



West Anglian
Orienteering
Club



JABBERWAOC

Vol.32 No. 6

December 2004



*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

Next year the British Champs is again earlier than the more usual May Bank Holiday and is at Penhale, Cornwall. Although this is a long way to go, the area is superb. If you went there for the JK in 1997 you will know what I mean. You can run over open sand dunes (much of it very runnable, just some deep sandy bits) with a fantastic view of the sea. But don't get too distracted as some careful navigation is required. I have rarely felt so inspired. Blanka is organising some accommodation there, so if you are interested in joining us do get in touch with her as soon as possible - it is limited.

Congratulations to the juniors for getting through to the Yvette Baker final. Perhaps we can have a report from one of you for next time.

Thanks to Jean Sinclair for some advice on avoiding those nasty colds and flu, to Sophie and Ursula for junior news and to Mark Collis for his article on the KIMM.

Apologies, there is no puzzle this time. If you have some ideas for one do pass them on to me. Mark is still accepting entries for his Photo O competition until February.

Enjoy the rest of the orienteering this year and have a great Christmas but don't forget to renew your membership for 2005!

Julia Wotton

Next Copy Date

25th January 2005

URGENT – accommodation for BOC 2005

Are you planning to go to the British Champs in April 2005 (Devon, 16-17 April)?
Would you like to share accommodation with other WAOC members whilst there?

The competition area (Penhale Sands) is located close to Perranporth for both days. A few WAOCers have already agreed to share caravan/chalet style accommodation in the Perranporth Holiday Park for the weekend, and I have booked two units, each for up to 8 people, at the moment. Currently I know of 9 people planning to stay there - would anyone else like to join us there? If there is more interest then it may well be possible to book another unit, but I wanted to make sure that the two chalets are filled up first before booking anything else. The cost of the accommodation is likely to be about £30 for the whole weekend (they only take bookings from Friday to Monday), assuming we can fill up all the available spaces.

Please email Blanka (bs296@cam.ac.uk) if you'd like to take up one of the other places currently booked.

Blanka

Notice of the AGM 2005

The AGM will take place on Saturday 19th February 2005 at St. Matthew's Church Hall, Cambridge. More details will be given in the next edition. We are looking for new blood on the committee so please consider becoming more involved in your club.

WAOC Membership Information

NEW CLUB MEMBERS

Welcome to:

Stephen and Amanda Borrill	from Cambridge
Jonathan and Teresa Clarke and family (Hannah W4)	from Offord D'Arcy
Mervyn Foster	from Fen Stanton
Peter and Karen Heybrock and family (Jaqueline W13 and Jonathan M9)	from Milton
Al Manton and Sarah Roseblade and family (Bethan W8 and Elgan M2)	from Fulbourn
Gareth Stedman-Jones and Miri Rubin and family (Joseph M10)	from Cambridge

We hope that you will all enjoy orienteering with us.

Anne Duncumb (membership secretary)

WAOC MEMBERSHIP FOR 2005

We hope that you will want to continue your WAOC membership for 2005. Membership subscriptions, which include membership of the EAOA, will be the same as in 2004. Seniors £7.50, Juniors £2.50, Families £9.00, Groups £5.00.

Full-time students who are 21 and over continue to pay at the Junior rate both for WAOC and BOF. For those who are members of BOF, the Junior BOF sub is £3.50 making a total of £6.00.

BOF members please renew your membership directly to BOF, using the forms you will receive from them. The total amount includes the WAOC sub and BOF transfers WAOC's share to us.

WAOC club-only members (except for new members who joined after 1st September 2004) please use the form included with your copy of Jabberwaoc and send both it and your sub to me.

Please would you renew your subscription as soon as possible?

Please note that information concerning WAOC members is stored on a computer database. This is not accessible to other organizations. A membership list is published annually and circulated to club members.

Thank you

Anne Duncumb (Membership Secretary)

Chairman's Chat

I spent today at Cannock Chase with the Club juniors running in the Yvette Baker Trophy final. There was a lovely atmosphere in and around the club tent as the team members were cheered in. We had arrived early and pitched the tent in a perfect position by the run in with a good view of the last control. Congratulations to all 17 members of the team - for several it was the first time they had run outside East Anglia and met terrain with so much contour detail not to mention the climb. We finished 14th out of 15 teams with Edward finishing second on the Light Green course. Ursula's chocolate cake was also much appreciated.

