Julia Crook at 17 Roseford Road, off Histon Road, Cambridge CB4 2HA.

8. Accounts. Maintain a note of all expenses incurred by you, the planner and controller and of money taken at the event. Fill in the Event Expenses form supplied by the Club Treasurer who will pay any expenses you have not paid together with the BOF and EAOA levies (send on to him the BOF forms which the Fixtures Secretary sent you before the event).

(Updated Sept 2005)

So, as you can imagine, the day before tends to be quite busy, but the event itself normally runs very smoothly and you should be able to fit in a run if you want to – on the other hand, you get WAGAL points equal to your best score, so you may prefer to rest on your laurels! It is a really good way to get to know different club members and you give a lot of people a great deal of pleasure by organising an event for them – as you have enjoyed events organised by others. So go on, give it a go. E-mail me before I ring you!

Ursula Oxburgh (Events Convenor) (u.oxburgh@esc.cam.ac.uk 01223 357199)

Cambridgeshire Local Access Forum

Jean Sinclair (WAOC) and I are members of the 22 person Cambridgeshire Local Access Forum. This is a national government sponsored body run by the Cambridgeshire County Council, and which has a statutory requirement to advise the County Council on how best to manage its local footpaths, bridleways, waterways and open spaces, specifically commons. The Council is required to take note of LAF suggestions and advice, and to do its best to ensure that advice is carried out. There must be a very strong reason/s, given in writing, and subject to higher audit, as to why any recommendations are not adopted.

Peter Duthie (WAOC) was the County Council representative with whom we principally communicated until he found a better job down in Cornwall. Chris Brown (WAOC) was Peter's (remote) boss, but Chris has now retired from the Council.

National government has now given LAFs a wider remit in that we are now required to give advice on how better to use national open space resources for sport and other pursuits. It is with this point in mind that I would ask Club members to think how best we can do this, and to give me or Jean some ideas as to how YOU think we might go about this. My opening viewpoint is that perhaps LAF could ask Council to communicate with landowners, principally the likes of the National Trust, Woodland Trust and other conservancy trusts, etc., to try to open up their administrations to a wider user participation. The first two already do this to a broad extent, but there are quite a lot of others that try to exclude non members viz Beds & Cambs Wildlife Trust with the rather false viewpoint that humans and other animals can't really co-exist. What gives this argument the lie is the numbers of people who already use their land on a daily basis can far surpass any potential orienteering use.

I have been made aware whilst in this LAF that there are a few small patches of land where the administrators might accept orienteering. Each approach would be taken on its merits at the time. However, I would reiterate that these are very small patches of land, which would really only be useful for a Summer Galoppen event, and most are close to the Cambridge orbit.

The WAOC runners group might also like to consider some alternative input re. footpaths, etc, which might be claimed for our purposes. The County Council is aware of some dead end rights of way, some of which it is looking to expunge, whilst others it is looking to connect with newly established RoW. Also where new developments are taking place, ie A428, new A14, Cambourn and Northstowe (the new town to absorb the old Oakington airfield) we are on top of the Council's plans to ensure adequate alternative users new RoW.

I look forward to hearing from some of you with your ideas. But please ask questions of me or Jean if you wish to know more.

