



West Anglian
Orienteering
Club



JABBERWAOC

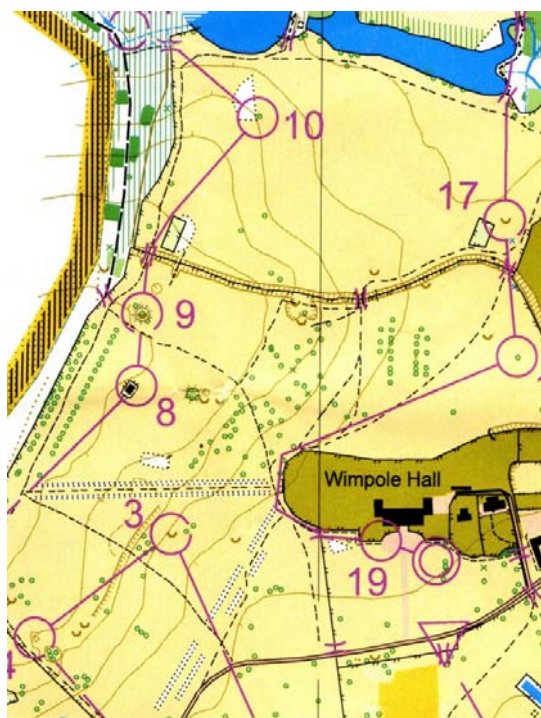
Vol.43 No 4

December 2015

Sunday 3rd January 2016

Wimpole National Trust Orienteering Challenge

and New Year Score Event



Extract from Blue course September 2015



The north front of Wimpole Hall viewed from the park
(Photo from www.nationaltrust.org.uk/wimpole-estate)

A New Year event at Wimpole Hall for all your family and visitors.

The Challenge course is a 45 minute score with 4 additional activities: giant Jenga, velcro archery, anagram solving and speed bounce at some controls in addition to the kite and SI control box. This will test physical dexterity or mental quick thinking, giving the chance to earn extra points. The mass start is at 09.45 Details at <http://www.waoc.org.uk/n.humphries/waoc/details/2016-01-03-Wimpole.php> and <http://www.nationaltrust.org.uk/events/5c359f67-b174-4ff0-8f35-19e449803fc2/pages/details>

There will also be a 45 minute score course and a yellow(ish) standard course to start at 10.45 – 12.30

This will allow runs for all the many volunteers needed to help this event to be a success.

Editorial:

Important: An **Emergency General Meeting** will be held at 7.40pm on Thursday 21st January 2016 to vote on changing the WAOC constitution to allow the AGM to be held in March or April and for the 14 days notice to be given on the WAOC Website rather than in writing. See page 11 and Chairperson's Chat.

The **2015 WAGAL Champions** are given on page 16 and a further design for a new WAOC top on page 5. Peter Duthie gives his comparison of the aims and direction for Parkrun and British Orienteering (page 8) Peter Allen talks about the Summer Series and Bruce has a Christmas Puzzle for you plus usual articles and event fixtures, I hope you all enjoy reading this issue of JabberWAOC.

Dates for your Diary: 13th March – Compass Sport Cup Heat; 25-28th March – JK in Yorkshire; 16th April – AGM.

Wishing you and all your family happy orienteering and a merry Christmas, Hazel Bickle next copy by 1st March, please

Chairperson's Chat – Peter Woods December 2015

New Year event at Wimpole Hall

We were pleased with the turnout for our low key event at Wimpole held over the New Year holiday at the beginning of this year, and we will be offering similar courses this coming New Year, on 3rd January 2016. There will be a course of about Yellow standard, and a 45-minute score course.

Both of these are entry on the day, turn up and run.

Unlike last year, we are combining this with a mass start "Orienteering Challenge" course with pre-entry on Fabian4. This is part of a series set up by the National Trust and British Orienteering, aimed at fit non-orienteers who are looking for something slightly different from a regular running race or park run.

The Challenge course is also a 45 minute score course, based on the same controls as the informal version, but with some additional non-orienteering activities: at some of the control locations, instead of there simply being a kite and SI control box to punch, there will be an activity that will involve physical dexterity or mental quick thinking, with the chance to earn extra points.

This presents the organiser with some logistical difficulties. We need one or preferably two people to look after each of the 4 additional challenges: giant Jenga, velcro archery, anagram solving, and speed bounce, over the 45 minutes or so that runners will be out on the Challenge course. In addition, NT have requested that we provide car parking marshals for 45 minutes or so before the mass start.

We also need to manage the mass start itself, ensuring all entrants have picked up their pre-allocated hire dibber, have a map, and are properly briefed. We will need a marshal to look after one of the gates on the estate road, which needs to be opened for the mass start. And we'll need to get the results sorted as soon as the last runner is home so that we can have a brief closing ceremony with the award of prizes.

Any of us are able to enter the Challenge course if we choose, but this event will only work if we have enough volunteers willing to run the score course after helping

whilst the Challenge course is under way. Anyone helping in this way can run the score course for free.

Behind the scenes at Bush Heath

Our event at Bush Heath benefitted greatly from being able to use the Caravan Club site for parking and registration. This was down to the cooperation of the Caravan Club's own volunteers – when the site is open all of the staff there are unpaid volunteers. For our event, a couple came the night before and used their own leaf blower to clear the deep drifts of leaves that covered the driveway and the area we used for registration, as well as removing bollards, opening up the gates, and locking everything up again after we had left. They told me that each spring before the site re-opens, the leaf clearing operation involves 30-40 volunteers.

