



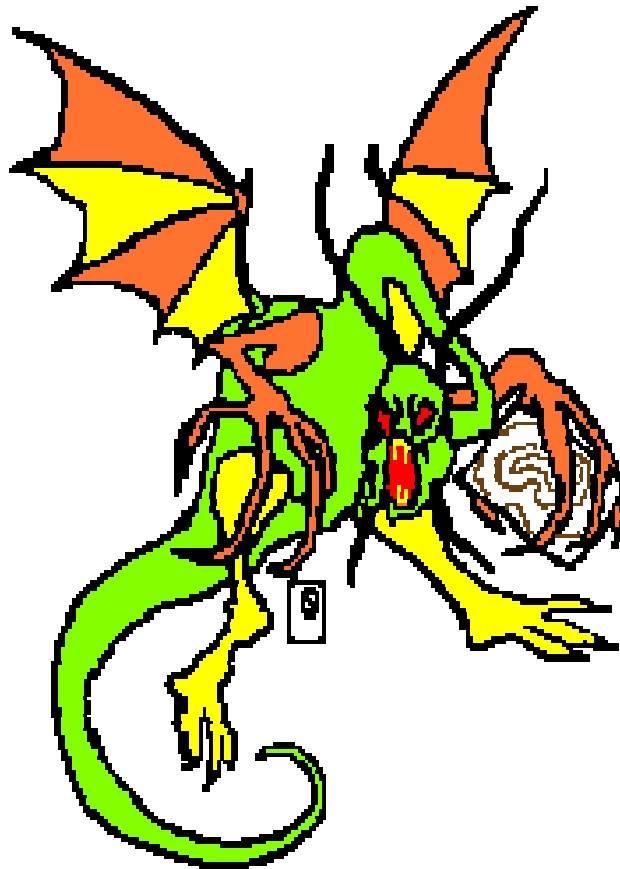
West Anglian
Orienteering
Club



JABBERWAOC

Vol.35 No. 2

April 2007



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

Editorial

Since the last edition we have had the *AGM* at which several new committee members were elected. The minutes of this meeting are included. The new committee is up and running and our new chairman reports on club affairs. I have also been able to obtain exclusive interviews with the new chairman and the new captain.

It is at this time of year that the *SMILE* series starts and also we start looking for volunteers to put on summer galoppens. You can find details of both these events later. Thanks to Blanka for her regular report on Junior news.

Also included in this edition you should find a flyer for the club training weekend in October. This should be a fantastic weekend with the opportunity to get some coaching on excellent terrain in South Wales.

Finally, if you have not already heard on the grapevine, Rolf and I will be moving to the Leeds area this summer. Rolf has accepted a job at the university doing research in photovoltaics (turning the sun's energy into electricity). I will have to find a job up there once my course is finished. We will continue to run as *WAOC* for the rest of the year although you won't see much of us come the Autumn events. We have both been in the Cambridge area for 10-12 years so we are in need of a change. We have enjoyed our time in *WAOC* - if it weren't for *WAOC* we wouldn't have met! This does mean *WAOC* are looking for someone to take over as editor of *Jabberwaoc*. If you'd like to put your mark on the club newsletter please let myself or any of the committee know.

Julia Crook

Next Copy Date

30th May 2007

WAOC Membership Information

New Members

Welcome to:

Andrew and Rachel Pocock and family from Royston
(Hannah W9, Molly W7, and Alfie M5)

Martin Rigby and family (Alice W15) from Impington, Cambridge

Louise Sime from Coton, Cambridge

Andy and Sharon Woods and family from Whittlesford, Cambridge
(Will and Sam M10, Tom M7 and
Iona W5)

We hope that you will enjoy orienteering with us.

Anne Duncumb (membership secretary)

Chairman's Chat

These are times of change for WAOC. The new committee had its first post-AGM meeting on March 24, with our new Secretary and new Treasurer present - and we have recently had a change of Fixtures secretary as well as Club Captain. It may take a little time for the new committee to work so smoothly as did the old one in the capable hands of the outgoing Chairman Caroline Louth and long-serving Secretary Tim Mulcahy, who both deserve great thanks for outstanding contributions to the Club.

