



West Anglian
Orienteering
Club



JABBERWAOC

Vol.33 No. 3

August 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, again for the delay in Jabberwaoc. I was very busy at work as our new member Jeremy Riley who works at the same company can tell you, and eventually was sent on a long awaited business trip to Italy. The holiday season has also come upon us, so immediately after the Italy trip I had 10 days on a cycle touring holiday in France and then the Scottish 6 Days orienteering took place. Unfortunately any plans to get fit this year failed miserably.

Since the last edition the PuntO and club barbeque took place. The PuntO provided many challenges as will be discovered on reading Blanka's article.

Julia Crook

Next Copy Date

30th September 2005

WAOC Membership Information

NEW CLUB MEMBERS

Welcome to:

Larry Curley	from Sawtry
Charlie and Alison Gilderdale and family (Phoebe W10, Alice W8 and Luke M5)	from Great Shelford
Jeremy Riley	from Cambridge

We hope that you will all enjoy orienteering with us.

Anne Duncumb (membership secretary)

Request from the Junior Sub-committee

Village/parish magazines - contacts:

The junior subcommittee would like to try and advertise various orienteering events (mainly SMILE's) in village/parish magazine to see if we can draw some new families into the sport. To do this, we really need to find out the contacts for local magazine editors. I was wondering whether you, the club member, could help by trying to find out the name and contact details of the editor of the local magazine for your area? Please email me (blanka@drongo.org.uk) or phone me (07791-208789) if you can help.

Blanka Sengerová

BOF Level 1 Orienteering Coach Course

Date	Saturday 24 September
Venue	Stretham Community Primary School, Wood Lane, Stretham, Ely, Cambs, CB6 3JN
Time	9.30 – 16.30
Course content	A course that gives a practical introduction to teaching orienteering within the confines of a safe controlled site such as school grounds, outdoor centre or small enclosed local park. The course covers a progression of teaching exercises up to BOF colour coded Yellow standard using indoor areas, school grounds and small permanent orienteering courses.
Who (maximum 12 places)	Candidates aged 16+. Geared towards EA Club and BSOA members who are interested in introducing beginners to orienteering. Parents of Club juniors may be interested in doing this course with a view to helping their children to success on White and Yellow courses or to helping with Club coaching activities.
Cost	Free for EA Club members who will have course (and travel) costs met by EAOA/Club. £10 for BOF members & teachers in BSOA member schools. £40 for other participants (subject to availability).
Supported by the British Orienteering Federation as part of its Club Development programme.	
Further information & to book a place	Contact Ursula Oxburgh. Tel 01223 357199 email u.oxburgh@esc.cam.ac.uk

There will be a Level 2 course at the beginning of December at High Lodge, using a new survey at 1:10000 by Mark Collis. Details will be in the next edition.

SCOA Score Orienteering Championships

SCOA Junior Squad invite you to a high quality Score Event (incorporating the SCOA Score Championships) on 2nd October 2005.

Location: Swinley West. Parking is on Forest Rides. There is a £1 per car parking fee. Entrance to Forest at GR SU 901680. The event will be signed from the large roundabout, A332 turnoff, 5 km N of Junction 3 of M3, at GR SU 903652. If at all possible, please approach from the south along the A332.

Terrain Runnable, gently undulating, mixed forest

Map 1:10,000, 5 m contours, surveyed in 2002 with minor updates by BKO in 2004. Maps will be pre-marked and bagged.

Courses Score courses at 45 minutes, aimed at M/W14 -, and 60 minutes. Long score course will be planned so that top orienteers could be able to visit all the controls within the time limit. Certificates for class winners.

Fees Seniors £6.00, and Juniors £2.00. The event will be using EMIT Electronic Punching; EMIT Hire £1 Seniors and free for juniors. Fees include Crown Estate access charge and BOF levies.

Times Registration : 9.30 am to 12.00 noon Starts : 10.00 am to 12.30 pm

Facilities Toilets, First Aid, Water, Cool Drinks, Cakes & Nibbles Stall

Dogs This area is popular with dog workers – please keep dogs under control at all times.