Lost and found

We all know what it's like, I think, to fail to find a control where we think it should be on the ground. Those taking part in the Summer Series event in Milton in June 2012 certainly experienced this feeling, not because of any shortcomings in map-reading or navigation, but because some controls had been uprooted and thrown away. Several of these controls were never recovered, and were believed to all be on the lake bottom, but I received a call a few weeks ago from someone walking in the Country Park who discovered one of our control boxes in the undergrowth. This unit turned out to be still in perfect working order, and is now once more in use as part of our club kit. As well as restoring one's faith in the good nature of people in general, this sets a record of 3 years 3 months to find a control. I've had legs in Epping Forest that have seemed like that, but can anyone better this?

Your free run voucher is now an E-run voucher

You may have noticed that we are offering on-line pre-entry to more and more events. The main reason for doing this is to ease pressure on the registration team, and cut down risk of people having to queue to register, especially when registration first opens. It also saves work on the day for the download team and helps ensure we capture details like BOF numbers which are necessary to earn national ranking points. An unexpected benefit seems to be that having online entry can increase numbers attending, even if only about 50% of those taking part actually pre-register. The event gets listed on Fabian4's website, so maybe this helps to publicise it, or maybe pre-entry simply gives people the opportunity to commit to coming to the event. In any case, we intend to continue to use Fabian4 to provide pre-entry for all our level C events.

We offer a free entry to an event as a way of saying thank you to anyone who has helped previously as an organiser, planner or controller. Up to now, this system has involved the recipient remembering to print out the voucher that Cath has emailed to them, and remembering to bring it with them to the event. From now on, anyone with a free run will be able to enter online for free as well.

Hinchingbrooke Country Park

Please save the date of the 16th April 2016. This is the day we have planned for our AGM next year, to coincide with the first Summer Series event of the season. We are hoping that we can also combine this with an "official opening ceremony" for a revised and refurbished Permanent Orienteering Course there.

This may not sound too revolutionary an idea, but our club constitution states that our AGM must be held before the end of March each year. So as to ensure we don't contravene our own regulations, we are taking steps to revise the wording of the constitution in advance of the April date. Elsewhere in this edition you will find formal notice of the intended AGM and also the EGM we will need to hold to make the change to the wording [page 11 – Editor]. At the same time we are proposing to reword the constitution so that we are not required to send a written notification to anyone by post, so that we can notify via our website. This will give us much greater flexibility in future in where and when we hold our AGM. I do not remember if WAOC has ever needed to convene an EGM before, but I hope this explains what's going on.

If anyone has any questions or concerns about what we are proposing, please contact me.

WAOC Committee

Chairman:	Peter Woods (01223 721433) peter_woods@ntlworld.com	Secretary:	Rakesh Chandraker (01223-440319) rakesh.chandraker@ntlworld.com
Treasurer:	Cath Pennington (01223 2333931) cath_pennington@hotmail.com	Captain:	Graham Louth (01223 246145) graham@louths.org.uk
Junior Captain:	Thomas Hemingway	Fixtures Secretary:	Bob Hill (01487 834183) bobhill76@yahoo.co.uk
Convenor:	Helen Hague (012230249449) helen.hague@ntlworld.com	Mapping Secretary:	Neil Humphries (01462 434859) n.humphries@ntlworld.com
Membership Secretary:	Anne Duncumb (01223 843064) memsec@waoc.org.uk	Equipment Officer:	Caroline Louth (01223 246145) caroline@louths.org.uk
Website Maintainer:	Ben Holland 07787 508093 ben.holland@thirdlight.com	Publicity:	vacant – would you like to fill this role?
Jabberwaoc Editor:	Hazel Bickle 01223 842416 hjc1000@cam.ac.uk	Colour-coded Awards:	Ian Smith (01920 822421) smithfamilypuckeridge@hotmail.com
Junior Coordinator:	vacant – would you like to fill this role?	Development Chairman	Chris Morley (01223 316400) ctm1@cam.ac.uk

Subs time again! Thank you to those of you who have already renewed your WAOC/BOF sub. We hope you will all want to continue your membership of WAOC.

BOF members should have received their renewal notices by now - so what about doing it this weekend? It's really easy and quick on line.

Club only members will find a renewal form in with their magazine - or I will email a copy to those of you who read J/W online.

Welcome to **New members:**

Peter and Heather Lund and family (Emma W14 and Freya W11) from Girton, Cambridge

We hope you will enjoy orienteering with us.

Anne Duncumb (WAOC membership secretary)

Colour Coded Awards– Ian Smith

Light Green – Emile Zsak

Do contact Ian smithfamilypuckeridge@hotmail.com to claim your award when you have 3 colour-coded runs shorter than the par-time.

New Club Top

Two further designs suggested for a new WAOC top. Jason Dunning sent in this version using the Siven Sports website, (<http://www.sivensport.com/>). The tops are made of a micro polyester functional fabric (wicking, etc), which is fast drying and lighter weight than conventional O-Tops.



Spring Club Nights

Wednesday night training sessions will restart in January with a term of preparation for the JK, including a mixture of sessions concentrating on sprint, long and relay skills.

Training restarts with the Indoor MicrO Championships on Thursday 14th January. It is on a Thursday as the Athletics Centre is not available on a Wednesday (Astronomy training will also be on another day of the week - to be confirmed). The Championships with unique control sites and oodles of control boxes is a fantastic

and not too serious chance to practice quick thinking – although there are prizes so you can choose to take it seriously.

If you prefer longer courses – watch out for the Long O across Cambridge West, Therfield contour training during half term week and the courses at Cambourne.

