



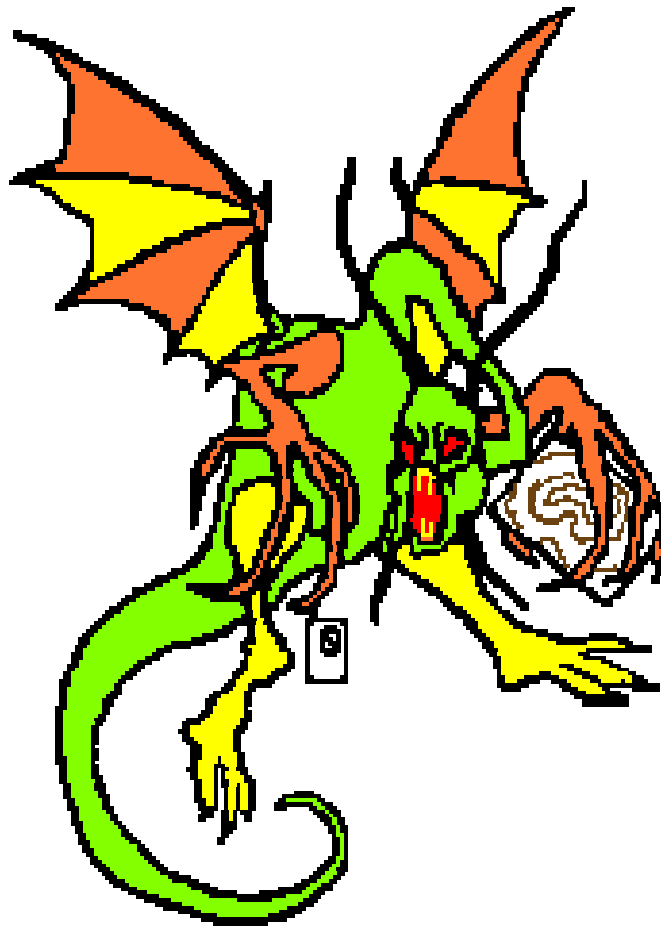
West Anglian
Orienteering
Club



JABBERWAOC

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June 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

There have been lots of great competitions recently – hopefully some of the reports catch the flavour of these. Don't forget that if you go to an event, a report would be most welcome. Otherwise, you will just get a diary of races that I have been to, and that might get quite boring after a while! Even if it was a district event, it would be great to hear how you've got on. So especially if you are going to a summer multi-day competition, why not tell everyone about it?

Peter Woods has provided a list of future WAOC events. These can't take place without helpers, and I am sure that he would be pleased to get some new volunteers. If you feel unsure about taking on a major role first time around, why not volunteer to shadow the planner or organiser – it's a great way to meet other club members and you will probably find the tasks aren't as onerous as you thought.

Mike Capper

Next Copy Date – September 5th

Chairman's Chat

We have now entered the fallow summer period for local Orienteering, with no major District or Regional events in East Anglia between mid-June and late September, due to growth of bracken and brambles, or just to holidays. However, may I wish good runs to all WAOC members who are travelling to multi-day and other events further afield this summer, in Wales or elsewhere. May I also remind members of the Club's introductory SMILE events (five this summer) and mid-week Galloppen events (eight planned this summer) – they can be very good fun and help to keep fitness levels up – and thank all the organisers and planners involved.

Your committee met recently and considered various matters. On a new Club O-top the plan is to adopt the design for which most people voted over the past few months – unless the coloured flashes at the sides cost too much extra. Many thanks to Graham Louth for organising the display of possible designs and the voting. The committee authorised purchase of a set of these tops in a range of sizes, so that our juniors can all wear the new-design club kit when representing WAOC at such events as the Peter Palmer Relays or the CompassSport Cup. We shall arrange soon for senior members to be able to register orders for their size, so that a composite order can be placed.

