



West Anglian
Orienteering
Club



JABBERWAOC

Vol.34 No. 1

February 2006



*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

If you are anything like me your orienteering diary will be filling up with various regional and national events. April looks to be a particularly busy month with the British Champs, the Compass Sport Cup and the JK. Rolf needs you to represent your club at these events so please read the Captains Corner and get in touch with him. In March it is the club AGM. This is your chance to have your say on how the club should be run and to get yourself on the committee and to have an enjoyable social evening. Maurice is still looking for volunteers to help at SMILE events - see the SMILE 2006 details later in this edition. He cannot do all the work himself and it makes life much easier if the workload can be shared around. There is an idiot's guide to organising SMILE events so that anyone that has been to a couple of events will be able to arrange one.

Thanks to Helen Gardner for her article about the Senior Home International (sorry Helen it just missed the December Jabberwaoc). Thanks to Blanka who despite being many miles away in Sheffield is still keeping touch with the juniors and gives us news of them. Thanks also to Hally for his news from the Land Access Forum.

May you always run in sunlit forests (unless it's a night event!).

Julia Crook

Next Copy Date

31st March 2006

WAOC Membership Information

NEW CLUB MEMBERS

Welcome to:

Peter Allen (formerly Chig) from Hardwick

Paul and Pauline Aslin and family from Wimpole
(Hazel W14 and Joseph M13)

Claire Harrison (formerly EBOR) from St Ives

Kvido Strisovsky from Cambridge (originally from the Czech Republic)

We hope that you will enjoy Orienteering with us.

Anne Duncumb (membership secretary)

HAVE YOU RENEWED YOUR WAOC MEMBERSHIP YET?

About two-thirds of WAOC members have renewed so far - thank you all.

We very much hope that you intend to continue with your membership and, if so, please would you send your subscription as soon as possible? WAOC subs: seniors £7.50, families £9.00, Juniors and students £2.50.

WAOC only members: the sub comes to me - use the form sent out with the last Jabberwaoc. BOF members: please use the form you will have received from BOF before Christmas.

If you have decided not to renew your membership, it would be very helpful if you would email me to let me know. memsec@waoc.org.uk

Thanks

Anne Duncumb (membership secretary, WAOC)

Chairman's Chat

What is an orienteering club for? What should WAOC be doing?

Currently WAOC aims to put on a District (Colour-coded) event monthly through the main O season (autumn to spring) with a bi-annual Regional (Badge) event. These are very much dependent on availability of areas with restrictions on access such as nesting birds and shooting tenants. We run beginners SMILE events in spring and summer on a mixture of saturday and sunday mornings and a light-hearted summer Galoppen Series on wednesday evenings. On an ad hoc basis, the club puts on night-o, hosts finals such as the Yvette Baker Trophy and helps at the British Schools Championships. This year we are putting on the Young Orienteers Festival and UK Cup Middle Distance race.

WAOC also enters teams drawn from all club members in relays and interclub competitions. There is a thursday evening Running Group and Training offered to both juniors and seniors, locally and in areas such as the Lake District.

Socially we usually organise a dinner at the JK and the Scottish 6 Days. The AGM is very much a social evening with the formal business kept to a minimum.

Do you value what the club currently does? Do you have suggestions of what else we might do? Would you be willing to help if we put on more events such as a saturday morning series? Please let the committee know your ideas - come to the AGM, catch us at events or e-mail us. The committee would also welcome new members.

Caroline Louth

WAOC AGM

**11th March 2006
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 (mulled wine). Please bring a contribution to the food.

Agenda

1. Apologies for Absence
2. Minutes from the previous 2005 AGM
3. Chairman's report
4. Acceptance of Accounts
5. Awards and Presentations
6. Election of Officers
7. Any other business

Why Would I Want to be A Member of BOF?

Now a days you don't need to be a member of the British Orienteering Federation (BOF) to take part in most Regional events so what are the benefits of BOF membership you may ask? Well if you want to take part in the British Championships you do need to be a member. You will also find that at many National events such as the JK there is a surcharge for non-BOF members. At the JK this year this is £5 per day which is quite substantial, so you might as well join BOF. When you are a BOF member you are listed in the BOF Rankings lists. These are created from the points that individuals score at Regional and National events. Don't ask me about the scoring – it is very complicated. BOF provides clubs with public liability insurance to cover planners and mappers before an event and to cover the club during an event, and it liaises with Forest Enterprise over land access issues. It also provides various resources such as subsidised courses (First Aid, Planning, Controlling, Coaching etc) and sets up training days such as the one we are taking a group to at the end of April. It also runs the GB Squad and the Junior Start Squads and their associated training programs. Although you might not take advantage of these things directly, without them it would be much more difficult and almost certainly more expensive to put on events.