Date	Location	Training
Thurs 14 th Jan	Athletics Centre	Indoor MicrO Championships
20 th Jan	Girton College	Visualisation
27 th Jan*	Churchill	Bearings
3 rd Feb*	Jesus Green and Northern Streets	Relocation
10 th Feb*	Cambridge West	Long O
17 th Feb*	Therfield Heath	Contours
23 rd /25 th Feb*	Astronomy & Madingley Rise	Race techniques
2 nd Mar*	Downing Site	Race techniques
9 th Mar*	Burrells Field	Control descriptions quick
16 th Mar*	Cambourne	Courses

* Awaiting confirmation of permission.

Costs and timings remain as last term. Further details are put on the website and emailed to the club night list before each session. If anyone would like to be added to (or dare I say it - taken off) the club night's email list, please contact me.

Helen Bickle (clubnights@waoc.org.uk)

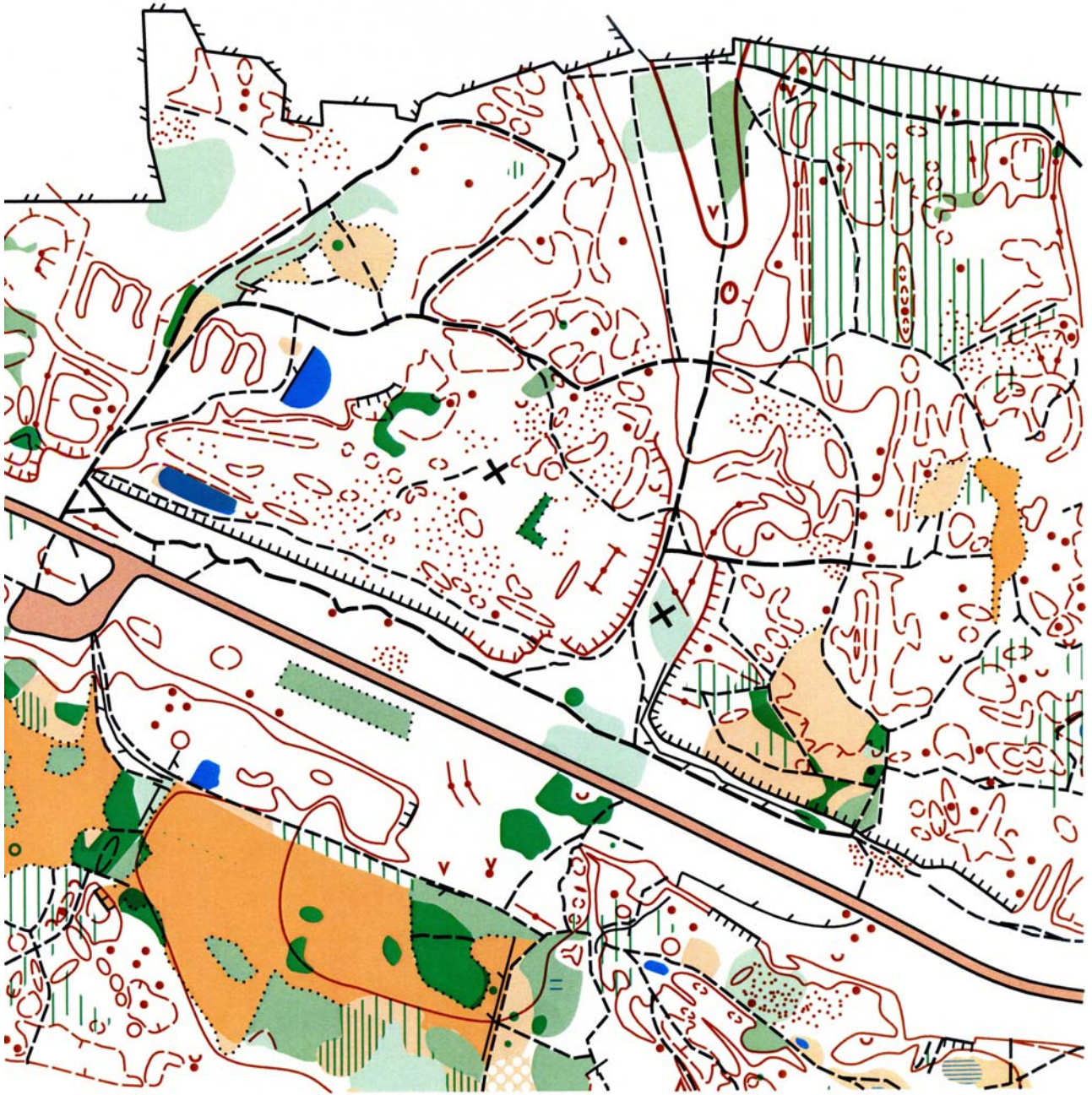
Training tip:

Ok this time it may be a case of do as I say rather than what I do but if you are the competitive sort then read on:

- 1) With few competitions out there - this is the ideal time to build up stamina so why not plan a few longer runs over the Christmas holidays.
- 2) With the excuse of short days why not try armchair training instead of, or as well as, braving the cold. You can search the results page on the British Orienteering website to find events with Routegadget (which you might have run at or not). Then have a go at virtually running a course from the comfort of your armchair and seeing if the competitors went the same way as you would have (you can also learn from their mistakes).

Christmas Puzzle – Bruce Marshall

Hidden in this map is a 4 digit number. Can you find it?



Colour version on WAOC website www.waoc.org.uk if preferred but not essential!

