



West Anglian
Orienteering
Club



JABBERWAOC

Vol.31 No. 3

June 2003



*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

This edition has fewer articles than previous editions, but you just didn't provide me with enough and I can't write them all myself. Hopefully next time you'll be writing in with your experiences of the Scottish 6 Days or other holiday experiences.

This edition includes an update on the training weekend - the date has changed since the last edition. Also there are some more tips from Hally on saving seconds and a summary of the JK and the British Champs. If you've never attended the JK or the British, they are great fun and a good way to get to know other members of the club. We normally have a club meal at the JK, but due to the fact that this year some of us drove each day as it was quite close to home, we decided not to have a meal. However, some of us met in pubs back in the Cambridge area in the evenings, particularly on the last day when everyone was returning home. I am sure there will be a club meal at the Scottish 6 Days, an event which should provide some excellent orienteering.

Happy reading.

Julia Wotton

Next Copy Date

3rd August 2003

WAOC Membership Information

NEW CLUB MEMBERS

We extend a warm welcome to:

Rakesh and Anita Chandraker and family (Sushruta W11 and Mihir M6)	from Milton, Cambridge
Michael and Katherine Firth and family (James (M10), Jessica (W9) and Laura (W5))	from Cambridge
Julian and Fiona Winn	from Dunstable

Also to:

Peter and Kathy Haynes and family (James M10 and Matthew M8)	from Cambridge
Justin Wickersham	from Meppershall, Beds

who have rejoined the club after a break of several years.

We hope that you will all enjoy orienteering with us.

Anne Duncumb

LOSING OLD MEMBERS

This summer we are losing some valued members of the club. The Taylor family are leaving the area and moving to Devon as Adrian has a new job at Exeter University and the Campbells are moving to the Cleveland area as Rob takes up a new headship at a school there.

Both of these families have represented WAOC in various relays and the children have also taken part in various junior competitions. We shall definitely miss them. See Junior Jabber for some photos of some of the junior Taylors.

From all of WAOC, good bye and good luck. No doubt we shall see you at some event somewhere.

WAOC O Tops – Update

There has been very little response to our request for your opinions on the club O tops. We had one suggestion of adding the name WAOC on the back. Anne Duncumb looked into this and discovered it would cost £1:50-£2:00 extra per top. The committee felt this was rather expensive and have decided to make no changes. So unless you are happy with the existing design, please make your feelings known.

Chairman's Chat

Now that the BOC and JK are behind us the focus switches to the Scottish 6-days at the end of August. This year it is based about 30 miles west of Inverness in the market town of Forres. This area has a lot of fond memories for me as it was in nearby Lossiemouth that I spent several holidays with my parents as a child. My mother is from the town and met my father when he was based at nearby RAF Kinloss. The airbase still exists and is still very active with Nimrods providing maritime reconnaissance. There is also the airbase at RAF Lossiemouth that has Tornado's plus the Sea King search and rescue team. It also claims to be the largest and busiest of all the RAF bases!

The 2 orienteering areas being used that I remember most are Lossie and Roseisle. Although parts of Lossie has houses built on it now I can still remember taking my grandmother's dog for walks in the wood (known locally as 'the hillocks') but I don't think that particular 'local knowledge' is going to help me much when I compete there as it is reputed to be one of the best areas in the country. The 'hillocks' can all look the same so close contact with the map will be required. When we were not on the beaches at Lossiemouth we would sometimes go to the beach at Roseisle. This bay has several miles of sandy beaches and if the sun is shining it can warm up the water in the bay to a more welcoming temperature especially after a hard run in the tree covered sand dunes.

This area of coastline often can have its own climate with blazing sunshine on the beaches whilst 10 miles inland to the south it can be raining hard. The views across the Moray Firth can be stunning, especially at sunset when you get the backdrop of the hills of Sutherland. If you are lucky you may also see dolphins in the Firth, I have only seen them once but maybe I just haven't been looking in the right place.

If you are going to the 6-days this year, I am sure that you will enjoy what the area has to offer.

Neil

Vacancy – Events Convenor

This is an important role within the club as the convenor is primarily responsible for ensuring that all our events have the 3 officials of planner, organiser and controller that are required to ensure they run smoothly. If we do not have the officials for the events then we will need to consider cancelling some of them.

The role can either be open ended or for a fixed term (e.g. just for 2004), so if you are interested in helping the club please contact me or any other committee member.

Remember – if we do not have the officials, we will not have the events.

Neil

Captain's Corner

Here are some recent event reports compiled by the Captain, Ian Renfrew with additions by Julia Wotton.

