



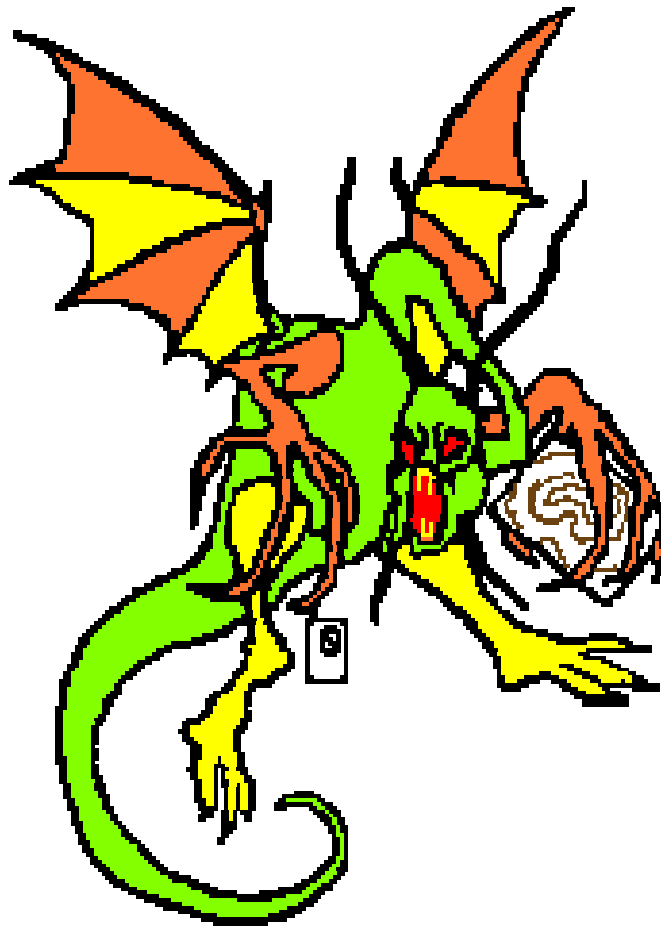
West Anglian
Orienteering
Club



JABBERWAOC

Vol.36 No. 1

January 2008



*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

The publication of this edition has been slightly delayed so that I could include details of the club's AGM. There is a full notice on the back page, and I would urge as many of you as possible to attend. Even if you don't volunteer to take on a post, it is a good chance to meet other club members. On the same note, it was great to see so many of you at the Compass Sport Cup match at Brandon Park. Everyone contributed to what turned out to be a real success for the club, with second place giving us qualification into the Final – the first time we've qualified. The final is being held in Sutton Park, Sutton Coldfield on Sunday October 19th. This is definitely a date to put into your diary.

Thanks to Sue Vine of NOR for letting me use her article about Lyme disease. To be honest, this has been one of those things I have always been quite blasé about, and believe me I have had some ticks in my time! This is definitely something to think about if you are going to Culbin in April because I know from experience that this is a breeding ground for ticks which, given time and enough blood, can grow to the size of aniseed balls...

There are lots of great events coming up over the next few months and I have tried to highlight some of these in this edition of Jabberwooc. Don't be put off by the titles or size of some events, they are suitable for all, and are always great fun whether you come first, last or somewhere in-between. The relays are not as scary as they sound – it's just like normal orienteering but there are more people around you. So give it a go, I'm sure you will enjoy it.

Mike Capper

Next Copy Date – March 28th

Chairman's Chat

It is great news that WAOC has made it through to the final of the CompassSport Cup competition, for the first time in the Club's history. The final will be on October 19th near Sutton Coldfield. There was a splendid turnout of members at Brandon on January 13th, with points scored right across the board, and an especially strong contribution by our juniors. Congratulations to all concerned. It is true that we did not actually win at Brandon, but the victors NOC had a podium spot last year, and under the rules we go through, having beaten NOR for second place.

I write in the middle of planning the Night Event at Therfield Heath, an interesting exercise involving armchair map study and walks on the Heath, trying to imagine how it will look on a dark and possibly cold evening on 26th January - many thanks to all those who have offered to help with what can be a most challenging and rewarding form of Orienteering.

