



West Anglian
Orienteering
Club



JABBERWAOC

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April 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

I would like to thank Mark Wadeson for all the work he has done in printing JabberWAOC over the years. He will be changing jobs shortly so this is the last edition that will be printed by him. We shall then have to move to commercial printing. I wish you all the best in the new job, Mark.

The AGM took part in March and the chairman's report as given at that AGM is included in this edition. Thank you Caroline for this and all the other contributions to this edition. The AGM saw the re-election of the incumbent Chairman (Caroline Louth), Treasurer (Chris Morley) and Secretary (Tim Mulcahy).

Also in March was the East Anglian Championships where we had 16 champions.

As I write, the British and the Compass Sport Cup are over and the JK is still to come. There should be some reports next time about these - perhaps you could write one for me. Then we shall be in to SMILE season and Midweek Summer Galoppen season with the 1st SMILE event taking place on 22nd April. Also WAOC has a big weekend on 20th/21st May organising the prestigious UK Cup Middle Distance Races.

Thank you to Edmund for his interesting article about the KIMM (but Ed you look far too happy for this to be the KIMM!).

Julia Crook

Next Copy Date

30th May 2006

WAOC Membership Information

NEW CLUB MEMBERS

Welcome to:

Maria Evans from Marston Moretaine

Welcome back to:

Mick and Carolyn Shortland from Royston
who have rejoined the club after a gap of some years.

We hope that you will enjoy Orienteering with us.

Anne Duncumb (membership secretary)

Rowney Warren Middle Distance event Sunday May 21st UK Cup and World Ranking event

From small acorns...

The **Rowney Warren Middle distance races** have been speedy in their fruition, but over the last 3 months have taken on ever increasing stature. When a UK Cup race in Oxford was cancelled at the end of last year, WAOC was asked if we could put on something to complement the **British Sprint Championships** which are being held in Milton Keynes on Saturday May 20th. Our new event quickly became a UK Cup race, and we decided to offer middle distance courses which would make best use of the brilliant area that is Rowney Warren. More recently, the opportunity to add World Ranking status to the event was offered to the club following the cancellation of a National event in the Lake District. This was far too good an opportunity to miss – a real chance for WAOC to contribute something to the sport. BOF made an application on our behalf to the IOF, and this was quickly accepted. Consequently, WAOC is now putting on the first ever World Ranking event in East Anglia, and one of the most important races in the UK this year.

What does this all mean to club members? Well first of all, please don't think this event is just for the elite. We have a brilliant new map of Rowney Warren and Neil Humphries is planning courses suitable for most ages and abilities. The longest course will be between 6 and 7 kilometres and the estimated winning time for the winner is 30 minutes. Shorter courses for other age groups will be the equivalent of a green or light green colour coded course so shouldn't be too daunting for anyone. Anyone who runs on the Men's or Women's Open course is eligible for World Ranking and UK Cup points and this will be a unique opportunity to test yourself against the elite. It's unlikely that Thierry Gueorgiou or Simone Niggli-Luder will turn up, but it is almost certain that most of the best British orienteers, both men and women, will be competing. Why not find out how you compare to them?

The other implication of taking on this event and adding World Ranking event status is that **we will need lots of helpers**. We simply cannot take the chance of anything going wrong. So please, please, please put this date in your diary and offer to help. Anyone who is helping will be able to run and your support will be invaluable. **You will get a free run if you help at either this event or the Sprint Championships/Young Orienteers' Festival on the Saturday.** Even if you don't want to run, come to help and spectate. The courses are being planned so that spectators can follow the race. You will be amazed at how quickly the elite orienteer runs!

The following courses are being offered. M/W Open, M/W40+, M/W55+, M/W18- and 12- Minis (yellow standard course).

HOW TO ENTER and help: Complete the helpers' form which you will find at the back of this copy of JabberWAOC and send it to Peter Woods, address on the form, (contact him on 01223 721433 with any queries) or e-mail him: peter_woods@ntlworld.com with

your BOF NUMBER, NAME, SI CARD NUMBER, AGE CLASS and COURSE. Peter will pass on your entry to the Entries Secretary.

