



JABBERWAOC

Vol.32 No. 2

April 2004



And, as in uffish thought he stood, The Jabberwock, with eyes of flame, Came whiffling through the tulgey wood, And burbled as it came!

Editorial

Since the last edition we have had the club AGM at which a few committee posts changed. On behalf of the club, I'd like to welcome Caroline Louth as our new chairman and Chris Morley as our new treasurer. The minutes of this meeting are included in this edition.

We've also had some important events such as the Compass Sport Cup, the British Champs and the East Anglian Champs and I've included reports on those.

Thanks to Bruce Marshall for this edition's puzzle, to Rolf for the article on the Grizzly and to Blanka Sengerova for acting as Jabberwaoc photographer and providing me with many photos of WAOC members collecting their awards. I can't include them all unfortunately but well done to everyone.

Happy reading.

Julia Wotton

Next Copy Date

23rd May 2003

WAOC Membership Information

NEW CLUB MEMBERS

Welcome to:

Trevor and Tracy Nightingale, Jessica Whiffen W9 and Jasmin Whiffen W7 Stewart and Sara Plant and Cameron M6 John Sutcliffe from Trumpington

from Henlow from cambridge

We hope that you will all enjoy orienteering with us.

Anne Duncumb (membership secretary)

Chairman's Chat

The club is in very good heart as I take over from Neil Humphries. WAOC had an excellent performance at the CompassSport cup with strength on almost all the courses and came a good second to NOC. This was followed by the very wet and windy British Champs which I personally found very hard. At one point I was struggling even to walk up wind, let alone run. Although the scenary (between showers) was spectacular, perhaps I should stick to East Anglia. The Double Dumpling followed which included the EA championship. WAOC had another very good day - taking home no fewer than 12 trophies.

Meanwhile, the club has continued to put on events monthly through the winter and the summer SMILEs have got off to a very good start. We have shown that we can put on bigger events with the Yvette Baker Final and the Midland Night Championships. The Midweek Summer Gallopens are about to start. We have given training to juniors and Julia

is planning a senior training weekend. We are also thinking about training for mappers, whilst EAOA is putting on training for controllers.

Caroline Louth

Captains Corner

COMPASS SPORT CUP

NOC	WAOC	NOR	LEI
611	555	422	278

Well done everyone, what a fantastic result in the Compass Sport Cup! Super fast runs by lots of WAOC competitors pushed us into second place well ahead of our

friendly local rivals NOR. So we didn't beat NOC, but then they are a very strong club and actually won the whole competition last year. I must mention superb runs by Neil Northrop who won the mens open class and Edward Louth who won the MW14- class. Helen Gardner, who was running up, came second in the womens open class, and Chris Morley came second in M60+. Peter Gardner, Maureen Weldon, and Simon Gardner also made the podium finishing third in their class. Visit http://homepage.ntlworld.com/roger.stenson2/CSC2004/ for full results. I was disappointed to miss the Compass Sport Cup competition myself, and I'd like to thank Peter Woods and family for being the club captains for the day. My absence was due to an unfortunate clash with the Grizzly fell race which I had signed up to many months ago. As it happens, you can read about the Grizzly somewhere else in Jabberwaoc.

BRITISH RELAY CHAMPIONSHIPS

The closing date is fast approaching, so if you haven't already done so, let me know straight away if you would like to run in the British Relay Championships. The relays are on Monday May 3 at Danby Lodge as the finale to the Triple O Severn Weekend in the Forest of Dean. There's a short race on the Saturday and a national event on Sunday to complete the long weekend of runnable forest and intricate contours.

THE HARVESTER

This is your annual opportunity to go orienteering at 3am in the morning! The Harvester is a five or seven leg relay which starts in the dark at about 10pm and finishes in the light the following morning. About half of the legs are run in the dark, so the club owns a few powerful headlamps, while those who aren't out running try to get a few hours sleep back at the event campsite. It's all quite an experience as you may have read in August 2003 Jabberwaoc. This year the relays start on the night of Saturday **May 15** at Pippingford Park, East Sussex. Let me know before Sunday **April 25** if you are interested in running for WAOC.

Entries for relays are organised on a club basis, so you need to contact me <u>rolf@rolf.me.uk</u> or 01223 569443 and provide your SI number, age class, and any relay preferences.

Minutes of the WAOC Annual General Meeting

28th February 2004 St Matthew's Church Hall Cambridge

Present: Martin and Edward Bailey, Bickle Family, Mark Collis, Janet and Jonathan Cronk, Rolf Crook, Anne and Peter Duncumb, Nicola, Helen and Simon Gardner, Humphries Family, Graham, Caroline, Edward, Sophie, Thomas and William Louth, Bruce and Maria Marshall, Tim Mulcahy, Fred and Marlene Northrop, Blanka, Jitka and Katrin Sengerova, Ian Smith, Woods Family, Julia Wotton

1) Apologies for absence

Don and Anne Braggins, Lindsay Freeman, Hally Hardie, Roger Horton, Luke and Alex Minshall, Ron and Ursula Oxburgh

2) Minutes of the last AGM 2003

The minutes of the last AGM were approved with the correction that Mark Collis was present (he had in fact seconded the election of the Treasurer).

Proposed: Caroline Louth, seconded: Graham Louth

3) Chairman's Report

Highlights from Neil Humphries report were:

1. Chasing Sprints

About 70 competitors took part in this year's Chasing Sprints event that proved another good event despite some vandalism.

2. Colour Coded Events

Despite the lack of a club Badge Event this year the colour coded events proved as successful as ever with around 70 competitors taking part in the Midland Champs Night Event organised by WAOC.

3. Yvette Baker Trophy Final

WAOC made the final of this closed junior event that proved great fun for all who took part. Neil recorded his thanks to all the WAOC participants and their parents who helped.

4. SMILE

The first ever summer programme of SMILE events proved a great success and different WAOC families kindly staged the events. These events are open to everyone but are primarily aimed at youngsters who wish run White, Yellow and Orange standard courses. There is a Score Event for the older competitors. The climax of the series took place at Fairlands Valley, Stevenage and thanks were recorded to all those who participated.

5. Summer Galoppen Series

Thanks to the coordinating work by Rolf Crook a series of 12 Galoppen events were held this year with about 12 to 15 runners attending each event.