Solution on page 16

ParkRun with WAOC – Peter Duthie

The Autumn / Winter edition of Orienteering Focus dropped onto my doormat the same day as Hazel's email request for JabberWAOC input arrived. I've yet to read it all (the rather more appealing Fellrunner magazine arrived the next day) but the Chris James 'Something Old Something New' report on the future of our sport brought me up rather short. Having spent several summer and autumn weekends visiting various orienteer-friendly parkruns around the Eastern Counties (single lap, mostly grass, scenic locations - I especially recommend Tring and Sheringham - both O-venues) it makes an interesting exercise to compare this vision for orienteering (concerned about an ageing demographic) with the reality of parkrun (still growing rapidly) today.

'Develop courses for all (event) officials'

Though the events are clearly simpler, Parkrun seems to manage with on-the-day briefings for volunteers. Do we really want to suffer course attendance before being allowed to volunteer for a Sunday colour code? Volunteering is recognised as one of parkrun's successes - so why does orienteering seem to want to put off the casual volunteer?

'Dynamic and vibrant prizes'

No prizes at parkrun - and traditionally none in our forest events. Do we want to encourage elitism and materialism or is taking part and achieving your potential not enough? Why should youth and a good draw in the genetic lottery mean yet more 'things' to be paid for by those less favoured?

'Entry fees which encourage professionalism' and 'Throw off the image of a cheap sport'
Sponsorship clearly helps, but the 'free on the day' approach at parkrun does not seem to put people off. Professional organisation is fine for the professional organisers, but expensive events for their own sake seems to be an unwelcome trend. Comparisons with triathlon seem flawed to me - the MAMILs who will pay £100+ for a tri entry might think twice if this were a weekly race fee multiplied by four for a family. Triathletes tend not to race as often as orienteers. And why volunteer if others are taking payment from these inflated fees?

'Finish close to a sports centre even if the planning is compromised'

Though parkrun organisers do like a good cake, it is the quality of the course which comes first. Panshanger parkrun manages with a coffee van and a monthly WI cake stall in the car park. Do we really want a 2km run in just to finish by the showers? How many WAOC / EAOA areas would fit this requirement? A lack of changing rooms does not seem to have affected parkrun popularity, even for traditionally less exhibitionist older female runners.

'Reduce age group competition'

Though we all run the same course (younger juniors apart), the age group comparison in parkrun seems to be a popular way to recognise age and gender. Sue Woods and Mike Bickle regularly appear near the top of the Wimpole rankings, but can be pushed down colour code results when younger faster orienteers choose to run blue or green.

'Many of our members would wish to retain current event ... formulation. However ...'

Parkrun is a new kid on the block, but does seem to listen to the Saturday customer (70,000+ most Saturdays in the UK and growing). It feels to me increasingly that BOF is trying to appeal to non-orienteers to the detriment of those who already compete - reminding me uncomfortably of the current financial services industry marketing model.

The saving grace is that colour code events in East Anglia will probably continue much as today, whatever the doubtless well-meaning 'reformers' at BOF might aspire to do to our sport.

So M55 rant over, what are the latest stats for our WAOC parkrunners? Looking at Wimpole, we now have two wearing black 100 tees, four in red 50 shirts, two in junior grey 10 tops and 23 more besides running for WAOC (not counting those running under their running club names). We have seen 568 runs completed at Wimpole to date under the WAOC name. Cambridge adds another 257 runs and 29 runners - some of whom have not run at Wimpole. Your author has now completed 22 different parkruns, but Steve Hinshelwood has the most impressive statistic with 54 volunteering stints. It has been good to see a good few new WAOC faces joining us to enjoy 'the hill' at Wimpole since the last JabberWAOC article appeared. The number of UK parkruns continues to increase, not least to try to ease the pressure on the busier events (Cambridge regularly attracts up to 500). Latest numbers are 375 5km parkruns plus another 76 junior 2km events. Rutland Water and Holkham are two recent parkrun starts which I fancy trying in 2016 ... More details can be found at www.parkrun.org.uk (or indeed www.parkrun.com if you are travelling abroad).

Our Thursday night runner numbers are down a little at present with two of our regulars posted to Antarctica (sadly no parkrun at Halley VI - at least not yet) and headlamps being de rigueur for most outings, but the warm pub is all the more welcome after a wintry run. Come and join us either in the New Year or after the clocks change in the Spring.

Publicity – Seonaid Dudley

"I note no-one has offered to take on the 'Publicity Officer' post, so I hope no-one minds that I have kept on with sending articles to the Hunts Post and Cambridge News. The latter are very good and Guy usually puts my offering in the Sat edition. He's only missed one out this year, which he cobbled together with the following week's.

If Rachel Pocock or the Wetherills do well, I also send to the Hitchin, Stevenage Comets and the Royston Crow, with unpredictable results. The Hunts Post is very insular and only interested in local folk. The Hemingways are now concentrating more on running, which leaves only a few members.

I don't put in stuff every week, and am sorry that I missed out the recent EA Schools Champs, which I didn't notice until I had a larger article to send.

An apology to the Hague boys who came out as 'Hughes' when they won their medals at the Nat Schools Score Champs, not me!

I have managed one picture printed, that was Ursula when retaining her W80 title (and 5th overall) in the UK League, which came out on Saturday 28th Nov. I need to take more individual pics, the papers like them better if actually competing but, as Mike is now competing again, he isn't around in the forest!"

ORIENTEERING

Oxburgh retains her national league crown

WEST Anglian's super octogenarian Ursula Oxburgh has retained her W80 National UK League title with a total of 496 points from a maximum of 500.

This puts Oxburgh (pictured right) fifth overall nationally.

The club finished in 31st place from a total of 107.

The rest of the 15 strong team were Dil Wetherill, Ron Oxburgh, Chris Morley, Catherine Hemingway, Guro Harstad, Oliver Hague, Nicola Gardener, Janet Cronk, Mike Capper, David Cronk, Rob Campbell, Mike Bickle, Helen Bickle and Graeme Ambler.