The JK

This year's JK took place near Bracknell and many WAOC people took part. The 1st day was at Hambleden Woods. This is a very runnable area although quite hilly and the times were very fast. The 2nd day was at Star Posts which is generally not so steep but there were plenty of re-entrants and spurs and the times were also fast here. For the elites, day 1 was a short event with day 2 being much longer. Congratulations to Rob Campbell who did a respectable time in M21E although being M35. Here are the WAOC results of the individual days:

Class Name	Overall (position)	Day 1	Day 2
M10A Thomas Louth	41:28 (7)	23:55(8)	17:33(9)
M10A Duncan Taylor	55:35 (14)	37:04(14)	18:31(11)
W10A Alice Campbell	45:49 (5)	24:48(5)	21:01(5)
W10B Caitlin Campbell	43:53 (14)	16:32(12)	27:21(15)
W12A Sophie Louth	90:15 (17)	48:18(20)	41:57(17)
W12A Katrina Taylor	-	dnr	63:54(29)
W12A Katy Woods	-	67:32(n/c)	dnr
W12B Katrin Sengerova	51:08 (8)	27:10(4)	23:58(11)
M14A Jamie Taylor	95:41 (10)	50:43(16)	44:58(6)
M14A Edward Louth	102:49 (16)	52:44(20)	50:05(14)
M16A Simon Gardner	152:22 (36)	85:54(42)	66:28(32)
M16A Martin Humphries	-	dnr	118:36(50)
W16A Clare Woods	102:55 (13)	52:53(13)	50:02(16)
M18A Peter Gardner	147:58 (19)	75:47(20)	72:11(19)
W18A Helen Gardner	95:11 (5)	49:22(6)	45:49(5)
M21E Robert Campbell	148:08 (34)	41:37(55)	106:31(29)
M21L Rolf Crook	169:23 (7)	84:27(3)	84:56(11)
M21L Ali Robertson	198:44 (25)	98:41(22)	100:03(34)
M21L Alistair Hindle	-	110:56(39)	dnr
M21S Justin Wickersham	129:11 (17)	61:50(12)	67:21(28)
M21S James Hodson	140:57 (30)	73:44(39)	67:13(26)

M21S	Mark Collis	144:24 (33)	69:39(27)	74:45(40)
W21L	Blanka Sengerova	158:00 (19)	80:39(17)	77:21(20)
W21L	Leonie Brown	-	dnr	84:33(23)
W21S	Katie Penny	102:29 (5)	50:19(2)	52:10(11)
W21S	Penny Bickle	117:16 (20)	61:20(18)	55:56(21)
W21S	Helen Fraser	124:20 (23)	65:56(23)	58:24(25)
W21S	Helen Bickle	-	dnr	76:36(46)
W35L	Julia Wotton	147:51 (16)	74:15(15)	73:36(17)
M40L	Neil Humphries	169:54 (35)	85:38(38)	84:16(39)
M40L	Mark Wadeson	217:27 (71)	106:21(76)	111:06(72)
M40S	Graham Louth	120:55 (17)	61:56(19)	58:59(18)
M40S	Peter Simpson	-	108:59(55)	dnr
W40L	Caroline Louth	187:01 (42)	93:37(49)	93:24(43)
W40S	Helen Taylor	196:48 (26)	95:39(26)	101:09(29)
M45L	Adrian Taylor	129:32 (31)	63:35(29)	65:57(39)
M45L	Mike Capper	160:52 (92)	84:59(113)	75:53(79)
M45L	Anthony Wadeson	182:42 (117)	94:09(132)	88:33(118)
M45L	Peter Woods	188:01 (122)	85:13(114)	102:48(131)
M45L	Ian Smith	188:08 (123)	88:59(125)	99:09(129)
M45S	Ian Lawson	148:07 (53)	73:08(54)	74:59(58)
W45L	Nicola Gardner	130:07 (42)	66:02(39)	64:05(46)
W45L	Sue Woods	140:50 (56)	69:18(52)	71:32(61)
W45S	Jitka Sengerova	127:38 (23)	67:13(23)	60:25(28)
M50L	Richard Beard	132:08 (13)	67:41(15)	64:27(14)
M50L	Peter Howsam	183:38 (112)	92:58(113)	90:40(117)
M50L	Martin Senger	235:06 (131)	127:37(141)	107:29(133)
M50L	Chris Brown	-	dnr	68:54(34)
M50S	Bruce Marshall	128:33 (26)	63:20(24)	65:13(35)
W50L	Lindsey Freeman	104:46 (6)	52:24(5)	52:22(5)
W50L	Noreen Ives	128:19 (23)	65:46(30)	62:33(24)
W50L	Jane Howsam	173:50 (56)	81:38(55)	92:12(58)
W50S	Maureen Weldon	82:44 (2)	40:24(1)	42:20(6)
W50S	Maria Marshall	125:15 (18)	65:34(21)	59:41(19)
W50S	Hazel Bickle	134:55 (25)	74:36(29)	60:19(20)
M55L	Malcolm Mann	138:52 (23)	68:56(17)	69:56(30)
M55L	Michael Bickle	153:34 (48)	72:29(34)	81:05(72)
M55L	Tony Bishop	173:44 (82)	84:32(75)	89:12(91)
M55L	Fred Northrop	201:53 (104)	111:27(114)	90:26(93)
W55L	Satu Peregrine	-	dsq	dsq
M60L	John Wickersham	138:58 (34)	69:39(31)	69:19(36)
M60L	Hally Hardie	144:10 (43)	73:42(46)	70:28(40)
M60L	David Peregrine	-	70:05(34)	dsq
M65L	Colin Curtis	153:56 (52)	65:42(35)	88:14(63)
W65L	Ursula Oxburgh	153:13 (15)	75:18(13)	77:55(15)
W70L	Anne Duncumb	164:24 (8)	83:11(9)	81:13(8)



