



West Anglian  
Orienteering  
Club



## JABBERWAOC

Vol.39 No. 2

April 2011



*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

There have been some good things happening in the club recently. These include successes at national championships and a good level of interest being shown in the inaugural Winter League with the last event at Therfield Heath on May 17<sup>th</sup> (although possibly a bit late for winter!). The newly revamped Summer League will start shortly after that, with the first event at Milton Country Park on Saturday June 11<sup>th</sup>. Of course, all of these initiatives require volunteers and as you will see there are a couple of areas where help is needed – in particular, I draw your attention to the extra help needed at The Fen Edge Festival in Cottenham on Sat 24<sup>th</sup> and Sun 25<sup>th</sup> June. If you can give even a little time please get in touch with Mike & Seonaid Dudley.

In this Jabberwaoc there are details of a safety training course for potential organisers, planners and controllers (Cambridge – Thursday May 5<sup>th</sup> – 6.45 to 9.45). I gather from people who have already been on the course that it is very enjoyable and thought provoking so hopefully there will be a good turnout, especially as it seems to be becoming a prerequisite for organising events.

Enjoy your orienteering wherever it may take you!

**Mike Capper** *Next Copy Date – June 30<sup>th</sup>*

### WAOC Committee

Chairman:	Tim Mulcahy (01223-512064) <a href="mailto:tim.mulcahy@virginmedia.com">tim.mulcahy@virginmedia.com</a>	Secretary:	Rakesh Chandraker (01223-440319) <a href="mailto:rakesh.chandraker@ntlworld.com">rakesh.chandraker@ntlworld.com</a>
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Junior Coordinator:	Position Vacant	Development:	

### Chairman's Chat – Tim Mulcahy

The club's AGM took place on Saturday 19<sup>th</sup> March in Cambridge and was both well attended and I think successful. The usual highlight was the presentation of the annual awards. The detailed minutes of the meeting appear elsewhere in this edition but I would like to mention a few points.

Firstly, I would like to thank Rakesh Chandraker and Cath Pennington for continuing in their vital roles of Secretary and Treasurer respectively. Cath in particular has a big responsibility in managing the club's funds. Running a modern orienteering club is much more expensive in these days of computerisation and its associated equipment needs. There is also the Club and Coach funding that needs careful management to assure British Orienteering that the finances are properly used and administered.

Fortunately, the majority of other committee members are also staying on to serve another year. I would thank Ian Lawson and Peter Woods for continuing in their jobs as Fixtures Secretary and Events Convenor that are critical to the primary aim of club in putting on the annual series of events.

In my first year as Chairman I wondered how I should decide the winners of the Chairman's awards, so I asked former incumbent Chris Morley for tips on how he had decided. His short reply was "with great difficulty!" And so it proved for me. There are so many accomplished competitors of all ages in the club and so many members who commit time and effort to the running of the club and its events.

My decisions were partly 'scientific' based on statistics but also and partly on how certain individuals have in my mind been inspirational. Hopefully most of you will agree with my selections.

For the Owl award to an outstanding senior I chose Mike Bickle, a man whose shadow I have been chasing for quite a number of years now, including around the forests of the Scottish 6 Days. Despite not being in his youth Mike is well known for his exceptional competitive spirit, readily borne out by his results. Despite what I thought was a good run for me at Mildenhall last October Mike still beat me by 15 minutes, finishing 4<sup>th</sup> on Blue Men and 1<sup>st</sup> in M60. He is also an East Anglian champion in 2010 - coming 11<sup>th</sup> overall on Blue (3<sup>rd</sup> WAOC finisher) - and an EAGAL class winner as well as a WAGAL champion. He was ranked 1<sup>st</sup> in the WAOC M60 class and 7<sup>th</sup> overall in WAOC on the BO rankings at the time of the AGM.

The Chairman's Cup - awarded to an outstanding junior - was presented to Thomas Louth. There were a number of very worthy contenders for the award and it was unfortunate to have to disappoint several other junior competitors. But this year's winner has had an outstanding year. I recall him gliding effortlessly past me on Blue Men in the Compass Sport Cup Final at Burbage Moor in October 2010. He seemed to float above the deep heather and I never saw him again until back in the club tent! On that occasion Thomas finished 35<sup>th</sup> overall on the course and 1<sup>st</sup> WAOC finisher, beating the likes of Ronnie Falk, Dil Wetherill and Andrew Stimson ... need I say more? At the East Anglian champs Thomas finished 1<sup>st</sup> on Short brown and he is currently in 1<sup>st</sup> place in WAOC on the BO rankings.

Selecting the nomination for the Tortoise was especially difficult as there are so many people who work hard and contribute to the running of WAOC. Several jobs are critical to putting on the main events and normally this is where I would be inclined to seek the winner of the Tortoise. But this past year has been a special year in that the Club Night has been launched. This is a national initiative to encourage greater participation in the sport and WAOC has risen admirably to the challenge with a dedicated group of club members spending considerable time and effort in getting the programme off the ground. Two people immediately sprang to mind since they were not only instrumental in getting the programme off the ground but they have also put on many of the weekly events. They are Caroline Louth and Ursula Oxburgh. This led me to a dilemma as to whom to choose. Luckily, special circumstances came to my rescue and I don't need to disappoint one of them. It was my pleasure to award the Tortoise this year to Caroline Louth.