To enter and not help (no guarantee that you won't be asked!):

Internet entries are **strongly preferred** via www.waoc.org.uk. Or, you can make an entry by post to Rowney Entries, 24 Almoners Avenue, Cambridge, CB1 8PA (e-mail entries@waoc.org.uk) using a standard entry form. Due to the nature of the event there is **strictly no entry on the day**.

Entry fees FOR NON-HELPERS and closing dates:

Internet entries/postal entries by May 7th: Seniors £6/Juniors £3.

Late entries: internet only for **non UK Cup races only** up to May 14th; Seniors £8/Juniors £4.

SI electronic punching: SI-card hire £1 / competitor.

Cheques payable to WAOC.

Final details and results £1 each if posted copies required

Youth Orienteering Festival, 20th May

Taking place at the same venue on the same day as the UK Cup Sprint-O event in Campbell Park, Milton Keynes, on 20th May, EAOA is putting on the Young Orienteers' Festival and in particular our chairman, Caroline Louth is the organiser. She is keen to hear from anyone who can help and can be contacted via YOFentries@waoc.org.uk. You can find out more about this event via the SprintO website: <http://www.sprinto2006.co.uk/yof.htm>

Chairman's Chat

Following on from Julia's piece about joining BOF in the last Jabberwaoc, the British Orienteering Federation (BOF) have been wanting all orienteers to join BOF for some time. As well as all the points Julia covered, BOF needs to demonstrate just how many people actively orienteer and are members of the national body. This will help to make orienteering's case for continued funding from the Sports Council and other government initiatives. This funding is a significant part of BOF's income and the sport would be in some difficulty without it.

There has been much debate and consultation about whether and how all orienteers should be members of BOF. The proposal before this year's AGM is that there should be two levels of membership; national as now and local for current club-only members which would be less expensive. Local BOF members would receive some mailings from BOF but not the quarterly newsletter, they would receive a discount only when entering regional events in their region whereas national BOF members would receive a discount when entering all regional and national events.

Caroline Louth

Chairman's Report 2006 AGM

2005 was a busy and successful year for WAOC. We put on the Thetford Thrash with CUOC, 5 district events, 5 SMILEs and 10 galoppens, the chasing sprint, punt-o and the mini blodslitet. The blodslitet made excellent use of Therfield Heath and showed how we can vary the use we make of smaller areas that some of us are quite familiar with. I would recommend punt-o even if you haven't tried punting before. With the Louth family spread across all the teams, one of us was guaranteed to win!

Club members have been busy competing in East Anglia with many successes in the EAGAL and at the East Anglian Championships, as well as further a field from the British Champs at Pen Hale in Cornwall to the Scottish 6-days and overseas to the o-ringen and international competitions. WAOC has been delighted to welcome new members and introduce you to the sport we enjoy.

The club has competed in many competitions both senior and junior. A notable achievement was the juniors beating SOS in the Yvette Baker Trophy qualifier and then coming 8th in the final. One of the strengths of the club is that the club captains try to find a team place for all members who would like to compete and not just the 'stars'.

For me the year was memorable for the weather, lovely spring sunshine at Pen Hale, horrid driving rain at Pen Hale and in the Lake District, bitter cold at Mildenhall this January and perfect, cool weather at many events. Memorable too for the areas I have orienteered on and the friendship of club members.

I would like to thank all of you who have planned, organised, controlled and helped at events over the year. Thank you to those who have coached at events and in schools – this is building the future of the club and the sport in general. Thank you to the members of the junior committee for all your development work and to all those who have supported the cake stalls, both bakers and consumers. A special thank you to all the members of the main committee who have helped with all of the above and much more.