6. Thetford Thrash

This year's proposed event at High Ash fell late victim to a clash with the shooting programme at the forest, but the event will be staged next year instead with the usual collaboration from CUOC.

7. Mapping

Activity in this area has been intense over the past twelve months. To recognise the exceptional contribution to mapping made over the past years by Fred Northrop, now retiring as Mapping Officer, Neil reported how Fred had pioneered the use of laser printing for map production about five years ago. WAOC was one of the first clubs to experiment with this technology and Fred's initiative produced high quality maps that are now the norm in the sport. Many WAOC planners owe much to Fred for his patient and enduring assistance during his long term of office.

8. Performances

- Very good club results were achieved at JK 2003 with 7 members placed in the top ten of their courses. WAOC performances were indeed more prominent at major competitions these days.
- The Harvester was great fun for WAOC runners and below par results were blamed on the marauding midges!
- The Peter Palmer Relays were unfortunately cancelled this year but will be promoted again next year for WAOC juniors.
- Helen Gardner once again gained exceptional achievements in the GB
 Junior Squad having represented her country when competing in Estonia.
 The accompanying British wet weather made Helen feel quite at home in the forests.
- WAOC was well represented in the EAOA Championships with a large crop of first places.
- Edward Louth continues to impress in the M14 class, finishing in 2nd at the Interland Championships.
- 9. Neil reiterated that WAOC was now a strong club and was well positioned for an exciting future of even better results.
- 10. Finally, Neil acknowledged the work and support of his committee.

4) Acceptance of Accounts

The annual accounts were presented by Caroline Louth who reported that they had been audited and approved by Richard Gibbens. The meeting approved the accounts as presented.

Proposed: Blanka Sengerova, seconded: Peter Woods

Caroline made the following points of clarification:

• The level of reserves was high but this year saw higher expenditure than income deliberately approved by the committee.

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- The bi-annual Thetford Thrash is usually a major income provider but of course this year was no Badge event.
- A number of relay subsidies and training grants had been approved and awarded by the committee, as detailed in the accounts.
- Last year's training weekend was sadly cancelled due to lack of support and a small financial penalty was incurred.
- Mapping costs for the year had been unusually high.
- · A number of trophies required engraving.
- EAOA levies had been modified.
- Club insurance had increased slightly.
- A new club tent had been purchased to replace the old dilapidated ones.
- The club's thanks to the auditor Richard Gibbens were recorded.

5) Awards and Presentations

WAGAL Champions 2003

(full results are published at the end of this edition)

1 Thomas Louth 2 Edward Louth 3 Simon Gardner Junior men 1 Sophie Louth Junior women 2 Clare Woods 3 Katy Woods 1 Rolf Crook 2 Ali Robertson 3 Ian Renfrew Senior men 1 Julia Wotton 2 Blanka Sengerova 3 Kate Penny Senior women 1 Neil Humphries 3 Michael Bickle Veteran men 2 Adrian Taylor 2 Nicola Gardner 3 Sue Woods Veteran women 1 Ursula Oxburgh





Junior Men (Simon, Thomas, Edward)

Junior Women (Katie, Clare, Sophie)





Veteran Women (Nicola, Sue)

Veteran Men (Mike, Neil)

Summer Galoppen 2003

Junior men 1 Peter Gardner 2 Simon Gardner 3 Edward Bailey Junior women no one in this class took part in more than one event

Senior men 1 Rolf Crook 2 Marcus Misson 3 Russ Ladkin Senior women 1 Julia Wotton 2 Blanka Sengerova 3 Kate Penny Veteran man 1 Roger Horton 2 Maurice Hemingway3 Ian Lawson Veteran women 1 Hazel Bickle 2 Ursula Oxburgh 3 Maria Marshall

Juniors - Colour coded badges

WHITE Jonathon Cronk, James Firth, Thomas Norris, Alex Minshall,

Chloe Parker Freeman

YELLOW James Firth, Thomas Hemingway, Alex Minshall

ORANGE Sophie Louth GREEN Edward Louth

Junior Progress

Ed Bailey
Rory Braggins
Catherine Hemingway
William Louth
Miriam Norris
Katrin Sengerova
Katy Woods

Outstanding performances by Juniors in 2003

Helen Gardner has been selected for the GB Junior Squad and has achieved the Championship level badge at W18; Helen represented Great Britain in the Junior World Orienteering Championships in Estonia and was 1st in Year 12 Girls at the 2003 British Schools championships. **Edward Louth** was selected to run for the England in the Interland competition in February 2004 and came 2nd in the M14 class.

James Firth came 3rd in Year 6 Boys at the 2003 British Schools Championships **Thomas Louth** was 3rd in M10A at the 2003 British Championships and has achieved the Championship level badge at M10

East Anglian Champions 2003

W10	1	Alice Campbell	2	
M10	1	Thomas Louth	2	
W12	1	Sophie Louth	2	Katrina Taylor
M14	1	Jamie Taylor	2	Edward Louth
W16	1	Clare Woods		
W35	1	Julia Wotton		
M35	1	Robert Campbell		
W50	1	Lindsey Freeman		
M50	1	Richard Beard		
W70	1	Anne Duncumb		

3 Duncan Taylor

EAGAL Winners 2003

M10	Thomas Louth	M14	Edward Louth
M16	Simon Gardner	M21	Rolf Crook
M55	Mike Bickle		
W12	Sophie Louth	W16	Clare Woods
W21	Blanka Sengerova	W35	Julia Wotton
W50	Maria Marshall	W55	Maria Marshall

Neil Humphries presented the following Chairman's Awards:

The **Owl Award** for Outstanding Senior Performance was awarded to **Chris Morley** for his consistently high placings in competitions and regular representation of WAOC.



The **Tortoise Award** for Services To The Club was awarded to **Fred Northrop** for outstanding contributions to mapping over the past six years.

The **Chairman's Cup Award** for an outstanding Junior was awarded to **Clare Woods** who had excelled in team events and was an major contributor to JuniorJabber and the committee.

Fred Northrop

To commemorate the 30th anniversary of the club a **Hally Hardie Special Award** was presented to **Rolf Crook** for outstanding service to the club and the promotion and organisation of the Summer Galoppen Series.

6) Election of Officers

The following three principal officers were elected.