Hally Hardie
Hally40@aol.com
01480 - 465331

Puzzle Corner

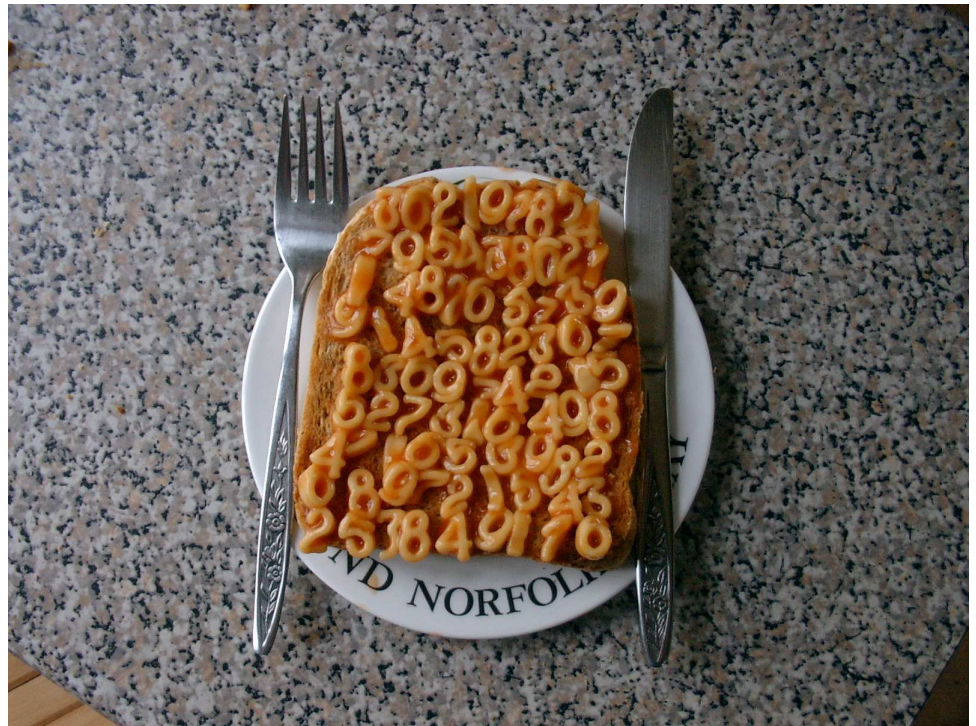
Well may be the Sudoku puzzle was a little challenging when done in spaghetti numbers. But congratulations to Jeremy Riley and Blanka Sengerova for their correct solutions. This time Jeremy wins the prize for writing a computer program to solve it and also to tell us that in fact there were 22 solutions! A voucher entitling Jeremy to a free entry to a WAOC event is on its way to him.

Here is one of the solutions in an easy to read format and another in spaghetti:

3 6 2	1 9 7	4 5 8
7 9 5	4 3 8	6 2 1
1 4 8	2 6 5	9 3 7

9 1 4	5 8 2	7 6 3
8 3 6	9 7 4	2 1 5
5 2 7	3 1 6	8 9 4

4 7 1	6 5 9	3 8 2
6 8 3	7 2 1	5 4 9
2 5 9	8 4 3	1 7 6



So what's been going on with the juniors over the last couple of months?



Over the summer months, many juniors had been to multi-day events, both within the UK and outside it. A quick scan through the results shows the Gardner juniors at the O-ringen, a Swedish annual multi-day event which attracts up to 20,000 (!) competitors every year, and I know that the Woods', the Hemingways, Peter Gardner and Edward Louth all took part in the Scottish 6 Days. As Julia briefly mentioned in the last newsletter with the round-up of the Scottish results, we had some good results from Thomas Hemingway (1st on M10B overall, winning his course on 4 out of the 6 days and coming 2nd on another day, with an overall lead of around 300 points from the next placed runner, who was a Scandinavian) and Edward Louth (17th out of 50 on M16A, with especially good runs on Day 2 - 10th - and Day 4 -9th). Thomas Hemingway later continued with his great summer results, coming 2nd on JM2 (equivalent to M10A) at the White Rose weekend over the August Bank Holiday.

At the start of September, there was the Peter Palmer junior team relay, which was organised by British Army orienteering club in Surrey and based in RMA Sandhurst. For those who are unaware of the Peter Palmer relays, this is a night/day event, starting at about 4.30am and it consists of legs of different difficulties, from yellow to green. This year, we were only able to take one WAOC team (last year we took two), but I think the event was enjoyed all the more by those who went. It was probably quite an experience to be staying in the military base, though I am told by the juniors that this meant it was quite hot and noisy and it was difficult to get some sleep. Nevertheless, Simon Gardner, the club's Junior captain, took the team off to a good start to finish 4th, handing over to Clare Woods (a previous Junior captain!) in a very good position. The terrain was fast and furious

and none of the team made any large mistakes, with WAOC finishing 9th out of 15 teams (with 18 starting teams: there had been some disqualifications due to some runners not being familiar with the Emit electronic punching system), a respectable position. In total they were down about 30 minutes on the winner, which is not bad for a 6-leg race. Well done to all the juniors who attended!