The league comprises the prestigious championship events nationwide, in long, middle and short distances together with night and urban events.

The penultimate race in the East Anglian League took place in King's Forest, near Thetford.

West Anglian had 11 class winners who scored the all-important 100 points – Janet Cronk, Helen Hague, Seonaid Dudley, Daniel Hague, Campbell, Brian Cowe, Gjermund Vingerhagen, Wetherill, Alun Roberts, Morley and Mike Dudley.

Other results: Chris Brown third; Sean



Blanchflower fourth; Emile Zsak and Sam Hague both fifth; Alex Wetherill and David Cronk both seventh; Sue Woods eighth; Stephen Borrill ninth; Capper 11th; Jemima Borrill, Peter Woods and David Cooper all 12th; Elizabeth Roberts, Poppy Roberts and Hally Hardie all 13th; Alison Cowe and Robin Bourne both 14th; Pieter de Konig 15th; Peter Duthie 16th; Ruth Vingerhagen 17th; Ian Smith 18th; Oliver Hague 19th; Peter Ryall 23rd; Jenny Hunt 24th; Colin Curtis 25th; Phil Hague 34th; Jason Dunning 35th; Peter Allen 50th and John Harris 51st, on their respective courses.

Young Simon Vingerhagen finished seventh on the non-scoring white course.

■ The next club event is on December 6 at Rowney Warren, near Shefford. Go to www.waoc.org.uk for more information.

IMPORTANT:

An Emergency General Meeting (EGM) will be held at 7.40 on **Thursday 21st January 2016** prior to the scheduled WAOC Committee Meeting. Please contact our Membership Secretary for the location.

This very brief EGM will be to vote on three proposed amendments to the current (2009) WAOC constitution:-

1. Clause 5 (a) to read:-

"The Annual General Meeting shall be held between 1st March and 30th April each year as decided by the committee."

2. Clause 5 (b)

Replace

"At least 14 days notice in writing shall be given to all members of the Club of the intention to hold the AGM or an Extraordinary General Meeting, and the agenda shall accompany this notice."

with

"At least 14 days notice shall be given, by posting on the club website, of the intention to hold the AGM or an Extraordinary General Meeting, and the agenda shall accompany this notice."

3. Delete Clause 5 (c) if point 2 is accepted since the constitution would no longer require notice to be sent in writing.

"It shall be deemed sufficient if any notice or document that under this Constitution is to be circulated in writing is sent, to arrive by the due date, by email to all those members who have given the Club an e-mail address and by post to all other members."

Every member of WAOC is welcome to attend the EGM and exercise their right to vote on these proposed amendments.

The **Annual General Meeting (AGM)** will be held at Hinchinbrooke on 16th April 2016 after the Summer Series Event and will include the prize giving, election of officers and the usual AGM agenda.

The date and agenda for the AGM will be reconfirmed by email message/website posting closer to this date.

The Constitution of the West Anglian Orienteering Club

This revision of the WAOC Constitution was adopted by the Annual General Meeting held on 7 March 2009 at St Matthew's Church Hall, St Matthew's Street. Cambridge.

1. Title and Purpose

- The Club shall be called the "West Anglian Orienteering Club".
- The Club shall be a member of the East Anglian Orienteering Association (EAOA) and shall be affiliated to the British Orienteering Federation (BOF).
- The objects of the Club shall be
 - to promote the sport of orienteering by offering coaching, recreational and competitive opportunities to everyone in Bedfordshire, Cambridgeshire and surrounding counties.
 - to ensure that everyone, both now and in the future, receives fair and equal treatment in all aspects of orienteering

2. Management

- a. The affairs of the Club shall be conducted by an Executive Committee, which shall meet and act as required for the efficient conduct of the Club's affairs, but in any event not less than twice yearly. This committee shall carry out the decisions of the AGM or any general meeting. An appropriate officer shall maintain a minute book and record in it the names of those present and the business of the meetings. A quorum shall consist of at least five members of the committee.
- b. The Executive Committee shall consist of:
 1. The Chairman
 2. The Secretary
 3. The Treasurer.

These shall be known as the Officers of the Club and shall be elected annually at the AGM.

- c. The Executive Committee shall have the power to:
 1. Appoint additional officers (voting)
 2. Constitute sub-committees as deemed necessary
 3. Fill any vacancy that may occur amongst the officers.

3. Membership

- a. Members of the Club shall belong to one of four classes:
 1. Individual members.
 2. Family members – who join together.
 3. Group members – groups which cater for activities other than orienteering and whose members compete on an occasional basis.
 4. Youth groups and educational establishments – all the members except leaders must be under 21 on Dec 31st in the year of membership.

- b. Membership shall be valid for a period of one year subject to payment of the subscription appropriate to the class of membership.
- c. Membership fees are payable annually and are due on 1st January each year. The membership of any individual or group whose fee has not been paid by 31st March shall be deemed to have lapsed. New affiliations received after 1st October will count for the following year.
- d. Each of the classes of membership 1, 2, 3 and 4 shall be entitled to one vote at any AGM or General Meeting.

4. Finance

- a. The financial year of the Club shall be the Calendar Year. The accounts shall be balanced at 31st December each year and submitted, after independent audit, to the AGM.
- b. The auditors of the accounts shall be appointed by the Executive Committee.
- c. The audited accounts must be circulated with the notice of the AGM.
- d. All cheques written against the Club shall be signed by two Officers of the Club, of which one shall be the Treasurer.