By no means all WAOC members are interested in such challenges, nor in going to major O-events far afield as BOF National members, and it is good that we have many members mainly interested in the daytime District and Local events that are the mainstay of our sport. Many of you are 'Club-only' members of WAOC, which is fine - but may I encourage you to consider upgrading to BOF Local membership. For new members this costs nothing extra in the first year! Insurance of all our events is provided by BOF (the British Orienteering Federation, now re-styled British Orienteering), and BOF negotiates with major landowners such as the Forestry Commission about access for O - BOF deserves the support of all orienteers.

Finally, following up the Editor's comments in the last Jabberwaoc about the vital importance of volunteers, I wondered whether any of you are interested in making as well as using O-maps. WAOC is always on the lookout for new areas to use, and if we have any success in that we may well need volunteers to supplement or even replace professional mappers. Also, many of our existing areas are in dire need of re-mapping, due to vegetation growth and other changes. The Club will be very willing to cover the fees for up to three members to go on a mapping course near Colchester which is planned for the weekend of 5/6th April

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Club News

The list of current committee members and their contact details is available at www.waoc.org.uk

WAOC Membership Information

NEW CLUB MEMBERS

Welcome to:

Chris Baines and Caron Freeborn and family (Jude M3 and Gabe M1) from Cambridge

Neil Baird from Buckden, Cambs

Joshua Hope (M13) from Orwell, Cambs

Melbourn Village College (contact Robert Walker) from Melbourn, Cambs

Shuttleworth College (contact Charlie Whewell), Old Warden, Beds

University of Bedfordshire (contact Tim Hewett), Bedford

We hope that you will enjoy orienteering with us.

Membership renewal for 2008

Renewals have been flooding in! Many thanks for sending subs so promptly. If you haven't done it yet, now is the time. British Orienteering members will have received their renewal requests from BOF in November. Club only members had their renewal form enclosed with the last edition of Jabberwaoc. If you want to change to being a BOF member (either Local or National) I can provide the necessary form.

Anne Duncumb (membership secretary)

Captain's Corner

Thank you and well done to everyone who turned out for the Compass Sport Cup club race at Brandon. The rain pretty much held off and a lot of club runners had good races. Good enough for us to beat NOR and to qualify for the final. Note that even runners who didn't score for the club will have pushed down the points scored by our rivals - so well done everyone. Thanks also to excellent planning and organising from Graham and Caroline Louth.

Although just into the New Year it is time to start to think about JK entry as it is an early Easter this year. The JK will be in Surrey this year – the Leith Hill area and Ashdown Forest. I will be entering

Relay teams for the Monday and need to know who would like relay runs. The relay is at Eridge Old Park just south of Tunbridge Wells. Please let me know by February 16th.

Steve Hinshelwood

Orienteering training

The Cambridge Preservation Society (Jean Sinclair) is running an introductory orienteering session at Wandlebury on Sat 2nd Feb 08, 10am - 12 noon, for women aged 16 and over. There will be another session for families on Sat 12th April. Further details on www.cpswandlebury.org click on "Coming Events".

Congratulations

Congratulations to **Thomas Louth** on his selection for the World School Championships that are being held in Scotland in April. The best of luck in your runs and we look forward to reading about your exploits.



Congratulations to **Bruce Marshall** who has been awarded the Bill Steven's Trophy by EAOA. The citation says that Bruce was awarded the trophy for all his hard work and dedication in looking after all the regions SI equipment. Following the grant last year, to purchase more equipment, Bruce is now actively managing 2 complete sets which are regularly used through out the region.

Lost property from Maulden

Bruce Marshall still has some lost property from the Maulden district event in November.

- 1) a folding chair and water bottle left in the download tent
- 2) a digital watch with alarm that goes off at 6:30am every morning

Are there any takers before Bruce disposes of the items?

Bruce Marshall

bmarshall_uk@yahoo.co.uk

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WAOC at the JK – HELP NEEDED

One of the advantages of being a member of EAOA is that, due to a lack of suitable areas, club members never have to take any significant part in organising major events such as the Jan Kellstrom trophy (the JK) which is held over the Easter weekend.

This year's JK gives everyone an opportunity to make up for this. As many of you will know, long-standing WAOC member Anne Braggins has been a leading light in developing Trail-O* in this country. She is the organiser for Trail-O at this year's JK and is desperately seeking help from WAOC members so that each day can run smoothly. Anne would particularly welcome someone with a current first aid certificate to come forward but is also looking for anyone who can set aside a couple of hours on any or all of the 3 days to help with registration and other light duties.

