



West Anglian  
Orienteering  
Club



# JABBERWAOC

Vol.34 No. 3

June 2006



*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**

Since the last edition the major events of April and May have taken place so included in this edition is a summary of those events. The SMILEs have been taking place and the last of these events is at Milton Country Park on 18<sup>th</sup> June. There will also be some training at this event. The Midweek summer galoppens are about to start with the 1<sup>st</sup> event at Rowney Warren on 21<sup>st</sup> June. Also coming up is the PuntO and BBQ - see details later.

The next edition should be out soon after the Lakes 5 Days so please someone write me an article about your experiences there.

Have a great summer.

Julia Crook

### ***Next Copy Date***

31st July 2006

## **WAOC Membership Information**

### **NEW CLUB MEMBERS**

Welcome to:

Phil and Suzanne Armitage and from Bourn, Cambridge family (Benjamin M14, Robert M10 and Oliver M5)

John and Jenny Liston and from RAF Honington family (Oliver M5 and Archie M3)

We hope that you will enjoy orienteering with us.

Anne Duncumb (membership secretary)

## **Congratulations**

Congratulations to Angie and Steve Hinshelwood on the birth of their daughter Katy!

## **Chairman's Chat**

WAOC and East Anglia are well and truly on the UK Omap. The combination of Sprint Championship and Young Orienteers' Festival worked very well with all the elements running to timetable. The youngsters enjoyed watching the Elite as indeed we all did from the top of the ridge even in driving rain. I learnt that moving start clocks 400m including an awkward stile in 10 minutes is not ideal.

Our World Ranking Middle Races at Rowney Warren completed the hugely successful weekend. It was wonderful to see so many WAOC members helping on both days. I think I had one of the best jobs - handing out the beer and other goodies. Many, many thanks to all of you who worked so hard both before and over the weekend. It was truly a weekend to remember.

Caroline Louth

## Results Roundup

### **British Championships**

The British Championships took place at Woolbeding Common, Midhurst, W. Sussex, in April. There was a good turn out from WAOC probably due to the relative closeness of the event. Well done to Thomas Louth who won his course, and therefore is the M12A British Champion. Other good results were:

M16A	Edward Louth	4/37
W20E	Helen Gardner	4/11
M21L	Rolf Crook	9/26
M40L	Dil Wetherill	8/59
M40L	Steve Hinshelwodd	27/59
M40S	Graham Louth	2/19
M45L	Neil Humphries	38/87
W50L	Lindsey Freeman	19/46
M65L	Chris Morley	12/45
M65S	Hally Hardie	3/9

### **British Relay Championships**

The relays took place on an area very close to the previous individual day. WAOC entered 7 teams. Our best result was in Men's Short (Edward Louth, Simon Gardner, Rolf Crook). Simon and Rolf both had very fast runs bringing their team into overall position of 15/44. Our M40 team, Graham Louth, Chris Morley and Steve Hinshelwood all had respectable runs coming 13/23 overall. Our Junior Ad Hoc team were unfortunately disqualified but Jonathan Cronk who ran the second leg had an excellent run coming 5/35 on his course and William Louth came a respectable 19/58 on his course.

### **Compass Sport Cup Results**

The Compass Sport Cup was held at Lynford back in April. Thanks to all those who turned out. We had some very respectable runs particularly from Helen Gardner and Jonathan Cronk who both won their courses. The following people scored for WAOC:

#### **Course 1:**

Rolf Crook	4/45
Peter Gardner	7/45
Graham Louth	16/45
Kviso Strisovsky	21/45

#### **Course 2:**

Helen Gardner	1/22
Blanka Sengerová	2/22
Julia Crook	10/22

#### **Course 3:**

Neil Humphries	3/62
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#### **Course 4:**

Lindsey Freeman	6/33
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Mike Capper	10/62	Janis Ryall	11/33
Tim Mulcahy	14/33	Nicola Gardner	12/33
Mike Bickle	15/33		

**Course 5:**

Chris Morley	6/31
Roger Horton	8/31

**Course 6:**

Ursula Oxburgh	6/13
Maurice Capper	13/13

**Course 7:**

Simon Gardner	3/19
Ed Louth	4/19
Clare Woods	8/19

**Course 8:**

Jonathan Cronk	1/13
Sophie Louth	5/13
Katrin Sengerova	10/13
Todd Cooper	11/13

Early on it looked like we were winning but NOC who had some distance to travel probably had late starts. They had some strong runners across most courses, particularly in courses 3, 5 and 7, so although we beat them on courses 1, 2, 6 and 8 they beat us overall. It must be remembered that NOC are a strong club so it was an excellent result for WAOC to be only 34 points behind.