Caroline was also the recipient of the Hally Hardie Mapping Trophy through her special contribution in providing the excellent series of maps that have made the Club Night events possible, including the principal maps of the University Athletics Ground and Cambridge West.

So did I neglect Ursula? On the contrary, Ursula's resignation from the committee after more than 23 years service to WAOC prompted the committee to inaugurate a Special Award to be presented occasionally when a club member merits special recognition for outstanding services to the club. As mentioned at last year's AGM, British Orienteering honoured Ursula for "20 years of substantial commitment to Junior Orienteering in East Anglia" and so it was more than fitting that WAOC should make its own award to Ursula for services to our club.

As mentioned in my annual report at the AGM Ursula served the WAOC Committee as Chairman, Secretary, Events Convenor, Club Coach and Schools Development officer. The committee was somewhat dumbfounded when she announced her resignation in January from active committee work and it's hard to imagine committee evenings without the lively and strong views held by Ursula – she's never been afraid to tangle with the politics of British Orienteering either!

Her commitment to Junior Orienteering has seen a variety of initiatives including Schools Development and of course the novel and highly successful SMILE series that have grown over many years and been the nursery for today's champion WAOC juniors. But Ursula is also a formidable competitor and has distinguished herself several times in winning the East Anglian champs in her class. At national level she came 3<sup>rd</sup> in the B class on W50 at the 1992 British Championships held in East Anglia.

So it was with great pleasure on behalf of the WAOC Committee to present the Special Award to Ursula for Services to the Club.

Finally, going forward into 2011 I wish you all a rewarding year of orienteering – there are some spectacular multi-day events to savour such as the BOC, the JK and the superb bi-annual Scottish Six Days in event in Oban in August.

Tim Mulcahy

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**Membership notes**

**Welcome to**

Ben Green from Cambridge

Nigel and Samantha Faircloth and family (Emily W7 and Daniel M4) from Oakley, Bedford

Philip and Helen Hague and family (Oliver M12, Samuel M9 and Daniel M8) from Cambridge

Ion Hamilton from Stevenage

Louise Sime and David Schroeder from Coton, Cambridge

**Anne Duncumb** Membership Secretary

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**VOLUNTEERS NEEDED** for The Fen Edge Festival (Cottenham) - Sat 24th and Sun 25th June.

WAOC are holding a publicity stall and Micro-O course at the Fen Edge Festival at Cottenham on Sat 24th and Sun 25th June. It is the 4th time the biennial event has been held and apparently it attracted over 10,000 visitors in 2009!

Could you please put the dates in your diary, as we would welcome any help between 10.00am and 5.00pm? This will probably be in shifts if we have enough volunteers for the day. We have committed to being responsible, and will be there all day Saturday and at least Sunday morning to set up again, as all has to be removed overnight for security. Our area is in the Village College playing field at the back of the school, together with other sports and activities too large for the Village Green.

Many thanks in advance

If you are able to help, please contact - Mike & Seonaid Dudley 01480 381192

#### Drivers Needed.

The club has become a registered user of the Histon and Impington Community minibus (HICOM) and at the moment we have one registered driver. If you could spare a Tuesday evening occasionally to take non car users to a Clubnight or a Sunday perhaps to assist, in particular, CUOC students perhaps you could volunteer to be a driver? Contact me at [Science@huccombe.org.uk](mailto:Science@huccombe.org.uk).

#### **HISTON AND IMPINGTON COMMUNITY MINIBUS**



The reason we have taken the tentative step of becoming a user of a Cambridge community minibus is to open up our Clubnights that are a little way from the centre of Cambridge to those who usually bike to the University Sports Centre, but may find the bike ride to say Wimpole somewhat daunting. It won't come into use much until September or October and then very much on an experimental basis to see if it is a good idea. If you can suggest any other use of the bus please let me know. Email address above.

Peter Allen  
Club Nights coordinator

#### **EVENT SAFETY COURSE**

There will be an Event Safety roll out workshop held as below:

Thursday 5th May 6:45 to 9:45 at The University of Cambridge Wilberforce Road Sports Ground, Wilberforce Road, Cambridge, CB3 0EQ (access from Adams Road not Madingley Road). Plenty of free parking on site.

This is aimed primarily at Event Organisers of grades A, B & C as well as all controllers. The workshop will be interactive and is a one off attendance.

To book a place or for more details, please contact Helen Errington on [HErrington@britishorienteing.org.uk](mailto:HErrington@britishorienteing.org.uk)

## Letter from the Czech Republic

Hi Mike, as a former WAOC member, now on a different path in the life I'd like to address the orienteers planning to go to the 15th European youth championship or those heading to 5 days orienteering in the Czech Republic.

