



West Anglian  
Orienteering  
Club



## JABBERWAOC

Vol.40 No. 1

April 2012



*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

Well done to everyone who performed so well at the CompassSport Cup heats in February – now comes the hard part – getting a good turnout to the final in Scotland! There are more details below, including the possibility of organising a coach to take the club to Scotland.

There weren't many changes in committee members at the AGM a while ago but one important post remains unfilled – fixtures secretary. This is a crucial role which has been filled so ably by Ian Lawson for the past few years. If you feel that you are interested on taking this on, there are more details later in this edition of Jabberwaoc.

The junior development post has also remained unfilled for a long time...this is such an important post for the long term well-being of the club. It would be nice to think there is someone out there who was interested in getting involved in this.

The club's urban race in Huntingdon (Saturday April 21<sup>st</sup>) will be taking place shortly after you receive this. If you haven't tried urban racing this is a good opportunity to do so. Peter Duthie has planned some challenging courses so give it a go.

## Mike Capper

*Next Copy Date – May 28<sup>th</sup>*

### **CompassSport Cup Final**

*After the great efforts in winning the EA round in February, the club now has its hard-won place in the final, so put this date in the diary.*

*Sunday September 30<sup>th</sup> 2012*

*Venue – Teviothead, South Scotland – a detailed runnable area of open moorland in Southern Scotland <http://www.roxburghreivers.org.uk/?p=1710>*

***The committee would like to gauge the interest for booking a coach and overnight accommodation on the Saturday evening (there is an urban event in Penrith on the Saturday) Please contact Club Captain Graham Louth or any member of the committee to register your interest now as we will need to do much organising well before the event.***

## 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>
Treasurer:	Cath Pennington (01223 2333931) <a href="mailto:cath_pennington@hotmail.com">cath_pennington@hotmail.com</a>	Captain:	Graham Louth (01223 246145) <a href="mailto:graham@louths.org.uk">graham@louths.org.uk</a>
Junior Captain:	Jonathan Cronk (01954 719256) <a href="mailto:jc@brooklands.demon.co.uk">jc@brooklands.demon.co.uk</a>	Fixtures Secretary:	VACANT
Convenor:	Peter Woods (01223 721433)	Mapping	Neil Humphries (01462 434859)

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Junior Coordinator:	VACANT	Development:	

## **New members - welcome to:**

Mark Beagley from Godmanchester  
Kevin and Elizabeth Sim and family (Holly W11 and Olivia W4) from Royston

We also extend a warm welcome to the following CUOC members who have joined WAOC as their 'open' club - many of them ran and scored for us in the CompassSport Cup qualifier.

Harriet Burdett; Tom Dobra; James Hoad; Hallvard Indgjerd; Henrik Lieng; Rose MacMillan; Andrey Poletaev; Mark Salmon; Tin Wong

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

### **Chairman's Chat**

This edition of my chairman's chat includes my AGM 2012 report.

The past twelve months have continued to be a busy time for the Club, both on the competition front and on development projects such as the Club Nights and the various series of events.

### **WAOC's Competitive Achievements**

Whilst orienteering provides a leisurely outdoor experience for some, for others it provides a serious competitive challenge and the Club's competitive edge proved itself on the 17th February neither at Thetford Warren when we narrowly beat NOR to clinch a place in the 2012 Compass Sport Cup final in September. It was a close contest, so much so that scores gained by every WAOC competitor completing their course was crucial. The superb sunny weather made Ben Holland's excellent courses all the more enjoyable.

The club now has the challenge of taking a team to the final on Sunday 30th September 2012 at Teviothead near the Scottish Borders north of Carlisle. The hope is that we will be able to send a substantial team to do ourselves justice as well as to have a great weekend together as a club. To achieve this, the committee would like to gauge the interest for booking a coach and overnight accommodation on the Saturday evening. Please contact Club Captain Graham Louth or any member of the

committee to register your interest now as we will need to do much organising well before the event.

Locally, the club achieved another good crop of East Anglian champions in 2012 with Thomas Louth continuing the WAOC tradition by winning the M18 class. James Haynes won the M20 title and Steve Hinshelwood the M45 title. Among the ladies Rachel Pocock retained her winning ways by following her W40 title in 2011 with the W45 title this year. Jane Howsam took the title in the W60 class whilst Seonaid Dudley retained her W70 title. Steve and Seonaid did the double by also winning their East Anglian League classes.

In the East Anglian League Mike Dudley did another double act with Seonaid by winning the M75 class. Tom Hemingway took the title in the M16 class and Louise Sime the W21 title. Mike Bickle M60 and Chris Morley M70 also won their classes.

At national events there were many outstanding Club performances and the irrepressible Ursula Oxburgh took the Compass Point W75 title. More details of club performances during 2011 and early 2012 will appear in Graham's Club Captain Report.

### **Club Organisation and Development**

2011 saw another busy year for those who dedicate themselves to the organisation and running of our Club. I often mention that orienteering has evolved dramatically over the past few decades with the advent of the electronic age and the need for development at grass roots level to ensure a healthy future of the sport. To sustain WAOC in both these directions we need an active committee and an innovative development subcommittee.