Julia Crook

Captains Corner

April's going to be busy! The British Orienteering Championships (BOC), the Compass Sport Cup (round one), and the JK all fall on consecutive weekends this year. Entries for the BOC relays, JK relays, and Compass Sport Cup are sent off through WAOC, so it essential that you let me know if you would like to compete. And I would encourage everyone to compete. Relays are provided for all age classes and abilities, just like any other event. They tend to be more light hearted than the individual events, though no less competitive, and bring out some club camaraderie – what better way to finish the weekend away.

Please contact me by email rolf@rolf.me.uk or by phone 01223 364790 and let me know your age class and SI number. For relays also mention any 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". Teams can be juggled at the event, in the case of injury for example, but myself and Simon would like to have teams sorted out as much as possible beforehand. The club pays for half of your relay entry fee, and all of your Compass Sport Cup entry fee.

BOC RELAYS

The BOC relays (British Relay Championships) are on **Sunday April 2** at Woolbeding Common near Midhurst, West Sussex. The area is mostly fast heathland with pockets of runnable forest, with lots of pits and depressions. The club pays for half of your relay entry fee. The club closing date is **February 28**.

COMPASS SPORT CUP – FIRST ROUND

Our first round competition is at Lynford near Mundford on **Sunday April 9**. It's part of Thetford Forest, meaning coniferous plantations and areas of fast deciduous woodland.

There's also an arboretum and old quarry workings. Lets field a strong team against NOC, LEI, and our friendly local rivals NOR. There are plenty of start slots on eight different courses, and non-competitive white and yellow for the youngsters, so I encourage everyone to run. 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. The club's deadline for entries is **March 18**.

Each age class is assigned to one of eight 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+; Short Green for M75+ and W60+, 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 advantageous.

The web page is <http://homepage.ntlworld.com/roger.stenson2/CSC2006/>

JK RELAYS

The JK relays are on the Bramham Park Estate near Wetherby, Yorkshire on **Monday April 17** (Easter Monday). The woodland is mainly deciduous with some coniferous plantings. Runnability changes between very fast and areas with varying degrees of undergrowth, including rhododendrons (aagghh). There is a significant track network throughout and a complex ride network in the central ornamental part of the wood. The club pays for half of your relay entry fee. The club closing date is **March 3**.

Rolf Crook

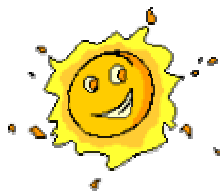
Club Training - Fantastic Lake District Weekend

On Sunday 23 April there is a Badge / Regional event on Graythwaite, near Hawkshead on the W side of Windermere. Anyone who ran in the JK there will know what a fantastic area this is: it is a huge private estate on the W side of Windermere not that far from Hawkshead. If you didn't go to the JK then you have a treat in store.

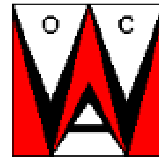
On Saturday 22 April there is a BOF training day: venue(s) still to be confirmed but it will be on one of the similar areas nearby. The training exercises will be tailored to participants but the nature of the terrain means that it will not be possible to put on exercises at a lower standard than competent orange. This is a fantastic chance to practice on the Saturday the skills you will need to use on the Sunday so come and make it a weekend of glorious Lake District orienteering.

I have now booked accommodation for those who registered their interest. If anyone else wants to attend, they are very welcome and should let myself or Ursula Oxburgh know. However, they will now have to find their own accommodation.

Julia Crook



WAOC SMILE ORIENTEERING 2006



West Anglian Orienteering Club's SMILE calendar is now almost finalised for 2006. These are our **SuMmer Introductory Low-key Events** and they will be held on either Saturday or Sunday mornings starting in April and finishing on Sunday 18 June 2006. SMILE events will offer White, Yellow and Orange courses, and each one will be planned and organised by a different WAOC family or team.

Entry will be just £1.00 for the SMILE courses (£3.00 for the score type course for the more experienced). All the events start at around 10.30hrs and courses will remain open until around 12.00hrs. Juniors that have entered a course and completed it can run again on the next "more difficult" course without paying anymore.

SMILE events are aimed particularly at developing orienteers. However, the score event is for the more experienced orienteers, who will come along to lend a hand with the organisation. The calendar below shows the dates for the events.