We have just learned that even further change is in prospect, in that Julia and Rolf Crook will be moving to the Leeds area during the summer. They have both been very prominent members of WAOC, in the forest and on the committee, for many years; Rolf as Club Captain until very recently, and Julia on the training side and recently as Editor of Jabberwaoc. Many thanks to them also - they will be sorely missed. May I on behalf of the Club wish them well in their new lives in more northerly terrain. The committee will be urgently seeking a volunteer to take over the editing role from Julia.

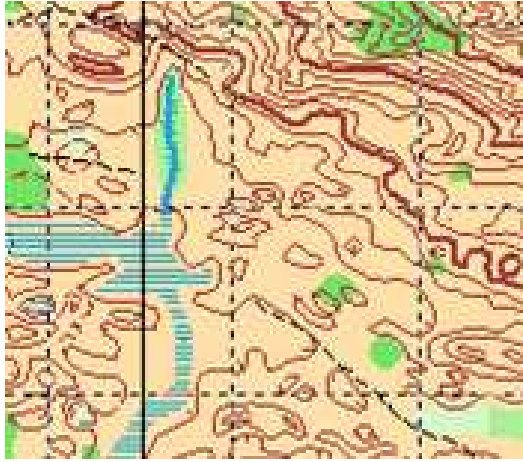
It was good to see so many members of WAOC at the JK events in the Forest of Dean over Easter. We had about 40 entrants on the individual days, and about 25 stayed on for the relays - and about 40 attended the Club's buffet supper kindly organised by Ursula Oxburgh on the Sunday evening. The weather throughout was glorious, WAOC results only patchily so. Your chairman contributed the ludicrous error on the second day of setting off from control 8 not for control 9 but for number 10 - realising this so late that he ran, or rather staggered, the longest leg on the course three times. Still, the relays were good fun as always, fast and furious round an old military area strewn with sheds, mounds and railway sidings.

Chris Morley

Jabberwaoc is Available Online

In case you are not aware, Jabberwaoc is available as a downloadable PDF (usually < 1MB) from the WAOC web site (www.waoc.org.uk). Now that Jabberwaoc is printed by professional printers, the costs to the club are higher. If you would like to save paper, printing and mailing costs and would be prepared to read Jabberwaoc online, please let Anne Duncumb know.

An invitation to all our members to a special weekend in October: Learning to use contours.



Could you use a large contour feature as an attack point? Can you simplify confidently a contour map? All at orienteering speed?

Learn how and practise at Merthyr Mawr in South Wales on 6th and 7th October, learning from a top British coach.

- Sand dunes by the sea, Club transport provided on Friday of weekend from Cambridge area (and return).
- Richard Barker, British Orienteering level 4 licensed coach to take our training (just back from coaching in Sweden)
- Contour orienteering for experienced and improvers. Separate beginners program.
- Approximately £12 juniors and students, £40 adults all-in including transport and accommodation: family friendly package. Heavily subsidised by club, first come first served. Apply early. Places limited to about 20 due to intensity of coaching demands.
- Further details, including options on transport or using own accommodation if want more luxury.

Please make preliminary application on flyer enclosed with this Jabberwaoc or contact direct

organiser Peter Allen science191@btinternet.com 01954 211446, address on flyer

Minutes of the WAOC Annual General Meeting

17th March 2007

St Matthew's Church Hall

Cambridge

Present: Mike, Hazel & Helen Bickle; Stephen Borrill; Rakesh, Anita, Sushruta & Mihir Chandraker; David, Frances, Duncan, Lewis & Todd Cooper; Janet & Jonathan Cronk; Rolf & Julia Crook; Anne Duncumb; Nicola, Simon & Helen Gardner; Peter, Karen, & Jacqueline Heybrock; Steve Hinshelwood; Ben Holland; Roger Horton; Neil Humphries; Graham, Caroline, Edward, Sophie, Thomas & William Louth; Bruce & Maria Marshall; Chris Morley; Tim Mulcahy; Ursula Oxburgh; Dil, Judith, Alex & Ben Wetherill.