So I am pleased to offer my thanks to the members of both the Main committee and the Development subcommittee. I would thank Rakesh Chandraker for his continuing work as Secretary and Cath Pennington for her vital work as Treasurer. After four years in the job as Fixtures Secretary, Ian Lawson has decided to retire from the office. Events are the lifeblood of the sport and so on behalf of the club membership I would like to thank Ian for carrying out this key job with considerable commitment and success over the period. Ian's stepping down of course offers an opportunity for someone new to get involved in the club's organisation and operation. So, if you would like to join the team please let me or any committee member know as soon as possible.

I would also like to thank the many other committee members – our full complement is 16 - who carry out important jobs that keep the club alive and well. Some, like Anne Duncumb as Membership Secretary, have served for many years. Mike Capper has done a sterling job as editor of JabberWAOC then club's magazine that keeps the membership informed. But continuity can only be guaranteed if new people are willing to step in and next year we will be looking for a new editor as Mike stands down at the next AGM in 2013.

On the Development subcommittee front Chris still leads a very active team. We owe considerable thanks to Hazel Bickle, for example, for the very successful Summer

Afternoon series "of low key events for everyone" that was initiated in 2011 and which built on the former success of the SMILE events.

Under the excellent leadership of Peter Allen the Club Nights continue to thrive. A feature of 2011 was the closer collaboration with CUOC that has increased the breadth of innovation and variety with the activities. The involvement of Ben Windsor and Matthew Vokes has been most welcome and profitable for WAOC. Peter has worked hard fostering his team of coaches and planners and has succeeded in sustaining a popular club activity that has also brought new members into the sport and our club.

### **AGM 2012 Chairman's Awards**

One of the annual challenges for the Chairman is to pick out three club members deserving of the following. With so many outstanding performances and contributions to the club selecting the winners is not an easy task but I hope you agree with my choices for 2012.

### **Owl Trophy – Outstanding Senior**

The outstanding senior who in my opinion has deservedly earned the Owl Trophy Award is a lady who first came to my attention in 2010 when she achieved 3 Championship standards at National Events in W40. This year at the British Championships she finished 8<sup>th</sup> in W40 and only missed out on Championship standard by one place. In 2010 she became W40 East Anglian champion and this year repeated the achievement as W45 East Anglian champion. In the British Orienteering rankings she achieved the following:

BO	W45	29 <sup>th</sup> of 285 with 6197 pts
EAOA	W45	1 <sup>st</sup> of 20
WAOC 9 <sup>th</sup>		1 <sup>st</sup> lady

If you haven't guessed already, the award for 2012 goes to Rachel Pocock.



## **Chairman's Cup – Outstanding Junior**

The winner of the Chairman's Cup goes to an outstanding junior who achieved 4 Championship standards at National Events in 2010 in M14A. In the same year he was also M14A Midland Champion and 6<sup>th</sup> overall at JK 2010.

At the BOC this year he finished 19<sup>th</sup> in M16A. He was also a member of the WAOC M18 relay team with Thomas and William Louth that finished a very creditable 5<sup>th</sup> in the class.

The winner is a member of the EAOA Squad and like his father is a formidable endurance runner.

The award for 2012 goes to Tom Hemingway.

## **Tortoise**

The winner of this year's Tortoise award is not just in recognition for his service in his committee post but also for his all round capacity and willingness to help in a broad range of activities including at club events where you will often see him in the download tent keeping the entries and results flowing smoothly.

He has carried out his key committee job for four years and consequently has been instrumental in the continuing success of WAOC's major events. The job requires a range of skills, including organisational and persuasive communication. You should be able to guess that I'm talking about the Convenor's job and so this year's much-deserved winner of the 2012 Tortoise award is Peter Woods.

## **Tim Mulcahy**

### **WAOC Fixtures Secretary – Job Description**

The Fixtures Secretary (FS) has an important role to play in the club, since there would not be any events without the work done by him or her! Agreeing dates of fixtures with other East Anglian clubs, obtaining permissions and registering events are the main duties. It is an interesting job and involves liaising with a variety of people.

I have given further details below of the main aspects of the role.

#### Calendar of Events

The dates of WAOC's colour-coded and regional events need to be agreed about one year in advance, for example, dates of 2013 fixtures were decided by Jan 2012. Areas to be used and provisional dates are chosen by WAOC's fixtures sub-committee (which includes the FS) and put forward to the EA Fixtures Secretary who co-ordinates fixtures of all EA clubs. There is usually one meeting each year of EA Fixtures Secretaries at a convenient event in the region to sort out any date clashes. It is useful but not essential for the FS to go to this meeting.

#### Permissions

It is the responsibility of the FS to obtain permission for the club's principal events which are usually 8 colour-coded and 6 summer series each year. This involves contacting whoever owns or manages the land to be used, such as the Forestry

Commission, the National Trust or local authorities. Most of the communications to request permissions can be done by email. Some is done by letter and sometimes telephone calls are needed to chase people up! The club has a detailed list of contacts for all the areas we use so the FS does not have to search for this information.

### Registering Events

All our events from regional to mid-week evening ones need to be registered with British Orienteering both to give publicity and to ensure that they are covered by insurance. This is a straightforward process that is done on-line using the BO web site.

**Ian Lawson**

## **WAGAL 2012**

### **How are the points worked out?**

The WAGAL calculation starts with a 'raw' min/K speed, then modifies that value for course colour and then comes the big modification which is the age class of the runner. Finally this modified speed value is converted into points and the result is the best stab we can make at comparing orienteering performance at an event. You can access the full WAGAL table on the WAOC website but meanwhile here are the highlights.