Owl

Winner of both EAGAL and East Anglian Championship, high in the rankings on both M40 and M21, leader on first leg of the British Relay Championships, with much pleasure, this year's winner of the Owl is Dil Wetherill.

Tortoise

I am delighted to award the Tortoise to someone who does so much for orienteering. Not content with one role, she combines 2 if not 3. As events convenor, she is always thinking ahead and persuading us all that we could really take on just one more task. As Schools' Development Officer, she perseveres with school contacts and organises major and ongoing school development. As the instigator of junior coaching at club events, she has done much to raise the standard of junior performance and contributed to the success of juniors. With much pleasure, I award the Tortoise to Ursula Oxburgh.

Chairman's Cup

Having consulted fellow committee members, I am pleased to award the Chairman's Cup to a junior who competes at the highest standard, has been on tour, is a member of the GB Start Squad and represented England at both Interland and the Junior Home International. The winner is Edward Louth.

Caroline Louth

WAGAL 2005 Results

At the AGM the winners of the WAGAL 2005 were announced. These were:

Junior Men

1.Simon Gardner 2.Todd Cooper 3.William Louth

Junior Women

1.Clare Woods 2.Sushruta Chandraker 3.Jacqueline Heybrock

Senior Men

1.Rolf Crook 2.Marcus Misson 3.Stephen Borrill

Senior Women

1.Julia Crook 2.Helen Bickle 3.Blanka Sengerova

Veteran Men

1.Chris Morley 2.Dil Wetherill 3.Neil Humphries

Veteran Women

1.Lindsey Freeman 2.Sue Woods 3.Nicola Gardner

East Anglian Championships 2006

The East Anglian Championships took place at Sandringham on 12th March. We had 16 champions within WAOC so well done everyone. The junior champions are mentioned in Blanka's WAOC Juniors section. The senior champions are:

M21	Rolf Crook	W35	Julia Crook
M40	Dil Wetherill	W40	Erica Pilkington
M45	Neil Humphries	W70	Ursula Oxburgh
M65	Chris Morley	W75	Anne Duncumb

Captains Corner

Relays, relays, relays.

There will be reports from the British and JK relays in the next bumper edition of JabberWAOC. In the meantime here are details for some more upcoming relays. These relays don't have to be entered through WAOC, so enter your own teams if you wish. If you don't have a full team, let me know, and I'll coordinate (rolf@rolf.me.uk).

Triple O Severn Relay

This is a conventional relay on the last day of the Triple O Severn weekend, on 1st May.

Harvester Night Orienteering Relay

This year the Harvester is in the Scottish Borders at Treviothead, Hawick on the night of 10th June. Teams of 5 or 7 are needed for classes A and B respectively. This year the relay will start earlier in the evening, in daylight, so that competitors will be fit for the Regional Event on the same area the next day. There is also a Sprint Championships near Dumfries on the Saturday.

Greensands Ridge Relay

This relay is organised by SMOC, and is running not orienteering, on Saturday 17th June. It starts from Waterside Park, Leighton Buzzard and uses the "way-marked" long distance footpath known as the Greensand Ridge Walk to Northill. The route is mainly off-road and goes through some familiar terrain, such as Maulden Wood. Teams of 6 are required, and there is a handicap based on age and gender.

Rolf Crook

Punt-O

This year WAOC hope to hold another puntO on Saturday 1st July at 2pm followed by a BBQ at the Louths from 6pm. Note this is currently provisional – more details in the next edition.

Summer Mid-week Galoppen 2006

As I have taken over from Rolf as co-ordinator of the Summer Mid-week Galoppen for this year, I am looking for enthusiastic volunteers to organise events. The galoppen is a series of events usually held on Wednesday evenings with starts from 6.30 to 7.00. These are ideal events for anyone who has not organised an event before to have a go, since they are low-key events that are not intended to be taken too seriously. Only the minimum equipment needs to be used such as numbered plastic cups for controls and a digital watch for timing. The exact format of the event is up to the organiser. Usually only two courses are put on and it can be a score event, have colour-coded type courses, have map memory or be a street-O.



