



West Anglian
Orienteering
Club



JABBERWAOC

Vol.33 No. 2

May 2005



*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

Apologies, for the delay in Jabberwooc this time. I do have my excuses - partly getting married and having a wedding to plan and partly planning the Chasing Sprints. Time is still scarce now with having to sort out the house so Rolf can move his stuff in.

Since the last time we have had the Compass Sport Cup, the JK and the British Champs. The AGM took place in February with lots of prizes being awarded. Some of us had a trip to Sweden for the Cambridge Oxford Orienteering Varsity match. Thanks to Blanka for her article about that and also for the various photographs she has provided.

The SMILE season has started and the midweek summer galoppen series will soon be in full flow. Also the Thursday running group is going strong again so there is plenty to keep you fit during the summer months.

Julia Crook

Next Copy Date

30th June 2005

WAOC Membership Information

NEW CLUB MEMBERS

Welcome to:

Edmund Ward
Thomas and Amanda Reid and family (Daniel M14, Ashley M12 and Darryl M2)
Jo and Monica Whitehead and family (Charlie M9, Tom M7 and Ben M4)

a member of BOF via CUOC
from Huntingdon

from Cambridge

We hope that you will all enjoy orienteering with us.

Anne Duncumb (membership secretary)

WAOC O-Tops

WAOC Orienteering-tops are now in stock in both summer and winter styles.

Please contact Anne Duncumb

<anne@duncumb.com> or telephone 01223-843064 if you wish to buy one.



The winter tops cost £16.50 for sizes 3 - 7.

Summer (mesh, short sleeves) tops cost £20.00 and I have sizes 4 - 7. In each case, p&p is 50p extra.

Sizes work out like this:- size 3 is for 35" chest; size 4 is for 37" chest and so on up to size 7 which is for 43" chest. The actual measurements are about 4" larger than this.

Junior sizes have not been ordered, as the Juniors have their own design.

Anne Duncumb

PuntO

WAOC will be having the (becoming almost an annual event now!) WAOC PuntO on Sunday 12th June, meeting at about 2pm in the Lammas Land car park on Coe Fen.

If you haven't done it before, this is an event, which involves teams of 4-6 in each punt, and parallel runners and punters being 'out' from each team. It even involves some tactics, because some people may well be faster runners, whilst others are faster punters, so it need some thinking to play to people's strengths. It's a very enjoyable event and the more people we get involved the better - last year we had 4 punts of 6 people each and it made for great competition! And juniors are really welcome too - last year the winning team benefitted from having William Louth (who was 6 at the time) on board!

If you want to read more about previous events look at: pages 13-16 of August 2004 Jabberwaoc (<http://homepage.ntlworld.com/n.humphries/waoc/jabberwc/jw0408.pdf> for the 2004 version and on <http://homepage.ntlworld.com/n.humphries/waoc/jabberwc/jw0210.htm#B5> for an even older event.

The cost will be basically that of map printing and hire of the punts - because some of us can get student rate punts from Scudamore's it shouldn't be more than £5-10, last year it worked out at about £6 I think.

Edmund Ward (epww2@cam.ac.uk) is planning this year, and so we can get the right number of maps and punts, it would be great if you could let me know (Blanka Sengerova, 07791-208789, bs296@cam.ac.uk) if you'd like to come.

It would be great to see lots of you there!

Blanka

EAOA News

Please note that the EAOA AGM will be held at 12.30 on Sunday 26 June 2005, after the Score Event at Holcote & Reynold Wood, Brogborough, signed from Junction 13 on the M1. The event will have three courses - short (20 mins), medium (40 mins) and long (60 mins) with a massed start at 11.00.

The Agenda for the meeting will include the Chairman's Report and Election of Officers. In particular, Lyn West completes her period of office as Chairman and a nomination for her

replacement is required. A successor to Roger Stenson as Fixture's Secretary is also required.

Any nominations for Chairman or any other position, proposals for Agenda items or Apologies to Keith Downing, EAOA Secretary please.