Fun and games at the AGM

1) Apologies for absence

Lindsay Freeman; Hally Hardie; Peter & Sue Woods.

2) Minutes of the last AGM 2006

The minutes of the last AGM were approved as an accurate record of the proceedings.
Proposed: Ursula Oxburgh, Seconded: Anne Duncumb

3) Chairman's Report – Caroline Louth

2007 was the year that East Anglia and in particular WAOC showed the other regions that we can put on events of as high a calibre as them. We may lack the forests and terrain to hold top-class classic races but we can more than hold up our heads when it comes to other disciplines. I much appreciated the help of other WAOC members in staging the Young Orienteers' Festival alongside the British Sprint Championships at Campbell Park, Milton Keynes. This was followed by East Anglia's first World Ranking event, our Middle Distance Races at Rowney Warren.

We had originally planned a chasing sprint to complement the British Sprints, we then lost the date to Oxford who later had to pull out. It is due to the vision and tenacity of Mike Capper that we went on to hold the Middle Races. The profile of the event just kept growing as it became a UK Cup race and then a World Ranking event. Peter Woods superbly rose to the challenge of organising the Races and all the extra requirements a World Ranking event imposes. Bruce Marshall handled all the complexities of entries and rankings. Mike Capper co-ordinated the whole event and arranged the customised bottles of beer for the prize-giving. Neil Humphries planned excellent courses making best use of Rowney. The club was delighted that the Elite Orienteers were so impressed with Neil's courses that they voted him UK Cup Planner of the Year.

For me, one of the highlights was the number of club members who turned out to help on the day and make it such a successful event. Thank you all.

The club didn't rest on its laurels in 2006. We also put on 4 district events, the night event in Mildenhall South, the mini-blodslitet at Amphill Park, 8 galoppens, 5 SMILEs, Punt-o and the Boxing Day event on Coe Fen.

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 at events such as the British Champs, JK and Lakes 5 Days. WAOC has been delighted to welcome new members and introduce you to the sport we enjoy.

As usual, WAOC has entered teams for many competitions both senior and junior. A notable achievement was the juniors beating SOS in the Yvette Baker Trophy qualifier and then coming 10th 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'.

The club invested in new maps of Rowney Warren by Dave Peel and Croxton Heath by John Ward last year as well as an ongoing program of updating maps. Do get in touch with Neil Humphries if you are interested in getting involved in mapping – it is a great way to improve your orienteering skills. East Anglia plans to put on a mapping course later this year. I am delighted to announce that Lindsay Freeman and Hally Hardie have just donated a new trophy for the Club Mapper of the Year. It will be awarded in due course.

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. This is a year of change for the committee. Mike Capper has handed over as Fixtures Secretary to Dil Wetheril and Rolf Crook as Club Captain to Steve Hinshelwood. Chris Morley, Tim Mulcahy and I have all come to the end of our terms of office so some new faces will, I hope, be welcomed to the committee. I am delighted that many of the existing members will still be on the committee

wearing another hat. May I thank all the members of the outgoing committee who have supported me so much while I have been Chairman.

4) Acceptance of Accounts

Club Treasurer Chris Morley presented the annual accounts and reported that they had been audited and approved by Karen Heybrock. The meeting approved the accounts as presented. Proposed: Mike Capper, Seconded: Graham Louth

Chris made the following general points of clarification:

- The deficit of £3,668 for the year is not a cause for concern since there was abnormal expenditure on equipment and mapping costs for Croxton Heath during 2006.
- Net assets were still a healthy £6,100 and it was noted that equipment assets are not included in this figure.

5) Awards and Presentations 2006

Chairman's Awards 2006 – Caroline Louth

Owl – Chris Morley

When I looked through last year's results while I was considering the Owl, one name leapt from the screen. He has consistently scored highly, achieving championship standard at the British and both days of the JK (I think the only club senior to do so). I am delighted to award the Owl to Chris Morley.