Dear orienteers, the European Youth Championship (<http://eyoc2011.cz>) is in 4 month time (23.-26.6.2011), then the 5 days orienteering (2-6.7.2011 <http://www.skpraga.cz/soubory/ck2011/>) and both events will take place in and around my 2nd home town Jindrichuv Hradec (the 1st being Praha :)) and in the nearby region of Czech Canada.

As I own a former cow-house in the village Skalka u Nove Bystrice (<http://senger.dyndns.org/kebharec/>) together with about 10ha of land in the Czech Kanada region I may be able to offer some services to fellow orienteers from England.

The building itself is in the need of reconstruction (I plan to have there an international centre for the leisure time and an international library), but the meadow can be used as a campsite (free of charge or in return for some English books for the library in case someone will be travelling by car). It is advisable to let me know a bit in advance - having only one toilet inside the building I'd need to rent some ToiToi ones. Water and basic electricity is available.

If wanted I can also provide some translation services (which you probably won't need) or be your tourist guide with a bit of insiders look ('a bit of' being here because I've been now living for almost 15 years in England). Please let me know in advance if interested so I can prepare myself and do some research according to your priorities.

Contacts:

Mrs Jitka Sengerova

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## Minutes of the WAOC Annual General Meeting

19th March 2011

St Matthew's Church Hall, Cambridge

Present: **Russ Ladkin; Jean Sinclair; Gopal, Lakshmi, Raj and Jaya Chand; Stephen Borrill; Bruce & Maria Marshall; Peter Allen; Graham, Caroline & Tom Louth; Mike, Hazel & Helen Bickle; Rakesh, Anita & Mihir Chandraker; Chris Morley; Mike & Seonaid Dudley; Ron & Ursula Oxburgh; Maurice, Pam and Catherine Hemingway; Tim Mulcahy; Cath Pennington.**

### 1) Apologies for absence

Ian Lawson; Pocock Family; Woods Family; Anne Duncumb; Tom Hemingway

## **2) Minutes of the last AGM 2010**

The minutes of the last AGM were approved as an accurate record of the proceedings. Motion for approval was proposed by Mike Bickle and seconded by Ursula Oxburgh.

## **3) Chairman's Report – Tim Mulcahy**

Tim began his report by noting that all three executive officers of the club are newly in post this year. He was especially happy to welcome Cath Pennington as treasurer who stepped in to fill the post when Andrew was called to further studies in Manchester. After all with more money flowing through the club we need someone steady to look after it.

Tim reflected on a fun year and a busy one for the club. British Orienteering has been concerned about decline in membership and set up some initiatives to increase involvement. Club Nights are part of this. Many people have worked hard to get this off the ground this year and with good success.

Sadly one club initiative has ceased - for now. This year the junior subcommittee stood down. Tim thanked Jonny Cronk, Janet Cronk and Sue Woods for all their hard work over the past few years on this committee. So far no-one else has stepped forward to take over. The development committee is very active looking at various ideas and one immediate outcome has been a consolidation of the program of fixtures. There is a lot of work in running a club like WAOC and Tim wanted to thank all the people who have committed time and effort to keeping active a club that is now over 40 years old.

On the subject of orienteering Tim was pleased to note that once again WAOC qualified for the final of the YBT which was held in January after being postponed from December. WAOC was also in the Compass Sport final which was held on Burbage Moor near Sheffield. Tim described the event as 'horrible' (something about needing to follow sheep tracks) but memorable and the coach trip organised by the club contributed to a splendid day.

Tim closed his report by re-emphasising the commitment to the program of regular club nights to encourage more participation and noting his pleasure that, at least for now, the forests are safe after the recent change in the government's position on selling them off.

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

Graham was very pleased to report that WAOC had some very good results this year. At the JK: Tom Louth and Anna Falk won their Sprint events and William Louth and Ursula Oxburgh coming second in theirs. In the individual events William Louth achieved second overall while Ed Scaife finished third and Catherine Hemingway fourth. Anna Falk came in fifth overall (having won the first day) while James Haynes and Tom Hemingway finished sixth. The Pocock family contributed a string of top ten finishes and the indefatigable Ursula took fourth place in W75. There were good results in the junior relays: 6<sup>th</sup> place for WAOC Whizzers (Tom Louth/Tom Hemingway/Jonny Cronk); 9<sup>th</sup> place for WAOC Whippersnappers (Owen Bourne/Catherine Hemingway/William Louth); 11<sup>th</sup> place in the mini-relay for WAOC Wannabees (Ed Scaife/Hannah Pocock/Molly Pocock). At the British Middle Distance and Elite Championships there were more top three finishers from William Louth, Tom Louth, Rachel Pocock and Ursula (first in both). In addition at the British Orienteering Champs, Duncan Cooper did well to come 7<sup>th</sup> in M10A and

Hannah Pocock took 2<sup>nd</sup> in W12B. There were more good finishes in the British Relay Champs for the junior teams.

The British Night Champs were notable for William Louth winning the event he entered – which was M18S! Graham Louth also won his event while Dil Wetherill came 6<sup>th</sup> and Ursula once again won hers. There were more good results at the Midland Champs; Ben Holland took third place in M21L and Seonaid Dudley won the W70L class.