Date	Location	Organiser	Grid Ref
Sat 22 April 2006	Coe Fen, Cambridge	Jenny Grey	TL447573
Sun 30 April 2006	Wandlebury	Frances Cooper	TL493533
Sun 14 May 2006	Hinchingbrooke	Maurice Hemingway	TL222718
Sat / Sun 3 / 4 June	TBA	TBA	TBA
Sun 18 June 2006	Milton Country Park	Heybrock & Chandraker	TL476621

More detail about each event will be posted on the WAOC website at :

www.waoc.org.uk

Results from each event will be posted on the website.

WAOCjuniors update...



The Christmas break was a sort of natural lull in orienteering but this is now starting to pick up again.

In the midst of all the congratulations to juniors doing well at National, Championships and such-like events, it is easy to forget that some of the juniors are reaching their own targets by simply gaining the 'next colour badge up'. Many of WAOC's juniors are now achieving standards at orange, light green and even higher levels, which is great to see – but of course that is possible because there is such a large base of being-and-slowly-becoming very competent orienteers at the white and yellow levels, so well done to those too.

Whilst end of December and beginning of January is obviously a quiet period, the end of January eased us into the orienteering year with a National Event organised by BKO on Cold Ash (29th January), near Newbury, which was also the first event in the Future Champions' Cup series for the M/W18's and 20's. **Helen Gardner** stormed W20L, winning from second-placed Ruth Holmes by almost three minutes, collecting some valuable points into the FCC league. In the mean-time, **Thomas Louth** must have been quite pleased with his run as he won M12A by just over 5 minutes. His brother **Edward** finished 6th (out of 21) on M16A, whilst **Sophie Louth** finished with a Championships time, also in 6th place.

In terms of international orienteering, we have the Interland competition in Warendorf near Münster (Germany) on the 26th February. From the WAOC juniors, Sophie and Edward Louth have been selected as traveling reserves for the W14 and M16 teams respectively. In addition, although she chose not to travel because of GB Squad commitments, Helen Gardner had also been selected for the W20 team.

The SMILE series for 2006 is being finalised as we speak – please do support the events: whether it is coming to help or coming to run at them and be around as 'one of the experienced orienteers' to talk to newcomers. In the past many juniors and families have been introduced to orienteering (and WAOC) through the SMILE series, so it is certainly worth supporting!

Blanka Sengerová
(WAOC Juniors newsletter editor)

WAOC Wins the Icenian Trophy!

If you haven't seen the CUOC website then you won't know that WAOC won the Icenian Trophy! CUOC put on the Icenian Regional Event every year and this year it was on 5th February at High Lodge Warren. The scoring system measures the lowest overall sum of times behind the winner across a portfolio of any 10 long or junior classes. There must be at least two juniors, two 21-45s, two 50+s, and at least four of each gender. In third place were SOS (94:01), behind defending champions NOR (7:34). The clear victors this year, with wins in more than enough eligible classes for a perfect score, are WAOC.

We had the following winners in the junior and long classes:

JM1 Tom Whitehead
JM3 William Louth

JM4 Thomas Louth
JM5L Edward Louth
M21L Rolf Crook
JW4 Jacqueline Heybrock
JW5S Sophie Louth
JW5L Clare Woods
W35L Julia Crook
W50L Lindsey Freeman
W55L Jane Howsam
W70L Ursula Oxburgh
W75L Anne Duncumb

The following people won their short course or gained gold standard:

JM4 Jonathan Cronk 2nd
M21S Kvido Stisovsky (although ran as CUOC)
M21L Simon Gardner (4th), Mike Capper (6th)
M40S Graham Louth
M40L Steve Hinshelwood (4th)
M45S Peter Heybrock
M45L Neil Humphries (2nd), Peter Woods (3rd)
M55L Mike Bickle (2nd)
M60L Roger Horton (5th)
W45L Sue woods (2nd)
W50L Janis Ryall (2nd), Nicola Gardner (3rd)

Well done everyone!

Senior Home International 2005 Report

The Senior Home International (SHI) is a competition between the four nations England, Ireland, Scotland and Wales. It is run annually as well as the JHI's (Junior) and VHI's (Veteran) competitions so you are able to be selected for one of the three competitions from the tender age of a first year M/W14 all the way up to however old you are still able beat the best M/W60's. At the SHI's it is a selection of up to two M/W20's and four M/W21's that are taken from each country. After six years representing England at the JHI's it was a bit of a wake up call as a junior to find that I was now TOO OLD and was therefore having to take my first, tentative steps into the world of senior competitions!