Tortoise – Mike Capper and Neil Humphries

I have decided to split the Tortoise this year between two very worthy recipients. Firstly to Mike Capper for all his effort on fixtures. He has been hugely instrumental in shaping the club's fixture list, negotiating dates with the other East Anglian clubs, getting access permissions from landowners, dealing with risk assessments and much of the paperwork needed to put on events these days. Mike has also found time to explore the countryside in Cambridgeshire and beyond to identify possible new areas for orienteering and then negotiate with the landowners to allow orienteering. He was responsible for gaining access to Croxton Heath and then for planning this year's very successful Thetford Thrash there.

Secondly I would also like to award the Owl to Neil Humphries, our very own Elite Planner. Neil does a huge job in looking after the club's maps and now printing maps for events on the club's laser printer. Neil also looks after the club website which we would find very difficult to manage without. Such is Neil's dedication, he typically has a late run at club events so that he can then collect the results from the SI computers and get them up on the website the same day. I would also mention that Neil is unfailing in attending committee meetings even though they are usually in or near Cambridge which is quite a drive for him. Congratulations to Neil and to Mike.

Chairman's Cup – Simon Gardner

The Chairman's Cup is for the best junior. This year I am awarding it to the Junior Captain. Not only has he improved his own orienteering so that he reached the Future Champions Final, he has engendered wonderful team spirit amongst the juniors, getting together a successful team for the Yvette Baker Trophy and 2 teams for the Peter Palmers. He has instigated the junior runners group

which runs during the summer, arranging a variety of venues and sessions. I am delighted to award the Chairman's Cup to Simon Gardner.

WAGAL Champions 2006 (based on a minimum of 2 events)

Junior men	1 Simon Gardner	2 Edward Louth	3 Thomas Louth
Junior women	1 Jacqueline Heybrock*	2 Sophie Louth	3 Susha Chandraker
Senior men	1 Rolf Crook	2 Stephen Borrill	3 Edmund Ward
Senior women	1 Julia Crook	2 Alison Rothery	
Veteran men	1 Chris Morley	2 Dil Wetherill	3 Neil Humphries
Veteran women	1 Sue Woods*	2 Lindsey Freeman	3 Frances Cooper



Junior Men



Junior Women

Summer Gallopen 2006 (based on a minimum of 3 events)

Junior men	1	Simon Gardner				
Junior women	1					
Senior men	1	Rolf Crook	2	Stephen Borrill		
Senior women	1	Julia Crook	2	Helen Bickle		
Veteran man	1	Roger Horton	2	Ian Lawson	3	Bruce Marshall
Veteran women	1	Nicola Gardner	2	Hazel Bickle		

Juniors - Colour coded badges

WHITE Robert Armitage, Helen Carter, Teddy Elbourn

YELLOW Robert Armitage, Beth Barker, Felix Barker, Bethan Manton-Roseblade, Philip Sansom, Joseph Stedman-Jones

ORANGE Ben Armitage

LIGHT GREEN Susha Chandraker, James Haynes, Jacqueline Heybrock, Katy Woods

GREEN Jonathan Cronk, Sophie Louth

Yvette Baker Trophy Qualifier The scoring team were Susha Chandraker, Todd Cooper, Thomas Louth, Helen Gardner, Simon Gardner (all first-placed in their classes), and William Louth, Jonathan Heybrock, James Haynes, Jacqueline Heybrock, and Sophie Louth (all 2nd placed in their classes)

Yvette Baker Trophy final 10th December 2006

On 10th December, about 20 of the club's juniors made the trip to Cold Ash, near Newbury, to compete in the national final of the Yvette Baker Trophy competition, with some pretty amazing individual performances to be seen in the very fast undulating area. Overall, the club finished 10th

out of 14 with 793 points, 9 points behind 9th -placed Happy Herts (Hertfordshire) and just ahead of Southdowns Orienteers, who have in the past tended to be a pretty strong junior club.