In addition there is a change proposed to the EAOA Constitution which the Committee believes will be to the benefit of all clubs and urges members to support

At present, section 4(f) of the Constitution states:

The capitation fee payable by a club in the current calendar year shall be calculated by multiplying the total number of that club's family and senior membership units at the end of the preceding year by the Association individual membership fee set at the AGM in the preceding year, using the formula: Club Capitation fee = $A \times B / C$, where A is the total sum decided by a General Meeting to be raised during the following year from clubs affiliated to the Association, B is the total number of that club's family and senior membership units at April 30th prior to the AGM, and C is the sum of the total number of family and senior membership units in all of the clubs affiliated to the Association at the end of the previous calendar year.

It is proposed that the entire wording be replaced as follows:

Prior to the AGM the Treasurer will recommend to the EAOA committee any changes to levies and fees, and to the capitation charge made to all clubs affiliated to the Association. Changes must be approved subsequently by a majority vote at the AGM. Capitation, payable on 1st January each year, will be charged on the number of each club's senior and family membership units on the preceding day, 31st December.

Proposed by John Ward (EAOA Treasurer), seconded by Keith Downing (EAOA Secretary) and supported by the EAOA Committee.

The constitution requires that a two-thirds majority of members present support the proposal for it to be adopted.

Any voting member of EAOA may appoint any other member to vote as his/her proxy at a General Meeting of the Society. The appointment must be notified to the Secretary 7 days before the meeting.

Keith Downing is the secretary and he may be notified by:

post (16 Caves Lane, BEDFORD MK40 3DR) or

phone (01234 270018 - please provide your name and the name of your proxy if you reach the answerphone) or

e-mail (keith@keith-o.demon.co.uk)

Marriages

If you haven't heard already myself (Julia Wotton) and Rolf Crook got married on 2nd April. We were married in Corpus Christi College Chapel with the reception in the college hall.

The wedding had a hint of orienteering. My father's speech included an amusing poem about orienteering which he wrote with some help from my mother. I hope to publish it next time. We had planned a street orienteering event to be done between the reception and evening disco to take our guests past some well known landmarks in Cambridge and many lesser well known ones. Few people did it then as the reception went on a little longer than we had anticipated.

The cake was a small part of an orienteering area familiar to many of us and was made by Rolf's mum. It was very impressive.

Here is a picture of it. If you weren't at the wedding and haven't heard already what area it is, see if you can guess.



WAOCjuniors Fundraising

After a bit of an effort in sourcing material, I have managed to start making notelets from old orienteering maps - the first batch have been made and more are to come. The format is a sort of shopping list tear-off type of notelet with about 70 sheets and of a size just under A6. The map bits are varied so the whole notelets don't have just the same map extract in one notebook. The picture will give you a vague idea about what they look like.



The notelets are 3 for £1 (but feel free to contribute as much as you like), and all proceeds will go towards the WAOC junior fund (which is used for instance for paying for the Junior O tops for juniors who have reached the yellow standard and have represented the club). Buy as many or as few as you like! I can send you notelets by post, or you can contact me about getting them from me at an event (blanka@drongo.org.uk, 07791 208789) - if you let me know, I will make sure I bring some along.

Blanka Sengerova

Minutes of the WAOC Annual General Meeting

19th February 2005

St Matthew's Church Hall

Cambridge

Present: **Martin, Kate & Edward Bailey; Hazel Bickle; Rakesh, Anita, Sushruta & Mihir Chandraker; Janet & Jonathan Cronk; Rolf Crook, Anne Duncumb, Nicola, Helen & Simon Gardner; Jenny Grey; Maurice, Pam, Catherine & Thomas Hemingway; Peter, Karen, Jacqueline & Jonathan Heybrock; Neil Humphries; Graham, Caroline, Edward, Sophie, Thomas & William Louth; Bruce & Maria Marshall; Chris Morley; Tim Mulcahy; Ursula Oxburgh; Miri Rubin; Blanka, Jitka & Katrin Sengerova; Gareth & Joseph Stedman-Jones; Peter & Sue Woods; Julia Wotton**



1) Apologies for absence

Lindsay Freeman, Hally Hardie, Ron Oxburgh, Ian Smith, John Sutcliffe,
Dil Wetherill

2) Minutes of the last AGM 2004

The minutes of the last AGM were approved as an accurate record of the proceedings.
Proposed: Blanka Sengerova, seconded: Anne Duncumb

3) Chairman's Report – Caroline Louth

2004 was a busy and successful year for WAOC. We put on the Midland Night Championships, 6 Colour Coded events, the Chasing Sprints and EA Schools Championships, 6 SMILEs, 9 Summer Galoppen and 1 punt-O. Members also helped at the EA Compass Sport Cup round, the British Schools Championships and Junior European Cup as well as controlling events for other clubs.