Chairman: Caroline Louth- Proposed Neil Humphries, seconded Anne Duncumb

Treasurer: Chris Morley - Proposed Hazel Bickle, seconded Rolf Crook Secretary: Tim Mulcahy - Proposed Mike Bickle, seconded Julia Wotton

7) Any Other Business

- Blanka Sengerova conducted the Junior Club raffle.
- Anne Duncumb reported that Club O'Tops were available for sale and that Hally Hardie had kindly donated a number of hand-made wood carvings for sale for the Junior Club funds. These items were also on sale.

WAOC Summer Galloppen 2004

Now that the evenings are long, it's time to start the WAOC Summer Galloppen, where we navigate through parkland under the setting sun. It's a series of orienteering events, of various genres, usually every fortnight on a Wednesday evening. Neither the organisers nor competitors take them too seriously – they are more about fun and participation - so why not come along. Starts are typically from 6:30pm to 7pm, but may be extended, or occasionally there is a mass start. Note that some of these events below are provisional, so if in any doubt you are advised to contact the organiser directly or the coordinator Rolf Crook. Individual event details and results will shortly be on the WAOC web page.

12 May Port Holme, Huntingdon TL239713 Hally Hardie

26 May Wandlebury, SE of Cambridge TL493533 Bruce Marshall

9 June Coe Fen, Cambridge TL446573 Blanka Sengerova

23 June Cherry Hinton Hall, Cambridge TL480564 Julia Wotton

We are looking for planner-organisers for a few galloppens in July, August and September. Contact coordinator Rolf Crook on rolf@rolf.me.uk or 01223 569443.



The first Summer Galloppen 2004 is at Port Holme (south Huntingdon) which at 1 km wide is England's largest meadow. You can see from the photo that it's extremely runnable, but bring a compass as shallow isolated depressions mean accurate bearings are sometimes required. I'm sure Hally will recommend a pub for post-event route choice discussions and drinks.

See you there, Rolf.

Notice of Event - Mountain Navigation Challenge May 15/16th

I became involved in this small event last year. As part of the winning team, it has fallen to me to organise the event this year. The event is a 2-day mountain marathon score competition for teams of two carrying their camping equipment with 7 hours available on the saturday and 5 hours on the sunday. It starts at 10am and aims to finish by 2pm on the sunday to allow for driving home. There is a maximum entry of just 15 teams which keeps it fun but also with the element of competition at all levels. Cost is £8 per team. We will be using the Lake District Northern Fells and camping barn places are available at the start/finish.

For further details/entry contact Russ Ladkin on 01223 501214 or e-mail r.ladkin@bas.ac.uk.

Notice of East Anglian Orienteering Association Annual General Meeting

The AGM will be held on Sunday 27th June 2004 at 12.30 following the Score Event at Warren Wood, Thetford. The agenda is as follows:

- 1. Apologies for absence
- 2. Minutes of the last meeting
- 3. Matters arising
- 4. Officers reports
 - Chairman
 - Secretary
 - Treasurer
 - Fixtures
 - SI equipment
 - Points East
 - Coaching
 - Junior Squad
- 5. Election of Officers listed above
- 6. Any other business

Puzzle Corner

The last edition's puzzle was a word square dug out from club archives and originally produced by Catherine Carey. Catherine was quite a successful WAOC orienteer as a junior, but is one of those people who largely dropped out when she became an adult. She did e-mail Hally a couple of years ago saying she was trying to make a comeback - with a family - but he hasn' t nticed her name in print yet. Her Dad was Basil Carey, for whom the Owl Trophy was presented. You' Il probably remember he was knocked off his bike by a bus - and died of his injuries - during the week of his retirement from work. He was a prolific and active worker/orienteer for the Club back in the late ' 70s

There were just 3 entries - Mark Collis, Blanka Sengerova and Bruce Marshall. Bruce got 3 more than Mark with a total of 64. Perhaps it was a little unfair in that the list included now defunct clubs, which played to the hand of the longer serving orienteers. Congratulations Bruce.

The puzzle this time is provided by Bruce.

After a recent National event I asked three CUOC students how they had got on.

The first one of them told me that Jackie had won and Heather was second. I asked another and she said "Heather won, and Wendy came in second".

This didn't make sense to me until they told me they were students of Logic and that they alternated between telling the truth and fibbing.

So who finished first, second and third?

Please send your answers to Bruce Marshall (bmarshall@iee.org or address in the membership list).

Training

There has been some interest in a training weekend in the Lake District but not enough to make it worth my while booking chalet accommodation. I therefore propose to contact those who have shown an interest, agree a suitable date and book youth hostel accommodation for those that want it. If you are interested in joining us please contact me as soon as possible (juliacarpenter_uk@yahoo.com).

Julia Wotton

Event Report – The British Championships

This year less than 20 people from WAOC attended the British Orienteering Championships. Perhaps it was rather too far to go for a weekend for many of you or perhaps you had a foreboding of the weather conditions! Getting there was a bit of a nightmare what with various sections of the A1 closed due to high sided vehicles having over-turned.

It seems like NEOA had nothing but problems trying to organise this event what with losing land permission at various times and car parking causing a problem. This caused the relays to be cancelled a while ago which must have been very frustrating for the planner. Note the relays have been moved to the May Bank holiday at the Triple O Severn weekend in the Forest of Dean. So I have to congratulate NEOA on making the success of the Saturday that it was.

The NEOA Chairman Patrick Smyth says "On Friday we were faced with one of the worst days we have seen on Simonside. Putting controls out in bad mist made me wonder how the juniors would cope! The news that both car park and assembly area were unusable made matters even worse.

I was confident on Friday night we had put something in place for a good weekend. Having a 10

minute diversion on the way up for fallen trees was a foretaste of the day. I am sorry we had to cancel the Sunday but once we realised we were pushing cars into the new car parking field it was clear it was just not possible. ..."

Simonside is largely open fell but with some forest. It does not have complex contour features requiring very fine map reading, but it does have a lot of rock and gully features requiring some navigational care. Apart from some patches of deep heather it is largely very runnable. There were not many controls in the wooded area due to the fact that much of it was made unusable due to recent winter gales.