WAOB had 12 East Anglia champions and two juniors, Tom Hemingway and Tom Louth were selected to attend training camps in Scotland. In the Future Champions Cup Sophie Louth was 19<sup>th</sup> overall in W18 and Jonny Cronk 10<sup>th</sup> in the M18 class.

It was pleasing that the juniors once again won the local heat of the Yvette Baker Trophy but disappointingly WAOB finished 13<sup>th</sup> in the final largely because a number of juniors could not compete in the rescheduled final in the January.

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

Club Treasurer Cath Pennington presented the annual accounts and reported that they had been audited and approved by Peter Haynes. The meeting approved the accounts as presented with Caroline Louth proposing the motion and Peter Allen seconding.

Cath thanked Helen Bickle, previous Treasurer, for her help and also Peter Haynes for auditing. The accounts are in good shape with a small surplus for the year of £102. There has been heavy investment in equipment this year which was financed both by funds from club reserves and from the Club and Coach budget. Note that expenditure on training now comes from the Club and Coach budget. Mapping costs are shown under events accounting.

There had been concern over forestry charges being hiked and BO levies rising. These have not materialised as the Forestry Commission charges have not risen as sharply as had been threatened. The investment in equipment has meant that expenditure on equipment hire has decreased and this mitigates the increased land use fees. Consequently the Committee has decided to hold event charges at the current level.

Cath also reviewed the budget estimates for the coming year.

### **5) Awards and Presentations 2010**

**The Owl** is for outstanding senior performance - Mike Bickle

**The Tortoise** is for outstanding contribution to the Club and its affairs - Caroline Louth

**The Chairman's Cup** is for our most outstanding junior orienteer - Thomas Louth

**The Hally Hardie Mapping Trophy** - Caroline Louth

**Committee Special Recognition** - Ursula Oxburgh

**Joan George Trophy** - Jonny Cronk



### **East Anglian League Winners 2010**

M16	Thomas Louth	M18	Jonny Cronk	M50	Peter Duthie
M60	Mike Bickle	W10	Erica Fox	W21	Helen Bickle
W70	Seonaid Dudley				

### **6) Election of Officers**

Cath Pennington was formally elected by the club to serve as Treasurer (having been appointed by the Committee after Andrew Stimpson's departure). The nomination was proposed by Caroline Louth and seconded by Hazel Bickle.

### **7) Any Other Business**

There was no other business and the formal part of the meeting was closed.

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### **Some photographs from the AGM**



**Thomas Louth – The Chairman's Cup winner**



**Ursula Oxburgh – award for special recognition**



**Jaya Chand and Catherine Hemingway – Junior Galoppen winners**



**Caroline Louth receives The Mapping Award and The Tortoise**



**Mike Bickle receives The Owl**



## WAOC Runners Christmas Run and Dinner.



Twelve “WAOC runners” attended a Christmas dinner at the Plough and Fleece, Horningsea, on Thursday, 16<sup>th</sup> December 2010. Eleven of us set off to run, ten taking a 10km route going first to the River Cam at Baits Bite Lock, then north along the river, crossing at Clayhithe and continuing almost to Bottisham Lock, before returning over the fields of the fens. We always try to choose locations where shorted options are available, and Jean, who had already cycled from Cambridge, did just that, taking a shorter route of about 4km. The weather was freezing and clear and there was a moon, so running over the snow covered fields was magic.

The twelfth member was Ursula, who, although not feeling up to a run, was waiting at the bar to buy a round of drinks on our return. A great welcome back, thanks Ursula!

The Plough and Fleece is a friendly pub where we have been made welcome before. What we didn’t know was that, on this occasion, the landlady was ill, so that the only serving staff was a lone apprentice waiter, Jack Lambert, working unsupervised for the first time. The evening ran perfectly, however, and he did a great job. Despite the fact that some of us could not remember what we had ordered we all received the correct meals.

In the photograph, around the table we were: Ursula, Peter Woods, Ben & Emma, Kvido, Russ & Jean, Peter Duthie, John, Steve, Maja, and Roger. We try to keep a record of all our routes. Ben’s

map for this one is [HERE](#). I also have a Google map that links to over thirty of our routes to which I am happy to link anyone who gives me their email address.

If you would like to join in with WAOC runners get in touch with Ben Holland [ben.holland@thirdlight.com](mailto:ben.holland@thirdlight.com) who will add you to the mailing list. We run every Thursday, starting at 6:30pm. No-one gets left behind, and there are generally a few printed maps of the route available. Although centred on pubs in which we socialise afterwards, there is no compulsion to stay or to drink alcohol. Many of us get by on fizzy drinks!

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**Clubnights...looking back and forward (pt 2 – plans for the future in the next JW)**

Looking back

I think we are one year old, and the award of the Chairman’s Cup to Caroline Louth and a special award to Ursula Oxburgh at the AGM were richly deserved. Basically these two orienteers navigated Clubnights to where they are now. The course is however not yet complete as “more participation” becomes our theme this summer.