WAOC is in the finals of the CompassSport Cup for the first time ever, so may I encourage as many members as possible to travel to Sutton Park near Sutton Coldfield on Sunday 19th October – even if you do not score points yourself, you may push members of other O-Clubs further down the list and lower their scores. We very much hope that WAOC will do as well

as possible – our Captain is considering organising a coach or a series of minibuses, and the committee will subsidise that and/or the entry fees on this unprecedented occasion.

Following the resolution passed at the AGM, that Jabberwaoc should in future be available on-line to everyone, but that those who want to have a paper copy should have to opt in for that, the committee has been discussing this matter. Considering the various costs involved in producing and mailing the magazine, it looks as though the Club's finances might permit a reduction in the subscription for senior members from the current £10 to perhaps £7 for next year, with the opt-in charge for Jabberwaoc on paper being perhaps £5 or £6. A final decision on this needs to be made at the committee's next meeting on 10th September. Everyone would still get one paper mailing per year with the Membership list and minutes of the AGM. The new system would come in on 1st January 2009, and the arrangements for opting-in for paper copies need to be sorted out.

Chris Morley

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:

Stuart Hatfield from Cambridge

We hope that you will enjoy orienteering with us.

SMILE events.

The first two races seem to have been well attended and enjoyed by all. There is still time to take part in the series. Further details from www.waoc.org.uk

Sat 21 June	Therfield Heath	TL348406	Peter Haynes
Sun 6 July	Ampthill Park	TL024382	Wetherill Family
Sat 12 July	Wandelbury CP	TL492533	Frances Cooper

WAOC Summer Galloper

Apart from being quite a mouthful, the WAOC Midweek Summer Galloppers are a series of low-key orienteering themed events on Wednesday evenings. The event genre varies, being conventional orienteering, a score event, street orienteering, or something of the planner's own invention. There are normally a couple of different courses, long and short for example. No one takes them too seriously although there are prizes for the overall winner at the end of the series.

So, after a hard days work in the office, lab, or garden, why not enjoy the long balmy summer evenings by doing a bit of orienteering down the park. Starts will usually be from 6:00pm to 7:00pm, but you are advised to check this beforehand. There will be a small entry fee: £1-50 for adults, 50p for juniors. For more information about any of the events please contact the organiser or the co-ordinator,

Hazel Bickle (hjc1000@esc.cam.ac.uk)

Remaining events (but keep your eye on the website for changes or late additions).

Date:	Location:		Organiser:
18 June (note change)	Milton Country Park	TL 476621	Martin Rigby
2 July	Cherry Hinton Hall	TL 480564	Alison Sleigh
9 July	Hinchinbrooke Park	TL 222719	Marcus Misson
16 July	Therfield Heath	TL 348406	Peter and Sue Woods
13 August	Portholme, Godmanchester	TL 238714	Peter Duthie
20 August	Wimpole Hall	TL 343511	Ian Lawson
27 August	Bar Hill	TL 379634	Ben Holland

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Future WAOC Fixtures

Our next District event will be at Warden Warren – an area we have not used since 2004, adjacent to Shuttleworth House and the Aircraft Museum.

WAOC is hosting the Midland Night Championships this year, at Rowney Warren on 29th November. There will be a District Event in the same area the following day.

Looking forward to the new year, we will once again be co-hosting the Thetford Thrash weekend, with CUOC running an Urban-O Event in Cambridge on Saturday 7th February and WAOC organising an event on the Sunday 8th at Croxton Heath. Later in the year WAOC will be providing its own Urban-O event in Cambridge.

These events are listed in the table below which gives a complete list of WAOC events from September through to next summer. These follow on from our current summer series of Galloping and SMI LE events.

As is always the case, these events depend for their success not just on the volunteers who help on the day, but on the efforts of the Organiser and Planner.

We need club members to volunteer for these roles to help fill the gaps in the table below. The two roles are very different - the Planner is responsible for designing the courses and choosing the control sites, together with a Controller who ensures the courses are fair and appropriate for the expected participants. Although details of the courses themselves are closely guarded ahead of the event, the club can provide help in practical aspects such as producing the maps and training in the use of the SI kit.