With the Peter Palmer relays over, we are now looking forward to the next junior inter-club competition, the Yvette Baker Trophy. WAOC's regional qualifier took place on 9th October and WAOC are through to the final.

I am sure Julia will be reporting on the East Anglian Championships that took place in Hatfield elsewhere in this issue, but I will just briefly mention a well done to the 5 WAOC juniors who brought home trophies from the event. (That's 5 out of the 12 possible junior ones!). They were William Louth on M10, Thomas Louth on M12, Edward Louth on M16, Simon Gardner on M18 and Sophie Louth on W14 – congratulations!

With University terms having started or about to start, I wanted to say congratulations to Helen Gardner for her A-level success and wish her all the best for her University career at Oxford University. Well done and good luck!

Training:

We've been busy arranging training for WAOC juniors at most of WAOC's events, usually concentrating on four different levels: Starting off on the White, Moving on to Yellow, Learning Orange skills, and Light Green and above. Although nominally aimed at juniors, we find that parents and adults can also benefit from the training sessions, so do come along if you think you could make use of them! (They are usually publicised on the WAOC website, as well as in JabberWAOC).

SMILE series:

Early in July, the SMILE series 2005 finished with the event on Therfield Heath, organised by the Wetherill family. I think Maurice Hemingway, who co-ordinated the series again this year and put an awful lot of effort into making it successful, deserves a huge thank you for this. And of course thanks should also go to all the families who put on events – it wouldn't be possible without them, and I hope many will get involved again in the coming year!

In fact, the dates for the SMILE 2006 series are in the pipeline and soon Maurice Hemingway will be looking out for volunteers to put on those events. If you have organised SMILE's (Summer Morning Introductory Low-key Events) before, you will know that it is a great way of getting into this whole organising malarkey at an event, where there is slightly less pressure. As the title says, the events are fairly low key, using pin-punching, and can be easily organised and planned by a single family (with help from other club members usually being forthcoming too). Maurice, who is co-ordinating the series, has produced a very comprehensive planners'/organisers' guide for the events, so you don't have to feel that you are being plunged in at the deep end. So I would just like to appeal to you: when it comes to Maurice asking for volunteers to put on SMILE events, please do consider volunteering, maybe together with someone else if you are not confident to do it on your own just yet. It really is a great way of getting to know how it all works in orienteering, and these events have helped to bring in new families to the club.

Cake stalls:

You will have noticed a cake stall taking place at Rowney Warren in September if you went to the event, and probably at many other events. Before Christmas, we are planning to have a cake stall at the Maulden colour coded event as well. This is a way for juniors to raise money for the WAOC junior tops, which are given to juniors representing the club if they have reached yellow standard level. It is always great to see the team wearing the same tops at inter-club competition, and everyone feels much more as being part of a team.

And of course the cake/soup stalls themselves are welcomed by the competitors. If you are able to make some cake, then I am sure donations would be welcomed, but even if you don't make cake, please do support the juniors by eating some of the cakes others have made.

On a fundraising note, you might remember that I have advertised notelets from old orienteering maps. These will also be available at the cake stalls at 3 small ones or 2 large ones for a £1.

Blanka Sengerová (Junior newsletter editor)

Glenmore Junior Training Tour Report

This summer I was selected to be a member of the GB START Squad and to go on the summer training tour to Glenmore. Glenmore is in Scotland just south of the Cairngorms, near the Laganlia outdoor centre which is where the 14 year old training tour is held (which I went on last year). Unfortunately we were not able to stay at Glenmore Lodge itself as they were having staff training; instead we went to Badaguish outdoor centre nearby.

