



West Anglian  
Orienteering  
Club



## JABBERWAOC

Vol.38 No.2

April 2010



*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

Please, please, please read the information later in this Jabberwaoc about the Club Nights which start on April 20<sup>th</sup>. This is a new venture and is an important initiative for the club in helping members to develop individual skills (be they fitness or technical), to introduce potential new orienteers to the sport and, perhaps more importantly, to give you a change to meet other orienteers. There will be something for everyone and the club nights promise to be a great way of getting ready for the busy summer season. **Do not miss...**

Don't forget, that Jabberwaoc also appears on line – sometimes it will have additional copy in it, so it is always worth checking (and the maps are easier to read in colour!).

## Mike Capper

Next Copy Date – July 7<sup>th</sup>

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## Chairman's Chat

I was delighted and privileged to be elected as WAOC's new Chairman for the next period of the club's participation in orienteering.

On behalf of the membership I would first like to thank the outgoing officers of Chris Morley as Chairman, Karen Heybrock as Secretary and Helen Bickle as Treasurer for all their hard work over the past three years. With their supporting committee they have not only kept the club moving through challenging times but have overseen recent successes of the membership, especially in the forest where it matters most. Rakesh Chandraker as Secretary, Andrew Stimpson as Treasurer and I have tough acts to follow, but fortunately most of the hardworking committee members are still there to assist us.

As Chris mentioned in his AGM Chairman's report "the club has had a very successful year with the juniors achieving 5<sup>th</sup> place at the Yvette Baker finals and following a great turnout we qualified for the finals of the Compass Sport Cup". It is up to the new committee to follow up these successes and especially to support the team effort led by Club Captain Graham Louth in the Compass Sport Cup on 17<sup>th</sup> October at Burbage Moor, Sheffield.

Thanks to the efforts of the Development Sub-committee the club is launching a regular Tuesday 'Club Night' on 20 April at the Cambridge University Athletics ground. It will be great to see a large turnout to this inaugural meeting. It's up to us to make good use of the facilities and the opportunity to get together as members. We do however need to consider how to embrace those members in the wider parts of the club region that may not be able to attend Cambridge easily. I am reminded of the Tony Bishop era when the idea of club 'nodes' was trialled – perhaps we should revisit this initiative?

As a new Chairman you might expect me to have some sort of vision for the future. Well, my humble ambition is for *continuity* and *consolidation*. 'Continuity' of encouraging further innovation that has seen initiatives like the SMILES and Junior Development really take off over the past years. WAOC was also one of the first clubs to get to grips with the 'computer age' in orienteering and the benefits have proved invaluable in improving the quality of events. 'Consolidation' is for ensuring that future generations benefit from having a thriving orienteering club here in our region.

Only through commitment and hard work are we able year-on-year to put on quality events. Providing a solid infrastructure for this is crucial to encourage members to step forward to organise and plan events. We must not lose sight of this key role of the club which is why I said at the AGM we must do everything we can to support our Events Convenor and his event officials.

Finally, as you will see from the AGM minutes, Chris Morley announced that BOF has awarded Ursula Oxburgh with a certificate to recognise her 20 years of commitment to junior development. I'm sure we all offer Ursula our hearty congratulations for this much-deserved award.

It only leaves me to say that I trust you all have a great year's orienteering in 2010.

**Tim Mulcahy**

**WAOC Committee**

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**Welcome to**

Dai Wilson from Manea (a BOF member via RAFO)

**We hope you enjoy your orienteering with WAOC**

<p><b>WAOC O-TOPS</b></p> <p>Does anyone want to order an O-top?</p> <p>There have been a couple of requests and I can place an order as soon as we have 5. Price £31.95 + £1.50 postage, if necessary</p> <p>Details of sizes and how to order are in the September '08 issue of Jabberwaoc - viewable on <a href="http://www.waoc.org.uk">www.waoc.org.uk</a>.</p> <p><b>Anne Duncumb (membership secretary)</b></p>
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**Runners wanted for the Greensands Ridge Relay**

Steve Hinshelwood is gathering a list of people who are interested in taking part in this year's Greensands Ridge Relay, on Saturday 26th June.

The format is identical to last year and recent years - 6 people per team run from Leighton Buzzard to Northill, with a staggered start at around midday to a finish around 5pm depending on handicap, speed, and ability to follow the route.

See the article in last September's JabberWAOC:

<http://www.waoc.org.uk/n.humphries/waoc/jabberwaoc/jw0909.pdf>

Further details are now available on the SMOC website at:

<http://www.smoc.info/GSRR/>

We already have more than enough for one team, but this year we are hoping to enter at least two.