WAOC had many successes including the junior men's ad-hoc team winning at BOC and the W45 team coming 3rd. Helen Gardner represented Great Britain and Edward Louth England. We had champions in both East Anglia and the Midlands and many EAGAL winners.

Junior strength is growing with 2 teams entered for the Peter Palmer relays. For the first time for several years, the juniors went through to the final of the Yvette Baker Trophy. There were many successes at the British Schools Champs with James Firth winning year 7 boys. Thank you to Ursula for all your hard work organising training which is really beginning to pay off.

Thank you too to Roger Horton who has stepped down as Events Convenor. This is one of the most important jobs on the committee and perhaps one of the hardest. The Events Convenor is responsible for finding all the main officials for events. Ursula has kindly taken on this role and would be very glad of offers of help.

Thank you to all of you who have helped at events and in other ways this year. A special thank you to everyone on the committee who have put in a lot of hard work to ensure the smooth running and success of WAOC.

4) Acceptance of Accounts

The annual accounts were presented by Chris Morley who reported that they had been audited and approved by Chris Thorne. The meeting approved the accounts as presented.

Proposed: Pam Hemingway, seconded: Peter Woods

Chris made the following points of clarification:

- In contrast to last year income from events had gone up.
- There was less expenditure during the year, especially on mapping.
- The current and deposit bank account reserves were good, though more equipment had been purchased during 2004.
- The club continues to subsidise relay entries to encourage participation in representing the club at these competitive and social events. This would include the annual White Rose event that is not formally sponsored by the club captain.
- The sponsorship of club members at regional and national squad level was a continuing policy of the committee.
- Junior section expenditure had exceeded fund raising but this was acceptable for the *start up* year of the section since the club is keen to support junior development.
- Income from Rowney Warren was high due to a very successful event.
- Outstanding fees from events is quite small.
- Purchase of the new "tunnel" tent was considered a very worthwhile investment due to its value at events.

5) Awards and Presentations



WAGAL Champions 2004

Junior men	1 Simon Gardner	2 Thomas Louth	3 Thomas Norris
Junior women	1 Helen Gardner	2 Sophie Louth	3 Clare Woods
Senior men	1 Rolf Crook	2 Peter Beale	3 John Sutcliffe
Senior women	1 Julia Wotton	2 Blanka Sengerova	3 Helen Bickle
Veteran men	1 Michael Bickle	2 Mike Capper	3 Neil Humphries
Veteran women	1 Janis Ryall	2 Sue Woods	3 Lindsey Freeman

Summer Galloper 2004

Junior men	1 Edward Bailey	2 Simon Gardner	
Junior women	1 Helen Gardner		
Senior men	1 Marcus Misson	2 Rolf Crook	3 Ian Jones
Senior women	1 Julia Wotton	2 Blanka Sengerova	3 Jean Sinclair
Veteran man	1 Roger Horton	2 Ian Lawson	3 Martin Bailey
Veteran women	1 Maria Marshall	2 Frances Cooper	3 Nicola Gardner

Juniors - Colour coded badges

WHITE Tim Brown, Todd Cooper, William Louth, Joseph Stedman Jones

YELLOW Susha Chandraka, Jonathan Cronk, Thomas Norris

ORANGE Jonathan Cronk, Jacqueline Heybrock, Thomas Louth
LIGHT GREEN Sophie Louth
GREEN
BLUE Edward Louth

Junior Progress

Outstanding performances by Juniors in 2004

Helen Gardner has been selected to run for England on every possible occasion from W14 to W18. She has been a member of the start squad and has run for Great Britain Juniors on many occasions. Her contribution to WAOC Juniors has been notable, especially in running the first night leg at the Peter Palmer relays. Helen was 2nd in Year 13 for Hills Road Sixth Form College at the British Schools Orienteering Championships.