5. Annual General Meeting

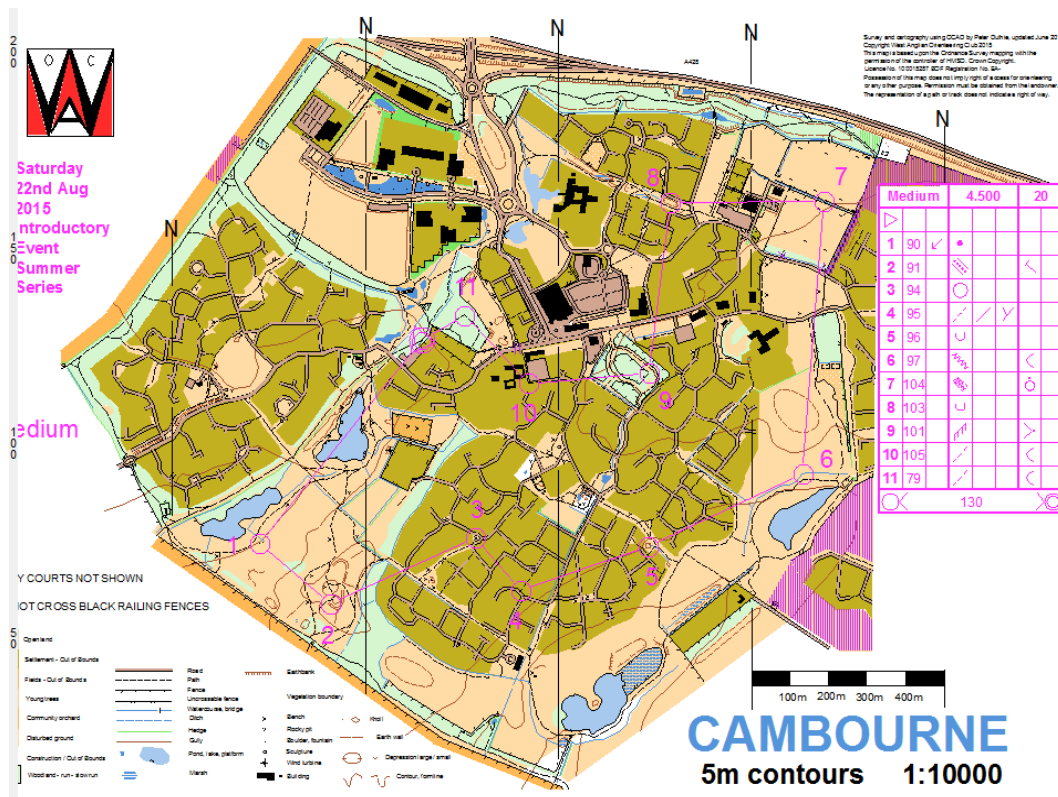
- a. The meeting shall be held not later than 31st March each year.
- b. At least 14 days notice in writing shall be given to all members of the Club of the intention to hold the AGM or an Extraordinary General Meeting, and the agenda shall accompany this notice.
- c. It shall be deemed sufficient if any notice or document that under this Constitution is to be circulated in writing is sent, to arrive by the due date, by email to all those members who have given the Club an e-mail address and by post to all other members.
- d. An Extraordinary General Meeting may be called by the Executive Committee, or on application in writing to the Secretary supported by at least 10% of the total voting membership of the Club.

6. The Constitution

- 1. Any amendment to the Constitution shall be proposed in writing to the Secretary at least one calendar month before the General Meeting at which it is proposed to introduce the amendment.
- 2. A written copy of any proposed amendment shall be circulated with the notification of holding a General Meeting.
- 3. Any amendment to the Constitution shall be effected by a simple majority of an AGM or EGM of the Club.

Summer Series: Cambourne August 2015

Saturday Morning Introductory event - Peter Allen



General

This is a brief article to encourage members to either plan a summer series event or take part in it. They are good fun, held in daylight and have good facilities. Long, medium and short courses are on offer.

Looking at the medium course above it is as good as any green course on a winter's Sunday. Bring your novice friends to have a go as the short easy course is safe for juniors.

Particular

The new map of Cambourne is accurate, clear, and consistent and the convenor decided to use it for the Summer series. Cambourne is an area with a large open hill and open connected spaces that are interspersed by housing areas. Orienteering wise this is probably the best way to look at it. However the housing has its merits especially an intricate network of rural tracks/paths within it which are themselves challenging.

Eventually the planner opted for the main courses to be on the open areas, but incorporating the best housing areas with complex paths and complex decision points for some controls.

Overall

Please support the 2016 series in whatever way you can, if you are at home, and you will find it very rewarding.

Ursula's (M)utterings

I had no idea when I wrote my September (M)utterings that they would be headed with a lovely picture of the brand new British Orienteering W80 Night Champion trophy. I have been running and sometimes winning the British Night Champs for a number of years now. This, however, is the only time that I have had a trophy as up to now the oldest class trophy for women is W70 – there are older M ones, but then there are more M competing than W. All unbeknown to me your committee contacted BOF and suggested that the club could provide a W80 trophy and BOF was agreeable to that. So now I have a beautiful bowl that has been turned by Hally Hardie, founder member of WAOC and a former committee member of very long standing and which has been engraved with my name and club. So the W80 Night Champion Trophy is very much a WAOC affair and I am very proud to have my name on it. Very many thanks to both Hally and the committee.

So how is my night orienteering progressing on my way to defending my trophy at the 2016 British Night Champs next February? Having missed the club night event on Therfield Heath due to injury, I bought a new battery for my head torch (the old one failed after 65 minutes at the British Night Champs last year) and turned my attention to the SE Night Champs in Ashridge and then the Southern Night Champs on Holmbury Hill down in Surrey and after abysmal efforts on both occasions I am really beginning to question my sanity in continuing to run night events at all! I fear that running round Coe Fen or Churchill College in the dark, although great fun, turns out to be poor preparation for the rough and tumble – yes, I experienced both – of proper forest at night.