So - if you are interested in taking part, and have not already expressed an interest, please get in touch with Steve (details in membership list).

## WAOC CLUB NIGHTS ARE READY TO ROLL

In the last 2 months we have found a fantastic, quite luxurious venue with masses of changing and **showers**, have arranged to get it and its surroundings mapped and even worked out some ideas of what we might do in the first sessions.

This is where you come in. You should have received 2 postcards each with this Jabberwaoc.

1. Keep a postcard to remind you of the time and place

**UNIVERSITY ATHLETICS GROUND, WILBERFORCE ROAD, CB3 0EQ**  
**EVERY TUESDAY 7 – 8:30 from 20 APRIL**  
Please arrive in time to be changed and ready to go at 7

2. Give a postcard to a friend.

H/She doesn't need previous orienteering experience to join in: on the other hand there will be no dumbing down for experienced orienteers – we shall have something for everyone.

3. If you could distribute more postcards to friends, colleagues, fitness clubs etc. please get in touch – we printed a lot.

4. If you have ideas of what you'd like to be doing tell us and we'll organise it.

5. If you can't make Tuesdays let us know. Maybe your friend(s) can?

ABOVE ALL

6. **Come along and give it a go.**

If you can't make it every week no matter but we'd really like to see you on 20 April if at all possible.

Ursula Oxburgh

[u.oxburgh@esc.cam.ac.uk](mailto:u.oxburgh@esc.cam.ac.uk)

01223 357199

## WELL DONE – East Anglian League Winners 2009

M10 Ben Wetherill  
M16 Thomas Louth  
M45 Dil Wetherill  
W21 Helen Bickle

M14 Todd Cooper  
M21 Andrew Stimson  
M50 Peter Duthie  
W35 Anna Falk

### Minutes of the WAOC Annual General Meeting

13th March 2010

St Matthew's Church Hall, Cambridge

Present: **Hazel, Helen & Mike Bickle; Owen & Robin Bourne, Mihir, Rakesh, & Sushruta Chandraker; Duncan, Frances, Lewis & Todd Cooper; Janet & Jonathan Cronk; Mike & Sconaid Dudley, Anne Duncumb; Anna, Maja, Ronny & Tuva Falk, Karen Heybrock; Ben Holland, Roger Horton, Ian Lawson; Caroline, Graham, Sophie & William Louth; Chris Morley; Tim Mulcahy, Ursula Oxburgh, Andrew Stimson, Alex, Ben, Dil & Judith Wetherill, Peter & Sue Woods.**

#### 1) Apologies for absence

Anita Chandraker, Jacqueline, Jonathan & Peter Heybrock, Bruce & Maria Marshall. Pocock Family.

#### 2) Minutes of the last AGM 2009

The minutes of the last AGM were approved as an accurate record of the proceedings.

#### 3) Chairman's Report – Chris Morley

The club has had a very successful year with the juniors achieving 5<sup>th</sup> place at the Yvette Baker finals and following a great turnout we qualified for the finals of the Compass Sport Cup. There were a number of notable individual achievements which will be mentioned by the Club Captain. As a result of our success I applied for Club of the year and we were awarded 5<sup>th</sup> place, although I do not know how many clubs entered.

All three elected officers are standing down this year and nominations for these posts will be taken later in the evening. However I need to emphasise that the club depends on a whole army of people (and I apologise if I have missed anyone). Particular thanks go to:

Mike Capper – Jabberwaoc  
Graham Louth – Captain  
Ian Lawson – Fixtures  
Peter Woods – Events Convenor  
Alison Sleight – Publicity  
Sue Woods – Junior Committee  
Anne Duncumb – Membership  
Bruce Marshall

Ursula Oxburgh  
Caroline Louth.

Major developments during the year have been the Huntingdon Project and Club and Coach Initiative, for which we have received some funding from Living Sport and British Orienteering.

Finally it has been a great privilege to be Club Chairman for the past three years. On the whole I have enjoyed it; my hope was that I hand over to my successor a Club in very good heart.

#### **4) Captain's Report – Graham Louth**

Thanks to all those who represented the Club in the Compass Sport Cup qualifier, beating both NOC and NOR. We are now through to the finals for 2010.

The relay teams have not been as successful but have lots of enthusiasm.

Special mention goes to British Champion, Anna Falk and to Ursula Oxburgh for achieving a bronze medal at the World Masters in Australia.

#### **5) Treasurer's Report & Acceptance of Accounts**

Club Treasurer Helen Bickle presented the annual accounts and reported that they had been audited and approved by Peter Haynes. The meeting approved the accounts as presented.