The club tent at the JK relays

It seemed like record relay entries at the JK this year with 13 teams entered from WAOC, a great effort before we even started! The area used was Hambledon Woods again (as for Day 1), a great area of the Chilterns, very fast, 5 mins/km for the Men's Open, mainly open woodland in a large spur & re-entrant setting. The sun was shining and I thought it a great area and fun day. On A (the Men's open) I think we had our best result ever with an overall 13th place (out of about 30 teams), each of Ian Renfrew, Rolf Crook, Ali Robertson and Rob Campbell having good runs. On B (the Women's open) we also placed 13th (out of 17) with Helen Gardner, Blanka Sengerova and Kate Penny, again a really good result for one of the first times we have had a Women's open recently. Our Men's Short C class (Peter Gardner, Mark Collis, and Alistair Hindle) were a commendable 25th out of about 50. On D our Women's short team (Julia Wotton, Helen Fraser and Jenni Barclay) were a good 29th out of about 40. In the combined age classes, the age classes of the team members have to add to over (or under for juniors) certain amounts: we had two E teams (Men's 120+) finishing 33rd (Adrian Taylor, Graham Louth and Neil Humphries) and 71st (Peter Woods, Ian Lawson and Tony Wadeson) out of about 80 teams – well done both. On F (Women's 120+) we had one team (Sue Woods, Caroline Louth and Nicola Gardner) who finished 27th out of about 30. The H course upped the ages to a combined 165+ and here the women did really well coming 5th (1st after leg 1!) out of 14 (Lindsey Freeman, Ursula Oxburgh and Noreen Ives).

On the junior side, we had an ambitious two teams on the J course (M48-) the first (Ed Louth, Martin Humphries and Jamie Taylor) coming 10th and overtaking the other team (Simon Gardner, Philip Humphries and Clare Woods – in disguise) during leg 2, the latter finished 12th out of 14

teams. On L (M/W 40-) we had one team which was perhaps a bit over ambitious as only Sophie Louth went out. Perhaps we should have had two on the Mini-Relay. Our one mini-relay team (Thomas Louth, Katy Woods and Alice Campbell) did themselves proud with 11th out of 17 teams.

The British Championships

Neither Julia nor Ian was at the British Champs so we can't give any first hand comments on our experiences. The individual day was at Wharncliffe near Sheffield. Here are the individual results. It seems like it must have been quite tough out there with several retirals and disqualifications. Also you will notice the minutes per km are quite slow.