Caroline Louth

Compass Sport Cup 2005

Subject to final confirmation, WAOC is competing in the Compass Sport Cup 2005 at Belvoir West (pronounced Beaver Castle) on **27th February**. It's an LEI area up the A1 near Grantham, and is an extensive broadleaf forest including numerous reentrants on an escarpment. The Duke of Rutland lives in the Gothic Castle overlooking the area. There is a new scoring system for 2005, which can be viewed on the members' page of the BOF website, with the overall objective of making the competition more inclusive by removing some restrictions on age class. Also, in qualifying rounds where the winning club finished in the top three in the Final in the previous year, then the second placed team now also qualifies for the Final. Now then, in last year's qualifier we came second to NOC who had won the competition the previous year (they came second in 2004). Had this new rule been in place last year, then WAOC would have been in the final, which would have been quite something. So with a strong team in 2005, you never know...

Rolf Crook

Junior Corner

Congratulations to Edward Louth who won JM5M at the November Classic National Event in the New Forest, beating several M16's as well as the M14's in his age class. He also came back with a good result from CLOK's National Event on Fylingdales, finishing 3rd on M14A.

A couple of months ago the Junior European Cup was held a little closer to home on Epping East. Congratulations to Helen Gardner who represented Britain at this competition. Recently a large number of KCS/WAOC juniors took the opportunity to run in the same area, dominating the white and yellow course results. A special mention should go to Jonathan Cronk and James Firth, who came 1st and 2nd on the orange respectively.

On 5th December, a WAOC junior contingent travelled to Cannock Chase to compete in the Yvette Baker Trophy final, a very hard-fought competition and a highlight of the junior orienteering season in Britain. It was great to have each and every one of the team out there, despite the distance they had to travel; I am especially grateful to all the parents, who drove juniors to the event.

WAOC's final position was 14th (with 773 points) out of the 15 teams competing - we beat SN by a large margin and were not too far away from SLOW (780), HOC (783), CLOK (784) and MDOC (785). The scoring team were: Thomas Louth, Sushruta Chandraker, Tom Adams, Sophie Louth, Jacqueline Heybrock, Edward Louth, Clare Woods, Helen Gardner, Simon Gardner, but everyone else contributed to the score by pushing other clubs' runners to lower positions and thereby supporting the scoring team - well done to Thomas Hemingway, Joshua Hope, Katrin Sengerová,

Alice Gresham, Philip Humphries, Thomas Norris, Jonathan Cronk and Martin Humphries who also competed for WAOC.

Given that we were competing against the country's strongest clubs, a privilege that SOS have had in the last few years, it's not a bad result at all. I think that our strength currently lies in the yellow and orange runners, which are courses that can be easily 'swamped' by bigger clubs 'running down' their older juniors. We had some high scorers on the Green (Helen got 96 points) and Light Green (Edward got 99 points, coming second overall), and some strong scorers on other courses, but currently WAOC are a little low on numbers on the light green and green - all the more motivation for those of you currently doing well on yellow and orange who will undoubtedly make it to those courses in due course!

JIRC Report

This report on the Junior Inter-regionals hosted by SOA on 26th-27th June 2004 is kindly provided by Sophie Louth (W12):

The JIRC is a two day event for M/W14-18s. The first day was an individual event held at Gullane Panes and the second day was a relay event held at Callendar Park. For the individual day the courses were:

W14: 3.4k 30m	M14: 4.1k 40m
W16: 4.4k 75m	M16: 6.5k 100m
W18: 6.0k 80m	M18: 7.3k 110m

We had one full boys' team although James Lyne (SOS M16) had to run M18 and we had one full girls' team although Sophie Louth (WAOC W12) had to run W14. The girls came 4th and the boys came 23rd in the relay. Our ad-hoc team came 4th. At the end the whole EAOA team came 9th overall with 189 points and we think we were one of the smallest teams which was not bad. We stayed overnight in a big school hall. There was lots to do in the evening including table tennis and football. The food was good. We flew with Easy Jet to get there and we took the train back.

Sophie Louth

British Schools' Orienteering Championships At Sandringham

It is a long time since these have been held in East Anglia and lots of WAOC juniors took advantage of their being near at hand to run in them this year.

We got individual Gold (James Firth), Silver (Helen Gardner) and Bronze (Timothy Brown, KCS) and lots of team medals.

