

West Anglian
Orienteering
Club



JABBERWAOC

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December 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 mis-spelling of Anne Duncumb's name under the list of EA Champions in the last edition.

Thankyou to all the contributors for this edition. From Blanka there is plenty of junior news including the very good result of our junior team at the Yvette Baker Trophy Final and some excellent achievements by some individuals. Thanks to Ian Lawson for his article regarding his sponsored walk up Ben Nevis. Maurice is looking for organisers for next years SMILE events and we will be arranging a club training weekend in the Lake District in April so please read the relevant articles if you are interested in either of these. There are some very smart Junior Fleeces for sale (see enclosed flyer) and the club tops are still available from Anne Duncumb (see February 2005 JabberWaoc for details).

Julia Crook

Next Copy Date

31st January 2006

WAOC Membership Information

Advanced date for your diary: the club AGM will take place on the evening of 11th March 2006. More details to follow in the next edition.

NEW CLUB MEMBERS

Welcome to:

Martin and Jan Doig and family (Tom M16,
Josie W14 and Liam M11)

Peter and Susan Goldsmith and family
(Emma W17, Catherine W14 and Felicity W11)

Karen Richardson

Robert Sansom and family (Philip M11 and
Cole M9)

from Huntingdon

from Swaffham Bulbeck

from Cambridge

from Cambridge

We hope you will enjoy Orienteering with us.

Anne Duncumb (membership secretary)

WAOC MEMBERSHIP FOR 2006

We hope that you will want to continue your WAOC membership for 2006. Membership subscriptions, which include membership of the EAOA, will be the same as in 2005. 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. You need to send evidence that you are a full-time student.

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. For your information, BOF fees for 2006 are:- Seniors £18, Juniors £3.50 and Families £26. For some reason BOF does not give this breakdown on their renewal form.

WAOC club-only members (except for new members who joined after 1st September 2005) 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

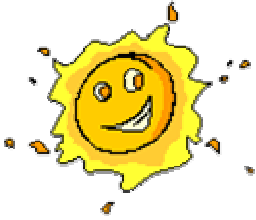
Congratulations to the club's juniors on a great result in the Yvette Baker Trophy final today and thank you to all of them and their parents for taking part in the heats and the final. You all contributed to the results.

As a family we started orienteering with WAOC (I had done quite a lot of o as a teenager) and went to events in East Anglia usually within an hour's drive of Cambridge. Later on we started travelling to badge (regional) events further a field and to the JK and British Champs. Edward went to the Scottish 6-days this summer as well as the Glenmore tour for 15 year olds. We have really enjoyed orienteering in and visiting parts of the country we would not otherwise have made the effort to visit. It has also been great to see friends and family who live nearby. If you normally stick to local events, it is well worth considering some outside East Anglia. It only took us 2 hours to drive to Sherwood Pines today and many interesting areas are closer still. The major events are great fun and open to everyone - you just need to be competent to get round on your own. I don't know any other sport where anyone can enter the British Championships.

British Sprint Championships / Young Orienteers Festival

East Anglia is hosting BSOC and YOF on 20th May 2006 at Milton Keynes. SMOC is organising BSOC whilst I am organising the YOF for WAOC. BSOC is open to all orienteers and will consist of heats in the morning and the final in the afternoon with everyone getting 2 runs. The YOF will take place in between the heats and final. WAOC will need to supply helpers for the YOF to register the youngsters and patrol the park. Helpers should still be able to compete in BSOC, although those patrolling may not be competitive in the final. We may need to CRB check some helpers, which takes time, so it would be really useful to have volunteers to help now.

Caroline Louth



WAOC SMILE 2006

WAOC's SMILE calendar is under construction for 2006. These are **SuMmer Introductory Low-key Events** and they will be held on either Saturday or Sunday mornings starting in April and finishing in the middle of June. SMILE events will again offer White, Yellow and Orange courses, and each one will be planned and organised by a different WAOC family.

SMILE events are aimed particularly at developing orienteers. However, there will also be a score event to encourage the more experienced orienteers to come along and lend a hand.

The calendar below shows the proposed dates for the events. Please would you take a share in the planning and volunteer to arrange one of the events filling in the blanks that currently exist. Locations from which you might like to choose are :

Coldham's Common; Ferry Meadows; Fairlands Valley; Hinchingsbrooke Country Park; Milton Country Park; Rowney Warren; Cherry Hinton, but it can be at other locations of your choice, provided that we can get permission and it is realistic to construct the courses and maps etc.

Date	Location	Organiser / Planner
Sat 22 April		
Sun 30 April	Wandlebury	Frances Cooper
Sun 14 May	Hinchingsbrooke	Maurice Hemingway
Sat or Sun 3 or 4 June		
Sat or Sun 17 or 18 June		

If you will take up the challenge to run an event, will you please let me know which location you would like to use for your event and the date.