Edward Louth was selected for Lagganlia and ran for England in the Interland competition, coming 4th at M14. He ran for EAOA in the Junior Inter Regional Championships, coming 5th in the M14 class.

James Firth came 1st in Year 7 Boys at the 2004 British Schools Championships

Edward Louth, Simon Gardner and Thomas Louth were 1st in the M40- (maximum total of the team's ages) at the British Relay Championships.

Jonathan Cronk has earned both his Yellow and Orange badges in a single year and was also winner of the SMILE cup.

WAOC juniors at the Peter Palmer relays were 3rd in the Joan George Handicap trophy.

WAOC juniors at the Yvette Baker trophy reached the final for the first time.

British Schools Orienteering Championships 2004

King's College School were 1st in Year 5 boys, 2nd in Year 5 girls and 2nd in Year 7 boys. The school was 2nd overall in the Middle/Preparatory Schools class, with James Firth, Thomas Norris, Thomas Louth and Tim Brown scoring.

Norfolk Schools' Orienteering League 2004

W10 Chloe Parker Freeman 3rd
M12 Thomas Hemingway 2nd
M18 Simon Gardner 2nd
W16 Clare Woods 1st
W18 Helen Gardner 1st

East Anglian Champions 2004

M10	Thomas Louth	M14	Edward Louth
M16	Simon Gardner	M20	Peter Gardner
M21	Rolf Crook	M35	Ian Renfrew
M55	Malcolm Mann	M70	Colin Curtis
W12	Sophie Louth	W35	Julia Wotton
W40	Caroline Louth	W50	Lindsey Freeman

EAGAL Winners 2004

M10 Thomas Hemingway M12 James Firth

M16	Simon Gardner	M21	Rolf Crook
M75	Maurice Capper		
W12	Katrin Sengerova	W18	Helen Gardner
W21	Blanka Sengerova	W35	Julia Wotton
W40	Pam Hemingway	W50	Lindsey Freeman

Midlands Championships 2004

M14	Edward Louth	M21	Neil Northrop
M40	Dil Wetherill		
W12	Sophie Louth	W18	Helen Gardner

KIMM

Neil Northrop (WAOC) with Rob Little won the A class

Caroline Louth presented the following **Chairman's Awards**:

The **Owl Award** for Outstanding Performances was awarded to **Rolf Crook** for his competition high achievements in the Club's WAGAL, the EAGAL and the EA Championships.

The **Tortoise Award** for Services To The Club was awarded to **Blanka Sengerova** for outstanding contributions as Junior Captain and Junior Development as well as the Thetford Thrash 2005 and Punt-O organising. Blanka is also a strong committee member renowned for her attention to detail.

The **Chairman's Cup Award** for an outstanding Junior was awarded to **Helen Gardner** who continued her outstanding competitive achievements as cited in the above "Outstanding Performances" summary.

6) Election of Officers

The following three principal officers were elected.

Chairman: Caroline Louth	Proposed Blanka Sengerova
	Seconded Hazel Bickle
Treasurer: Chris Morley	Proposed Ursula Oxburgh
	Seconded Pam Hemingway
Secretary: Tim Mulcahy	Proposed Mike Bickle
	Seconded Ian Lawson

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.

Junior Successes

Congratulations to Helen Gardner who has been selected for JWOC in Switzerland and also for the pre-JWOC 2006 tour in Lithuania that follows JWOC. Congratulations also to Edward Louth who has been selected for Glenmore tour for the M/W15's and is also in the 2005-2006 Start Squad.

Congratulations to those of you who have got their Colour Coded badges recently! They are:

- Bethan Manton-Roseblade for getting her White badge
- William Louth for getting his Yellow badge

Training/Coaching

Training sessions will be held at the following two SMILE events:

- Hinchingsbrooke Country Park on Sunday 19th June
- Therfield Heath on Saturday 9th July

If any adults are happy to help Dil Wetherill with the coaching sessions, please let him know - I am sure he would appreciate any help.

Puzzle Corner

There is a father, a mother, two sons, two daughters, a thief and a policeman. Everybody has to cross the river on a raft but the following rules apply:

- 1 Only two persons are allowed on the raft at a time, at least one of whom must be the father, the mother or the policeman.
- 2 The father cannot stay with any of the daughters without their mother being there too.
- 3 The mother cannot stay with any of the sons without their father being there too.
- 4 The thief cannot stay with any family member if the policeman is not there.