Building on their last year's success when the Year 6 boys came 2nd, King's College School this year came away with one Gold and three Silvers, which was a truly impressive performance.

The Year 5 boys came first, the Year 5 girls second and the Year 7 boys also second and KCS were 2nd overall in the Middle / Preparatory Schools category, beaten by Barnardiston, their East Anglian rivals. The 4 KCS team scorers were James Firth, Timothy Brown, Thomas Louth and Tom Norris.

Both Simon Gardner and Sophie Louth got together teams to compete for their school's year group.

Simon, Tom Adams and David Gresham made a Year 9 Boys' team for Comberton Village College. David was already a WAOC member and Tom has now joined WAOC and represented and scored for us at the Yvette Baker Final at Cannock Chase.

Comberton Village College is very familiar with schools' orienteering competitions as Peter, Helen and Simon Gardner have been competing in them for a number of years. For the Perse School for Girls, on the other hand, this was the first team entry in the competition. Sophie, Jacqueline Heybrook and Susha Chandrakar made up a Year 8 Girls' team. Unfortunately Sophie mispunched, but the big thing is that we have another local school sending a team to the BSOC. Susha and Jacqueline are both WAOC members and all three Perse girls represented and scored for us at the Yvette Baker Final

Individual placings at the British Schools' Orienteering Championships:

1st James Firth Y7 Boys KCS
2nd Helen Gardner Y13 Girls Comberton VC
3rd Timothy Brown Y5 Boys KCS
4th Thomas Louth Y6 Boys KCS
5th Tom Norris Y7 Boys KCS
Emily Plane Y5 Girls KCS
Edward Louth Y10 Boys Perse School
8th Jessica Firth Y5 Girls KCS
Simon Gardner Y9 Boys Comberton VC
9th Joshua Hope Y5 Boys KCS
10th Joseph Stedman-Jones Y5 Boys KCS
Catherine Gresham Y7 Girls Comberton VC
11th Finn Nugent Y5 Boys KCS
14th Stuart Wright Y12 Boys Ramsey Abbey School
Miriam Norris Y5 Girls KCS
18th Jonathan Cronk Y7 Boys KCS
21st Felix Barker Y5 Boys KCS
25th Jacqueline Heybrook Y8 Girls Perse School for Girls
27th Sushruta Chandrakar Y8 Girls Perse School for Girls
28th Tom Adams Y11 Boys Comberton VC
31st David Gresham Y11 Boys Comberton VC
33rd Louise Scott Y5 Girls KCS

I hope I have not missed anybody. Very well done everyone. I shall be looking out for you in next year's results.

Ursula Oxburgh (Schools' Development Officer)

Training/Coaching

WAOC Coaching

I have spent the last 2 days sorting out my O maps which have been lying in a big heap for longer than I care to think. Naturally it took a long time because I kept on looking at my routes, particularly on the early maps, which I remember particularly clearly.

Of course, I was interested in my third Green standard run which gave me my Green badge (on Bayfield - a rarely used NOR area) and my third gold time (on Wharncliffe Woods, near Sheffield, one of my early excursions out of East Anglia), but what particularly impressed me was the many mistakes I made early on and the realisation that I could have avoided a lot of them with a better grasp of the basics of orienteering. (Having said all that, I should just like to put on record that I took 19 mins to the first control last Sunday!)

It's a slow old job discovering the wheel - I did read a fair amount, but it was quite difficult adapting the written word to the grotty wood and somehow the maps in the books never looked anything like the maps I was running on. So what's the answer? I think it's coaching, coaching, coaching.

About 3 years ago, a group of us started regular coaching sessions for juniors. Looking at the huge success they have had this year, at the Peter Palmer relays, the British Schools' Orienteering Championships and now in the Yvette Baker Trophy, I am sure that this is beginning to pay off.

So now we are planning to extend our coaching sessions to include seniors as well as juniors, starting at High Ash on 20th March next year.

The plan at the moment is to have the usual junior groups:

- Getting going on White
- Running Yellow

then to combine juniors and seniors on

- Skills for Orange courses. On different occasions we shall deal with different Orange skills. (I suggest that these would be the best sessions for inexperienced adults as these are the basic orienteering skills.)
- Running Light Green.
- Advanced skills - a chance for experienced orienteers to get better.