### **Thetford Warren CompassSport Cup Regional Round**

The first WAGAL event of the 2012 season was the Thetford Warren event. WAOC had 59 runners which was a very good turnout and certainly contributed to our winning the regional competition so we now go on to the Final at Teviothead in the Scottish Borders on 30 September.

### **Top Ten at Thetford Warren CompassSport Cup**

1	Rachel Pocock	W45	1118
2	Steve Hinshelwood	M45	1109
3	Michael Bickle	M60	1102
4	Graham Louth	M50	1096
5	Tom Hemingway	M16	1087
6	Chris Morley	M70	1085
7	Colin Curtis	M75	1085
8	Frances Cooper	W45	1085
9	Dil Wetherill	M45	1082
10	Mark Salmon (also CUOC)	M21	1078

### **Comments**

Last year Steve just edged out Rachel for top spot overall, but Rachel was W40: now she's W45 we watch with interest. Mike Bickle is another top contender but I think that Colin Curtis and Frances Cooper may be a bit surprised to find themselves so far

up our rankings. Incidentally, Mark Salmon came 4<sup>th</sup> on the Brown course and was top scorer for WAOC on the Brown but he only just makes it into the top 10 of the WAGAL rankings.

**Next up was the event at Wimpole Hall:**

There were 47 WAOC runners which was a very respectable number. The top ten were

1	Janis Ryall	W60	1055
2=	Michael Bickle	M60	1053
2=	Sue Woods	W55	1053
4	Steve Hinshelwood	M45	1047
5	Dil Wetherill	M45	1046
6	Catherine Pennington	W60	1035
7=	David Cooper	M45	1031
7=	Neil Humphries	M50	1031
9	Hazel Bickle	W60	1025
10	Ben Green	M35	1024

**Comments** - No one scored over 1100 points this time. That was a very good run for Janis Ryall with Mike Bickle consistent as ever in 2<sup>nd</sup> place. Steve Hinshelwood was a bit slow this time and Rachel Pocock did not run. Again there are three M45s in the top 10.

**Next WAGAL event** is the Huntingdon Town Race on 21 April. You can pre-enter via Fabian 4 (much preferred) or turn up on the day. Come and run your socks off: I plan to calculate the WAGAL points very soon afterwards.

**Ursula Oxburgh.**

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**Minutes of the WAOC Annual General Meeting**

**17th March 2012**

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

Present: **Tim Mulcahy, Ian Lawson, Mike Bickle, Stephen Borrill, Seonaid Dudley, Helen Bickle, Hazel Bickle, Mike Dudley, Rakesh Chandraker, Gopal**



**Chand, Jaya Chand, Peter Allen, Bruce Marshall, Maria Marshall, Cath Pennington, John Marshall, Hester Dewhurst, Clare Dewhurst, Rachel Pocock, Anne Duncumb, Ursula Oxburgh, David Cooper, Frances Cooper, Todd Cooper**

### **1) Apologies for absence**

Louth Family; Woods Family; Steve Hinshelwood; Hemingway Family

### **2) Minutes of the last AGM 2011**

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

Motion for approval was proposed by Stephen Borrill and seconded by Mike Bickle.

### **3) Chairman's Report – Tim Mulcahy - see Chairman's Chat**

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

Unfortunately Graham was unable to attend the AGM and a Captain's Report will follow at a later date.

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

Club Treasurer Cath Pennington presented the annual accounts and thanked Peter Haynes for once again auditing the accounts. The meeting approved the accounts as presented with Hazel Bickle proposed the motion and Peter Allen seconded.

Once again the finances are in healthy state, despite concern last year about rocketing land use fees. Some events such as Rowney Warren exceed expectations and brought in more revenue and due to the investment in equipment the previous year SI hire costs are lower. On the other hand there are new costs associated with toilet hire. The committee has decided to again hold the costs of standard events at £8 (£6 for BO members) for time being.

In recent years the club has been fortunate enough to receive grants to help kick start the club nights' program. The last of these grants has now been received. To plan for the continued running of club nights a Future Coaching Fund has been established and the cost of a club night will rise to £2 to help make club nights' finances more self-sufficient. Fees for coaches who waive them are to be transferred to the fund.

Cath reported that the Huntingdon project funds were now close to depletion. Ursula raised the point that 2 OCAD licenses had been charged to this fund and that these costs should be absorbed by the club more generally. Instead, funds from the Huntingdon project should be used to extend and create further maps in

the Huntingdon area. It was agreed that this was a sensible proposal to look into.

Peter Allen expressed his thanks to Cath for her efficiency; Ursula extended her thanks to Cath and her predecessors.