I don't know whether it was better to have an early or late start. Initially it seemed very wet but when I ran there was a horrendous gale which blew me up one hill and caused me to go backwards when I had to head into the wind. People were clinging on to their maps, scared to open them up for fear of losing them. I used mine for protection at one point when I had hail/sleet pounding the side of my head. "We do this for fun?" I asked myself at this point. I can't say that I was enjoying myself at that point. The wind was so bad, the download tent blew down and the computers had to be moved to the back of a car. Many of the portaloos also blew down – I hope no one was in them at the time! Once back in the car with a change of dry clothes on, it all seemed quite fun and to finish it off we had the challenge of driving out of the car park through the mud hoping not to get stuck. Many people were spinning their wheels and going nowhere. As the Sunday event was cancelled, Rolf and I took the opportunity to do some sight seeing and visited the gardens at Alnwick and Hadrians wall and the fort at Housesteads before embarking on the long journey home.

The following WAOC members obtained Championship standards at this event:

M10A Thomas Louth W18A Helen Gardner M50L Richard Beard

For the elite there was a UK cup race in which Neil Northrop came a very impressive 3rd. Congratulations to you and to everyone who survived the event.

Event Report – The East Anglian Championships

The East Anglian Championships were held in Thetford Forest on 29th March. There was a good turn out from WAOC of some 48 members and we took home a good proportion of the trophies. This was a new part of Thetford Forest. It had the usual Thetford forest type terrain that we are so familiar with but it also and had an interesting area of ponds which were formed in the Ice Age and are called Pingos. This needed a bit more care in navigation. The following WAOC members are EA Champions for 2004:

M10 Thomas Louth W12 Sophie Louth M14 Edward Louth W35 Julia Wotton M16 Simon Gardner W40 Caroline Louth

Peter Gardner

M20 Peter Gardner M21 Rolf Crook M35 Ian Renfrew M55 Malcolm Mann M70 Colin Curtis

"It never rains at the Grizzly"

One and a half thousand damp shivering runners crammed into a short stretch of the pebbly beach of Seaton in Devon. Those closest to the ocean were particularly damp as the Atlantic gale whipped the tops off the crashing waves and into the runners. The warmest person was the one in the deep-sea diving suit, who was in fact the same individual who took several days to walk the London Marathon last year. The diver was here to start the 19 mile race of bogs, pebbles, and hills, for this was the infamous Grizzly. Despite the wind and the rain, spirits were high as we ran through the streets of Seaton lined by cheery people. A sharp climb and sharper descent took us into the village of Beer, where a local band was playing some local music, and apparently competitors can enjoy a swift pint, but I didn't have time for that kind of thing. We ran out of Beer up a further sharp ascent then left the road in favour of a winding route over several miles of rather slippery fields with mud.

The previous day I had travelled to Sidmouth, near Seaton, with Julia Wotton and Tim Mulcahy who have both completed the Grizzly several times in the past. For some, it's becoming a bit of a tradition, always stopping at Stone Henge to eat prehistoric rock cakes and always returning to the same guest house with much the same banter between Clive and the landlady. Clive, for example, has been doing this for the past 10 years. The Grizzly can blur into a dream, conjuring memories of wondrous running through warm moss-lined forests full of friendly owls with views over golden beaches with a blue ocean where dolphins and penguins live. Somewhere where the hills never seem to go up, and when you run for 20 miles it hurts no more than a pint of foaming Adnams. During the week before the Grizzly I noticed that the weather forecast for the weekend kept deteriorating. I pointed this out to Julia but she assured me that "it never rains at the Grizzly".



Back to the race. It was rather windy along the exposed headland, so I tucked in behind a fellow runner who seemed to be making a bit more progress than myself. Then we descended sharply into a valley and I viewed the water splash on the pebbly beach. Now I'd heard a lot about this water splash, including the dam building to ensure the water is sufficiently deep and the fence to ensure runners don't dodge round the side, but I definitely wasn't expecting to have to wade several metres through freezing water over my waste! At some point after the village of Branscombe where there was another band, the route again descended sharply into a valley and I viewed the bogs in the

forest. Now I'd heard a lot about these bogs, including the churning to ensure they are sufficiently deep and gloopy, but on this occasion they weren't too bad. It turned out that the subsequent route

was now shortened by three miles as the planned stretch of beach was in danger of flooding by the high spring tide, so instead we stayed on flat misty roads and farm tracks. We retraced our steps through Branscombe and the water splash but then continued along the pebbly beach which sapped strength like nothing else, and up a steep narrow path known as the stairway to heaven. I didn't get to heaven, but instead back onto the exposed headland where the wind was literally blowing runners

off the path into the gorse bushes. The route followed the coast back to Seaton, past a bagpipe player warming up, and then to the much welcomed finish where fireman were on duty to massage our tired legs with water jets.

I'm convinced that there is no other race quite like the Grizzly. The terrain is so mixed that there just isn't time to worry about the running pain, and despite the terrible weather everyone I passed seemed so happy to see me, the old lady waving through her window, the spectator handing out jelly babies, the marshals shivering in the rain, the deep-sea diver, the numerous



musicians, and of course, those friendly owls.

Rolf

Here are the results from our group. CUPRC is Cambridge University Press Running Club.

Rolf Crook 2:11:28 (WAOC and CUPRC)

Steve Presland 2:45:22 (CUPRC)

Clive Baker 2:53:17 (NOR and CUPRC)

Tim Mulcahy 2:57:09 (WAOC and CUPRC)

Helen Lloyd 3:01:17 (NOR)

Steve Searle 3:07:14 (NOR)

Julia Wotton 3:11:02 (WAOC and CUPRC)

Dave Bedford 3:25:51 (NOR)