For those that have never organised and planned an event, do not be daunted. There is a club guide that has been constructed and refined over the years telling you all you need to know. I will forward that to you if you request it. There will be a set of SMILE equipment, including the club tent, which will be handed on from one event to the next.

If you are a first or second time planner, there is lots of help available, as experienced WAOC members are happy to talk things over with you, advise on your courses and 'control' your event, so you will not be on your own.

Please let me have your location and dates and I'll get them onto the calendar.

Maurice Hemingway
5 Rectory Leys
Offord Darcy
Cams PE19 5SQ
01480 812933 Hemingway@one-name.org

Club Training - Fantastic Lake District Weekend

On Sunday 23 April there is a Badge / Regional event on Graythwaite, near Hawkshead on the W side of Windermere. Anyone who ran in the JK there will know what a fantastic area this is: it is a huge private estate on the W side of Windermere not that far from Hawkshead. If you didn't go to the JK then you have a treat in store.

On Saturday 22 April there is a BOF training day: venue(s) still to be confirmed but it will be on one of the similar areas nearby. The training exercises will be tailored to participants but the nature of the terrain means that it will not be possible to put on exercises at a lower standard than competent orange. This is a fantastic chance to practice on the Saturday the skills you will need to use on the Sunday so come and make it a weekend of glorious Lake District orienteering.

In the past we have organised cabin style accommodation and the training weekend has been subsidised by the club. Costs have worked out at about £35 per adult not including transport and we have charged a reduced price for students. Please let Julia Crook or Ursula Oxburgh know if you are interested in attending by the end of January 2006.

Colour Coded Awards

There have been quite a few colour coded events attended recently, so congratulations to the following juniors who have now reached a new colour coded standard by running three or more courses at the appropriate standard:

- White: Tom Whitehead
- Yellow: Charlie Whitehead
- Orange: Susha Chnadraker
- Blue: Clare Woods
- Brown: Simon Gardner

WAOCjuniors update...

There's been plenty going on in the WAOC junior ranks since the last Jabberwaoc...



The highlight of the month for many juniors will have been the British Schools' Orienteering Championships. This year's event was held in Temple Newsam Park in Leeds, and for some juniors, the weekend started on Saturday already, with the selection race for the World Schools Championships. With many WAOCers attending, it was nice to see some great results!

Congratulations to all of the following:

- **Sophie Louth** who won the **silver medal** on the Girls' Year 9 course, coming less than a minute behind the winner, and running for Perse Girls' School in Cambridge
- **Thomas Louth** who won the **silver medal** on the Boys' Year 7 course, running for King's College School Cambridge
- **Tim Brown** who finished **11th** on the Boys' Year 5 course, also running for King's College School Cambridge
- **Jonathan Cronk** who was **8th** on the Boys' Year 8 course, running for Comberton Village College

- **Edward Louth** who came **6th** on the Boys' Year 11 course, running for The Perse School in Cambridge

Well done also to all the other runners from KCS (William Louth, Tom Daniels, Joshua Hope, Joseph Steadman Jones, Felix Barker, Beth Barker, Helen Judd, Emily Plane and Louise Scott) and the Perse Girls' School (Jacqueline Heybrock and Sussha Chandraker) who competed.



And some great news coming after the British Schools Champs, almost hot off the press...**Sophie Louth** has been selected to run in the England select team for the Junior girls in the World School Orienteering Championships! Well done! The World Schools' Champs will be in Slovakia (in the Pezinok area) in April, so we wish her the best of luck for that.

At the end of October, the Great Britain Junior Squad for 2006 has been announced – congratulations to **Helen Gardner**, who is once again a part of the it. We look forward to finding out about Helen's exploits in international orienteering in the coming year!

Of course, after much publicising, we had the Yvette Baker Trophy final in Sherwood Pines. WAOC had a team of 19 juniors out, and – just hot off the press as I write it now – finished 8th out of the 14 teams with 821 points, just 7 points behind 7th placed SARUM. This is really a great improvement on last year's result of 14th out of 15 – it was very exciting as the results were announced from the end and we all kept waiting to hear WAOC being announced – it took longer than expected!

Well done to everyone who came to compete: they were Edward Louth, Peter Gardner, Simon Gardner, Helen Gardner, and Clare Woods all on the Green, Martin Humphries, Sophie Louth, and Jacqueline Heybrock all on the Light Green, Thomas Louth, Jonathan Cronk, Philip Humphries, and Katy Woods on the Orange, and finally Todd Cooper, William Louth, Felix Barker, Joseph Steadman Jones, Thomas Hemingway, Susha Chandraker and Beth Barker on the Yellow.

Many juniors had very good runs, but special congratulations to:

- **Edward Louth 6th** and **Peter Gardner 8th** (out of 32) on the Men's Green
- **Helen Gardner 3rd** (out of 25) on the Women's Green
- **Thomas Louth 5th** and **Jonathan Cronk 16th** (out of 46) on the Boys' Orange
- **Todd Cooper 11th** and **William Louth 13th** (out of 53) on the Boys' Yellow
- **Susha Chandraker 13th** (out of 36) on the Girls' Yellow

...and of course everyone in the scoring team: Edward, Peter, Helen, Clare, Thomas Louth, Jonathan, Todd, William and Susha.