The Organiser is not involved in the details of the courses apart from agreeing a start and finish location with the Planner. The organiser's job is to mostly to appoint helpers at parking, registration and download, etc, and to make sure the administration of the event runs smoothly. The club can offer a lot of help for organisers, both in terms of information packs to explain all the various tasks, and practically, since the club already takes care of much of the event administration.

If you are interested in either of these roles, either as an experienced hand or as a newcomer to the role, please do get in contact with our event convener, Peter Woods (01223 721433 peter_woods@ntlworld.com)

Volunteers to help on the day at events are also greatly appreciated - if you are willing to help at a particular event the Organiser will be especially grateful if you contact them a few weeks before the event.

Date	Class	Event	Organiser	Planner
28 September 2008	C5	Therfield Heath Come and Try It		Rachel Pocock
02 November 2008	C4	Warden Warren (permissions pending)		
29 November 2008	C3N	Rowney Warren Midland Night Championships	Ursula Oxburgh	Steve Hinshelwood
30 November 2008	C4	Rowney Warren	Maureen Weldon	Steve Hinshelwood
26 December 2008		Boxing Day Event		
08 February 2009	C3	Thetford Thrash Day 2 - Croxton Heath		
08 March 2009	C4	Rowney Warren		
26 April 2009	O4	Amphill - Short Races		
31 May 2009	O4	UrbanO - Cambridge		



Stragglers Relays - July 6th 2008

Every summer at the end of the season SOS put on one of the most original (even bizarre) team events anywhere in England.

Teams of four runners have to complete 9 legs. The legs consist of a yellow course to be completed by all runners, an orange course to be completed by 3 runners and a light green course to be completed by 2 members of the team. At the start, each team receives a set of maps, one for each course. No team member is allowed to run the same course twice. The fourth team member can't start until another team member returns with a map. You may have already worked out that one team member has to run all three colour courses! The best strategy (apart from having a great team) is to ensure that you plan the handovers to minimise the time for the 9th leg to finish. SOS has a handicap system so that teams with 'slower age classes' start before the teams containing the fast men. The handicap is slightly biased towards juniors which is may be why WAOC has won the event in 4 of the last 5 competitions.

This year's event is on 6th July at Hylands Park near Chelmsford. Bruce Marshall will be coordinating entries. Please phone 01223 246280 or bmarshall@theiet.org if you are interested in being in a WAOC team. (It is possible to come to the event and just do a single colour course on your own.)

EVENT REPORTS

British Championships - Culbin April 19th/20th

Absolutely gutted to miss this one - no point travelling when you can't run - as Morayshire is one of my favourite places and I love wooded sand dunes areas like Culbin. It sounds as if it was a really great event and as you will see in Blanka's report several WAOC juniors were very successful. Only a few seniors made the long journey and none seems to have excelled.

Indeed, words of 'disasters' from some of our more esteemed members have reached me on the grapevine. I will leave you to decide who this might refer to!

Senior results

M40L
Dil Wetherill 29th

M45L
Graham Louth 52nd

M50L
Maurice Hemingway 66th

M65L
Chris Morley 26th

W40L
Caroline Louth 36th

W50S
Janet Cronk 15th

W55L
Lindsey Freeman 28th

There seem to have been three teams in the relays, with two of them running Men's Short. In this, the team made up of juniors seem to have given the more elderly team a significant beating – finishing 15th and 29th. Time for us more senior runners to get down to some serious training as the natural order of things definitely needs restoring! The women's team seems wisely to have combined age and wisdom with youth and finished a creditable 23rd on the Women's Short class.

JOK Chasing Sprint and The Harvester Trophy May 10th/11th

This was a great weekend! The sprint race takes the same format as WAOC's own chasing sprint (but with a lot more runners which makes it more fun), with a prologue in the morning and then a chasing start in the afternoon based on morning times. The venue – Bloom Woods, near High Wycombe – was a beautiful piece of Chilterns' woodland – mainly beech wood, with enough contour detail to make navigating interesting. The usual route choice errors and a general lack of fitness meant that I finished well down the field, but others did better, with the junior men packing well on their course.