## **6) Awards and Presentations 2011**

See Chairman's Chat

### **WAGAL Champions 2011** (based on a minimum of 3 events)

Junior men	1 Todd Cooper	2 Duncan Cooper	3 Ed Low
Junior women	1 Jaya Chand	2 Hester Dewhurst	
Senior men	1 Ben Holland	2 Ben Green	
Senior women	1 Helen Bickle	2 Sam Faircloth	
Veteran men	1 Steve Hinshelwood	2 Martin Scaife	
	3 Stephen Borrill		
Veteran women	1 Rachel Pocock	2 Seonaid Dudley	
	3 Sue Woods		

### **Summer Tuesday Evening Series 2011** (based on a minimum of 3 events)

Senior men	1 John Marshall	2 Ben Holland	3 David Cottingham
Senior women	1 Helen Bickle	2 Emma Holland	3 Sarah Boffey
Veteran Men	1 Peter Duthie	2 Bruce Marshall	3 Roger Horton
Veteran Women	1 Ursula Oxburgh		

### **Compass Point Masters - class winner**

W75 Ursula Oxburgh



### **East Anglian Champions 2012**

M18	Thomas Louth	M20	James Haynes
M45	Steve Hinshelwood		
W45	Rachel Pocock	W60	Jane Howsam
W70	Seonaid Dudley		

### **East Anglian League Winners 2011**

M16	Tom Hemingway	M45	Steve Hinshelwood
M60	Mike Bickle	M70	Chris Morley
M75	Mike Dudley	W21	Louise Sime
W70	Seonaid Dudley		

### **Juniors** - Colour coded badges

Erica Fox      White  
Ben Wetherill Yellow  
Ed Scaife      Orange

## **7) Election of Officers**

Rakesh Chandraker was re-elected by the meeting to serve another year as Secretary.

Proposed by Anne Duncumb and seconded by Ursula Oxburgh

Cath Pennington was re-elected by the meeting to serve another year as Treasurer.

Proposed by Hazel Bickle and seconded by Seonaid Dudley.

Tim Mulcahy was re-elected by the meeting to serve another year as Chairman.  
Proposed by Ian Lawson and seconded by Cath Pennington.

## **8) Officer Vacancies**

A number of committee members are stepping down over the coming months. The committee would be very keen to hear from anyone interested in taking up a position.

***Fixtures Secretary.*** After several years of making events possible through coordination with other clubs and land owners, Ian Lawson is stepping down from the role after the AGM. Tim offered his thank and recognition for the excellent work Ian has done in this area. A job description is available and Ian is happy to talk to anyone interested.

***Jabberwaoc Editor-*** Mike Capper does a fantastic job of editing and producing this valuable magazine. Mike is kindly giving a year's notice having run the magazine for the past four or five years.

***Chairman*** - It is customary for the Chairman to serve three year terms. This is Tim's third term so the next AGM would be expected to elect a new chairman.

***Junior Development Officer.*** This is a post that has been vacant for a while. However it is increasingly important to have someone focussed on the encouragement and development of junior orienteers in WAOC.

## 9) Any Other Business

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

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### Open Summer Clubnights

Weds evenings 18<sup>th</sup> April to 4<sup>th</sup> July inclusive. No meeting 6<sup>th</sup> June.

(Provisional , please check website nearer date [www.waoc.org.uk](http://www.waoc.org.uk))

Cool summer evenings and exhilarating orienteering. All most welcome, meet at location shown at 6.30 for 6.45 Here is a list of the places we hope to be:

Third and Fifth Weds of a month are a 5k,3k or 1.5k O course (starts 6.45 to 7.30 ish). Other Wednesdays are usually Cambridge College or University facilities we have been kindly allowed to use. Special treat is the Punt-O on 4<sup>th</sup> July (provisional date), where teams of 6 punt up the Cam collecting controls and occasionally a member of the team has to leave the boat and do a loop course in Central Cambridge or Coe Fen. Helen Bickle organises this year as her team usually wins so now is your chance... Preregister, for the Punt O and 18<sup>th</sup> April mapping, but, otherwise it is a "just turn up and enjoy" series of events.

Date	Location	
Weds 25-Apr 6.30 for 6.45 Ends 8.30pm	Coe Fen Meet at Trumpington Road opposite the Botanic gardens as we did in January Pin In The Map link: <a href="http://www.pininthemap.com/pp34ab3e9b9236e3d08">http://www.pininthemap.com/pp34ab3e9b9236e3d08</a>	Ursula (Seniors and Juniors) Exercises to improve orienteering skills for all. Novel extension and use of the fenced trees to SE of Coe Fen
Weds 2nd May 6.30 for 6.45pm Ends 8.30 pm	Centre for Mathematical Sciences Meet at University Athletics Centre, Wilberforce Road Here's your Pin In The Map link: <a href="http://www.pininthemap.com/ppc5cf069262998c782">http://www.pininthemap.com/ppc5cf069262998c782</a>	Tom Dobra Repeat of exercises planned in February but postponed due to ice and snow. Exploring the multi level environment with fully specified map
Weds 9th May 6.30 for 6.45pm Ends 8.30 pm	University West Site: updated map Meet at University Athletics Centre, Wilberforce Road Here's your Pin In The Map link: <a href="http://www.pininthemap.com/ppc5cf069262998c782">http://www.pininthemap.com/ppc5cf069262998c782</a>	CUOC tba
Weds 16th May	Girton College Here's your Pin In The Map link <a href="#">for road</a>	CUOC 5k,3k,1,5k courses