Class	Name	time (position)	min/km
M10A	Thomas Louth	21:19 (3)	8.5
M10A	Duncan Taylor	27:03 (9)	10.8
W12A	Sophie Louth	50:13 (25)	17.3
M14A	Edward Louth	43:27 (8)	9.4
M14A	Jamie Taylor	44:06 (10)	9.6
M16A	Simon Gardner	75:59 (22)	11.0
M16A	Martin Humphries	154:35 (42)	22.4
M18A	Peter Gardner	82:50 dsq	
W18A	Helen Gardner	69:41 (8)	12.4
M21L	Ali Robertson	rtd	
M21S	Justin Wickersham	101:56 (25)	12.7
W21L	Katie Penny	rtd	
M40L	Neil Humphries	118:45 dsq	
M40S	Graham Louth	62:56 (6)	10.0
W40L	Caroline Louth	110:44 (44)	17.6
W40S	Helen Taylor	98:39 (24)	23.5
M45L	Mike Capper	89:45 (65)	10.8
M45L	Anthony Wadeson	121:10 (101)	14.6
M45L	Ian Smith	136:37 (106)	16.5
M45L	Adrian Taylor	rtd	
W45L	Nicola Gardner	90:39 (35)	15.6
M50L	Richard Beard	83:39 (27)	10.7
M50L	Chris Brown	94:57 (63)	12.2
M50L	Peter Howsam	113:43 (97)	14.6
W50L	Lindsey Freeman	61:28 (9)	12.3
W50L	Noreen Ives	80:46 (36)	16.2
W50L	Jane Howsam	98:36 (51)	19.7
W50S	Maureen Weldon	43:13 (3)	12.3
M55L	Tony Bishop	81:54 (39)	11.4
M55L	Malcolm Mann	85:43 (49)	11.9
M55S	Jan Saxl	74:29 (24)	14.9
W55L	Satu Peregrine (W60)	93:56 (40)	18.8
M60L	Chris Morley	76:31 (20)	12.1
M60L	David Peregrine	95:40 (48)	15.2
M60L	John Wickersham	110:55 (57)	17.6
W65L	Ursula Oxburgh	78:57 (13)	18.8

The relays were at Greeno Woods also near Sheffield. Unfortunately we had rather a lot of non competitive teams due to lack of runners or runners not in the right age class.

Competitive Classes:

The men's premier was run by Ali Robertson, Peter Gardner and Neil Humphries. They came 17th out of 21. The women's premier was run by Lindsey Freeman, Helen Gardner and Kate Penny. They came 9th out of 12.

Teams lacking runners:

The W45 class had a non competitive team of Noreen Ives and Nicola Gardner. The Medium was run by Mike Capper and Graham Louth. The mini relay was run by Sophie Louth and Thomas Louth.

Teams with runners of incorrect age:

The M/W60 class was run by Ursula Oxburgh, Chris Morley and Caroline Louth. The M14- was run by Simon Gardner, Edward Louth and A.N.Other (who was this?). The Junior Ad Hoc was run by Martin Humphries, Silvester Steel and Steve Murdoch.

Puzzle Corner

Complete the grid so that each of the seven symbols appears in each row and each column. Send your answers to Julia Wotton (address in the membership list).

			V		##	T
T	●	x	Λ	V		
		▲	T		●	
Λ		T	▲			V
##	Λ		x	T		▲
	▲		●	Λ		
▲		V	##			

Training

The date of the training weekend in the Lake District has been changed to 30th-31st August 2003 due to lack of accommodation availability at the end of June. We will be staying in chalet style accommodation at Great Tower on the side of Lake Windermere. Please let me know if you want to attend and send me a deposit of £15 (cheque payable to WAOC) by the end of June. We will be using Bigland (an area for which it is not that easy to get land permission, but which is famous for being perhaps the best area in England) and Great Tower. It was suggested that High Dam (the area I had intended to use) will have a lot of bracken at that time of year.

Julia Wotton

The Second Savers

More tips on saving time in the forest from HALLY HARDIE.

Recognising Control Features:

Experience of life and nature should teach you how to recognise the woodland and moorland signs, and thus be able to recognise control features, or their most probable location, from just a little further away than the less experienced or observant. You may have to train yourself to be more perceptive and/or observant. Have you ever considered the following?

Depressions/pits: There may be fewer or no trees in the smaller ones, more dense vegetation in the immediate vicinity due to water collection, maybe a sharp change of undergrowth type, frequently a slightly raised 'ring' around them compared to the rest of the area. The larger ones may actually give the impression of a clearing due to vegetation change. You don't have to recognise the vegetation by name to recognise a change of type. Very shallow depressions can almost disappear in summer due to ground shrinkage.

Clearings: The sun may shine more brilliantly through the trees, with maybe a change in low vegetation e.g. more dense and taller bracken or grass. Clearings can vary dramatically with the seasons, and a map more than two year's old is likely to be in error.

Marshes/Ponds: Vegetation type e.g. reeds, is normally very visible and distinctive some way off. There will also be the appearance of a flattening of the terrain, and in the case of ponds, an apparent drop before you see the water. There may be a lot of animal trails around ponds if used as a water source. Again, trees will usually thin out in the immediate vicinity. Dry summers and wet winters can dramatically alter the dimensions.