Helen made the following comments:

The Club has ended the year with a considerable surplus of nearly £2,500, so WAOC has £8,800 in the bank including £277 in the Junior Fund. The differing figures for net assets and total reserves on the spreadsheet are due to rounding.

The second page of the handout shows actual spending against the budget. You will be able to see that we spent less than expected, especially on mapping and equipment. There were no takers for Training Grants this year, thanks to East Anglian Orienteering Association paying for a number of our juniors' flights to Ireland for the Junior Inter Regional Championships.

Miscellaneous expenditure is made up from the hire charge and deposit for the AGM last year.

Publicity is a new category introduced part way through the year but in 2009 all publicity has been part of the Huntingdon Project.

Income was much larger than expected with membership subs and event income being higher than estimated. There were plenty of rewarding events throughout the year but larger events of Croxton (the second day of the Town & Country) and Mildenhall (the Yvette Baker) attracted more than expected. Also the decrease in relay subsidies meant the Club spent £400 less than last year.

Can I point out that while School events appear to be in profit – the money goes towards printing maps and equipment costs which are taken out of different sections under expenditure.

Other income is made up from the return of the deposit for the AGM last year and event income from 2008 which hadn't been included in the 2008 event spreadsheet.

The Huntingdon Project funding, received from Living Sport and British Orienteering, has been kept separate from the WAOC accounts. The income and expenditure for 2009 is on the bottom of the 2009 budget summary page.

The Project officially runs from January 2009 to the end of this month. Living Sport is due to

pay a second instalment of £1500 shortly. The Project has been a huge boost to the club. Although not increasing membership numbers as much as we would have liked. It has paid for six introductory orienteering sessions at Hinchingsbrooke CP with a paid coach, a number of local low key events and the ISSOM maps of Hinchingsbrooke CP and Huntingdon, 40 SI cards, nos. and fasteners for the SI cards, control kites, control stakes and punches.

Living Sport and British Orienteering's funding was ear marked for different areas and while we will have spent all of the Living Sport funding by the end of the month, there will be around £1,500 remaining from British Orienteering's funding. British Orienteering has asked that we spend the remaining funds on promoting orienteering in the Huntingdon area.

Looking forward to this year, the budget for 2010 suggests there will be a small deficit. This will continue the trend of a deficit one year followed by a surplus the next. However the apparent trend for large surpluses than deficits should be seen cautiously as 2009 should be seen as an exceptional year with the Huntingdon Project funding new equipment and mapping.

With healthy accounts, the entry fees will remain the same as last year but with a new band for Try-Os and a new group rate for SMILEs. The group rate has been introduced to solve the problem of how much to charge a whole family going around a course together. To SMILE and Try-O organisers out there – I'd recommend still charging a Junior rate for a child with accompanying parent or two children going around together.

Helpers will get a discount at the Thetford Thrash and Huntingdon Urban O as an added incentive to help Organisers.

British Orienteering, EAOA and SI levies are set to remain the same for 2010.

The cost of a new SI card has increased to £30 and petrol reimbursement has increased from 21p per mile to 25p per mile.

WAOB will continue to half subsidise the relays listed at the bottom of the tariff sheet as a thank you to members for helping at events throughout the year.

## **6) Awards and Presentations 2009**

### ***Chairman's Awards 2009 – Chris Morley***

One of the Chairman's most difficult tasks each year is deciding to whom to present our various major awards at this Meeting. So many people do such a lot for the Club, and deserve proper recognition. However, only a few can be singled out each year. We do have a list, carefully preserved by Anne Duncumb, of those given awards in previous years, to guide this years' selection.

**The Owl** is for the senior member, man or woman, most successful in Orienteering events over the past year. Awarded to Ronny Falk.

**The Tortoise** is for outstanding contribution to the Club and its affairs. Awarded to Ian Lawson.

**The Chairman's Cup** is for our most outstanding junior orienteer. Awarded to Sophie Louth.

**The Hally Hardie Mapping Trophy** - this is intended for the person who has made the greatest recent contribution by going out mapping in the forest. Not awarded this year.

### **Colour coded badges**

## **Juniors:**

WHITE; Edward Scaife  
YELLOW & ORANGE, Owen Bourne

## **7) Election of Officers**

The following three principal officers were proposed and elected unopposed.