Officials Planner : Anne Edwards – TVOC Controller : Roger Thetford - TVOC Organiser : Dave Rogers – BKO (01344 628 623 between 7 and 9.30 PM only please)

Proceeds of event will be used to support future junior squad activities.

If you are planning to bring a minibus or larger, please let me know ahead of time so that we can assign your privileged parking area.

Thanks in advance and best regards

Dave Rogers
SCOA Junior Squad Manager
Home: 01344 628 623
Work: 01483 528 473
Mobile: 07799 075 236
E-mail: rogersda@pbworld.com

Don't forget our website: www.scjs.org.uk

Development Conference and EGM 24 September 2005

Here are the details of the development conference and EGM on September 24th. There are a number of important issues to discuss in the various workshops and of course there is the membership debate! We need as many members as possible to attend. I would particularly like to encourage club only members to attend so that your views can be heard. I appreciate that the fact that if you choose to be a club only members may mean you feel little interest but actually you are the people most likely to be affected by changes!

Lyn West
BOF Councillor

Introduction

BOF will be holding a Development Conference in conjunction with an EGM on 24 September 2005 in Birmingham at the Great Barr Hotel to discuss the proposed new membership scheme and other topical issues. At their last meeting Council was reluctant to endorse any new membership scheme and did not want to impose a new system in 2006 until further consultation had taken place.

There are also many important issues facing our sport, some of which we will have the opportunity to discuss during the day.

The programme for the conference and the EGM is shown at below.

EGM

The EGM has been convened to vote on an interim solution for membership fees in 2006 on the assumption that changes to the membership system will be agreed at the 2006 AGM and take effect from 1 January 2007.

There will be a second proposal to amend article 21a of the Memorandum and Articles of Association to remove an anomaly so that, apart from changes to the memorandum and Articles of Association, voting at AGMs/EGMs will require only a simple majority to pass a proposal. A final proposal will be to correct an anomaly in the wording of article 24.

Development Conference

The aim of the day will be to discuss the proposed membership scheme and alternatives. We want to gather views from across the whole membership including current Club only members so that a firm proposal can be set before the AGM in April 2006. This session will be after the EGM and will be chaired by Ranald Macdonald.

There are many other important issues affecting orienteering today and there will be six workshops before lunch, each run twice. Participants will be able to choose two from the following:

Subject	Volunteer Moderator	Staff Moderator
1. Regional Development Officers and Club/Association development	Steve Richards	Hilary Palmer
2. A Strategy for Volunteers	Tim Pugh	TBC
3. Formation of the Senior Competitions Steering Group	TBC	John Dalton
4. Communications	TBC	Keith Auchterlonie
5. Event Quality and Standards	TBC	
6. Is access to orienteering land becoming more difficult?	Peter Brett	TBC

Attendance

All orienteers are invited and encouraged to attend. This includes BOF members, Club members and the occasional orienteer. Although everyone will be welcome at the EGM, only current BOF members will be entitled to vote. The conference will be free and lunch will be provided.

We are keen to attract members from all clubs to the conference to ensure that we hear the widest possible spread of opinion in the Federation. We recognise that it may be difficult for clubs from the peripheral regions to attend and it has been agreed that BOF will pay expenses for two nominated members from each club (they need not be BOF members) for all reasonable travel and accommodation expenses (not meals) over £75. Clubs and Associations may choose to cover the rest of the costs and those of others attending the conference.

Conference Programme

- 10.30 – 11.00 Registration and coffee
- 11.00 – 12.00 First session of Workshops
- 12.15 – 13.15 Second session of Workshops
- 13.15 – 14.00 Lunch
- 14.00 – 14.45 EGM
- 15.00 – 16.00 Small group discussions on Membership Scheme
- 16.00 – 16.15 Tea