Club Scorers

Green M	91	Simon Gardner	M18	31:41
Green W	100	Helen Gardner	W20	32:44
Light Green M	83	James Haynes	M14	30:09
Light Green W	82	Sophie Louth	W14	47:48
	81	Jacqueline Heybrock	W16	48:22
Orange M	100	Thomas Louth	M12	19:38
Orange W	91	Susha Chandraker	W14	31:10
	81	Katrin Sengerova	W14	47:28
Yellow W	84	Beth Barker	W10	22:48

WAOC juniors at the Peter Palmer relays Once again WAOC had 2 teams in the Peter Palmer relays. A number of runners had to pull out at the last minute but the team responded to the challenge with a number of people running up to fill the gaps. Because of inexperience both teams mis-punched but everyone enjoyed themselves and we had some excellent runs:

Simon Gardner going out first for WAOC Foxes had a fantastic 34:23 on the 5.2 km Red course
Jonathan Cronk, going out at the same time for WAOC Cheetahs, did 53:03 his first night run on a different Red course.

Sophie Louth took 46:25 on a long Light Green and Edward Louth, starting in the mini mass start, took only 38:42 on the 6.3 K Green

British Schools Orienteering Championships 19th November 2006

King's College School was 2nd overall in the Middle-Preparatory class and the Perse School for Girls, in the Small Secondary class, was also 2nd overall.

There were notable individual performances from:

William Louth (King's College School) who won the Year 5 boys class (out of 66 competitors),

Robert Armitage (Bourn School) who was 8th (of 55) in the Year 6 boys

Tim Brown of King's College School, who was 6th (of 76) in Year 7 Boys

Thomas Louth (King's College School) who won the silver medal, only 16 seconds away from gold, in Year 8 Boys (out of 78 runners)

Jonathan Cronk who was 8th (out of 54) in Year 9 Boys

British Orienteering Young Leader's Award Jonathan Cronk, ably guided by Ursula Oxburgh, worked with Bourn School over 6 weeks, to gain this award.

Helen Gardner Good wishes to Helen as she moves up to Senior level. She has been stalwart in her support of the Club and our most successful Junior ever.

East Anglian Champions 2006

M10	William Louth	M12	Thomas Louth
M14	Jonathan Cronk	M16	Edward Louth
M18	Simon Gardner		
M21	Rolf Crook	M40	Dil Wetherill
M45	Neil Humphries	M65	Chris Morley
W14	Sophie Louth	W16	Jacqueline Heybrock

W18	Clare Woods	W35	Julia Crook
W40	Erica Pilkinton	W70	Ursula Oxburgh
W75	Anne Duncumb		

EAGAL Winners 2006

M21	Rolf Crook	M45	Neil Humphries
M55	Mike Bickle		
W10	Bethan Manton-Roseblade	W14	Susha Chandraker
W35	Julia Crook	W50	Lindsey Freeman
W75	Anne Duncumb		

6) Election of Officers

Before conducting the election of officers Tim Mulcahy thanked Caroline on behalf of both the committee and club members for her dedication to the club during her three-year tenure as Chairman. Caroline has actively promoted the interests of the club and its members on many fronts as well as steering the committee so ably.

Anne Duncumb proposed thanks to Chris Morley and Tim Mulcahy for their contributions as the outgoing Treasurer and Secretary respectively.

The following three principal officers were elected.

Chairman: Chris Morley	Proposed: Rolf Crook
	Seconded: Julia Crook

Treasurer: Helen Bickle	Proposed: Anne Duncumb
	Seconded: Ursula Oxburgh

Secretary: Karen Heybrock	Proposed: Caroline Louth
	Seconded: Anita Chandraker

7) Any Other Business

1. Ursula Oxburgh advertised the WAOC Training Weekend on 6th/7th October at Merthyr Mawr. Richard Barker would run the coaching sessions as well as planning the training courses. There will be training on the Saturday and races on the Sunday. A minibus could be provided free except for the petrol expenses. The committee would be approached for subsidies to reduce the costs for participants. The weekend will cater for both *elite* and *beginners* and will be family-friendly.
2. Steve Hinshelwood advertised the forthcoming JK and BOC Relay Championships and requested members to make themselves available for the various teams.