WAGAL Results

Overall WAGAL Scores 2003

Pos	Name	Class	Total	Warren	Warden	Bush	Ampthill	Mildenhall	Maulden
				Woods	Warren	Heath			
1	Rolf Crook	M21	4285	1065	1058	1081	1023	1081	1052
2	Neil Humphries	M40	4243	1023	1052	1073		1045	1073
3	Adrian Taylor	M45	4235	1104	1034	1072	1025		
4	Ursula Oxburgh	W65	4229		1046		1064	1079	1040
5	Michael Bickle	M55	4228	1091	1035			1037	1065
6	Julia Wotton	W35	4223	1033	1031	1060	1045	1058	1060
7	Roger Horton	M55	4171	1061		1045		1032	1033
8	Nicola Gardner	W45	4093	1025	1020	1023	1025	1010	
9	Thomas Louth	M10	4086	974	1038	1033		1029	986
10	Edward Louth	M14	4065	971	1021	990		1047	1007
11	Sue Woods	W45	4042	992	1031	986			1033
12	Peter Woods	M45	4036	1014	996	967		993	1033
13	Simon Gardner	M16	4030	1014	993	1034	967	989	
14	Ali Robertson	M21	4029	1013	1016	1016	984		
15	Graham Louth	M40	3978	968	992	1003		1015	
16	Sophie Louth	W12	3915	754	1096	977		936	906
17	Caroline Louth	W40	3870	960	951	954		1005	
18	Martin Bailey	M40	3788	915	924	846	892	947	1002
19	Hazel Bickle	W50	3768	907	989			902	970
20	Ian Lawson	M45	3482	892	889			784	917
21	Edward Bailey	M12	3385		997	799	952	637	
22	Lorraine Houghton	W45	3373	650	974		811	658	930
23	Ian Renfrew	M21	3228	1082	1064	1082			
24	Pam Hemingway	W40	3208	778	823		795	812	
25	Malcolm Mann	M55	3196	1069	1046			1081	
26	Maureen Weldon	W50	3190	1083	1050			1057	
27	Chris Bell	M50	3147	641	942			761	803
28	Mike Capper	M45	3119	1029		1027		1063	
29	Anne Duncumb	W70	3068	1011	1035				1022
30	Bob Hill	M45	3055				991	1032	1032
31	Blanka Sengerova	W21	3018		986	1013		1019	
32	Jamie Taylor	M14	3011	991	995	1025			
33	Ian Smith	M45	2941	980	974			987	

34	Tony Wadeson	M45	2938	953	998			987	
35	Mark Collis	M21	2918		995	987		936	
36	Maria Marshall	W50	2888	976	956			956	
37	Maurice Hemingway	M45	2876		912		969	995	
38	Jitka Sengerova	W45	2867	958	1008	901			
39	Fred Northrop	M55	2846	998	973	875			
40	Duncan Taylor	M10	2838	923		1020	895		
41	Clare Woods	W16	2813	951	969			893	
42	Bruce Marshall	M50	2810	894	932			984	
43	Catherine Pennington	W50	2787	973	939			875	
44	Ruth Saxl	W55	2609	972		711		926	
45	Martin Humphries	M16	2562		911	740	911		
46	Katy Woods	W12	2509	858		700			951
47	Helen Gardner	W18	2199	1093		1106			
48	Chris Morley	M60	2169		1087			1082	
49	Peter Gardner	M18	2146	1064		1082			
50	Satu Peregrine	W60	2141	1048	1093				
51	Janis Ryall	W50	2136		1070			1066	
52	John Wickersham	M60	2109	1069	1040				
53	Hally Hardie	M60	2108	1046				1062	
54	Chris Brown	M50	2100	1063	1037				
55	David Peregrine	M60	2086	1065	1021				
56	Tim Mulcahy	M50	2079		1041				1038
57	Tony Bishop	M55	2059	1042				1017	
58	Colin Curtis	M65	2034	1005				1029	
59	Kate Penny	W21	1986	977		1009			
60	Noreen Ives	W50	1979	936	1043				
61	Marcus Misson	M35	1912		954				958
62	Tony Wilson	M50	1886		929			957	
63	James Hodson	M21	1846		916	930			
64	Jan Saxl	M55	1784	1040		744			
65	Katrin Sengerova	W12	1741	779		962			
66	David Carter	M45	1691	811				880	
67	Chris Page	M50	1656		847				809
68	Maurice Capper	M75	1655	930				725	
69	Edmund Brown	M18	1612	302	711				599
70	Ian Clayton	M40	1549	763	786				
71	Alison Fox	W35	1508	977	531				
72	Philip Wright	M10	1492		823				669
73	Robert Campbell	M35	1119	1119					
74	Thomas Norris	M10	1085			0		1085	
75	Jonathan Cronk	M12	1072			0		1072	

76	Jenni Barclay	W21	1070		1070			
77	Lindsey Freeman	W50	1064	1064				
78	Catherine Gresham	W12	1061			0	1061	
79	Peter Ryall	M55	1049		1049			
80	James Firth	M10	1046			0	1046	
81	Chris Thorne	M65	1029	0	0	0		1029
82	Alistair Hindle	M21	1027			1027		
83	Steve Hinshelwood	M35	1024	1024				
84	Dave Brown	M40	1017			0	1017	
85	Russ Ladkin	M35	1012		1012			
86	Bob Blows	M50	1011		1011			
87	Justin Caulkett	M21	1007	1007				
88	Mark Collins	M35	1001	1001				
89	Olivia Brown	W50	995	995				
90	Alice Campbell	W10	991	991				
91	Leo Eisner	M21	980	980				
92	Peter Beale	M35	979	0	0	0		979
93	Peter Duthie	M40	978		978			
94	B Stephane	M21	973	973				
95	Mark Wadeson	M40	967	967				
96	Susan Mathews	W35	967		967			
97	Mary Batten	W55	950	950				
98	Ian Watson	M40	948		948			
99	Katrina Taylor	W12	944			944		
100	Adam Wright	M18	940					940
101	Sue Speller	W40	939		939			
102	Jane Howsam	W50	932				932	
103	Angus Pope	M10	928	0	0	0	928	
104	John Beadle	M50	924		924			
105	Alex Pope	M10	923	0	0	0	923	
106	Peter Howsam	M50	915				915	
107	Andrew Eves	M40	909	909				
108	Alex Minshall	M12	904				904	
109	Penny Bickle	W21	903	903				
110	Andrew Inkersole	M45	899		899			
111	Susan Matthews	W35	899	0	0	0	899	
112	Kate Bailey	W40	884	0	0	0	884	
113	John Gresham	M50	875	0	0	0	875	
114	Sue Wright	W45	867		867			
115	Jenny Pennington	W20	865		865			
116	Steve Johnson	M45	857		857			
117	Peter Dunning	M50	842					842