In addition, we hope to run an introductory session at the beginning of the event for people who are new to orienteering. This would be suitable for juniors, seniors and families and would probably run from 10:30 to 11:00, leaving plenty of time to have a go at a course or two.

Apart from this, sessions will begin at 12:30 and finish by 1:30 ish. You need to arrive reasonably early at the event, get your run in, maybe change, have something to eat and drink and be ready to go at 12:30.

There will be more details in the February JabberWAOC, together with a slip to fill in to book a place on a session (there will also be an e-mailing with a slip for a reply). Our juniors are really

good at letting us know whether or not they are coming to coaching. We hope our seniors will be just as responsive.

If you have any queries or suggestions, please get in touch.

Ursula Oxburgh u.oxburgh@esc.cam.ac.uk 01223 357199

Training with other clubs

If you feel the end of March is a long way off, you have the chance to do some training before that in February with RAFO at Rowney Warren and with Happy Herts probably in Epping Forest.

The RAFO training is on 2nd February at Rowney Warren. This is a whole day course aimed at adult beginners or those who have completed a few events and covers map reading, compass work, pacing, feature recognition and relocation. Start time is 9 o'clock, with an aim to finish around 4 o'clock and including a mid session debrief over lunch in the picnic area. WAOC members are most welcome to turn up on the day for a run out, but please let Marc Roberts (webeditor@rafo.org.uk) know in advance to ensure there are enough maps and helpers.

The Happy Herts training is on 13th February and the venue is to be confirmed, but hopefully in Epping. It will be a full day, meeting at 10.15am with a briefing session and a variety of exercises, 2-3km in length based at a central "camp". The day will finish at around 3pm. This will be aimed at competent orange standard and above. Some coaching will be available for HH members; attendees from other clubs will be able to use the exercises. Cost is still to be determined. Please contact Carol Lovegrove of Happy Herts (phone number 01483 534858) and myself if you wish to attend.

Julia Wotton

Puzzle Corner

Mark is not letting us know the answer yet to his puzzle at it is to be used in Points East and it also gives you a bit more chance to have a go while you are sitting at home over Christmas and there's nothing any good on the telly.

Dealing with Winter Illnesses

To start with the obvious: lots of people get colds. The "average adult" suffers between one and six common colds each year. At any one time, an estimated one in 60 UK adults will be suffering with a cold. Influenza / flu is not as common, but affects an estimated 10 to 15% of the UK population each year. Children suffer more colds per year than adults. Recreationally active athletes seem to suffer fewer colds than the less fit general population, while harder training athletes are at greater risk.

Between 1/3 and 1/2 of common colds are caused by members of the rhinovirus group ("rhino" means nose). Rhinoviruses invade the mucus of the nose, where rapid reproduction of the virus and the body's immune system reaction to it causes the symptoms of a cold, including fatigue, sore throat, runny or blocked nose, sneezing and mildly swollen glands around the face and neck. In most people, these acute symptoms last four to seven days. Usually, just the nose and upper respiratory tract is affected – above the neck. Colds rarely cause fever or body aches. Symptoms usually appear gradually. Complications, such as bronchitis and sinusitis can make the illness more unpleasant and prolong the duration.

Flu is also caused by viruses. These viruses can affect both the upper and lower parts of the respiratory tract. Symptoms usually include headache, fever, muscular pain (myalgia) and muscular weakness. Less commonly, joint pain, sensitivity to light (photosensitivity), nausea and vomiting can also be experienced. Flu symptoms are more likely to appear suddenly than colds.

Cold and flu viruses enter the body through the eyes, mouth, nose and respiratory passages. So, viruses can be taken in by touch or aerosols (airborne particles sneezed or coughed out of an infected person).

Undergoing prolonged intense training has been associated with depression of the immune system. Some other stressors eg heat / humidity, cold, high altitude, poor nutrition and excessive psychological stress have also been associated with depressed immune systems and increased risks of infection.

Avoiding Colds and Flu

Avoid coming into contact with the virus. Easier said than done, and in many cases, not really practical – key things to try to avoid include anyone who is sneezing, public transport, waiting rooms and clinics, children (who tend to get more colds than adults). In particular, avoid kissing anyone with a cold or flu.

Hand washing. Hands can pick up viruses by touching contaminated surfaces (eg door handles, telephone handsets) or by shaking hands with an infected person. So, regular hand washing can reduce the chances of infection, and is especially valuable before eating or other hand to mouth contact.