Chairman: Tim Mulcahy                      Proposed: Anne Duncumb    Seconded: Ursula Oxburgh

Treasurer: Andrew Stimson              Proposed: Graham Louth    Seconded: Ian Lawson

Secretary: Rakesh Chandraker        Proposed: Caroline Louth    Seconded: Ursula Oxburgh

Tim Mulcahy took the chair and acknowledged the efforts of a large number of people in running the club and contributing to its achievements over the years, which is very much appreciated. He also recognised the importance of developing youngsters and encouraging family involvement in the sport to ensure the continuation of the club.

The club has thrived over the years thanks to all those who volunteer to organise, plan and control events. To expand the pool of people willing to take on these roles, Tim suggested an apprenticeship idea where a mentor works with those who are organising or planning activities for the first time to ensure that these new volunteers were not discouraged from coming forward.

## **8) Constitutional Changes.**

The major reason for updating the Constitution arose from BOF's concerns over winding up issues. The proposed constitution was circulated with the notice of the AGM. The amendments were proposed by Peter Woods, Seconded by Chris Morley and carried unanimously.

## **9) Any Other Business**

Caroline Louth announced the Club Nights which are to commence at the University Athletics ground on Wilberforce road from 20<sup>th</sup> April. All club members are encouraged to give ideas for activities. Some funding is available for coaches. Caroline requested empty one pint plastic milk bottles for training activities.

Chris Morley announced that he had received a letter from BOF with an award to one of our members for 20 years of commitment to junior development. The certificate was presented to Ursula Oxburgh.

## **WAOB triumph in Compass Sport Cup heat at Shouldham Warren**

I think it would be fair to say that this was slightly unexpected, but a great turnout from club members meant that WAOB was competitive on every course and stormed through to the CSC



Final in October. This is the first time WAOC has ever qualified by rights so it represents a major milestone in the club's history.

The great thing about the CSC is that every runner counts, even if they do not score they can push other runners down the order so that their score is lower. Shouldham is an interesting area and longer courses visited the rarely used 'The Sincks. Both bits demanded quick thinking and fast running – something that several WAOC runners were admirably good at. Well done to them all and put October 17<sup>th</sup> in your diary for a visit to the heather moorlands near Sheffield.

### Scores

WAOC 2349 ☺

NOC 2318

NOR 2296

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## Ursula's O Diary – March 2010.

(Take heart – I'm not going to be doing this month by month!)

An action-packed month with 2 National Events, 5 Regional events and one Local event, plus 1 prize, 1 medal, 1 trophy (should have been 2). Once you start to unravel it, it turns out not to be quite as glamorous as it sounds.

**Friday 5 March** finds us in Scarborough, Ron in DJ and me trying not to let the side down: so where to O over the weekend?

**Saturday 6 March** Ron is returning to London and is readily persuaded to take my glad rags back with him, so both away by 6:30 to catch an early train to York, then Ron to London and I first class to Edinburgh (nearly as cheap as standard – very good breakfast at my seat).

**Scottish Sprint Champs Regional.** Breakfast on the train sets me up for my first event, the Scottish Sprint Champs in the afternoon. The map is good and so is the course. A bit unsure going to no 1 and set off in the wrong direction originally to 2: after that it is pretty straightforward and I end up last on the course in 35 minutes, beaten by all the W55+, but still first W70+ so I get a certificate along with goodies from Sainsbury's. I like Sprints (35 minutes for a sprint - still all things are relative) I find Graeme Ackland, mapper and planner, (who looks quite mild compared with his picture on Nopesport) and assure him that I don't want my money back – he had offered it when I had protested at running the same course as 10 year olds. Download is in a student bar serving food, so I am able to fuel up after my run. I meet up with Roger Scrutton, my lift for the evening. A worthy Regional event (334 points - wow!). Return to base – friend of my daughter's.

**British Night Champs National.** This event is on the Pentland Hills and I have a course about ¼ the length of the M21E. Final Details talked of 20cm of snow so I hope my studs will cope. The trophies are arranged in lines on gym benches – one line for M and one for W but I see that there is no W75 trophy (apparently there will be one next year). In my present pot-hunting mood I decide to run up to W70 (I am the only W70+ entered) so I change course and set off for the start, under the bypass and into the hills.