Anywhere that water collects or runs you can expect more lush vegetation than elsewhere, and probably a change in type. Experience will show you what to look for.

Knolls: If overgrown, the low vegetation type will be seen to rise and the height of the lower branches on the trees will also rise. Lush vegetation will make recognition more difficult, especially of small knolls, but you shouldn't have too much problem with larger ones.

Earthwalls: Can be associated with shallow ditches, and only the more prominent features will be mapped. They can be very difficult to distinguish if old and established, but newer ones tend to have different vegetation growth/type/composition to the surrounding area. By composition I mean, say, 70% bracken to 30% other plant mix, maybe becoming a 90%/10% change of mix. Nettles especially seem to favour a poor soil type such as that of recently turned soil where the topsoil has been removed. Earthwalls are generally seen as two sided whereas.....

Earthbanks: are one-sided, and frequently steeper. Look for a sharp drop in the contours. Trees in the area may look similar to those in a depression ie the branch structure tends to reflect the height of growth.

Streams/Ditches: If you can't hear the water flow of a stream you may be looking for then the terrain may be looking much the same as a marshy area in flat country or a re-entrant in hilly country. However, it might also be a dry midsummer, or a noisy road may be close by. Again low vegetation growth will be denser in surrounding areas, and a thinning of the trees is probable along the line of the stream. Ditches are frequently embanked, and if of the wet variety, will have vegetation similar to that alongside streams.

Gullies/Erosion Gullies: Gullies can take all forms and are difficult to generalise. However, erosion gullies are very much like dry ditches or streams. Indeed, in very wet weather they may well be filled or flowing with water. In plantation areas you will usually find a parallel gully/ridge system where the trees are planted on the ridges. It can be quite difficult going across these as the spread does not match your stride, but it can be quite easy going along the gullies. Indeed, using these can be a quick route through an otherwise tight, dark green, area.

Re-entrants: If you know what a re-entrant is can you always visualise it? It should be a point at which the contour line, as mapped, turns sharply and 're-enters', indicating a shallow valley. Custom seems to put the control at the top end of the shallow valley unless otherwise stipulated on the control descriptions. So look for a falling away of the ground beyond - recognised at a distance by the apparent lowering of the lowest branches on the trees, and sometimes by the lightening of the sky as the low tree canopy comes slightly lower. Being a point of natural drainage the low vegetation can be considerably more dense and different.

Hides and Thickets: These tend to be easily recognised at a distance, depending on season, by the thickening of the tone in the general forest colouring. There seems to be no standard for the size of hides so expect anything from 3 to 12 feet in height.

Fences/Walls/Linear Features: These will often have animal tracks running alongside where elsewhere the undergrowth could be much thicker. Such tracks will rarely be mapped.

Tracks/Paths: If you are not on a path or track can you see other orienteers running fast as if they are? Do they appear to run fairly smoothly and straight with no ducking and weaving, or do they appear to stumble a bit? If the former they are probably on a path or track. Skilled observation will tell you the likely size of the track without having to go to it. Can you make use of this information? You should be able to judge your distance from such a feature to locate a control, stay on course, or amend your route as necessary.

Can you recognise **animal tracks**? Can you take advantage of them? Trails will be small, maybe just the width of your foot, but instead of just occasional breaks in the heather/bracken/long grass there will seem to be an almost continuous line on the ground. Although animal (other than human) trails may appear to go hither and thither without positive direction, a mixture of such trails may well help you to travel faster, especially in heather covered terrain. You can more easily see where to put your feet and can avoid having to pick your knees up as high. Providing you use these tracks with a continual eye on the direction you're travelling you should be able to travel quicker, and with less effort. In woodland beware of low branches on good deer tracks. Sheep tracks are all over the

place in heather, and sheep are pretty good at knocking down the bracken when it suits them. And even the smaller furries can produce a more comfortable route for you through heather and long grass. Only the more substantial of these tracks will be mapped. You will often find animal tracks follow line features and obstructions such as walls, fences and streams, even where the mapper has put in a dark green screen. In the fells sheep tracks will usually follow the contours or change height gradually.

Roads: Roads carrying traffic can be an aid without actually having to see or use them. Your ears should be able to tell you, with practice, how far you may be away. And your compass, or sun, in conjunction with the road noise, can give you very valuable guidance. **Railways**, in the few areas with any close by, can serve the same purpose. Other distinct noises, or even smells (a pig farm at a recent event gave some help!!), can be another source of useful information if you can relate them to your map.