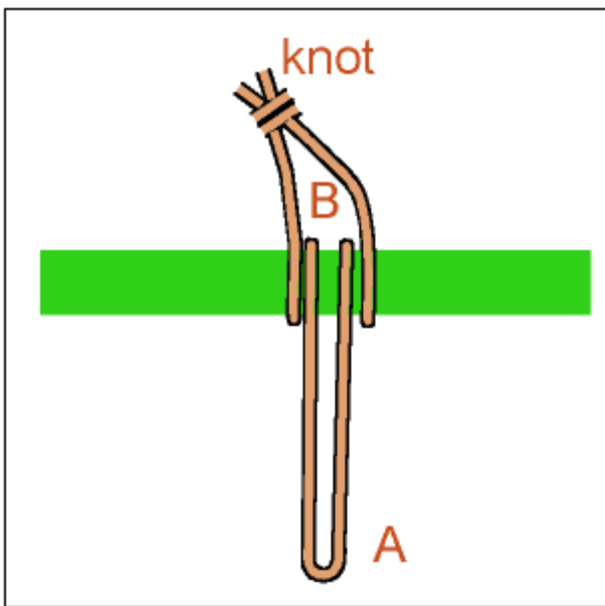
Ever lost your compass?

At the SMILE event at Hinchbrooke Park I was asked to demonstrate the slipping knot I use to attach a compass to my wrist. Well, I struggled for ten minutes before giving up.

The knot has the advantage that it is easily tightened or loosened and yet it won't come off during competition conditions. The cord remains flat so is very unlikely to catch on any vegetation you pass through.

With a cooler brain I can now reveal the secret which eluded me that day.

Take the cord off your compass. With the knot uppermost, dangle the cord in front of a pencil/pen/finger. Take the bottom loop (A) and bring it up behind the pencil and through the gap (B) under the knot as shown in the figure.



Take the bottom of the cord (A) and pass it through the gap (B) again.

Take the cord off the pencil and thread the loop end (A) through the hole left by the pencil. As you are doing this, a larger loop forms. Put this larger loop around your wrist and tighten it.

Finally, take the loose end of the cord and re-attach to your compass.

Bruce Marshall

PuntO – 12th June

Once again, it was time for the WAOC PuntO. This event appears to have become an annual event, and not planning it, I finally also got to have a go at the competition myself! So thanks to Edmund Ward, who willingly agreed to plan the PuntO!

Picking up the punts, the weather was starting to look a bit gloomy, but maybe that is another PuntO tradition (I remember waiting at Scudamore's last year with the same outlook!) and we set off with our four punts in light drizzle. Arriving at the Lamma's Land car park, the rest of the punters were already waiting for us, waving from the footbridge. Edmund explained the rules and let us copy up the control descriptions - with things such as giant dandelion vegetation boundary'...I may have been abbreviating them a little too much, as a realised when I myself was trying to work

out what an abbreviation meant later on! (Meanwhile, I think Graham struggled a little with my 'giant dand. veg. bound.' or something like that - sorry!). Compared to last year, there were more controls for the runners and an extra novelty for punters: challenges to be solved/done during each leg.

Controls copied up, the first runners ready to go, so it was ready, get set and ... go!

Starting off with a 180-degree rotation of the punts, we all set off towards the road bridge for our first challenge, which was an upside down 'walk' along the bridge, i.e. the punt had to be stopped half-way under the bridge, and then had to be moved along by people lying on their backs and 'walking' it along. Looking at some of the punts, some people needed rather long legs to reach up to the bridge (it is curved so you needed to be at the edge to reach, and some punts seemed to enter it very close to the centre)! Safely through the road bridge, we waited for our incoming runners - this was a relatively short leg for the punts so we got to watch our runners through the spectator control and round the last loop of their leg. Helen came back first, with Julia following and Nicola and Caroline soon after, all setting off their second leg runners.



..the first handover point...

The second leg required some co-ordination of punters and runners; after a first loop on one side of the river, there were little loops on either side of the river. And if the runner didn't want to go 500m to the bridge and back several times, they had to make use of the rest of their team to ferry them about. Martin and Maureen definitely used their punts, with Edward choosing the bridge route on the first go, because his punt appeared to be lagging behind. Surprisingly no one chose to swim though - I wonder why?