A thaw has set in but the ground is still largely frozen, which helps with the marshes. I can feel the sprint in my legs as I set off. No problems with the early part of the course, my headlamp works a treat and I hit the controls spot on. On the way to 3 a cameraman appears and follows me on the

way down to 4 – not difficult as he runs like a gazelle and I galumph along - but as it gets steeper and steeper he gives up. By now it is getting seriously steep – and of course I can't see what is at the bottom. I move crabwise some way to the L and hit a path which is on the obvious route down – it was careless to miss that route. 4 now comes to hand and 5 is obscured by the cameraman now following someone else but it is there once he moves. Then it is a long run gently down, under the bypass, across a flat field and then into a fairly small wooded area with numerous paths. I hit the correct path but have enormous difficulty in finding my pit. I (and a W65) go to and fro and back and forth and in the end she finds it. That control takes 26 minutes – but I am a very slow runner and it was a long way to the wood. Then 2 more controls and the run in – 76 minutes. I persuade the organiser to give me my W70 trophy now rather than at 10:30 and am absolutely amazed to get a gold medal as well. The trophy is quite new and has Alison Sloman's name on it 4 times but mine will go on it now. So the moral is live long, travel far and you too can win gold! I like Night Events. Back to base for tea, toast and jam and a hot bath then bed – I'm tired! (null points because Night events don't count.)

**Sunday 7 March Gullane Dunes Regional.** Next morning up quite early for my lift this is a 'new' Regional Event with the old Colour Coded courses from White to Brown, so I do Green. The map is waterproof and good, the area is good, the going is quite tough in places and I am pretty tired. I also develop a blister and by the end one heel is skinned. When I get my printout it says 'You are currently 74 out of 74' – not surprising as at 134 minutes it is my slowest course ever. I get a fantastic lift back to the station via a coffee shop: train back to London (£36 for First Class – can't be bad – one advantage of being old). (0 points)

**Sunday 14 March. Middlewick/Donnylands EA Champs Regional.** Another 'new' Regional event, no Black course (M21L in old Regional Events) and no Very Short Green (W75, W65S, W70S, M80, M85, M75S in old Regional Events). I am pretty surprised when I pick up my A4 map to see that most of it is yellow: the white and green bit probably amounts to about a fifth of the area: since the Short Green largely goes to and fro in the non-yellow part it does not make much difference to me. The going in the terrain is quite tough so I tend to shuffle along the paths to the attack point then plunge into the woods towards the brown splodge and hope that my bearing is good. On the whole it is but I am not quick - 73 minutes.

Verdict – not a very enjoyable event. I hope I am not being too critical of volunteers to say that I do not understand how this area came to be used for the EA Champs – there was just not enough wood on it. I was also very surprised that the planner and controller were both from the same club. I also have some issues with the mapping (again entirely by volunteers – father and son) and certainly with the map quality. I think it must have been printed with an inkjet printer (on waterproof paper) which gave inadequate definition and also unstable ink so if you had folded your map over a later part of the course it had rubbed off by the time you got to it. (279 points – and a Short Green qualifying time: SG badge here I come!)

**Wednesday 17 March. RAF Sprint Champs at RAF Honiton.** I am let off my Wednesday am school walk with my grandsons and head off for Honiton complete with photo ID. A good John Ward map and a reasonable Women's course. I lose concentration in the middle and go from 9 to 6 – not good enough. So maybe it is not surprising that I was way off the pace (and the age) but it was a very enjoyable run round.

**Saturday 20 March THE BIG ONE – THE HUNTINGDON TOWN RACE Regional.** I feel as if I have been aiming for this for a couple of years as I submitted the original proposal for the money for the map, then went out to tender for it and rejoiced when we got the race into the Nopesport Urban League. Then I have looked after the entries and assigned the Start times. I am

particularly looking forward to it because Ben has planned a short course (3.3 K) for Supervet Women (W55+): frequently in Nopesport League events Supervet W get to run the same distance as VetW (W40+) which is a long way for me - my daughters are both W40s!

I run rather fast from the Start because Seonaid Dudley has her camera out then I get round the corner out of sight and come to a halt when I find myself crossing a substantial stream on a bridge but can't see any stream on the map. (When I examine the map in the cool light of day afterwards I see that it is a blue line through bright green thicket - had I known that **II** is a bridge symbol on Sprint maps that would have helped!) I lose a few seconds here. From 3 to 4 I overrun the R takeoff I had meant to take and end up on the N-S road instead of the E-W one so that was a longer leg than it should have been – again part of a minute. Apart from that not really any errors though going from 17 to 18 and with the control in sight I slip on the wet wood in the middle of the **II** and land flat on my back – it takes a little while to recover from that . I end up running across open to 18 then back across (and marginally up) to 19, the latter leg in full view of anyone near the Finish. I take these legs easy so that I can produce my sprint finish: Maurice Hemingway suggests that I could spread the energy more evenly – but where's the fun? I beat Ruby Campbell (W70) who does not like City Races and I'm not badly off the bottom of the others – 38, 40, 43 then me at 46 - all I need is a bit of fitness. (267 points – slim pickings)

The event went very well: Ben got nice comments for his courses and Caroline Louth organised with her usual efficiency.