Our New Club Chairman

Chris Morley is our new club chairman. As a way to introduce club members to Chris I asked him to tell us something about himself and his goals. Thank you Chris for taking time to answer my questions.



Chris receiving his WAGAL trophy at the AGM

Q1. How long have you been orienteering?

Since 1976 when I spent a year working in Oslo and the firm's sports club ran a weekly Wednesday evening event (when there was no snow on the ground) attended by maybe 20 people - results posted in the canteen the next day. All very low key and informal - once I returned from a long foray into the forest to find that everyone had gone home, leaving my car in splendid isolation.

Q2. How did you get into orienteering?

See above, have been an addict ever since. When I returned to Cambridge in 1977 I used to run with CUOC, but joined WAOC - at Anne Braggins' urging - in about 1982.

Q3. What is your greatest achievement in orienteering?

Hard to say. I once came third on one day in the JK - but the greatest satisfaction was once winning an M55L badge event in Epping. Greatest embarrassment was at the JK relays in North Yorkshire, around 1986, announced over the loudspeaker as leading the first leg - the team (I think with Hally Hardie and John Wickersham) ended third on time, but was then disqualified because I had

mispunched!

Q4. Do you do any training?

Essentially No. I go hashing most Monday evenings - about an hour's run - and sometimes keep Carol company running round Regents Park when we are in London. Cycling round Cambridge doubtless helps.

Q5. Do you have any goals for the next year in orienteering?

To try and ensure that the new committee runs smoothly. There have been several changes, and we need the committee to be functioning as well as it has in the past, before thinking of new goals or taking on new challenges.

Q6. What is your role on the committee and where would you like to see WAOC going?

Chairman, see above. Our Juniors have been doing very well in the past few years, and I would like to see that aspect of WAOC continue and if possible expand. Also, it would be good to get some new areas mapped for orienteering.

Our New Club Captain

Steve Hinshelwood is our new club captain. As a way to introduce club members to Steve I asked him to tell us something about himself and his goals. Thank you Steve for taking time to answer my questions.

Q1. How long have you been orienteering?

I think my first race was M13A at Burnham Beeches sometime during the last century. Orienteering was quite a different sport back then - the key skill required was getting hold of a red pen that would not seize up and rip up the map as you copied down the course. I ran with my school club which was very active. We probably went to about 10 events per year including JK and British Championships. With a friend we got to the Scottish 6 days in Dumfries and Galloway (1981) and got ourselves out to Sweden for the O Ringen on an inter-rail card after my O-levels. At that time I could run fast but I don't think I ever really looked at the map!

After I left school orienteering dried up - mostly because there was no transport to get to events. I started orienteering again in about 1998 as a way to get fit after nearly two decades of minimal exercise.

Q2. How did you get into orienteering?

Originally through the school.

Q3. What is your greatest achievement in orienteering?

Still to come, I'm afraid! There are no great highlights so far - I have managed to win the occasional badge/regional event by selecting events that no one else will go to; I was once final leg in a third placed Ad Hoc team at the British Relay Championships; I don't think that I have ever mispunched and I have only retired once; recently 6th place at the Whitbarrow Scar National event

was one of my best results.

Q4. Do you do any training?

Not as much as I'd like. Finding time to train is the hardest aspect of training. I am fitter at the moment not because of the training but because I can cycle to work. I try to run a 5 mile circuit once or twice a week, with occasional hill (in Grantchester!) reps. Occasionally I take an old map out with me to practice reading on the run. I do try to prepare for some races by looking over maps that might have similar terrain so that I can think about the techniques needed and recollect the types of errors I make. This is done just before falling asleep and I have no idea whether or not it helps.

Q5. Do you have any goals for next year in orienteering?

I would like to clean up some aspects of my technique - I think I need to spend more time planning my routes. Last year I focussed heavily on attack points and I think it paid off. I guess I hope that more careful planning will lead to improved performance at the Scottish 6 Days. I would really like to get a run that scores 1200 ranking points. I spent all last year consistently getting 1070 - 1090 ranking points and only broke through 1100 ranking points at the beginning of this year. While not really a goal for the year any races where I finish faster than Dil or Rolf would be a bonus.