How do you do it?

Answers to Julia Crook.

Snow, saunas, and lots of Swedish: the 2005 Varsity Match

[The following WAOC members took part in this event, Blanka Sengerova, Ed Ward, Rolf Crook and Julia Crook, the former 3 being existing or past CUOC members and myself being ex Cambridge and therefore wangled into DrongO. Thanks to Blanka for the article written for the CUOC newsletter, but modified by me to take out all the in-jokes we wont understand. Myself and Rolf had the luxury of staying with our hosts Eric and Ann Roller rather than in the club hut – Ed.]

Sweden, the place to go for orienteering... So here we were, three years since the last Swedish Varsity Match, looking forward to the weekend at the end of term, which we were going to be spending in the Järfälla area, the home club of Ann and Eric Roller, DrongO's Varsity Match organisers for this year. With notes and P.S.'s like "What is white, and all over the VM forest right now?" and "Still lots of snow - anyone for cross-country skiing?", it looked like it might be pretty cold!

After an early start to the day (I was impressed by everyone being at the station *early* - maybe the prospect of missing a flight does the punctuality?!?), we had an impressive view of snowy fields on landing in Västerås, one of Stockholm's 'in the middle of the field' airport. A bus journey, a train journey (Eric nearly forgot to get us all on the train), and another bus journey later, we were in

Berghem, heading to the local club's training hut, where we would be staying for the next few days. Oxford, having arrived the day before, were ready with snow-balls to start an attack as we were weakened by carrying lots of heavy luggage. (But, apparently, they didn't quite finish the realisation of the '12 snowmen, with 12 OUOCers hiding behind and attacking' plan! – there was just one lonely snowman in front of the hut...)

And here it was confirmed that Sweden is, of course, the place to be for orienteering! With a training area right outside the hut, some of us took the opportunity to go round the controls that had been put out for training – in some places it was rather bizarre because OUOC had been training in the area and with 20-30 cm snow on the ground, they left tracks in quite a few places. But it was a good way of getting used to the terrain, and finding out what it would be like to run in snow. A few CUOCers then also joined the Järfälla's training run in the evening. And of course I shouldn't go without mentioning the joys of wandering through snow in your pyjamas to get to the loos!!

On Friday, we took the opportunity of having a whole days' worth of training to go to an area about 15 minutes away from the club hut by bus, largely because of the terrain's relevance to the coming race, and because of "an unmissable view" over a frozen Lake Malären (it definitely was worth it!). The impression we got was that it would be hard work running in the snow tomorrow, with navigation being especially important, because any hiccups would be penalised by having to wade through all that snow in search of the control, draining oneself of energy. After an individual control picking exercise, some of us followed with a relocation exercise (noting that marshes were quite difficult to see, i.e. they were somewhat non-existent!). After returning from the training session, we made use of the sauna in the hut's changing rooms to defrost – what a great idea to have put it there!

Saturday was, of course, the big day. We got mini-bussed by Ann and Eric's club-mates to Ängsjö, an area about 15 minutes to the north of Berghem. With a few hours (or so it seemed) to go before the race, we spent some time wandering up to the start to make sure we knew where it was, and generally getting a bit nervous. Although there had been test-runners running the courses before everyone else, these had been told not to follow the most direct and obvious routes between controls, so the first VM runners had the hardest time, because of a lack of tracks which appeared over the course of the competition. Running through the snow was certainly hard work, and it meant that even a little mistake was quite costly, because ploughing back to the right place meant losing lots of energy. Taking that into account, using path routes where possible was a very sensible option – the only problem being with the lack of such convenient paths!! (On the few that were there, it was not surprising to see the odd cross-country skier, probably wondering about our mental well-being!)