**Sunday 21 March. Midlands Championships and National Event at Belvoir.** Another one to look forward to as we are competing in Age Classes, not on the dreaded Colour Coded courses and on a new map of a fantastic area which has not been used since 1981, so my vow never to run on Belvoir again is forgotten.

It seems a fine day so decide against my studs – mega mistake as the going is very physical and muddy! Start to 1 seems a bit odd but no major problems. The way to 2 involves either going round rather a long way on paths or up the slope ahead, which does not look too steep. I settle for the slope but it is very muddy and I can't get up and in the end, after much expenditure of effort as I object to losing hard-gained height, I have to go down and the only satisfactory way is to slide – I not 'appy, as my 2 year old grandson would say. Then along the path and up the slope where it has eased somewhat but at this point the will to live is not strong and I jog round the open area in very desultory fashion waiting for some energy. I have no problems in hitting any of the controls and the best route is generally along the path / clearing to an attack point. One lovely bit of runnable wood but there is quite a lot of green around and some of the rough open areas are really quite rough. It seems no better than the parts of Belvoir I have been in before – and Mike Capper says it was the same in 1981.

I finish in 86 minutes: I can only assume that Beryl Pay, who is a much faster runner than I, will beat that time so after a bacon-buttie from the Belvoir stall I head off home, complete with mud. A couple of days later I see that Beryl took 124 minutes, so I am W75 Champion after all! I look for a list of Midland Champions and can't find anything – is there a Midlands website? – so I e-mail the chairman of LEI to ask how to collect my trophy: I have still had no reply. Yesterday I got an e-mail from Seonaid Dudley: 'Where were you at the medal ceremony? They gave the trophy to Beryl Pay'. That is a new one on me. So no trophy - yet (0 points because the course is won by a W55S in less than half my time.)

**Sunday 28 March. CHIG Regional Middle Event on Epping South.** The second Epping event accessible by public transport (Liverpool Street then the Central Line). Another 'new' Regional event: no pre-entry and held on the very S tip of Epping which consists of few bits of flat land separated by uncrossable roads so it's a difficult job for the planner. 7 courses including a Brown Middle (6.7 Km), a Blue Middle (5.8 Km) and a Green (5.2 Km and 18 controls) so I do the Green. I mess up a couple of controls, mud comes in over the top of my O shoes and I get stuck in the mud at one place and lose a shoe but it was as good a course as it could be - I think the planner did really well with that area: as Mike Capper says it was street-O on a forest map. Registration and Download are in a scout hut opposite the tube station with a kitchen for tea, coffee and cake and there is still cake left when I eventually get back. No printer so no splits or results, but they are on the web later that day. (101 minutes – that's a long time to be out: definitely null points again)

Ursula Oxburgh

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### **The East Anglian Championships 2010**

As Ursula has already mentioned this probably was not the orienteering highlight of the year. Nevertheless, it was fun and the planning did its best to compensate for an area that was not exactly top-notch. Several WAOC-ers did well and were duly announced as EA Champions for 2010 – congratulations to them all.

*A particular well done to Jonny Cronk who won the Joan George Trophy for the best junior performance!*

#### **EA Champions 2010**

M12 William Louth  
W18 Sophie Louth  
M18 Jonny Cronk  
W35 Anna Falk  
W40 Rachel Pocock  
M40 Ronny Falk  
W45 Frances Cooper  
W50 Janet Cronk  
M50 Mike Capper  
W55 Maria Marshall  
M60 Mike Bickle  
W70 Seonaid Dudley  
M70 Chris Morley

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### **Portugal O Meet 2010**

It was not as warm as last year (in fact, blooming cold and wet at times), but still good fun. In contrast to the cork woodland of Evora, the races this year were all on sand dune areas close to

Figuera da Foz. Each day was slightly different, and the mix of middle and long races meant you were not completely knackered all of the time.

The *highlight*, however, had to be the town night race (map below). Now I will be honest, night events are not particularly my thing. Too much emphasis on light power and I get lost enough in daylight so why make it worse...

But this race was brilliant.

Absolute total mayhem!

The recipe...a small fishing village...500 runners starting at 30-second intervals over 45 minutes...narrow alleys and lots of very sharp bends.

What more could you want? This was dodgems but with people instead of cars. There were two problems – bumping into runners as they charged around corners and being blinded by the professionals with their searchlight quality headlights dazzling all around them (rather put my pathetic lights to shame...especially as it took me 20 minutes before the race working out how to get the flashing red light to turn to a steady white beam!).