Second I would like to thank the team of coaches who so ably led us during the successful Winter (i.e. darkness ) 2011 Clubnights; Caroline Louth, Ben Windsor, Matthew Volks, and Ursula Oxburgh from WAOC and CUOC, Bryn Percival of the University Athletics coaches, and our own Peter Woods (SportIdent explained). Additionally I thank Lakshmi Chand for collecting monies and keeping the register, Cath Pennington for providing so reliably the biscuits and drinks, and Chris Morley for his patience in getting permissions and arranging our room bookings at the University Sports Centre.

Not yet come to a Clubnight?

But what about those of you who have not yet come? Well here is the summer program and you are all very welcome. More locations around Cambridge are the special feature this summer.

May to July Clubnights Details

Date + meeting place	Coach + Activity	Location of Orienteering
3 <sup>rd</sup> May 6 45-8 30 pm University Athletics ground	Seniors Ursula: Route choice on West Site. Sprint courses. Juniors Ben: Relocation at Old Field New groups (from press advert and poster and leafleting publicity): Peter Allen +Cath Pennington orienteering walk and progressive star exercise	West site(seniors) and Old Field (juniors)
10 <sup>th</sup> May 6.45-8.30pm Meet University Athletics ground	Seniors and New groups: Caroline Louth one long (4.5k) Complex course put out with SI to show use of SI in limited size complex area. Splits Printer Juniors: Ben Exercises at University Sports Site.	Burrell’s Field(seniors) University sports Ground (Juniors)
17 <sup>th</sup> May 7 to 9pm Therfield heath	Coach(Seniors): Ursula Oxburgh assisted by Peter Allen There will be Easy, Medium and Hard (Green	Therfield Heath

	standard) the same as the Summer Saturday events. Juniors Ben to coach	
24 <sup>th</sup> May 7 to 9pm Jesus Green Pavilion N side by Swimming Pool bridge	Seniors: one CUOC coach + helpers: Timed out controls or other challenging exercise Juniors Use of open land and linear features. Smart use of relevant parts of open land map	Jesus Green
31 <sup>st</sup> May 7 to 9 pm Half term Mildenhall N “ half term outing”	Seniors: coach Ursula: a variety of orienteering skills including longer legs in the forest Juniors: Ben and others to shadow on forest courses. Emphasis is on orange courses in open forest	Mildenhall N
7 <sup>th</sup> June 6.45 to 8.30 pm University Athletics ground for new U3AC, Coton Nature Reserve for seniors and Juniors Meet The Footpath Car Park next to Recreation Ground tbc	Seniors and Juniors: Coach: Ben and CUOC coach for integrated seniors and Juniors Activity suitable for nature reserve paths and some technical fine orienteering New U3AC group Peter Allen and A.N. Other orienteering walk and progressive star exercise on West site	West site new groups Seniors and Juniors: Coton Nature Reserve Caroline Louth new map
14 <sup>th</sup> June 6.45-8.30pm Meet: University Athletics ground	Coach CUOC coach : Seniors and new group integrated in one long (3.0k)Complex course put out with SI to show use of SI in limited area Juniors: Ben Pair exercises at University Site or Old Field? Speeding it up on linear features?	Centre for Mathematical Sciences
21 <sup>st</sup> June 7.00-9.30 pm Cherry Hinton Hall	Helen Bickle Coach/Organiser Event Format (three courses, green, medium and short easy) and loops for people who prefer training Juniors Ben :basic skills in new location	Cherry Hinton Hall Peter Allen do permissions
28 <sup>th</sup> June 6.45-8.30pm Milton Country Park (tbc)	Coach (seniors):Peter Allen Reading the control descriptions: Which kite in the circle is at the right place? Coach for Juniors: to be arranged Find the right control: distance along a path	Milton Country Park
5 <sup>th</sup> July 6.45 to 8.30 pm University Sports Centre	All do variety of different sorts of competitive relays Coach Seniors: Josh Jenner Coach Juniors : t.b.a	West site
12 <sup>th</sup> July Last summer Clubnight. 7pm until late, picnic at	Teams of 5 to a punt Caroline and Tom Louth coaches	Cambridge Streets Jesus Green and Coe Fen

9.00 to 9.30		
Trinity Punts by Garret Hostel Bridge over Cam		
Clubnights restart 13 <sup>th</sup> September		

**As well as the Clubnights there is an opportunity to take part in an U3AC - course details**

**L2: Orienteering: A good walk and more**

**Leader:** Peter Allen, assisted by local Orienteering Club

**Description:** Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate on foot in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old, or fit you are, as you can run, walk or jog the course and progress at your own pace.

This U3AC summer activity runs at 6.45pm to 8.30pm on Tuesdays from 7<sup>th</sup> June to 12<sup>th</sup> July and the meetings are at the University Sports Centre, Centre for Mathematical Sciences Site, Cherry Hinton Hall, Milton Country Park, and from a punt making its way along the River Cam (you don't need to be able to punt!),  
Further details will be sent to participants.