Resting between hard training sessions. Short duration moderate intensity exercise seems to have little adverse effect on the immune system, and may even improve it. Longer demanding sessions suppress the immune system for up to several hours. So, time must be allowed for the immune system to return to normal between hard sessions.

Diet. A huge topic! Deficiencies of vitamins A, B6, B12, C, E, folic acid, zinc, iron, magnesium, manganese, selenium and copper can impair immune function. The most commonly recommended supplements are 1000mg vitamin C daily and 15mg zinc four times a day at the onset of symptoms. Excessive intakes of some minerals, especially iron and zinc, and vitamins, can impair immune system.

Vaccination. There are no vaccines available against the common cold. Each autumn a new flu vaccine is produced to tackle the strains expected to be prevalent that winter. Under the NHS, free vaccines are offered to certain groups of people, who are either more likely to contract flu or for whom the consequences could be worse. These groups include over 65 year olds; people of any age with chronic heart disease, angina, heart failure, chronic respiratory disease, asthma, bronchitis, cystic fibrosis, emphysema, kidney disease, undergoing kidney dialysis, diabetes, immuno-suppression due to HIV or treatment for tumours; anyone living in nursing, residential or long stay homes, where virus spread is more likely. Some employers, including the NHS, offer flu vaccinations to some members of staff. Other people can pay for a vaccination – around £18.

For more information, see:

<http://www.nhsdirect.nhs.uk/SelfHelp/info/advice/flu vaccinations.asp>

Treatment and Exercise

As both colds and flu are caused by viruses, there is no point taking antibiotics, which can only treat problems caused by bacteria. It is important to identify the type of infection. If symptoms are localised to above the neck and do not include a fever, then light exercise is OK, and may actually help recovery. For five to seven days from start of symptoms, very low intensity exercise (less than 60% of maximum heart rate for your age) is recommended. When symptoms have resolved, training can be increased over three days to return to full training on day four.

If symptoms are below the neck, with a significant (>20%) increase in resting heart rate, significantly swollen glands, productive cough, general aches, fever and fatigue, the approach is different. From onset of significant symptoms, rest completely for three to seven days. Then, after major symptoms have resolved, continue as for “above the neck” symptoms. Returning to hard training too soon after serious infection will leave your body more susceptible to secondary infection (eg bacterial throat or chest / lung infection) and may even result in Post Viral Fatigue.

All the normal treatments apply to athletes, although you might need to consult the Drug Information Database to check the status of some ingredients of cold remedies. Continuing to drink plenty and eat whatever you can tolerate, and getting enough rest and sleep is the best approach.

A Personal Note

As Julia Wotton points out: Don't just assume the worst that can happen if you don't rest properly after the flu is that you could get post viral fatigue. From my own tragic experience of losing my husband Dave I know that you can cause cardiac arrest. Dave ran only a day after getting rid of his flu symptoms and he ran quite hard because it was the Compass Sport Cup. (For anyone who doesn't know, Dave Wotton died running for WAOC at Ecclesall Woods, near Sheffield, in November 2001)

Adapted from a longer article, Avoiding Winter Illnesses, by Greg Whyte, Richard Budgett, Rod Jacques and Paul Davies

http://www.olympics.org.uk/Library/boa_pdf/AVOIDING_WINTER_ILLNESS.pdf

Jean Sinclair

KIMM 2004

As the end of October approaches and the time comes for the clocks to go back, it feels like winter is on the way. So what better way to celebrate than to... compete in a mountain marathon. The Karrimor International Mountain Marathon (KIMM) is orienteering on a grand scale - long courses set amid spectacular mountain scenery (when you can see it). Blanka and I had entered the Medium Score course, which operates in the same way as a conventional orienteering score event but with the start and finish 10km apart, and time limits of six and five hours respectively for the Saturday and Sunday.

This year's competition area was the western Brecon Beacons, which will be familiar to those of you who were at the Welsh 6 Days in the summer - Ogof Ffynon Ddu was actually part of the KIMM competition area, and we'd walked up Fan Brycheiniog, the highest point on the map, on the rest day. This was not as steep as some past areas have been, but compensated for this by having some seriously technical sections. This is limestone terrain, with lines of low crags exposed on the tops and enormous sink holes in the dips, and can be very confusing when misty.