Starts 6.45 to 7.15 ish	journey to entrance: <a href="http://www.pininthemap.com/ppbab7e4ea5e8da7510">http://www.pininthemap.com/ppbab7e4ea5e8da7510</a>	
Weds 23rd May 6.30 for 6.45 to 8.30	Milton Country Park New Permanent Course	TBA
Weds 30th May 6.30 for 6.45 to 8.30 pm	Impington Village College and local area. 1;4000 new map	5k,3k and 1.5k courses on new extended map
Weds 13th June 6.30 for 6.45 start	St John's Playing Field Here's your Pin In The Map link: <a href="http://www.pininthemap.com/ppdb9f1721b14488017">http://www.pininthemap.com/ppdb9f1721b14488017</a>  <b><i>Go direct to pedestrian entrance to St John's playing field in Clarkson Road</i></b>	Use of the City's biggest playing field for an evening of woodland and open orienteering. Tba in more detail
Weds 20th June 6.45 to 7.30 ish starts tbc	Mildenhall North Exact meeting place tbc	Half term outing 5k+, 5k, ,3k and 1.5k courses
Weds 27th June 6.30 for 6.45 to 8.30	Burrell's Field and Old Field Meet at University Athletics Centre in Wilberforce Road	TBA
Weds 4th July (tbc)	Punt O Meet at Trinity Punts at 6.30 for 6.45 Finishes with a picnic at 9.00. <b>Need to preregister so we can hire right number of punts: detailed arrangements published around 19<sup>th</sup> June.</b>	Helen Bickle Last year's format was as follows but may be new this year. Grand summer celebration in this popular event. Teams of 5/6 punt up the Cam collecting controls and occasionally a member of the team has to leave the boat and do a loop course in Central Cambridge or Coe Fen

## NEWS FROM TVOC LAND

*"Some of you might remember Blanka and Mark Collis, ex-members of WAOC who have since moved to TVOC lands. We're pleased to announce the safe*

*arrival of W0 Emma Teresa Collis (3.03kg/6lb 11oz), born on Saturday 3rd March at 7.33pm. Her first O experience was being admired in the assembly area of the Varsity Match, and she is already looking forward to her first string course! See you in the forest somewhere!"*



### **University of the Third Age courses this summer**

At the same time as the clubnights there will be two U3AC courses and here are the details. Sometimes they are at the same place as the clubnights but on some occasions they are on a separate site. Here are the course synopses just for your interest.

#### Course one

**Map reading is fun.** Tutor Peter Allen May 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> :6.45 to 8 pm

Ever struggled a bit with reading a map? Like to pick up a few tips? Three Wednesday evenings this summer we will show you some ways to help.

**Weds 9<sup>th</sup> May** 6.45 to 8.00 pm Meet University Sports Centre, Wilberforce Road. Using a 1:25000 ordnance map to explore area between Cambridge W and the motorway: essentials of the Ordnance Survey 1:25000 map

**Weds 16<sup>th</sup> May** 6.45 to 8.00 Meet car park Wimpole Hall. Using a 1; 25000 O.S. map to find clear ground to map catching points. Sophisticated map reading with contours for those who wish.

**Weds 23<sup>rd</sup> May** 6.45 to 8.00 University Sports Centre, Wilberforce Road. A theory session to bring together all aspects of Ordnance Survey map Use. Some brief mention of other maps like Harvey Mountain Maps or Orienteering Maps which give more detail and arguably a better representation of some areas. Planning a route from a map and the reverse, using a map to always know where you are. You will leave confident of either never being lost again or possibly being always able

to find yourself when you do get lost through a lapse of concentration!

### Course two

**Orienteering.** Tutor Peter Allen and coaching team from local orienteering club  
Weds 30<sup>th</sup> May, 6<sup>th</sup> June, 13<sup>th</sup> June, 20<sup>th</sup> June 20<sup>th</sup> June, 27<sup>th</sup> June, 4<sup>th</sup> July: 6.45 to 8.00 p220<sup>th</sup> June, 27<sup>th</sup> June, and 4<sup>th</sup> July

Orienteering is navigating on foot to find places marked on a special map with lots of detail. Last year's successful introductory course will be repeated, but for those who came last year we will provide more techniques to use and opportunity to practise what you learnt. Locations may include Girton College, Centre for Mathematical Sciences, Fellows Garden at Burrell's Field next to Library, University West Site, Impington Village College, and Central Cambridge and Coe Fen based from a punt moving up the river (picnic included here). We love to explore the hidden parts of Cambridge!

Fee of £2 per session to cover cost of maps.

You will leave knowing that using a map can be a healthy thought sport for people of all levels of fitness and pace of jogging or walking: all speeds catered for!

### Late May

To coincide with Park Run on a Saturday morning at Milton Country Park. Immediately after the park run (5k) we intend to run an introductory orienteering activity for the general public, with timing, results, and follow up.

## **British Sprint Championships at York University**

Of course I planned to go to these so the first thing to do, well before finding accommodation or entering, was to ferret out a relatively cheap return train ticket. Fortunately on Saturday the Sprint heats did not start very early so I was able to travel up from Cambridge on the day (6:57 train). When start times were put on the web I realised that I had loads of time in York before taking the bus out to the University so I was able to buy my favourite sandwich from M&S. That was just as well as there were 1 hour queues at the one food & drink outlet on campus!

Last year mine was the only W75 entry for the Sprint: this year there were 4 entered but only 3 of us ran because the fourth runs round the University on a regular basis and so could not compete. With so few entrants we knew that we would all run in the A Final so there was no pressure in the heats: just as well as I did not have a distinguished run, to put it mildly. All went well to 6 but then I visited 8, 7, 8, 9 etc and to add insult to injury, having realised that my next to last control was up a hill I went up a relatively distant hill from which I looked back and saw my control quite clearly on what would have been a much nearer hill, and this in full view of Rachel Pocock and her mum, Rae Lomas, who had run the course in two thirds the time it took me! Rachel, who had not been able to start at the Midland Championships because of a deep calf injury and who had hoped that it was adequately healed for this weekend, unfortunately missed out a control in her heat which naturally she ran in a time that would have easily qualified her for the A Final.