Contribution of £1 a session to pay for maps and drinks

For details of Clubnights or the U3AC contact Peter Allen

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**British Sprint and Middle Championships April 2011**

Sounds like this was a great weekend! The sprint race was held on the campus of Sussex University in Brighton and the middle race in an undulating wood near Crawley. The most noteworthy WAOC successes were Ursula Oxburgh's gold medal in W75 in the sprint race (along with a silver medal in the middle race) and Rachel Pocock's silver medal in the sprint. Thomas Louth also did exceptionally by finishing 6<sup>th</sup> in the Men's Elite B race. Well done to all of them.

**Portugal Orienteering Meet 2011**

This was another great trip to Portugal, this time experiencing the boulders and rock fields of the hills around Portalegre. The weather was superb most of the time and the orienteering exceptionally good. The maps give some idea of the terrain and believe me it was technically challenging and physically demanding. All-in-all a middle of the table finish with a couple of good runs (especially in the night sprint –superb fun – map below) was a decent result.



Portugal 0 Meeting 2011

# Sprint noturno - Night sprint

organização 07 MAR 11

Day 3

M 55



gr4@go4caminhos.com  
www.go4caminhos.com



Instituto do Desporto de Portugal, I.P.



Justlog



SPORT ZONE



50 ANOS  
A COMEMORAR PORTUGAL



DOURAZUL



Artesanato

Vitalis  
ÁGUA AMBIENTAL NATURAL

ASIMTEIDULO

HERDADE DO GAMITO



Ach Brite

CCD DESPORTALEGRE

FEDERAÇÃO PORTUGUESA DE ORIENTAÇÃO  
Apartado 2 - 2644-920 Mira  
Tel / Fax 787 879 171  
919 218 205 - 908 871 877  
fpo@mfptelecom.pt  
www.fpo.pt



localv

1	:
2	:
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7	:

The night sprint around Portalegre – organised mayhem!



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## BOF rankings

(103 +22)	Thomas Louth	WAOC	1994	M	7454	1225, 1236, 1250, 1227, 1264, 1252
2 (207 -10)	Simon Gardner	WAOC	1988	M	7238	1204, 1187, 1267, 1177, 1192, 1211
3 (350 -8)	Steve Hinshelwood	WAOC	1964	M	6998	1176, 1167, 1152, 1178, 1152, 1173
4 (508 -13)	Graham Louth	WAOC	1962	M	6758	1139, 1121, 1118, 1127, 1137, 1116
5 (661 -14)	Michael Bickle	WAOC	1948	M	6575	1095, 1078, 1099, 1129, 1089, 1085
6 (745 -12)	David Cooper	WAOC	1963	M	6490	1053, 1080, 1136, 1029, 1113, 1079
7 (795 -15)	Mike Capper	WAOC	1955	M	6435	1099, 1068, 1063, 1073, 1069, 1063
8 (805 +11)	Rachel Pocock	WAOC	1967	F	6425	1095, 1081, 1076, 1064, 1064, 1045
9 (841 -19)	David Cronk	WAOC	1960	M	6389	1116, 1066, 1043, 1071, 1046, 1047
10 (1030 -9)	Maurice Hemingway	WAOC	1955	M	6158	1014, 1009, 1018, 1018, 1029, 1070
11 (1211 -28)	Peter Duthie	WAOC	1959	M	5937	973, 1041, 977, 984, 1002, 960
12 (1277 -21)	Peter Woods	WAOC	1957	M	5881	949, 1017, 1006, 977, 949, 983
13 (1391 +40)	Robin Bourne	WAOC	1962	M	5751	930, 945, 954, 953, 973, 996
14 (1398 -16)	Chris Morley	WAOC	1940	M	5745	1039, 955, 935, 941, 920, 955
15 (1515 -23)	Frances Cooper	WAOC	1964	F	5585	917, 804, 945, 981, 1057, 881

For the full list go to – <http://www.britishorienteering.org.uk/index.php> and following on from this, this tongue-in-cheek item appeared on Nopesport ([www.nopesport.com](http://www.nopesport.com))

## How to manipulate your ranking points

As a statistician let me give some advice on how to get the best out of your ranking points. The hardest way to get better ranking points is to get fitter/ orienteer better. But there is another way. Just follow these tips and your position in the rankings will increase.

- **Go to lots of ranking events.** Because the system takes your best 6 (in 12 months), the more events you do, the better your best 6 will be [this is actually a flaw in the system- a far better way would be to use your middle 6 events which is not affected by the occasional anomalous results]
- **Avoid Level A events.** People tend to try harder at championship events or drop down to shorter courses when injured, so it is more difficult to beat the better runners. At lower level (B,C) events runners are more likely to take events easy, or run slower when coming back from injury, hence you will do better against these runners and get higher scores
- **Injured good orienteers.** If you know a higher ranker orienteer is injured consider doing the same course.
- **Courses with few competitors.** Find courses that have not many runners (though you need at least 10 ranked runners to get points). These courses will have greater variability in points, so if you do enough of them you will get some better results. The reason is if you have 10 runners and (say) 3 runners have a ‘bad run’ and you do not, you should get better points. This doesn’t really work on courses with lots of runners in this example you would need 30% to have a bad run which is difficult on a large course.
- **Choose terrain carefully.** You will get better points in areas that suit your ability. If you know an area you have a slight advantage, even more if the map is dodgy.
- **Choose your course carefully.** Don’t choose a course that is too long as you will start to slow down at the end, whereas other runners will not.