Men's Open
Simon Gardner 41st

Women's Open
Blanka Sengerova 17th

Men's Vet
Mike Capper 35th

Women's Vet
Nicola Gardner 17th

Janet Cronk 21st

Junior Men
Thomas Louth 3rd

Jonathan Cronk 4th

Thomas Hemingway 8th

For an intrepid few, a day in Bloom Wood was spent by a night competing in The Harvester Trophy in Bradenham and Park Wood (another bit of steep Chiltern beech woodland, renowned for its puddingstone*). For those who don't know, the Harvester Trophy is an overnight relay, starting at midnight and going on into the next morning. I must admit that night orienteering is not my forte and I gave this one a miss (along with all the other seniors in WAOC!), so the one team was made up entirely of juniors. The WAOC team seems to have done really well, coming seventh on the 5-person B course. Not too sure about the team name, though ☺

7th WAOC (The Great) Big Hairy Scary Trolls

Leg 1 Thomas Louth 15th
Leg 4 James Haynes 14th

Leg 2 Simon Gardner 6th
Leg 5 Jonathan Cronk 4th

Leg 3 Thomas Hemingway 17th

* Puddingstone. The village of Bradenham and the surrounding woods are famous for their puddingstone, a conglomerate geological oddity related to sarsen. Many lumps of this (and its more obviously sarsen form) are positioned around the village green and in the woods.



I knew this photograph would come in handy some day. This puddingstone was a control site at the Chiltern Challenge in 2004.

York City Race May 26th

This race has become a regular Bank Holiday Monday event for me – a run around York and then enough time to take in some of the sights (or pubs and cafes). This year's format was certainly unusual and if you were a train buff it was a day made in heaven because the race started with a 'micro-o' course around the National Railway Museum. To explain, before the 'normal' format race around York, competitors were given a 1:2000 map of the museum, and with strict instructions NOT to run, had to locate 6 controls in the museum. The twist was that at each control site, there were several markers and the competitor had to decide which one was in exactly the right place. Sounds easy, doesn't it? Absolutely not! For example, control number 6 was on the side of a train and the competitor was faced with 4 controls spaced out at about 1 metre intervals, each of which could have been the right control. To decide which the right one was, you had to use distance judgement and look for other clues from mapped features around you. For each control that you got wrong (and the average score seemed to be about 2 out of 6 wrong) you were given a 10 second penalty for the main race!

The run around York took in the castle park, skirted the cathedral and ended up in the narrow snickleways in the centre of the city. There was a great route choice leg over the River Ouse – I'm still not sure which way was best – and the usual fun of navigating around tourists who looked at you with a mixture of puzzlement and amusement. All jolly good fun, made even better by the fact that York was bathed in sunshine for the day!

All in all this was a brilliant day which may never be repeated as the museum section must have taken a great deal of organisation. Only 4 WAOC members made the journey but they all seem to have done reasonably well, with Thomas Hemingway's 10th on the Junior Course being the highlight.

UK Cup Finals – Shropshire June 7th

Well this sounded like a good one to go to – a sprint race around Shrewsbury in the morning and then a middle race on the very technical Weston Heath in the afternoon. And it is the World Championship selection races so what is to stop me causing a major surprise by pushing myself into World Championship contention (well nothing apart from the fact that I am injured, haven't trained properly since the JK so am hopelessly unfit, and still, after 30 years of orienteering, I'm just not good enough). And so it proved – but it was still worth the effort.

Shrewsbury was surprisingly challenging – lots of very small alleys, plenty of dead-ends to catch out the unwary including control 12 where many runners found themselves at the top of a large wall with the kite 10 metres down below (including, I might add, several elite runners – hah!), and enough shoppers to raise the profile of orienteering (typical overheard conversation – “What are they doing?”, “Orienteering”, “I thought you did that in the country side”). I really enjoyed this race, although I was terribly slow – these sorts of races are so good in my present state of fitness because they aren't too long, there are no massively long ‘trudging’ legs where you just have to get there, but there is enough route choice to keep the brain working the whole time.