Anne says that she 'really needs help at the beginning of each day as once the regular Trail O competitors have finished they can take over the duties. Helpers can then go off to run although it would be nice to have three people always there and a team of 12 from WAOC would give me helpers for key jobs. I am already promised workers for parking, to patrol (the venues for Days 2 and 3 are very public places) and assist wheelchair users round the course'. There is a novice course on Days 2 and 3 so that Trail O can be tried by any helpers who are interested.

The start times have still to be confirmed but should be something near those given below.

Day 1 (Friday March 21st) will be a TempO (Trail O with all timed controls) in conjunction with the Sprint O at the University of Surrey, Guildford. Registration will be from 11.30 and the course will close by 16.00 so there will be time for anyone who wants to do the Sprint to have a run.

Day 2 (Saturday March 22nd) will be at Newlands Corner, the car park is off the A25 some 8 miles NW of Leith Hill, start times will be from 10.30 to 15.00 to allow Foot O people to do both competitions if they want. Again later in the day Trail O competitors will be able to take over some jobs.

Day 3 (Sunday March 23rd) will be at Hindleap Warren some 2.5 miles from the main event with start times from 10.00 to 13.00, Foot O people should start first on this day.

This sounds like a great opportunity to get involved and to put something back into the sport. If you are able to help, even for just a short time, please contact Anne as soon as possible.

Anne Braggins

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Tel +44 1763 260333 Fax +44 1763 261961

e-mail anne@trailo.org

*** What is Trail-O?**

Trail Orienteering (Trail O) is a discipline of the sport designed so that people with disabilities can participate in meaningful orienteering competitions. It completely eliminates the element of speed over the ground, but makes the map-interpretation element much harder. Able-bodied people can compete on equal terms with the disabled.

In conventional orienteering, competitors must interpret the specialised map (which they receive as they start) while running; they are timed while they visit a number of control points, shown on the

map, in sequence. The key to success is a combination of map reading and interpretation skills plus fleetness of foot; the faster you run, the harder it is to think, of course!

Trail O completely eliminates the element of speed over the ground, but makes the map-interpretation element much harder. Depending on the level of difficulty, up to five control markers are hung at each site and only one will correspond exactly with the control description and control circle position. Indeed, (in the elite class only), one possible answer is 'None of the controls corresponds'. Sites are chosen so that they can be seen from a wheelchair-navigable path or area, but they may be quite a distance into the forest or non-navigable terrain. The only special equipment needed is a compass. An escort can give the competitor physical help - pushing a chair, holding and orienting map and compass, even marking the control card with the decision according to the competitor's instructions. However, it is an important rule that escorts must not help in the decision-making process; they can give as much physical help as may be necessary, but must not offer advice or opinions to the competitor. For serious competitions, escorts are 'swapped' so they do not know the competitor they are helping. More information can be found at www.trailo.org/

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LYME DISEASE IS HERE - BE VIGILANT!

Many orienteers are aware that they may get bitten by ticks from time to time. This minor annoyance is generally forgotten once the tick is removed. Over recent years, we may also have become aware that ticks may carry a bacterial infection, *Borrelia burgdorferi*, which shows itself in humans as Lyme disease. However, most of us, including me, have an "it won't happen to me" approach to this risk, even though some ticks in Thetford Forest are known to carry the infection.

Well, it has happened to me. Five weeks after several tick bites in Scotland, I found an unimportant looking raised, speckled reddish patch on the side of my knee, no bigger than a little finger nail: no itching or other symptoms. Two weeks later, it was no longer raised and had spread but faded. By week three, i.e. 8 weeks after being bitten, the faded area was surrounded by an angry red ring, growing each day until it was about 5 inches across. This has been diagnosed as '*erythra migrans*', the tell-tale, enlarging, inflamed ring associated with Lyme disease. As I write, I am part way through a 30 day course of antibiotic, Doxycycline

The bacteria in question are smart, and expert at evading detection and antibiotic treatment. The longer they are in the human body, the more entrenched in the body's cells they become and the harder they are to eradicate. Since being diagnosed, I have been reading about Lyme disease, both the early stage and the chronic illness. It makes for an alarming bed-time read.