- **When the results are out.** Check if there are people that are not given ranking points that are on your course. If any are ranked a lot higher than you and you beat them, ask the organiser to check, as you will probably get more points (don't ask if it's the other way around though).

Pete Jones

## Fixture List

This list was produced from the BOF and EAOA fixture lists as of April 13<sup>th</sup> 2011. 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.

## Events to look out

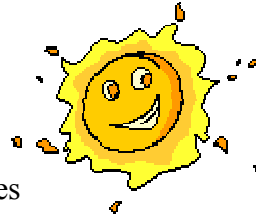
Spring Bank Holiday (May 28<sup>th</sup> -30<sup>th</sup>) -Springtime in Shropshire – always fun and includes a town race around Ludlow - <http://www.sins.org.uk/>

Sunday June 5<sup>th</sup> – Nottingham City race – part of the Nopesport League and Masters Cup – [www.noc-uk.org](http://www.noc-uk.org)

May		
8th	EAOA SMOC Level D	<b>Keyne 0</b> , Howe Park Wood Milton Keynes, <a href="#">SP829344</a> Organiser: Stephen Hardy, steve-hardy@hotmail.com, 01908 666575. Entry On Day: Senior £0.00, Junior £0.00, Student £0.00. , Punch Type: None, Dogs: On leads please. Start Times: Amble and Trot: 10.00am to 12.00. Run: 10.00am to 11.30. All courses close at 13.00. <a href="#">www.smoc.info</a>
15th	EAOA NOR Level C	<b>NOR Colour Code Event</b> , Pretty Corner Sheringham, <a href="#">TG083372</a> Organiser: Karen Goldsworthy, karengoldsworthy@btinternet.com, 01603 411540. Entry On Day: Senior £7.00, Junior £200.00, Student £2.00. , Punch Type: SI, Dogs: Dogs on Lead Start Times: Registration 10.00 - 12.00 Starts 10.30 - 12.30 Courses Close 14.30 <a href="#">www.norfolkoc.co.uk</a>
19th	EAOA SOS Level D	<b>SOS Summer Series 1</b> , Sudbury Meadows Sudbury, <a href="#">TL867417</a> Organiser: John Collyer, jcollyer48@btinternet.com, 01787 370947. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None, Start Times: 18.30-19.30 <a href="#">stragglers.info</a>
22nd	EAOA SOS Level C	<b>SOS Colour Code Event inc. EA School Championships and ESSOL</b> , Highwoods Colchester, <a href="#">TL999270</a> Organiser: Edwin Banks, eddie@banksy.gotadsl.co.uk, 01376 321658. Entry On Day: Senior £7.00, Junior £2.00, Student £2.00. , Punch Type: SI, Dogs: Dogs under control Start Times: 10.30-12.30 <a href="#">http://stragglers.info</a>
25th	EAOA SUFFOC Level D	<b>SUFFOC Summer Series ~ Event 1</b> , Brazier's Wood & Piper's Vale Ipswich, <a href="#">TM190410</a> Organiser: Simon Peck. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None, Start Times: 18:30 to 19:30 <a href="#">www.suffoc.co.uk/events/summer11.htm</a>
June		
2nd	EAOA SOS Level D	<b>SOS Summer Series 2</b> , Admirals Park Chelmsford, <a href="#">TL694073</a> Organiser: Emma Johnson, 01245 442866. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None, Start Times: 18.30-19.30 <a href="#">stragglers.info</a>
5th	EAOA SUFFOC Level D	<b>SUFFOC 'Come and Try it' Event</b> , Hardwick Heath and surrounding Urban estate roads Bury St Edmunds, <a href="#">TL855628</a> Organiser: Philip Halford, phil.halford2@btinternet.com, 01638 717715. Entry On Day: Senior £4.00, Junior £2.00, Student £2.00. , Punch Type: SI, Dogs allowed. Start Times: Registration: 10:00 - 12:00 Starts: 10:30 - 12:30 <a href="#">www.suffoc.co.uk</a>
5th	EAOA HAVOC Level D	<b>Thorndon North CATI</b> , Thorndon North Country Park Brentwood . Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="#">orienteering-havoc.co.uk</a>
8th	EAOA SUFFOC Level D	<b>SUFFOC Summer Series ~ Event 2</b> , Broomhill & the Dales Ipswich, <a href="#">TM154459</a> Organiser: Simon Peck. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None, Start Times: 18:30 to 19:30 <a href="#">www.suffoc.co.uk/events/summer11.htm</a>
12th	EAOA NOR Level D	<b>NOR Score plus Orange inc. NOR AGM</b> , Whittingham Country Park Norwich, <a href="#">TG244079</a> Organiser: Pat Bedder, alanb.noroc@btinternet.com, 01603 424589. Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, Dogs: On lead please Start Times: Registration from 10.15-10.55 Orange starts 10.30 to 11.00 Mass start for Score Event at 11.00 <a href="#">www.norfolkoc.co.uk</a>
12th	EAOA SMOC Level D	<b>Keyne 0</b> , Loughton Valley Milton Keynes . Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="#">www.smoc.info</a>
16th	EAOA SOS Level D	<b>SOS Summer Series 3</b> , Notley Country Park Braintree, <a href="#">TL214734</a> Organiser: Edwin Banks, eddie@banksy.gotadsl.co.uk, 01376 321658. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None, Start Times: 18.30-19.30 <a href="#">stragglers.info</a>
19th	EAOA HAVOC Level D	<b>Thorndon North CATI Follow up</b> , Thorndon North Country Park Brentwood . Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="#">orienteering-havoc.co.uk</a>
22nd	EAOA SUFFOC Level D	<b>SUFFOC Summer Series ~ Event 3</b> , Eye Town Eye, <a href="#">TM145739</a> Organiser: Simon Peck. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None, Start Times: 18:30 to 19:30 <a href="#">www.suffoc.co.uk/events/summer11.htm</a>
30th	EAOA SOS	<b>SOS Summer Series 4</b> , Wivenhoe Woods Colchester, <a href="#">TM033247</a> Organiser: Colin West, colin@grovehillhouse.wanadoo.co.uk, 01206 322905. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None,