We had one of the first starts, at just after 8am on Saturday, so after a not-too-comfortable night in the back of my car we got ready in the dark and headed down the road to the event centre. Fortunately the weather omens were good, after some bad weather midweek; it was a lovely clear morning, with little breeze. On getting the map, it was obvious that we needed to head as far west as possible to get to the higher value controls, and we set off towards the first control in that direction. It was fortunate that the weather was good, because we took a little while to get used to the level of detail on the map (1:40,000 and 15m contours) and were rather erratic. On the way to the next we climbed up into low cloud, but fortunately dropped back out of it on the other side allowing us to see the approach to the sink hole.

The next leg was a nice downhill run to a stream junction, and here we decided to turn north a bit, missing out a 35 point control because we weren't sure that we were moving fast enough to get to the finish on the north side of the map in time. This turned out to be a poor decision, as we made good progress on a loop to the west of Waun Lefrith, and dropped down on the north side of the main ridge with two hours still to go. There was mist below the ridge, but with some careful (or fortunate) navigation we were soon left with a gentle descent on a faint path almost all the way to the finish. We picked up one control on the way down, but opted out of the other possibility which involved crossing a kilometre of marsh and arrived at the campsite with plenty of time to spare.

The advantage of an early start was being able to choose our camping spot from the four adjacent fields used, so we bagged a nice flat spot next to a fence, and started eating... The fields were filling all afternoon, and even into the night for a few unfortunate late arrivals, so by the morning we could see nothing but closely-packed tents. Balloon beds, the latest weight-saving fad, also provided an entertainment opportunity for Sunday morning as an assortment of animal shapes could be seen in the skip. In contrast to my two previous KIMM experiences, there had been no wind or rain overnight, I hadn't had to hold the tent up overnight, and I felt fresh and ready to go.

The start on Sunday was completely different in character to Saturday, because we were much later - for the first few legs, there was a long line of people to follow, all taking a similar route. We were being taken east to finish on the other side of the valley to the start, so there were slightly fewer route choice options. The long run along a narrow spur below the Fan Hir ridge was my highlight of the weekend - not because I could see the spectacular cliffs

above (I couldn't), but because the sharp descent into mist on either side provided a wonderful feeling of being up above everything.



Our only real mistake on the second day was the opposite to the first - being too ambitious. We tried to add an extra 20 point control to our route, but found ourselves a bit too far away from the finish for comfort with only an hour to go. We sacrificed one control from our route by contouring around a spur using a forest track, and then had to keep running hard all the way down the hill to the last control. This was in about the same place as the last control in the summer had been, but the run-in on the KIMM is again on a bigger scale - the finish was down at the bottom of the valley, 2.3km away... Painful as it was, we had to keep going, and eventually arrived at the finish with just 90 seconds to spare!

We had certainly pushed ourselves harder on the Sunday, and it showed in the results. We had climbed from 158th to 123rd in the overall standings (out of 264 teams that started) and as I worked out afterwards, we had also covered more distance despite the hour shorter time limit (25km vs. 23km). Time for some food and drink, and for my legs to seize up... the walk back to the car certainly felt a lot further than it had the other way the previous morning. Remarkably, it still hadn't rained!

Despite lacking anything remotely approaching mountains to train on, a surprising number of familiar East Anglian faces could be seen at the KIMM... and unlike us, some of them figured at the top of the leaderboard. Most impressive was Neil Northrop (WAOC), who won the A course with Rob Little, while Russ Ladkin (WAOC) and Jeff Powell Davies (SOS) were 7th on the same

course. Chris Sellens (SOS) was 3rd on the B course, running with Mark Saunders. Congratulations to all of them.

If you haven't run a mountain marathon yet, give it a go! You don't have to be super-fit (I'm certainly not) and it's a great experience, physically and mentally challenging. And once you've done one you can always make an informed decision not to do another, though many people find themselves strangely addicted...

Mark Collis (DRONGO)

WAGAL 2004

Below are the WAGAL (West Anglian GALloppen) points so far for 2004 which are used to decide the WAOC club champions. They include the events up to Rowney Warren with just the event at Maulden Wood to complete this years events.

The WAGAL is based loosely on the way that the BOF ranking points are calculated for 'ranking events' (C3 and above) but is expanded to fit a 'club' setup with its many different age classes and courses run (Yellow to Brown) by multiplying the min/km by factors to produce a weighted min/km and bring everybody into one league. This ranking system also takes into account the different running speeds between areas and the strength of the competitors attending an event.