The full results are up on <http://www.noc-uk.org/> if you are interested in looking. In summary, the competition was won by home club Nottinghamshire Orienteering Club (879 points), closely followed by Ocatvian Droobers of the Coventry area (876 points) in second place and Deeside orienteers (859 points) in third. As I mentioned, WAOC were only 7 points behind 7th-placed SARUM and 23 points behind joint 5th/6th placed Harlequins orienteering club and AIRE (Leeds and York area). So thanks to all the juniors for coming to run for the club in the final – you all showed that the WAOC juniors deserve a place in the national final of the competition!

Blanka Sengerová
(WAOC Juniors newsletter editor)

A Stroll up Ben Nevis

As some of you know, in September this year I went on a sponsored walk up Ben Nevis in aid of the charity called Breast Cancer Care. There were two reasons for doing this. First, Lorraine (my wife) went through the traumas of breast cancer treatment several years ago so the charity seemed a good one to support, and second I had not previously been up any mountains in Scotland.



Although I regularly go orienteering and like to think I am reasonably fit, I do not often go hill walking wearing walking boots. Also the ascent of Ben Nevis involves walking uphill for about 4.5 miles with virtually no level stretches. It therefore seemed a good idea to do some training in the weeks before the event by doing some long walks. I went on a few walks in the local area culminating in a ten mile walk with some friends that started in Hitchin and included Telegraph Hill. For those that do not know it, this is slightly smaller than Ben Nevis and the view, looking towards Luton, is not quite the same, but at least the distance was roughly what we would be covering on the day!

When the weekend of the walk came, I flew from Luton to Glasgow where coaches were provided to take everyone from the meeting point at the airport to Fort William. The mountain scenery on the journey was magnificent, but as we got nearer to Fort William it became apparent

just how high these mountains were. A few people were having serious doubts as to what they had let themselves in for. There was a mixture of different ages and fitness levels in the group. Some were obviously used to walking up mountains and some were not. For example, two young ladies in the group said that they had decided to go for an eight mile walk to prepare for the weekend but after four miles they had decided they had had enough and phoned friends for a lift home! After arriving at the Ben Nevis Hotel in Fort William and having a meal, there was a meeting in the evening that the organisers had arranged to give details of the next day's walk. As there were over 80 people in the group going up "The Ben" there would be five guides so that nobody got lost. (I don't think there were many orienteers in the group). And there was a nice surprise - we had to get up at 5.15 the next morning. This was so that we could have breakfast and the coaches could take us to the start of the footpath ready to set off at 7.30.

So on Saturday morning, after having a full Scottish breakfast, just before 7.30 I found myself with 80 or so others in the cold morning air walking along a nice level country path beside a stream heading in the direction of Ben Nevis. Then after a few minutes the path started going up and got stony and uneven and kept going up and up. Fortunately the weather was dry and although the sky was cloudy the forecast was that it would stay dry. We were walking at a steady pace but the guides that were leading the group kept making regular stops on the way so that no-one got left behind. It also gave an opportunity to take in the views. After about two-thirds of the way, all the vegetation disappears and the ground is just covered in stones and rocks of various sizes, and the contours get steeper (or closer together?) so the path zig-zags to make the ascent less steep. Eventually, we got to within sight of the summit and before going up the last stretch we stopped for a sandwich or two so that we hopefully had enough energy to reach the top and get back down again. (A note on sanitation here: despite what a few in the group thought there are no toilets on Ben Nevis, not even portaloos! It was suggested that those who needed to found a large rock to go behind, taking into account wind direction of course).

Having rested for ten minutes, we set off on the final part of the path to the summit which was very steep in places and involved scrambling over rocks of various sizes. The wind was now getting



stronger and colder and a low cloud had descended on the summit. However a few minutes after we reached the top the wind blew away the cloud and we had amazing views of just mountains and more mountains in every direction. Another good thing was that no-one fell off the top. There is a sheer drop of 2000 feet on one side!

Everyone had to have their photo

taken just to prove they really got to the top. After this the guides didn't want us to stay too long on the summit as the windchill was -7, so we set off back. It had taken five hours to get up there and coming down was a lot quicker – it took me about two hours and ten minutes to get back down.

Most found coming down was as hard work as going up. It certainly takes it out of your calf muscles and perhaps I should have gone more slowly on the way down. After the evening meal at the hotel we then had a few drinks to help with the recovery.



When I got up the next morning I looked out of the window to see low cloud everywhere, and it was pouring down. We had been very lucky with the weather the day before. After breakfast it was time to get on the coach to Glasgow for the flight back home. I raised over £750 for the charity. Thanks to those who sponsored me.

Ian Lawson