The next punting leg started almost immediately with a bridge-jump. Having previously done it, I offered to get across the bridge, managing it fairly easily with a leg up from Mark. I also saw Helen jumping almost at the same time - I wonder who the other two bridge-jumpers were? With the punts still fairly close together, we set off on a shortish punting leg, which some teams used as a teaching leg for those who'd never punted before. It's always nice and easy in theory but it's much harder if you haven't done it before! With a little bit of zig-zagging to start with we managed to teach Maureen how to punt in a very easy few steps, and it seemed like Sophie in the next punt was given similar instructions. (By Martin who, I hasten to add, had had only one previous punting experience before. It was on a trip to Thailand - being taken down a river on a raft, which a native steered with a pole, he asked to have a go. The native agreed, but it turned out that the pole got stuck in the mud fairly easily. 'Ah', Martin remembered, 'I was always told to let go of the pole when it gets stuck in the mud...' So he did. But unlike the Cam, that river was actually flowing, so the pole was gone... And the native had to steer by jumping into the water and pushing the raft in the right direction for the rest of the journey. I am told that a similar situation arose at the PuntO, except in that Martin jumped into the water himself and voluntarily, but I wasn't there to see it). Towards the end of the leg, with me due to run, I saw Graham at the bank, with Maureen struggling to punt us into the bank. I thought it would be faster (erm...) to go via the water so without much thought I'd jumped in to swim ashore. With the conclusions being that a) the water was deeper than I expected so swimming was actually required (probably better than being stuck in the mud), and b) that I might as well have waited as I needed to get the control descriptions from Graham anyway! Hopefully you won't want me to jump into the water at all future PuntO's now... (Though I did at the CUOC one later on in June).

Running towards my first control, it was hard to spot the piece of string so once John and Helen arrived and we all hunted around for a bit, we decided to go on (though Edmund tells us he found the string there later). We stayed together most of the running leg, which was about 3km in length, whilst the punters negotiated Dead Man's Corner and a lamb, wolf and cabbage ferrying challenge. Do you know the puzzle where a ferryman has to get the wolf, the lamb and the cabbage across the river, with space for only one object in his boat? He has to make sure that the Lamb and Cabbage or the Wolf and Lamb don't stay on one bank together, as they would otherwise eat each other. And now imagine doing it for real, with the punter being a ferryman with one lamb, one cabbage and one wolf being represented by the other team members... (Someone recalled that later on, explaining that 'I got to be the cabbage!') It sounded like great fun to me! Finishing the running leg, I still had John and Helen about 200 metres ahead of me, but it turned out that my punt was waiting and their two were yet to arrive.

The next leg was a running leg along Grantchester Meadows, aimed at the juniors, whilst one of the crew members had to propel the punt blind-folded. Fortunately Edmund allowed this to be paddling rather than punting - I have to admit I'd be a bit scared of blind-folded punting! - which turned out to be, probably, the safer alternative. With instructions to paddle on the left/right side of the punt, and the occasional shout of 'on the other side', Julia (and others) negotiated this leg safely. One last junior running leg followed, with a 720 twist included for the punter - with the pressure off (we couldn't see any of the other punts quite yet!), I was even allowed to have my second punting leg rather than Mark getting to punt twice! (I must be getting faster, all those years in Cambridge must have done something to improve my punting!)

After collecting our runner, it was off on the last punting leg almost back to the finish, with the last running leg in parallel. Although we were allowed to paddle on this leg, it appeared not to be necessary because Graham seems to have put on his private motor or something like that. We sped back towards Coe Fen, passing two of our opponents doing their 720-degree turns and another one

waiting for William to come in on the first Meadows leg. Mark did the running and decided to ask Edmund for another map, because I had got our original one wet as I went swimming. Unfortunately, a modified control hadn't been drawn on this - the description simply said 'moved' - and Mark spent quite a bit of time looking around for the control. Nevertheless, he still made it back to the punt with plenty of time spare and we set off on our last leg, punting O-xford style (punter on the wrong side of the punt) into the finish, which involved getting through some fairly thick bushes to touch a footbridge.



A 'through the bushes' finisher arriving.