118	Luke Minshall	M35	833					833
119	Jean Seymour	W40	814		814			
120	Jonathan Batten	M55	787	787				
121	David Brierley	M55	777	777				
122	Paul Hill	M50	771		771			
123	Kevin Seymour	M40	771		771			
124	Carol Hill	W50	749		749			
125	Meg Bright	W65	746	746				
126	Julian Winn	M21	743				743	
127	Rakesh Chandraker	M40	679				679	
128	Ben Scott	M10	661		661			
129	Philip Humphries	M14	611	611				
130	Eleanor Pippard	W40	532			0		532
131	Sushrata Chandraker	W12	498				498	
132	Alexandra Fox	W10	453	453				
133	Benjamin Scott	M10	420	0	0	0		420
134	Allison Stewart	W35	352	352				
135	David Bailey	M14	100	100				

Smile 2004

21 March 2004 : Coe Fen Results

Whi 1 2 3 4 5 6 7 8 9 10 11 12 13 14	Ben Conway Thomas Hemingway Oliver Purnell Joshua Hope Sam Huguet Catherine Gresham Todd Cooper Laura Firth Lucy Maycox + Catherine Hemingway Felicity Conway Jessica Firth Emily Windsor Jamie Milne +	M14 M8 M7 M8 M9 W11 M7 W5 W8 W4 W4 W4 W9	6.36 6.52 7.13 7.50 7.50 8.41 8.45 9.11 9.34 10.28 10.58 11.04 11.27 13.56
15	Miriam Norris	W8	15.06
Yell 1 2 3 4 5 6 7 8 9 10	Simon Gardner Sam Huguet Joshua Hope Sarah Grey Catherine Gresham Catherine Hemingway+ Oliver Purnell Laura Firth Annabel Conway Jamie Milne + Emily Windsor	M16 M9 M8 W18 W11 W4 M7 W5 W9 M5	6.20 8.11 8.45 11.55 13.11 13.32 13.58 15.17 16.05 19.02 19.22
Oran 1 2 3 4 5 6 7 8	nge James Firth Jonathon Cronk Thomas Norris Joshua Hope J Bradley E Bradley M Bradley Miriam Norris	M12 M12 M11 M8 M13 W60 M12 W8	14.53 18.38 18.43 19.53 27.07 28.18 30.17 38.34
Sco 1= 1= 3 4	re Simon Gardner Maurice Hemingway Andrew Eves Joshua Hope	M16 M45 M40 M8	19.13 19.13 21.40 21.55

WAOC Committee

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Junior Captain: Clare Woods (01223 721433) Fixtures Secretary: Mike Capper (01733 235202)

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Club Coach: Julia Wotton (01223 364790) Colour-coded Ian Smith (01920 822421)

juliacarpenter_uk@yahoo.com Awards: smithfamilypuckeridge@hotmail.com

Fixtures

April 2004

9th-12th NW JAN KJELLSTROM ORIENTEERING FESTIVAL

C5 9th - JK Training Event. Simpson Ground, Ulverston. SD/398863.

Starts 1100 - 1600. EPS-SI. Dogs in car park only. Parking permit required - see main details.

uctans.

C1 **10th - JK DAY 1, World Ranking Event, UK Cup & FCC.** Graythwaite, Ulverston. SD/353928.

C1 11th - JK DAY 2, World Ranking Event, UK Cup & FCC. Graythwaite, Ulverston. SD/371915.

R1 12th - JK Relays & UK Relay League. Graythwaite, Ulverston. SD/369940.

Coordinator: Sue Denmark, 01772 700327. sue@denmark.demon.co.uk

Entries: Sue Birkinshaw, 221 Hale Road, Hale, Altrincham Cheshire, WA15 8DN, 0161 980 5068. sbirkinshaw@cssystems.net Internet entry preferred for Days 1 & 2. Paper entries on special form. CD & Fees: By 15/1/04 - £22.00/£6.00, By 7/3/04 - £26.00/£8.00. Late Entry by 20/3/04 Internet Only - £30.00/£10.00. After 20/3/04 there may be some entries available at the discretion of the entries secretary. Please contact first. Non BOF - + £10.00/£6.00. Entries for single days are at 50% of the full fee. EPS-SI. String course & Lim CC courses - W, Y & O on Days 1 & 2 only. Car Parking Permit for 4 days Cars £5.00, Minibuses £10.00, No Coaches. Dogs in car park and assembly only. Trail O at Rookhow Centre on Days 1 & 2. Relay entries from UK will be handled only on a club basis. Special Entry form distributed to all BOF clubs. Overseas entries may obtain entry form from Relay Entries Secretary: Phil Janaway,

Step Cottage, Neston Road, Ness, Cheshire, CH64 4AT. philjan@wirralway.u-net.com www.sroc.org/jk2004.html

9th NW Peel Adventure MTBO Series. Grizedale Forest. (non BOF event)

MTBO Organiser: David Peel, 0114 2663169. peeladventure@btinternet.com

Entries: Peel Adventure, 20 Riverdale Road, Sheffield, S10 3FB. CD: 1 week before race.

Lim EOD. Fees: £10 + Insurance + EMIT hire Entry form available on website.

www.peellandsurveys.co.uk/peeladventure

10th-11th NW JK2004 TRAIL-O

T1 **10th - JK2004 Trail Orienteering Day 1 (Elite).** Rookhow, Ulverston. SD/332894.

11th - JK2004 Trail Orienteering Day 2 (Recreational). Rookhow, Ulverston. SD/332894. Organiser: Alan Goodall, 01704 893837. alan@goodall.ukfreedom.com
Entries: Jan Goodall, 121 New Lane, Burscough, , Ormskirk, Lancs., L40 0RX, 01704 893837. jktrailo@goodall.ukfreedom.com CD: 20/03/04. £9.00/£5.00, Lim EOD for Elite. CATI entrants each day £3.50/£2.50 - EOD or may pre-enter. Chq: JK2004. Also Come & Try It Trail-O on 10th. Parking £2.00. Dogs allowed on leads only. Starts 1430 - 1730. E-mail: jktrailo@goodall.ukfreedom.com Special entry form required - available from JK website or from BOF Office. www.sroc.org/jk2004.html

17th YH EBOR Mountain Bike Orienteering - 2-hour Score Event. Staindale & Bickley Forest, Pickering. GR/855878. *(non BOF event)*

MTBO Organiser and entries: Steve Willis, Denholme Back Street, Aldborough, Boroughbridge, York, YO51 9EX, 01423 323435. steve@aldborough.freeserve.co.uk CD: 12/04/04. £7.00/£3.50. 1-hour NC course - £3.50. Reductions for TCA, EBOR, CLOK members and own SI. Lim EOD. Chq: EborMBO. EPS-SI. Starts 1300 - 1345. Dogs on lead in car park and forest. www.eborienteers.org.uk www.trailquest.co.uk

18th EM LOG District Event & EM Gallopen. Stapleford Woods, Newark. SK/861566.