	Level D	Start Times: 18.30-19.30 <a href="http://stragglers.info">stragglers.info</a>
<b>July</b>		
6th	EAOA SUFFOC Level D	<b>SUFFOC Summer Series ~ Event 4</b> , Needham Lake Needham Market, <a href="http://TM097548">TM097548</a> Organiser: Simon Peck. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None, Start Times: 18:30 to 19:30 <a href="http://www.suffoc.co.uk/events/summer11.htm">www.suffoc.co.uk/events/summer11.htm</a>
10th	EAOA SOS Level C	<b>SOS Relays</b> , Wivenhoe Colchester, <a href="http://TM033247">TM033247</a> Organiser: David Skinner, <a href="mailto:dave.skinner@btinternet.com">dave.skinner@btinternet.com</a> , 01245 381266. Entry On Day: Senior £5.00, Junior £2.00, Student £2.00. , Punch Type: None, No dogs allowed. Start Times: Start times for teams pre-advised <a href="http://stragglers.info">http://stragglers.info</a>
10th	EAOA SMOC Level D	<b>Keyne 0</b> , Great Linford Milton Keynes . Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://www.smoc.info">www.smoc.info</a>
14th	EAOA SOS Level D	<b>SOS Summer Series 5</b> , Hilly Fields Colchester, <a href="http://TL985255">TL985255</a> Organiser: John Williams, <a href="mailto:jcw351@hotmail.com">jcw351@hotmail.com</a> , 01245 351583. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None, Start Times: 18.30-19.30 <a href="http://stragglers.info">stragglers.info</a>
20th	EAOA SUFFOC Level D	<b>SUFFOC Summer Series ~ Event 5</b> , Finborough Park & Woods Stowmarket, <a href="http://TM016578">TM016578</a> Organiser: Simon Peck. Entry On Day: Senior £2.00, Junior £1.00, Student £1.00. , Punch Type: None, Start Times: 18:30 to 19:30 <a href="http://www.suffoc.co.uk/events/summer11.htm">www.suffoc.co.uk/events/summer11.htm</a>
23rd	EAOA HAVOC Level D	<b>Hadleigh Country Park HAVOC v CHIG</b> , Hadleigh Country Park Hadleigh . Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://orienteering-havoc.co.uk">orienteering-havoc.co.uk</a>

## Summer *Afternoon* Series



Following the feedback from the Fixture Questionnaires earlier in the year, the SMILE events have been replaced with this Summer Afternoon Series with events stretching throughout the summer.

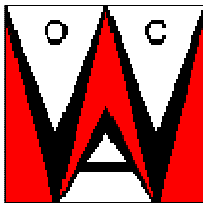
Low key events which have a course for everyone and all with a 'proper' course and 'proper' SI controls.

Starts: 1.30 p.m. to 2.30 p.m.

Cost: £3.00 per Adult, £1.00 per Junior

Courses: Short - A course aimed at children and newcomers.  
Medium - Something in between (roughly orange standard).  
Long - A course challenge for experienced orienteers.

<u>Location</u>	<u>Date</u>
Milton Country Park	Saturday 11 <sup>th</sup> June
Audley End Park	Sunday 26 <sup>th</sup> June
Hinchingbrooke Country Park	Saturday 9 <sup>th</sup> July
Amphill	Saturday 23 <sup>rd</sup> July
Fairlands Valley	Saturday 13 <sup>th</sup> August
Wimpole	Saturday 20 <sup>th</sup> August



More information on these events is available on the WAOC website [www.waoc.org.uk](http://www.waoc.org.uk) or from Helen Bickle (e-mail: [hnbickle@hotmail.com](mailto:hnbickle@hotmail.com)).

### **Other upcoming WAOC events**

Tuesday May 17<sup>th</sup> – Final Winter League event – Therfield Heath - evening starts – see the website for details.