With Oxford being pre-race favourites, it was really no surprise that they took the 1st and 2nd place in both men's and women's races, as well as the team trophies, but there were some good individual performances from the Cambridge team. I'm sure CUOC will rise to greater heights again soon and get Oxford back down from their dream-land!! :o)

Sunday saw the fun relays happening, with the start and handover area just outside the club hut. The teams had been made up in view of the previous day's results, with the intention of having the teams fairly similarly matched. It worked in some cases and not quite as well in others – perhaps Ben Grandey shouldn't really have been made to run as a girl, as that gave that team a bit too much of an advantage!! With a spectator control in the middle of a field full of snow and a 500 metre-ish run in full view of the spectators, it must have been quite hard work for the first lot of runners.

In the evening, we wandered over to Berghem school, where Ann and Eric, with the help of the other DrongO's, had laid on a great buffet dinner for us, with presentations and speeches all following. And of course this was all followed by a long night party in the Järfälla club hut, with everyone finally being able to relax after all that serious weekend's racing.

With warm weather arriving just as we were about to head off, there were another couple of days for relaxing by sightseeing in Stockholm and even doing some more training. And on Tuesday we headed back to Västerås for our flight back from...Switzerland (that's what the pilot told us, honest!)... (As a postscript, all the snow was pretty much gone by the end of the week!)

Well done to everyone who competed and many thanks to Ann and Eric for a great weekend!

Blanka Sengerova

[I have to say that although I ran a little later than Blanka I didn't find the tracks helped that much –most of them were going to the men's controls not the womens and most people's stride is a little larger than mine and I had to make fresh tracks too. So I found it very physical. I would love to orienteer there in the summer when I can just concentrate on the navigation.

Rolf and I also stayed on till Monday night taking an opportunity to go to Upsalla for some cross country skiing with an ex Thursday runner Rob Hart who lives there now. It was my first time on cross country skis and I was quite tired after just an hour but thoroughly enjoyed it. Unfortunately Rolf fell over and landed badly not far into our expedition. He soon realised he couldn't put any weight on his right arm any more and had to give up. Eventually when we arrived back in Cambridge at 1am we went to the A&E department at Addenbrookes and after 3.5 hours Rolf came out with his arm in a cast. The cast is now off.]

Events Roundup

The first round of the **Compass Sport Cup** took place at the end of February at Belvoir Castle in Leicestershire. The club came 4th, beating NOR (Hooray) but missed some key runners on the day. There were notable achievements by Helen Gardner, Jonathan and Thomas Louth, Blanka Sengerova and Dil Wetherill.

The **JK** took place over the Easter weekend in the West Midlands with 2 individual days and a relay. Neither Rolf nor I attended due to illness and broken arms. However there was a good turn out from WAOC with the following results (thanks to Roger Horton for producing them):

Age	Pos	Name	Tot Time	Day 1	Day 2
M10A		Thomas Hemingway		23:32(7)	dsq
M12A	16	Thomas Louth	74:42	43:43(21)	30:59(13)
W14A	34	Sophie Louth	120:18	66:25(34)	53:53(32)
W14B	22	Katy Woods	126:54	56:25(20)	70:29(25)
M16A	8	Edward Louth	109:49	58:57(13)	50:52(8)
M18L	24	Simon Gardner	146:03	82:35(27)	63:28(22)
W18L	23	Clare Woods	166:56	108:13(26)	58:43(21)
M20E	18	Peter Gardner		93:35	8.4
W20E	2	Helen Gardner	97:45	40:13(2)	57:32(3)
M21S	34	John Sutcliffe	170:46	98:12(45)	72:34(25)
W21L	19	Blanka Sengerova	195:41	102:23(19)	93:18(22)