At the Sprints there is always a very long lunch break for Age Class runners as the Elite leave the finish area at 1 minute intervals to jog down to the start, first the W and then the M and once they have all finished their runs the rest of us troop off to the start. Most of us use this time to sit around, eat our lunch and fight our way to the front of the crowd to find our start time for the afternoon. In the Finals age classes start at 1 minute intervals with the slowest first, so after my heroic efforts in the morning I went off first, immediately behind Eileen Bedwell, the sole W80 and in front of Ruby Campbell (CHIG) with Sue Birkinshaw (MDOC but WAOC in the dim and distant past) going out last of the W75s. Needless to say, we know one another very well. Ruby is the grandma of Alice, Caitlin and Dylan and mother of Rob Campbell (all formerly WAOC) and Sue knows everyone. I was well aware that both of them go a lot faster than I do but there is nothing to do about that now – had I only made one mistake in the morning I would have gone out last instead of first and might have had them in my sights rather than snapping at my heels.

Our course was I think the best Sprint course I have ever had, with 15 controls in 1.5 Km so speed of route choice was most important. I made no real mistakes though there was the odd hesitation and went as fast as I could but about 2/3 of the way round Ruby caught up with me and, for all my efforts, by the Finish she had gained a further 5 seconds. Sue lost quite a lot of time on number 7 so she came third. We were all there for the medal ceremony and all got, along with our medals, fantastic BOF red, white and blue Buffs – my best prize ever. Had I been fitter .....



Because the maximum number in the A Final is 18, in the bigger age classes it is extremely difficult to make the A Final: Graham Louth (4<sup>th</sup> on M50B) and Mike Capper (8<sup>th</sup> on M55B) had top B finishes.

### **British Middle Championships at Strensall Common (near York)**

Nicola Gardner (WAOC but living in Scotland these days) found me a lift from York out to the Middle Race: it was with Alistair Hindle who was also WAOC in the dim and distant past but now lives in Edinburgh. He belongs to a car club with cars in



Edinburgh but also York and had booked a car which was parked about 10 minutes from where I was staying. We made our way out of York using my Ipad map and stopped to pick up someone who had just got off a bus and was planning to walk in.

I did not feel competitive on the Middle day – just as well as I arrived at the timed start 10 minutes late! The event was held on a common which had trees scattered over it so part was mapped as rough open and part as rough open with scattered trees and then there were white and green patches. The only vegetation mapping which was any help was the patches of green which were obvious on the ground and also good to run through as the going was much less rough than the rest. I plodded round: no mistakes and no speed. At one point I saw Sue moving on a sub-parallel course and going faster than me and again Ruby caught me up about 5 controls from the end but this time I could not keep up with her. Having not run at all out on the common I was able to manage a run into the finish. The good weather persisted, so visiting the traders and hanging around as the Elite finished was pleasant enough and just as I was getting ready to look for Alistair for my lift back to York the Louths offered me a lift all the way back home!

## **Ursula Oxburgh**

Editors' note – both the sprints and middles were well organised and highly enjoyable events. Here are maps from both events.

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### **Why you should always carry a whistle...**

I was taken by this report on a USA orienteering site....it couldn't happen here... could it?

It was Joshua Reyes' luck that while he was supposed to be navigating through the Withlacoochee State Forest with his JROTC buddies he would lose his cell phone.

His mistake led him to saving another cadet's life.

The Springstead High School sophomore was supposed to be competing in an orienteering competition Saturday, where cadets are tasked with finding points on a map — in order — and race for a finish line.

While Air Force Junior Reserve Officer Training Corps teens from across the state raced through the state forest with only a map, compass and water bottle, Reyes was losing time looking for his lost phone.

And then became lost himself.

But during that time, Reyes heard a faint whistling sound — one that is supposed to signal that a JROTC member is in need of help. That is when he

stumbled upon Micah Robinson.

"He'd fallen face first into a cactus and he had those little quills all over his hands and stuck in his face all around and inside his mouth," Reyes said. "I helped pick the quills out of his hand, but as he stood up, he was dizzy. I knew I had to get him back."

With a mile-and-a-half to walk, Reyes used his map and chose a route that, while longer, would provide the safest terrain for the two to travel. Careful to avoid Robinson's injured hands, Reyes held onto him and began the long walk back.

Once they arrived back to their starting point, Robinson was having trouble breathing. He was taken by ambulance to a nearby hospital. Reyes however had little time to rest as paramedics needed a sample of the cactus to be sure what Robinson had been infected with.

"I was actually lucky that (Robinson) had dropped his map where he had fallen," Reyes said. "When we got back to the area, we were able to find exactly where he fell."

At the hospital, a nurse told Reyes' mother Margaret, that had he not gotten Robinson back when he did, Robinson could have died from his allergic reaction to the cactus.

"Thank God Josh lost his phone or he never would have heard Micah's cry for help," Margaret said in an email to Hernando Today. "Josh, myself and my husband, Tony, waited with Micah until his parents drove from Tallahassee to pick him up and Josh and Micah became good friends."