Following a leisurely afternoon on The Long Mynd, the middle race was really, really tough. Very steep, lots of very large crags, with good route choice essential for being successful. The bracken was also a very significant impediment to progress, and certainly slowed me down a lot – the lack of a beaten-down route usually meant that you were not going the best way. The elite runners were only doing 7 minute kilometres so it shows you how tough it was. I was slightly slower ☺ but still enjoyed it greatly. The weather was beautiful and I finished tired but satisfied, despite making a couple of really duff route choices (even though as soon as I made them I knew they were wrong, I didn't have the sense to revise quickly – a lesson learnt) and completely losing it on control 8 (fastest time 58 seconds – me 9.59 ☹ OOPs)

So I guess you will have already worked out that I didn't make the World Championship team. Well, let's put it this way. I am still waiting for the phone call...

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It's a strange world – water stop behaviour

Different countries seem to have different orienteering conventions. In Belgium, the start kite is usually a long run away from the 'start', in Canada everyone who wears glasses ties long pieces of ribbon around them so that they are easily located if 'lost', in the United States, competitors pour their own drinks from jugs at refreshment points. This latter convention led to the following discussion on www.attackpoint.org - edited highlights only...

Post 1 - While "policing" the area of vandalized controls at the DVOA's Memorial Day A event, out of the corner of my eye, I thought I saw someone drinking directly from a gallon water bottle at a nearby water control. At that moment I was not sure what I saw, because I was barely paying attention, in fact periodically dozing off. But that sure woke me up, because in my 30+ years of orienteering, I had never observed this behaviour, although I heard mention of it. I then positioned myself where I could see two water stops at the same time, and focused completely on this subject. All of the advanced courses came through this pair of controls. Out of the next 10 -12(?) orienteers I observed two more people drinking directly from the jug.

Of course this sample was highly unscientific, but later confirmed in general terms (10-20+ %?) by one of the other "policemen" who had earlier covered these controls, and had observed the same behaviour at other events.

The question:

Is drinking directly from a common jug acceptable behaviour? If not, what action(s) is warranted?

1. Tar and feathering?
2. DQ?
3. Monitoring by people or cameras?
4. Public posting of names?
5. Nothing, we should not be judgemental.
6. Nothing, this is reasonable behaviour.

Post 2 - It's NOT acceptable, and in fact is mentioned in the [USOF rules](#) -- "37.8 Competitors shall not drink from water jugs in such a way that they contaminate the water others must use, and they shall not waste the water. Each competitor shall avoid using more than 8oz of water at any one refreshment control unless they need additional water to drink."

I've seen it at least ½ dozen times myself at A-meets. The culprits tend to be of the male persuasion. I've never reported them (though I've been tempted to) at the finish.

I think monitoring the water stops by cameras/people might give us more information about the likely culprits, who could then be tarred and feathered. :-) Would publicizing the rule better lead to fewer violations?

I carry my own water, but sometimes have to refill... I do not appreciate those who disregard sanitary guidelines and potential spoil (if they are knowingly or unknowingly ill) the valuable resource for others.

Post 3 - Funny you should mention this, as it came up at dinner on our way home yesterday (one of our party witnessed someone drinking from jugs on the course yesterday). It's disgusting, won't save you much time, and as Janet mentioned, it's against the rules. I mean,

you may as well just lean over and kiss some sweaty dude on the lips.

I'm all in favour of Eric's #2 above. More advertising would certainly lead to fewer incidents. Perhaps in the meet notes, just as enforcement of the ISSOM sprint rules was emphasized in the notes this weekend. I was running scared of olive green.

I myself have performed poorly at a team trials due to illness. In that case it wasn't from drinking tainted water at a stop, but it could just as well have been. It would be a shame to lose a season of hard work simply by drinking after some inconsiderate person who may not even know they are carrying a virus.