The later symptoms of the infection may be diverse, fluctuating and inconclusive, e.g. headaches, joint pains, fatigue, swollen glands, sensitivity to light or sound, palpitations, stiff neck and more. The really bad news is that more than 60% of infected patients do not develop the diagnostic enlarging rash. So it may be months or even years before vague symptoms are linked to possible Lyme disease infection. By then it may be much more difficult to eradicate.

So my message is – watch out, not only for the expanding rash, but for unexpected symptoms in any part of the body, even as long as a month or more after a tick bite, and be sure to ask your doctor about Lyme disease. If you are lucky (relatively!) and develop the early rash, take it to the doctor as soon as possible. I did not get to a doctor as soon as I should have (too many holidays!), but hopefully a month's worth of antibiotic will clear out the infection. With hindsight, I should

have paid more attention to the earlier stages of the rash, but as yet I do not have any further symptoms. Watch this space.

Sue Vine (NOR)

Post script:

1. Deter ticks by spraying socks and trousers, rather than skin, with a DEET-containing insect repellent.
2. Remove ticks carefully from skin with tweezers, as soon as possible and without any preliminary treatment.



Letters to the editor

From Rod Chaplin

I have been advising a couple of American Graduate Civil Engineers over here in UK for experience and, one of them to kill time in an evening in a funny little town far from home called Bedford, he went on the internet and after he had run out of everything else he could think of to search, he put in my name (he really should get out more). Up came Jabberwooc Aug 02 and Hally Hardie's little piece on History and the one liner about him always beating me - quite true, but with a ten miles on the road in 51m 32s and 23 marathons including one of 2h 37m, I guess that I got closer to my personal absolute potential than he did. I ran my last road race in 2005, but still go around the block most mornings – but gently nowadays, after all I have been running for 52 years - that's about 100,000 miles + plus at least 4000hrs in the gym! I trade my cars in with less miles on the clock. Actually Hally got into Cranwell as aircrew and I was only offered a ground crew commission, so in a huff, I went off to be builder of roads and things in UK, then to be 'our man in W Africa' for the World Bank, etc culminating in retiring from the Civil Service to become a freelance engineer and more work than I can handle.

I competed in Os for about 5 years but eventually the stumps in the brashings got to be too much for my ankles - still, I got a couple of medals including at Karrimors with Laurie Rudling - anyone seen him recently? Being a civil engineer and thus a surveyor, I had a big advantage as maps read like 3D pictures to me. I enjoyed tramping the woods producing several competition maps around this area, so I put back a bit of what I got out of it, I hope. I've been turning out my loft recently and came across my O socks with their thick rubber coated shin protectors and a box of O maps et al - if anyone wants them for nostalgia or records, please call and collect them(not the socks though - the bin man has already had those).

I have one really clear memory of a night O in St Neots - it had been very wet for days - I'd been running really hard and was blowing well with nearly my last Control at a bridge - 'Ah there's the parapet, so the flag must be just at the back of the end wall'. Guess who forgot that it had been raining and what then tends to happen in streams. Anyway, in the gloom I stepped onto what seemed like a grassy bank and a minute later reappeared spluttering on the other side of the bridge with a bump on my head from the underside of the arch. However my torch was still shining from under the murky water as I scrambled out and resumed my squelchy way to the finish. I suppose

that the lawyers with their Elf & Safety mates have ruined this sport as they have almost killed off road running - If they haven't, then watch out for yourselves.

Keep clipping!

Editor's note – I think I am right in saying that Rod was partly responsible for the first map of Maulden Wood (which I happened to look at the other day and it is still remarkably accurate).

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From Rolf and Julia Crook

Life is fine up north. Rolf has a PhD student working with him and he is trying to set every thing up so he can actually do some experiments - that's the problem when you start a new group rather than joining an existing one. That means trying to get to use equipment owned by different groups and involves lots of liaison rather than actual research which he'd rather be doing. I am currently employed by UEA (where I did my MSc last year) as a short term contract research assistant, looking at climate model data. Doesn't pay anything like so much as software engineering but at least I feel it is more useful to the world. I should finish mid December. I have applied to do a PhD in climate modelling at Leeds University. I'm hoping to start that in the first quarter of 2008.