On Monday, Col. Sheri Andino, head of the SHS Air Force JROTC program, said she is proud of Reyes and is recommending him for the Air Force Silver Valor Award, which is given to cadets for "a voluntary act of heroism."

"He definitely went above and beyond that day," Andino said. "Josh didn't hesitate to drop out of the competition to help a fellow Air Force JROTC member in need, and help him get the medical attention he needed. He should be proud."



## **LATEST BOF RANKINGS**

1 (62 -1)	Simon Gardner	WAOC	1988	M	7531
2 (138 -10)	Thomas Louth	WAOC	1994	M	7344

3 (293 -4)	Steve Hinshelwood	WAOC	1964	M	7075
4 (562 -34)	Graham Louth	WAOC	1962	M	6685
5 (641 -16)	James Haynes	WAOC	1993	M	6605
6 (809 -19)	David Cooper	WAOC	1963	M	6434
7 (896)	Mike Capper	WAOC	1955	M	6341
8 (922 +246)	Iain Stemp	WAOC	1965	M	6313
9 (943 -65)	Michael Bickle	WAOC	1948	M	6296
10 (1046 -18)	Rachel Pocock	WAOC	1967	F	6197

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## Dates for your diary over the coming season

This really is a peak time for taking part in orienteering competitions in its many different formats. The Nopesport Urban League and the Masters' Cup are up and running and provide varied competition in different parts of the country.

The WAOC Huntingdon Urban Race is the first in a new Urban series – the South East Urban Orienteering League - <http://cityrace.org/seoul/> - Lots of opportunities here for orienteering in towns and cities across the South East of England!

The forthcoming bank holidays provide interesting opportunities, especially the Jubilee 4-day break in June. You really are spoiled for choice –

There is a four day event in Scotland (<http://www.scottish-orienteering.org/soc2012>) which looks great fun, or you could spend 3 days orienteering in Cornwall (<http://www.tamartriple.org.uk/>), including some top quality O on spoil heaps on the edge of Dartmoor (more fun than it sounds), as well as a sprint-O around Exeter University.

I suspect most WAOC-ers will be enticed by the 4 day event in Surrey - <http://www.mvoc.org/Jubilee2012/home.htm> - this should be great fun and again there is a mix of events to suit all abilities. If you haven't ever tried a multi-day event, this would be a good one to start with!

Don't forget also to look out for midweek events put on by other local clubs. Both LEI (<http://www.leioc.org.uk/>) and LOG (<http://www.logonline.org.uk/wp/>) to the north have regular races and Happy Herts put on a series of weekly ARC (Adventure Running Club) races which are score events in different (generally) urban locations – I have done a couple and they are really good fun - <http://www.happyherts.org.uk/> Races such as these are great for trying out different techniques and are certainly much more enjoyable than training alone.

## Mike Capper

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## Fixtures

Fixtures have been taken from the BOF and EAOA fixture lists as of April 3<sup>rd</sup> 2012. A full list of events is available on the BOF web site where you can find more

information on the events listed below. Always check before travelling.  
[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) )

April		
21st	WAOC EAOA Level C	<b>Huntingdon Town Race</b> , Huntingdon Town Centre, Huntingdon, <a href="#">TL241716</a> Entry times: 11.30am to 1.00pm. No dogs allowed. Organiser: Ian Lawson , ianh.lawson@ntlworld.com <a href="http://www.waoc.org.uk">www.waoc.org.uk</a>
22nd	HAVOC EAOA Level C	<b>Thorndon North SWELL Event</b> , Thorndon North Country Park, Brentwood, <a href="#">TQ611914</a> Dogs: If under control. Organiser: Tim Jones , juniorrep@orienteering-havoc.co.uk <a href="http://orienteering-havoc.co.uk">orienteering-havoc.co.uk</a>
May		
13th	SOS EAOA Level C	<b>Hylands Park Colour Coded inc. ESSOL and EA School Champs</b> , Hylands Park, Chelmsford, <a href="#">TL680047</a> Entry times: Registration between 10.00 and 12.00. Starts between 10.30 and 12.30. Dogs: Dogs under control are permitted on courses. Organiser: Edwin Banks , banksy.eddie@gmail.com , 07766 131771 <a href="http://stragglers.info">stragglers.info</a>
13th	SMOC EAOA Level D	<b>Keyne-O</b> , Howe Park Wood, Milton Keynes, <a href="#">SP829344</a> Organiser: Karen Vines <a href="http://www.smoc.info/">www.smoc.info/</a>
20th	SUFFOC EAOA Level D	<b>Chantry Park Local ( limited) Colour Code Event</b> , Chantry & Gipperswk Parks , Ipswich, <a href="#">TM139442</a> Entry times: Starts: 10:30 to 12:30 - Registration from 10:00. Dogs: Dogs welcome but must be kept under control. Organiser: Simon Hooton , s.hooton@phonecoop.coop <a href="http://www.suffoc.co.uk">www.suffoc.co.uk</a>
20th	HAVOC EAOA Level D	<b>Try Orienteering - Brentwood, Essex</b> , Thorndon Country Park, Brentwood, <a href="#">TQ607915</a> Entry times: 11am to 2.30pm. Dogs: To be kept under control and please clean up after them. Organiser: Janet Biggs , secretary@orienteering-havoc.co.uk
24th	SOS EAOA Level D	<b>SOS Summer Evening Series 1</b> , Hilly Fields, Colchester Organiser: Colin West , colin@grovehillhouse.wanadoo.co.uk , 01206 322905 <a href="http://stragglers.info/home/index.php">stragglers.info/home/index.php</a>
24th	HAVOC EAOA Level D	<b>Street-O, Brentwood</b> , Warley and South Brentwood, Brentwood, <a href="#">TQ593921</a> Entry times: 6.30pm to 8pm. Dogs: To be kept on a lead. Organiser: Janet Biggs , secretary@orienteering-havoc.co.uk
June		
7th	SOS EAOA Level D	<b>SOS Summer Evening Series 2</b> , Admirals Park, Chelmsford Organiser: Emma Johnson , duckfacefeet@hotmail.com , 01245 442866 <a href="http://stragglers.info/home/index.php">stragglers.info/home/index.php</a>
10th	NOR EAOA Level D	<b>NOR Informal Score Event and AGM</b> , Holt Hall, Holt, <a href="#">TG079398</a> No dogs allowed. Organiser: Pat Bedder , alanb.noroc@btinternet.com <a href="http://www.norfolkoc.co.uk">www.norfolkoc.co.uk</a>
10th	SMOC EAOA Level D	<b>Keyne-O</b> , Caldecotte Lake, Milton Keynes, <a href="#">SP887355</a> Organiser: Ros James , ros.james@btinternet.com <a href="http://www.smoc.info/">www.smoc.info/</a>
10th	HAVOC EAOA Level D	<b>Langdon Hills Score Event</b> , Langdon Hills Country Park, Basildon, <a href="#">TQ697858</a> Entry times: 10am to 12noon. Dogs: Dogs must be kept under control. <a href="http://www.orienteering-havoc.co.uk">www.orienteering-havoc.co.uk</a>
17th	SOS EAOA Level C	<b>SOS Hatfield Forest Colour Coded Event</b> , Hatfield Forest, Bishops Stortford <a href="http://stragglers.info">stragglers.info</a>