The following dates are available:

June 7, 14, 21, 28

July 5, 12, 19, 26

August 2, 16, 23, 30

Areas that could be used include Coe Fen, Cherry Hinton Hall, Milton Country Park, Fairlands Valley, Therfield Heath, Priory Country Park, Rowney Warren, Ferry Meadows, Wandlebury, Hinchingsbrooke Park, and Wimpole Hall.

If you want to organise one or would like more information please e-mail me at ianh.lawson@ntlworld.com (or phone on the number given in the membership list).

Ian Lawson

Introducing Our Junior Captain

Although Simon Gardner has been our junior captain for a while, we have only recently been able to obtain this exclusive interview with him. Thanks to Blanka, our interviewer.

When did you start orienteering and what was it that caught you in the sport?

I started Orienteering with my family over 10 years ago now. At first I was mostly orienteering because it had become something my family enjoyed and had taken up fairly competitively so I followed suit. But even before I started orienteering I enjoyed being outside in open countryside. I never did particularly well, one time taking 2 hours on a white course!!! but I kept with it, occasionally getting good results but always in the shadow of Helen and Peter. More recently I've actually discovered I really do enjoy orienteering and I can no longer use the excuse that its something I get dragged along to, not that I ever did use that excuse.

What are your greatest achievements in orienteering so far?

I haven't really had any recent solo achievements, I'm not sure how James Lyne (from SOS) sees this but mostly my aim is just to beat him, and doing well compared other people is just a bonus. At the moment I count accomplishments such as doing well at the Yvette Baker final and Peter Palmer relay team events as some of my better orienteering moments, trying, and hopefully not failing too badly, to support the rest of the team and have a good time.

Do you have a favourite orienteering area or a favourite orienteering training exercise?

I don't really have a specific favourite orienteering area, I've been to so many and can never remember their names. Generally I enjoy running on sand dunes and moor lands, especially the moorlands when its hailing/snowy/windy, might sound insane but that's the point, as long as its not too cold, you can have a laugh at how crazy other people think you must be. I enjoy competing in events with something slightly out of the ordinary, such as relays and chasing sprints, they just make the running that bit more interesting.

What are your current goals in orienteering?

At the moment my main goals in orienteering are to make it to, and do well in the FCC final. Also I would like to get a top 10 position at the JK and/or BOC, as well as seeing our junior teams do well in the relays.

And of course orienteering is not everything: what are all the other things that you enjoy doing outside orienteering?

I've spent quite a lot of time this last term with the Hills Road Robotics enrichment group and am about to head off to New York to compete in the First Robotics Competition, unfortunately this clashes with many other interests of mine, a chemistry conference, physics master class and of course the orienteering training in the lake district, if it goes ahead...

Recently for Social events I've been having LANS and film or TV marathons, sure a bit

sad, but fun.

Thanks for taking the time to answer the questions, Simon! The answers have made an interesting and inspiring read.

WAOCjuniors April 2006 update...



Whilst the major events coming up throughout April (some of them will have happened by the time you read this although they haven't done yet as I write this so more on the British Champs, the Compass Sport Cup, and the JK in the next Junior update), there has been plenty going on anyway.

At the WAOC Colour Coded/District event at **High Ash on 5th March**, the WAOC juniors had a cake stall, which made just over £60 – thanks to Sue Woods and her helpers for putting it on, as well as all of the competitors who supported the stall by buying cakes and soup from it. At the same event, there was a junior training session, which was a great success. Dil Wetherill and Ursula Oxburgh did much of the co-ordinating, so thank you to them and to all the people who coached juniors or helped in one way or another on the day. With all these coaching sessions going on, I thought you might be interested in what goes on at them. Dil coached the light green group:

“The Light Green squad did a Norwegian on the Orange course (a Norwegian is where you don't carry a map. Instead, attached to each control you have a little piece of the map that shows you how to get to the next control. You have to memorise the route and then do it). The objective was to teach map memory and route simplification and encourage a "get on with it" approach . Setting off in to the forest without a map was a bit daunting, but Thomas, Katy, Susha and Katrin ventured bravely off towards the first control.