Now for something completely different and my favourite weekend of the year. I had been looking forward for a long time to the DEE Sprint Weekend, with a forest sprint on Saturday afternoon, followed by a night sprint in Chester. On Sunday there was a sprint round Chester in the morning and round a hush hush venue in the afternoon which turned out to be an army barracks – we had to produce photo ID to get in to run. It could all be done by public transport, via Liverpool being much cheaper than via Chester, but there was still the matter of 3.5 K walk in to and out of the forest, as well as movement round Chester. So, after consultation with the co-ordinator, train tickets were booked and my trusty folding bike was incorporated into the complex schedule, along with a considerably pared down backpack. It was quite a surprise to find that Helen Bickle was on the same train from London so we were able to change onto the metro line together. She nobly accompanied me + bike up and down escalators and stairs when I realised that I had neglected to buy a ticket but I must admit that when we arrived at Bromborough station I set off on my bike, leaving her to walk the 3.5 K! Well I did have an early start and she a late one.

The forest sprint was good fun, quite long (W65+ won in 21 mins) but a good sprint course on a very good area, which included former bear pits and a very defunct swimming pool. I had decided not to run the night sprint in order to be fresh for the Sunday but I think it was probably enormous fun as it was more long micro-sprint than a regular sprint, with those who needed them being issued with dibbers capable of coping with more than 50 controls as different classes ran different numbers of courses to and fro and round a Victorian park. The Chester Sprint was marred for me by my picking up the map for Course 4 rather than 5 and not noticing it until download but nothing could detract from running clear across a Roman amphitheatre – that is truly a first and I savoured it to the full. Mine was a very good course round a lovely city with a couple of tricky controls in the Rows themselves and I thoroughly enjoyed it. Everyone had 4 hours between their morning and afternoon start time so back to my indulgent hotel to shower and pack up, then off to find lunch and then bike up to the outskirts of Chester for the afternoon sprint, which was truly the highlight of the weekend. I made sure I picked up the right map this time and it was brilliant – short, fast and furious – my first true UK sprint - and won in just under 12 mins.

Now I have decided to discuss e-cards.

First EMIT cards: having suffered greatly with unresponsive EMIT controls and unresponsive EMIT cards I bought my first EMIT card, a refurbished Series 3, with a display that indicates a successful punch, just 2 months ago and used it at the November Classic weekend – I loved it as much as one can love EMIT!

Now to SI cards. I bought my first red SI card in 1999 at around the time of the previous Scottish World Orienteering Champs. I fell on that one, which broke the plastic bit and exposed the chip and I was a bit miffed to discover that I had to buy a new one. That was lost from my finger in Ashdown Forest on a cold and frosty day a few years later so I bought another one, along with a fine elastic wristband, which has secured my SI cards ever since. I had many years of use from this but eventually dropped it in Burrell's Field while not using it during a Wednesday night training session and failed to find it despite a thorough search the next day. At this point there was a number of cards on offer, costing from £29 with just 30 punches to £49 for one with a flash, 132 punches and very fast. I went for an intermediate one at £40 with 53 punches, no flash, fast (but not very fast) and a personalised number and I love it, particularly its speed and my personal number. This dibber does not need to go right into the hole in the control to register so particularly in urban events and sprints when the hole may be partly filled by grapple wire it makes dibbing a dream – and fast which gives me confidence when I am running at my limit.

Quiz Solution: The answer is 2649 in roman numerals.

Club WAGAL Positions at http://www.waoc.org.uk/n.humphries/waoc/wagal_index.htm
where the best 4 scores at the following events count:
Croxtton, Compass Sport Cup, Ferry Meadows, Therfield, Bush Heath and Rowney.

2015 WAGAL Champions

Junior Men	Sam Hague
Junior Women	Caitlin Dunning
Senior Men	Stephen Borrill
Senior Women	Guro Harstad
Veteran Men	Graham Louth
Veteran Women	Helen Hague
SuperVet Men	Neil Humphries
SuperVet Women	Janet Cronk

BO Ranking list: at <http://www.britishorienteering.org.uk/page/rankings>

WAOC FIXTURES 2016 - Bob Hill

3 January	Wimpole National Trust Orienteering Challenge and Score	Level D
21 February	Thetford Warren	Level C
16 April	Summer Series Hinchingsbrooke Park	Level D
7 May	Science City Double Urban Sprints	Level C
18 June	Summer Series Wimpole Hall	Level D
30 July	Summer Series Cambourne	Level D
20/21 August	Summer Series Venue TBC	Level D
18 September	Amphill	Level D
8 October	Ely City Urban	Level C
6 November	Mildenhall	Level C
4 December	Maulden	Level C

Correct on 15th December 2015

Events

EAOA Events have been taken from the EAOA fixture lists as of 9th December 2015. 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)

2016

January

1st	SOS EAOA Level D	New Year Novelty , Sudbury Meadows, Sudbury, TL862410 Organiser: Katie Martin
3rd	WAOC EAOA Level D	Wimpole NT Orienteering Challenge , Wimpole Hall, Royston, TL343511 Organiser: Helen Hague WWW.WAOC.org.uk
3rd	WAOC EAOA Level D	Wimpole New Year Score event , Wimpole Hall, Royston, TL343511 Organiser: Helen Hague WWW.WAOC.org.uk
10th	SOS EAOA Level C	SOS Colour Coded & ESSOL , Hilly Fields, Colchester
17th	NOR EAOA Level C	NOR Colour Coded , NT Sheringham Park, Sheringham, TG139410 Entry times: 10.15 to 12.15. Dogs on Lead (Livestock in Parkland). www.norfolkoc.co.uk
17th	DVO EMOA Level C	EM League , Eyam Moor, Eyam, SK210778 Organiser: Richard Needham derwentvalleyorienteers.org.uk/