Basic Rules

- Ranking events are all WAOC Badge events and Colour Coded (including Ltd). Cati, Summer Galloppen and Night events are not included.
- The best 4 scores from the 6 WAOC events for each year to count towards the overall total (3 scores if there are 4 or 5 WAGAL events).
- For Colour Coded events only courses Yellow to Brown to count.
- Competitors must compete as individuals.
- Only the first run at each event will be used.
- The planner will be awarded a score equal to the highest they attained at other WAOC events during that year.

Points Calculation

To allow for different age groups and courses two weighting factors are applied to the min/km for each runner to produce the 'weighted min/km'. The first is for the age class of the runner, these are taken from the BOF Guidelines. The second is for the course run using, for courses Green (TD5) and above, the old BOF Guideline for using a factor of 0.95 for Short Badge courses (which were 2/3 of the length of Long courses). For Light Green to Yellow courses a decreasing factor is used due to the reduced Technical Difficulty. The factors used are listed below.

M10	1.43	M40	1.12	W10	1.72	W40	1.49
M12	1.33	M45	1.19	W12	1.61	W45	1.61
M14	1.25	M50	1.27	W14	1.54	W50	1.75
M16	1.19	M55	1.35	W16	1.49	W55	1.89
M18	1.14	M60	1.47	W18	1.43	W60	2.08
M20	1.08	M65	1.67	W20	1.41	W65	2.27
M21	1.00	M70	1.89	W21	1.25	W70	2.56
M35	1.08	M75	2.17	W35	1.41	W75	2.86

Yellow	0.75
Orange	0.82
Red	0.85
Lt Green	0.9
Green	0.93
Blue	0.96
Brown	1

The Formula

The mean MP is calculated using the ranking points of all previously ranked runners who have completed at least the minimum number of events for the previous year within the past 2 years (currently 4 events) and who finish within 100% of the fastest weighted min/km.

The mean MT is calculated using the weighted min/km times of all ranked runners (as above) who finished within 100% of the fastest weighted min/km and also the standard deviation SD of these runners.

The Ideal Mean Time IMT is calculated: $IMT = MT + (MP - 1000) * SD / 200$.

The Race Points RP are calculated using $RP = [1000 + 50 * (IMT - RT) / SD]$

Pos	Name	Class	Total	Warden Warren	Chicksands Wood	Ampthill Park	Therfield Heath	Rowney Warren
1	Helen Gardner	W18	4383		1097	1122	1086	1078
2	Mike Capper	M45	4187	1057	1040	1057		1033
3	Rolf Crook	M21	4186	1055	1044	1087		1000
4	Neil Humphries	M40	4175	1051	1051	1034		1039
5	Michael Bickle	M55	4137	1051	1023	1027	1036	
6	Janis Ryall	W50	4131	1064	1005	992		1070
7	Julia Wotton	W35	4058	1037	1042	1004		975
8	Sue Woods	W45	3995	1031	1011	970		983
9	Blanka Sengerova	W21	3955	1000		981	976	998
10	Simon Gardner	M16	3933		974	1016	929	1014
11	Peter Woods	M45	3930	1012	1002	920		996
12	Peter Ryall	M55	3836	964	1011	928		933
13	Tony Bishop	M60	3111	1050	1042		1019	
14	Thomas Louth	M10	3053	998	997			1058
15	Graham Louth	M40	3008	983	1026			999
16	Tony Wilson	M55	2856	933	976			947
17	Thomas Norris	M12	2852	1007			860	985
18	Maria Marshall	W50	2838	977	945			916
19	Norman King	M45	2821	968	968	885		
20	Maurice Hemingway	M45	2783	962		915		906
21	Ian Lawson	M50	2741	884	926			931
22	Jonathan Cronk	M12	2713	991			855	867
23	Ruth Saxl	W55	2710	871		935		904
24	Trevor Wilkinson	M50	2342	797	854			691
25	John Wickersham	M60	2093	1046	1047			
26	Lindsey Freeman	W50	2085	1041	1044			
27	Nicola Gardner	W45	2074		1037	1037		
28	Colin Curtis	M70	2048	1046				1002
29	Malcolm Mann	M55	2046		1059			987
30	Fred Northrop	M55	2028	1014	1014			
31	Tony Wadeson	M45	2004	1001				1003
32	Thomas Hemingway	M10	1958	968				990