Everyone made an error or two, but all completed the course - and in a pretty good time too. All the squad should be very proud of themselves.”

And Ursula writes about what the other groups got up to:

“The Starting out on White group were led by David Cooper and spent their time going round the white course in reverse direction, concentrating on the basic skills of setting, folding and then thumbing the map.

The Yellow group did a couple of exercises to get their legs and wits working and then went out on a relocation exercise which really involved looking carefully at their surroundings and then working out where they were on the map.

When anyone first moves up from yellow to orange the best way of running the course is to use yellow skills, going along paths, to get to an attack point from which you may well need to use a compass to get to your control, so the Orange Skills group worked very hard on compass skills, running most impressively through terrain to hit a lot of their controls spot on. Some members of the group had not used a compass before and everyone did very well. 2 adults also came along to practise their compass skills. Setting a compass bearing is a 1-2-3 skill which needs a lot of practice so it would be a good idea to practise at home a

couple of times before having a first go at an orange course.

- 1. **Set the long edge of the compass** along the line that you want to run. Hold it firmly on the map with your map thumb (L thumb for a right hander)*
- 2, Keeping the compass on the map **turn the compass bezel** (that is the central bit with lines on) so that the lines on the compass are parallel to the N lines on the map. (Check that N on the compass base corresponds with N on the map.)*
- 3. **Turn yourself** so that the N arrow of the compass lies along the N lines on the compass.”*

Helen Gardner, two terms into her degree in Oxford, has shown that going to University hasn't slowed her orienteering down either. At the Cambridge vs. Oxford Varsity Match (held on Leith Hill on 26th February, a day later than planned due to most of the Cambridge team being stuck on the M11 for most of the day on Saturday) she stormed the women's course, winning by about 8 minutes from second placed Nicola Robertson from CUOC. A couple of weeks later, over the weekend of the 11th/12th March, Helen travelled to the BUSA orienteering championships (that's the inter-university championships) held in Scotland, finishing in a great 9th place in the individual day held on the pretty physical area of South Achray (in the Trossachs), and helping to bring the Oxford women's team in in 3rd place in the relays, behind 1st and 2nd placed Edinburgh and Durham respectively. And that's not all: at the end of March (25th/26th), Helen travelled to the Spring Cup in Denmark with the rest of the British Squad to compete in this traditional season opener for many elite runners. She fared very well, finishing 25th out of 81 runners in the classic race, and helping her team (consisting of Helen, Lizzie Adams and Rose Hodgkinson) finish in 61st position (out of 99 finishers) in the very competitive relay.

Other juniors have been busy too, and it was great to see so many of them at the East Anglian Championships in Sandringham on 12th March. Amongst the 2006 East Anglian Champions, there are 8 WAOC juniors. Congratulations to all of the following:

- **William Louth** M10
- **Thomas Louth** M12
- **Jonathan Cronk** M14
- **Edward Louth** M16
- **Simon Gardner** M18
- **Sophie Louth** W14
- **Jacqueline Heybrock** W16
- **Clare Woods** W18

This is probably all for this issue, but watch this space for some results from the major events coming up!

Blanka Sengerová
(WAOC Juniors newsletter editor)

Forestry Commission Seminar

In March I attended a half-day seminar on use of Forestry Commission land and Risk Assessments.

As from December 2005, pedestrians have a legal right of access under the Countryside and Rights of Way Act 2000 (CROW). FC also operates a permissive access policy for cyclists and horse riders. Orienteers need to be aware that some areas such as the Black Run at High Lodge are for dedicated mountain bike use and dangerous for orienteers. High Lodge and Brandon now have 500,000 visitors/year and are very busy.