C4 Karl Pickworth, 01526 320136. pickworths@aol.com £4.00/£2.00. EPS-SI. Parking TBA. Dogs on leads. www.logonline.org.uk

18th EA SMOC District Event. Stowe Country Park, Buckingham. SP/666365.

C4 Keith Downing, 01234 270018. keith@keith-o.demon.co.uk £4.00/£1.50. String course. White to Blue courses. Dogs on lead. uk.geocities.com/smocweb

25th EA SOS District Event & Essex and Suffolk Schools League. Hylands Park, Chelmsford. TL/680048.

C4 Peter Finch, 01245 261138. peter.finch@uk.ing.com £4.00/£1.50. EPS-SI. White to Blue courses only. stragglers.info

25th SE CHIG District Event & SWESO/SWELL 10. Epping North West, Epping. TQ/415990.

C4 Alan & Rita Bearn, 020 8504 2105. alan@bearn.supanet.com Fees TBA. EPS-SI. String course. Parking TBA. Dogs permitted if kept under control. www.chig.org.uk

May 2004

1st-3rd SW TRIPLE O SEVERN WEEKEND

O2S 1st - BOK/SWOC Medium Race & UK Cup & FCC Final. Russell's Enclosure, Forest of Dean. SO/630100.

C2 2nd - NGOC NATIONAL EVENT & WRE, UK Cup & FCC Final. Lydney Park, Lydney. SO/625022.

R1 **3rd - BOK BRITISH RELAY CHAMPIONSHIPS.** Danby Lodge, Lydney. SO/632067. Co-ordinator: Mike Forrest. 07774 626850 (1800 - 2100 only please). tripleo7@forrests.demon.co.uk

Entries (Days 1 & 2): Mike Forrest, 70 Upper Cranbrook Road, Westbury Park, Bristol, BS6 7UP, 07774 626850. tripleo7@forrests.demon.co.uk CD: 08/04/04. Day 1 - £5.00/£2.00. Day 2 - £10.00/£4.00. No EOD. Chq: Bristol OK. EPS-SI. String course. Day 1 starts from 1300. Day 2 only - CC courses - W, Y, O, R & LG. Dogs on lead in assembly only. Entries via website or by post on "TripleOSevern" entry form. www.ngoc.org.uk Entries for Relays only: Peter Foster, 8 Winsor Road, St Andrews, Bristol, BS6 5BP, 0117

942 1572. pfoster001@aol.com CD: 12/04/04. Fees TBA. No EOD. Chq: Bristol OK. EPS-SI. Relay entries through clubs. www.ngoc.org.uk

- 8th EM LEI District Event. Swithland Woods, Leicester. SK/537130.
 - C4 Robert Haskins, 01509 842449. £3.50/£1.50. EPS-SI. String course. Parking TBA. Dogs on lead. www.leioc.co.uk
- 8th EA HAVOC Local Score Event & SWESO & SWELL Presentation. Bedfords Park, Romford. TQ/520925.
 - S5 Barbara Fothergill, 01277 213758. fixtures@orienteering-havoc.co.uk £2.00/Free. Start 1030. www.orienteering-havoc.co.uk
- 9th EA WAOC Short Races (Prologue & Chasing Start) & EA Schools Championships. Ampthill Park, Shefford. SP/024382.
 - C5S Organiser and entries (e-mail preferred): Ursula Oxburgh, 14 Bentley Road, Cambridge, CB2 2AW, 01223 357199. u.oxburgh@esc.cam.ac.uk CD: 04/05/04. Short Races £5.00/£3.00. EOD +£2.00/£1.00. Schools Champs £1.50. EOD +£1.00. Chq: WAOC. EPS-SI. 3 Short Race courses Open, M40+ & M16- & W Open, W40+ & M60+ & W16-. EA Schools W, Y O & LG. Dogs on lead. www.waoc.org.uk
- 16th SE **MV Harvester Night Relay Trophy & UK Relay League.** Pippingford Park, Crowborough. TQ/510310.
 - R2N Organiser and entries: Mike Elliot, 10 Glebe Road, Ashtead, Surrey, KT21 2NU, 01372 273106. *CD: 01/05/04*. Class A £70.00, Class B £50.00, all Juns on Class B £25.00. No EOD. Chq: Mole Valley OC. EPS-SI. Parking £1.00. No dogs. www.mvoc.org/
- 23rd NW LOC NATIONAL EVENT & UK Cup. Holme Fell, Coniston. GR/318018.
 - C2 Organiser: Sue Butterfield, 01229 582770. bbobsue12@aol.com
 Entries: Janet Nash, 11 Hayfell Rise, Kendal, Cumbria, LA9 7JP, 01539 725921. j-nash@supanet.com CD: 30/04/04. £10.00/£4.50. Family (2+2 or more) £26.00. Internet entries via LOC website (CD: 7/5/04). Lim EOD +£1.00. Chq: Lakeland OC. EPS-SI. String course. Lim CC courses. Dogs in car park only. www.lakeland-orienteering.org.uk
- 23rd WM OD District Event. Coombe Country Park, Coventry. SP/403795.
 - C4 Don Locke, 01926 423940. £4.00/£2.00. String course. Parking £2.00. Dogs on lead. www.octavian-droobers.org
- 23rd SC TVOC District Event. Coombe Hill, Wendover. SP/852062.
 - C4 Paul Greenough, 01494 674766. paul-greenough@supanet.com Fees TBA. EPS-Emit. String course. www.tvoc.org.uk
- 29th SOA NATIONAL EVENT & SCOTTISH CHAMPIONSHIPS
 - C2 **29th NATIONAL EVENT & Scottish Individual Championships.** Errochty, Blair Atholl. NN/768638.