W21S	21	Penny Bickle	147:44	85:56(18)	61:48(26)
W21S	37	Helen Bickle	182:17	107:47(36)	74:30(45)
M40L	29	Dil Wetherill	156:55	79:01(21)	77:54(44)
M40L	87	Peter Beale	258:56	133:46(93)	125:10(94)
M40S	6	Graham Louth	116:29	62:27(6)	54:02(6)
M40S	27	Mark Wadeson	163:04	98:23(37)	64:41(20)
W40L	50	Caroline Louth	217:39	116:44(48)	100:55(51)
W40L	53	Pamela Hemingway	275:57	142:08(55)	133:49(54)
M45L	42	Neil Humphries	145:24	75:20(53)	70:04(39)
M45L	101	Peter Woods	202:02	96:53(99)	105:09(107)
M45L		Anthony Wadeson		rtd	97:56(100)
M45L		Andrew Eves			rtd
W45L	38	Sue Woods	152:46	81:57(45)	70:49(39)
M50L	73	Mike Capper	149:29	78:36(83)	70:53(63)
M50L	125	Maurice Hemingway	195:40	106:58(138)	88:42(110)
M50S	25	Bruce Marshall	135:35	76:48(30)	58:47(26)
M50S	48	Ian Lawson	177:44	107:09(52)	70:35(50)
W50L	36	Lindsey Freeman	146:35	80:42(38)	65:53(39)
W50L	37	Nicola Gardner	147:41	82:48(44)	64:53(38)
W50L		Jane Howsam		98:39(58)	??????
W50L		Janis Ryall			64:52(37)
W50S	16	Maria Marshall	135:02	66:55(18)	68:07(23)
W50S	20	Hazel Bickle	140:35	72:42(24)	67:53(22)
M55L	37	Michael Bickle	136:03	72:42(43)	63:21(45)
M55L	57	Malcolm Mann	145:21	76:30(53)	68:51(70)
M55L	94	Peter Howsam	172:30	95:34(101)	76:56(101)
M55L		Fred Northrop		dsq	70:26(75)
M55L		Peter Ryall			80:05(105)
W55L	18	Maureen Weldon	126:48	68:33(15)	58:15(26)
M60L	54	Tony Bishop	153:26	85:14(58)	68:12(45)
M60L	61	John Wickersham	161:50	88:46(68)	73:04(59)
W60L	35	Satu Peregrine	156:04	89:19(38)	66:45(34)
M65L	2	Chris Morley	105:35	56:43(3)	48:52(3)
M65L	11	David Peregrine	117:40	61:08(7)	56:32(21)
M65L	54	Hally Hardie	167:44	103:09(59)	64:35(46)
M70L		Colin Curtis		70:18(26)	
W70L	4	Ursula Oxburgh	138:37	67:15(5)	71:22(6)
W70L	10	Anne Duncumb	204:33	102:37(11)	101:56(10)

In the relays we had several M165+ teams battling it out. The results were as follows:

M Short	Wolves (Mark Collis, Mark Wadeson, Peter Gardner)	27/60
W Short	Gazelles (Helen Gardner, Julia Wotton, Blanka Sengerova)	7/34
W Short	Antelopes (Caroline Louth, Sue Woods, Helen Bickle)	dsq
W120+	Lions (Nicola Gardner, Penny Bickle, Lindsey Freeman)	14/23
M165+	Cheetahs (Mike Capper, Mike Bickle, Chris Morley)	21/68
M165+	Panthers (David Peregrine, Graham Louth, Tony Bishop)	33/68
M165+	Tigers (Jouko Koivula, Sirpa Koivula, Tony Wadeson)	n/c
M165+	Leopards (Peter Woods, Ian Lawson)	only 2 runners
W165+	Zebras (Hazel Bickle, Satu Peregrine)	only 2 runners
M48-	Meteors (Ed Louth, Thomas Louth, Simon Gardner)	5/28

The **British Champs** were held in April at Penhale Sands in Cornwall. This time I did attend leaving Rolf behind to nurse his broken arm. We had some mixed weather but the orienteering was excellent. Some of us stayed in a caravan on the holiday park adjacent to the dunes. This proved to be an excellent idea when during relay day it was rather wet cold and windy and we could easily pop back to the caravan to warm up in front the gas fire. We also had a well attended club meal.