The orienteering was great and not too many people ended up in hospital. I could not read the map half of the time and finished well down the field. But who cares... a fun night in Costa De Lavos!

**COSTA DE LAVOS** Escala 1:4500 Equiv. 2,5 m

Portugal "O" Meeting 2010  
Day 1 - Saturday 13 Feb

Course #	Symbol	Symbol	Symbol
1	124	↘	↗
2	114	■	■
3	112	■	■
4	108	■	■
5	105	■	■
6	101	↘	↗
7	103	■	■
8	104	↘	↗
9	107	■	■
10	116	■	■
11	113	■	■
12	109	⬇	⬆
13	111	■	■
14	115	■	■
15	118	■	■
16	127	⬇	⬆
17	132	■	■
18	133	↘	↗
19	131	↘	↗
20	130	■	■
21	117	■	■
22	122	⬇	⬆
23	119	■	■
24	200	⊗	⊗

Legend: R1, R2, R3





**On the beach**



**This is what it was like ☺**

**Beach and alleys!**

**Lots of getting disorientated in the wrong passage.**

**Blinded by the light!**



**The Midland Championships 2010**

A few WAOC successes here, but I am guessing that most found it pretty tough. Lots of mud – steep climbs and very brambly in places. I did not envy the M21E runners with their 15+km – 7Km was more than enough for me.

### Midland Champions 2010

M14 Thomas Hemingway  
M16 Thomas Louth  
M40 Ronny Falk  
W70 Seonaid Dudley  
W75 Ursula Oxburgh (or was she...)

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### BOF Rankings – the top ten seniors as at April 1<sup>st</sup>.

#### *How will it change after the upcoming run of big events?*

1 (124 -3)	Simon Gardner	WAOC 1988 M 7550	1250, 1246, 1260, 1284, 1254, 1256
2 (152 +9)	Ronny Falk	WAOC 1970 M 7491	1239, 1227, 1274, 1224, 1278, 1249
3 (167 -1)	Anna Falk	WAOC 1973 F 7458	1273, 1226, 1212, 1263, 1280, 1204
4 (389 +17)	Steve Hinshelwood	WAOC 1964 M 7079	1164, 1174, 1197, 1195, 1167, 1182
5 (551 -3)	Graham Louth	WAOC 1962 M 6877	1158, 1167, 1131, 1144, 1141, 1136
6 (590 +867)	Jonathan Cronk	WAOC 1992 M 6831	1226, 1238, 1020, 1189, 1112, 1046
7 (819 -8)	Mike Capper	WAOC 1955 M 6553	1085, 1095, 1108, 1100, 1082, 1083
8 (826 -8)	Michael Bickle	WAOC 1948 M 6542	1071, 1123, 1111, 1065, 1097, 1075
9 (952 +150)	Andrew Stimson	WAOC 1981 M 6424	1025, 1067, 1060, 1046, 1096, 1130
10 (993 +114)	Maurice Hemingway	WAOC 1955 M 6376	1019, 1040, 1053, 1082, 1099, 1083
11 (1062 +34)	Rachel Pocock	WAOC 1967 F 6289	1051, 1023, 1039, 1079, 1023

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### Fixture List

This list was produced from the BOF and EAOA fixture lists as of 1<sup>st</sup> April 2010. A full list of events is available on the BOF web site ([www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)) where you can find more information on the events listed below. Always check before travelling.

#### WAOC – April 18<sup>th</sup> Amphill Park

The main attraction of this event is a Team Score Event based on a Harris Relay.

All members of the team start together, preferably at the mass start. Every individual must visit certain controls.

In addition, each team must, between them, collect ALL the remaining controls. Any duplication or missing controls will be given a harsh time penalty.

Each team needs to decide how to split the controls between them after they have started.

Teams should have 3 members. Each member of the team will be handicapped according to age class.

Entries on the day only - no pre-entry

You are encouraged to organise a team with friends or family in advance for the Team Score Relay.

Teams must be three persons.

Individuals can run the score course as individuals, but we hope you will join a team on the day if not before.

In addition, there will be White, Yellow and Orange conventional courses.