		1	2	3	4	5	6	7	8
<b>CUP</b>	<b>Totals</b>	<b>Br</b>	<b>Bl W</b>	<b>Bl M</b>	<b>Gr W</b>	<b>Gr M</b>	<b>Gr V</b>	<b>Lt G</b>	<b>Orng</b>
1. NOC	2333	286	178	573	288	360	88	366	196
		3	2	6	3	4	1	4	3
1. WAOC	2299	367	288	362	270	186	180	278	368
		4	3	4	3	2	2	3	4
3. NOR	2256	563	353	515	100	250	294	0	182
		6	4	6	1	3	4	0	2
4. LEI	2104	487	250	491	164	348	182	182	0
		6	3	6	2	4	2	2	0

***JK Individual Days***

The JK was based near Wetherby, North Yorkshire with day 1 on Ilkley Moor, an open moor with intricate contours and rock features, and day 2 on Keldy Forest, a fairly rough and steep forested area. Day 1 and day 2 results are added together to produce overall results. Well done to Thomas Louth who came 2<sup>nd</sup> overall on M12A, Graham Louth who came 3<sup>rd</sup> overall on M40S, Chris Morley who came 6<sup>th</sup> overall on M65L and Hally Hardie who came 3<sup>rd</sup> overall on M65S.

***JK Relays***

The relays were held at Bramham Park near Wetherby. WAOC entered 7 teams and did particularly well in the M48- class (Edward Louth, Thomas Louth, Simon Gardner). Thanks to Janet Cronk for stepping in last minute to fill a place in the M120+ even though this team was non competitive, and to Angie Hinselwood for stepping in last minute to fill a place in the W120+ particularly as she only had 2 weeks to go before giving birth! We had the following results:

**Men's Short:**

Rolf Crook, Graham Louth, Steve Hinshelwood	9/48
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**Women's Short:**

Penny Bickle, Claire Harrison, Julia Crook	26/41
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**M120+:**

Jeremy Riley, Janet Cronk, Ian Lawson	n/c
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**W120+:**

Caroline Louth, Angie Hinshelwood, Nicola Gardner	27/27
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**M165+:**

Mike Capper, Chris Morley, Mike Bickle	17/54
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**M48-:**

Edward Louth, Thomas Louth, Simon Gardner	4/28
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**M/W40-:**

Jonathan Cronk, William Louth, Sophie Louth	10/33
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## ***Rowney Warren Middle Distance event, UK Cup and World Ranking event***

WAOC has survived the experience of putting on a World Ranking Event. A big well done to the planner Neil Humphries, the organiser Peter Woods, the controllers Julie and Ronan Cleary (especially as Julie suffered a stroke only 12 days before the event), the coordinator Mike Capper (who also organised the customised bottles of beer) and of course thanks to everyone who helped to make it all run so smoothly. It was good to see some of Britain's better orienteers running on our home ground. There was some fierce competition in the Men's Open with home grown Neil Northrop (now in Sheffield) winning the race by 11 seconds over Graham Gristwood. Blanka Sengerová also came a very respectable 11/23 in the Women's Open. Other good results were:

**M40+:**

Dil Wetherill 5/34
Peter Haynes 7/34

**M55+:**

Chris Morley 5/18
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**M18-:**

Simon Gardner 1/10
Edward Louth 3/16

**W18-:**

Clare Woods 1/5
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## **Punt-O**

Sunday 2nd July PuntO 2:30pm on Coe Fen followed by BBQ 6:30pm at the Louths. Courses will be designed with legs suitable for all competitors. Please contact Caroline Louth [enquiries@waoc.org.uk](mailto:enquiries@waoc.org.uk) if you would like to take part.

## **Summer Mid-week Galoppen 2006**

The first Summer Mid-week Galoppen will be at Rowney Warren on Midsummer Day, appropriately enough. This event will consist of a 2 part score event of 50 minutes and an orange course. We will use SI punching, unlike most galoppens, and will be using the map produced for the



recent World Ranking Event there. Details of the other events arranged so far are below.

Most events will have a short course of roughly orange standard and a score course of 45 minutes, although there may be variations on this depending on the whims of the organiser. Starts will be from 6.00 until about 6.45. Entry is at a bargain price of only £1.50 for seniors and 50p for juniors, so why not come along and try some mid-week orienteering!

<b>Date</b>	<b>Location</b>	<b>Organiser</b>
Wed, 21 June	Rowney Warren, TL123403	Julia and Rolf Crook
Wed, 28 June	Wimpole Hall, TL343511	Roger Horton
Wed, 19 July	Amphill Park, TL024382	Chris Bell
Wed, 26 July	Therfield Heath, TL348407	Ian Lawson
Wed, 23 August	Portholme, Huntingdon, TL239715	Hally Hardie

We still need volunteers to organise a few more events on Wednesdays in July or August that have not been allocated yet. If you fancy organising one please get in touch at [ianh.lawson@ntlworld.com](mailto:ianh.lawson@ntlworld.com).