The SHI's this year was held in Northern Ireland on 1st-2nd October, the weekend before I was due to go off to university for the first time (another shock to the system – although by the time writing this I have actually finished my first term at Oxford and can report that I am still all in one piece, apart from the confusion of where my loyalties should lie for Oxford and Cambridge Varsity competitions...). Northern Irish weather didn't disappoint, being cold, rainy and windy and therefore providing conclusive proof that summer had finished. We were accommodated in an army camp that had the nice touch of all the countries staying together in one building, but did mean that we had to share a room with the Scottish women showing off all their nice new kit.

The individual day on Saturday was held on Magilligan Strand, the same area as the British Championships was held in 2002. A new format was being tried out for the event to

allow more compact start times and greater excitement for spectators. The race consisted of four loops of roughly the same length each beginning and ending at a central control in the start field. These loops were run in one of four different cyclic orders (ie ABCD, BCDA, CDAB or DABC). Because of this it was possible to start four people on the same course (one from each nation) all off at the same time and then watch their progression in the race as they each came back to punch the central control a total of five times. It also allowed for the possibility of sprint finishes against the people you'd started with, which thankfully I didn't end up occurring for me!

It was a really nice idea for the format of the race and I found it really enjoyable, the only trouble being that due to the comparative complexities of it all something was likely to go wrong and did. The problem that occurred was in the drawing of the maps, with one of the four W20's courses, the one that I happened to be running on, having one of the loops on the map numbered the wrong way round so that some of us ran the loop in the opposite direction from intended and therefore effectively ran a different course from everyone else! The friendly, relaxed atmosphere of the event was reflected in the fact that no-one started up a fuss about it and so the course was neither void nor did I have to give up my third position – so still got to receive the prize of a paper weight of a photo of me, taken that day, on it. Unfortunately, despite some good English individual results - taking first three in the W20 course and third in both the M and W21 courses, the overall scores from the first day had Scotland winning by three points so we would have to perform consistently well in the relays the next day to claim the overall trophy.

The relay was held on an area called Woodburn Forest, so thankfully no leg sapping marran grass to contend with this time (it had been commented the previous day by someone that they didn't see how I could have come third considering the fact that every time they had seen me out on the course I had been walking!). Teams each consisted of two M/W21's and one M/W20 so, whereas the previous day us 20's had been protected from any direct comparison with the 21's, being placed on first leg in a team with Rachael Holmes and Becky Carlyle meant that any jumps in ability between junior and senior athletes would be on full show. I felt physically awful for the first four controls on the course and so by the time I'd messed around in the control circle of the fifth control for a bit too long for my liking I was under the impression that I would definitely be near the back of the field. The next four controls, however, went really well and I realised the reason for the problem I'd had at the beginning of the course – I now appeared to be running entirely downhill, which meant that I'd already done the corresponding uphill in the first four controls! The rest of the course went smoothly, but it was still a bit of a surprise to be told on finishing that I was the third finisher after an English and Scottish team. Rachael and Becky both had steady runs to bring our comparatively youthful team in a respectable 6th position. Despite England's best efforts we still did not quite manage to beat the Scots at the relays either (obviously due entirely to the slight edge they got from having new kit), and so the end results were:

Scotland	68
England	43
Wales	30
Northern Ireland	23

It was a really enjoyable weekend, helping to reduce the sadness on realisation I was no longer little, as I now have an indefinite possible number of SHI's ahead of me to take over from the fond memories I have of JHI's past.

Helen Gardner

Further information about the event can be found at:

<http://www.niorienteering.org.uk/nioc2005/>

A report posted on nopesport about the event can be found at:

http://www.nopesport.com/index.php?nav=news_display&type=uk&id=267

Forests of the Future

I learnt at a LAF (Local Access Forum) meeting recently that there is a plan afoot to create a 'Forest of South Cambridgeshire'. At least this is its current naming even though it would really be in the SW of the county. The plan, should it get approval, is to link woodlands in a swathe of the county covering south of the A428 from Cambridge to St. Neots. Obviously this won't be wall-to-wall woodlands, more like the forests of the mediaeval period. And this relies upon those farmers who don't see any future in growing expensive crops no-one appears to want. The plan aims to have all this in place by 2025, so any WAOC members around in 20 years time may benefit from some of this.

Now the plan hasn't been revealed to the public as yet - it should happen on 1st March - but we weren't ask to keep it under our hats. So I reckon by the time members get to read about it in JW then Mad Hatters Day will be upon us.

Should you have any questions on this please fire them at me.

Regards

Hally Hardie