Almost the entire group travelled up by train. Several of us, including some people travelling to Laganlia, met up on one GNER service to Edinburgh, from where we took another train up to Aviemore, and were then collected by minibus. Unfortunately the first train "lost power" five minutes outside Edinburgh. They sent us an engineer who couldn't fix it, so with great joy the guard announced that they would send "a rescue locomotive" from Edinburgh. In total we were delayed by just over three hours!

Once we finally arrived at Badaguish the boys stayed in the "bunk house", while the girls got the luxury of a lodge, complete with TV and computer. Badaguish also had another group staying on site, who we challenged to football. We also did various other activities in the evenings, including trying to swing across a pond using rings suspended from a wire.

During the week we trained on some of the best areas in south Scotland, including: Inshriach, Alvie, Lossie, Loch Var, as well as a couple others. Several of these areas are to be used for the Speyside Scottish 6 Days in two years time, so I was able to train on them just before they become embargoed. We practiced lots of different orienteering techniques during the week; I found navigating in areas of intricate contours particularly challenging. At the end of the week there were two races. First a medium race, with everyone running three loops (a Hagaby race), in which I finished third. For the classic race on the last day we went to Loch Var. Most of the area is open with thick heather, along with lightly wooded sections. I was leading up to the penultimate control, but then made a small error which cost me two positions, finishing third again.

Having spent a hard week training I then went to the Scottish 6 Days in Deeside, to put my training into practice!

Edward Louth

Introduction to Orienteering Course for Adults in Local Mental Health Services, Wandlebury Country Park, Summer 2005

Many sports clubs for people with mental health problems close down during school holidays, so at Easter 2005, I was asked to run a pilot orienteering session at Wandlebury Country Park. Five people attended, including one nurse. As the session was well-received, we decided to run a series of four sessions during July and August 2005. Between 15 and 18 people attended each session, with seven attending all four sessions, and 28 attending at least one session. Some were patients / clients, either at Fulbourn Hospital or known to community mental health services centred on Sawston. Others were staff, nurses, nursing assistants, occupational therapists and occupational health assistants. Most had never tried orienteering before, and few had used large scale maps, so the course was designed to build each week. On each of the first three weeks, we worked on symbols, scales etc indoors, with a symbol bingo game to test knowledge, before going out to put it into practice, map walking, and then in the training area. The course culminated with the public yellow course and certificate presentation on the fourth week. People worked in pairs or threes, with new attenders being helped by those who'd been before. Course participants commented on the enjoyment of being outdoors, and the improvement in self-confidence through learning new skills and the excitement of doing a real sport.

Several said they hoped to come to some real local events in the future, although few have cars, and lack of public transport on Sundays is a real problem for non-driving orienteers, especially in early days before knowing people to ask for lifts. Although I tried to explain some of the information needed at a real event, I can still remember how confusing it all was, so I hope that fellow WAOC members will help these adult beginners as much as families are helped. Longer term, there is a possibility that Fulbourn Hospital may ask to have their grounds mapped and a permanent course created, with the option of a summer galloper event.

This course would not have been possible without the help of WAOC members Russ Ladkin who surveyed parts of the park, Bruce Marshal who surveyed the rest and produced the map and Ursula Oxburgh who designed the training area course.

Jean Sinclair, Assistant Ranger & Orienteering Coach, Wandlebury Country Park /
Cambridge Preservation Society

Midweek Summer Galoppen Final Results

Well done to everyone and congratulations to the class winners who will receive a small prize at the AGM. Most of the classes were clear cut with the exception of Veteran Men which was only won at the final event at Priory Country Park. The scoring is slightly different this year with 50 points for participation and up to 100 points for the result. As always, the organiser gets maximum points. Many thanks to Ian Lawson who has agreed to take over as Summer Galoppen Coordinator next year. Watch out Roger – you might have a harder job to win next year if Ian is doing the scoring!