Soft Undergrowth: Grass, bracken, heather, young brambles, myrtle. Bruising of this sort of undergrowth by running feet shows up as slightly darker than unbruised surroundings. Flattening or breakage or turned leaves, dead or alive, broken twigs, scuffs on the ground, chipped bark showing bright scars, all these can give an indication of recent passage, usually by a human. Could it be another orienteer? Is this of any use to you? In time such tracks can become elephant trails which can make your running and route choice easier. But beware, keep in touch with your mapreading.

Open Areas: Even if you have no intention of running through, to, or over, open areas you can still use them for navigation at a distance.

Depending on vegetation density, and the lie of the ground you are crossing, it may be possible to see open areas at up to 300 m away. You can use your distance and angle judgement to navigate with this information.

The Control Kite/Flag/Banner: call it what you will: On most occasions planners/controllers will have put the control kite on the far side of the control from the anticipated approach. This is especially so of locations offering screened approaches e.g. knolls, thickets, ruins, walls, buildings, earthbanks, boulders etc. So if you don't actually see your kite or control feature when you get to the anticipated area then just look back. You never know, it might be just behind you. If you still fail to see the control/kite try approaching it from an attack point opposing the direction from the previous control. The control description should give a clear idea as to which side of the feature the banner is hanging if the feature is of reasonable size, but on smaller features it won't be necessary - will you know until you get there?

Other Orienteers:

A little observation of other orienteers behaviour will show you distinct reactions at controls. The only people hanging around are;

a. those planning their next route, which action is pretty obvious as they are intent over their map, often bent in concentration, and maybe taking a quick glance at their compass. Such people can give away a control location, thus saving YOU seconds.

b. Then there are those who are 'temporarily' unsure of their position (i.e. lost). These will be drifting around, looking sharply about them, maybe with intent to accost some poor unfortunate who may help them sort themselves out, maybe giving their map or compass intermittent glances, looking at what other orienteers are doing, and generally transmitting a vague indecisive air. And they may well be unduly interested in what you are doing. Try not to join them. It is surprisingly easy to persuade yourself that they know where they are especially if you're expecting to see your control just hereabouts.

c. And then there are those who can see the control or know precisely where they are. Their positive actions are obvious. They will run straight into the control, punch, and leave promptly in a pre-determined direction with perhaps nothing but a very brief glance at map and/or compass.

Now that YOU know what to expect from others around controls you can use it to your advantage. You can play the spoof, especially if you're trying to throw someone off your tail - providing you know where you are yourself!!! Go on, try it, it can be fun!

There are those who look, those who see, and those who observe. The last tend to think in depth about what they see to form a permanent mental record which can be called upon when required for use later.

**Hally Hardie
WAOC – 2003**

Warning! Don't Run Soon After a Viral Infection

Having lost my husband Dave Wotton, aged 39, unexpectedly a year and a half ago when he ran at the Compass Sport Cup in 2001, I have done some research into what may have caused his death. When you lose someone that close, it is hard enough to accept anyway without not having a real reason for the death. I want to share my findings with you as a warning.

The post mortem revealed no known cause of death, although the pathologist suggested that the fact Dave had been suffering with a viral infection just days before probably had something to do with it. Many of us could not believe that an otherwise fit and healthy person could actually die when running soon after recovering from the flu. How many of us have been running or played a hockey/rugby/football match in such a state and been ok? We tend to think it's not a good idea to push yourself when recovering or still suffering with a viral infection but then we probably think that we won't feel up to it anyway and as soon as we feel ok again it will be fine. What do we think will happen though? It seems to be a recognised problem that if you push yourself too much after a viral infection that you may get post viral fatigue which may last for a long time. This happened to Eleanor West of SOS although she seems to be fine now. Perhaps we think there is some very small chance you may die but perhaps only if you have some genetic predisposition to it.

So I believed that maybe Dave did have some other factor. I spent some time searching the internet for information about sudden adult death. I found BBC news health web pages about viruses affecting heart muscle, I discovered heart muscle disorders such as Hypertrophic Cardiomyopathy and I discovered syndromes called Long QT and Brugada which are genetic defects of the heart affecting potassium and sodium ion uptake responsible for causing the rhythmic beat of your heart. I read about how some viruses can affect the heart and may cause death, but at the post mortem an

enlarged heart would be seen and this was not so in Dave's case. Various web sites told me, if a person dies young of cardiac arrest, the rest of the family should be ECG tested. This was not suggested to Dave's family at the time.