Ian Lawson

## **Orienteering Birthday Parties at Wandlebury**

As part of my job as Assistant Ranger at Wandlebury Country Park, I have started to organise birthday parties for children. Usually, these involve activities such as pond dipping, bark rubbing, crafts etc. However, a family asked if I could offer orienteering, as they were looking for something more active, that none of the children had tried before. So, on a showery day in May, after a wet picnic, 12 boys aged around 10 years, spent two hours using the training area, starting with star runs, then simple courses of 2 to 3 controls, and ending with a score event – won by the first pair to find all 12 controls. The party was a great success – the boys loved the sport and seemed keen to try an event sometime in the future. WAOC families might like to consider using the permanent yellow course – maps of the training area and yellow course are available from Cambridge Preservation Society office during the week or the car park cabin on Sundays.

Jean Sinclair

## ***Get involved in Junior coaching!***



Some of you may have been reading my WAOCjuniors updates in the recent JabberWAOC's and you may well have thought to yourself that there is plenty going on, in terms both of competitions and of junior training and coaching sessions.

Looking at the training side of things, there's a kind of gradual development story that has got us to the point we are at now. Way back in 2001, during the year that was plagued by foot & mouth disease, meaning that many of the usual orienteering events were cancelled, WAOC ran a series of park events (very similar to our present SMILE events) so that club members could get their usual orienteering fix. At one of these events, in Fairlands Valley Park, we decided to run a junior coaching session which attracted a large number of interested juniors. Given the success then, we organised coaching sessions at various WAOC events every so often, phoning around to get as

many juniors involved as possible, even those who hadn't really had any coaching before. To some extent this coaching was devised to bridge the gap for the younger juniors who were not quite advanced enough to join the East Anglian Junior Squad, but were ready for some coaching and progression. It is often easy to forget (at least for those of us who have done orienteering for a *long* time) that parents new to the sport may be just as much in the dark about the techniques required to master a yellow or orange course as their children, and that newcomers may be easily daunted by an orienteering assembly area where they don't know anyone, so these coaching sessions started to pull these new people more into the club, as well as introducing them to some basic orienteering techniques.

A couple of years ago, when the junior subcommittee was set up, the provision of training sessions got a bit more frequent, and training is now happening at nearly all WAOC colour coded events, as well as some of the summer SMILE events. This has introduced some continuity to the training process and means that juniors can progress readily from one session to another rather than having to re-learn their skills all over again, which tended to happen when the time between two training sessions was too long. Current training sessions aim to bring juniors through from complete beginners to White, Yellow, Orange and Light Green badges so that by the time they have got through the levels offered at the WAOC training sessions juniors are more than ready to move on to start training with the regional Junior Squad and indeed WAOC has a steady progression of juniors through the East Anglian Junior Development Squad and into the full Junior Squad – look for them in their EAJS tops at local events.

You might ask whether all this effort has been worth it. Well, over the past couple of years WAOC's results have improved immensely in the national junior competitions, with a highlight of coming 8<sup>th</sup> in the whole country at last year's Yvette Baker Trophy Final, a huge improvement on 14<sup>th</sup> from the year before (and an even bigger improvement on the year before that when we didn't make it to the final at all). Another great example of the success is the achievement of having two full teams at the Peter Palmer relays two years ago when some of the bigger clubs could not even manage one!

Obviously, with more training sessions, more coaches have got involved over the last couple of years, with Ursula Oxburgh (the East Anglian Coaching representative) encouraging many of the current juniors' parents (and others) to become qualified as level 1 and level 2 coaches. This means that most sessions are now taken by people who have been qualified via a BOF (British Orienteering Federation) led course, improving the level of coaching given to the juniors. However, orienteering training is not quite as simple as your average Saturday morning football practice where you do everything within a football pitch, perhaps working with several different levels of kids at the same time. With orienteering coaching sessions, you 'set up your own pitch' by putting out controls in the forest (though frequently it is possible to make use of some of the event controls) and basing exercises on those. Clearly preparing a session like this takes a bit of time and if you need additional controls there is set up time as well and it is great if the load can be spread out between more people so that we don't always have to ask the same people to coach.

So here's the reason why I am writing this article (!) – *to encourage more of you, the club members, to get involved in coaching juniors*. It is extremely rewarding, especially when you see the youngsters really make progress and do really well at the next orienteering event, which they might not have done quite so quickly without the coaching. There is an added bonus that your own skills may well improve at the same time! On the level 1 course, you learn to coach the basic White and Yellow skills, with level 2 progressing on to the skills required at Orange level. How does that sound – interested? It would be great to get more people involved – as I said above, the more people

to spread the load between, the easier it gets for each coach. So I'll finish with my title again: please get involved in the junior coaching, it really is worth it! (To find out more about when the next coaching course is taking place, contact either me – [blanka@drongo.org.uk](mailto:blanka@drongo.org.uk), 07791 208789 - or Ursula – [u.oxburgh@esc.cam.ac.uk](mailto:u.oxburgh@esc.cam.ac.uk), 01223 357199 - and we'll point you in the right direction).