Rolf

	Central Cambridge	Wimpole Hall	Coe Fen	Cherry Hinton	Dry Drayton	Hinchingbrooke	Wandlebury	Ferrymeadows	Fairlands	Priory (Bedford)	Total
Junior Men											
Simon Gardner			150	150	150	150	150				750
Tom Adams			140								140
Senior Men											
Rolf Crook	150	143	150		150	150	138	150	150	150	1331
John Sutcliffe	140	150	144	122	118	150	138				962
Marcus Misson			128		125	150		139	120		662
Russ Ladkin	150						146				296
Leo Eisner							150		130		280
Joe Williamson		136	128								264
David Best		136					125				261
Mark Collis				150							150
Ari Loytynoja							150				150
Tony Covey-Crump									140		140
Andy Merrit		121									121
John Russell							90				90
Andy Collier			89								89
Claudio Bagaini							88				88
Neil Huke							71				71
Veteran Men											
Roger Horton	150	150	135	150	150	150	138	124	140	131	1418
Ian Lawson	109	107	150	135	139	136	111	150	150	133	1320
Bruce Marshall	142	121		150			126		150		689
Paul Hill		50	121	120	125	109					525
David Cooper	124	100	142								366
Tony Bishop		136					150				286
Chris Morley		129					121				250

Hally Hardie			123			106				229
Peter Woods		100		126						226
Chris Bell		50		115						165
Dil Wetherill	150									150
Mike Bickle		150								150
Fred Northrop					150					150
Steve Hardy								150		150
Mike Capper						140				140
Peter Ryall		121								121
Ian Smith						105				105
Junior Women										
Helen Gardner				150		150				300
Senior Women										
Julia Crook	150	142	150		144	150	150	150	150	1186
Blanka Sengerova	124	150	150	150	150	150				874
Helen Bickle					113	108	125	140		486
Jean Sinclair	131					129				260
Claire Wilson		133	118							251
Helen Bickle		75		124						199
Penny Bickle		50		141						191
Sarah Ashdown							100			100
Geraldine Russell						93				93
Veteran Women										
Lindsey Freeman		150	150		144	150	150		150	1044
Hazel Bickle		50		111	125		50	150	150	636
Maria Marshall	150	110		150			106			516
Nicola Gardner			123		131	135	120			509
Frances Cooper				150	150	132				432
Sue Woods		140		135						275
Ruth Saxl		150								150
Cath Pennington		130								130
Ursula Oxburgh								125		125
Noreen Ives						50				50
Groups										
Neil and Theodore										
Harris				150						150
Fischer Family						150				150
Joshua and										
Edward							150			150
Amber Scott plus one								150		150
Ben Scott plus										
two									148	148
Azim plus Hally									145	145
Liz, Daisy and										
Anne				138						138
Claire, Daniel, and John				125						125



LEVEL 1 COACHING COURSE

Stretham Primary School, near Ely

Saturday 26 November 2005

9.30am to 4.30pm

This course is aimed at people who might be interested in having a go at coaching. It covers a progression of teaching exercises suitable for use in a safe controlled site such as school grounds, outdoor centre or small enclosed local park or as part of a club coaching session. At the end of the day you will understand and be able to coach the basic skills of orienteering up to Yellow standard.

Parents of Club juniors may be interested in doing this course with a view to helping their children to success on White and Yellow courses or to helping with Club coaching activities.

There will be a level 2 course (Orange standard) in the New Year: it is now a BOF requirement that you do a level 1 course before going on to level 2.

COST - EAOA Club members free, £10 for non EAOA BOF members and teachers in BSOA member schools. £40 for other participants (subject to availability).

PLEASE BRING

Suitable clothing and footwear for outdoor exercises, compass if you have one, packed lunch. We will provide tea, coffee and biscuits.

TRAVEL DIRECTIONS

Will be sent to applicants.

APPLICATIONS AND ENQUIRIES

Ursula Oxburgh, (East Anglian OA Coaching co-ordinator)

14 Bentley Road, CAMBRIDGE, CB2 2AW. 01223 357199

u.oxburgh@esc.cam.ac.uk

Closing date for applications 12th November 2004: e-mail applications welcomed.

NAME _____ TEL NO. _____
ADDRESS _____ E-MAIL _____
_____ BOF NO. _____