Ground nesting birds are now legally protected. 60% of Stone Curlews nest in East Anglia and it is a criminal offence to disturb them. FC supply out of bound areas in advance where possible but further areas OOB at short notice if birds nest in unexpected places. It is essential orienteers stick to paths when requested to or we could jeopardize future events.

Event organisers have duty of care to participants and general public. Please notify FC of any incident and keep record (should also notify club chairman). Organiser needs to make risk assessment, send copy to FC and carry out actions in risk assessment. Rangers will be visiting events more often and observing activities. (The club and BOF have information on risk assessments).

Caroline Louth

Ever thought of doing a... Mountain Marathon?

To some of you, words like LAMM, KIMM, or Saunders may mean nothing. To others, they will revive memories of driving rain, howling gales, painful ascents, disastrous route choices, and (hopefully) an immense feeling of satisfaction and sense of achievement when it's all over.

Each mountain marathon is slightly different, but they all share the same basic principles. The race takes place in two stages, with an overnight campsite just over half-way round the course. Teams of two set off at intervals early on a Saturday morning, with map, compass, tent, waterproof, food, stove, and anything else they think they'll need to make it to the finish on Sunday afternoon. On each day, the task is to navigate to a dozen or so controls, marked on a map rather less detailed than orienteers are used to – 1:40,000 is common. Although fine navigation can still be important (particularly in the mist), it is route choice which, along with fitness and strength of mind, will determine the order of finishers. Unsurprisingly, it's a pastime popular with orienteers; most results sheets will reveal some familiar names, and some events even have Wilf's!



There are a choice of courses, with varying lengths and technical difficulties, ranging from Elite through to Novice. To give a sense of perspective, at last year's Lowe Alpine Mountain Marathon (LAMM; www.lamm.co.uk) the Elite competitors ran 39km (with 2100m of climb) on the Saturday, and a further 30.5km (1210m) on the Sunday. In contrast, my partner Alex Copley (CUOC) and I ran a mere 47km (with 2km climb) over both days, a total of 12 hours' running to finish 4th on the C course. If you choose an appropriate course, there's no need to run at all; many teams walk round. Some mountain marathons, such as the OMM (formerly the KIMM; www.kimm.org.uk), also have long, medium and short score events, with 3-6 hours available per day.

Alex leads the way in last year's KIMM.

There are many reasons to consider trying a mountain marathon: an incentive to get (or stay) fit; an opportunity to hone your route choice skills; for a challenge; as a wedding gift (ask Julia and Rolf!); or simply as an excuse for an extremely enjoyable weekend of adventure. The LAMM, for example, always involves a mystery venue, with the exact location only revealed just before the start. Last year, we were met at Glasgow, driven to Oban, and placed on a

ferry across to the Isle of Mull, before catching a narrow-gauge steam railway to the Friday-night campsite!

I'd encourage everyone to think about giving it a go. If you'd like to find out more, visit one of the websites above, or get in touch with me. Alex and I will be running the LAMM and the KIMM again this year; we hope to see some of you there!

Edmund (WAOC & CUOC)
epww2@cam.ac.uk

PS: Please do get in touch if you're thinking of doing the LAMM this year (Scottish Highlands, 17-18 June) – we'd be interested in sharing transport to Inverness!

GOODBYE - HALLY RIP



A forlorn looking Lindsey paying homage at Hally's grave

(Remember this is the April edition! The photos were taken en route from the recent Knettishall event by the roadside in the village of Euston - just south of Thetford. It is thought that Hally in this instance might have been a horse. But the genuine H was a little perturbed at the sight of his future.....)

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Subscriptions@CompassSport.co.uk

Helpers' Form – Rowney Warren Middle Distance event May 21st

BOF Number	Name	SI Number	Age Class	Rowney Course	Help Sat (Y/N)	Help Sun (Y/N)

Please send to Peter Woods, 13 Princess Drive, Sawston, CAMBRIDGE, CB2 4DL

Peter will contact you closer to the event to allocate responsibilities.