Post 4 - One course setter I know ties the handles of the 1 gal jugs together with a small rope or cord, so that it is very difficult to lift all of the attached jugs high enough to drink directly from the jug, and the person is forced to pour some into a cup. I personally have never bothered to do this, as it is just one more task for the course setter, but it is an option.

.. *And so this goes on for several pages.*



How Fit Are You?

Some years ago an American physician, Kenneth Cooper, devised some tests to measure athletes' aerobic capacity. Aerobics refers to a variety of exercise that stimulates heart and lung activity for a period sufficiently long enough to produce beneficial changes in the body. Typical exercises are running, swimming, cycling, jogging and, of course, orienteering. The Cooper tests were designed to test the fitness of people being recruited for the US army, and has gone on to be used across the board in all the US forces and police. It is now recognised as a good indicator of cardio respiratory fitness test for the general public, and is favoured by many personal trainers on how fit their clients are at a certain stage in their development.

The first test devised by Cooper came to be known as the 12-minute test. You run and walk as far as you comfortably can in 12 minutes. If you get tired slow down for a while until you get your breath back and then run again for a stretch. The idea is to cover the longest distance in that time. Cooper found that the distance achieved correlated very well (coefficient of correlation 90%) with treadmill measurements of oxygen consumption (VO₂max.) and aerobic capacity. When he was asked to measure the physical fitness of 15,000 members of the US Air Force he found the 12-minute test to be too awkward. So he then devised the 1.5 mile test where the aim is to complete that distance as quickly as possible.

I have a test circuit which I measured as a level 2400m. This isn't exactly 1.5 miles but I adjust the time to get the equivalent for 2413m. You could use a running track, in which case 6 laps of the inside track will take you 2400m.

So why not benchmark your fitness against these industry standards?

After a good warm-up, you are ready to perform the Cooper 1.5 mile run test. If you are using a treadmill set the incline at 1% to replicate running outdoors. You should aim to run as fast as possible during the test with the aim of being able to complete the distance without having to slow down.

Category	age 20-29		age 30-39		age 40-49		age 50-59	
	Males	Females	Males	Females	Males	Females	Males	Females
superior	<9.44	<12.29	<9.59	<12.59	<10.29	<13.44	<10.59	<14.29
excellent	<10.45	<13.30	<11.00	<14.30	<11.30	<15.55	<12.30	<16.30
good	<12.00	<15.54	<12.30	<16.30	<13.00	<17.30	<14.30	<19.00
fair	<14.00	<18.30	<14.45	<19.00	<15.35	<19.30	<17.00	<20.00
poor	<16.00	<19.00	<16.30	<19.30	<17.30	<20.00	<19.00	<20.30
very poor	>=16.00	>=19.00	>=16.30	>=19.30	>=17.30	>=20.00	>=19.00	>=20.30

Bruce Marshall

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WAOCjuniors newsletter: April/May 2008



Dear WAOCjunior,

Welcome to the late spring edition of the junior newsletter. The major domestic competitive season has gradually drawn to a close now, with a few events remaining as we look forward to following the results on the international scene over the summer. Some of you may well be going to spectate and compete in the public races running alongside those high-profile events (the Junior World Orienteering Championships will be taking place in Gothenburg, Sweden in early July and the Senior World Orienteering Championships will be a couple of weeks later centred on Olomouc in eastern Czech Republic). Likewise, some of you may well be heading to the Croeso multi-day orienteering event (August, Wales) or the White Rose (Yorkshire, August bank holiday) or the Purple Thistle (Scotland, August bank holiday) and it would be great to hear about what you enjoyed about the event(s), whether in Britain or abroad. So if any of you are going



Some action from the Warwick University British Sprint Championships. Photos: Blanka Sengerová and Rob Lines

to be heading to multi-day events in Britain or Europe for some orienteering it would be great to hear about your experiences via articles in the club newsletter JabberWAOC!

During the summer months, British Orienteering organises summer training camps for juniors who have the potential to eventually represent the country at high level. One of these tours is to Lagganlia for the M/W14's and I am pleased to see that **Thomas Louth** has been announced as East Anglia's representative at this tour. Well done!