The race was won with a winning time of about 2 hours 30 minutes (by a team made up of Mark, Graham, Thomas, Julia, Maureen, Daniel and Blanka), but the next few places were still to be decided. The second punt went up the straight with Tony at the pole (with a team of Peter, Martin, Sophie, Helen, Hally and Tony), and Rolf followed with the bronze medallists' punt (a team of Clare, Lindsey, Edward, Nicola, John and Rolf). And finally, to big applause, one more punt was propelled to the finish by Malcolm, with some paddling help from William (this team had Caroline, William, Katrin, Jitka, Malcolm and David in it).

Once everyone dried off, we all headed to a barbeque at the Louths', with a surprise awaiting the winners - William awarded them with lovely home-made PuntO trophies. Thanks, what a great idea!



The winning team of the 2005 PuntO...

I hope you all enjoyed it as much as I did. So I'm sure you'll all join me with a huge thank you to Edmund for planning such a fun event!

Blanka Sengerová (WAOC/CUOC)

Training/Coaching

We are planning to have coaching sessions at all of the WAOC colour coded events after the summer holidays, that is:

Sunday 25th September in Rowney Warren, Sunday 23rd October on Therfield Heath and Sunday 11th December in Maulden Woods.

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.

Junior Successes

In July this year Helen Gardner represented Great Britain at the Junior World Orienteering Championships held in Switzerland. She took part in a long distance, a middle distance and a relay race. I've only found results for the long distance race where Helen was the first Brit to finish in the W20 race beating the next Brit by over 4 minutes. Unfortunately Norway dominated the medals. Congratulations Helen. You can see Helen's courses at:

http://www.asti-ticino.ch/jwoc2005/maps_race/

Julia Crook

Puzzle Corner

There are several solutions to last edition's puzzle mainly because you can swap father and sons with mother and daughters. There were 3 correct answers (well done Mark Collis, Blanka Sengerova and William Louth) and the winner (drawn from a hat) is William Louth. Congratulations William, a voucher entitling you to a free run at a WAOC event is on the post.

William's solution was:

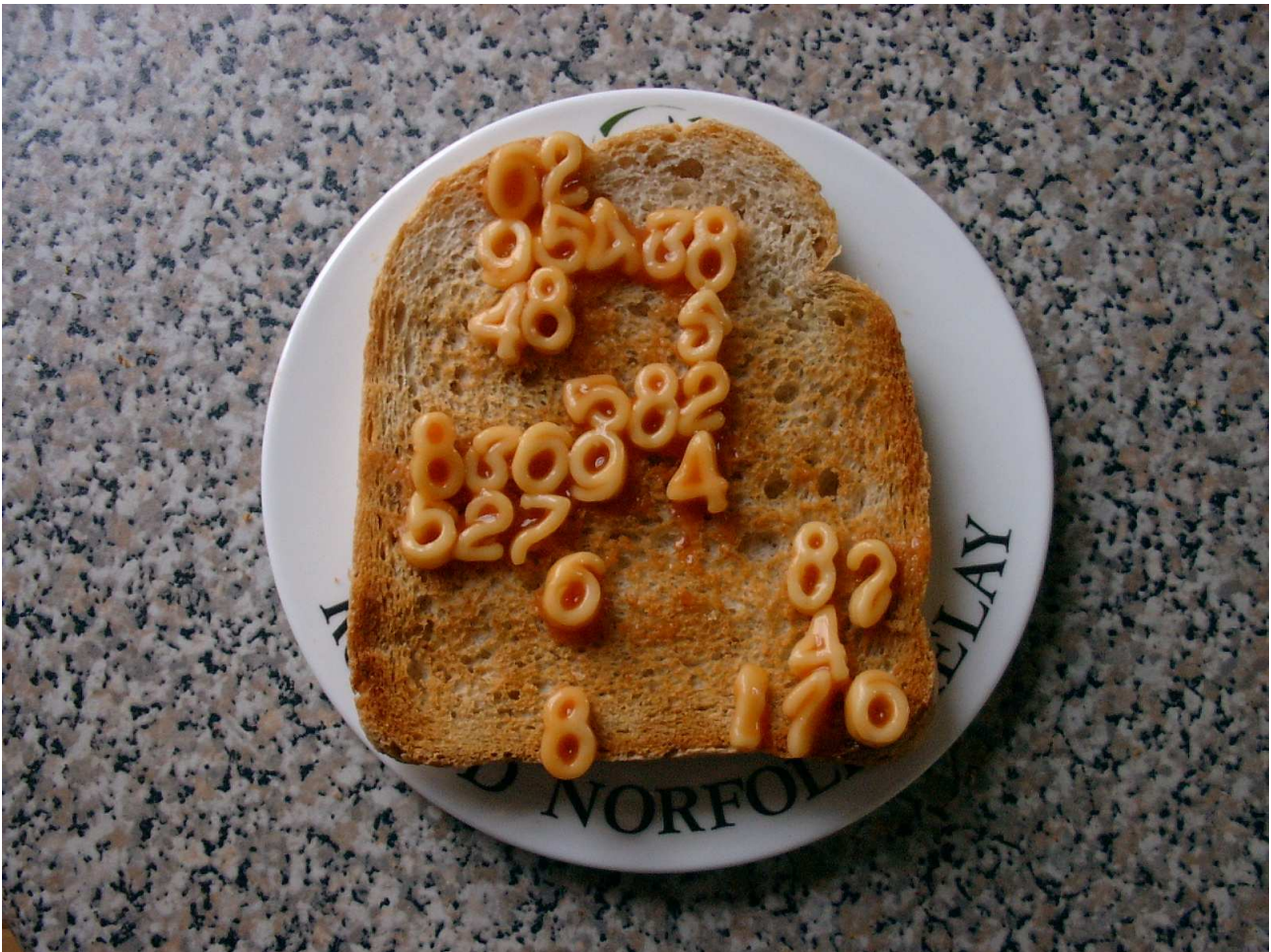
Policeman & Robber	----->	
	<-----	Policeman
Policeman & Girl1	----->	
	<-----	Policeman & Robber
Mother & Girl 2	----->	
	<-----	Mother
Mother & Father	----->	
	<-----	Father
Policeman & Robber	----->	
	<-----	Mother
Mother & Father	----->	
	<-----	Father
Father & Boy1	----->	
	<-----	Policeman & Robber
Policeman & Boy2	----->	
	<-----	Policeman
Policeman & Robber	----->	

An alternative solution is:

Mother & Father	----->	
	<-----	Mother
Mother & Girl1	----->	
	<-----	Father & Mother
Mother & Girl 2	----->	
	<-----	Mother
Mother & Father	----->	
	<-----	Father
Policeman & Robber	----->	
	<-----	Mother
Mother & Father	----->	
	<-----	Father
Father & Boy1	----->	
	<-----	Policeman & Robber
Policeman & Boy2	----->	
	<-----	Policeman
Policeman & Robber	----->	

The puzzle this time is inspired by the summer galoppen event at Wimpole where as part of the course we had to solve a suduko puzzle. The puzzle is a 9 by 9 grid with some of the cells filled in with numbers. Each row and each column must contain the numbers 1-9 once. Also each 3 by 3 square must also contain the numbers 1-9. The winner of the puzzle was Rolf and his prize was a tin

of spaghetti numbers in tomato sauce. Since then Rolf tries to solve suduko puzzles every breakfast time. He got a bit stuck on this one. Can you help him?



In the top row, the 1st cell is empty, the 2nd cell contains a 6 and the 3rd a 2. The 2nd column of the 2nd row contains a 9 and the 6th column of the 2nd row contains an 8. You will probably find it easier to draw a grid over this. Can you fill in the missing numbers? Note there may be more than one solution.

Scottish 6 Days

This year some 28 WAOC members took part in the Scottish 6 Days. The event centre and camping was based at Crathes Castle near Banchory, not far from Balmoral. Several of us stayed on the campsite and had the chance to wander round the beautiful grounds of Crathes at our leisure.

After running each day there was time to visit castles, stone circles or do some swimming in the river Dee if you were very brave. The Queen arrived for her summer holiday on the 2nd day so there was only one chance to visit Balmoral beforehand. There was no easy breaking in day at the beginning but we went straight into complex contours and rock features – tough both navigationally and physically. The club tent provided a meeting and socialising point for club members each day where split times (particularly Edward Louth's run in times) were discussed.