The start of the Individual day

Age	Pos	Name	Time	m/km	Age	Pos	Name	Time	m/km
M10A	17	William Louth	45:20	21.6	W40L	26	Caroline Louth	131:19	19.3
M12A	2	Thomas Louth	24:00	8.6	M45L	25	Neil Humphries	84:55	10.1
M14B	2	Jonathan Cronk	44:24	15.9	M45L	61	David Cronk	110:43	13.2
W14A	23	Sophie Louth	65:34	20.5	M45L		Anthony Wadeson	rtd	
M16A	24	Edward Louth	76:05	11.2	W50L	25	Nicola Gardner	90:16	15.3
M18L	15	Simon Gardner	78:21	9.2	W50L	26	Lindsey Freeman	90:33	15.3
M20E	8	Peter Gardner	115:16	9.9	M55L	71	Fred Northrop	109:28	16.1
W20E	2	Helen Gardner	73:50	8.6	M60L	26	Tony Bishop	86:10	12.7
M21E	10	Neil Northrop	91:26	6.1	M60L	47	John Wickersham	104:44	15.4
W21L	9	Blanka Sengerova	108:25	12.8	W60L	21	Satu Peregrine	98:54	19.0
W35L	9	Julia Wotton	93:14	13.7	M65L	36	David Peregrine	92:21	15.7
M40L	20	Dil Wetherill	86:03	8.0	M65L	39	Hally Hardie	97:54	16.6
M40L	dsq	Peter Beale	153:02		M70L		Colin Curtis	rtd	
M40S	7	Graham Louth	74:57	11.0	W70L	5	Ursula Oxburgh	84:29	21.7

We had the following teams and results in the relays:

M Short	Wolves (Ed Louth, Simon Gardner, Peter Gardner)	14/34
W Short	Gazelles (Helen Gardner, Julia Wotton, Blanka Sengerova)	6/25
M40	Cheetahs (Graham Louth, Tony Wadeson, Dil Wetherill)	9/12
W40	Panthers (Caroline Louth, Nicola Gardner, Lindsey Freeman)	5/7
Ad Hoc	Comets (Mark Collis, Ursula Oxburgh, Daniel Fopma (TVOC))	33/67
Junior Ad Hoc	Stars (Sophie Louth, Thomas Louth, William Louth)	6/1

WAOC Midweek Summer Galoppens 2005

Apart from being quite a mouthful, the WAOC Midweek Summer Galoppens are a series of low-key orienteering themed events on Wednesday evenings. The event genre varies, being conventional orienteering, a score event, street orienteering, or something of the planner's own invention. There are normally a couple of different courses, long and short for example. No one takes them too seriously although there are prizes for the overall winner at the end of the series. So, after a hard days work in the office, lab, or garden, why not enjoy the long balmy summer evenings by doing a bit of orienteering down the park. See you all in June.

The series kicks off on June 1st with a Street Orienteering event around the historic Cambridge City Centre. Your map is a bit different from usual, showing paths and streets (without names) rather than knolls and vegetation. Instead of using flags and punches, you jot down the answer to easy questions like "how many benches" to show you've been to the control site. It's also a good way to discover parts of Cambridge you never knew existed. It's back to the countryside for the second event, at Wimpole Hall.



Cambridge Central (June 1)



Wimpole Hall (June 8)

Starts from 6pm to 7pm unless otherwise stated. Note that some of these events are provisional, so please check www.waoc.org.uk for final details or phone Rolf on 01223 364790.

Date	Area	Organiser
June 1	Cambridge Central (street orienteering)	Rolf Crook
Start at the north tip of Coe Fen by the pedestrian bridge TL447580. Parking suggested in Lammas Land car park TL447573 or on Queens Road.		
June 8	Wimpole Hall	Roger Horton
Use the main entrance at TL343511 then follow orienteering signs.		
June 15	Coe Fen, Cambridge	Blanka Sengerova
Park in Lammas Land car park TL447573. The start will be by the benches across the pedestrian bridge.		
June 22	Cherry Hinton Hall, Cambridge	B&M Marshall
Park at Cherry Hinton Hall TL480564.		
June 29	Dry Drayton and Bar Hill.	Fred Northrop

This is special event as part of **Dry Drayton Feast Week**. As well as the galoppen courses there will be courses aimed at beginners. There's an art exhibition in the church. Start in the playing field of Dry Drayton Primary School TL382621. Please park in the quiet road alongside the church.

July 6 (provisional) Hinchingsbrooke Park, Huntingdon **Marcus Misson**
Park in the main Country Park car park TL222718.

Holiday break

August 10 **Wandlebury** **Leo Eisner**

August 17 **Ferry Meadows, Peterborough** **Lindsey Freeman**

August 24 **Fairlands Valley, Stevenage** **Ian Lawson**

August 31 **Priory Country Park, Bedford** **Julia Crook**