We will be joining Airienteers when we renew our BOF membership. In fact since I contacted BOF to tell them our new address and that we would be moving to AIRE, they seem to have updated the database already so sometimes we appear in results as AIRE members already. When we join AIRE we will be added to a helper team. Then each team is called upon in turn to help at AIRE events. I think this is probably a good way to get people to help. They know they only have to help every 4th event or so and that it is expected of them as soon as they join. Might be worth WAOC thinking of doing something similar. I'm not sure how they recruit planners and organisers though.

We certainly find it tougher up here. Rolf finds it difficult to win brown courses and I find blue courses much more tiring up here. There have been a couple of events where they even had a black course! We haven't done any training recently as we've both been ill and busy. The AIRE running group unfortunately run round roads mostly at this time of year. We'd prefer to go off road with head torches but its best to do that when you know the route reasonably well having worked it out in day light. So at the moment there are only a few routes we can do in the dark and we don't often go with the AIRE group. We certainly did more training in the summer when the evenings were light.

It is nice that there are quite a few events within 20 miles of where we live - certainly saves our carbon emissions! We should be able to get to a Lake District event in 2 hours but we haven't done that yet. Our first event here was rather special as we could walk to the start from our house! It was a long O which joined sections of map all round our house together so it's great to have an O map with our house on it.

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DVO National event at Longshaw: December 9 2007

The omens for this event weren't good. Wet and snowy the day before, and then warning signs on the website advising that courses were being altered due to a dangerous river crossing. The temptation to stay in bed was great, but the decision to go was well rewarded by a really enjoyable

day of orienteering. The National Trust Longshaw estate is just south of Sheffield and provided interesting courses across moorland and forest. Some complex quarried areas meant that for the first half of longer courses concentration was crucial, with leg speed being more important for the easier uphill 'slog' towards the finish. All in all a really good event – great car park which coped really well with difficult conditions and challenging courses that made the long journey worthwhile.

Notable senior WAOC performances

M45L 18	Graham Louth	78:46
M55L 41	Peter Howsam	75:41
M65L 12	Chris Morley	52:42
24	John Wickersham	60:46
M70L 19	Colin Curtis	88:51
W50S 9	Janet Cronk	57:49
W55L 19	Jane Howsam	79:07

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Oxford City Race: November 9 2007

A few intrepid WAOC-ers ventured to the 2nd Oxford City Race in November. Different parts of Oxford were used this year, and there were fewer opportunities to impress tourists by running at full speed past some of the city's most famous landmarks. New colleges were offered up for our delectation and these proved challenging enough (especially when gates that were supposed to be open turned out to be locked). There were the usual sprint races problems with what is meant by '*must not be crossed*'. This turned out to be pretty annoying because even though the map was clear, runners still kept getting ahead by following illegal routes - often helped by unsuspecting students who held open 'locked' gates for runners! Nevertheless, this was a great event that is highly recommended for anyone who wants to have a first go at city racing.

Notable WAOC performances

Men's Open

28 Ed Louth
59 Ben Holland

Veteran Men

17 Mike Capper

Open Women

17 Blanka Sengerová

Veteran Women

19 Nicola Gardner

Super Veteran Women

11 Ursula Oxburgh

Junior Women

4 Sophie Louth

Junior Men

3 Jonathan Cronk

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You know you're an orienteer when - Part 3

1. You go running near a friend's house and run on footpaths and roads that they didn't know existed or never walked/ran/drove on before.
2. A weather forecast of storm, wind, and flood for the weekend reminds you of a fun time you once had in the woods.
3. "Mins/km" replaces mph as your standard unit of speed. For everything!
4. You wear Lycra when you really shouldn't.
5. You don't immediately think it's a Clown Hunt when you see hundreds of people in bright coloured clothes running around the fells in the rain.

6. Your son isn't even 1 year old and you take a photo of him by a marker and say he's in the M-0 category.
7. You think of road running as 'borienteering'.
8. People at work no longer need to ask, "What happened to you?" when you come to work covered in scratches/gashes/bruises on Monday... because they already know.
9. You keep a map in your car in order to explain to strangers about orienteering.
10. When you go to IKEA you never get lost.

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Those must not miss Spring events....

The Jan Kellstrom Trophy – Surrey - Friday March 21st to Monday March 24th. The largest event in the UK with a great format, including spring, long and relay events. Do some, all or most. The sprint race is highly recommended – it is being run around the University of Surrey campus at Guildford, which is really, really complicated. Don't forget to let Steve Hinshelwood if you want a relay run – these are suitable for all.