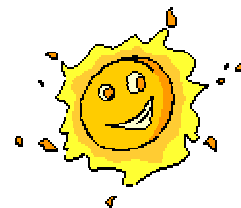
Q6. What is your role on the committee and where would you like to see WAOC going?

As club captain I think I have more of a role with club members. One core task is organising club team events such as relays and the compass sport cup. A more extended role of club captain is to promote a sense of belonging to the club to all the club members. One thing we do very well at WAOC is support our junior members. I would like to help to spread that enthusiasm for supporting other runners to all club members. While not everyone's cup of tea, I would like there to be a feeling that runners are striving to improve their competitiveness and are encouraged in this. I am interested in encouraging more members to venture onto technically and physically more challenging terrain further afield than locally. That said, I think the club captain also has a role with members who enjoy orienteering simply as a Sunday jaunt and don't want the pressure of continually pushing themselves - I would like to be accessible to new members and I hope that all WAOC members feel that they can approach me at an event to tell me about their run.

I hope to have a regular posting (blog?) on the website - mostly recording successes, so please keep me informed if you have been to an event near or far and had a good run or just enjoyed it.

Q7. Anything else you'd like to add?

Not really - my contact details are on the website so do get in touch with me if you want to meet up at an event or if you want some help in taking your running a bit further.



WAOC SMILE 2007

WAOC's SMILE calendar of events is about to get underway. Thanks to the efforts of the Junior Sub-Committee and those families that volunteered to plan and organise SMILE events this year, our juniors are in for a cracking season.

There are six events to look forward to this year at various locations in our area and we hope that the juniors will make good use of this training opportunity. As ever, there will be three levels of technical difficulty : White, Yellow and Orange courses. We expect that there will be a score or similar course at most events too for the benefit of the more experienced, but the focus will be the three colour coded courses, each one planned and organised by a different WAOC family.

Date	Location	Organiser / Planner
Sat 21 April 2007	Coe Fen, Cambridge TL446574	Jenny Grey + KCS
Sun 13 May 2007	Wandlebury, South Cambridge TL493533	Cooper Family
Sat 26 May 2007	Coldhams Common, Cambridge TL473589	Whitehead Family
Sun 3 June 2007	Therfield Heath, Royston TL34406	Cronk Families
Sat 16 June 2007	Milton CP, Cambridge TL476621	Chandraker Family
Sat 14 July 2007	Wimpole Hall TL343511	Peter & Janet Allen

The cost of a morning's orienteering again will be just £1 and for this you can do as many courses as you can fit in to the time available, so it is a really good chance to run your usual course really fast and then have a non-competitive go at the next harder one. (Adults Score course £3). Unless otherwise stated, registration is from 10:00 to 11:30 with starts from 10:30 to 12:00.

As we go to press, it is unclear quite where the assembly will be for the event at Therfield Heath because of another significant event taking place the same day. We will clarify this in a later JabberWaoc and on the website.

WAOCjuniors February 2007 update...



Not having quite made the cut for the last JabberWAOC, I thought I'd let you know how the recent fundraising events went, as there were several of those in the early months of the year. The soup stall at the night event in Ampthill Park in January raised about £25, and the cake stall at the Thetford Thrash raised £90+ - thanks to everyone who supported the junior club by buying cakes, and a huge thank you to the cake-stall organizer Sue Woods who ensures these events happen. Also at the Thetford Thrash, Dil Wetherill had put together a 'sweets' quiz. Thank you to Dil for organising this, Ultrasport for donating the prize voucher, and to all of you who bought the quiz - the event raised £100 for the junior club. Well done to Bruce and Maria who were the winning entry pulled out of the hat (the answers can be found on the WAOC website). Generally these funds get used to buy the WAOC junior tops you may have seen being worn at events, which are given to the juniors who represent the club and are above Yellow Badge standard. Very recently, we have also used some of this junior fund money to buy junior head-torches to use at events such as the Peter Palmer Relays and various night events by juniors.