*Blanka Sengerová*

## WAOCjuniors June 2006 update...



As pre-empted in the last JabberWAOC there are certainly a few notable results from the past couple of months, with the major events all having squashed into a short period of time, mostly April.

The *British Champs took place on the 1<sup>st</sup> April* in Sussex (without any April Fool's surprises despite the date) and I'd like to congratulate **Thomas Louth** who is now the **M12 British Champion**. Other notable results from the British were **Edward Louth** coming 4<sup>th</sup> on M16A, only 20 seconds behind third-placed Matt Halliday, and **Helen Gardner** coming 4<sup>th</sup> on W20E.

The following week (9<sup>th</sup> April) saw the juniors join forces with the club's seniors and veterans at the *regional round of the Compass Sport Cup competition*. I am sure you will be able to read more about the event elsewhere in JabberWAOC, but I would like to mention the following junior performances:

- **Helen Gardner** won the Women's Open class
- **Simon Gardner** 3<sup>rd</sup> and **Edward Louth** 4<sup>th</sup> on the Light Green juniors course
- **Jonathan Cronk** won and **Sophie Louth** was 5<sup>th</sup> on the Orange Juniors' course

Apart from those mentioned above, the following juniors were also part of the WAOC scoring team: Clare Woods, Katrin Sengerová and Todd Cooper.

Over Easter, the *Jan Kjellstrom Festival of Orienteering* took place in Yorkshire, and it was nice to see relative orienteering newcomers like Jonathan Cronk and Susha Chandraker figure in the results. There were also some good results from the more experienced WAOC juniors, and congratulations to:

- **Thomas Louth** who finished 2<sup>nd</sup> (out of 30) overall in M12A, with a 2<sup>nd</sup> and 3<sup>rd</sup> place on each of the individual days
- **Edward Louth** who finished 13<sup>th</sup> (out of 66) overall in M16A, with a good 9<sup>th</sup> place on Day 1
- **Simon Gardner** for a strong Day 2 finish where he was 11<sup>th</sup>, finishing in 26<sup>th</sup>/58 in the overall results of the M18L class
- **Sophie Louth** who finished 15<sup>th</sup> (out of 44) over the two days in W14A, with a 15<sup>th</sup> place on Day 1
- **Edward** and **Thomas Louth** and **Simon Gardner** who finished 4<sup>th</sup> (out of 28) in the M48-relay, less than 3 minutes down on the winners (Swedish club KOL)
- **Jonathan Cronk** and **William** and **Sophie Louth** who finished 10<sup>th</sup> (out of 33) on the M/W40- relay, only 10 seconds down on 9<sup>th</sup> place and under a minute down on 8<sup>th</sup>

**Sophie Louth** took part in her first major international orienteering event, the *World Schools Championships* in the Pezinok area of Slovakia, running for the Junior Girls select team. Below is the map of the course that she ran in the classic race (not too scale, of course!) and where she



finished 19<sup>th</sup> out of 33. If you'd like to look at more maps and results from the event, you can browse here: <http://www.sass.sk/ISFortienteering2006/menu.php?lang=en>



With the domestic season nearly at a close, some juniors ran at the National Event in Stourhead over the early May Bank holiday weekend, and it was great to see **William Louth** winning M10A, whilst his brother **Thomas** came 3<sup>rd</sup> on the M12A.

At the Future Champions' Cup (FCC) final on 6<sup>th</sup>/7<sup>th</sup> May in Oban, Helen and Simon Gardner competed in the Middle distance (Saturday) and Classic (Sunday) races, which were also the main Junior World Championship selection races. **Simon** came back with a 23<sup>rd</sup> and 21<sup>st</sup> place, finishing 19<sup>th</sup> overall, whilst **Helen** came back to racing after an FCC series plagued by persistent colds, finishing 7<sup>th</sup> and 3<sup>rd</sup> on Saturday and Sunday respectively to finish 6<sup>th</sup> overall.

To round off the season, there have been selections for summer tours and for the Junior World Orienteering Championships, and WAOC has a fair share of juniors featuring in those. With a very strong field in the 18's/20's girls' field this year, **Helen Gardner** has been selected as first reserve for JWOC in Lithuania this year, whilst **Edward** and **Sophie Louth** will both be attending BOF coaching tours in the summer; Edward will be going to the 16's tour to Halden, whilst Sophie will be taking part in the Lagganlia tour – well done to you all!!

*Blanka Sengerová*  
(WAOC Juniors newsletter editor)