21st	SOS EAOA Level D	<b>SOS Summer Evening Series 3</b> , The Broaks, Halstead Organiser: Daniela Brohm , danielabrohm@gmx.de , 01787 829294 <a href="http://stragglers.info/home/index.php">stragglers.info/home/index.php</a>
<b>July</b>		
5th	SOS EAOA Level D	<b>SOS Summer Evening Series 4</b> , Notley Country Park, Braintree Organiser: Edwin Banks , banksy.eddie@gmail.com , 01376 321658 <a href="http://stragglers.info/home/index.php">stragglers.info/home/index.php</a>
8th	SOS EAOA Level D	<b>SOS Relays Highwoods Colchester</b> , Highwoods Country Park, Colchester Organiser: Geraldine Russell , grmrussell@gmail.com , 01206 272761 <a href="http://stragglers.info">stragglers.info</a>
8th	SMOC EAOA Level D	<b>Keyne-O</b> , Great Linford, Milton Keynes <a href="http://www.smoc.info/">www.smoc.info/</a>
19th	SOS EAOA Level D	<b>SOS Summer Evening Series 5</b> , Danbury Common, Danbury Organiser: Rhiannon Ware , rhiannon.ware@virgin.net , 01206 826152 <a href="http://stragglers.info/home/index.php">stragglers.info/home/index.php</a>
<b>August</b>		
19th	SMOC EAOA Level D	<b>Keyne-O</b> , Campbell Park, Milton Keynes <a href="http://www.smoc.info/">www.smoc.info/</a>
<b>September</b>		
9th	HAVOC EAOA Level C	<b>Weald SWELL Event</b> , Weald Country Park, Brentwood, <a href="http://TQ573940">TQ573940</a> Dogs: Dogs to be kept under control.
16th	WAOC EAOA Level D	<b>Mildenhall South Colour Coded</b> , Mildenhall, <a href="http://TL740741">TL740741</a> <a href="http://www.waoc.org.uk">www.waoc.org.uk</a>
30th	WAOC EAOA Level D	<b>Amphill Park Colour Coded</b> , Amphill Park, Amphill, <a href="http://TL023381">TL023381</a> Dogs: Dogs allowed if kept on a lead. <a href="http://www.waoc.org.uk">www.waoc.org.uk</a>

### 2012 WAOC Fixtures

September 16, 2012	<a href="#">Mildenhall South</a>	Local	<a href="#">TL745740</a>
September 30, 2012	<a href="#">Amphill Park</a>	Local	<a href="#">TL024382</a>
October 21, 2012	<a href="#">Mildenhall North</a>	District	<a href="#">TL735752</a>
November 25, 2012	<a href="#">Maulden Woods</a>	District	<a href="#">TL074393</a>

### ***Greensands Ridge Relay 2012***

June 23rd is [Greensand Ridge Relay](#) day again. If you would like to be part of a relay team that covers 33 miles from Leighton Buzzard to somewhere else (I've forgotten but there's a pub and they do a bbq) then please email me (address below). WAOC have entered for most of the last ten years. The route goes through some of our areas: Ampthill & Maulden and skirts another: Chicksands. We need six runners to split up the 33 miles with some legs as long as 8 miles and some 5 miles. The race is a handicap race so everyone is welcome. Basic navigation skills useful but you can recce the route in advance if necessary. I will enter a team (or two) if there is interest.

Steve

[steve.hinshelwood@ntlworld.com](mailto:steve.hinshelwood@ntlworld.com)