Closer to home, the East Anglian Schools Championships are due to take place on **15th June** at Wivenhoe Park, University of Essex, Colchester, organised by our neighbours Essex Stragglers (SOS). You may want to use this opportunity to get some of your friends from school to come and try orienteering - there are plenty of school and year-club trophies up for grabs as well as the individual medals which you are eligible for even if you are the only person from your school attending. The details, including rules of the event and entry form, are linked from the East Anglian Orienteering Association website (www.eaoa.org.uk).

Of course, at the end of June (28th/29th), the highlight of the regional junior squad calendar, the Junior Inter-Regional Championships, will be taking place. This year's event is due to be held in the Northeast region and will feature a number of WAOC juniors as well as those from our neighbouring clubs within East Anglia. So watch this space for some results.

With many of you now on study leave or coming towards your summer school break, I want to briefly give you a taster and remind you that in early September, the Peter Palmer junior team relays will be taking place, which is a great opportunity to get involved by a) running for WAOC in the premier junior event of the year and b) getting to know some of the other juniors of the club because of the social side of the sleepover. This year's event will be organised by AIRE (Yorkshire) and held in Middleton Park (Leeds) on **6th/7th September**. For those new(er) to the club, this is a night/dawn/day relay starting at about 5am and includes legs of different colour coded standard (2 x Red, 1 x Light Green, 1 x Orange, 1 x Yellow (which can be run by up to 3 people at the same time, with the fastest runner counting), and 1 x Green). You have to be at least an M/W12 to run (i.e. to be old enough you must have your 11th birthday in the year 2008). As in the past, WAOC may be able to enter two teams to give less experienced orienteers a go at this event. SO...if you are available for the event, please contact our club captain Steve Hinshelwood (steve.hinshelwood@ntlworld.com) and our Junior Captain Edward Louth (edward@louths.org.uk). *The sooner you let them know the better – save Edward and Steve the hassle of ringing you all and let them know yourself!!!!* In your reply, please include the following information:

- Your name
- Your age class
- Up to which colour coded level you're comfortable with running
- Whether you'd want to travel on a club minibus if this option is available and if you need a lift or are able to provide one to others

Looking back over recent events, I'd firstly like to revisit the JK results I summarised in the last newsletter, and congratulate **Jacqui Heybrock** whom I omitted and who was 4th overall (of 11) on W18S, with an especially good result on Day 2 where she finished 2nd, just 1 minute down on the winner. Also, due to a swap in running order, it was actually **Jonny Heybrock** who pulled up the Mini relay team from 13th to 10th place - sorry about the confusion and well done to both of you.

As for other high-profile events, the British Orienteering Championships took place in Culbin Forest in Scotland in late April, and I am pleased to announce that WAOC has two British Champions for 2008. They are **William Louth** on M10 and **Thomas Louth** on M14 - huge congratulations to you both!

The Future Champions Cup season (a league competition for the M/W18's and 20's running throughout the spring and culminating in a weekend final, for which the top 16 from each class qualify) has now ended with the British Championships as the final event. In the end-of league standing, well done to **Edward Louth** ending up in 7th position of 59 M18's and **Simon Gardner** in 11th of 41 M20's, both of whom qualified for the final. On W20, **Clare Woods**, a WAOC junior captain of the past and now a student at Liverpool

University, was 17th of 31, missing out on qualification for the final by a mere 5 points. Over the final weekend that took place over the early May Bank holiday, Edward finished 21st and 18th in the combined M18/M20 results for the middle and classic distance race respectively, with Simon finishing in 29th and 20th.

Results:

I've mentioned some of the results already, but there have been various other notable events, which took place and are definitely well worth mentioning.