Last closing date – March 7th www.jk2008.org

The British Championships – Inverness – Saturday/Sunday April 19/20th. North Scotland is a long way to go but this is going to be worth it. Culbin is probably my favourite area in the whole country (obviously, not counting Maulden Woods) – it is an absolutely brilliant area, and the mapped area has been expanded for this event to include completely new territory. The relays on Sunday should be really good fun. Again, let Steve Hinshelwood know if you want to run in a team.

Last closing date – March 30th www.boc2008.co.uk/

The British Middle and Sprint Championships – Tamworth/Warwick- Saturday/Sunday April 5/6th. Confusing isn't it? There are so many British Championships these days. These are closer to home and include, on the Sunday, the Sprint Championships. Anyone who went to Scarborough last year will know how these work – heats in the morning, then an afternoon run for everyone, based on finishing position in the morning. Both legs of the Sprints are being run around the University of Warwick, with winning times around 14 minutes. And if you're feeling really fit, there are the Middle Championships at Hopwas Woods, near Tamworth on the Saturday. Looks like it could be a great weekend!

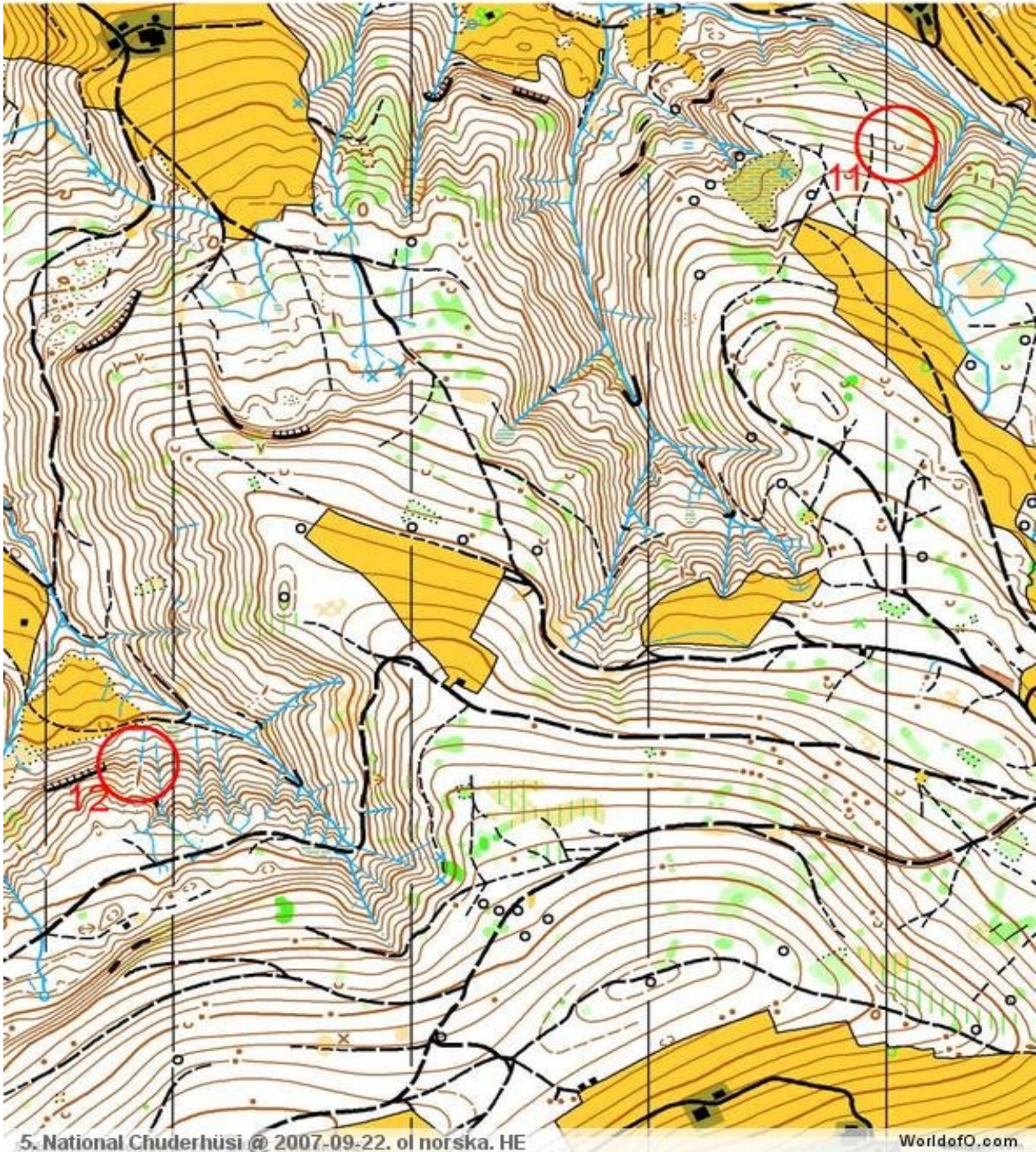
Closing dates to be confirmed – keep your eye on the BO fixtures page or on www.octavian-droobers.org/