33	Bob Hill	M45	1944	984				960
34	Sophie Louth	W12	1934		903			1031
35	Bruce Marshall	M50	1924	927	997			
36	Peter Howsam	M50	1906	986				920
37	Jane Howsam	W50	1887	929				958
38	Mary Batten	W55	1848	906	942			
39	Peter Beale	M35	1836	892				944
40	Ian Smith	M45	1782				827	955
41	John Sutcliffe	M21	1775			905	870	
42	Clare Woods	W16	1732			813		919
43	Stuart Wright	M16	1718	823	895			
44	Jon Batten	M55	1705	819	886			
45	Chris Page	M55	1696	831				865
46	Catherine Gresham	W12	1679		931		748	
47	John Gresham	M50	1620		808		812	
48	Martin Humphries	M18	1618		846			772
49	James Norris	M40	1603				802	801
50	Lorraine Houghton	W45	1564	660	904			
51	Maurice Capper	M75	1349	753				596
52	Sheila Staines	W45	1333	577	756			
53	Christine Ellarby	W50	1158	675				483
54	Chris Morley	M60	1071		1071			
55	Katy Woods	W14	1066	840			226	
56	Maureen Weldon	W50	1059		1059			
57	Ursula Oxburgh	W70	1052		1052			
58	Noreen Ives	W50	1044		1044			
59	Kathy Haynes	W45	1043		1043			
60	James Firth	M12	1035	1035				
61	Edward Louth	M14	1032		1032			
62	David Peregrine	M60	1023		1023			
63	Mark Wadeson	M40	1023	1023				
64	Philip Wright	M12	1016	526	490			
65	Peter Gardner	M20	1015		1015			
66	Russ Ladkin	M35	1009	1009				
67	Katrin Sengerova	W12	997					997
68	Peter Duthie	M45	979		979			
69	Martin Bailey	M40	979				979	
70	Bob Blows	M50	976	976				
71	Pam Hemingway	W40	974	974				
72	Andrew Eves	M40	970		970			
73	Caroline Louth	W40	951	951				
74	Jacqueline Heybrock	W14	949					949
75	Jitka Sengerova	W45	945					945
76	Philip Humphries	M14	940					940
77	Lucy Mulcahy	W10	934					934
78	Jan Saxl	M55	930			930		
79	Alice Gresham	W16	920		920			
80	Chloe Parker-Freeman	W10	911					911
81	Sue Speller	W40	890	890				
82	Jenny Gray	W45	888	888				
83	David Cronk	M40	881				881	
84	Hally Hardie	M60	877		877			
85	John Beadle	M55	868					868
86	Adam Mulcahy	M10	865					865
87	Penny Bickle	W21	859			859		
88	Paddy Keane	M55	846					846
89	Simon Williams	M21	833					833
90	Jenny Grey	W45	816		816			
91	David Gresham	M16	812				812	
92	Mark Collins	M35	805		805			
93	Helen Bickle	W21	798					798

94	Rakesh Chandraker	M40	783			783
95	Sue Wright	W45	678	678		
96	James Haynes	M12	646		646	
97	Peter Heybrock	M40	643			643
98	David Cooper	M40	642			642
99	Sushrata Chandraker	W12	622			622
100	Miriam Norris	W10	616	616		
101	Edward Bailey	M14	548		548	
102	David Wright	M45	442	442		
103	Benjamin Scott	M10	354			354
104	Charlie Whitehead	M10	219			219

Thetford Thrash 2005

A double regional event in Thetford Forest

29/1/05
Mildenhall North
Mildenhall



Icenian XXX

30/1/05
Bromehill
Brandon



EAGAL

SPORTident

Fees

	senior	junior/student
one day	£7.50	£3
both days	£13	£5.50
EOD ltd colour coded	£4	£1.50
independent surcharge	+£1	+50p
limited EOD or late entry	+£1.50	+£1
family rate : pay for 1 or 2 adults and 1 child then extra children are free		

Enquiries

29/1/05: Peter Woods peter_woods@ntlworld.com

30/1/05: Edmund Ward epww2@cam.ac.uk

Entries to

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closing date 17/1/05

Turn over for the entry form.