Over the weekend of 5th/6th April, some of the juniors (and adults) travelled to the Coventry/Warwick area to compete in the Middle Distance and Sprint Championships held at Hopwas Wood near Tamworth and at Warwick University. On Saturday, at the middle distance race, some of the results included:

- **William Louth** 2nd of 4 on M10
- **Thomas Louth** 3rd of 13 on M14
- **Edward Louth** 7th of 19 on M18, with a solid 43rd place of 118 runners on the Men's Open course, which was run by the M18's
- **Simon Gardner** who was 8th of 15 on M20, with a 54th place on the combined Men's Open course

The following morning was rather crisp and snowy but that certainly didn't dampen anyone's spirits as competitors enjoyed their runs round the complex campus of Warwick Uni. As for the results, congratulations to:

- **Edward Louth** for being one of the few M18's to qualify for the A final, coming 5th of 52 in his heat, and then finishing 18th in the A final
- **Simon Gardner** who was 10th of 54 on his qualifying heat, subsequently finishing in a solid 14th of 54 on the Men's B final
- **William Louth** who was 14th of 41 runners in the junior heats race
- **Sophie Louth** who finished 19th of 45 on her heat, qualifying for the Women's B final
- **Thomas Louth** for a time in the final that would have placed him 2nd in the junior final had he not been disqualified in the heat stage

A couple of weeks later (19th/20th April), a large number of Britain's orienteers travelled to Scotland in order to compete in the sand dune area of Culbin in the British Long and Relay Championships. I've already mentioned the two British Champions, **Thomas** and **William Louth**, but there were a number of other individual results well worth travelling for. They are:

- **Thomas Hemingway** who finished 7th of 29 on M12A
- **Jonny Cronk** who was 20th of 40 on M16A
- **Ben Wetherill** for coming 4th of 14 on M10B
- **Catherine Hemingway** who is the W10B champion

In addition, at the relays **Thomas Louth**, **James Haynes** and **Jonny Cronk** took 15th spot of the 37 teams on the Men's short.

Over the weekend of the 17th/18th May, there were two major events in the High Wycombe area in the South Central region. On Saturday, the annual JOK (ex-Oxford University orienteers' club) Chasing Sprint (involves running head to head in a second short race whose start time is determined by your finishing time in the first short race) took place on Bloom Wood. Whilst the attendance was not huge, there were several WAOC juniors who ran, and congratulations in particular to:

- **Thomas Louth** who was 3rd overall in Men's Juniors, having just been pipped to the post in the chase by Peter Bray from Southern Navigators
- **Jonny Cronk** who was 4th overall on Men's Juniors, with a second fastest time on the chase course

In the early hours of Sunday morning, the Chasing Sprint was followed by the Harvester relays at Hambleton. This is the adult version of the Peter Palmer team relays, with a team of either 7 or 5 runners competing in a relay starting at about midnight, and requiring the first 2 or 3 runners to run in the dark. One of the trophies is for the best junior-only team on the 5-leg course, so although WAOC did not have an adult team running this year, there was a junior team running consisting of **Thomas Louth**, **Simon Gardner**,

Thomas Hemingway, James Haynes and Jonny Cronk. They did really well to finish a solid 7th out of 34 teams on the B course, coming home as second junior team (beaten only by Octavian Droobers of Coventry).

Colour coded awards:

I am pleased to announce the most recent WAOC junior colour code awardee: this time it is **Thomas Louth** who has now got his **Blue** badge - congratulations!

I think that's enough rambling from me. Good luck with any remaining exams, and see you in the forest!

Blanka

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Fixture Section

Whilst most of us are getting ready for our holidays, some of which may even contain some orienteering content (French 6 days for me), here are some important dates to put into your diaries.

For juniors

Sat/Sun September 6 th /7 th	The Peter Palmer Relays. Middleton Park, Leeds. An overnight relay. Great fun by all accounts!
Sunday October 5 th	Yvette Baker Qualifier. Heycote and Reynolds Wood, Bedford. Good turnout from junior essential! The final is at Sandringham on Sunday December 7 th , so it would be a shame not to qualify.

For everyone

Sunday October 19 th	Compass Sport Cup Final. Sutton Park, Sutton Coldfield. The big one. First ever qualification – every runner can contribute in some way.
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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