Having attended a lecture on cardiac arrhythmias in December, I heard a Dr. Andrew Grace from Papworth Hospital speak. He is one of the countries leading experts in sudden adult death. I then wrote to him about Dave's case and arranged to meet him. I showed him the post mortem report and his suggestion was that having the flu a few days before running in a competition is enough to kill you and he didn't feel we needed to look any further than that. He suggested that the virus probably had damaged Dave's heart muscle but it was probably only subtle. It did not cause a noticeable enlargement of the heart and was therefore not picked up by the pathologist. I quote from a letter he wrote to me after our meeting summarising his thoughts: "As indicated, my own feeling, taking together all the information that we discussed was that this was one of those deaths that are clearly recognised but are infrequent where within the context of an acute viral disturbance these series of events can occur. I appreciate these are probably very rare but I do not think based on the evidence we have there was any reason to think there is any more specific cause in David's case."

Having spoken to a friend of mine who is a doctor, she would suggest that if you have been suffering from a serious bout of cold or flu, you shouldn't do vigorous exercise for about 6 weeks. However, she realises that sports people don't want to be out of action for that time, so as a compromise she suggests not taking part in serious competitions for a few weeks and getting back into running slowly.

I do not want to frighten you. After all, only about 8 people die unexpectedly a week in this country from cardiac arrest and some of those are found to have problems such as Hypertrophic Cardiomyopathy. However I suspect we don't take viral infections as seriously as we should and that's why I wanted to bring this to your attention. Remember, running is highly beneficial to your health generally.

Julia Wotton

Summer Galoppen

Here are details of the midweek galoppen events still to come. Note some have been added since the last Jabberwaoc.

- | | |
|---------|--|
| 11 June | Bar Hill, TL379637 - Fred Northrop |
| 25 June | Midsummer Common, Cambridge, TL460590 - Rolf Crook |
| 9 July | Wimpole Hall, TL338510 - Roger Horton |
| 16 July | Wandlebury, TL493533 - Bruce Marshall |



23 July Hinchingsbrooke, Huntingdon, TL222718 - Marcus Misson
 13 August Ferry Meadows, TL145972 - Bob Hill
 20 August Cherry Hinton Hall, TL480564 - Ali Robertson
 3 September Milton Country Park, TL476621 - Blanka Sengerova
 10 September Priory Park, St Neots (not Bedford) - Maurice Hemmingway
 17 September Fairlands, TL254238 - Ian Lawson

Priory Park, St Neots is a new area of mostly public parkland with a small area of deciduous forest.

Starts for the last two events are from 18:00 to 18:45.

Rolf.

WAOC Committee

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Mapping Secretary:	Fred Northrop (01954 789525) fdn20@cam.ac.uk	Publicity:	Rolf Crook (01223 569443) rc230@cam.ac.uk
Convenor:	position vacant	Junior Development:	Ian Smith (01920 822421) iwsa_smith@hotmail.com

Fixtures

SMILE EVENTS

- Sat 7 June SI AMPHILL PARK Humphries family (planner Martin)
Also WAOC limited Colour Coded event and training event
- Sat 28 June HINCHINGBROOKE PARK HUNTINGDON Hemingway family
- Sun 6 July THERFIELD HEATH ROYSTON Woods family (planner Clare)
- Sun 20 July FAIRLANDS VALLEY STEVENAGE Smith family (planner Adam)
Final SMILE event for 2003 incorporating SMILE LEAGUE CUP
Presentations, Prizes and Party.

OTHER EVENTS

This list does not include the WAOC summer galoppens as they are listed previously. Please note that following the colour coded event on 22nd June at Hatfield Forest the EAOA AGM will take place. Attending this will enable you to find out what are the important orienteering issues in your region.