Mass Start for Relay at 11:00 am. Late starts thereafter until 12:30. Other starts 10.30 to 12.30

More details on [www.waoc.org.uk](http://www.waoc.org.uk)

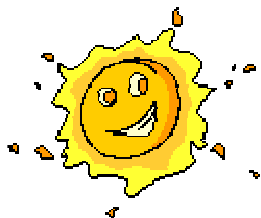
#### Other events

Sun 18/04/10	East Anglia	<a href="#">NOR</a>	Local	NOR Colour Code Event	<a href="#">Bacton Wood</a>	EOD	<a href="#">TG317311</a>
Sun 18/04/10	South East	<a href="#">HAVOC</a>	Local	Belhus Woods	<a href="#">Belhus Woods</a>	EOD	<a href="#">TQ565825</a>
Sun 25/04/10	East Anglia	<a href="#">SUFFOC</a>	Local	SUFFOC Colour Code Event & ESSOL	<a href="#">Ickworth Park</a>	EOD	<a href="#">TL816614</a>
Wed 28/04/10	East Midlands	<a href="#">LEI</a>	Local	LEI Summer League Event 4	<a href="#">Burrough Hill</a>	EOD	<a href="#">SK766114</a>
Sat 08/05/10	South East	<a href="#">HH</a>	Local	HH Saturday Series	<a href="#">Highfield Park</a>	EOD	<a href="#">TL174064</a>
Sun 09/05/10	East Anglia	<a href="#">SOS</a>	Local	SOS Colour Code Event & EA Schools Championships	<a href="#">Danbury Park</a>	EOD	<a href="#">TL773052</a>
Sun 09/05/10	East Anglia	<a href="#">SMOC</a>	Local	Keyne O	<a href="#">Howe Park Wood</a>	EOD	<a href="#">SP829344</a>
Sat 15/05/10	South East	<a href="#">CHIG</a>	Local	Pishiobury Park - local event and Schools League	<a href="#">Pishiobury Park</a>	EOD	<a href="#">ST480140</a>
Sun 16/05/10	East Anglia	<a href="#">NOR</a>	Local	NOR Colour Code Event	<a href="#">Houghen Plantation</a>	EOD	<a href="#">TG185175</a>
Sun 16/05/10	East Anglia	<a href="#">HAVOC</a>	Local	Score + Yellow Bedfords Park	<a href="#">Bedfords Country Park</a>	EOD	<a href="#">TQ520925</a>
Sun 23/05/10	East Anglia	<a href="#">SUFFOC</a>	Local	SUFFOC Come and Try It (CATI) Event	<a href="#">Bridge Wood (Orwell Country Park)</a>	EOD	<a href="#">TM186405</a>
Sun 06/06/10	South East	<a href="#">HH</a>	Local	HH SE Relays	<a href="#">Whippendell Woods</a>	EOD	<a href="#">TQ090978</a>
Sun 13/06/10	East Anglia	<a href="#">NOR</a>	Local	NOR Score Event & Club AGM	TBC	EOD	<a href="#">TG317311</a>
Sun 13/06/10	East Anglia	<a href="#">SMOC</a>	Local	Keyne O	Willen Lake	EOD	<a href="#">SP873405</a>
Sat 19/06/10	East Anglia	<a href="#">HAVOC</a>	Local	Score + yellow Weald Park	Weald Country Park	EOD	<a href="#">TQ568941</a>



## SMILEs

### SuMMer Introductory Low-key Events



<u>Date</u>	<u>Location</u>
Saturday 24 April	Coe Fen, Cambridge
Saturday 22 May	Crown Lakes, south of Peterborough (a new area to SMILEs!)
Saturday 19 June	Milton Country Park
Saturday 26 June	Wandlebury Country Park
Sunday 4 July	Wimpole Country Park

Registration between 10:00 and 11:30 -starts anytime between 10:30 and 12:00.

Cost: £1 per child/student and £3 per adult with no charge for a second go: just remember that you need to have finished your last course before 13.30.

You will have a choice of courses to try -

**White** - a short, very easy course, suitable for children, particularly Years 5 and 6 and those who have not orienteered before.

**Yellow** - a fairly short, easy course, suitable for more experienced children, including Years 7 and 8 and adults who have not orienteered before.

**Orange** - a longer, more difficult course, with some of the controls off the paths, suitable for experienced children from Years 9 and 10 and adults who understand about maps.

**Timed Score** - a course for experienced orienteers of all ages

**The SMILE Schools' League is running again this year and the most successful school will win the SMILE Schools' Jabberwaoc Trophy.**

Please note that this information may be subject to change so please check the WAOC website: [www.waoc.org.uk](http://www.waoc.org.uk) or contact the SMILE co-ordinator Helen Bickle ([hnbickle@hotmail.com](mailto:hnbickle@hotmail.com)/01223 842416) nearer the time.

**The summer's low key events holds lots of opportunities for people new to orienteering to come and have a go at this great sport. It's the perfect time to invite some of your friends and family along and have some fun.**