It's been really great to see so many of the juniors achieving their colour coded standards and getting their badges, with plenty of colour coded badge animal statues being given out at the AGM in March.

Over the past few months, there have been plenty of Regional (Badge) and National events to attend in preparation for the main Championship season of the year that are just about coming up. The second day of the already mentioned Thetford Thrash organized by WAOC at Croxton Heath incorporated the **2007 East Anglian Championships** (4th February). With a large WAOC presence in the results, there was also a large number of East Anglian Junior Champions from WAOC:

M10 William Louth
M12 Matthew Haynes
W12 Helen Judd
M14 Thomas Louth
W16 Jacqueline Heybrock
M18 Edward Louth

Norfolk Orienteering Club, in our own region, staged the **British Night Championships** on 10th February, and we have our own British Junior Night Champion in Edward Louth (M18), with Sophie Louth having finished in the silver position of the W16 class.

The end of February saw the South East region hosting the first round of the **Future Champions Cup** competition for the 18s and 20s at the National event in Dorking on 25th February. This was followed by another FCC round at a National event on Whitbarrow (11th March) in the Lake District, which had been rearranged from last year after that event had been snowed off. This year, the remaining FCC rounds and the final are all bunched very closely together during April, with scoring rounds being the Jan Kjellstrom Festival of orienteering at Easter and the British Sprint and Middle distance Championships near Scarborough a week later, followed by the competition final in the West Midlands. As for WAOC juniors, we are looking out for the results of Edward Louth

(now first year M18) who is currently 11th out of 38 in the standings, and junior captain Simon Gardner (M20), currently 7th out of 22.

On Mothering Sunday, 18th March, most of the country competed at their various qualifying round events of the Compass Sport Cup/trophy competitions. WAOC members travelled to our designated round at Burnham Beeches & Egypt Woods near Slough, a very runnable area of mature beech woodland. As a club we finished third overall behind South London and Happy Herts orienteering clubs. However, there were some commendable runs from our juniors, and the scoring team included the following: Thomas Louth, Simon Gardner, Jonathan Cronk, William Louth, Sophie Louth, James Haynes and Jonathan Heybrock. Well done to all involved!

So now we are looking forward to the big events (JK, British Champs, and so on) coming up – watch this space...!

Blanka Sengerová (WAOC Junior Newsletter editor)

Summer Mid-week Galoppen 2007

Although summer may seem some way off yet, it is time for me to start arranging the summer galoppen. So are there any enthusiastic volunteers out there who would like to organise an event for a summer evening?

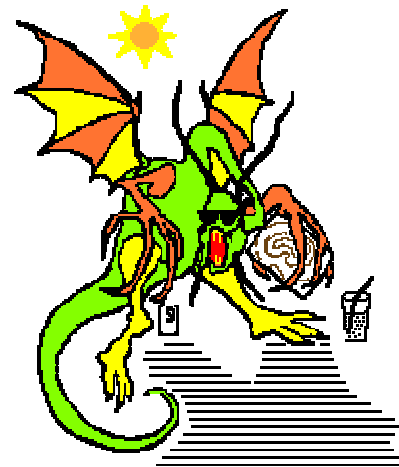
The galoppen is a series of events held on Wednesday evenings with starts usually from 6.00 to 7.00, although the first start time can be later if this makes it easier for the organiser of the event. These are ideal events for anyone who has not organised an event before to have a go, since they are 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 first event is held in late May or early June, so any Wednesday from 23 May to the end of August can be used.

Areas available include Coe Fen, Cherry Hinton, Milton Country Park, Portholme, Fairlands Valley, Therfield Heath, Priory Country Park, Rowney Warren, Ferry Meadows, Wandlebury Country Park, 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



WAOC Committee

Contact details for the WAOC committee can be found in the membership list.

Fixtures

The fixtures list for the East Anglia region can be found at

<http://www.clive.coles.freeuk.com/Fixtures.htm>