- 24th HAVOC **HAVOC Colour Coded**, Hornchurch Country Park, Hornchurch,
 EAOA [TQ535848](#)
 Level C Organiser: Janet Biggs, fixtures@orienteing-havoc.co.uk
- 31st LEI **EM League**, Hicks Lodge, Leicester, [SK328156](#)
 EMOA Entry times: 10.30am to 12.30pm. Dogs on lead.
 Level C Organiser: Stephen Chafer, stephenchafer@aol.com

February

- 7th SOS **SOS Colour Coded & ESSOL**, The Broaks, Halstead
 EAOA Organiser: Nancy Powell Davies
 Level C
- 14th SUFFOC **SUFFOC Colour Coded and EAOA Championships**,
 EAOA Tunstall Forest, Woodbridge Organiser: Rod Mansel
 Level C
- 21st WAOC **WAOC Thetford Warren Colour Code Event, Thetford**
 EAOA Warren, Thetford, [TL839842](#)
 Level C Organiser: Catherine Pennington www.waoc.org.uk
- 27th LEI **British Night Championships (UKOL)**, Cademan & Thringstone
 EMOA Woods, Loughborough Dogs on lead.
 LevelA Organiser: Chris Phillips, onecp47@gmail.com, 0116 255 0330

March

- 5th HAVOC **HAVOC Colour Coded**, Bedfords Park, Havering-Atte-Bower,
 EAOA [TQ520924](#) Entry times: 10.00 to noon. Dog to be kept under close control.
 Level D Organiser: Gillian Edgar
- 6th SMOC **SMOC Keyne-O**, Shenley Wood, Milton Keynes, [SP823356](#)
 EAOA www.smoc.info
 Level D
- 6th NOR **NOR Colour Coded & Yvette Baker Eliminator**,
 EAOA Lynford Forest, Thetford, [TL813941](#) Entry times: 10.15 to 12.15.
 Level C Dogs on lead. www.norfolkoc.co.uk
- 13th EAOA **CompassSport Cup Heat, Hatfield Forest, Bishop's Stortford**
 Level B Organiser: Edwin Banks
- 20th SMOC **SMOC Brackmills and EA League**, Brackmills, Northampton,
 EAOA [SP781586](#) Organiser: Dorien James
 Level C

April

- 16th WAOC **WAOC Summer Series, Hinchingsbrooke, Hinchingsbrooke**
 EAOA Level D
- 17th NOR **NOR Colour Coded**, Norwich
 EAOA Level C
- 17th SMOC **SMOC Keyne-O**, Ouzel Valley, Milton Keynes, [SP886370](#)
 EAOA www.smoc.info

Level D

- 24th DVO **EM League Event - Calke**
EMOA **Abbey**, Calke Park, Derby
LevelC dvo.org.uk
- 24th TVOC **TVOC Chiltern Challenge**, Wendover Woods, Aylesbury, SP891100
SCOA
LevelB Organiser: John Dalton www.tvoc.org.uki

May

- 7th WAOC **Science City Double Urban Sprint Races**, Cambridge
EAOA **Science Park and North Cambridge**, Cambridge
Level C Organiser: Helen Bickle
- 8th HAVOC **HAVOC Thorndon Country Park North**, Thorndon Country
EAOA Park North and Harts Wood, Brentwood, TQ607915
Level C Entry times: 10.00 to 12noon. Dogs: Dogs to be kept under close control.
- 15th SOS
EAOA **SOS Colour Coded & ESSOL**, Hockley, Southend
Level C
- 22nd NOR
EAOA **NOR Try O**, Norfolk
Level D
- 22nd SMOC **SMOC Keyne-O**, Loughton Valley Park, Milton Keynes, SP827394
EAOA
Level D www.smoc.info

June

- 5th NOR
EAOA **NOR Summer Series**, Norfolk
Level D
- 5th TVOC **TVOC Regional Event & SCOA League, Kings Wood,**
SCOA **High Wycombe**
Level C
- 12th NOR
EAOA **NOR Summer Series**, Norfolk
Level D
- 18th WAOC **Wimpole Hall WAOC Summer Series, Wimpole Hall,**
EAOA **Royston**
Level D
- 19th NOR
EAOA **NOR Summer Series**, Norfolk
Level D
- 19th SOS
EAOA **SOS Colour Coded & ESSOL**, Danbury Park&Lakes,
Level C Chelmsford

- 25th SMOC
EAOA Level C **SMOC Milton Keynes Urban and Keyne-O**, Westcroft/Howe
Park Wood, Milton Keynes, SP830345
- 26th NOR
EAOA Level D **NOR Summer Series**, Norfolk
- July**
- 10th SMOC
EAOA Level D **SMOC Keyne-O** , Great Linford (TBC), Milton Keynes, SP852420
www.smoc.info
- 10th SOS
EAOA Level D **SOS Two-round sprints**, The Naze, Walton
- 30th WAOC
EAOA Level D **Summer series**, Cambourne, Cambourne
Organiser: Lesley Roberts

Jan Kjellström International Festival of Orienteering 2016



Yorkshire 25th March - 28th March <http://www.thejk.org.uk/>

Entries for JK2016 are now open! Enter before the first price increase deadline of 14 January 2016 to get the best deal.