June 2003

- 7th EA **WAOC Limited Colour Coded & SMILE Event. Ampthill Park, Ampthill. TL/024382.**
C5 Maurice Hemingway, 01480 812933. hemingway@one-name.org £3.00/£1.00. Courses - W, Y, O, LG & G only. Overprinted maps. www.waoc.org.uk
- 8th EA **HAVOC Thorndon Country Park (North) Brentwood. Grid Ref TQ/609916. Local Event.**
Enquiries to G Parmenter, Tel 01375 376384, Email garrypar@lineone.net,
Fees £3.00/£1.00.
- 10th EA **NOR Mousehold Heath Norwich. Grid Ref TG/249106. Local Event.**
Enquiries to Alan Bedder, Tel 01603 424589, Email alan.bedder@virgin.net, Fees £3.00/£1.00.
- 14th EA **NOR Cawston & Marsham Heaths Aylsham. Grid Ref TG/173232. Local Event.**
Enquiries to Alan Bedder, Tel 01603 424589, Email alan.bedder@virgin.net, Fees £3.00/£1.00.
- 14th EM **DVO Harvester Trophy Relay. Longshaw, Sheffield. SK/257777.**
R2 Organiser: Mike Godfree, 01332 515862. mike.godfree@bosinternet.com
Entries: Rex Bleakman, 5 Lawn Avenue, Etwall, Derbyshire, DE65 6JB, 0128373 3363.
bleakmanhome@btinternet.com CD: 01/06/03. £63.00/£45.00 per team. No EOD. Chq: DVO. EPS-SI.
No dogs. www.dvo.org.uk
- 22nd EA **SOS Colour Coded Event & EAGAL & ESSOL. Hatfield Forest, Bishops Stortford. TL/547203.**
C4 Steve Robertson, 01206 242283. steve@robertson-sos.freeserve.co.uk £4.00/£1.50. EPS-SI.
Parking £3.00 per car - NT members free. stragglers.info
- 28th-29th WM **Junior Inter Regional Championships**
O3X **28th - JIRC Individual. Cannock Chase, Cannock. GR/003155.**
R3X **29th - JIRC Relays. Cannock Chase, Cannock. GR/006145.**
Tony Duncan & Dorothy Wilson, 01889 591080. duncans@1C24.net Weekend package £25.00. EPS-SI.
Entries only accepted through Regional Junior Squads who will be sent details . Parking £1.00.
Dogs on lead. www.walton-chasers.co.uk
- 29th WM **OD Colour Coded Event. Coombe Park, Coventry. SP/403796.**
C4 Dave Marr, 01926 735390. the.marrs@ntlworld.com £5.00/£2.00. String course.
www.octavian-droobers.org

July 2003

13th EA **SOS Handicap Relays. The Naze, Walton-on-the-Naze. TM/265234.**
R5 Organiser: Hilary Sellens, 01206 766560. hsellens@somakam.freemove.co.uk
Entries: Lyn West, Grove Hill House, Dedham, Essex, CO7 6DX, 01206 322905. lynwest.ghh@tesco.net
CD: 05/07/03. £4.00/£2.00. EPS-SI. White to Lt Green courses. Pay & Display car parking.

20th WM **OD Colour Coded Event. Burton Dassett Country Park, Northend. SP/394520.**
C4 Pam King, 024 7671 4205. £5.00/£2.00. String course. www.octavian-droobers.org

Jul 27th-Aug 2nd SOA **Scottish 6 Day Badge Event**

C3 **27th - Day 1 Badge Event. Dallaschyle, Nairn. NH/836494.**

C3 **28th - Day 2 Badge Event. Roseisle, Forres. NJ/095642.**

C3 **29th - Day 3 Badge Event. Loch Vaa, Aviemore. NH/912166.**

C3 **31st - Day 4 Badge Event. Phorp, Forres. NJ/028538.**

C3 **1st - Day 5 Badge Event. Lossie Forest, Lossiemouth. NJ/256670.**

C3 **2nd - Day 6 Badge Event. Clunas Wood, Nairn. NH/917480.**

Co-ordinator: Donald Petrie, 01505 613094. donald@scottish-orienteeing.org

Entries: Moray 2003, PO Box 13831, Penicuik, Edinburgh, Scotland, EH25 9WA. CD: unknown.

Fees TBA. EPS-SI. String course. Lim CC courses. Dogs in parking and assembly areas only.

www.scottish-orienteeing.org/moray2003

August 2003

23rd-25th YH **White Rose Weekend**

C3 **23rd - Day 1 Badge Event. Barns Cliff, Scarborough. SE/947953.**

C3 **24th - Day 2 Badge Event. Langdale, Scarborough. SE/947953.**

R4 **25th - Day 3 Relay Event. Low North Park, Scarborough. SE/947953.**

Organiser: Nev Myers, 01904 767677. neville@myers-n.demon.co.uk

Entries: White Rose Entries, Briar Cottage, 7 Becks, Wilberfoss, York, YO41 5NS, 01759 388269.
peterwatson_bc@btinternet.com CD: 16/08/03. Fees: - See special entry form available from EBOR

website or send SAE. On-line entries for individual days. Relay entries by form. EOD +£1.00/50p.

Chq: Eborienteers. EPS-SI. String course & Lim CC courses on Days 1 & 2. Parking £1.00.

Dogs on lead in assembly only. www.eborienteers.org.uk