Organiser: Co-ordinator: Terry O'Brien, 0141 7707618. terry@stag-oc.freeserve.co.uk Entries: Pauline McAdam, 53 Essex Drive, Glasgow, G14 9LZ, 0141 563 7395. *CD: 30/04/04*. £12.00/£6.00 (inc Studs & unwaged). to 7/5/04 +£1.00, to 14/5/04 +£2.00. No EOD, but late entries to 7/5/04 +£1.00, to 14/5/04 +£2.00. Chq: West Area Orienteering. EPS-SI. String course. Lim EOD CC courses - Y, O & LG. Starts 1200 - 1500. Parking £2.00.

- 29th-31st SW Tamar Triple Regional Event
 - C4 29th Day 1 DEVON District Event. Smallhanger Waste, Plympton. SX/550599. Roger Green, 01392 278512. rogergreen@eurobell.co.uk £4.50/£2.50 (EOD only). String course. Starts 1200 1500. Dogs in car park only.
 - C3 **30th KERNO Day 2 Regional Event.** Dunmere Wood, Bodmin. SX/043695. Organiser: Pauline Olds, 01726 75998.

C3 31st - KERNO Day 3 Regional Event. Plym Forest, Plympton. SX/547597.

Organiser: William Kromhout, 01392 259541. willdebeast72@hotmail.com
Entries (Days 2 & 3): Tamar Triple 2004, Blackthorn Cottage, Fiddleford, Sturminster Newton, Dorset, DT10 2BX. cris@thetweens.freeserve.co.uk CD: 07/05/04. £9.00/£3.50 per day or £17.50/£6.00 both days. Lim EOD +£1.00 per day. Chq: Tamar Triple 2004. EPS-SI. String course. EOD CC courses - W, Y, O & LG. Entry enquiries preferably by e-mail to cris@thetweens.freeserve.co.uk or tel 01258 861804.

General enquiries preferably by e-mail to <u>tamartriple2004@devonorienteering.co.uk</u> or 01752 249043 in emergency <u>www.devonorienteering.co.uk</u>

30th WM Peel Adventure MTBO Series. Cannock Chase, Cannock. (non BOF event)

MTBO Organiser: David Peel, 0114 2663169. peeladventure@btinternet.com

Entries: Peel Adventure, 20 Riverdale Road, Sheffield, S10 3FB. *CD: 1 week before race.* Lim EOD. Fees: £10 + Insurance + EMIT hire. Entry form available on website. www.peellandsurveys.co.uk/peeladventure

June 2004

2nd SE HAVOC Local Summer Evening Event. Epping South West, Chingford. TQ/394949.

C5 Barbara Fothergill, 01277 213758. fixtures@orienteering-havoc.co.uk £2.00/£1.00. Yellow, Green, Blue. Starts 1800 - 1900. www.orienteering-havoc.co.uk

6th EM **LEI Regional Event.** Grace Dieu, Loughborough. SK/438180.

C3 Organiser: Andy Portsmouth, 0116 230 1337. andy.portsmouth@btinternet.com
Entries: Thelma Spalton, 31 The Burrows, Narborough, Leicestershire, LE19 3WS, 0116 275 1255. gerry.spalton@btinternet.com CD: 23/04/04. £7.00/£2.50. Lim EOD +£1.00. Chq: Leicestershire Orienteering Club. EPS-SI. String course. Lim CC courses - W, Y, O & LG. Parking £1.00. Dogs on lead in car park only. www.leioc.co.uk

6th EA WAOC Local Event & SMILE. Therfield Heath, Royston. TL/348406.

C5 Peter Haynes, 01223 327188. P.H.Haynes@damtp.cam.ac.uk £2.00/£1.00. White to Lt Green + Training course. Dogs on lead. www.waoc.org.uk

6th EA SOS District Event & Essex and Suffolk Schools League. High Woods Country Park, Colchester. TM/000280.

C4 Greg Deacon, 01702 552350. gdeaco@essex.ac.uk £4.00/£1.50. EPS-SI. White to Blue courses only. stragglers.info

6th SC TVOC District Event. Great Hampden, Princes Risborough. SP/836019.

C4 Ralph Phipps, 01494 452659. ralph.phipps@ntlworld.com Fees TBA. EPS-Emit. String course. www.tvoc.org.uk



SMILE 2004



What is SMILE?

These are SuMmer Introductory Low-key Events and they will be held on either Saturday or Sunday mornings starting on Sunday 21 March 2004 and finishing on 18 July 2004. SMILE events will offer White, Yellow and Orange courses, and each one will be planned and organised by a different WAOC family. There will also be a timed score event to keep the more experienced busy.

SMILE events are aimed particularly at beginner orienteers and those juniors or seniors who need more practice at the three easiest courses. Please bring your non-orienteering friends and families along - we'll give them lots of help.

Date	Location	Organiser/Planner
Sun 21 March	Coe Fen, Cambridge TL447573	Michael Firth
Sat 24 April	Bush Heath, Mildenhall <u>TL726754</u>	Simon Gardner
Sun 6 June	Therfield Heath, Royston <u>TL350405</u>	Peter Haynes
Sun 20 June	Hinchingbrooke Park, Huntingdon <u>TL221718</u>	Hemingway family
Sun 4 July	Rowney Warren, Shefford TL125405	Neil & Martin Humphries
Sun 18 July	Wandlebury, South Cambridge <u>TL492533</u>	Peter & Sue Woods

Cost

The cost of a morning's orienteering will be just £1 and for this you can do as many courses as you can fit into the time available, so it is a really good chance to run your usual course really fast and then have a non-competitive go at the next harder one. (Adults Score course £2)

Master Maps and Pin Punches

We shall be using a master map system with pin punching, partly to keep costs down but also to make the planning and organisation more simple.

Smile League

We shall be running a SMILE LEAGUE, with an individual's four best competitive scores on one course counting towards their final score. SMILE LEAGUE winners will get trophies and again there will be LOTS of prizes.

Smile League Cup

To be run at the Wandlebury event, still on White, Yellow and Orange courses. Details later, when we have worked them out.

Prizes, Presentations and Party

These will all happen at the last SMILE event, at Wandlebury, Cambridge on Sunday 18 July, so write this date in your diary now and BE THERE.