Blanka racing into the finish.



The best 4 results of the 6 counted towards the final positions. Congratulations to Thomas Hemmingway who came first overall in M10B. Other results worthy of mention are:

Edward Louth 17/50 on M16A
Neil Humphries 50/135 on M45L
Chris Brown 57/128 on M50L
Mike Bickle 52/142 on M55L
Chris Morley 15/69 on M65L

Lindsey Freeman 28/71 on W50L
Noreen Ives 10/73 on W50S

The Passionate Orienteer to His Love

After Christopher Marlowe 1564-93, graduate of Corpus Christi College

[As promised in the last edition here is the poem by father wrote for Rolf's and my wedding – Ed.]

Come live with me and be my love,
And we will all the pleasures prove,
That hills and valleys, dale and field
And all the craggy mountains yield

There will we dart among the rocks,
No time to watch shepherds feed their flocks.

There's a re-entrant which we must find
And a mud-filled gully we have to climb.

Through the thicket where it's darker,
Map assures me there's a marker,
But he who laid this course misleading,
Needs instruction in map-reading.

Oh, do I see the next control,
Nothing more than just a stroll.
Stick my dibber in, no time at all,
But 'tis my finger that's in the hole.

The beeper sounds, the light it flashes
Do all contestants make such hashes?
Finger's out and dibbers in,
But at what cost I'm wondering

Oh for the days we used the clicker,
New electronics aren't any quicker,
But saves the stewards in the tent,
Enormous effort and harsh argument.

Now there's scree on which we scramble
Open woodland, rife with bramble,
Ouch! such sharp pain, my knee is bleeding,
Heaven knows where this path is leading.

The last control, a gale is blowing,
We're so whacked, can we keep going?
But then the finish is in sight,
Rest assured we'll sleep this night.

With more events, 7k, forthcoming,
We'll have no time for plants or mowing.
If these delights thy mind may move,
Then live with me and be my love,
And we'll go orienteering!

Postscript - by a well-wisher:

We hope their skills as orienteers,
Will guide them through their married years
Along that course they'll run their way,
and find contentment every day.

Midweek Summer Galoppen

The results so far.....

	Central Cambridge	Wimpole Hall	Coe Fen	Cherry Hinton	Dry Drayton	Total
Junior Men						0
Simon Gardner			150	150	150	450
Tom Adams			140			140
Senior Men						0
John Sutcliffe	140	150	144	122	118	674
Rolf Crook	150	143	150		150	593
Joe Williamson		136	128			264
Marcus Misson			128		125	253
Russ Ladkin	150					150
Mark Collis				150		150
David Best		136				136
Andy Merrit		121				121
Andy Collier			89			89
Veteran Men						0
Roger Horton	150	150	135	150	150	735
Ian Lawson	109	107	150	135	139	640
Paul Hill		50	121	120	125	416
Bruce Marshall	142	121		150		413
David Cooper	124	100	142			366
Peter Woods		100		126		226
Chris Bell		50		115		165
Mike Bickle		150				150
Dil Wetherill	150					150
Fred Northrop					150	150
Tony Bishop		136				136
Chris Morley		129				129
Hally Hardie			123			123
Peter Ryall		121				121
Junior Women						0
Helen Gardner				150		150
Senior Women						0
Blanka Sengerova	124	150	150	150	150	724
Julia Wotton	150	142	150		144	586
Claire Wilson		133	118			251
Helen Bickle		75		124		199
Penny Bickle		50		141		191
Jean Sinclair	131					131
Helen Bickle					113	113

Veteran Women					0	
Lindsey Freeman		150	150		144	444
Maria Marshall	150	110		150		410
Frances Cooper				150	150	300
Hazel Bickle		50		111	125	286
Sue Woods		140		135		275
Nicola Gardner			123		131	254
Ruth Saxl		150				150
Cath Pennington		130				130
Groups						0
Neil and Theodore Harris				150		150
Liz, Daisy and Anne					138	138
Claire, Daniel, and John				125		125