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Route Choice One – How would you go from 11 to 12 in this 2007 Swiss National Event?
Avoiding climb is the key...

Uebersichtsplan 1:5000
Urs Steiner
Druck AG, Langnau
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Happy New Year to everyone! Since the last JabberWAOC, we've seen several high-profile events for juniors taking place, and I am pleased to say there have been some commendable results to go with them. Late in November, the British Schools Orienteering Championships took place in pretty horrible weather conditions on Cranes Moor near Wareham in Dorset, giving the day an adventurous and challenging feel to it. I will mention all of the actual results in a moment, but first of all I wanted to congratulate **Thomas Louth** on being selected, through the BSOC itself and an associated selection race, to be part of the Junior Boys' select team competing at the World Schools' orienteering championships, due to be held in April in Scotland. With a 3rd place in the selection race and a 2nd place at the schools' champs, Thomas certainly deserves this and I wish him all the best for the world event itself!

As for the schools' championships results, it was good to see the success of **King's College School, Cambridge**, who made a strong appearance in a number of categories. The overall results show this and well done KCS for finishing 2nd of 6 in the Middle Preparatory school category (scoring team William Louth, Beth Barker, Felix Barker, Joshua Hope), beaten only by local rivals Barnardiston Hall. The school also brought home a 3rd place (of 5) in the Boys Year 6 class (team Will Woods,



Some of the WAOC team at the Yvette Baker trophy final.
(Photo: Graham Louth).

Sam Woods and Jeremy Corcoran) and won (from amongst 12 teams) the Boys Year 8 category (scoring team Felix Barker, Joshua Hope and Tim Brown). Apart from KCS's team successes, a number of juniors came home with some great results, so congratulations to the following:

- **Beth Barker** (King's College School, Cambridge) who was 4th (of 16) on Year 6 Girls
- **Sophie Louth, Jacqui Heybrock and Susha Chandraker** (all of the Perse Girls' School, Cambridge) who took 8th, 13th and 14th places respectively

(of 24 runners) in the Year 11 Girls class

- **William Louth** (KCS Cambridge) for finishing 3rd of 26 runners on Year 5 Boys
- **Will Woods** (KCS Cambridge) who was 16th (of 30) on Year 6 Boys
- **Robert Armitage** (Comberton Village College) who finished in 11th of 40 competitors on the Year 7 Boys course

- **Felix Barker** (KCS) who was 6th, **Joshua Hope** (KCS) who came 10th, **Tim Brown** (KCS) who finished 16th and **Jonny Heybrock** (Perse School, Cambridge) who was 25th, all of 69 Boys Year 8 runners
- **Thomas Louth** (Perse School) who came 2nd of 49 Boys Year 9 runners
- **Jonny Cronk** (Comberton Village College) who finished 4th and **Ben Armitage** (also CVC) who was 27th of 45 runners on Boys Year 10
- **Edward Louth** who finished in 3rd of 17 Boys Year 13 runners

In the closing lines of my last junior update, I promised that you'd be able to watch out for the results of WAOC's juniors in the national final of the Yvette Baker Trophy competition. This has now duly been held, the event running alongside a district event at Humberside and Lincolnshire orienteers' (HALO) Normanby Hall near Scunthorpe. A team of 16 juniors travelled to the event from WAOC-land. With quite a long way to go to the final, it was great to see a good number of juniors making it to the event, and they should be congratulated on reaching joint 7th place (of 11) together with SLOW, the South London orienteers. WAOC's score was 813, comparing favourably with the winning 890 points gained by Octavian Droobers (Coventry & Warwick area). The scoring team was made up of *William Louth, Thomas Louth, Simon Gardner, Thomas Hemingway, Edward Louth, Catherine Collins, James Haynes, Jonathan Heybrock and Sophie Louth* – well done to you all, as well as everyone else who ran well to knock down other clubs' runners' scores. Team results are, of course, important, but I think that several juniors deserve particular congratulations for their individual successes so well done to:

- **Katherine Collins** who was 17th (of 26) on girls' yellow, being probably the first yellow outside East Anglian terrain for her
- **William Louth** who **won** the boys' yellow and **Jonathan Heybrock** who was 18th and **Mihir Chandraker** who was 27th (of 67) on the same
- **Thomas Hemingway** who was 7th (of 34) on the boys' orange
- **Thomas Louth** who was 3rd and **James Haynes** who was 17th (of 31) on boys' light green
- **Simon Gardner** who was 5th and **Edward Louth** who was 8th (of 35) on boys' green, with a good 21st place for **Jonny Cronk** on the same course, which is contested by runners up to the age of 20

Finally, the last National event of 2007 took place on 9th December on the Longshaw Estate just outside Sheffield, organised by Derwent Valley Orienteers (DVO). There was a small group of juniors attending from WAOC, with several commendable results from:

- **Thomas Louth** won M14A
- **James Haynes** finished 9th of 22 on M14A
- **Jonny Cronk** was 14th of 27 on M16A
- **Edward Louth** was 4th of 14 on M18L

We are now looking forward to the start of the competitive individual season, with the JK (Jan Kjellstrom Festival of Orienteering, a multi-day event held over Easter), the British Champs, and series such as the Future Champions' Cup, and I have no doubt there will always be more to report on the successes of the club's juniors so keep an eye on this section...

Blanka Sengerová (WAOC junior newsletter editor)

Fixture Section

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I have picked out a couple of events from further afield to include in this fixture list. The NOC Badge event at Budby on February 10th is a great opportunity to visit Sherwood Forest and to re-enact scenes from Robin Hood. Indeed, the 'Major Oak' is on the map, and although it is now out of bounds to orienteers I am sure you could visit it after your run! On March 9th, SARUM are holding a National event in Wiltshire. Now this event is a bit further afield, but it is being held in a prime piece of chalk woodland – very runnable, some contours, but not too many and in a particularly attractive part of the country. Don't forget that National Events are suitable for all and are a great way of visiting places you wouldn't normally get to.

Finally, don't forget about the Double Dumpling Weekend on February 15/16th. Day 1 is being held in Hockham, an area well worth visiting just to look at the pingos. The mapped area includes the Hills and Holes and Frosts Common, where there are the remains of the pingos, which are ponds formed by the melting of ice lenses in the ground at the end of the last ice age. Believe me, the pingos make for pretty complex navigation. On the edge of the woodland is an enormous area of deep peat, which was, until it was drained in the 18th century, a large lake. However it is not safe to enter this area – the wardens for the reserve are only allowed to go into the peat area in pairs in case they 'get into difficulties'. Day 2 at The King's Forest is the East Anglian Championships. That alone should be reason enough to go, but if you need more then I can tell you that King's Forest is a superbly runnable bit of Thetford Chase that has been used only once since the 1980s. The King's Forest was named to commemorate the Silver Jubilee of King George and Queen Mary in 1935. Sadly the letters 'GR' which were planted into the woods and were clearly visible as a large area of walk on the original map have now been felled, but it is still a great area for a run.

Wherever you go, have fun.

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Fixture List

For an up-to-date list of upcoming fixtures, please refer to www.britishorienteering.org.uk or www.waoc.org.uk

WAOC AGM

**Saturday 15th March 2008
From 6.00**

**St Matthew's Church Hall
St Matthew's Street
Cambridge**

St Matthew's Street is off East Road near the Grafton Centre. Parking is available in St Matthew's Street or the Grafton Centre car park.

The evening will consist of some games suitable for all ages as well as the business of the club and food and drink. Please bring a contribution to the food.

Agenda

1. Apologies for absence.
2. Minutes from AGM 2007.
3. Chairman's Report.
4. Acceptance of Accounts
5. Awards and Presentations.
6. Election of Officers.
7. BOF Membership.
8. Any other business.



**West Anglian
Orienteering
Club**